

RACE 10

24th Welsh Athletics Inter Regional & 46th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 18th November 2023

Dolerw Park, Newtown



SENM TEAM RESULTS										MM45 TEAM RESULTS																	
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score							
SENM EWAL	4	5	10	11	13	15	17	19	94	8	15	MM45 WWAL	2	6	7	8	17	40	5	15							
SENM SWAL	2	7	8	12	14	16	22	27	108	8	14	MM45 NWAL	3	11	12	14	16	56	5	14							
SENM WWAL	3	6	9	25	30	32	35	41	181	8	13	MM45 EWAL	1	9	13	15	20	58	5	13							
SENM NWAL	1	18	20	21	26	28	37	38	189	8	12	MM45 SWAL	4	5	10	21	22	62	5	12							
MM35 TEAM RESULTS										MM55 TEAM RESULTS																	
9,550m	1	2	3	4	5	Pts	Count	Score		9,550m	1	2	3	4	5	Pts	Count	Score									
MM35 WWAL	1	3	8	9	15	36	5	15		MM55 WWAL	3	4	6	8	11	32	5	15									
MM35 EWAL	4	7	12	13	17	53	5	14		MM55 EWAL	1	2	5	17	22	47	5	14									
MM35 SWAL	2	5	11	22	27	67	5	13		MM55 SWAL	7	10	13	14	18	62	5	13									
MM35 NWAL	6	10	14	18	20	68	5	12		MM55 NWAL	9	12	15	19	24	79	5	12									
RACE 10 SENIOR & MASTER MEN													Region		SENM		MM35		MM45		MM55		PTS		Scorer		Team
POS	BIB	TIME	NAME	Region	Region	Pos	Region	Pos	Age	Pos	Age	Pos	Age	Pos	PTS	Scorer	Team										
1	776	33:30	Tom Wood/Eryri Harriers	SENM NWAL	SENM NWAL	1									1	✓	1										
2	798	33:49	Adam Bull/Pontypridd Roadents AC	SENM SWAL	SENM SWAL	2									2	✓	2										
3	867	34:24	Matthew Rees/Swansea Harriers	MM35 WWAL			MM35 WWAL	1							1	✓	1										
4	806	34:57	Joshua Griffiths/Swansea Harriers	SENM WWAL	SENM WWAL	3									3	✓	3										
5	761	34:58	Daniel Bodman/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	4									4	✓	4										
6	851	35:09	Philip Hambleton/Les Croupiers RC	MM35 SWAL			MM35 SWAL	2							2	✓	2										
7	766	35:49	Jack Turner/Swansea Harriers	SENM EWAL	SENM EWAL	5									5	✓	9										
8	807	36:01	Callum Campion/Cardiff Athletics	SENM WWAL	SENM WWAL	6									6	✓	9										
9	799	36:12	Tom Baird/Pontypridd Roadents AC	SENM SWAL	SENM SWAL	7									7	✓	9										
10	797	36:20	Tom Eames/Les Croupiers RC	SENM SWAL	SENM SWAL	8									8	✓	17										
11	812	36:28	Michael Roderick/Tri Hard harriers	SENM WWAL	SENM WWAL	9									9	✓	18										
12	763	36:31	Matt Grantham/Micky Morris Racing Team	SENM EWAL	SENM EWAL	10									10	✓	19										
13	881	36:32	Robin Woods/Builth and District Running Club	MM45 EWAL					MM45 EWAL	1					1	✓	1										
14	868	36:37	Rob Davies/Amman Valley Harriers	MM35 WWAL			MM35 WWAL	3							3	✓	4										
15	827	36:38	Jon Like/Parc Bryn Bach RC	MM35 EWAL			MM35 EWAL	4							4	✓	4										
16	764	36:47	Lloyd Cottrell/Lliswerry Runners	SENM EWAL	SENM EWAL	11									11	✓	30										
