



WELSH ATHLETICS
ATHLETAU CYMRU

108th Welsh Cross Country Championships

Saturday 18th February 2012

St Fagans



POS	Race 1 - U13 Girls 2,930m			
Ind	BIB	ATHLETE	CLUB	PERF
1	388	Cari HUGHES	Menai T&F	11:53
2	365	Seren ALLIN	Cardiff AAC	12:03
3	367	Jessica BRADLEY	Pembrokeshire Harriers	12:20
4	373	Bethan EVANS	Pontyclun AC	12:25
5	390	Flora INSLEY	Radley	12:26
6	372	Isobel Alice DODD	Bridgend AC	12:33
7	402	Issy MORRIS	Blaenau Gwent	12:38
8	401	Bethan MEOPHAM	Pembrokeshire Harriers	12:55
9	395	Alicia JONES	Pembrokeshire Harriers	13:04
10	383	Bethan HARRIS	Swansea Harriers	13:07
11	393	Holli JEHU	Aberdare VAAC	13:08
12	371	Lucy DAVIES	Pembrokeshire Harriers	13:10
13	389	Rebecca HUGHES	Aberdare VAAC	13:12
14	417	Megan TUCKER	Brecon AC	13:16
15	368	Ceris DAVIES	Carmarthen Harriers	13:17
16	398	Emma LIGHTHART	Cardiff AAC	13:22
17	377	Sioned GLYNN	Carmarthen Harriers	13:27
18	379	Emily GRIFFIN	Cardiff AAC	13:30
19	382	Amber HARDING	Cardiff AAC	13:44
20	412	Victoria SHAW	Cardiff AAC	13:50
21	384	Tegan HARRISON	Pembrokeshire Harriers	13:56
22	419	Emily WOOSTER	Barry & Vale Harriers	13:59
23	394	Ffion JENKINS	Swansea Harriers	14:00
24	375	Caitlin EXTON	Cardiff AAC	14:03
25	420	Abigail WORRALL	Carmarthen Harriers	14:08
26	408	Olivia RISTON-WALTON	Brecon AC	14:23
27	370	Jadie DAVIES	Pembrokeshire Harriers	14:25
28	271	Jacob KNIGHT	Cardiff AAC	14:28
29	391	Naomi JAMES	Carmarthen Harriers	14:32
30	387	Rebecca HORTON	Aberdare VAAC	14:33
31	399	Katie LONG	Cardiff AAC	14:46
32	392	Rosie JAMES	Brecon AC	14:59
33	415	Megan STRATTON-THOMAS	Swansea Harriers	15:00
34	406	Naomi REID	Pontyclun AC	15:07
35	381	Brogan HAGGETT	Aberdare VAAC	15:16
36	413	Amy SINCLAIR	Brecon AC	15:39
37	386	Katrin HIGGINSON	Bridgend AC	15:49
38	300	Isobel GUEST	Swansea Harriers	15:55
39	410	Danielle RUSSELL	Aberdare VAAC	15:58
40	414	Molly SMITH	Aberdare VAAC	16:25
41	396	Emily JONES	Swansea Harriers	16:46
42	411	Lydia SANDERSON	Barry & Vale Harriers	17:28

FINAL TABLES - U13 Girls 2,930m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Pembrokeshire Harriers	3	8	9	12	32
2	Cardiff AAC	2	16	18	19	55
3	Carmarthen Harriers	15	17	25	29	86
4	Aberdare VAAC	11	13	30	35	89
5	Cardiff AAC	20	24	28	31	103
6	Swansea Harriers	10	23	33	38	104
7	Brecon AC	14	26	32	36	108

Race 1 U13 Girls Participating Clubs		
Below 4 teams do not score		
Aberdare VAAC	6	Scoring Team
Brecon AC	4	Scoring Team
Bridgend AC	2	
Cardiff AAC	8	Scoring Team
Carmarthen Harriers	4	Scoring Team
Pembrokeshire Harriers	6	Scoring Team
Swansea Harriers	5	Scoring Team
Barry & Vale Harriers	2	
Blaenau Gwent	1	
Menai T&F	1	
Pontyclun AC	2	
Radley	1	

