



Race 1 - U13 Girls 2,800m

| POS | BIB | ATHLETE | CLUB | PERF |
|-----|-----|-----------------------|------------------------|-------|
| 1 | 216 | Rosa YATES | Bridgend AC | 10:48 |
| 2 | 172 | Seren ALLIN | Bridgend AC | 10:54 |
| 3 | 177 | Heidi DAVIES | Brecon AC | 11:10 |
| 4 | 191 | Cari HUGHES | Menai T&F | 11:18 |
| 5 | 178 | Mollie DAVIES | Menai T&F | 11:55 |
| 6 | 183 | Bethan EVANS | Pontyclun AC | 11:59 |
| 7 | 204 | Caitlin PAGE | Sarn Helen | 12:02 |
| 8 | 212 | Emily THOMAS | Aberystwyth AC | 12:04 |
| 9 | 180 | Shannon De SMET | Carmarthen Harriers | 12:13 |
| 10 | 174 | Jessica BRADLEY | Pembrokeshire Harriers | 12:15 |
| 11 | 194 | Alicia JONES | Pembrokeshire Harriers | 12:24 |
| 12 | 197 | Courtley LOCK | Bridgend AC | 12:26 |
| 13 | 207 | Ffion QUAN | Sarn Helen | 12:29 |
| 14 | 199 | Bethan MEOPHAM | Pembrokeshire Harriers | 12:32 |
| 15 | 213 | Megan TUCKER | Brecon AC | 12:37 |
| 16 | 190 | Tegan HARRISON | Pembrokeshire Harriers | 12:40 |
| 17 | 193 | Rosie JAMES | Brecon AC | 12:48 |
| 18 | 211 | Rachel SMOUT | Brecon AC | 13:08 |
| 19 | 179 | Ferne DAVIS | Colwyn Bay AC | 13:12 |
| 20 | 210 | Alice RUSSELL-STRETCH | Pembrokeshire Harriers | 13:15 |
| 21 | 182 | Siobhan ELEN | Carmarthen Harriers | 13:26 |
| 22 | 201 | Gwenno MORRIS | Colwyn Bay AC | 12:40 |
| 23 | 215 | Sarah WILLIAMS | Maldwyn Harriers | 12:59 |
| 24 | 200 | Rebecca MOORCROFT | Colwyn Bay AC | 14:11 |
| 25 | 202 | Laura NIX | Carmarthen Harriers | 14:19 |
| 26 | 184 | Ffion EVANS | Carmarthen Harriers | 14:34 |
| 27 | 206 | Josie PUGH | Maldwyn Harriers | 15:47 |
| 28 | 187 | Nia FGRIFFITHS | Carmarthen Harriers | 15:48 |
| 29 | 196 | Siriol JONES | Colwyn Bay AC | 16:48 |
| 30 | 181 | Lois EDWARDS | Deeside AAC | 17:48 |
| 31 | 198 | Alys MARSH-HUGHES | Colwyn Bay AC | 18:48 |
| 32 | 214 | Catrin WELSBURY | Colwyn Bay AC | 19:48 |

FINAL TABLE - U13 Girls 2,800m

| Pos | Club | 1 | 2 | 3 | 4 | Total |
|-----|------------------------|----|----|----|----|-------|
| 1 | Pembrokeshire Harriers | 10 | 11 | 14 | 16 | 51 |
| 2 | Brecon AC | 3 | 15 | 17 | 18 | 53 |
| 3 | Carmarthen Harriers | 9 | 17 | 21 | 22 | 69 |
| 4 | Colwyn Bay AC | 18 | 20 | 25 | 27 | 90 |