17	853	37:18	Luke Williams/San Domenico RC	MM35 SWAL			MM35 SWAL	5							5	✓	7										
18	843	37:19	Joel Gomes/Run Free Fell Runners	MM35 NWAL			MM35 NWAL	6							6	✓	6										
19	793	37:22	Sam Boreham/Pontypridd Roadents AC	SENM SWAL	SENM SWAL	12									12	✓	29										
20	823	37:27	Wyndham Turner/Builth and District Running Club	MM35 EWAL			MM35 EWAL	7							7	✓	11										
21	767	37:34	Craig Hudson/Newport Harriers	SENM EWAL	SENM EWAL	13									13	✓	43										
22	796	37:35	Tom Flitcroft/Les Croupiers RC	SENM SWAL	SENM SWAL	14									14	✓	43										
23	771	37:36	Patrick Jarvis/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	15									15	✓	58										
24	872	37:39	Owain Schiavone/Cardiff Athletics	MM35 WWAL			MM35 WWAL	8							8	✓	12										
25	927	37:41	Daryl John/Pembrokeshire Harriers	MM45 WWAL					MM45 WWAL	2					2	✓	2										
26	802	37:44	Samuel Jody Richards/Pontypridd Roadents AC	SENM SWAL	SENM SWAL	16									16	✓	59										
27	896	37:51	Chris Callaghan/Buckley RC	MM45 NWAL					MM45 NWAL	3					3	✓	3										
28	877	37:53	Andrew Reynolds/Pontypridd Roadents AC	MM35 WWAL			MM35 WWAL	9							9	✓	21										
29	913	37:55	Steve Payne/Pontypridd Roadents AC	MM45 SWAL					MM45 SWAL	4					4	✓	4										
30	769	37:59	Lewis Munro/Islwyn RC	SENM EWAL	SENM EWAL	17									17	✓	75										
31	780	38:02	Gwynan Jones/Maldwyn Harriers	SENM NWAL	SENM NWAL	18									18	✓	19										
32	941	38:14	Lee Aherne/Parc Bryn Bach RC	MM55 EWAL							MM55 EWAL	1			1	✓	1										
33	912	38:17	Matthew Jacklin/Aberdare Valley AAC	MM45 SWAL					MM45 SWAL	5					5	✓	9										
34	844	38:21	Clive Morgan/Maldwyn Harriers	MM35 NWAL			MM35 NWAL	10							10	✓	16										
35	942	38:26	Jeff Wherlock/Lliswerry Runners	MM55 EWAL							MM55 EWAL	2			2	✓	3										
36	775	38:32	Gareth Leek/Builth and District Running Club	SENM EWAL	SENM EWAL	19									19	✓	94										
37	786	38:35	Dafydd Evans/Maldwyn Harriers	SENM NWAL	SENM NWAL	20									20	✓	39										
38	928	38:38	Henry Drake/Amman Valley Harriers	MM45 WWAL					MM45 WWAL	6					6	✓	8										
39	854	38:41	Christopher Williams/Aberdare Valley AAC	MM35 SWAL			MM35 SWAL	11							11	✓	18										
40	833	38:43	Jack Rowland/Lliswerry Runners	MM35 EWAL			MM35 EWAL	12							12	✓	23										
41	783	38:45	David White/Buckley RC	SENM NWAL	SENM NWAL	21									21	✓	60										
42	792	38:53	Rob Parker/CDF Runners	SENM SWAL	SENM SWAL	22									22	✓	81										
43	824	38:55	Sam Jones/Parc Bryn Bach RC	MM35 EWAL			MM35 EWAL	13							13	✓	36										
44	770	39:01	Dane Williams/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	23									23	✗	117										