1st Team Athletes: Pembrokeshire Harriers	
367 Jessica BRADLEY	12:20
401 Bethan MEOPHAM	12:55
395 Alicia JONES	13:04
371 Lucy DAVIES	13:10
2nd Team Athletes: Cardiff AAC	
365 Seren ALLIN	12:03
398 Emma LIGHTHART	13:22
379 Emily GRIFFIN	13:30
382 Amber HARDING	13:44
3rd Team Athletes: Carmarthen Harriers	
368 Ceris DAVIES	13:17
377 Sioned GLYNN	13:27
420 Abigail WORRALL	14:08
391 Naomi JAMES	14:32

POS	Race 2 - U13 Boys 2,930m			
Ind	BIB	ATHLETE	CLUB	PERF
1	340	Jake HEYWARD	Cardiff AAC	11:01
2	350	Marinus PETERSEN	Pembrokeshire Harriers	11:23
3	320	Tom ACREMAN	Aberdare VAAC	11:28
4	344	Oliver JONES	Swansea Harriers	11:31
5	332	Benji EDWARDS	Bridgend AC	11:33
6	333	Aeron EVANS	Cardiff AAC	11:44
7	331	Luke DAVIES	Brecon AC	11:45
8	355	Michael ROBERTS	Colwyn Bay AC	11:58
9	362	Evan WILLIAMS	Cardiff AAC	12:04
10	346	Elliot LAWRENCE	Swansea Harriers	12:08
11	348	Sam MARTIN	Swansea Harriers	12:25
12	334	Kieran FORREST	Menai T&F	12:30
13	358	Jac SMITH	Aberdare VAAC	12:31
14	329	Lewis DANIELS	Newport Harriers	12:34
15	321	Joseph ALDER	Cardiff AAC	12:37
16	336	Josh GREEN	Swansea Harriers	12:38
17	361	James VINCENT	Cardiff AAC	12:45
18	366	Rosie BENNETT	Carmarthen Harriers	12:50
19	357	Jacob SEAL	Swansea Harriers	12:55
20	26	Nathaniel DAVIES	Carmarthen Harriers	12:59
21	349	Antonio PEACOCK	Barry & Vale Harriers	13:03
22	351	Aled PHILLIPS	Carmarthen Harriers	13:10
23	360	Joseph TOBIN	Swansea Harriers	13:11
24	337	Jamie GREENSLADE	Cwmbrian Harriers	13:12
25	338	Josh GREENSLADE	Cwmbrian Harriers	13:12
26	324	Luc BARTLETT	Neath Harriers	13:31
27	339	Joe HEWINGS	Barry & Vale Harriers	13:45
28	342	Arun JONES	Cwmbrian Harriers	13:51
29	347	Sulien LUCKMAN	Pembrokeshire Harriers	13:57
30	325	Dewi BENNETT	Barry & Vale Harriers	14:00
31	364	Donovan WILLIAMS-HALE	Bridgend AC	14:11
32	359	Orran STEPHENS	Aberdare VAAC	14:12
33	353	Scott PRITCHARD	Brecon AC	14:41
34	335	Jay GONZALES	Bridgend AC	15:01
35	352	Jordan PRICE	Brecon AC	18:00

FINAL TABLES - U13 Boys 2,930m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	1	6	9	15	31
2	Swansea Harriers	4	10	11	16	41

Race 2 U13 Boys Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	3
Barry & Vale Harriers	3
Brecon AC	3
Bridgend AC	3
Cardiff AAC	5
Carmarthen Harriers	3
Colwyn Bay AC	1
Cwmbrian Harriers	3
Neath Harriers	1
Newport Harriers	1
Pembrokeshire Harriers	2
Swansea Harriers	6

1st Team Athletes: Cardiff AAC	
340 Jake HEYWARD	11:01
333 Aeron EVANS	11:44
362 Evan WILLIAMS	12:04
321 Joseph ALDER	12:37
2nd Team Athletes: Swansea Harriers	
344 Oliver JONES	11:31
346 Elliot LAWRENCE	12:08
348 Sam MARTIN	12:25
336 Josh GREEN	12:38

