

Race 03 SENW, MW35, MW45, MW55 RESULTS					Race 10-SENM, MM35 & MM45 RESULTS			
BIB	ATHLETE	CLUB	REGION	AGE	BIB	ATHLETE	CLUB	REGION
1	Lauren COOPER	Parc Bryn Bach	SENW EAST	SENM	1	Daniel BODMAN	Parc Bryn Bach	SENM EAST
2	Kate JONES	Builth & District	SENW EAST	SENM	2	Spencer SMITH	Newport Harriers	SENM EAST
3	Olivia FARRINGTON	Spirit of Monmouth	SENW EAST	SENM	3	Matt GRANTHAM	Micky Morris Racing Team	SENM EAST
4	Naomi ROSE DAVIES	Caerphilly Running Club	SENW EAST	SENM	4	Brychan PRICE-DAVIES	Brecon AC	SENM EAST
5	Emma WOOKEY	Liswerry Runners	SENW EAST	SENM	5	Craig HUDSON	Newport Harriers	SENM EAST
6	Chloe POWELL	Newport Harriers	SENW EAST	SENM	6	Wyndham TURNER	Builth & District	SENM EAST
7	Faye JOHNSON	Pont-y-Pwl & District	SENW EAST	SENM	7	Jack TURNER	Swansea Harriers	SENM EAST
8	Antoinette DUMAYNE	Liswerry Runners	SENW EAST	SENM	8	David AUBREY	Western Tempo	SENM EAST
9	Kani HINSHERWOOD	Parc Bryn Bach	SENW EAST	SENM	9	Harry DAVIES	Newport Harriers	SENM EAST
10	Charlotte RALPH	Liswerry Runners	SENW EAST	SENM	10	Lee DREW	Liswerry Runners	SENM EAST
11	Paige MATTHEWS	Islwyn Running Club	SENW EAST	SENM	11	Michael LEWIS	Fairwater Runners Cwmbran	SENM EAST
12	Holly EDWARDS	Crickhowell Running Club	SENW EAST	SENM	12	Martin NORTON	Liswerry Runners	SENM EAST
13	Laurie HIGGINS	Brecon AC	SENW EAST	SENM	13	Craig WILLIAMS	Newport Harriers	SENM EAST
14	Laura DAVIES	Liswerry Runners	SENW EAST	SENM	14	James KEMP	Micky Morris Racing Team	SENM EAST
15	Alex GREEN	Brecon AC	SENW EAST	SENM	15	Phil MATTHEWS	Parc Bryn Bach	SENM EAST
61	Ewelina CIESIELSKA	Parc Bryn Bach	MW35 EAST	MM35	61	Matthew EDMONDS	Newport Harriers	MM35 EAST
62	Georgie PARNELL	Newport Harriers	MW35 EAST	MM35	62	Ross MATTHEWS	Parc Bryn Bach	MM35 EAST
63	Donna MORRIS	Builth & District	MW35 EAST	MM35	63	Justin CROCKER	Parc Bryn Bach	MM35 EAST
64	Sophie WILLIAMS	MonRoss Trailblazers	MW35 EAST	MM35	64	Jon LIKE	Parc Bryn Bach	MM35 EAST
65	Lubica FORD	Pont-y-Pwl & District	MW35 EAST	MM35	65	Sam JONES	Parc Bryn Bach	MM35 EAST
66	Carly STONE	Griffithstown Harriers	MW35 EAST	MM35	66	Leighton RAWLINSON	Micky Morris Racing Team	MM35 EAST
67	Tammi PREECE	Parc Bryn Bach	MW35 EAST	MM35	67	Rob NICHOLLS	Monross Trailblazers	MM35 EAST
68	Harri LIKE	Parc Bryn Bach	MW35 EAST	MM35	68	Thomas TURNER	Builth & District	MM35 EAST
69	Victoria HOBBS	Liswerry Runners	MW35 EAST	MM35	69	Martyn WINSER	Chepstow Harriers	MM35 EAST