45	840	39:02	Tony Wood/Denbigh Harriers	MM35 NWAL			MM35 NWAL	14							14	✓	30										
46	873	39:03	Patrick Tudor/Swansea Harriers	MM35 WWAL			MM35 WWAL	15							15	✓	36										
47	765	39:08	Eric Apperley/Builth and District Running Club	SENM EWAL	SENM EWAL	24									24	✗	141										
48	929	39:11	John Perkins/Amman Valley Harriers	MM45 WWAL					MM45 WWAL	7					7	✓	15										
49	870	39:13	Ben Hutchinson/Taf Running & Orienteering Team	MM35 WWAL			MM35 WWAL	16							16	✗	52										
50	937	39:16	Nick Griffiths/Amman Valley Harriers	MM45 WWAL					MM45 WWAL	8					8	✓	23										
51	829	39:17	David Aubrey/Western Tempo	MM35 EWAL			MM35 EWAL	17							17	✓	53										
52	846	39:19	Llyr ap Gruffydd/Eryri Harriers	MM35 NWAL			MM35 NWAL	18							18	✓	48										
53	808	39:22	Sam Harrison-Paul/Sarn Helen	SENM WWAL	SENM WWAL	25									25	✓	43										
54	832	39:31	Craig Collins/Lliswerry Runners	MM35 EWAL			MM35 EWAL	19							19	✗	72										
55	836	39:33	Tim Joy/Buckley RC	MM35 NWAL			MM35 NWAL	20							20	✓	68										
56	779	39:35	Gwion Roberts/Meirionnydd Running Club	SENM NWAL	SENM NWAL	26									26	✓	86										
57	849	39:35	Nick Owen/Meirionnydd Running Club	MM35 NWAL			MM35 NWAL	21							21	✗	89										
58	856	39:37	Kevin Fosbury/Bridgend Athletics	MM35 SWAL			MM35 SWAL	22							22	✓	40										
59	986	39:39	David Warren/Cardigan RC	MM55 WWAL							MM55 WWAL	3			3	✓	3										
60	831	39:41	Rob Nicholls/Monross Trailblazers	MM35 EWAL			MM35 EWAL	23							23	✗	95										



SENM TEAM RESULTS										MM45 TEAM RESULTS										
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score
SENM EWAL	4	5	10	11	13	15	17	19	94	8	15	MM45 WWAL	2	6	7	8	17	40	5	15
SENM SWAL	2	7	8	12	14	16	22	27	108	8	14	MM45 NWAL	3	11	12	14	16	56	5	14
SENM WWAL	3	6	9	25	30	32	35	41	181	8	13	MM45 EWAL	1	9	13	15	20	58	5	13
SENM NWAL	1	18	20	21	26	28	37	38	189	8	12	MM45 NWAL	4	5	10	21	22	62	5	12

MM35 TEAM RESULTS										MM55 TEAM RESULTS								
9,550m	1	2	3	4	5	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score	
MM35 WWAL	1	3	8	9	15	36	5	15	MM55 WWAL	3	4	6	8	11	32	5	15	
MM35 EWAL	4	7	12	13	17	53	5	14	MM55 EWAL	1	2	5	17	22	47	5	14	
MM35 SWAL	2	5	11	22	27	67	5	13	MM55 SWAL	7	10	13	14	18	62	5	13	
MM35 NWAL	6	10	14	18	20	68	5	12	MM55 NWAL	9	12	15	19	24	79	5	12	

RACE 10 SENIOR & MASTER MEN										Region		SENM		MM35		MM45		MM55		PTS		Team	
POS	BIB	TIME	NAME	Region	Region	Pos	Region	Pos	Age	Pos	Age	Pos	Age	Pos	PTS	Scorer	Team	PTS	Scorer	Team	PTS		
1	776	33:30	Tom Wood/Eryri Harriers	SENM NWAL	SENM NWAL	1									1	✓	1						
61	845	39:45	Jon Tyler/Betsi Runaways	MM35 NWAL				MM35 NWAL	24						24	✗	113						
62	826	39:50	Martin Johns/Lliswerry Runners	MM35 EWAL				MM35 EWAL	25						25	✗	120						
