

Race 1_1		PRIMARY BOYS		
Pos	Bib	Athlete	Club	Time
1	218	William COLES	Carmarthen & District Harriers	5:17
2	247	Gwilym Jac JONES	Carmarthen & District Harriers	5:24
3	243	Dylan EVANS	Newport Harriers	5:28
4	254	Peter MURPHY	Brecon AC	5:30
5	257	Dan PERRIMAN	Bridgend AC	5:37
6	262	Joseph THOMAS	Carmarthen & District Harriers	5:43
7	265	Tristan WARRENDER	Carmarthen & District Harriers	5:45
8	266	Ashton WILLIAMS	Carmarthen & District Harriers	5:47
9	216	Isaac BARRY	Newport Harriers	5:50
10	244	Issac FURREEDAN	Cardiff Athletics	5:54
11	229	Jimmy DAVIS	Carmarthen & District Harriers	5:57
12	261	Ollie TATTON-CARTER	Trots	6:02
13	258	William PORTER	YGG Pontardawe	6:04
14	269	Bryony BOYCE	Cardiff Athletics	6:06
15	251	Ben MORGAN	Pembrokeshire Harriers	6:07
16	246	Gethin JAMES	YGG Pontardawe	6:07
17	252	Tom MORGAN	Carmarthen & District Harriers	6:17
18	217	Alex CLARKE	Bridgend AC	6:24
19	250	Iewan MARKS	YGG Pontardawe	6:31
20	228	Evan DAVIES	Aberdare Valley AAC	6:36
21	263	Noah THOMAS	YGG Pontardawe	6:46
22	253	David MORRIS	Trots	6:47
23	256	Luke PELTOR	Brecon AC	6:48
24	219	Morgan COTTON	YGG Pontardawe	6:58
25	248	Kayden JONES	YGG Pontardawe	6:59
26	259	Alfie SHELTON	Aberdare Valley AAC	6:59

TEAM FINISH ORDER					
Pos	Club	1	2	3	Total
1	Carmarthen & District Harriers	1	2	6	9
2	Carmarthen & District Harriers	7	8	11	26
3	YGG Pontardawe	13	16	19	48
4	YGG Pontardawe	21	24	25	70
U11B_RESULTS Participating Clubs					
Below 3 teams do not score					
Newport Harriers		2			
Bridgend AC		2			
Carmarthen & District Harriers		7			Scoring Teams
YGG Pontardawe		6			Scoring Teams
Aberdare Valley AAC		2			
Cardiff Athletics		2			
Pembrokeshire Harriers		1			
Trots		2			
Brecon AC		2			
1st Placed Team Athletes: Carmarthen & District Harriers (9Pts)					
218	William COLES (1)				5:17
247	Gwilym Jac JONES (2)				5:24
216	Joseph THOMAS (15)				5:43
2nd Placed Team Athletes: Carmarthen & District Harriers (26Pts)					
244	Tristan WARRENDER (16)				5:45
229	Ashton WILLIAMS (17)				5:47
269	Jimmy DAVIS (20)				5:57
3rd Placed Team Athletes: YGG Pontardawe (48Pts)					
246	William PORTER (22)				6:04
228	Gethin JAMES (26)				6:07
250	Iewan MARKS (33)				6:31

Race 2_1		PRIMARY GIRLS		
Pos	Bib	Athlete	Club	Time
1	293	Ophelia JENKINS	Pembrokeshire Harriers	5:29
2	289	Chloe HARTLEY-GREEN	Swansea Harriers	5:35
3	269	Bryony BOYCE	Cardiff Athletics	5:42
4	759	Millie PIERCE	Swansea Harriers	5:47
5	288	Rebeca HARRIES	Cardiff Athletics	5:49
6	770	Lily-May HENDY	Blaenau Gwent Athletics	5:51
7	280	Skye BRUCE	Pembrokeshire Harriers	5:53
8	754	Jessica NORMAN	Carmarthen & District Harriers	5:57
9	752	Martha MORGAN	Carmarthen & District Harriers	6:01
10	751	Esme LYNOCK	Carmarthen & District Harriers	6:03
11	763	Nia Seren THOMAS	Carmarthen & District Harriers	6:10
12	279	Keira BRUCE	Pembrokeshire Harriers	6:12
13	750	Nia LEWIS	Pembrokeshire Harriers	6:15
14	285	Poppy EVANS	Bridgend AC	6:22
15	761	Myla SVIKERIS	Bridgend AC	6:25
16	295	Gwenan Fflur JONES	Carmarthen & District Harriers	6:26
17	762	Lotti THOMAS	Trots	6:27
18	294	Sioned JOHN	Cardiff Athletics	6:31
19	768	Mari WILSON	Llanelli AC	6:43
20	292	Olivia ISSAC	Pembrokeshire Harriers	6:44
21	286	Charlotte FURBER	Aberdare Valley AAC	6:50
22	756	Ella PEARCE	Trots	6:51
23	287	Ava HANCOCK	Trots	6:51
24	772	Lexi WATERS	Aberdare Valley AAC	6:54
25	760	Lolah SCACCIA	Aberdare Valley AAC	6:58
26	299	Daisy LEWIS	Bridgend AC	7:00
27	281	Megan CHANTRELL	Aberdare Valley AAC	7:07
28	284	Mali DICKSON	Aberdare Valley AAC	7:25
29	298	Mari JUTSUM	YGG Pontardawe	7:42
30	268	Amber ARNELL	Trots	7:45
31	291	Ava HUGHES-ROLLS	Cardiff Athletics	7:57
32	287	Ava HANCOCK	Trots	8:52
33	758	Lowri PENHALE	YGG Pontardawe	8:55
34	296	Mali JONES	Trots	9:08
35	757	Ffion PENHALE	YGG Pontardawe	10:23
36				

TEAM FINISH ORDER					
Pos	Club	1	2	3	Total
1	Pembrokeshire Harriers	1	7	12	20
2	Cardiff Athletics	3	5	18	26
3	Carmarthen & District Harriers	8	9	10	27
4	Bridgend AC	14	15	26	55
5	Trots	17	22	23	62
6	Aberdare Valley AAC	21	24	25	70
7	Trots	30	32	34	96
8	YGG Pontardawe	29	33	35	97
U11G_RESULTS Participating Clubs					
Below 3 teams do not score					
Newport Harriers	0				
Bridgend AC	3				Scoring Teams
Carmarthen & District Harriers	5				Scoring Teams
YGG Pontardawe	3				Scoring Teams
Aberdare Valley AAC	5				Scoring Teams
Cardiff Athletics	4				Scoring Teams
Cardiff Archers	0				
Pembrokeshire Harriers	5				Scoring Teams
Trots	6				Scoring Teams
Brecon AC	0				
Swansea Harriers	2				
Blaenau Gwent Athletics	1				
Llanelli AC	1				
1st Placed Team Athletes: Pembrokeshire Harriers (20Pts)					
293	Ophelia JENKINS ()				5:29
751	Skye BRUCE ()				5:53
761	Keira BRUCE ()				6:12
2nd Placed Team Athletes: Cardiff Athletics (26Pts)					
269	Bryony BOYCE ()				5:42
754	Rebeca HARRIES ()				5:49
286	Sioned JOHN ()				6:31
3rd Placed Team Athletes: Carmarthen & District Harriers (27Pts)					
763	Jessica NORMAN ()				5:57
279	Martha MORGAN ()				6:01
750	Esme LYNOCK ()				6:03

Race 3_1		U13B_RESULTS	Leg 1		Leg 2		Leg 3		Leg 4		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	16	Carmarthen & District Harriers 'A'	6:07	5	11:53	1	18:10	10	24:05	2	24:05
A	16A	Iwan THOMAS U13B	6:07	5							
B	16B	Macsen TOOGOOD U13B			5:46	1					
C	16C	Jake LYNOCK U13B					6:17	10			
D	16D	Ifan BOWEN U13B							5:55	2	25:11
2	13	Cardiff Athletics 'A'	6:14	#N/A	12:51	25	19:09	11	25:11	4	
A	13A	Josh SANDERS U13B	6:14	#N/A							
B	13B	Tom STURDY U13B			6:37	25					
C	13C	Kerby BELTRAN U13B					6:18	11			25:24
D	13D	Kobe BELTRAN U13B							6:02	4	
3	18	Newport Harriers	6:29	16	12:53	13	19:28	24	25:24	3	
A	18A	Harry BRADLEY U13B	6:29	16							
B	18B	Vaughn HUGHES U13B			6:24	13					25:37
C	18C	Gregory YOUNG U13B					6:35	24			
D	18D	Harry DAWES U13B							5:56	3	
4	19	Pembrokeshire Harriers 'A'	6:31	18	12:52	12	19:26	22	25:37	6	
A	19A	Joshua BARRETT U13B	6:31	18							25:43
B	19B	Finley BRUCE U13B			6:21	12					
C	19C	Daniel ISSAC U13B					6:34	22			
D	19D	William HARRIES U13B							6:11	6	
5	15	Cardiff Archers	6:47	31	13:01	9	19:14	7	25:43	15	25:43
A	15A	Rowan MACENTEE U13B	6:47	31							
B	15B	Ethan HAMER U13B			6:14	9					
C	15C	Nathan HILL U13B					6:13	7			
D	15D	Sean HOPKINS U13B							6:29	15	26:46
6	17	Carmarthen & District Harriers 'B'	6:34	21	13:19	28	20:15	33	26:46	19	
A	17A	Daniel WARRENDER U13B	6:34	21							
B	17B	Aron HEDD JONES U13B			6:45	28					
C	17C	James SLOYAN U13B					6:56	33			27:00
D	17D	Alexander COLES U13B							6:31	19	
7	21	Swansea Harriers	6:30	17	13:15	28	20:26	41	27:00	22	
A	21A	Steffan HIGGINS U13B	6:30	17							27:00
B	21B	Calum JOHNS U13B			6:45	28					
C	21C	Ethan JONES U13B					7:11	41			
D	21D	Oliver GILLET U13B							6:34	22	
8	11	Brecon AC	6:24	13	13:26	39	20:35	40	27:35	35	27:35
A	11A	Joe MURPHY U13B	6:24	13							
B	11B	Iolo PIERCE U13B			7:02	39					
C	11C	Alex PELTOR U13B					7:09	40			
D	11D	Will HERDMAN U13B							7:00	35	27:51
9	14	Cardiff Athletics 'B'	6:52	32	13:53	36	20:49	34	27:51	37	
A	14A	Jack FARRELL U13B	6:52	32							
B	14B	Cameron SADAFI U13B			7:01	36					
C	14C	Jack STEWART U13B					6:56	34			30:14
D	14D	William ROBERTS U13B							7:02	37	
10	12	Bridgend AC	7:31	42	14:02	19	22:28	44	30:14	37	
A	12A	Adam DAVIES U13B	7:31	42							30:14
B	12B	Iwan FROLEY U13B			6:31	19					
C	12C	Oliver BAIN U13B					8:26	44			
D	12D	Fraser HIGGINSON U13B							7:46	37	
11	22	Trots	6:44	27	14:49	43	21:31	26			21:31
A	22A	George THOMAS U13B	6:44	27							
B	22B	Lewys JONES U13B			8:05	43					
C	22C	Charlie TATTON-CARTER U13B					6:42	26			
D	22D	Josh PALMER U13B									6:46
12	20	Pembrokeshire Harriers 'B'	6:46	30							
A	20A	Jack MORGAN U13B	6:46	30							
B	20B										

TEAM SCORES			
1	24:05	Carmarthen & District Harriers 'A' [places 1-2-5-10]	
2	25:11	Cardiff Athletics 'A' [places 4-8-11-25]	
3	25:24	Newport Harriers [places 3-13-16-24]	
4	25:37	Pembrokeshire Harriers 'A' [places 6-12-18-22]	
5	25:43	Cardiff Archers [places 7-9-15-31]	
6	26:46	Carmarthen & District Harriers 'B' [places 19-21-28-33]	
7	27:00	Swansea Harriers [places 17-23-29-41]	
8	27:35	Brecon AC [places 14-35-39-40]	
9	27:51	Cardiff Athletics 'B' [places 32-34-36-37]	
10	30:14	Bridgend AC [places 20-38-42-44]	
11	21:31	Trots [places 26-27-43]	
12	6:46	Pembrokeshire Harriers 'B' [places ---]	
FASTEST & INDIVIDUAL LEG TIMES			
1	5:46	Macsen TOOGOOD U13B	Carmarthen & District Harriers 'A'
2	5:55	Ifan BOWEN U13B	Carmarthen & District Harriers 'A'
3	5:56	Harry DAWES U13B	Newport Harriers
4	6:02	Kobe BELTRAN U13B	Cardiff Athletics 'A'
5	6:07	Iwan THOMAS U13B	Carmarthen & District Harriers 'A'
6	6:11	William HARRIES U13B	Pembrokeshire Harriers 'A'
7	6:13	Nathan HILL U13B	Cardiff Archers
8	6:14	Josh SANDERS U13B	Cardiff Athletics 'A'
9	6:14	Ethan HAMER U13B	Cardiff Archers
10	6:17	Jake LYNOCK U13B	Carmarthen & District Harriers 'A'
11	6:18	Kerby BELTRAN U13B	Cardiff Athletics 'A'
12	6:21	Finley BRUCE U13B	Pembrokeshire Harriers 'A'
13	6:24	Vaughn HUGHES U13B	Newport Harriers
14	6:24	Joe MURPHY U13B	Brecon AC
15	6:29	Sean HOPKINS U13B	Cardiff Archers
16	6:29	Harry BRADLEY U13B	Newport Harriers
17	6:30	Steffan HIGGINS U13B	Swansea Harriers
18	6:31	Joshua BARRETT U13B	Pembrokeshire Harriers 'A'
19	6:31	Alexander COLES U13B	Carmarthen & District Harriers 'B'
20	6:31	Iwan FROLEY U13B	Bridgend AC
21	6:34	Daniel WARRENDER U13B	Carmarthen & District Harriers 'B'
22	6:34	Daniel ISSAC U13B	Pembrokeshire Harriers 'A'
23	6:34	Oliver GILLET U13B	Swansea Harriers
24	6:35	Gregory YOUNG U13B	Newport Harriers
25	6:37	Tom STURDY U13B	Cardiff Athletics 'A'
26	6:42	Charlie TATTON-CARTER U13B	Trots
27	6:44	George THOMAS U13B	Trots
28	6:45	Aron HEDD JONES U13B	Carmarthen & District Harriers 'B'
29	6:45	Calum JOHNS U13B	Swansea Harriers
30	6:46	Jack MORGAN U13B	Pembrokeshire Harriers 'B'
31	6:47	Rowan MACENTEE U13B	Cardiff Archers
32	6:52	Jack FARRELL U13B	Cardiff Athletics 'B'
33	6:56	James SLOYAN U13B	Carmarthen & District Harriers 'B'
34	6:56	Jack STEWART U13B	Cardiff Athletics 'B'
35	7:00	Will HERDMAN U13B	Brecon AC
36	7:01	Cameron SADAFI U13B	Cardiff Athletics 'B'
37	7:02	William ROBERTS U13B	Cardiff Athletics 'B'
38	7:02	Fraser HIGGINSON U13B	Bridgend AC
39	7:02	Iolo PIERCE U13B	Brecon AC
40	7:09	Alex PELTOR U13B	Brecon AC
41	7:11	Ethan JONES U13B	Swansea Harriers
42	7:31	Adam DAVIES U13B	Bridgend AC
43	8:05	Lewys JONES U13B	Trots
44	8:26	Oliver BAIN U13B	Bridgend AC