| Race 2 - U13 Boys 2,800m | | | | |
|---------------------------------|-----|-------------------|---------------------|-------|
| POS | BIB | ATHLETE | CLUB | PERF |
| 1 | 168 | John SPILL | Menai T&F | 10.18 |
| 2 | 157 | Nikita NEARY | Carmarthen Harriers | 10.29 |
| 3 | 163 | Tyler PRITCHARD | Cwmbran Harriers | 10.38 |
| 4 | 161 | Alexander PRICE | Aberdare VAAC | 11.04 |
| 5 | 146 | Keiran HARRIS | Cardiff AAC | 11.06 |
| 6 | 166 | Mike ROBERTS | Colwyn Bay AC | 11.12 |
| 7 | 144 | Henrick De SMET | Carmarthen Harriers | 11.15 |
| 8 | 153 | Danyaal MOHAMED | Bridgend AC | 11.20 |
| 9 | 170 | Tom WALTERS | Carmarthen Harriers | 11.21 |
| 10 | 154 | Danny MORGAN | Cwmbran Harriers | 11.26 |
| 11 | 164 | Jordan RICHARDS | Carmarthen Harriers | 11.27 |
| 12 | 139 | Jack BROOKES | Menai T&F | 11.32 |
| 13 | 145 | Thomas EVANS | Wrexham AC | 11.34 |
| 14 | 141 | Matthew CATTERALL | Brecon AC | 11.55 |
| 15 | 41 | Alex LOVE | Cardiff AAC | 11.58 |
| 16 | 147 | Lawrence HENRY | Deeside AAC | 12.04 |
| 17 | 162 | Scott PRITCHARD | Brecon AC | 12.07 |
| 18 | 151 | Garn JONES | Menai T&F | 12.09 |
| 19 | 160 | Aaran POWELL | Cwmbran Harriers | 12.27 |
| 20 | 159 | Jack PARRY | Deeside AAC | 12.33 |
| 21 | 148 | Cameron JAMES | Brecon AC | 13.47 |

| FINAL TABLE - U13 Boys 2,800m | | | | | | |
|--------------------------------------|---------------------|---|---|---|----|-------|
| Pos | Club | 1 | 2 | 3 | 4 | Total |
| 1 | Carmarthen Harriers | 2 | 7 | 9 | 11 | 29 |



| Race 3 - U15 Girls 4,280m | | | | |
|----------------------------------|-----|---------------------|------------------------|-------|
| POS | BIB | ATHLETE | CLUB | PERF |
| 1 | 286 | Kate SEARY | Cardiff AAC | 17.03 |
| 2 | 259 | Rebecca EVANS | Pontyclun AC | 17.11 |
| 3 | 280 | Lara PHILIPART | Swansea Harriers | 17.46 |
| 4 | 278 | Kari O'NEILL | Carmarthen Harriers | 17.59 |
| 5 | 270 | Eleanor JONES | Deeside AAC | 18.06 |
| 6 | 263 | Chelsea HARRIS | Cwmbran Harriers | 10.10 |
| 7 | 267 | Francesca HYDE | Cwmbran Harriers | 18.23 |
| 8 | 276 | Scarlett McPHILLIPS | Blaenau Gwent | 18.31 |
| 9 | 266 | Rhian HOMER | Pembrokeshire Harriers | 18.32 |
| 10 | 258 | Iona EVANS | Swansea Harriers | 18.40 |
| 11 | 274 | Poppy LEWIS | Pembrokeshire Harriers | 18.42 |
| 12 | 291 | Olivia TURLEY | Cwmbran Harriers | 18.48 |
| 13 | 252 | Jazmine BRIGANTI | Bridgend AC | 18.59 |
| 14 | 279 | Megan OSBORNE | Bridgend AC | 19.01 |
| 15 | 260 | Georgia GARNER | Colwyn Bay AC | 19.14 |
| 16 | 271 | Lucy JONES | Carmarthen Harriers | 19.15 |
| 17 | 290 | Megan THOMAS | Carmarthen Harriers | 19.16 |
| 18 | 257 | Niamh ELAIH | Carmarthen Harriers | 19.27 |
| 19 | 265 | Lowri HECKLER | Carmarthen Harriers | 19.41 |
| 20 | 292 | Nia WARD | Bridgend AC | 19.42 |
| 21 | 283 | Kathryn ROBERTS | Deeside AAC | 20.18 |
| 22 | 281 | Hannah PIERCY | Deeside AAC | 21.53 |