63	791	40:01	Nicky Bennett/Ogmore Phoenix Runners	SENM SWAL	SENM SWAL	27									27	✓	108						
64	839	40:02	Sam Bellis/Buckley RC	MM35 NWAL				MM35 NWAL	26						26	✗	139						
65	855	40:04	Owen Thomas/Aberdare Valley AAC	MM35 SWAL				MM35 SWAL	27						27	✓	67						
66	874	40:11	Matthew Phillips/Llanelli AC	MM35 WWAL				MM35 WWAL	28						28	✗	80						
67	886	40:12	Paul White/Pont-Y-Pwl & District Runners	MM45 EWAL				MM45 EWAL	9						9	✓	10						
68	860	40:13	Geoffrey Dodd/Bridgend Athletics	MM35 SWAL				MM35 SWAL	29						29	✗	96						
69	784	40:13	Ben Williams/Buckley RC	SENM NWAL	SENM NWAL	28									28	✓	114						
70	857	40:14	Tomos Phillips/CDF Runners	MM35 SWAL				MM35 SWAL	30						30	✗	126						
71	825	40:21	Michael Holloway/Brecon AC	MM35 EWAL				MM35 EWAL	31						31	✗	151						
72	804	40:27	Jack Reddaway/Les Croupiers RC	SENM SWAL	SENM SWAL	29									29	✗	137						
73	810	40:28	Sam Figgures/Port Talbot Harriers	SENM WWAL	SENM WWAL	30									30	✓	73						
74	914	40:30	James Vassallo/Les Croupiers RC	MM45 SWAL				MM45 SWAL	10						10	✓	19						
75	987	40:35	Alec Williams/Pembrokeshire Harriers	MM55 WWAL							MM55 WWAL	4			4	✓	7						
76	861	40:39	John Morris/Les Croupiers RC	MM35 SWAL				MM35 SWAL	32						32	✗	158						
77	898	40:47	Jez Brown/Buckley RC	MM45 NWAL				MM45 NWAL	11						11	✓	14						
78	871	40:51	Roscoe Howell/Pembrokeshire Harriers	MM35 WWAL				MM35 WWAL	33						33	✗	113						
79	859	40:55	Gary Brown/Les Croupiers RC	MM35 SWAL				MM35 SWAL	34						34	✗	192						
80	772	40:57	Gavin Jones/Monross Trailblazers	SENM EWAL	SENM EWAL	31									31	✗	172						
81	811	41:04	Scott Elvins/Port Talbot Harriers	SENM WWAL	SENM WWAL	32									32	✓	105						
82	842	41:08	Ally Hughes/Wrexham AAC	MM35 NWAL				MM35 NWAL	35						35	✗	174						
83	834	41:09	Thomas Turner/Builth and District Running Club	MM35 EWAL				MM35 EWAL	36						36	✗	187						
84	768	41:12	Jonathan Ford/Fairwater Runners Cwmbran	SENM EWAL	SENM EWAL	33									33	✗	205						
85	794	41:13	Jonathan Bonville-Ginn/CDF Runners	SENM SWAL	SENM SWAL	34									34	✗	171						
86	814	41:14	Tony Davies/Tri Hard harriers	SENM WWAL	SENM WWAL	35									35	✓	140						
87	908	41:17	Edmund Mortell/Deeside AAC	MM45 NWAL				MM45 NWAL	12						12	✓	26						
88	887	41:21	Andrew Lee/Pont-Y-Pwl & District Runners	MM45 EWAL				MM45 EWAL	13						13	✓	23						
89	897	41:27	Simon Roberts/Buckley RC	MM45 NWAL				MM45 NWAL	14						14	✓	40						
90	883	41:28	Jon Belcher/Lliswerry Runners	MM45 EWAL				MM45 EWAL	15						15	✓	38						
91	904	41:35	Tony Woodall/Deestriders RC	MM45 NWAL				MM45 NWAL	16						16	✓	56						