70	Louise MUTEHAM	Liswerry Runners	MW35 EAST	MM35	70	Des DEVLIN	Parc Bryn Bach	MM35 EAST
71	Melissa MORGAN	Islwyn Running Club	MW35 EAST	MM35	71	Phillip MORRIS	Builth & District	MM35 EAST
72	Katerina ADAMS	Spirit of Monmouth	MW35 EAST	MM35	72	Toby JONES	Liswerry Runners	MM35 EAST
73	Rachael BARALOS	Caerphilly Running Club	MW35 EAST	MM35	73	Nick TULP	Liswerry Runners	MM35 EAST
74	Lisa ERICKSON	Pont-y-Pwl & District	MW35 EAST	MM35	74	Michael HOLLOWAY	Brecon AC	MM35 EAST
75	Emma KING	Liswerry Runners	MW35 EAST	MM35	75	Tim BATCHELOR	Chepstow Harriers	MM35 EAST
121	Joanne REES	Builth & District	MW45 EAST	MM45	121	Robin WOODS	Builth & District	MM45 EAST
122	Alex EVANS	Parc Bryn Bach	MW45 EAST	MM45	122	Mark JENNINGS	Micky Morris Racing Team	MM45 EAST
123	Sarah JEREMIAH	Parc Bryn Bach	MW45 EAST	MM45	123	Andy DEAN	Griffithstown Harriers	MM45 EAST
124	Katherine MATTHEWS	Chepstow Harriers	MW45 EAST	MM45	124	Andrew LEE	Pontypool	MM45 EAST
125	Lisa JEFFREY	Chepstow Harriers	MW45 EAST	MM45	125	Richard JONES	Liswerry Runners	MM45 EAST
126	Jane HORLER	Brecon AC	MW45 EAST	MM45	126	Lee PRICE	Builth & District	MM45 EAST
127	Suzanne TEW	Parc Bryn Bach	MW45 EAST	MM45	127	Douglas BRIGGS	Chepstow Harriers	MM45 EAST
128	Leonie ROBERTS	Fairwater Runners	MW45 EAST	MM45	128	Shane ROBERTS	Griffithstown Harriers	MM45 EAST
129	Rachel BOWEN	Liswerry Runners	MW45 EAST	MM45	129	Sean TAYLOR	Griffithstown Harriers	MM45 EAST
130	Sarah BELL	Chepstow Harriers	MW45 EAST	MM45	130	Jon BELCHER	Liswerry Runners	MM45 EAST
131	Vanessa LAWSON	Chepstow Harriers	MW45 EAST	MM45	131	Matt TURNER	Caerleon RC	MM45 EAST
132	Naomi LAW	Brecon AC	MW45 EAST	MM45	132	Kristan HUMPHREYS	Newport Harriers	MM45 EAST
133	Angela POTTER	Liswerry Runners	MW45 EAST	MM45	133	Paul BRUTON	Liswerry Runners	MM45 EAST
134	Jan MORRIS	Chepstow Harriers	MW45 EAST	MM45	134	Jonathan CARTER	Chepstow Harriers	MM45 EAST
135	Rebecca FOSTER	Spirit of Monmouth	MW45 EAST	MM45	135	Paul WHITE	Pont-y-pwl & District	MM45 EAST
181	Vanessa TURNBULL	Caerphilly Running Club	MW55 EAST	MM55	181	Lee AHERNE	Parc Bryn Bach	MM55 EAST
182	Niki MORGAN	Chepstow Harriers	MW55 EAST	MM55	182	Steve DAVIES	Pont-y-pwl & District	MM55 EAST
183	Nicola BRUNNOCK	Pont-y-Pwl & District	MW55 EAST	MM55	183	Gerard GORMLEY	Griffithstown Harriers	MM55 EAST
184	Michelle GOOCH	Pont-y-Pwl & District	MW55 EAST	MM55	184	Peter SOWERBY	Brecon AC	MM55 EAST