POS	Race 3 - U15 Girls 4,400m			
Ind	BIB	ATHLETE	CLUB	PERF
1	309	Lara PHILIPART	Swansea Harriers	18:07
2	290	Ellie ATKINSON	Cardiff AAC	18:34
3	294	Heidi DAVIES	Brecon AC	18:35
4	301	Olivia GWYNN	Swansea Harriers	18:54
5	295	Mollie DAVIES	Menai T&F	19:06
6	310	Ffion QUAN	Sarn Helen	19:26
7	319	Rosa YATES	Cardiff AAC	19:55
8	308	Caitlin PAGE	Sarn Helen	19:59
9	305	Betsan JENKINS	Cardiff AAC	20:03
10	313	Megan TATNELL	Cardiff AAC	20:08
11	304	Amber HOWELL	Carmarthen Harriers	20:16
12	296	Shannon DE SMET	Carmarthen Harriers	20:19
13	312	Kate SEARY	Cardiff AAC	20:30
14	291	Alice BROADLEY	Cardiff AAC	20:37
15	303	Erin HAYES	Cardiff AAC	20:39
16	302	Chelsie HARRIS	Cwmbran Harriers	20:45
17	225	Kate COKER	Cardiff AAC	20:45
18	316	Rosie-May THOMPSON	Cardiff AAC	21:02
19	293	Eli CAVIL	Aberdare VAAC	21:35
20	311	Alice RUSSELL-STRETCH	Pembrokeshire Harriers	21:51
21	299	Joe-Dianna GRABHAM	Cardiff AAC	22:16
22	317	Samantha WALKER	Cwmbran Harriers	22:36
23	307	Laura NIX	Carmarthen Harriers	23:01
24	292	Megan BUNNEY	Aberdare VAAC	23:18
25	315	Megan THOMAS	Carmarthen Harriers	23:27

FINAL TABLES - U15 Girls 4,400m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	7	9	10	28
2	Cardiff AAC	13	14	15	17	59
3	Carmarthen Harriers	11	12	23	25	71

Race 3 U15 Girls Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	2
Brecon AC	1
Cardiff AAC	10
Carmarthen Harriers	4
Cwmbran Harriers	2
Menai T&F	1
Pembrokeshire Harriers	1
Sarn Helen	2
Swansea Harriers	2

1st Team Athletes: Cardiff AAC	
290 Ellie ATKINSON	18:34
319 Rosa YATES	19:55
305 Betsan JENKINS	20:03
313 Megan TATNELL	20:08
2nd Team Athletes: Cardiff AAC	
312 Kate SEARY	18:34
291 Alice BROADLEY	20:37
303 Erin HAYES	20:39
225 Kate COKER	20:45
3rd Team Athletes: Carmarthen Harriers	
304 Amber HOWELL	18:34
296 Shannon DE SMET	20:19
307 Laura NIX	23:01
315 Megan THOMAS	23:27