Race 3_2		U13G_RESULTS	Leg 1		Leg 2		Leg 3		Leg 4		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	4	Cardiff Athletics 'A'	6:38	#N/A	13:37	15	20:11	3	26:53	9	26:53
A	4A	Alice DAVIES U13G	6:38	#N/A							
B	4B	Rebecca DERRICK U13G			6:59	15					
C	4C	Kar BENNETT U13G					6:34	3			
D	4D	Millie GOLD U13G							6:42	9	27:55
2	9	Newport Harriers	6:35	4	14:01	22	21:18	19	27:55	6	
A	9A	Lilly OAKENFULL U13G	6:35	4							
B	9B	Anya BRADY U13G			7:26	22					
C	9C	Emily WALKER U13G					7:17	19			28:36
D	9D	Amy GARROD U13G							6:37	6	
3	6	Cardiff Archers	7:31	24	15:12	25	22:06	12	28:36	1	
A	6A	Eleri EMMERSON U13G	7:31	24							
B	6B	Erin Beth EVANS U13G			7:41	25					30:41
C	6C	Hollie LEWIS U13G					6:54	12			
D	6D	Mali MACDUFF U13G							6:30	1	
4	2	Bridgend AC 'A'	7:25	21	15:34	30	22:30	13	30:41	31	
A	2A	Ariannah THOMAS U13G	7:25	21							31:55
B	2B	Katie BLOWER U13G			8:09	30					
C	2C	Daisy EVANS U13G					6:56	13			
D	2D	Ffion HOWE U13G							8:11	31	
5	8	Llanelli AC	6:38	7	14:56	32	23:05	29	31:55	33	32:41
A	8A	Charlotte POWELL U13G	6:38	7							
B	8B	Emily TUCKER U13G			8:18	32					
C	8C	Ffion CHALLIS U13G					8:09	29			
D	8D	Amelie CAMPION U13G							8:50	33	20:27
6	3	Bridgend AC 'B'	7:19	20	15:23	27	23:30	28	32:41	34	
A	3A	Lilly STEPHENS U13G	7:19	20							
B	3B	Bethany JENKINS U13G			8:04	27					
C	3C	Arrayah THOMAS U13G					8:07	28			21:28
D	3D	Ella JONES U13G							9:11	34	
7	7	Carmarthen & District Harriers	6:51	10	13:26	5	20:27	17			
A	7A	Carys WOOD U13G	6:51	10							21:35
B	7B	Frances MACKIE U13G			6:35	5					
C	7C	Erin MORGAN U13G					7:01	17			
D	7D										
8	10	Swansea Harriers	6:58	14	13:58	16	21:28	23			6:53
A	10A	Sophie HARTLEY-GREEN U13G	6:58	14							
B	10B	Kaitlyn JONES U13G			7:00	16					
C	10C	Lili WADE U13G					7:30	23			
D	10D										6:53
9	1	Brecon AC	6:32	2	13:39	18	21:35	26			
A	1A	Ruby HERDMAN U13G	6:32	2							
B	1B	Emily PELTOR U13G			7:07	18					
C	1C	Anna PELTOR U13G					7:56	26			
D	1D										6:53
10	5	Cardiff Athletics 'B'	6:53	11							
A	5A	Neve JONES U13G	6:53	11							
B	5B										
C	5C										
D	5D										

TEAM SCORES		
1	26:53	Cardiff Athletics 'A' [places 3, 7, 9, 15]
2	27:55	Newport Harriers [places 4, 6, 19, 22]
3	28:36	Cardiff Archers [places 1, 12, 24, 25]
4	30:41	Bridgend AC 'A' [places 13, 21, 30, 31]
5	31:55	Llanelli AC [places 8, 29, 32, 33]
6	32:41	Bridgend AC 'B' [places 20, 27, 28, 34]
7	20:27	Carmarthen & District Harriers [places 5, 10, 17,]
8	21:28	Swansea Harriers [places 14, 16, 23,]
9	21:35	Brecon AC [places 2, 18, 26,]
10	6:53	Cardiff Athletics 'B' [place 11, , ,]
FASTEST & INDIVIDUAL LEG TIMES		
1	6:30	Mali MACDUFF U13G
2	6:32	Ruby HERDMAN U13G
3	6:34	Kar BENNETT U13G
4	6:35	Lilly OAKENFULL U13G
5	6:35	Frances MACKIE U13G
6	6:37	Amy GARROD U13G
7	6:38	Alice DAVIES U13G
8	6:38	Charlotte POWELL U13G
9	6:42	Millie GOLD U13G
10	6:51	Carys WOOD U13G
11	6:53	Neve JONES U13G
12	6:54	Hollie LEWIS U13G
13	6:56	Daisy EVANS U13G
14	6:58	Sophie HARTLEY-GREEN U13G
15	6:59	Rebecca DERRICK U13G
16	7:00	Kaitlyn JONES U13G
17	7:01	Erin MORGAN U13G
18	7:07	Emily PELTOR U13G
19	7:17	Emily WALKER U13G
20	7:19	Lilly STEPHENS U13G
21	7:25	Ariannah THOMAS U13G
22	7:26	Anya BRADY U13G
23	7:30	Lili WADE U13G
24	7:31	Eleri EMMERSON U13G
25	7:41	Erin Beth EVANS U13G
26	7:56	Anna PELTOR U13G
27	8:04	Bethany JENKINS U13G
28	8:07	Arrayah THOMAS U13G
29	8:09	Ffion CHALLIS U13G
30	8:09	Katie BLOWER U13G
31	8:11	Ffion HOWE U13G
32	8:18	Emily TUCKER U13G
33	8:50	Amelie CAMPION U13G
34	9:11	Ella JONES U13G

Race 4_1		U15G_RESULTS	Leg 1		Leg 2		Leg 3		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place					
1	24	Cardiff Athletics 'A'	11:42	2	23:43	5	35:39	4	35:39	1	35:39	Cardiff Athletics 'A' [places 2, 4, 5]	
A	24A	Jessica EVANS U15G	11:42	2						2	36:01	Cardiff Archers 'A' [places 3, 6, 7]	
B	24B	Sophie EVANS U15G			12:01	5				3	37:35	Newport Harriers 'A' [places 10, 11, 15]	
C	24C	Evie WATKINS U15G					11:56	4		4	38:18	Cardiff Archers 'B' [places 1, 16, 20]	
2	26	Cardiff Archers 'A'	11:50	3	23:55	6	36:01	7	36:01	5	38:27	Cardiff Athletics 'B' [places 8, 9, 24]	
A	26A	Nia BEYNON U15G	11:50	3						6	38:48	Pembrokeshire Harriers [places 12, 14, 19]	
B	26B	Bethan HARDMAN U15G			12:05	6				7	40:15	Cardiff Archers 'C' [places 17, 18, 21]	
C	26C	Erin ANDREWS U15G					12:06	7		8	43:47	Newport Harriers 'B' [places 22, 23, 30]	
3	31	Newport Harriers 'A'	12:15	10	25:12	15	37:35	11	37:35	9	43:49	Aberdare Valley AAC [places 25, 27, 28]	
A	31A	Ceri GRIFFITHS U15G	12:15	10						10	29:44	Llanelli AC [places 26, 29,]	
B	31B	Alyssa BAKER U15G			12:57	15				11	12:37	Carmarthen & District Harriers [place 13, ,]	
C	31C	Lily WILLIAMS U15G					12:23	11		12			
4	27	Cardiff Archers 'B'	13:05	16	26:55	20	38:18	1	38:18	FASTEST & INDIVIDUAL LEG TIMES			
A	27A	Anna BROOKS U15G	13:05	16						1	11:23	Sophie KNOYLE U15G	Cardiff Archers 'B'
B	27B	Alys Elinor GRANT U15G			13:50	20				2	11:42	Jessica EVANS U15G	Cardiff Athletics 'A'
C	27C	Sophie KNOYLE U15G					11:23	1		3	11:50	Nia BEYNON U15G	Cardiff Archers 'A'
5	25	Cardiff Athletics 'B'	12:11	9	26:17	24	38:27	8	38:27	4	11:56	Evie WATKINS U15G	Cardiff Athletics 'A'
A	25A	Yasmin HADID U15G	12:11	9						5	12:01	Sophie EVANS U15G	Cardiff Athletics 'A'
B	25B	May PEATE U15G			14:06	24				6	12:05	Bethan HARDMAN U15G	Cardiff Archers 'A'
C	25C	Freya HUGHES-ROLLS U15G					12:10	8		7	12:06	Erin ANDREWS U15G	Cardiff Archers 'A'
6	33	Pembrokeshire Harriers	13:36	19	26:18	14	38:48	12	38:48	8	12:10	Freya HUGHES-ROLLS U15G	Cardiff Athletics 'B'
A	33A	Ffion OUSELEY U15G	13:36	19						9	12:11	Yasmin HADID U15G	Cardiff Athletics 'B'
B	33B	Lucy WINTLE U15G			12:42	14				10	12:15	Ceri GRIFFITHS U15G	Newport Harriers 'A'
C	33C	Gracie GRIFFITHS U15G					12:30	12		11	12:23	Lily WILLIAMS U15G	Newport Harriers 'A'
7	28	Cardiff Archers 'C'	13:51	21	27:09	18	40:15	17	40:15	12	12:30	Gracie GRIFFITHS U15G	Pembrokeshire Harriers
A	28A	Amelia HARROLD U15G	13:51	21						13	12:37	Amy GREATRICK U15G	Carmarthen & District Harriers
B	28B	Rose PRENDERGAST U15G			13:18	18				14	12:42	Lucy WINTLE U15G	Pembrokeshire Harriers
C	28C	Erin WILLIAMS U15G					13:06	17		15	12:57	Alyssa BAKER U15G	Newport Harriers 'A'
8	32	Newport Harriers 'B'	13:59	22	28:03	23	43:47	30	43:47	16	13:05	Anna BROOKS U15G	Cardiff Archers 'B'
A	32A	Aratz URKOLA U15G	13:59	22						17	13:06	Erin WILLIAMS U15G	Cardiff Archers 'C'
B	32B	Shauna REED U15G			14:04	23				18	13:18	Rose PRENDERGAST U15G	Cardiff Archers 'C'
C	32C	Lauren PROSSER U15G					15:44	30		19	13:36	Ffion OUSELEY U15G	Pembrokeshire Harriers
9	23	Aberdare Valley AAC	15:02	28	29:31	27	43:49	25	43:49	20	13:50	Alys Elinor GRANT U15G	Cardiff Archers 'B'
A	23A	Ffion LIGHTFOOT U15G	15:02	28						21	13:51	Amelia HARROLD U15G	Cardiff Archers 'C'
B	23B	Abi JARVIS U15G			14:29	27				22	13:59	Aratz URKOLA U15G	Newport Harriers 'B'
C	23C	Nia REDDY U15G					14:18	25		23	14:04	Shauna REED U15G	Newport Harriers 'B'
10	30	Llanelli AC	15:22	29	29:44	26			29:44	24	14:06	May PEATE U15G	Cardiff Athletics 'B'
A	30A	Hannah CARPENTER U15G	15:22	29						25	14:18	Nia REDDY U15G	Aberdare Valley AAC
B	30B	Amy TUCKER U15G			14:22	26				26	14:22	Amy TUCKER U15G	Llanelli AC
C										27	14:29	Abi JARVIS U15G	Aberdare Valley AAC
11	29	Carmarthen & District Harriers	12:37	13					12:37	28	15:02	Ffion LIGHTFOOT U15G	Aberdare Valley AAC
A	29A	Amy GREATRICK U15G	12:37	13						29	15:22	Hannah CARPENTER U15G	Llanelli AC
B										30	15:44	Lauren PROSSER U15G	Newport Harriers 'B'
C													