| FINAL TABLE - U15 Girls 4,280m | | | | | | |
|---------------------------------------|---------------------|---|----|----|----|-------|
| Pos | Club | 1 | 2 | 3 | 4 | Total |
| 1 | Carmarthen Harriers | 4 | 16 | 17 | 18 | 55 |



| Race 4 - U15 Boys 4,280m | | | | |
|---------------------------------|-----|---------------------|------------------------|-------|
| POS | BIB | ATHLETE | CLUB | PERF |
| 1 | 228 | Rhys GRANVILLE | Carmarthen Harriers | 14.55 |
| 2 | 223 | Owen DAVIES | Cwmbran Harriers | 15.03 |
| 3 | 234 | James HUNT | Bridgend AC | 15.08 |
| 4 | 238 | Lewis JONES | Bridgend AC | 15.18 |
| 5 | 225 | Jack FEAR | Newport Harriers | 15.21 |
| 6 | 244 | Andrew MORRIS-JONES | Menai T&F | 15.22 |
| 7 | 242 | Christian LOVATT | Carmarthen Harriers | 15.26 |
| 8 | 233 | Iolo HUGHES | Menai T&F | 15.30 |
| 9 | 241 | Ciaran LEWIS | Cardiff AAC | 15.38 |
| 10 | 237 | Ben JONES | Cwmbran Harriers | 15.48 |
| 11 | 243 | Alexander McDOWELL | Cwmbran Harriers | 15.55 |
| 12 | 218 | Matthew BLACKWELL | Deeside AAC | 15.57 |
| 13 | 220 | Ieuan COOKE | Pembrokeshire Harriers | 15.58 |
| 14 | 229 | Jacob GRIFFITHS | Colwyn Bay AC | 16.05 |
| 15 | 219 | Liam BRADLEY | Pembrokeshire Harriers | 16.08 |
| 16 | 230 | Tristan HENRY | Deeside AAC | 16.11 |
| 17 | 235 | Rhys JAMES | Menai T&F | 16.15 |
| 18 | 224 | Tom EDMUNDS | Cardiff AAC | 16.19 |
| 19 | 231 | Ashley HOPKINS | Swansea Harriers | 16.27 |
| 20 | 240 | Grant LEACH | Deeside AAC | 16.35 |
| 21 | 248 | Andrew WILLIAMS | Deeside AAC | 16.52 |
| 22 | 217 | Louie BENNETT | Colwyn Bay AC | 17.25 |
| 23 | 249 | Bejamin WILLIAMS | Carmarthen Harriers | 17.53 |
| 24 | 250 | Sam WITHERS | Pembrokeshire Harriers | 17.55 |
| 25 | 239 | Rhydian JONES | Swansea Harriers | 18.44 |

| FINAL TABLE - U15 Boys 4,280m | | | | | | |
|--------------------------------------|-------------|----|----|----|----|-------|
| Pos | Club | 1 | 2 | 3 | 4 | Total |
| 1 | Deeside AAC | 12 | 16 | 20 | 21 | 69 |