92	930	41:38	Ashley Pascoe/3M Gorseinon Road Runners	MM45 WWAL				MM45 WWAL	17						17	✓	40						
93	801	41:44	Gareth Medd/Pontyclun AC	SENM SWAL	SENM SWAL	36									36	✗	207						
94	945	41:48	Jonathan Carter/Chepstow Harriers	MM55 EWAL							MM55 EWAL	5			5	✓	8						
95	905	41:49	William Williams/North Wales Road Runners	MM45 NWAL				MM45 NWAL	18						18	✗	74						
96	989	41:50	Martyn Hughes-Dowdle/Swansea Harriers	MM55 WWAL							MM55 WWAL	6			6	✓	13						
97	934	41:50	Andy Holcroft/Pembrokeshire Harriers	MM45 WWAL				MM45 WWAL	19						19	✗	59						
98	889	41:55	Eddie Campbell-Adams/Lliswerry Runners	MM45 EWAL				MM45 EWAL	20						20	✓	58						
99	782	41:57	Gerard Coleman/Buckley RC	SENM NWAL	SENM NWAL	37									37	✓	151						
100	918	42:01	Niki Puleio/Ogmore Phoenix Runners	MM45 SWAL				MM45 SWAL	21						21	✓	40						
101	777	42:05	Charlie Edwards/Maldwyn Harriers	SENM NWAL	SENM NWAL	38									38	✓	189						
102	915	42:11	Ryan Hartley/Pontypridd Roadents AC	MM45 SWAL				MM45 SWAL	22						22	✓	62						
103	900	42:12	Mark Kelly/Denbigh Harriers	MM45 NWAL				MM45 NWAL	23						23	✗	97						
104	888	42:13	Lee Price/Builth and District Running Club	MM45 EWAL				MM45 EWAL	24						24	✗	82						
105	858	42:27	Nathan Christoforo/Les Croupiers RC	MM35 SWAL				MM35 SWAL	37						37	✗	229						
106	917	42:32	Robert Sage/Les Croupiers RC	MM45 SWAL				MM45 SWAL	25						25	✗	87						
107	882	42:35	Douglas Briggs/Chepstow Harriers	MM45 EWAL				MM45 EWAL	26						26	✗	108						
108	902	42:38	Garry Jones/Maldwyn Harriers	MM45 NWAL				MM45 NWAL	27						27	✗	124						
109	921	42:44	Adrian Lewis/Aberdare Valley AAC	MM45 SWAL				MM45 SWAL	28						28	✗	115						
110	919	42:49	Philip Williams/Pontypridd Roadents AC	MM45 SWAL				MM45 SWAL	29						29	✗	144						
111	971	42:50	Paul Deaton/Penarth and Dinas Runners	MM55 SWAL							MM55 SWAL	7			7	✓	7						
112	932	42:56	Owen Davies/Swansea Harriers	MM45 WWAL				MM45 WWAL	30						30	✗	89						
113	906	42:58	Glen Price/Denbigh Harriers	MM45 NWAL				MM45 NWAL	31						31	✗	155						
114	907	42:59	Neil Hockley/Eryri Harriers	MM45 NWAL				MM45 NWAL	32						32	✗	187						
115	891	43:04	Craig Hopkins/Caerleon RC	MM45 EWAL				MM45 EWAL	33						33	✗	141						
116	875	43:10	George Eadon/Sarn Helen	MM35 WWAL				MM35 WWAL	38						38	✗	151						
117	935	43:18	Gair McCadie/Swansea Harriers	MM45 WWAL				MM45 WWAL	34						34	✗	123						
118	869	43:26	Sion Jones/Amman Valley Harriers	MM35 WWAL				MM35 WWAL	39						39	✗	190						
119	774	43:33	Ryan Worlock-Morgan/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	39									39	✗	244						
120	991	43:40	Steve Williams/Pembrokeshire Harriers	MM55 WWAL							MM55 WWAL	8			8	✓	21						