Race 4_2		U15B_RESULTS		Leg 1		Leg 2		Leg 3		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place		
1	43	Maldwyn Harriers	10:43	6	21:45	12	32:10	3	32:10	
A	43A	Aled BREEZE U15B	10:43	6						
B	43B	Callum MORGAN U15B			11:02	12				
C	43C	Oliver JONES U15B					10:25	3		
2	36	Cardiff Athletics 'A'	10:50	8	21:31	211	32:21	131	32:21	
A	36A	Charlie HURDMAN U15B	10:50	8						
B	36B	Osian TYRRELL U15B			10:41	5				
C	36C	Ben HUGHES U15B					10:50	9		
3	45	Swansea Harriers	11:21	15	22:08	206	32:26	122	32:26	
A	45A	Tom ATTWOOD U15B	11:21	15						
B	45B	Aled TUMELTY U15B			10:47	7				
C	45C	Charlie HARRIS U15B					10:18	2		
4	40	Carmarthen & District Harriers	11:20	14	23:06	199	33:18	120	33:18	
A	40A	Zach ELVY U15B	11:20	14						
B	40B	Steffan DAVIES U15B			11:46	18				
C	40C	Frank MORGAN U15B					10:12	1		
5	44	Pembrokeshire Harriers	10:55	10	22:51	181	33:26	119	33:26	
A	44A	James PRICE U15B	10:55	10						
B	44B	Jack BRUCE U15B			11:56	22				
C	44C	Rhys LLEWELLYN U15B					10:35	4		
6	34	Brecon AC 'A'	11:13	13	23:33	159	35:24	115	35:24	
A	34A	Jack ORGAN U15B	11:13	13						
B	34B	Isaac PIERCE U15B			12:20	23				
C	34C	Owen PRICE-DAVIES U15B					11:51	20		
7	37	Cardiff Athletics 'B'	11:24	16	22:59	136	35:31	95	35:31	
A	37A	Joseph JOYCE U15B	11:24	16						
B	37B	Ben FARRELL U15B			11:35	17				
C	37C	Alex RIDOUT U15B					12:32	25		
8	39	Cardiff Archers	10:57	11	25:46	119	37:33	70	37:33	
A	39A	Loui CAMILLERI U15B	10:57	11						
B	39B	Finley KEANE U15B			14:49	31				
C	39C	Christopher JONES U15B					11:47	19		
9	41	Carmarthen & District Harriers	12:57	26	26:03	88	37:57	51	37:57	
A	41A	Rogan COX U15B	12:57	26						
B	41B	Liam EVANS U15B			13:06	27				
C	41C	Jack THOMAS U15B					11:54	21		
10	42	Llanelli AC	13:13	28	27:57	61	42:44	30	42:44	
A	42A	Iwan WILSON U15B	13:13	28						
B	42B	James THOMAS U15B			14:44	29				
C	42C	Sam FOSTER U15B					14:47	30		
11	38	Cardiff Athletics 'C'	12:24	24	27:43	32			27:43	
A	38A	Issac JONES U15B	12:24	24						
B	38B	Ethan MEYRICK U15B			15:19	32				
12										
A										

TEAM SCORES			
1	32:10	Maldwyn Harriers [places 3, 6, 12]	
2	32:21	Cardiff Athletics 'A' [places 5, 8, 9]	
3	32:26	Swansea Harriers [places 2, 7, 15]	
4	33:18	Carmarthen & District Harriers 'A' [places 1, 14, 18]	
5	33:26	Pembrokeshire Harriers [places 4, 10, 22]	
6	35:24	Brecon AC 'A' [places 13, 20, 23]	
7	35:31	Cardiff Athletics 'B' [places 16, 17, 25]	
8	37:33	Cardiff Archers [places 11, 19, 31]	
9	37:57	Carmarthen & District Harriers 'B' [places 21, 26, 27]	
10	42:44	Llanelli AC [places 28, 29, 30]	
11	27:43	Cardiff Athletics 'C' [places 24, 32,]	
12		[places , ,]	
FASTEST & INDIVIDUAL LEG TIMES			
1	10:12	Frank MORGAN U15B	Carmarthen & District Harriers
2	10:18	Charlie HARRIS U15B	Swansea Harriers
3	10:25	Oliver JONES U15B	Maldwyn Harriers
4	10:35	Rhys LLEWELLYN U15B	Pembrokeshire Harriers
5	10:41	Osian TYRRELL U15B	Cardiff Athletics 'A'
6	10:43	Aled BREEZE U15B	Maldwyn Harriers
7	10:47	Aled TUMELTY U15B	Swansea Harriers
8	10:50	Charlie HURDMAN U15B	Cardiff Athletics 'A'
9	10:50	Ben HUGHES U15B	Cardiff Athletics 'A'
10	10:55	James PRICE U15B	Pembrokeshire Harriers
11	10:57	Loui CAMILLERI U15B	Cardiff Archers
12	11:02	Callum MORGAN U15B	Maldwyn Harriers
13	11:13	Jack ORGAN U15B	Brecon AC 'A'
14	11:20	Zach ELVY U15B	Carmarthen & District Harriers
15	11:21	Tom ATTWOOD U15B	Swansea Harriers
16	11:24	Joseph JOYCE U15B	Cardiff Athletics 'B'
17	11:35	Ben FARRELL U15B	Cardiff Athletics 'B'
18	11:46	Steffan DAVIES U15B	Carmarthen & District Harriers
19	11:47	Christopher JONES U15B	Cardiff Archers
20	11:51	Owen PRICE-DAVIES U15B	Brecon AC 'A'
21	11:54	Jack THOMAS U15B	Carmarthen & District Harriers
22	11:56	Jack BRUCE U15B	Pembrokeshire Harriers
23	12:20	Isaac PIERCE U15B	Brecon AC 'A'
24	12:24	Issac JONES U15B	Cardiff Athletics 'C'
25	12:32	Alex RIDOUT U15B	Cardiff Athletics 'B'
26	12:57	Rogan COX U15B	Carmarthen & District Harriers
27	13:06	Liam EVANS U15B	Carmarthen & District Harriers
28	13:13	Iwan WILSON U15B	Llanelli AC
29	14:44	James THOMAS U15B	Llanelli AC
31	14:49	Finley KEANE U15B	Cardiff Archers
32	15:19	Ethan MEYRICK U15B	Cardiff Athletics 'C'

Race 4_3		U17M_RESULTS	Leg 1		Leg 2		Leg 3		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place					
1	52	Cardiff Athletics 'A'	9:29	1	19:34	4	29:06	2	29:06	1	29:06	Cardiff Athletics 'A' [places 1, 2, 4]	
A	52A	Lloyd SHEPPARD U17M	9:29	1						2	30:50	Cardiff Archers 'A' [places 5, 6, 9]	
B	52B	Jacob REYNOLDS U17M			10:05	4				3	31:10	Neath Harriers [places 3, 7, 24]	
C	52C	Ben REYNOLDS U17M					9:32	2		4	32:41	Llanelli AC [places 8, 17, 21]	
2	54	Cardiff Archers 'A'	10:06	5	20:41	9	30:50	6	30:50	5	32:50	Cardiff Archers 'B' [places 12, 16, 20]	
A	54A	Ryan EDWARDS U17M	10:06	5						6	33:14	Aberdare Valley AAC [places 15, 19, 23]	
B	54B	Ben RAY U17M			10:35	9				7	33:26	Newport Harriers [places 13, 18, 27]	
C	54C	Rhys HARDMAN U17M					10:09	6		8	33:36	Pembrokeshire Harriers [places 14, 22, 26]	
3	57	Neath Harriers	9:44	3	21:01	24	31:10	7	31:10	9	34:36	Cardiff Athletics 'B' [places 10, 25, 30]	
A	57A	Finley HINES U17M	9:44	3						10	34:38	Swansea Harriers [places 11, 28, 29]	
B	57B	James FISHLOCK U17M			11:17	24				FASTEST & INDIVIDUAL LEG TIMES			
C	57C	James GRIFFITHS U17M					10:09	7					
4	56	Llanelli AC	10:32	8	21:30	17	32:41	21	32:41	1	9:29	Lloyd SHEPPARD U17M	Cardiff Athletics 'A'
A	56A	Adam BEER U17M	10:32	8						2	9:32	Ben REYNOLDS U17M	Cardiff Athletics 'A'
B	56B	Ieuan GRIFFITHS U17M			10:58	17				3	9:44	Finley HINES U17M	Neath Harriers
C	56C	Samuel BIRD U17M					11:11	21		4	10:05	Jacob REYNOLDS U17M	Cardiff Athletics 'A'
5	55	Cardiff Archers 'B'	10:55	16	21:40	12	32:50	20	32:50	5	10:06	Ryan EDWARDS U17M	Cardiff Archers 'A'
A	55A	Francesco BUONO U17M	10:55	16						6	10:09	Rhys HARDMAN U17M	Cardiff Archers 'A'
B	55B	Huw RILEY U17M			10:45	12				7	10:09	James GRIFFITHS U17M	Neath Harriers
C	55C	Callum THOMAS U17M					11:10	20		8	10:32	Adam BEER U17M	Llanelli AC
6	50	Aberdare Valley AAC	10:54	15	22:08	23	33:14	19	33:14	9	10:35	Ben RAY U17M	Cardiff Archers 'A'
A	50A	Gruff DICKSON U17M	10:54	15						10	10:41	Lloyd JONES U17M	Cardiff Athletics 'B'
B	50B	Rhys BLOW U17M			11:14	23				11	10:45	Iwan WHITE U17M	Swansea Harriers
C	50C	Iwan SMITH U17M					11:06	19		12	10:45	Huw RILEY U17M	Cardiff Archers 'B'
7	58	Newport Harriers	10:47	13	21:48	18	33:26	27	33:26	13	10:47	Elur URKOLA U17M	Newport Harriers
A	58A	Elur URKOLA U17M	10:47	13						14	10:50	Iori HUMPHREYS U17M	Pembrokeshire Harriers
B	58B	Michael OWEN U17M			11:01	18				15	10:54	Gruff DICKSON U17M	Aberdare Valley AAC
C	58C	Oscar DENTON U17M					11:38	27		16	10:55	Francesco BUONO U17M	Cardiff Archers 'B'
8	59	Pembrokeshire Harriers	11:13	22	22:46	26	33:36	14	33:36	17	10:58	Ieuan GRIFFITHS U17M	Llanelli AC
A	59A	Cian HARRIES U17M	11:13	22						18	11:01	Michael OWEN U17M	Newport Harriers
B	59B	Iwan LILLEY U17M			11:33	26				19	11:06	Iwan SMITH U17M	Aberdare Valley AAC
C	59C	Iori HUMPHREYS U17M					10:50	14		20	11:10	Callum THOMAS U17M	Cardiff Archers 'B'
9	53	Cardiff Athletics 'B'	10:41	10	22:02	25	34:36	30	34:36	21	11:11	Samuel BIRD U17M	Llanelli AC
A	53A	Lloyd JONES U17M	10:41	10						22	11:13	Cian HARRIES U17M	Pembrokeshire Harriers
B	53B	Cian RALPHS U17M			11:21	25				23	11:14	Rhys BLOW U17M	Aberdare Valley AAC
C	53C	Rhys SIMMONDS U17M					12:34	30		24	11:17	James FISHLOCK U17M	Neath Harriers
10	60	Swansea Harriers	11:45	28	23:53	29	34:38	11	34:38	25	11:21	Cian RALPHS U17M	Cardiff Athletics 'B'
A	60A	Miles HILL U17M	11:45	28						26	11:33	Iwan LILLEY U17M	Pembrokeshire Harriers
B	60B	Rhys NICHOLAS U17M			12:08	29				27	11:38	Oscar DENTON U17M	Newport Harriers
C	60C	Iwan WHITE U17M					10:45	11		28	11:45	Miles HILL U17M	Swansea Harriers
11										29	12:08	Rhys NICHOLAS U17M	Swansea Harriers
A										30	12:34	Rhys SIMMONDS U17M	Cardiff Athletics 'B'

Race 4_4		U17W_RESULTS	Leg 1		Leg 2		Leg 3		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place					
1	46	Cardiff Athletics 'A'	11:32	2	23:27	4	34:44	1	34:44	1	34:44	Cardiff Athletics 'A' (places 1 2 4)	
A	46A	Nia CLATWORTHY U17W	11:32	2						2	37:25	Cardiff Archers (places 3 5 13)	
B	46B	Mia GODDARD U17W			11:55	4				3	38:02	Cardiff Athletics 'B' (places 6 9 11)	
C	46C	Moli LYONS U17W					11:17	1		4	38:46	Newport Harriers (places 7 8 14)	
2	48	Cardiff Archers	11:54	3	25:20	44	37:25	31	37:25	FASTEST & INDIVIDUAL LEG TIMES			
A	48A	Aimee CALLOW U17W	11:54	3						1	11:17	Moli LYONS U17W	Cardiff Athletics 'A'
B	48B	Freya ROBERTS U17W			13:26	13				2	11:32	Nia CLATWORTHY U17W	Cardiff Athletics 'A'
C	48C	Alanah HILL U17W					12:05	5		3	11:54	Aimee CALLOW U17W	Cardiff Archers
3	47	Cardiff Athletics 'B'	12:54	11	25:38	31	38:02	26	38:02	4	11:55	Mia GODDARD U17W	Cardiff Athletics 'A'
A	47A	Lili JONES U17W	12:54	11						5	12:05	Alanah HILL U17W	Cardiff Archers
B	47B	Bethan MEYRICK U17W			12:44	9				6	12:24	Bethany GOLD U17W	Cardiff Athletics 'B'
C	47C	Bethany GOLD U17W					12:24	6		7	12:26	Elin GRIFFITHS U17W	Newport Harriers
4	49	Newport Harriers	13:47	14	26:13	22	38:46	20	38:46	8	12:26	Elin GRIFFITHS U17W	Newport Harriers
A	49A	Emily WILCOX U17W	13:47	14						9	12:33	Ashleigh STEER U17W	Newport Harriers
B	49B	Elin GRIFFITHS U17W			12:26	7				10	12:44	Bethan MEYRICK U17W	Cardiff Athletics 'B'
C	49C	Ashleigh STEER U17W					12:33	8		11	12:46	Megan WILLIAMS	Aberdare Valley AC
5	188	Aberdare Valley AC	12:46	10	27:12	15	40:09	12	40:09	12	12:54	Lili JONES U17W	Cardiff Athletics 'B'
A	188A	Megan WILLIAMS	12:46	10						13	12:57	Caitlyn ROBERTS	Aberdare Valley AC
B	188B	Catrin RYDER			14:26	15				14	13:26	Freya ROBERTS U17W	Cardiff Archers
C	188C	Caitlyn ROBERTS					12:57	12		15	13:47	Emily WILCOX U17W	Newport Harriers
6										15	14:26	Catrin RYDER	Aberdare Valley AC