Race 5 - U17 Women & U20 Women 4,960m

| POS | BIB | ATHLETE | CLUB | PERF |
|-----|-----|----------------------|------------------------|-------|
| 1 | 349 | Ffion PRICE U17W | Brecon AC | 17.03 |
| 2 | 389 | Michelle ALLEN U20W | Cardiff AAC | 17.08 |
| 3 | 370 | Natasha COCKRAM U20W | Cwmbran Harriers | 17.13 |
| 4 | 350 | Rhian PRICE U17W | Brecon AC | 17.19 |
| 5 | 344 | Sarah LIVETT U17W | Menai T&F | 17.21 |
| 6 | 355 | Megan WITHERS U17W | Pembrokeshire Harriers | 17.28 |
| 7 | 375 | Abbie OLIVER U20W | Deeside AAC | 17.51 |
| 8 | 390 | Natalie ALLEN U20W | Cardiff AAC | 17.59 |
| 9 | 347 | Jemima OSBORNE U17W | Swansea Harriers | 18.24 |
| 10 | 354 | Megan TURNER U17W | Aberystwyth AC | 18.44 |
| 11 | 340 | Bethan KIDGER U17W | Phoenix Brighton | 19.19 |
| 12 | 348 | Lily OWEN U17W | Maldwyn Harriers | 19.33 |
| 13 | 342 | Heather LEWIS U17W | Pembrokeshire Harriers | 20.15 |
| 14 | 337 | Claire HARWOOD U17W | Cardiff AAC | 20.36 |
| 15 | 333 | Shannon CHILTON U17W | Deeside AAC | 21.20 |
| 16 | 343 | Josie LEWIS U17W | Pembrokeshire Harriers | 21.30 |
| 17 | 345 | Sian MESSUM U17W | Deeside AAC | 21.37 |
| 18 | 334 | Carys EDWARDS U17W | Deeside AAC | 21.40 |
| 19 | 330 | Amie BAGNALL U17W | Prestatyn RC | 22.01 |
| 20 | 332 | Laura BLACKWELL U17W | Deeside AAC | 22.02 |
| 21 | 352 | Lisa SMITH U17W | Brecon AC | 24.40 |
| 22 | 338 | Elin JAMES U17W | Menai T&F | 25.37 |

FINAL TABLE - U17 Women & U20 Women 4,960m

| Pos | Club | 1 | 2 | 3 | 4 | Total |
|-----|-------------|---|----|----|----|-------|
| 1 | Deeside AAC | 7 | 15 | 17 | 18 | 57 |



| Race 6 - U17 Men 5,880m | | | | |
|--------------------------------|-----|------------------|-----------------------|-------|
| POS | BIB | ATHLETE | CLUB | PERF |
| 1 | 313 | Liam LLOYD | Swansea Harriers | 19.52 |
| 2 | 303 | Joshua GRIFFITHS | Carmarthen Harriers | 20.12 |
| 3 | 324 | Mike WARD | Cardiff AAC | 20.16 |
| 4 | 309 | Nathan JONES | Colwyn Bay AC | 20.25 |
| 5 | 304 | Lloyd HECKLER | Carmarthen Harriers | 20.28 |
| 6 | 299 | Matthew EDWARDS | Barry & Vale Harriers | 20.35 |
| 7 | 297 | Matt DRURY | Cardiff AAC | 20.40 |
| 8 | 314 | Ronan LLYR | Carmarthen Harriers | 21.06 |
| 9 | 298 | Tom EARLEY | Colwyn Bay AC | 21.15 |
| 10 | 311 | Alex LANZ | Meirionnydd | 21.16 |
| 11 | 305 | Rory HESLOP | Cardiff AAC | 21.19 |
| 12 | 320 | William SHERIDAN | Deeside AAC | 21.32 |
| 13 | 295 | David BLOWER | Wrexham AC | 21.39 |
| 14 | 315 | Sam LONGVILLE | Bridgend AC | 21.47 |
| 15 | 316 | Matthew O'LEARY | Neath Harriers | 22.13 |
| 16 | 329 | Evan WYNNE | Newport Harriers | 22.28 |
| 17 | 306 | Owain JAMES | Menai T&F | 23.07 |
| 18 | 302 | Jamie EVANS | Meirionnydd | 24.02 |
| 19 | 301 | Dafydd EVANS | Colwyn Bay AC | 24.05 |
| 20 | 317 | George OLIVER | Deeside AAC | 24.07 |
| 21 | 321 | Callum SMITH | Prestatyn RC | 25.12 |
| 22 | 318 | Nathan RICHARDS | Carmarthen Harriers | 29.53 |

| FINAL TABLE - U17 Men 5,880m | | | | | | |
|-------------------------------------|---------------------|---|---|---|----|-------|
| Pos | Club | 1 | 2 | 3 | 4 | Total |
| 1 | Carmarthen Harriers | 2 | 5 | 8 | 22 | 37 |