Race 4 - U15 Boys 4,400m					
POS	Ind	BIB	ATHLETE	CLUB	PERF
1	1	261	Jac HOPKINS	Swansea Harriers	15:45
2	2	274	Christian LOVATT	Carmarthen Harriers	16:11
3	3	262	Iolo HUGHES	Menai T&F	16:19
4	4	272	Ciaran LEWIS	Cardiff AAC	16:28
5	5	253	John COVE	Cardiff AAC	16:42
6	6	279	Nikita NEARY	Carmarthen Harriers	16:46
7	7	282	Aran REES	Swansea Harriers	16:51
8	8	281	Tyler PRITCHARD	Cwmbran Harriers	16:55
9	9	265	Callum BEARE	Llanelli AAC	17:12
10	10	250	Liam BRADLEY	Pembrokeshire Harriers	17:25
11	11	258	Rhys GOOCH	Cardiff AAC	17:34
12	12	264	Rhys JAMES	Menai T&F	17:43
13	13	260	Ashley HOPKINS	Swansea Harriers	17:47
14	14	276	Alex MCDOWELL	Cwmbran Harriers	17:48
15	15	280	Alex PRICE	Aberdare VAAC	17:50
16	16	278	Danny MORGAN	Aberdare VAAC	17:50
17	17	273	Michael LEWIS	Cwmbran Harriers	18:06
18	18	288	Benjamin WILLIAMS	Carmarthen Harriers	18:27
19	19	269	Gabriel KAY	Brecon AC	18:29
20	20	259	Keieran HARRIS	Cardiff AAC	18:31
21	21	252	Lewis BRUNT	Cardiff AAC	18:40
22	22	268	Nicholas JONES	Cardiff AAC	18:49
23	23	270	Ross KIRBY	Shrewsbury AC	18:53
24	24	289	Samuel WITHERS	Pembrokeshire Harriers	18:54
25	25	283	Jack REES	Pembrokeshire Harriers	19:07
26	26	255	Hendrik DE-SMET	Carmarthen Harriers	19:26
27	27	254	Sam CURWEN	Cardiff AAC	19:50
28	28	287	John WARDLE	Barry & Vale Harriers	20:06
29	29	257	Jack EGGINGTON	Cardiff AAC	20:14
30	30	275	Alex LOVE	Cardiff AAC	20:50
31	31	263	Cameron JAMES	Brecon AC	21:00
32	32	256	Scott DUNSTER	Brecon AC	21:44
33	33	285	Matthew TURNBULL	Cardiff AAC	22:56

FINAL TABLES - U15 Boys 4,400m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	4	5	11	20	40
2	Carmarthen Harriers	2	6	18	26	52
3	Cardiff AAC	21	22	27	29	99

Race 4 U15 Boys Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	2
Barry & Vale Harriers	1
Brecon AC	3
Cardiff AAC	10
Carmarthen Harriers	4
Cwmbran Harriers	3
Llanelli AAC	1
Menai T&F	2
Pembrokeshire Harriers	3
Shrewsbury AC	1
Swansea Harriers	3

1st Team Athletes: Cardiff AAC	
272 Ciaran LEWIS	16:28
253 John COVE	16:42
258 Rhys GOOCH	17:34
259 Keieran HARRIS	18:31
2nd Team Athletes: Carmarthen Harriers	
274 Christian LOVATT	16:11
279 Nikita NEARY	16:46
288 Benjamin WILLIAMS	18:27
255 Hendrik DE-SMET	19:26
3rd Team Athletes: Cardiff AAC	
252 Lewis BRUNT	18:40
268 Nicholas JONES	18:49
254 Sam CURWEN	19:50
257 Jack EGGINGTON	20:14

Positions		Race 5 - U17 Women & U20 Women 5,200m				
OA	U20	U17	BIB	ATHLETE	CLUB	PERF
1	1		187	Rhianwedd PRICE	Brecon AC	21.29
2		1	228	Rebecca EVANS	Cardiff AAC	22.04
3		2	247	Megan WITHERS	Pembrokeshire Harriers	22.10
4	2		184	Sarah LIVETT	Menai T&F	22.14
5		3	244	Caitlin THOMPSON	Pembrokeshire Harriers	22.21
6		4	234	Rhian HOMER	Pembrokeshire Harriers	22.42
7		5	226	Elin DAVIES	Swansea Harriers	22.56
8		6	242	Malika REZOUGUI	Cwmbran Harriers	23.23
9		7	245	Megan TURNER	Aberystwyth AC	23.28
10		8	227	Iona EVANS	Swansea Harriers	23.39
11	3		188	Katie REYNOLDS	Swansea Harriers	23.46
12		9	223	Lauren BELL	Pembrokeshire Harriers	23.52
13	4		185	Jemima OSBORNE	Swansea Harriers	24.05
14		10	246	Stacey WEBBER	Llanelli AAC	24.09
15		11	230	Cari HARRIES	Aberystwyth AC	24.18
16		12	224	Fiona BRAY	Cardiff AAC	24.27
17		13	235	Francesca HYDE	Cwmbran Harriers	24.28
18		14	231	Claire HARWOOD	Cardiff AAC	25.49
19		15	237	Eleanor JONES	Deeside AAC	25.55
20		16	240	Naomi OSBORN	Swansea Harriers	28.19
21		17	236	Elin JAMES	Menai T&F	30.20