Race 6_1		SENM_RESULTS	Leg 1		Leg 2		Leg 3		Leg 4		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	66	Cardiff Athletics 'A'	19:12	19	36:34	3	53:22	1	70:39	2	70:39
A	66A	Morgan JAMES SENM	19:12	19							
B	66B	Dan NASH SENM			17:22	3					
C	66C	Jake SMITH SENM					16:48	1			
D	66D	Ciaran LEWIS SENM							17:17	2	73:17
2	77	Pontypridd Roadents AC 'A'	17:38	5	36:37	15	55:22	12	73:17	6	
A	77A	Paul GRAHAM SENM	17:38	5							
B	77B	Ben BUTLER-MADDEN SENM			18:59	15					
C	77C	Juan DELGADO SENM					18:45	12			74:39
D	77D	Ewan SHORT SENM							17:55	6	
3	62	Aberdare Valley AAC 'A'	18:02	7	36:53	14	56:34	27	74:39	8	
A	62A	Daniel BODMAN SENM	18:02	7							
B	62B	Jac SMITH SENM			18:51	14					75:56
C	62C	Joseph REARDON SENM					19:41	27			
D	62D	Adam BULL SENM							18:05	8	
4	84	Swansea Harriers 'A'	20:07	32	39:20	20	56:54	4	75:56	16	
A	84A	Tom HENDERSON SENM	20:07	32							79:02
B	84B	Nathan JONES SENM			19:13	20					
C	84C	Marc HOBBS SENM					17:34	4			
D	84D	Matt HARVEY SENM							19:02	16	
5	71	Les Croupiers 'A'	19:18	21	39:10	29	59:21	33	79:02	25	79:02
A	71A	Dylan NAZARETH SENM	19:18	21							
B	71B	Alex PRICE SENM			19:52	29					
C	71C	Mike ERSKINE SENM					20:11	33			
D	71D	David J WILLIAMS							19:41	25	80:05
6	75	Neath Harriers 'A'	20:58	47	40:54	30	61:54	48	80:05	9	
A	75A	T. CALLARD SENM	20:58	47							
B	75B	N. DANIEL SENM			19:56	30					
C	75C	Seb LEWIS SENM					21:00	48			80:28
D	75D	Deri STEWART SENM							18:11	9	
7	65	Brecon AC	19:09	17	38:50	26	60:01	52	80:28	38	
A	65A	Brychan PRICE-DAVIES SENM	19:09	17							
B	65B	Michael HOLLOWAY SENM			19:41	26					81:01
C	65C	Gareth LAWRENCE SENM					21:11	52			
D	65D	Evan PRICE-DAVIES SENM							20:27	38	
8	73	Llanelli AC 'A'	19:20	22	37:46	10	60:00	65	81:01	49	
A	73A	Dai KEENAN SENM	19:20	22							81:04
B	73B	Nick SHEEHAN SENM			18:26	10					
C	73C	Jamie STEDMAN SENM					22:14	65			
D	73D	Callum CAMPION SENM							21:01	49	
9	67	Cardiff Athletics 'B'	18:39	11	37:29	13	59:29	63	81:04	57	81:04
A	67A	James THIE SENM	18:39	11							
B	67B	Alex JACKSON SENM			18:50	13					
C	67C	James GOLD SENM					22:00	63			
D	67D	Efan OWEN SENM							21:35	57	81:06
10	78	Pontypridd Roadents AC 'B'	20:22	36	39:55	24	60:38	42	81:06	57	
A	78A	Carl GOOSE SENM	20:22	36							
B	78B	Andrew HOW SENM			19:33	24					
C	78C	Daniel PHILLIPS SENM					20:43	42			81:46
D	78D	Callum PRIEST SENM							20:28	57	
11	81	RUN4ALL Neath 'A'	21:07	51	40:18	18	60:57	41	81:46	44	
A	81A	Michael BENNS SENM	21:07	51							81:46
B	81B	Geraint WILLIAMS SENM			19:11	18					
C	81C	Dean PROTHEROE SENM					20:39	41			
D	81D	David MCCUTCHEON SENM							20:49	44	

TEAM SCORES			
1	70:39	Cardiff Athletics 'A' [places 1, 2, 3, 19]	
2	73:17	Pontypridd Roadents AC 'A' [places 5, 6, 12, 15]	
3	74:39	Aberdare Valley AAC 'A' [places 7, 8, 14, 27]	
4	75:56	Swansea Harriers 'A' [places 4, 16, 20, 32]	
5	79:02	Les Croupiers 'A' [places 21, 25, 29, 33]	
6	80:05	Neath Harriers 'A' [places 9, 30, 47, 48]	
7	80:28	Brecon AC [places 17, 26, 38, 52]	
8	81:01	Llanelli AC 'A' [places 10, 22, 49, 65]	
9	81:04	Cardiff Athletics 'B' [places 11, 13, 57, 63]	
10	81:06	Pontypridd Roadents AC 'B' [places 24, 36, 42, 58]	
11	81:46	RUN4ALL Neath 'A' [places 18, 41, 44, 51]	
12	85:47	San Domenico RRC [places 23, 31, 40, 94]	
13	85:59	Aberdare Valley AAC 'B' [places 39, 43, 55, 80]	
14	86:55	Les Croupiers 'B' [places 37, 50, 59, 84]	
15	88:01	Neath Harriers 'B' [places 54, 56, 66, 73]	
16	88:36	3M Gorseinon Road Runners [places 34, 68, 74, 76]	
17	89:42	CDF Runners 'A' [places 62, 67, 69, 75]	
18	89:43	Trots [places 53, 60, 78, 82]	
19	91:30	RUN4ALL Neath 'B' [places 70, 72, 77, 81]	
20	96:02	Aberdare Valley AAC 'C' [places 61, 71, 87, 96]	
21	96:49	Pontypridd Roadents AC 'C' [places 28, 85, 86, 101]	
22	100:08	Port Talbot Harriers [places 79, 83, 92, 98]	
23	102:19	Llanelli AC 'B' [places 45, 91, 97, 99]	
24	104:38	CDF Runners 'B' [places 89, 90, 95, 100]	
25		Swansea Harriers 'B' [places 35, 46, 64,]	
26		Cardiff Athletics 'C' [places 88, 93, ,]	
27		[places , , ,]	
28			
FASTEST & INDIVIDUAL LEG TIMES			
1	16:48	Jake SMITH SENM	Cardiff Athletics 'A'
2	17:17	Ciaran LEWIS SENM	Cardiff Athletics 'A'
3	17:22	Dan NASH SENM	Cardiff Athletics 'A'
4	17:34	Marc HOBBS SENM	Swansea Harriers 'A'
5	17:38	Paul GRAHAM SENM	Pontypridd Roadents AC 'A'
6	17:55	Ewan SHORT SENM	Pontypridd Roadents AC 'A'
7	18:02	Daniel BODMAN SENM	Aberdare Valley AAC 'A'
8	18:05	Adam BULL SENM	Aberdare Valley AAC 'A'
9	18:11	Deri STEWART SENM	Neath Harriers 'A'
10	18:26	Nick SHEEHAN SENM	Llanelli AC 'A'
11	18:39	James THIE SENM	Cardiff Athletics 'B'
12	18:45	Juan DELGADO SENM	Pontypridd Roadents AC 'A'
13	18:50	Alex JACKSON SENM	Cardiff Athletics 'B'
14	18:51	Jac SMITH SENM	Aberdare Valley AAC 'A'
15	18:59	Ben BUTLER-MADDEN SENM	Pontypridd Roadents AC 'A'
16	19:02	Matt HARVEY SENM	Swansea Harriers 'A'
17	19:09	Brychan PRICE-DAVIES SENM	Brecon AC
18	19:11	Geraint WILLIAMS SENM	RUN4ALL Neath 'A'
19	19:12	Morgan JAMES SENM	Cardiff Athletics 'A'
20	19:13	Nathan JONES SENM	Swansea Harriers 'A'
21	19:18	Dylan NAZARETH SENM	Les Croupiers 'A'
22	19:20	Dai KEENAN SENM	Llanelli AC 'A'
23	19:21	Neil REYNOLDS SENM	San Domenico RRC
24	19:33	Andrew HOW SENM	Pontypridd Roadents AC 'B'
25	19:41	David J WILLIAMS	Les Croupiers 'A'

Race 6_1		SENM_RESULTS	Leg 1		Leg 2		Leg 3		Leg 4		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place	
12	83	San Domenico RRC	19:21	23	39:57	40	59:56	31	85:47	94	85:47
A	83A	Neil REYNOLDS SENM	19:21	23							
B	83B	Alistair DOWNES SENM			20:36	40					
C	83C	Chris OXLEY SENM					19:59	31			
D	83D	Ronald MORRIS SENM							25:51	94	85:59
13	63	Aberdare Valley AAC 'B'	21:22	55	41:53	39	65:14	80	85:59	43	
A	63A	Shaun PINCH SENM	21:22	55							
B	63B	Ben SMITH SENM			20:31	39					
C	63C	Liam GRIFFITHS SENM					23:21	80			86:55
D	63D	Ross JONES SENM							20:45	43	
14	72	Les Croupiers 'B'	20:26	37	42:09	59	63:14	50	86:55	84	
A	72A	Ben KENNEDY SENM	20:26	37							
B	72B	Matthew HOPKINS SENM			21:43	59					88:01
C	72C	Matthew VERRAN SENM					21:05	50			
D	72D	Marcus MEYRICK SENM							23:41	84	
15	76	Neath Harriers 'B'	21:26	56	42:47	54	65:35	73	88:01	66	
A	76A	Shane WILLIAMS SENM	21:26	56							88:36
B	76B	Scott WILLIAMS			21:21	54					
C	76C	G. MILLARD SENM					22:48	73			
D	76D	L. BARTLETT SENM							22:26	66	
16	61	3M Gorseinon Road Runners	20:18	34	42:45	68	65:41	76	88:36	74	88:36
A	61A	Rhys DOYLE SENM	20:18	34							
B	61B	Craig TINDAL SENM			22:27	68					
C	61C	Martin BENNETT SENM					22:56	76			
D	61D	Lee MORRIS SENM							22:55	74	89:42
17	69	CDF Runners 'A'	22:55	75	45:22	67	67:51	69	89:42	62	
A	69A	Ben JONES SENM	22:55	75							
B	69B	Craig BLAKE SENM			22:27	67					
C	69C	Tomos PHILLIPS SENM					22:29	69			89:43
D	69D	Chris INGLIS SENM							21:51	62	
18	87	Trots	21:46	60	45:18	82	68:29	78	89:43	53	
A	87A	Llyr ROBERTS SENM	21:46	60							89:43
B	87B	Dylan RAYMOND SENM			23:32	82					
C	87C	Vince BAILEY SENM					23:11	78			
D	87D	Aled JONES-DAVIES SENM							21:14	53	
19	82	RUN4ALL Neath 'B'	22:29	70	45:02	72	68:05	77	91:30	81	91:30
A	82A	Aled HOPKINS SENM	22:29	70							
B	82B	Jonathan CLARKE SENM			22:33	72					
C	82C	John REES SENM					23:03	77			
D	82D	Chris LEWIS SENM							23:25	81	96:02
20	64	Aberdare Valley AAC 'C'	22:31	71	44:22	61	68:26	87	96:02	96	
A	64A	Anthony WATERS	22:31	71							
B	64B	Owen THOMAS SENM			21:51	61					
C	64C	Jaimie FENAROLI SENM					24:04	87			96:49
D	64D	Kian TINSLEY SENM							27:36	96	
21	79	Pontypridd Roadents AC 'C'	19:44	28	43:44	86	67:34	85	96:49	101	
A	79A	Billy HAYTON SENM	19:44	28							96:49
B	79B	Jordan BROWN SENM			24:00	86					
C	79C	Huw DAVIES SENM					23:50	85			
D	79D	Rob FLANAGAN SENM							29:15	101	
22	80	Port Talbot Harriers	23:37	83	48:38	92	71:52	79	100:08	98	100:08
A	80A	Luke PRICE SENM	23:37	83							
B	80B	John DEWAR SENM			25:01	92					
C	80C	Ben HUGHES SENM					23:14	79			
D	80D	Gareth EVANS SENM							28:16	98	102:19
23	74	Llanelli AC 'B'	20:50	45	49:15	99	77:26	97	102:19	91	
A	74A	Chris FRANCIS SENM	20:50	45							
B	74B	Dai REES SENM			28:25	99					
C	74C	Liam THORLEY SENM					28:11	97			
D	74D	Jordan CHAPPELL SENM							24:53	91	104:38
24	70	CDF Runners 'B'	28:54	100	53:08	89	79:48	95	104:38	90	
A	70A	Richard SKYRME	28:54	100							
B	70B	Simon HUGHES			24:14	89					
C	70C	Stewart HARDING SENM					26:40	95			104:38
D	70D	Adam JOHNSON SENM							24:50	90	
25	85	Swansea Harriers 'B'	20:21	35	41:14	46	63:18	64			63:18
A	85A	John MORAN SENM	20:21	35							
B	85B	Daniel MORGAN SENM			20:53	46					
C	85C	Stuart BOOKER SENM					22:04	64			
D	85D										49:28
26	68	Cardiff Athletics 'C'	25:22	93	49:28	88					
A	68A	Brian DIAS	25:22	93							
B	68B	Stephen NOYVIRT SENM			24:06	88					
C	68C										49:28
D	68D										
27											