| Race 7 - U20 Men 6,860m | | | | |
|--------------------------------|-----|------------------|------------------------|-------|
| POS | BIB | ATHLETE | CLUB | PERF |
| 1 | 82 | Rowan AXE | Cardiff AAC | 22.26 |
| 2 | 358 | Rhys GLASTONBURY | Windsor S,E,&H | 22.52 |
| 3 | 357 | Steven BOYTON | Deeside AAC | 23.32 |
| 4 | 372 | Alex EDWARDS | Cwmbran Harriers | 23.50 |
| 5 | 365 | Matthew RICHARDS | Pembrokeshire Harriers | 25.00 |
| 6 | 356 | Daniel BODMAN | Pontypridd Roadents | 25.24 |
| 7 | 366 | Craig SPROD | Aberdare VAAC | 28.21 |

| FINAL TABLE - U20 Men 6,860m | | | | | | |
|-------------------------------------|------|---|---|---|---|-------|
| Pos | Club | 1 | 2 | 3 | 4 | Total |
| 1 | NONE | | | | | |



Race 8 - Senior Women 6,860m

FINAL TABLE - Senior Women 6,860m

| POS | BIB | ATHLETE | CLUB | PERF |
|-----|-----|-------------------------|---------------------|-------|
| 1 | 395 | Non STANFORD U23W | Swansea Harriers | 25.54 |
| 2 | 391 | Alaw BEYNON-THOMAS U23W | Carmarthen Harriers | 26.02 |
| 3 | 124 | Debbie REES SW | Cardiff AAC | 26.07 |
| 4 | 111 | Marilyn KITCHING SW | Tattenhall Runners | 26.16 |
| 5 | 109 | Caryl JONES SW | TROTS | 26.40 |
| 6 | 99 | Carol GLOVER SW | Swansea Harriers | 27.08 |
| 7 | 120 | Shan MORGAN SW | Swansea Harriers | 27.23 |
| 8 | 96 | Katie BEECHER SW | Les Croupiers | 27.37 |
| 9 | 127 | Erica ROBINSON SW | Buckley Runners | 27.48 |
| 10 | 123 | Katie PARRY SW | Valley Striders | 27.58 |
| 11 | 129 | Andrea ROWLANDS SW | Eryri Harriers | 28.40 |
| 12 | 100 | Satu HAIKALA SW | Brecon AC | 28.49 |
| 13 | 396 | Debbie WILLIAMS U23W | Menai T&F | 29.10 |
| 14 | 138 | Maria ZUBIZARRETA SW | Les Croupiers | 29.25 |
| 15 | 103 | Sian HARRISON SW | B.R.A.T | 29.26 |
| 16 | 115 | Tammy LEWIS-JONES SW | Eryri Harriers | 29.40 |
| 17 | 119 | Helen MARSHALL SW | Aberystwyth AC | 30.17 |
| 18 | 114 | Rebecca LAW SW | Eryri Harriers | 30.51 |
| 19 | 106 | Cheryl HUDGELL SW | Les Croupiers | 31.16 |
| 20 | 118 | Helen MacARTHUR SW | Colwyn Bay AC | 31.39 |
| 21 | 101 | Linda HAMPTON-JONES SW | Wrexham AC | 32.12 |
| 22 | 94 | Liz ASHTON SW | Les Croupiers | 32.34 |
| 23 | 110 | Sian KIRK SW | Swansea Harriers | 33.01 |
| 24 | 128 | Vicky RONALD SW | Colwyn Bay AC | 33.52 |
| 25 | 116 | Jane LINDLEY SW | Buckley Runners | 34.19 |
| 26 | 32 | Laurie GRIFFITH SW | Colwyn Bay AC | 35.10 |
| 27 | 105 | Claire HOUSE SW | San Domenico RC | 35.47 |
| 28 | 102 | Amanda HARRISON SW | Wrexham AC | 36.30 |
| 29 | 126 | Paula ROBERTS SW | Colwyn Bay AC | 37.16 |
| 30 | 122 | Ann-Marie PARRY SW | Wrexham AC | 38.39 |
| 31 | 136 | Bernadette WILKINSON SW | San Domenico RC | 39.15 |
| 32 | 97 | Gillian CSIZMADIA SW | Wrexham AC | 41.21 |
| 33 | 107 | Rowena HUNTER SW | Colwyn Bay AC | 42.41 |

| Pos | Club | 1 | 2 | 3 | 4 | Total |
|-----|------------------|----|----|----|----|-------|
| 1 | Swansea Harriers | 1 | 6 | 7 | 23 | 37 |
| 2 | Les Croupiers | 8 | 14 | 19 | 22 | 63 |
| 3 | Colwyn Bay AC | 20 | 24 | 26 | 29 | 99 |