185	Annabel HARFORD	Brecon AC	MW55 EAST	MM55	185	Christopher POTTER	Liswerry Runners	MM55 EAST
186	Jane ROSCOE	Chepstow Harriers	MW55 EAST	MM55	186	Stephen WILLIAMS	Parc Bryn Bach	MM55 EAST
187	Sue COTTRELL	Liswerry Runners	MW55 EAST	MM55	187	Haydn HARTNELL	Parc Bryn Bach	MM55 EAST
188	Louise CROCKETT	Chepstow Harriers	MW55 EAST	MM55	188	Kim WEHDEN	Islwyn RC	MM55 EAST
189	Wendy SHARPE-NASH	Chepstow Harriers	MW55 EAST	MM55	189	Randal JONES	Liswerry Runners	MM55 EAST
190	Sharon WOODS	Pont-y-Pwl & District	MW55 EAST	MM55	190	Jeff WHERLOCK	Liswerry Runners	MM55 EAST
191	Jacqueline UNDERWOOD	Liswerry Runners	MW55 EAST	MM55	191	Anthony MARSHALL	Chepstow Harriers	MM55 EAST
192	Annette SANFORD	Griffithstown Harriers	MW55 EAST	MM55	192	Adrian MURKIN	Pont-y-pwl & District	MM55 EAST
193	Michelle CLABON	Caerleon Running Club	MW55 EAST	MM55	193	Tim BUCKLEY	Chepstow Harriers	MM55 EAST
194	Denise EVANS	Chepstow Harriers	MW55 EAST	MM55				MM55 EAST
195	Mandy ROBINSON	Pont-y-Pwl & District	MW55 EAST	MM55				MM55 EAST
241	Margaret GRIFFITHS	Chepstow Harriers	MW65 EAST					
242	Jane BAYLISS	Chepstow Harriers	MW65 EAST					
243	Gwyneth HOWELLS	Caerleon Running Club	MW65 EAST					
244	Kathleen JERVIS	Parc Bryn Bach	MW65 EAST					
245	Brenda AVERY	Chepstow Harriers	MW65 EAST					
246	Cyril WILLIAMS	Parc Bryn Bach	MM65 EAST					
247	Steve OWEN	Chepstow Harriers	MM65 EAST					
248	Kevin MCENTEE	Chepstow Harriers	MM65 EAST					
249	Keith ROBERTS	Liswerry Runners	MM65 EAST					
250	Peter WELBIRG	Griffithstown Harriers	MM65 EAST					

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31	Ella TURNER	Les Croupiers Running Club	SENW SOUTH	SENM	31	Dylan NAZARETH	Les Croupiers RC	SENM SOUTH
32	Megan POULSON	San Domenico Road Runners	SENW SOUTH	SENM	32	Devin COOMBES	Bridgend Athletics	SENM SOUTH
33	Amy GRIFFITHS	Les Croupiers Running Club	SENW SOUTH	SENM	33	Adam BULL	Pontpridd Rodents	SENM SOUTH
34	Lili JONES	Merthyr Running Club	SENW SOUTH	SENM	34	Ben KENNEDY	Les Croupiers RC	SENM SOUTH
35	Emily FELL	CDF Runners	SENW SOUTH	SENM	35	Nicky BENNETT	Ogmore Pheonix Runners	SENM SOUTH
36	Jemma SEDGMOND	Les Croupiers Running Club	SENW SOUTH	SENM	36	Craig BLAKE	Cardiff Athletics	SENM SOUTH
37	Nynke KUIPER	CDF Runners	SENW SOUTH	SENM	37	Adam WHITTAKER	Cardiff Athletics	SENM SOUTH