TEAM SCORES			
26	19:41	Michael HOLLOWAY SENM	Brecon AC
27	19:41	Joseph REARDON SENM	Aberdare Valley AAC 'A'
28	19:44	Billy HAYTON SENM	Pontypridd Roadents AC 'C'
29	19:52	Alex PRICE SENM	Les Croupiers 'A'
30	19:56	N. DANIEL SENM	Neath Harriers 'A'
31	19:59	Chris OXLEY SENM	San Domenico RRC
32	20:07	Tom HENDERSON SENM	Swansea Harriers 'A'
33	20:11	Mike ERSKINE SENM	Les Croupiers 'A'
34	20:18	Rhys DOYLE SENM	3M Gorseinon Road Runners
35	20:21	John MORAN SENM	Swansea Harriers 'B'
36	20:22	Carl GOOSE SENM	Pontypridd Roadents AC 'B'
37	20:26	Ben KENNEDY SENM	Les Croupiers 'B'
38	20:27	Evan PRICE-DAVIES SENM	Brecon AC
39	20:31	Ben SMITH SENM	Aberdare Valley AAC 'B'
40	20:36	Alistair DOWNES SENM	San Domenico RRC
41	20:39	Dean PROTHEROE SENM	RUN4ALL Neath 'A'
42	20:43	Daniel PHILLIPS SENM	Pontypridd Roadents AC 'B'
43	20:45	Ross JONES SENM	Aberdare Valley AAC 'B'
44	20:49	David MCCUTCHEON SENM	RUN4ALL Neath 'A'
45	20:50	Chris FRANCIS SENM	Llanelli AC 'B'
46	20:53	Daniel MORGAN SENM	Swansea Harriers 'B'
47	20:58	T. CALLARD SENM	Neath Harriers 'A'
48	21:00	Seb LEWIS SENM	Neath Harriers 'A'
49	21:01	Callum CAMPION SENM	Llanelli AC 'A'
50	21:05	Matthew VERRAN SENM	Les Croupiers 'B'
51	21:07	Michael BENNS SENM	RUN4ALL Neath 'A'
52	21:11	Gareth LAWRENCE SENM	Brecon AC
53	21:14	Aled JONES-DAVIES SENM	Trots
54	21:21	Scott WILLIAMS	Neath Harriers 'B'
55	21:22	Shaun PINCH SENM	Aberdare Valley AAC 'B'
56	21:26	Shane WILLIAMS SENM	Neath Harriers 'B'
57	21:35	Efan OWEN SENM	Cardiff Athletics 'B'
57	21:35	Callum PRIEST SENM	Pontypridd Roadents AC 'B'
59	21:43	Matthew HOPKINS SENM	Les Croupiers 'B'
60	21:46	Llyr ROBERTS SENM	Trots
61	21:51	Owen THOMAS SENM	Aberdare Valley AAC 'C'
62	21:51	Chris INGLIS SENM	CDF Runners 'A'
63	22:00	James GOLD SENM	Cardiff Athletics 'B'
64	22:04	Stuart BOOKER SENM	Swansea Harriers 'B'
65	22:14	Jamie STEDMAN SENM	Llanelli AC 'A'
66	22:26	L. BARTLETT SENM	Neath Harriers 'B'
67	22:27	Craig BLAKE SENM	CDF Runners 'A'
68	22:27	Craig TINDAL SENM	3M Gorseinon Road Runners
69	22:29	Tomos PHILLIPS SENM	CDF Runners 'A'
70	22:29	Aled HOPKINS SENM	RUN4ALL Neath 'B'
71	22:31	Anthony WATERS	Aberdare Valley AAC 'C'
72	22:33	Jonathan CLARKE SENM	RUN4ALL Neath 'B'
73	22:48	G. MILLARD SENM	Neath Harriers 'B'
74	22:55	Lee MORRIS SENM	3M Gorseinon Road Runners
75	22:55	Ben JONES SENM	CDF Runners 'A'
76	22:56	Martin BENNETT SENM	3M Gorseinon Road Runners
77	23:03	John REES SENM	RUN4ALL Neath 'B'
78	23:11	Vince BAILEY SENM	Trots
79	23:14	Ben HUGHES SENM	Port Talbot Harriers
80	23:21	Liam GRIFFITHS SENM	Aberdare Valley AAC 'B'
81	23:25	Chris LEWIS SENM	RUN4ALL Neath 'B'
82	23:32	Dylan RAYMOND SENM	Trots
83	23:37	Luke PRICE SENM	Port Talbot Harriers
84	23:41	Marcus MEYRICK SENM	Les Croupiers 'B'
85	23:50	Huw DAVIES SENM	Pontypridd Roadents AC 'C'
86	24:00	Jordan BROWN SENM	Pontypridd Roadents AC 'C'
87	24:04	Jaimie FENAROLI SENM	Aberdare Valley AAC 'C'
88	24:06	Stephen NOYVIRT SENM	Cardiff Athletics 'C'
89	24:14	Simon HUGHES	CDF Runners 'B'
90	24:50	Adam JOHNSON SENM	CDF Runners 'B'
91	24:53	Jordan CHAPPELL SENM	Llanelli AC 'B'
92	25:01	John DEWAR SENM	Port Talbot Harriers
93	25:22	Brian DIAS	Cardiff Athletics 'C'
94	25:51	Ronald MORRIS SENM	San Domenico RRC
95	26:40	Stewart HARDING SENM	CDF Runners 'B'
96	27:36	Kian TINSLEY SENM	Aberdare Valley AAC 'C'
97	28:11	Liam THORLEY SENM	Llanelli AC 'B'
98	28:16	Gareth EVANS SENM	Port Talbot Harriers
99	28:25	Dai REES SENM	Llanelli AC 'B'
100	28:54	Richard SKYRME	CDF Runners 'B'
101	29:15	Rob FLANAGAN SENM	Pontypridd Roadents AC 'C'

Race 6_2		SENW_RESULTS		Leg 1		Leg 2		Leg 3		Leg 4		Total Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES		Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place				
1	90	Cardiff Athletics 'A'		19:58	3	42:03	13	61:14	1	80:39	2	80:39	1	80:39 Cardiff Athletics 'A' [places 1, 2, 3, 13]	
A	90A	Lucy MARLAND SENW		19:58	3								2	84:16 Swansea Harriers 'A' [places 4, 5, 6, 10]	
B	90B	Laura WRIGHT SENW				22:05	13						3	89:23 Swansea Harriers 'B' [places 8, 12, 16, 18]	
C	90C	Jenny NESBITT SENW						19:11	1				4	91:20 Cardiff Athletics 'B' [places 9, 11, 17, 29]	
D	90D	Clara EVANS SENW								19:25	2		5	97:10 CDF Runners 'A' [places 19, 23, 24, 33]	
2	102	Swansea Harriers 'A'		21:49	10	42:38	5	62:46	4	84:16	6	84:16	6	99:12 Trots [places 20, 25, 34, 35]	
A	102A	Abigayle LATHAM-GOODRICK SENW		21:49	10								7	99:40 RUN4ALL Neath 'A' [places 7, 31, 38, 42]	
B	102B	Alaw BEYNON-THOMAS SENW				20:49	5						8	99:43 Swansea Harriers 'C' [places 21, 26, 28, 43]	
C	102C	Olivia GWYNN SENW						20:08	4				9	103:51 Les Croupiers 'A' [places 14, 27, 49, 57]	
D	102D	Rachel DAVIES SENW								21:30	6		10	104:55 CDF Runners 'B' [places 15, 36, 45, 51]	
3	103	Swansea Harriers 'B'		21:59	12	43:41	8	66:15	16	89:23	18	89:23	11	105:48 Brecon AC [places 22, 37, 44, 54]	
A	103A	Gemma SEAMAN SENW		21:59	12								12	107:35 Aberdare Valley AAC [places 30, 39, 48, 52]	
B	103B	Ashleigh WILLIS SENW				21:42	8						13	121:34 Pontypridd Roadents AC [places 32, 47, 53, 63]	
C	103C	Bronwen STRATTON-THOMAS SENW						22:34	16				14	123:29 Llanelli AC [places 41, 55, 59, 62]	
D	103D	Sian KIRK SENW								23:08	18		15	88:24 Les Croupiers 'B' [places 50, 56, 60,]	
4	91	Cardiff Athletics 'B'		23:01	17	44:58	11	66:40	9	91:20	29	91:20	16	90:54 Port Talbot Harriers [places 40, 46, 58, 61]	
A	91A	Heddwen DANIEL SENW		23:01	17								17	26:34 Cardiff Athletics 'C' [places , , ,]	
B	91B	Bethan DAVIES SENW				21:57	11						FASTEST & INDIVIDUAL LEG TIMES		
C	91C	Olivia TSIM SENW						21:42	9				1	19:11 Jenny NESBITT SENW Cardiff Athletics 'A'	
D	91D	Megan FRIEDLI SENW								24:40	29		2	19:25 Clara EVANS SENW Cardiff Athletics 'A'	
5	93	CDF Runners 'A'		23:31	19	48:54	33	73:02	23	97:10	24	97:10	3	19:58 Lucy MARLAND SENW Cardiff Athletics 'A'	
A	93A	Madeline DAVIES SENW		23:31	19								4	20:08 Olivia GWYNN SENW Swansea Harriers 'A'	
B	93B	Elinor MCNAMARA SENW				25:23	33						5	20:49 Alaw BEYNON-THOMAS SENW Swansea Harriers 'A'	
C	93C	Eleri ROGERS SENW						24:08	23				6	21:30 Rachel DAVIES SENW Swansea Harriers 'A'	
D	93D	Cassie EVANS SENW								24:08	24		7	21:38 Vikki JACKSON SENW RUN4ALL Neath 'A'	
6	105	Trots		25:25	34	49:24	20	74:59	35	99:12	25	99:12	8	21:42 Ashleigh WILLIS SENW Swansea Harriers 'B'	
A	105A	Sarah ROBERTS SENW		25:25	34								9	21:42 Olivia TSIM SENW Cardiff Athletics 'B'	
B	105B	Kayleigh BAGSHAW SENW				23:59	20						10	21:49 Abigayle LATHAM-GOODRICK SENW Swansea Harriers 'A'	
C	105C	Lindy EYNON SENW						25:35	35				11	21:57 Bethan DAVIES SENW Cardiff Athletics 'B'	
D	105D	Mel HOLLIDAY SENW								24:13	25		12	21:59 Gemma SEAMAN SENW Swansea Harriers 'B'	
7	100	RUN4ALL Neath 'A'		21:38	7	47:50	38	72:55	31	99:40	42	99:40	13	22:05 Laura WRIGHT SENW Cardiff Athletics 'A'	
A	100A	Vikki JACKSON SENW		21:38	7								14	22:33 Katie BEECHER SENW Les Croupiers 'A'	
B	100B	Lizzy FELTON SENW				26:12	38						14	22:33 Holly CORLETT SENW CDF Runners 'B'	
C	100C	Aimee PINK SENW						25:05	31				16	22:34 Bronwen STRATTON-THOMAS SENW Swansea Harriers 'B'	
D	100D	Cara FARLEY								26:45	42		17	23:01 Heddwen DANIEL SENW Cardiff Athletics 'B'	
8	104	Swansea Harriers 'C'		26:46	43	50:46	21	75:19	28	99:43	26	99:43	18	23:08 Sian KIRK SENW Swansea Harriers 'B'	
A	104A	Jemima OSBORNE SENW		26:46	43								19	23:31 Madeline DAVIES SENW CDF Runners 'A'	
B	104B	Darcey BASS SENW				24:00	21						20	23:59 Kayleigh BAGSHAW SENW Trots	
C	104C	Beth THOMS SENW						24:33	28				21	24:00 Darcey BASS SENW Swansea Harriers 'C'	
D	104D	Emma BAXTER SENW								24:24	26		22	24:00 Tiegan WARD SENW Brecon AC	
9	95	Les Croupiers 'A'		24:24	26	52:08	49	81:18	57	103:51	14	103:51	23	24:08 Eleri ROGERS SENW CDF Runners 'A'	
A	95A	Sally PUGSLEY SENW		24:24	26								24	24:08 Cassie EVANS SENW CDF Runners 'A'	
B	95B	Zoe JACOBS SENW				27:44	49						25	24:13 Mel HOLLIDAY SENW Trots	
C	95C	Lyndsey RUSHTON SENW						29:10	57				26	24:24 Emma BAXTER SENW Swansea Harriers 'C'	
D	95D	Katie BEECHER SENW								22:33	14		26	24:24 Sally PUGSLEY SENW Les Croupiers 'A'	
10	94	CDF Runners 'B'		25:43	36	52:55	45	81:11	51	104:55	14	104:55	28	24:33 Beth THOMS SENW Swansea Harriers 'C'	
A	94A	Nina LINDHOLM SENW		25:43	36								29	24:40 Megan FRIEDLI SENW Cardiff Athletics 'B'	
B	94B	Hannah JONES SENW				27:12	45						30	25:02 Hollie RYDER SENW Aberdare Valley AAC	
C	94C	Kayleigh WILDING SENW						28:16	51				31	25:05 Aimee PINK SENW RUN4ALL Neath 'A'	
D	94D	Holly CORLETT SENW								23:44	14		32	25:21 Stephanie DAVIES Pontypridd Roadents AC	
11	89	Brecon AC		24:00	22	51:11	44	76:57	37	105:48	54	105:48	33	25:23 Elinor MCNAMARA SENW CDF Runners 'A'	
A	89A	Tiegan WARD SENW		24:00	22								34	25:25 Sarah ROBERTS SENW Trots	
B	89B	Laurie HIGGINS SENW				27:11	44						35	25:35 Lindy EYNON SENW Trots	
C	89C	Eliska JOURCIKOVA SENW						25:46	37				36	25:43 Nina LINDHOLM SENW CDF Runners 'B'	
D	89D	Sarah MURPHY SENW								28:51	54		37	25:46 Eliska JOURCIKOVA SENW Brecon AC	
12	88	Aberdare Valley AAC		25:02	30	51:24	39	79:58	52	107:35	48	107:35	38	26:12 Lizzy FELTON SENW RUN4ALL Neath 'A'	
A	88A	Hollie RYDER SENW		25:02	30								39	26:22 Aimee FERGUSON SENW Aberdare Valley AAC	
B	88B	Aimee FERGUSON SENW				26:22	39						40	26:34 Sioned WALLWORK SENW Cardiff Athletics 'C'	
C	88C	Nadine WINSTONE SENW						28:34	52				41	26:41 Cerys THOMAS SENW Llanelli AC	
D	88D	Jessie WALTERS SENW								27:37	48		42	26:45 Cara FARLEY RUN4ALL Neath 'A'	
13	98	Pontypridd Roadents AC		28:37	53	53:58	32	94:01	63	121:34	47	121:34	43	26:46 Jemima OSBORNE SENW Swansea Harriers 'C'	
A	98A	Sarah WINSTONE SENW		28:37	53								44	27:11 Laurie HIGGINS SENW Brecon AC	
B	98B	Stephanie DAVIES				25:21	32						45	27:12 Hannah JONES SENW CDF Runners 'B'	
C	98C	Julie POPP SENW						40:03	63				46	27:12 Sally HOPKINS SENW Port Talbot Harriers	
D	98D	Emily DELGADO SENW								27:33	47		47	27:33 Emily DELGADO SENW Pontypridd Roadents AC	
14	97	Llanelli AC		29:02	55	55:43	41	93:23	62	123:29	59	123:29	48	27:37 Jessie WALTERS SENW Aberdare Valley AAC	
A	97A	Jody WILLIAMS SENW		29:02	55								49	27:44 Zoe JACOBS SENW Les Croupiers 'A'	
B	97B	Cerys THOMAS SENW				26:41	41						50	28:14 Amy GRIFFITHS SENW Les Croupiers 'B'	
C	97C	Katy SIMMONS SENW						37:40	62				51	28:16 Kayleigh WILDING SENW CDF Runners 'B'	
D	97D	Emily DENMARK SENW								30:06	59		52	28:34 Nadine WINSTONE SENW Aberdare Valley AAC	
15	96	Les Croupiers 'B'		28:14	50	59:18	60	88:24	56			88:24	53	28:37 Sarah WINSTONE SENW Pontypridd Roadents AC	
A	96A	Amy GRIFFITHS SENW		28:14	50								54	28:51 Sarah MURPHY SENW Brecon AC	
B	96B	Hannah MILES SENW				31:04	60						55	29:02 Jody WILLIAMS SENW Llanelli AC	
C	96C	Jozie POSTLES SENW						29:06	56				56	29:06 Jozie POSTLES SENW Les Croupiers 'B'	
D	96D												57	29:10 Lyndsey RUSHTON SENW Les Croupiers 'A'	
16	99	Port Talbot Harriers		34:07	61	61:19	45	90:54	58			90:54	58	29:35 Tessa REES SENW Port Talbot Harriers	
A	99A	Kati MARTIN SENW		34:07	61								59	30:06 Emily DENMARK SENW Llanelli AC	
B	99B	Sally HOPKINS SENW				27:12	45						60	31:04 Hannah MILES SENW Les Croupiers 'B'	
C	99C	Tessa REES SENW						29:35	58				61	34:07 Kati MARTIN SENW Port Talbot Harriers	
D	99D												62	37:40 Katy SIMMONS SENW Llanelli AC	
17	92	Cardiff Athletics 'C'		26:34								26:34	63	40:03 Julie POPP SENW Pontypridd Roadents AC	
A	92A	Sioned WALLWORK SENW		26:34											
B	92B	Caitlin CHAPMAN SENW													
C	92C														