Race 9 - Senior Men 10,300m

| POS | BIB | ATHLETE | CLUB | PERF |
|-----|-----|-------------------------|------------------------|-------|
| 1 | 385 | Afan HUMPHRIES U23M | Swansea Harriers | 33.53 |
| 2 | 76 | Rob SAMUEL SM | Eryri Harriers | 34.09 |
| 3 | 37 | Marc HOBBS SM | Swansea Harriers | 34.14 |
| 4 | 54 | Phil MATTHEWS SM | Swansea Harriers | 34.36 |
| 5 | 65 | Jon PETERS U23M | Cardiff AAC | 34.48 |
| 6 | 47 | Nathaniel LANE SM | Cardiff AAC | 34.55 |
| 7 | 56 | James MILLS SM | Cardiff AAC | 34.58 |
| 8 | 9 | Hywel CARE SM | Woodford Green & E L | 35.00 |
| 9 | 57 | Ian MITCHELL SM | Tipton Harriers | 35.11 |
| 10 | 25 | Wynne EVANS SM | Carmarthen Harriers | 35.40 |
| 11 | 381 | Joshua DIXON U23M | Abergele Harriers | 35.53 |
| 12 | 33 | Daniel GURMIN SM | Swansea Harriers | 36.45 |
| 13 | 379 | Ricky CHALLINOR U23M | Liverpool Harriers | 36.54 |
| 14 | 378 | Andrew BROMLEY U23M | Deeside AAC | 36.58 |
| 15 | 11 | PHIL COOKE SM | Les Croupiers | 37.15 |
| 16 | 66 | James RAVEN SM | Cardiff AAC | 37.18 |
| 17 | 90 | Lewis WINFIELD-YOUNG SM | Cardiff AAC | 37.20 |
| 18 | 73 | Matthew ROSE SM | Buckley Runners | 37.31 |
| 19 | 67 | David REES SM | Swansea Harriers | 37.37 |
| 20 | 70 | Ifan RICHARDS SM | Meirionnydd | 37.42 |
| 21 | 44 | Lee JONES SM | Deeside AAC | 37.44 |
| 22 | 86 | Andrew WALLING SM | Menai T&F | 37.57 |
| 23 | 78 | Steffan SAYER SM | Menai T&F | 37.59 |
| 24 | 20 | Nick DUKES SM | Les Croupiers | 38.12 |
| 25 | 64 | Mark PALSER SM | Les Croupiers | 38.39 |
| 26 | 71 | Steve RICHARDS SM | Swansea Harriers | 38.42 |
| 27 | 74 | Daniel ROTHWELL SM | Swansea Harriers | 39.00 |
| 28 | 7 | Jez BROWN SM | Buckley Runners | 39.17 |
| 29 | 8 | Eric CAMPBELL SM | Buckley Runners | 39.50 |
| 30 | 27 | Matthew FORTES SM | Eryri Harriers | 39.54 |
| 31 | 31 | Gareth GREEN SM | San Domenico RC | 39.59 |
| 32 | 17 | Stephen DAVIES SM | Mansfield Harriers | 40.21 |
| 33 | 72 | Mike ROBBINS SM | Wrexham AC | 40.36 |
| 34 | 38 | Rob HUNT SM | Bridgend AC | 41.12 |
| 35 | 89 | Gary WILLIAMS SM | Menai T&F | 41.20 |
| 36 | 387 | Thomos ROBERTS U23M | Meirionnydd | 41.23 |
| 37 | 50 | Arwel LEWIS SM | Eryri Harriers | 41.39 |
| 38 | 81 | Peter SOWERBY SM | Brecon AC | 41.59 |
| 39 | 51 | Brian LOVETT SM | San Domenico RC | 42.09 |
| 40 | 39 | Billy HUNTER SM | Colwyn Bay AC | 42.28 |
| 41 | 380 | Daniel DAVIES U23M | Pembrokeshire Harriers | 42.42 |
| 42 | 30 | Russel GODWIN SM | Colwyn Bay AC | 42.45 |
| 43 | 43 | Jos JONES SM | Aberystwyth AC | 43.06 |
| 44 | 49 | Elio LePORE SM | Les Croupiers | 43.18 |
| 45 | 77 | Glyn SANSOM SM | San Domenico RC | 43.52 |
| 46 | 91 | Chris YORKE SM | Colwyn Bay AC | 44.23 |
| 47 | 59 | Ronan MORRIS SM | San Domenico RC | 45.00 |
| 48 | 29 | Jeff GIFFORD SM | Buckley Runners | 45.07 |
| 49 | 5 | Dave BOOTHROYD SM | Buckley Runners | 45.47 |
| 50 | 6 | Richard BORNE SM | Eryri Harriers | 45.49 |