38	Katrin HIGGINSON	Bridgend Athletics	SENW SOUTH	SENM	38	Jonathan BONVILLE-GINN	Cardiff Athletics	SENM SOUTH
39	Rachel LAMMIN	Les Croupiers Running Club	SENW SOUTH	SENM	39	Paul JOSUA	San Domenico	SENM SOUTH
40	Bethan EVANS	Cardiff Athletics	SENW SOUTH	SENM	40	Ciaran LEWIS	Les Croupiers RC	SENM SOUTH
41	Bethan BUTLER-MADDEN	Pontypridd Roadents	SENW SOUTH	SENM				
42	Rebecca EVANS	Cardiff Athletics	SENW SOUTH	SENM				
43	Ellie CLEMENCE	Les Croupiers Running Club	SENW SOUTH	SENM				
44	Steph HAMBLETON	Les Croupiers Running Club	SENW SOUTH	SENM				
45	Ffion HIGGINSON	Bridgend Athletics	SENW SOUTH	SENM				
91	Julie CHAMBERLAIN	Cardiff Athletics	MW35 SOUTH	MM35	91	Owen THOMAS	Aberdare Valley AAC	MM35 SOUTH
92	Laura JONES	Les Croupiers Running Club	MW35 SOUTH	MM35	92	Tom BURNELL	Cardiff Athletics	MM35 SOUTH
93	Louise FLYNN	Les Croupiers Running Club	MW35 SOUTH	MM35	93	Chris OXLEY	San Domenico RC	MM35 SOUTH
94	Keira PRATT	Les Croupiers Running Club	MW35 SOUTH	MM35	94	Jonathon ASTLEY	Parc Bryn Bach RC	MM35 SOUTH
95	Leigh JAMES	Bridgend Athletics	MW35 SOUTH	MM35	95	Tom JEFFREY	Les Croupiers RC	MM35 SOUTH
96	Lucy MARLAND	Les Croupiers Running Club	MW35 SOUTH	MM35	96	Vaughan EDWARDS	Les Croupiers RC	MM35 SOUTH
97	Katie BEECHER	Les Croupiers Running Club	MW35 SOUTH	MM35	97	Jonathan PARRY	Bridgend Athletics	MM35 SOUTH
98	Elinor KEETCH	Pontypridd Roadents	MW35 SOUTH	MM35	98	Sam HUMPHREY	Penarth and Dinas	MM35 SOUTH
99	Lauren FOULKES	Pontypridd Roadents	MW35 SOUTH	MM35	99	Mark PALSER	Les Croupiers RC	MM35 SOUTH
100	Helen SHARPE	Penarth and Dinas Runners	MW35 SOUTH	MM35	100	Kevin FOSBURY	Bridgend Athletics	MM35 SOUTH
101	Emily MORTON	Pontypridd Roadents	MW35 SOUTH	MM35	101	Richard DANDO	Bridgend Athletics	MM35 SOUTH
102	Danielle PHILLIPS	Les Croupiers Running Club	MW35 SOUTH	MM35	102	Phil HAMBLETON	Les Croupiers RC	MM35 SOUTH
103	Sarah MAINWARING	Aberdare Valley AAC	MW35 SOUTH	MM35	103	Peter RYDER	Aberdare Valley AAC	MM35 SOUTH
104	Laura HUMPHREY	Penarth and Dinas Runners	MW35 SOUTH	MM35				
105			MW35 SOUTH	MM35				
151	Nicola WILLIAMS	Dragon RC	MW45 SOUTH	MM45	151	Paul FRANCIS	Les Croupiers RC	MM45 SOUTH
152	Michelle AMBLIN	Les Croupiers Running Club	MW45 SOUTH	MM45	152	Daniel LEWIS	San Domenico RC	MM45 SOUTH
153	Sarah PRYOR	Les Croupiers Running Club	MW45 SOUTH	MM45	153	Matt JACKLIN	Aberdare Valley AAC	MM45 SOUTH