Race 6_6		MM35_RESULTS		Leg 1		Leg 2		Leg 3		Total Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES		Time	Ind Place	Time	Ind Place	Time	Ind Place				
1	121	Pontypridd Roadents AC 'A'		19:30	4	37:33	1	57:55	8	57:55	1	57:55	Pontypridd Roadents AC 'A' [places 1, 4, 8]
A	121A	Darren BISHOP MM35		19:30	4						2	58:26	Llanelli AC 'A' [places 2, 5, 6]
B	121B	Mark HORSEMAN MM35				18:03	1				3	60:14	Neath Harriers 'A' [places 3, 7, 9]
C	121C	Symon MURPHY MM35						20:22	8	58:26	4	68:31	Aberdare Valley AAC 'A' [places 11, 22, 24]
2	117	Llanelli AC 'A'		19:06	2	38:47	6	58:26	5		5	68:31	Pontypridd Roadents AC 'B' [places 10, 19, 31]
A	117A	Dean SUMMERS MM35		19:06	2						6	69:08	3M Gorseinon Road Runners [places 13, 14, 37]
B	117B	Mark HARRISON MM35				19:41	6			60:14	7	69:31	Port Talbot Harriers [places 16, 18, 27]
C	117C	Jimmy WATKINS MM35						19:39	5		8	70:31	Llanelli AC 'B' [places 15, 23, 36]
3	119	Neath Harriers 'A'		20:28	9	40:49	7	60:14	3		9	71:59	Swansea Harriers 'A' [places 17, 32, 33]
A	119A	R. PRADY MM35		20:28	9					68:31	10	73:05	Carmarthen & District Harriers [places 26, 29, 35]
B	119B	G DAVEY MM35				20:21	7				11	73:51	RUN4ALL Neath 'A' [places 21, 30, 40]
C	119C	S REES MM35						19:25	3		12	74:46	Brecon AC [places 20, 25, 45]
4	107	Aberdare Valley AAC 'A'		21:24	11	44:51	22	68:31	24	68:31	13	74:50	Cardiff Athletics 'A' [places 12, 34, 46]
A	107A	Darren EDWARDS MM35		21:24	11						14	80:58	Aberdare Valley AAC 'C' [places 28, 43, 48]
B	107B	Nath WILLIAMS MM35				23:27	22				15	82:04	Aberdare Valley AAC 'B' [places 38, 41, 49]
C	107C	Mark WITHERS MM35						23:40	24	68:31	16	86:11	Les Croupiers 'A' [places 44, 47, 50]
5	122	Pontypridd Roadents AC 'B'		21:03	10	45:32	31	68:31	19		17	90:23	Pontypridd Roadents AC 'C' [places 39, 51, 52]
A	122A	Kristian WALTERS MM35		21:03	10						18	26:57	Aberdare Valley AAC 'D' [place 42, ,]
B	122B	Ian WILLIAMS MM35				24:29	31			69:08	FASTEST & INDIVIDUAL LEG TIMES		
C	122C	Sean O'CONNOR MM35						22:59	19		1	18:03	Mark HORSEMAN MM35
6	106	3M Gorseinon Road Runners		21:52	13	43:52	14	69:08	37		2	19:06	Dean SUMMERS MM35
A	106A	Gareth PARRY MM35		21:52	13					69:31	3	19:25	S REES MM35
B	106B	Ashley PASCOE MM35				22:00	14				4	19:30	Darren BISHOP MM35
C	106C	Dean WEBSTER MM35						25:16	37		5	19:39	Jimmy WATKINS MM35
7	124	Port Talbot Harriers		22:35	16	45:33	18	69:31	27	70:31	6	19:41	Mark HARRISON MM35
A	124A	Matthew BLACKMORE MM35		22:35	16						7	20:21	G DAVEY MM35
B	124B	Jamie LOWNDES MM35				22:58	18				8	20:22	Symon MURPHY MM35
C	124C	Tom REES-GRALTON MM35						23:58	27	71:59	9	20:28	R. PRADY MM35
8	118	Llanelli AC 'B'		24:56	36	48:31	23	70:31	15		10	21:03	Kristian WALTERS MM35
A	118A	Nick VENABLES MM35		24:56	36						11	21:24	Darren EDWARDS MM35
B	118B	Wesley BEREZA MM35				23:35	23			73:05	12	21:48	Steven BENNETT MM35
C	118C	David CLARK MM35						22:00	15		13	21:52	Gareth PARRY MM35
9	128	Swansea Harriers 'A'		22:53	17	47:25	32	71:59	33		14	22:00	Ashley PASCOE MM35
A	128A	Owen DAVIES MM35		22:53	17					73:51	15	22:00	David CLARK MM35
B	128B	Leigh FENNEL MM35				24:32	32				16	22:35	Matthew BLACKMORE MM35
C	128C	Calvin HOLD MM35						24:34	33		17	22:53	Owen DAVIES MM35
10	114	Carmarthen & District Harriers		24:26	29	49:15	35	73:05	26	74:46	18	22:58	Jamie LOWNDES MM35
A	114A	Dafydd BOWEN MM35		24:26	29						19	22:59	Sean O'CONNOR MM35
B	114B	Jonathan COX MM35				24:49	35				20	23:20	Robert STEPHENS MM35
C	114C	David TOOGOOD MM35						23:50	26	74:50	21	23:25	Andrew EVANS MM35
11	125	RUN4ALL Neath 'A'		23:25	21	47:53	30	73:51	40		22	23:27	Nath WILLIAMS MM35
A	125A	Andrew EVANS MM35		23:25	21						23	23:35	Wesley BEREZA MM35
B	125B	Paul HESKINS MM35				24:28	30			80:58	24	23:40	Mark WITHERS MM35
C	125C	Lee LLEWELLYN MM35						25:58	40		25	23:40	Charlie NORTHEY MM35
12	111	Brecon AC		23:40	25	47:00	20	74:46	45		26	23:50	David TOOGOOD MM35
A	111A	Charlie NORTHEY MM35		23:40	25					82:04	27	23:58	Tom REES-GRALTON MM35
B	111B	Robert STEPHENS MM35				23:20	20				28	24:15	Paul DAVIES MM35
C	111C	Laine SKINNER MM35						27:46	45		29	24:26	Dafydd BOWEN MM35
13	112	Cardiff Athletics 'A'		21:48	12	46:35	34	74:50	46	86:11	30	24:28	Paul HESKINS MM35
A	112A	Steven BENNETT MM35		21:48	12						31	24:29	Ian WILLIAMS MM35
B	112B	Huw JAMES MM35				24:47	34				32	24:32	Leigh FENNEL MM35
C	112C	Dafydd HARRIES MM35						28:15	46	90:23	33	24:34	Calvin HOLD MM35
14	109	Aberdare Valley AAC 'C'		27:09	43	51:24	28	80:58	48		34	24:47	Huw JAMES MM35
A	109A	Paul JONES MM35		27:09	43						35	24:49	Jonathan COX MM35
B	109B	Paul DAVIES MM35				24:15	28			82:04	36	24:56	Nick VENABLES MM35
C	109C	Nick EVANS MM35						29:34	48		37	25:16	Dean WEBSTER MM35
15	108	Aberdare Valley AAC 'B'		25:50	38	52:24	41	82:04	49		38	25:50	Dylan JONES MM35
A	108A	Dylan JONES MM35		25:50	38					86:11	39	25:56	Wyn THOMAS MM35
B	108B	Glenn SWANSON MM35				26:34	41				40	25:58	Lee LLEWELLYN MM35
C	108C	Kyle GRIFFITHS						29:40	49		41	26:34	Glenn SWANSON MM35
16	115	Les Croupiers 'A'		27:20	44	55:48	47	86:11	50	90:23	42	26:57	Ken SPIERS MM35
A	115A	David E WILLIAMS		27:20	44						43	27:09	Paul JONES MM35
B	115B	Peter HEATH MM35				28:28	47				44	27:20	David E WILLIAMS
C	115C	Mark HERBERT MM35						30:23	50	26:57	45	27:46	Laine SKINNER MM35
17	123	Pontypridd Roadents AC 'C'		25:56	39	57:22	51	90:23	52		46	28:15	Dafydd HARRIES MM35
A	123A	Wyn THOMAS MM35		25:56	39						47	28:28	Peter HEATH MM35
B	123B	Paul IDDON MM35				31:26	51				48	29:34	Nick EVANS MM35
C	123C	Mark DOUGLAS MM35						33:01	52		49	29:40	Kyle GRIFFITHS
18	110	Aberdare Valley AAC 'D'		26:57	42					26:57	50	30:23	Mark HERBERT MM35
A	110A	Ken SPIERS MM35		26:57	42						51	31:26	Paul IDDON MM35
B	110B										52	33:01	Mark DOUGLAS MM35
C	110C												