24th Welsh Athletics Inter Regional & 46th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 18th November 2023

Dolerw Park, Newtown



SENM TEAM RESULTS											MM45 TEAM RESULTS										
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score	
SENM EWAL	4	5	10	11	13	15	17	19	94	8	15	MM45 WWAL	2	6	7	8	17	40	5	15	
SENM SWAL	2	7	8	12	14	16	22	27	108	8	14	MM45 NWAL	3	11	12	14	16	56	5	14	
SENM WWAL	3	6	9	25	30	32	35	41	181	8	13	MM45 SWAL	1	9	13	15	20	58	5	13	
SENM NWAL	1	18	20	21	26	28	37	38	189	8	12	MM45 EWAL	4	5	10	21	22	62	5	12	
MM35 TEAM RESULTS											MM55 TEAM RESULTS										
9,550m	1	2	3	4	5	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score				
MM35 WWAL	1	3	8	9	15	36	5	15	MM55 WWAL	3	4	6	8	11	32	5	15				
MM35 EWAL	4	7	12	13	17	53	5	14	MM55 EWAL	1	2	5	17	22	47	5	14				
MM35 SWAL	2	5	11	22	27	67	5	13	MM55 SWAL	7	10	13	14	18	62	5	13				
MM35 NWAL	6	10	14	18	20	68	5	12	MM55 NWAL	9	12	15	19	24	79	5	12				
RACE 10 SENIOR & MASTER MEN											RACE 10 SENIOR & MASTER MEN										
POS	BIB	TIME	NAME	Region	Region	Pos	Region	Pos	Age	Pos	Age	Pos	PTS	Scorer	Team Pts						
1	776	33:30	Tom Wood/Eryri Harriers	SENM NWAL	SENM NWAL	1							1	✓	1						
121	956	43:41	Geran Hughes/GOG Triathlon Club	MM55 NWAL							MM55 NWAL	9	9	✓	9						
122	916	43:47	Stuart Wadlow/Pontypridd Roadents AC	MM45 SWAL					MM45 SWAL	35			35	✗	179						
123	920	43:51	Richard Matthews/Aberdare Valley AAC	MM45 SWAL					MM45 SWAL	36			36	✗	215						
124	974	43:54	Bryan Meredith/Rhondda Valley Runners	MM55 SWAL							MM55 SWAL	10	10	✓	17						
125	997	43:58	Stuart Penny/Cardigan RC	MM55 WWAL							MM55 WWAL	11	11	✓	32						
126	838	44:05	Peter Gray/Buckley RC	MM35 NWAL				MM35 NWAL	40				40	✗	214						
127	962	44:09	Geoff Gifford/Buckley RC	MM55 NWAL							MM55 NWAL	12	12	✓	21						
128	785	44:12	Ciaran Allman/Deeside AAC	SENM NWAL	SENM NWAL	40							40	✗	229						
129	978	44:14	Ian Clark/Aberdare Valley AAC	MM55 SWAL							MM55 SWAL	13	13	✓	30						
130	837	44:24	Andy Peers/Buckley RC	MM35 NWAL				MM35 NWAL	41				41	✗	255						
131	864	44:28	Jonathan Starling/Aberdare Valley AAC	MM35 SWAL				MM35 SWAL	42				42	✗	271						
132	972	44:30	Kevin Chalke/Penarth and Dinas Runners	MM55 SWAL							MM55 SWAL	14	14	✓	44						
133	964	44:37	Steve Gardiner/North Wales Road Runners	MM55 NWAL							MM55 NWAL	15	15	✓	36						
134	936	44:42	Richard Phillips/Taf Running & Orienteering Team	MM45 WWAL					MM45 WWAL	37			37	✗	160						
135	992	44:52	Paul Llewellyn/Swansea Harriers	MM55 WWAL							MM55 WWAL	16	16	✗	48						
136	863	44:55	David Hughes/Aberdare Valley AAC	MM35 SWAL				MM35 SWAL	43				43	✗	314						
137	862	44:58	John Light/San Domenico RC	MM35 SWAL				MM35 SWAL	44				44	✗	358						