FINAL TABLES - U17 Women & U20 Women 5,200m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Pembrokeshire Harriers	3	5	6	12	26
2	Swansea Harriers	7	10	11	13	41

U17 & U20 score individually per age group

U17 & U20 combine for team scoring

Race 5 U17W & U20W Participating Clubs		
Below 4 teams do not score		
Aberystwyth AC	2	
Brecon AC	1	
Cardiff AAC	3	
Carmarthen Harriers		
Cwmbran Harriers	2	
Deeside AAC	1	
Llanelli AAC	1	
Menai T&F	2	
Neath Harriers		
Pembrokeshire Harriers	4	Scoring Team
Pontyclun AC		
Swansea Harriers	5	Scoring Team

1st Team Athletes: Pembrokeshire Harriers	
247 Megan WITHERS	22.10
244 Caitlin THOMPSON	22.21
234 Rhian HOMER	22.42
223 Lauren BELL	23.52
2nd Team Athletes: Swansea Harriers	
226 Elin DAVIES	22.10
227 Iona EVANS	23.39
188 Katie REYNOLDS	23.46
185 Jemima OSBORNE	24.05

Race 6 - U17 Men 5,600m					
POS	Ind	BIB	ATHLETE	CLUB	PERF
1	1	196	Mathew EDWARDS	Barry & Vale Harriers	20.02
2	2	203	Lloyd HECKLER	Carmarthen Harriers	20.22
3	3	220	Michael WARD	Cardiff AAC	20.30
4	4	193	Connor DAVIES	Swansea Harriers	21.04
5	5	209	Nathan JONES	Colwyn Bay AC	21.05
6	6	199	Jack GOOCH	Cardiff AAC	21.14
7	7	205	James HUNT	Cardiff AAC	21.26
8	8	218	Elliot SLADE	Cardiff AAC	21.39
9	9	211	Ronan LLYR	Carmarthen Harriers	22.00
10	10	197	Jack FEAR	Newport Harriers	22.04
11	11	212	Samuel LONGVILLE	Cardiff AAC	22.05
12	12	208	Gwynant JONES	Maldwyn Harriers	22.07
13	13	204	Laurie HOWARTH	Pembrokeshire Harriers	22.37
14	14	221	Andrew WILLIAMS	Deeside AAC	22.40
15	15	202	Thomas HARDING	Colwyn Bay AC	22.58
16	16	222	Evan WYNNE	Newport Harriers	23.09
17	17	215	Chris PRICE	Cwmbran Harriers	23.10
18	18	195	Ben DUNSTER	Brecon AC	23.23
19	19	214	Jacob PREECE	Cardiff AAC	24.02
20	20	190	Jake BOZSA	Barry & Vale Harriers	24.07
21	21	216	Elliott RICHARDS	Barry & Vale Harriers	24.38
22	22	219	Matthew TUCKER	Brecon AC	24.42
23	23	206	Kieran JOHN	Neath Harriers	24.54
24	24	198	Daniel GLEN	Cardiff AAC	25.17
25	25	192	Robert-Jay CURRY	Swansea Harriers	29.30
26	26	194	Rhodri DAVIES	Aberdare VAAC	29.47

FINAL TABLES - U17 Men 5,600m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	3	6	7	8	24

Race 6 U17 Men Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	1
Barry & Vale Harriers	3
Brecon AC	2
Cardiff AAC	7
Carmarthen Harriers	2
Colwyn Bay AC	2
Cwmbran Harriers	1
Deeside AAC	1
Maldwyn Harriers	1
Neath Harriers	1
Newport Harriers	2
Pembrokeshire Harriers	1
Swansea Harriers	2
	Scoring Team

1st Team Athletes: Cardiff AAC	
220 Michael WARD	20.30
199 Jack GOOCH	21.14
205 James HUNT	21.26
218 Elliot SLADE	21.39