Race 6_3		MW35_RESULTS	Leg 1		Leg 2		Leg 3		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	141	Swansea Harriers	20:47	1	43:03	2	65:36	3	65:36
A	141A	Andrea WHITCOMBE	20:47	1					
B	141B	Helen-Marie DAVIES MW35			22:16	2			
C	141C	Llinos JONES MW35					22:33	3	
2	130	3M Gorseinon Road Runners	23:58	4	52:02	17	78:15	9	78:15
A	130A	Michelle COLE MW35	23:58	4					
B	130B	Julie ARCHER MW35			28:04	17			
C	130C	Isobel DAWSON MW35					26:13	9	
3	139	Port Talbot Harriers	25:29	6	52:14	12	78:25	8	78:25
A	139A	Jenny BLACKMORE MW35	25:29	6					
B	139B	Lisa CLEMENT MW35			26:45	12			
C	139C	Nichola WILCOX MW35					26:11	8	
4	131	Aberdare Valley AAC 'A'	26:39	10	53:37	15	80:25	13	80:25
A	131A	Corinna JONES MW35	26:39	10					
B	131B	Rachel DICKSON MW35			26:58	15			
C	131C	Vicky JAMES					26:48	13	
5	140	RUN4ALL Neath	30:23	24	56:23	7	81:41	5	81:41
A	140A	Gemma HARRIS MW35	30:23	24					
B	140B	Rhian JOHN MW35			26:00	7			
C	140C	Kelly PHILLIPS MW35					25:18	5	
6	134	Les Croupiers 'A'	28:23	19	56:52	20	85:13	18	85:13
A	134A	Tracey CREEDON MW35	28:23	19					
B	134B	Katie JAMES MW35			28:29	20			
C	134C	Jenny MARTIN MW35					28:21	18	
7	136	Llanelli AC	28:59	21	55:40	11	87:45	28	87:45
A	136A	Ness BUCKLER MW35	28:59	21					
B	136B	Rowena FRANKL MW35			26:41	11			
C	136C	Suzanne OWENS MW35					32:05	28	
8	133	Carmarthen & District Harriers	27:21	16	61:15	29	88:07	14	88:07
A	133A	Claire MORGAN	27:21	16					
B	133B	Amanda TOOGOOD MW35			33:54	29			
C	133C	Kate LYNOCK MW35					26:52	14	
9	138	Pontypridd Roadents AC	31:33	26	62:53	25	92:13	22	92:13
A	138A	Angela LEWIS MW35	31:33	26					
B	138B	Charlotte SMITH MW35			31:20	25			
C	138C	Rhian HOPKINS MW35					29:20	22	
10	132	Aberdare Valley AAC 'B'	31:47	27	67:06	30	97:12	23	97:12
A	132A	Hayley CAREY MW35	31:47	27					
B	132B	Caroline EVANS MW35			35:19	30			
C	132C	Carrie PERRY MW35					30:06	23	
11									
A									

TEAM SCORES		
1	65:36	Swansea Harriers [places 1, 2, 3]
2	78:15	3M Gorseinon Road Runners [places 4, 9, 17]
3	78:25	Port Talbot Harriers [places 6, 8, 12]
4	80:25	Aberdare Valley AAC 'A' [places 10, 13, 15]
5	81:41	RUN4ALL Neath [places 5, 7, 24]
6	85:13	Les Croupiers 'A' [places 18, 19, 20]
7	87:45	Llanelli AC [places 11, 21, 28]
8	88:07	Carmarthen & District Harriers [places 14, 16, 29]
9	92:13	Pontypridd Roadents AC [places 22, 25, 26]
10	97:12	Aberdare Valley AAC 'B' [places 23, 27, 30]
FASTEST & INDIVIDUAL LEG TIMES		
1	20:47	Andrea WHITCOMBE Swansea Harriers
2	22:16	Helen-Marie DAVIES MW35 Swansea Harriers
3	22:33	Llinos JONES MW35 Swansea Harriers
4	23:58	Michelle COLE MW35 3M Gorseinon Road Runners
5	25:18	Kelly PHILLIPS MW35 RUN4ALL Neath
6	25:29	Jenny BLACKMORE MW35 Port Talbot Harriers
7	26:00	Rhian JOHN MW35 RUN4ALL Neath
8	26:11	Nichola WILCOX MW35 Port Talbot Harriers
9	26:13	Isobel DAWSON MW35 3M Gorseinon Road Runners
10	26:39	Corinna JONES MW35 Aberdare Valley AAC 'A'
11	26:41	Rowena FRANKL MW35 Llanelli AC
12	26:45	Lisa CLEMENT MW35 Port Talbot Harriers
13	26:48	Vicky JAMES Aberdare Valley AAC 'A'
14	26:52	Kate LYNOCK MW35 Carmarthen & District Harriers
15	26:58	Rachel DICKSON MW35 Aberdare Valley AAC 'A'
16	27:21	Claire MORGAN Carmarthen & District Harriers
17	28:04	Julie ARCHER MW35 3M Gorseinon Road Runners
18	28:21	Jenny MARTIN MW35 Les Croupiers 'A'
19	28:23	Tracey CREEDON MW35 Les Croupiers 'A'
20	28:29	Katie JAMES MW35 Les Croupiers 'A'
21	28:59	Ness BUCKLER MW35 Llanelli AC
22	29:20	Rhian HOPKINS MW35 Pontypridd Roadents AC
23	30:06	Carrie PERRY MW35 Aberdare Valley AAC 'B'
24	30:23	Gemma HARRIS MW35 RUN4ALL Neath
25	31:20	Charlotte SMITH MW35 Pontypridd Roadents AC
26	31:33	Angela LEWIS MW35 Pontypridd Roadents AC
27	31:47	Hayley CAREY MW35 Aberdare Valley AAC 'B'
28	32:05	Suzanne OWENS MW35 Llanelli AC
29	33:54	Amanda TOOGOOD MW35 Carmarthen & District Harriers
30	35:19	Caroline EVANS MW35 Aberdare Valley AAC 'B'

Race 6_7		MM45_RESULTS	Leg 1		Leg 2		Leg 3		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	147	Les Croupiers 'A'	20:02	3	41:31	12	61:54	5	61:54
A	147A	Richard BAKER MM45	20:02	3					
B	147B	Mark JOYCE MM45			21:29	12			
C	147C	Matt HURFORD					20:23	5	
2	156	Pontypridd Roadents AC 'A'	21:07	7	42:27	11	62:30	4	62:30
A	156A	Peter COLES MM45	21:07	7					
B	156B	Laurence POLE MM45			21:20	11			
C	156C	Steve BARTLETT MM45					20:03	4	
3	189	Brecon AC	21:01	6	40:57	2	63:11	15	63:11
A	189A	Martin SHAW	21:01	6					
B	189B	Austin DAVIES			19:56	2			
C	189C	Tim HINDLE					22:14	15	
4	153	Ogmore Phoenix Runners	21:17	10	43:45	17	65:16	13	65:16
A	153A	Adrian PEARCE MM45	21:17	10					
B	153B	Aled HUGHES MM45			22:28	17			
C	153C	Lee AHERNE MM45					21:31	13	
5	154	Parc Bryn Bach Running Club 'A'	23:27	23	46:41	20	65:51	1	65:51
A	154A	Damian CASWELL MM45	23:27	23					
B	154B	Simon LEWIS MM45			23:14	20			
C	154C	Lee AHERNE MM45					19:10	1	
6	159	Swansea Harriers	22:23	16	46:03	24	70:50	33	70:50
A	159A	Simon BREWER MM45	22:23	16					
B	159B	Heath BRETT			23:40	24			
C	159C	Mark WHITE MM45					24:47	33	
7	152	Neath Harriers	22:59	19	48:21	35	71:14	18	71:14
A	152A	C. FULCHER MM45	22:59	19					
B	152B	L SANDHAM MM45			25:22	35			
C	152C	R REES MM45					22:53	18	
8	158	RUN4ALL Neath	23:16	21	47:39	28	72:21	31	72:21
A	158A	Mike WARNER MM45	23:16	21					
B	158B	Iain HENDRY MM45			24:23	28			
C	158C	Ian HUTCHINSON MM45					24:42	31	
9	149	Llanelli AC 'A'	21:55	14	49:47	44	74:12	29	74:12
A	149A	Jason PRICE MM45	21:55	14					
B	149B	Jason DICKINSON MM45			27:52	44			
C	149C	Mike HALSALL MM45					24:25	29	
10	157	Pontypridd Roadents AC 'B'	23:56	25	48:56	34	74:29	36	74:29
A	157A	Jim MURRAY MM45	23:56	25					
B	157B	Iestyn HENSON MM45			25:00	34			
C	157C	Peter HOWELL MM45					25:33	36	
11	148	Les Croupiers 'B'	24:11	26	50:11	39	74:54	32	74:54
A	148A	Mike EVANS MM45	24:11	26					
B	148B	Paul CHAPMAN MM45			26:00	39			
C	148C	Steven PREDDY MM45					24:43	32	
12	142	3M Gorseinon Road Runners	23:19	22	51:27	45	75:47	27	75:47
A	142A	Nigel EVANS MM45	23:19	22					
B	142B	Simon VAUGHAN MM45			28:08	45			
C	142C	Gavin DAVIES MM45					24:20	27	
13	144	Aberdare Valley AAC 'B'	26:13	40	53:20	42	77:57	30	77:57
A	144A	Mark DUNSCOMBE MM45	26:13	40					
B	144B	Simon JONES MM45			27:07	42			
C	144C	Mark NEAL MM45					24:37	30	
14	155	Parc Bryn Bach Running Club 'B'	25:48	37	51:40	38	78:19	41	78:19
A	155A	David KEMPTON	25:48	37					
B	155B	Stephen DALLOW			25:52	38			
C	155C	Stephen PRICE MM55					26:39	41	
15	150	Llanelli AC 'B'	31:39	46	65:29	47	102:18	48	102:18
A	150A	Simon KINGSNORTH MM45	31:39	46					
B	150B	Bruce MORGAN MM45			33:50	47			
C	150C	Ian TELFER MM45					36:49	48	
16	143	Aberdare Valley AAC 'A'	21:09	8	42:24	9			42:24
A	143A	Steve SMITH MM45	21:09	8					
B	143B	Adrian LEWIS MM45			21:15	9			
C	143C	Carl CABLE MM45							
17	146	Carmarthen & District Harriers	27:22	43					27:22
A	146A	Ed MORGAN	27:22	43					
B	146B	Nick COLES							
C	146C								

TEAM SCORES		
1	61:54	Les Croupiers 'A' [places 3, 5, 12]
2	62:30	Pontypridd Roadents AC 'A' [places 4, 7, 11]
3	63:11	Brecon AC [places 2, 6, 15]
4	65:16	Ogmore Phoenix Runners [places 10, 13, 17]
5	65:51	Parc Bryn Bach Running Club 'A' [places 1, 20, 23]
6	70:50	Swansea Harriers [places 16, 24, 33]
7	71:14	Neath Harriers [places 18, 19, 35]
8	72:21	RUN4ALL Neath [places 21, 28, 31]
9	74:12	Llanelli AC 'A' [places 14, 29, 44]
10	74:29	Pontypridd Roadents AC 'B' [places 25, 34, 36]
11	74:54	Les Croupiers 'B' [places 26, 32, 39]
12	75:47	3M Gorseinon Road Runners [places 22, 27, 45]
13	77:57	Aberdare Valley AAC 'B' [places 30, 40, 42]
14	78:19	Parc Bryn Bach Running Club 'B' [places 37, 38, 41]
15	102:18	Llanelli AC 'B' [places 46, 47, 48]
16	42:24	Aberdare Valley AAC 'A' [places 8, 9,]
17	27:22	Carmarthen & District Harriers [place 43, ,]
FASTEST & INDIVIDUAL LEG TIMES		
1	19:10	Lee AHERNE MM45
2	19:56	Austin DAVIES
3	20:02	Richard BAKER MM45
4	20:03	Steve BARTLETT MM45
5	20:23	Matt HURFORD
6	21:01	Martin SHAW
7	21:07	Peter COLES MM45
8	21:09	Steve SMITH MM45
9	21:15	Adrian LEWIS MM45
10	21:17	Adrian PEARCE MM45
11	21:20	Laurence POLE MM45
12	21:29	Mark JOYCE MM45
13	21:31	Paul SMITH MM45
14	21:55	Jason PRICE MM45
15	22:14	Tim HINDLE
16	22:23	Simon BREWER MM45
17	22:28	Aled HUGHES MM45
18	22:53	R REES MM45
19	22:59	C. FULCHER MM45
20	23:14	Simon LEWIS MM45
21	23:16	Mike WARNER MM45
22	23:19	Nigel EVANS MM45
23	23:27	Damian CASWELL MM45
24	23:40	Heath BRETT
25	23:56	Jim MURRAY MM45
26	24:11	Mike EVANS MM45
27	24:20	Gavin DAVIES MM45
28	24:23	Iain HENDRY MM45
29	24:25	Mike HALSALL MM45
30	24:37	Mark NEAL MM45
31	24:42	Ian HUTCHINSON MM45
32	24:43	Steven PREDDY MM45
33	24:47	Mark WHITE MM45
34	25:00	Iestyn HENSON MM45
35	25:22	L SANDHAM MM45
36	25:33	Peter HOWELL MM45
37	25:48	David KEMPTON
38	25:52	Stephen DALLOW
39	26:00	Paul CHAPMAN MM45
40	26:13	Mark DUNSCOMBE MM45
41	26:39	Stephen PRICE MM55
42	27:07	Simon JONES MM45
43	27:22	Ed MORGAN
44	27:52	Jason DICKINSON MM45
45	28:08	Simon VAUGHAN MM45
46	31:39	Simon KINGSNORTH MM45
47	33:50	Bruce MORGAN MM45
48	36:49	Ian TELFER MM45