138	944	44:59	Randal Jones/Lliswerry Runners	MM55 EWAL							MM55 EWAL	17	17	✓	25						
139	940	45:09	Mike Davies/Sarn Helen	MM45 WWAL					MM45 WWAL	38			38	✗	198						
140	979	45:15	Phil Rees/San Domenico RC	MM55 SWAL							MM55 SWAL	18	18	✓	62						
141	957	45:27	Haydn Jones/Shrewsbury	MM55 NWAL							MM55 NWAL	19	19	✓	55						
142	993	45:30	Graham Vyner/Run4all Neath Running Club	MM55 WWAL							MM55 WWAL	20	20	✗	68						
143	976	45:32	Ross Flanigan/Penarth and Dinas Runners	MM55 SWAL							MM55 SWAL	21	21	✗	83						
144	943	45:38	Steve Davies/Pont-Y-Pwl & District Runners	MM55 EWAL							MM55 EWAL	22	22	✓	47						
145	922	45:38	Richard Edge/CDF Runners	MM45 SWAL					MM45 SWAL	39			39	✗	254						
146	949	45:40	Barry Burns/Spirit of Monmouth	MM55 EWAL							MM55 EWAL	23	23	✗	70						
147	815	45:51	Ashley Ramsden/Amman Valley Harriers	SENM WWAL	SENM WWAL	41							41	✓	181						
148	805	45:56	David Leigh Butler/Ogmore Phoenix Runners	SENM SWAL	SENM SWAL	42							42	✗	249						
149	923	45:59	Gareth Cardiff/Les Croupiers RC	MM45 SWAL						MM45 SWAL	40			40	✗	294					
150	963	46:03	Nick Houghton/Buckley RC	MM55 NWAL							MM55 NWAL	24	24	✓	79						
151	980	46:04	Gary Webber/Rhondda Valley Runners	MM55 SWAL							MM55 SWAL	25	25	✗	108						
152	988	46:04	Huw Davies/Carmarthen Harriers	MM55 WWAL							MM55 WWAL	26	26	✗	94						
153	903	46:06	Ryan McCluskey/Maldwyn Harriers	MM45 NWAL					MM45 NWAL	41			41	✗	228						
154	948	46:07	Christopher Potter/Lliswerry Runners	MM55 EWAL							MM55 EWAL	27	27	✗	97						
155	994	46:14	Alun Cox/Port Talbot Harriers	MM55 WWAL							MM55 WWAL	28	28	✗	122						
156	999	46:20	Phil England/Amman Valley Harriers	MM55 WWAL							MM55 WWAL	29	29	✗	151						
157	924	46:21	Paul Davies/Aberdare Valley AAC	MM45 SWAL					MM45 SWAL	42			42	✗	336						
158	813	46:27	Gabrielius Stukus/Swansea Harriers	SENM WWAL	SENM WWAL	43							43	✗	224						
159	975	46:29	Peter Coles/Pontypridd Roadents AC	MM55 SWAL							MM55 SWAL	30	30	✗	138						
160	865	46:34	Gethin Powell/Pontypridd Roadents AC	MM35 SWAL				MM35 SWAL	45				45	✗	403						
161	878	46:41	Gareth Evans/Port Talbot Harriers	MM35 WWAL				MM35 WWAL	46				46	✗	236						
162	884	46:45	Haydn O'Reilly/Builth and District Running Club	MM45 EWAL					MM45 EWAL	43			43	✗	184						
163	990	46:52	Roger Jones/Port Talbot Harriers	MM55 WWAL							MM55 WWAL	31	31	✗	182						
164	961	47:02	Russ Godwin/Colwyn Bay AC	MM55 NWAL							MM55 NWAL	32	32	✗	111						
165	983	47:18	Gareth Hardman/Bridgend Athletics	MM55 SWAL							MM55 SWAL	33	33	✗	171						
166	880	47:28	Thomas Rees-Gralton/Port Talbot Harriers	MM35 WWAL				MM35 WWAL	47				47	✗	283						