FINAL TABLE - Senior Men 10,300m

| Pos | Club | 1 | 2 | 3 | 4 | 5 | 6 | Total |
|-----|------------------|----|----|----|----|----|----|-------|
| 1 | Swansea Harriers | 1 | 3 | 4 | 12 | 19 | 26 | 65 |
| 2 | Cardiff AAC | 5 | 6 | 7 | 16 | 17 | 59 | 110 |
| 3 | Buckley Runners | 18 | 28 | 29 | 48 | 49 | 64 | 236 |
| 4 | San Domenico RC | 31 | 39 | 45 | 47 | 51 | 53 | 266 |
| 5 | Colwyn Bay AC | 40 | 42 | 46 | 52 | 55 | 57 | 292 |

WELSH ATHLETICS
George Crump MBE Memorial
 Cross Country Championships
 Saturday 19th February 2011 - Prifysgol Glyndwr University
 Northop Campus



Race 9 - Senior Men 10,300m

| POS | BIB | ATHLETE | CLUB | PERF |
|-----|-----|--------------------|------------------------|-------|
| 51 | 55 | Ian McDONALD SM | San Domenico RC | 46.08 |
| 52 | 60 | Ian MULLIGAN SM | Colwyn Bay AC | 46.11 |
| 53 | 80 | Dominic SHIELDS SM | San Domenico RC | 46.14 |
| 54 | 2 | Charles ASHLEY SM | Wrexham AC | 46.31 |
| 55 | 3 | Leon BENNETT SM | Colwyn Bay AC | 46.43 |
| 56 | 18 | James DELANEY SM | San Domenico RC | 47.09 |
| 57 | 88 | Chris WILLIAMS SM | Colwyn Bay AC | 47.27 |
| 58 | 12 | Kevin CORCORAN SM | Swansea Harriers | 48.07 |
| 59 | 19 | Brian DIAS SM | Cardiff AAC | 49.25 |
| 60 | 75 | Nigel ROWLANDS SM | Clwydian Range Runners | 49.34 |
| 61 | 85 | Phil WALKER SM | Wrexham AC | 49.45 |
| 62 | 24 | Paul EVANS SM | Wrexham AC | 50.51 |
| 63 | 4 | Mike BLAKE SM | Eryri Harriers | 52.50 |
| 64 | 68 | Marcus REID SM | Buckley Runners | 53.58 |
| 65 | 21 | Mike EDWARDS SM | Wrexham AC | 57.49 |
| 66 | 52 | Robert MacKEY SM | Buckley Runners | 59.23 |
| 67 | 83 | Jack THOMAS SM | Buckley Runners | 62.33 |

FINAL TABLE - Senior Men 10,300m

| Pos | Club | 1 | 2 | 3 | 4 | 5 | 6 | Total |
|-----|------|---|---|---|---|---|---|-------|
|-----|------|---|---|---|---|---|---|-------|