

Senior Men 10k Road Race Series Results

POSITION	NAME	CLUB	NEWPORT	CAERPHILLY	HELENA TIPPING	SWANSEA BAY	RICHARD BURTON	TOTAL
1	DEWI GRIFFITHS	SWANSEA HARRIERS	30	30	30	30		120
2	ERIC APPERLEY	BUILTH & DISTRICT R.C.	22	25	22	26		95
3	JON BUTLER	SWANSEA HARRIERS	29	28		28		85
4	MICHAEL RODERICK	TRI HARD HARRIERS	26	26		27		79
5	JOSHUA GRIFFITHS	SWANSEA HARRIERS			29	29		58
6	MATTHEW VERRAN	SWANSEA HARRIERS AC	27			24		51
7	EUAN CONEY	CARDIFF AAC	15	7		21		43
8	DANIEL SMITH	PONTYPRIDD ROADENTS AC		20		22		42
9	CHRIS WILLIAMS	ABERDARE VALLEY AAC	11	12	17			40
10	BEN HUGHES	PONTYPRIDD ROADENTS AC	16	21				37
11	TONY DAVIES	TRI HARD HARRIERS	21			11		32
12	BENJAMIN REYNOLDS	CARDIFF AC		29				29
13	ADAM BOWDEN	BRIDGEND AC	28					28
14	STEFFAN DAVIES					28		28
15	TOMOS ROBERTS	MEIRIONNYDD RUNNING CLUB			28			28
16	CONNOR ROGERS	WREXHAM AAC			27			27
17	JACOB REYNOLDS	CARDIFF AC		27				27
18	IFAN DAFYDD	MEIRIONNYDD RUNNING CLUB			26			26
19	PHILLIP MATTHEWS					25		25
20	RUSSELL BENTLEY	MEIRIONNYDD RUNNING CLUB			25			25
21	TOM BAIRD	PONTYPRIDD ROADENTS AC	25					25
22	PAUL GRAHAM	PONTYPRIDD ROADENTS	24					24
23	RYAN DAVIS	WREXHAM AAC			24			24
24	SIMON LEWIS	CARDIFF AC		24				24
25	CRAIG MERRIMAN FOLEY					23		23
26	DION GRIFFITHS	CARDIFF AC		23				23
27	JAMES COLEMAN	MEIRIONNYDD RUNNING CLUB			23			23
28	SAM BOREHAM	PONTYPRIDD ROADENTS AC	23					23
29	LEWIS MUNRO	ISLWYN RC	6	16				22
30	LUKE HAMLEY	CARDIFF AC		22				22
31	MARTIN GREEN	MEIRIONNYDD RUNNING CLUB			21			21
32	CRAIG SEAMAN					20		20
33	JAMES ROBERTS	WREXHAM AAC			20			20
34	LLOYD COTTRELL	LLISWERRY RUNNERS	20					20
35	DAVID AUBREY	WESTERN TEMPO	19					19
36	NEALE DENTON					19		19
37	OLIVER PRICE	CARDIFF AAC	17	2				19
38	SCOTT NIXON	WREXHAM AAC			19			19

39	SYMON MURPHY	PONTYPRIDD ROADENTS AC		19			19
40	ALUN WILLIAMS	MEIRIONNYDD RUNNING CLUB			18		18
41	ANDREW HOW	PONTYPRIDD ROADENTS AC	18				18
42	SAM JONES	PARC BRYN BACH RC		18			18
43	BEN WILLIAMS	SWANSEA HARRIERS		17			17
44	JONATHAN ASTLEY					17	17
45	DYLAN LEWIS					16	16
46	STEFFAN SAYER	MENAI TRACK AND FIELD			16		16
47	JAMES COWAN	ABERYSTWYTH AC			15		15
48	JAMES THIE	PONTYPRIDD R		15			15
49	OWEN WIGGINS					15	15
50	BEN DEMELLWEEK	CAERPHILLY RUNNERS		14			14
51	CARL PHILLIPS	MALDWYN HARRIERS			14		14
52	JARRAD ROWLANDS	PONTYPRIDD ROADENTS AC	14				14
53	LEROY GRIFFITHS					14	14
54	ANTONIO CONRADIE	MEIRIONNYDD RUNNING CLUB			13		13
55	DARREN ROOSE					13	13
56	JOHN MORAN	SWANSEA		13			13
57	LEE AHERNE	PARC BRYN BACH RUNNING CLUB		9		4	13
58	SAM JOSEPH	SWANSEA HARRIERS	13				13
59	DARREN ROWLANDS	WREXHAM AAC			12		12
60	HUW EVANS	PARC BRYN BACH RC	12				12
61	JAKE LYNOCK					12	12
62	DARREN BISHOP	PONTYPRIDD ROADENTS		11			11
63	PAUL WILLIAMS	ABERYSTWYTH AC			11		11
64	EDWARD LAND	ABERYSTWYTH AC			10		10
65	JON BELCHER	LLISWERRY RUNNERS	10				10
66	MYLES KENEALY	TRI HARD HARRIERS		10			10
67	SAMUEL BOYCE					10	10
68	ANDREW REYNOLDS					9	9
69	JORDAN CLARKE	FAIRWATER RUNNERS CWMBRAN	9				9
70	TOMAS KEEN	WRECSAM TRI			9		9
71	EDWARD DONOVAN					8	8
72	HARRY DRISCOLL	NORTH WALES ROAD RUNNERS			8		8
73	MICHAEL RALPH	CAERPHILLY RUNNERS		8			8
74	NICHOLAS GRINNELL	NEATH HARRIERS	8				8
75	THOMAS DAVIES					7	7
76	TOBY JONES	LLISWERRY RUNNERS	7				7
77	WILLIAM DUNN	MEIRIONNYDD RUNNING CLUB			7		7
78	CHRIS TONES					6	6
79	DAVID JONES	PONTYPRIDD ROADENTS AC		6			6

80	THOMAS SPENCE	WREXHAM AAC			6		6
81	DANIEL MAY	CARDIFF AAC	5				5
82	GETHIN EDWARDS	PONTYPRIDD ROADENTS AC		5			5
83	LEWIS RICHARDS					5	5
84	PAUL JONES	ABERYSTWYTH AC			5		5
85	GARETH THOMAS	TRI HARD HARRIERS		4			4
86	HAYDN O'REILLY	BUILTH & DISTRICT			4		4
87	STEVEN DAVIES	PARC BRYN BACH RC	4				4
88	MARTIN JOHNS	LLISWERRY RUNNERS		3			3
89	NICKY BENNETT	OGMORE PHOENIX RUNNERS	3				3
90	THOMAS POVAH	WREXHAM AAC			3		3
91	JOE O'SHEA					3	3
92	GARETH CHALONER	WREXHAM AAC			2		2
93	PHIL MORRIS	BUILTH	2				2
94	MATTHEW JACKLIN					2	2
95	JOHN FITZPATRICK	PENARTH & DINAS RUNNERS	1				1
96	ROBERT MILES	WREXHAM AAC			1		1
97	THOMAS WILLIAMS	TRI HARD HARRIERS		1			1
98	OLLIE GEORGE					1	1

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