Race 6_4		MW45_RESULTS	Leg 1		Leg 2		Leg 3		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	166	Parc Bryn Bach Running Club	22:28	1	47:54	6	74:05	11	74:05
A	166A	Nicola JUKES MW45	22:28	1					
B	166B	Hayley JACKSON MW45			25:26	6			
C	166C	Sharon NEWELL MW45					26:11	11	
2	170	Swansea Harriers	24:17	2	50:04	8	75:31	7	75:31
A	170A	Diane BROWNHILL	24:17	2					
B	170B	Angela DELANEY MW45			25:47	8			
C	170C	Julie HARTLEY-GREEN MW45					25:27	7	
3	164	Les Croupiers 'A'	24:44	3	50:41	10	75:50	4	75:50
A	164A	Claire JACOBS MW45	24:44	3					
B	164B	Kay CHAPMAN MW45			25:57	10			
C	164C	Susan WATSON MW45					25:09	4	
4	168	Port Talbot Harriers	28:24	18	54:53	13	80:10	5	80:10
A	168A	Sharon PENHALE MW45	28:24	18					
B	168B	Anna PARSONS MW45			26:29	13			
C	168C	Mandy MORRIS MW45					25:17	5	
5	169	RUN4ALL Neath	25:53	9	54:28	19	81:31	15	81:31
A	169A	Angie RIDGE MW45	25:53	9					
B	169B	Rachel EVANS MW45			28:35	19			
C	169C	Lorna JOHNSON MW45					27:03	15	
6	162	Brecon AC	26:40	14	54:53	17	84:03	23	84:03
A	162A	Catherine OLIVANT MW45	26:40	14					
B	162B	Emma BAGSHAW MW45			28:13	17			
C	162C	Kirsty MALLINDINE MW45					29:10	23	
7	161	Aberdare Valley AAC	27:32	16	58:46	28	85:05	12	85:05
A	161A	Emma BLOW MW45	27:32	16					
B	161B	Emma SMITH			31:14	28			
C	161C	Claire GRIFFITHS MW45					26:19	12	
8	165	Les Croupiers 'B'	30:37	27	59:38	22	88:20	20	88:20
A	165A	Joanna FRIEDLI MW45	30:37	27					
B	165B	Carole GODDARD MW45			29:01	22			
C	165C	Gabrielle DELFINO GREEN MW45					28:42	20	
9	160	3M Gorseinon Road Runners	29:45	24	59:53	26	88:43	21	88:43
A	160A	Diane RIDGEWAY MW45	29:45	24					
B	160B	Alex IWANCZYK			30:08	26			
C	160C	Sharon TROTMAN MW45					28:50	21	
10	167	Pontypridd Roadents AC	29:47	25	65:09	34	100:25	33	100:25
A	167A	Emma ADDIS MW45	29:47	25					
B	167B	Elizabeth HENSON MW45			35:22	34			
C	167C	Lisa WILLIAMS MW45					35:16	33	
11	151	Llanelli AC	33:37	31	65:59	29	101:12	32	101:12
A	151A	Rachel EVANS MW45	33:37	31					
B	151B	Karen PRICE MW45			32:22	29			
C	151C	Lorna POWELL MW45					35:13	32	
12	163	Carmarthen & District Harriers	33:16	30	68:56	35			68:56
A	163A	Lisa FORREST	33:16	30					
B	163B	Alison THOMAS			35:40	35			
C	163C								

TEAM SCORES			
1	74:05	Parc Bryn Bach Running Club [places 1, 6, 11]	
2	75:31	Swansea Harriers [places 2, 7, 8]	
3	75:50	Les Croupiers 'A' [places 3, 4, 10]	
4	80:10	Port Talbot Harriers [places 5, 13, 18]	
5	81:31	RUN4ALL Neath [places 9, 15, 19]	
6	84:03	Brecon AC [places 14, 17, 23]	
7	85:05	Aberdare Valley AAC [places 12, 16, 28]	
8	88:20	Les Croupiers 'B' [places 20, 22, 27]	
9	88:43	3M Gorseinon Road Runners [places 21, 24, 26]	
10	100:25	Pontypridd Roadents AC [places 25, 33, 34]	
11	101:12	Llanelli AC [places 29, 31, 32]	
12	68:56	Carmarthen & District Harriers [places 30, 35,]	
FASTEST & INDIVIDUAL LEG TIMES			
1	22:28	Nicola JUKES MW45	Parc Bryn Bach Running Club
2	24:17	Diane BROWNHILL	Swansea Harriers
3	24:44	Claire JACOBS MW45	Les Croupiers 'A'
4	25:09	Susan WATSON MW45	Les Croupiers 'A'
5	25:17	Mandy MORRIS MW45	Port Talbot Harriers
6	25:26	Hayley JACKSON MW45	Parc Bryn Bach Running Club
7	25:27	Julie HARTLEY-GREEN MW45	Swansea Harriers
8	25:47	Angela DELANEY MW45	Swansea Harriers
9	25:53	Angie RIDGE MW45	RUN4ALL Neath
10	25:57	Kay CHAPMAN MW45	Les Croupiers 'A'
11	26:11	Sharon NEWELL MW45	Parc Bryn Bach Running Club
12	26:19	Claire GRIFFITHS MW45	Aberdare Valley AAC
13	26:29	Anna PARSONS MW45	Port Talbot Harriers
14	26:40	Catherine OLIVANT MW45	Brecon AC
15	27:03	Lorna JOHNSON MW45	RUN4ALL Neath
16	27:32	Emma BLOW MW45	Aberdare Valley AAC
17	28:13	Emma BAGSHAW MW45	Brecon AC
18	28:24	Sharon PENHALE MW45	Port Talbot Harriers
19	28:35	Rachel EVANS MW45	RUN4ALL Neath
20	28:42	Gabrielle DELFINO GREEN MW45	Les Croupiers 'B'
21	28:50	Sharon TROTMAN MW45	3M Gorseinon Road Runners
22	29:01	Carole GODDARD MW45	Les Croupiers 'B'
23	29:10	Kirsty MALLINDINE MW45	Brecon AC
24	29:45	Diane RIDGEWAY MW45	3M Gorseinon Road Runners
25	29:47	Emma ADDIS MW45	Pontypridd Roadents AC
26	30:08	Alex IWANCZYK	3M Gorseinon Road Runners
27	30:37	Joanna FRIEDLI MW45	Les Croupiers 'B'
28	31:14	Emma SMITH	Aberdare Valley AAC
29	32:22	Karen PRICE MW45	Llanelli AC
30	33:16	Lisa FORREST	Carmarthen & District Harriers
31	33:37	Rachel EVANS MW45	Llanelli AC
32	35:13	Lorna POWELL MW45	Llanelli AC
33	35:16	Lisa WILLIAMS MW45	Pontypridd Roadents AC
34	35:22	Elizabeth HENSON MW45	Pontypridd Roadents AC
35	35:40	Alison THOMAS	Carmarthen & District Harriers

Race 6_8		MM55_RESULTS	Leg 1		Leg 2		Leg 3		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	180	Swansea Harriers	23:17	10	44:26	2	66:26	4	66:26
A	180A	Kneath PHILIPPART	23:17	10					
B	180B	Thomas GUEST MM55			21:09	2			
C	180C	Steve SMITH MM55					22:00	4	
2	175	Llanelli AC	20:56	1	44:28	14	66:48	6	66:48
A	175A	Alan DAVIES MM55	20:56	1					
B	175B	Nick FOX MM55			23:32	14			
C	175C	Peter OSBONE MM55					22:20	6	
3	172	Les Croupiers 'A'	23:24	12	45:43	5	67:29	3	67:29
A	172A	David WALKER MM55	23:24	12					
B	172B	Vincent NAZARETH MM55			22:19	5			
C	172C	Dave JAMES MM55					21:46	3	
4	176	Neath Harriers	23:22	11	45:58	8	68:31	7	68:31
A	176A	S. WILLIAMS MM55	23:22	11					
B	176B	P CRANE MM55			22:36	8			
C	176C	R WHITEHOUSE MM55					22:33	7	
5	177	Parc Bryn Bach Running Club	25:32	22	49:13	16	72:24	9	72:24
A	177A	Gareth WILLIAMS MM55	25:32	22					
B	177B	Mark WILLIAMS MM55			23:41	16			
C	177C	Stephen WILLIAMS MM55					23:11	9	
6	171	Brecon AC	24:08	18	49:35	21	73:12	15	73:12
A	171A	Mark ROBERTS MM55	24:08	18					
B	171B	Derek OSBORNE MM55			25:27	21			
C	171C	Peter SOWERBY MM55					23:37	15	
7	179	RUN4ALL Neath	26:00	23	49:44	17	74:14	19	74:14
A	179A	Derek SPEAR MM55	26:00	23					
B	179B	Kevin RAYMOND MM55			23:44	17			
C	179C	Mark THOMAS MM55					24:30	19	
8	173	Les Croupiers 'B'	23:26	13	52:25	25	77:16	20	77:16
A	173A	David COLES MM55	23:26	13					
B	173B	Jon MORGAN MM55			28:59	25			
C	173C	Mike MURPHY MM55					24:51	20	
9	178	Pontypridd Roadents AC	26:56	24					26:56
A	178A	Andrew DAVIES MM55	26:56	24					
B	178B	Russell BOWN MM55							
C	178C	Adrian BRAGGER MM55							

TEAM SCORES		
1	66:26	Swansea Harriers [places 2, 4, 10]
2	66:48	Llanelli AC [places 1, 6, 14]
3	67:29	Les Croupiers 'A' [places 3, 5, 12]
4	68:31	Neath Harriers [places 7, 8, 11]
5	72:24	Parc Bryn Bach Running Club [places 9, 16, 22]
6	73:12	Brecon AC [places 15, 18, 21]
7	74:14	RUN4ALL Neath [places 17, 19, 23]
8	77:16	Les Croupiers 'B' [places 13, 20, 25]
9	26:56	Pontypridd Roadents AC [place 24, ,]
FASTEST & INDIVIDUAL LEG TIMES		
1	20:56	Alan DAVIES MM55
2	21:09	Thomas GUEST MM55
3	21:46	Dave JAMES MM55
4	22:00	Steve SMITH MM55
5	22:19	Vincent NAZARETH MM55
6	22:20	Peter OSBONE MM55
7	22:33	R WHITEHOUSE MM55
8	22:36	P CRANE MM55
9	23:11	Stephen WILLIAMS MM55
10	23:17	Kneath PHILIPPART
11	23:22	S. WILLIAMS MM55
12	23:24	David WALKER MM55
13	23:26	David COLES MM55
14	23:32	Nick FOX MM55
15	23:37	Peter SOWERBY MM55
16	23:41	Mark WILLIAMS MM55
17	23:44	Kevin RAYMOND MM55
18	24:08	Mark ROBERTS MM55
19	24:30	Mark THOMAS MM55
20	24:51	Mike MURPHY MM55
21	25:27	Derek OSBORNE MM55
22	25:32	Gareth WILLIAMS MM55
23	26:00	Derek SPEAR MM55
24	26:56	Andrew DAVIES MM55

Race 6_5		MW55_RESULTS	Leg 1		Leg 2		Leg 3		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place					
1	182	Les Croupiers 'A'	26:49	2	57:09	7	82:35	1	82:35	1	82:35	Les Croupiers 'A' [places 1, 2, 7]	
A	182A	Julie SCHOLEY MW55	26:49	2						2	88:38	3M Gorseinon Road Runners [places 4, 6, 10]	
B	182B	Elizabeth DENTON MW55			30:20	7				3	98:24	Les Croupiers 'B' [places 8, 12, 13]	
C	182C	Aelwen BLYTHE MW55					25:26	1		4	98:39	Port Talbot Harriers [places 5, 9, 19]	
2	181	3M Gorseinon Road Runners	28:11	4	59:49	10	88:38	6	88:38	5	101:16	Pontypridd Roadents AC [places 3, 14, 20]	
A	181A	Sarah BARHAM MW55	28:11	4						6	104:30	Parc Bryn Bach Running Club [places 11, 15, 17]	
B	181B	Viv KAVANAGH MW55			31:38	10				7	114:16	Llanelli AC [places 16, 18, 21]	
C	181C	Fran NEWMAN MW55					28:49	6		FASTEST & INDIVIDUAL LEG TIMES			
3	183	Les Croupiers 'B'	32:49	12	64:22	8	98:24	13	98:24	1	25:26	Aelwen BLYTHE MW55	Les Croupiers 'A'
A	183A	Claire BELL MW55	32:49	12						2	26:49	Julie SCHOLEY MW55	Les Croupiers 'A'
B	183B	Gillian MURPHY MW55			31:33	8				3	27:38	Fiona DAVIES MW55	Pontypridd Roadents AC
C	183C	Eirian ARWYN MW55					34:02	13		4	28:11	Sarah BARHAM MW55	3M Gorseinon Road Runners
4	187	Port Talbot Harriers	28:43	5	67:03	19	98:39	9	98:39	5	28:43	Sharon DAVID MW55	Port Talbot Harriers
A	187A	Sharon DAVID MW55	28:43	5						6	28:49	Fran NEWMAN MW55	3M Gorseinon Road Runners
B	187B	Ann THOMAS MW55			38:20	19				7	30:20	Elizabeth DENTON MW55	Les Croupiers 'A'
C	187C	Andrea BOWEN MW55					31:36	9		8	31:33	Gillian MURPHY MW55	Les Croupiers 'B'
5	186	Pontypridd Roadents AC	27:38	3	66:17	20	101:16	14	101:16	9	31:36	Andrea BOWEN MW55	Port Talbot Harriers
A	186A	Fiona DAVIES MW55	27:38	3						10	31:38	Viv KAVANAGH MW55	3M Gorseinon Road Runners
B	186B	Laura MCCARTHY MW55			38:39	20				11	32:07	Kathleen JERVIS MW55	Parc Bryn Bach Running Club
C	186C	Pam FLANAGAN MW55					34:59	14		12	32:49	Claire BELL MW55	Les Croupiers 'B'
D	186D								104:30	13	34:02	Eirian ARWYN MW55	Les Croupiers 'B'
6	185	Parc Bryn Bach Running Club	32:07	11	68:03	15	104:30	17		14	34:59	Pam FLANAGAN MW55	Pontypridd Roadents AC
A	185A	Kathleen JERVIS MW55	32:07	11						15	35:56	Anne MOSELEY MW55	Parc Bryn Bach Running Club
B	185B	Anne MOSELEY MW55			35:56	15				16	36:05	Jackie LEWIS MW55	Llanelli AC
C	185C	Allyson POWER MW55					36:27	17		17	36:27	Allyson POWER MW55	Parc Bryn Bach Running Club
D	185D								114:16	18	38:14	Amanda DE LA HEY MW55	Llanelli AC
7	184	Llanelli AC	38:14	18	74:19	16	114:16	21		19	38:20	Ann THOMAS MW55	Port Talbot Harriers
A	184A	Amanda DE LA HEY MW55	38:14	18						20	38:39	Laura MCCARTHY MW55	Pontypridd Roadents AC
B	184B	Jackie LEWIS MW55			36:05	16				21	39:57	Janet WEBB MW55	Llanelli AC
C	184C	Janet WEBB MW55					39:57	21					
D	184D												