154	Joanne RYAN	Rhondda Valley Runners	MW45 SOUTH	MM45	154	Adrian LEWIS	Aberdare Valley AAC	MM45 SOUTH
155	Kathryn PETERSEN	Penarth and Dinas Runners	MW45 SOUTH	MM45	155	Kevin PLANK	San Domenico RC	MM45 SOUTH
156	Arabella CALDER	Penarth and Dinas Runners	MW45 SOUTH	MM45	156	Stuart ALLEN	Penarth & Dinas Runners	MM45 SOUTH
157	Gina HARDMAN	Bridgend Athletics	MW45 SOUTH	MM45	157	Gareth LYNCH	Les Croupiers RC	MM45 SOUTH
158	Catherine BARKER	Penarth and Dinas Runners	MW45 SOUTH	MM45	158	Ross FLANIGAN	Penarth & Dinas Runners	MM45 SOUTH
159	Susannah BULPIN	San Domenico Road Runners	MW45 SOUTH	MM45	159	Richard MATTHEWS	Aberdare Valley AAC	MM45 SOUTH
160	Krista HUMPHREY	Bridgend Athletics	MW45 SOUTH	MM45	160	Mark CARTER	Penarth & Dinas Runners	MM45 SOUTH
161	Debbie CONWAY	Dragon RC	MW45 SOUTH	MM45	161	Stuart WADLOW	Pontypridd Rodents RC	MM45 SOUTH
162	Ruth WALTERS	Dragon RC	MW45 SOUTH	MM45	162	Daniel MORGAN	Bridgend Athletics	MM45 SOUTH
163	Suzanne LUKER-DAVIES	Dragon RC	MW45 SOUTH	MM45				
164	Hayley PUGH	Pontypridd Roadents	MW45 SOUTH	MM45				
165	Ruth DAVIES	Bridgend Athletics	MW45 SOUTH	MM45				
211	Sue WATSON	Les Croupiers Running Club	MW55 SOUTH	MM55	211	Vince NAZARETH	Les Croupiers RC	MM55 SOUTH
212	Deborah EVANS	Aberdare Valley AAC	MW55 SOUTH	MM55	212	Bryan MEREDITH	Rhondda Valley Runners	MM55 SOUTH
213	Kay CHAPMAN	Les Croupiers Running Club	MW55 SOUTH	MM55	213	Colin WILLIAMS	Les Croupiers RC	MM55 SOUTH
214	Rachel HOOPER	Les Croupiers Running Club	MW55 SOUTH	MM55	214	Gary WEBBER	Rhondda Valley Runners	MM55 SOUTH
215	Denise BRADLEY	Ogmore Phoenix	MW55 SOUTH	MM55	215	Clive DENTON	Rhondda Valley Runners	MM55 SOUTH
				MM55	216	Adrian MASON	Les Croupiers RC	MM55 SOUTH
				MM55	217	Phil REES	San Domenico	MM55 SOUTH
				MM55	218	Jeremy THOMAS	Les Croupiers RC	MM55 SOUTH
				MM55	219	Ian BELL	San Domenico	MM55 SOUTH
				MM55	220	Mark WILLIAMS	Aberdare Valley	MM55 SOUTH
				MM55	221	Terry CAVENEY	Les Croupiers RC	MM55 SOUTH
				MM55	222	Andy PEARCE	Penarth & Dinas Runners	MM55 SOUTH
				MM55	223	Kevin CHALKE	Penarth & Dinas Runners	MM55 SOUTH
				MM55	224	Gareth HARDMAN	Bridgend Athletics	MM55 SOUTH
				MM55				
261								
266	Stephen DALLOW	Parc Bryn Bach	MM65 SOUTH					
267	Graham MACK	Merthyr Running Club	MM65 SOUTH					
268	Mick TABOR	Les Croupiers RC	MM65 SOUTH					
269	Geoff WRIGHT	Les Croupiers RC	MM65 SOUTH					
270	Mick MCGEOGH	Les Croupiers RC	MM65 SOUTH					