167	950	47:45	Gerard Gormley/Griffithstown Harriers	MM55 EWAL							MM55 EWAL	34	34	✗	131						
168	876	47:57	Anthony Rabaiotti/Port Talbot Harriers	MM35 WWAL				MM35 WWAL	48				48	✗	331						
169	977	47:58	George Walker/CDF Runners	MM55 SWAL							MM55 SWAL	35	35	✗	206						
170	982	48:21	Stephen Summers/Bridgend Athletics	MM55 SWAL							MM55 SWAL	36	36	✗	242						
171	947	48:32	Rob Beves/Chepstow Harriers	MM55 EWAL							MM55 EWAL	37	37	✗	168						
172	959	48:49	Richard Flutter/Meirionnydd Running Club	MM55 NWAL							MM55 NWAL	38	38	✗	149						
173	946	49:23	Rob Hook/Chepstow Harriers	MM55 EWAL							MM55 EWAL	39	39	✗	207						
174	925	49:28	Hywel Edwards/San Domenico RC	MM45 SWAL					MM45 SWAL	44			44	✗	380						
175	952	49:29	Huw Steadman/Parc Bryn Bach RC	MM55 EWAL							MM55 EWAL	40	40	✗	247						
176	1000	49:33	Mark Williams/Clwb Rhedeg Pontardawe RC	MM55 WWAL							MM55 WWAL	41	41	✗	223						
177	939	49:56	Anthony Warden/Amman Valley Harriers	MM45 WWAL					MM45 WWAL	45			45	✗	243						
178	998	50:12	Martin Harris/Pembrokeshire Harriers	MM55 WWAL							MM55 WWAL	42	42	✗	265						
179	951	51:44	Stephen Goodridge/Brecon AC	MM55 EWAL							MM55 EWAL	43	43	✗	290						
180	953	52:08	Stephen Price/Parc Bryn Bach RC	MM55 EWAL							MM55 EWAL	44	44	✗	334						

24th Welsh Athletics Inter Regional & 46th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 18th November 2023

Dolerw Park, Newtown



SENM TEAM RESULTS											MM45 TEAM RESULTS										
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score	
SENM EWAL	4	5	10	11	13	15	17	19	94	8	15	MM45 WWAL	2	6	7	8	17	40	5	15	
SENM SWAL	2	7	8	12	14	16	22	27	108	8	14	MM45 NWAL	3	11	12	14	16	56	5	14	
SENM WWAL	3	6	9	25	30	32	35	41	181	8	13	MM45 EWAL	1	9	13	15	20	58	5	13	
SENM NWAL	1	18	20	21	26	28	37	38	189	8	12	MM45 SWAL	4	5	10	21	22	62	5	12	
MM35 TEAM RESULTS											MM55 TEAM RESULTS										
9,550m	1	2	3	4	5	Pts	Count	Score			9,550m	1	2	3	4	5	Pts	Count	Score		
MM35 WWAL	1	3	8	9	15	36	5	15			MM55 WWAL	3	4	6	8	11	32	5	15		
MM35 EWAL	4	7	12	13	17	53	5	14			MM55 EWAL	1	2	5	17	22	47	5	14		
MM35 SWAL	2	5	11	22	27	67	5	13			MM55 SWAL	7	10	13	14	18	62	5	13		
MM35 NWAL	6	10	14	18	20	68	5	12			MM55 NWAL	9	12	15	19	24	79	5	12		
RACE 10 SENIOR & MASTER MEN											SENM		MM35		MM45		MM55		PTS		Team
POS	BIB	TIME	NAME	Region	Region	Pos	Region	Pos	Age	Pos	Age	Pos	PTS	Scorer	Team						
1	776	33:30	Tom Wood/Eryri Harriers	SENM NWAL	SENM NWAL	1							1	✓	1						
181	938	52:29	Benedict O'Leary/Cardigan RC	MM45 WWAL					MM45 WWAL	46			46	✗	289						
182	996	53:11	Anthony Heald/Llanelli AC	MM55 WWAL							MM55 WWAL	45		45	✗	310					
183	879	57:46	Gareth Robbins/Swansea Harriers	MM35 WWAL			MM35 WWAL	49					49	✗	380						