Race 7 - U20 Men 6,000m					
POS	Ind	BIB	ATHLETE	CLUB	PERF
1	1	422	Charlie HULSON	Sale Harriers Manchester	20.46
2	2	25	Morgan DAVIES	Bridgend AC	21.02
3	3	170	Chris CARPANINI	Newport Harriers	21.12
4	4	173	Josh GRIFFITHS	Carmarthen Harriers	21.47
5	5	179	Emrys PENNY	Newport Harriers	21.48
6	6	176	Liam LLOYD	Swansea Harriers	21.59
7	7	177	Alex MATCHETT	Pembrokeshire Harriers	22.09
8	8	182	Matthew THOMAS	Swansea Harriers	22.34
9	9	174	Owen HASWELL	Barry & Vale Harriers	23.58
10	10	180	Matthew RICHARDS	Coventry Godiva	24.26
11	11	175	Sam JOSEPH	Swansea Harriers	25.55
12	12	183	Berwyn WARLOW	Pembrokeshire Harriers	26.29

FINAL TABLES - U20 Men 6,000m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total

Below 4 teams do not score	
Barry & Vale Harriers	1
Cardiff AAC	
Carmarthen Harriers	1
Coventry Godiva	1
Newport Harriers	2
Pembrokeshire Harriers	2
Porthcawl Runnerslife	
Sale Harriers Manchester	1
Swansea Harriers	3

Positions		Race 8 - Senior Women 7,250m				
OA	SW	U23	BIB	ATHLETE	CLUB	PERF
1	1		144	Caryl JONES	Swansea Harriers	27.13
2	2		159	Andrea WHITCOMBE	Swansea Harriers	28.07
3	3		103	Sian EDWARDS	Kettering Town	28.33
4	4		153	Katie PARRY	Leeds City AC	29.19
5	5		155	Elysia RIDLEY	Swansea Harriers	30.03
6		1	165	Gwenno BROWN	Cardiff AAC	30.55
7	6		156	Kate ROBERTS	Bridgend AC	30.50
8		2	164	Alaw BEYNON-THOMAS	Swansea Harriers	31.00
9	7		127	Katie BEECHER	Les Croupiers	31.11
10	8		135	Carol GLOVER	Swansea Harriers	31.41
11	9		151	Shân MORGAN	Swansea Harriers	31.58
12	10		128	Emily BROWN	Cardiff AAC	32.23
13	11		160	Sally WILDER	San Domenico RC	32.34
14	12		142	Rhian JINNY-JONES	Pont-Y-Pwl & District	32.38
15	13		124	Emma BAYLISS	Pont-Y-Pwl & District	32.47
16	14		141	Leigh JAMES	Windsor S,E,&H	32.51
17	15		136	Satu HAIKALA	Brecon AC	33.08
18		3	132	Angharad DAVIES	Carmarthen Harriers	33.14
19	16		152	Libby O'DUFFY	Les Croupiers	33.35
20	17		150	Emma LOVELAND	Cardiff AAC	34.14
21	18		129	Jane COKER	Les Croupiers	34.23
22	19		125	Claire BEATTY	Les Croupiers	35.06
23		4	167	Cassidy SKINNER	Newport Harriers	35.40
24	20		137	Gina HARDMAN	Bridgend AC	36.04
25	21		126	Julia BECKER	Les Croupiers	36.10
26	22		138	Alyson HAYES	Les Croupiers	36.13
27	23		158	Cath TAILBY	Les Croupiers	36.17
28	24		421	Veronica SINGLETON	Les Croupiers	37.22
29	25		145	Sian KIRK	Swansea Harriers	38.07
30	26		143	Alice JOHNSTON	Les Croupiers	39.28
31	27		121	Gill ALDWORTH	Brecon AC	40.14
32	28		131	Caroline DALLIMORE	Les Croupiers	40.33
33	29		130	Christine CUMMINS	Brecon AC	43.28
34	30		122	Eirian ARWYN	Les Croupiers	50.10

FINAL TABLES - Senior Women 7,250m

RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	2	5	8	16
2	Les Croupiers	9	19	21	22	71
3	Les Croupiers	25	26	27	28	106

U23 & SW score individually per age group

U23 & SW combine for team scoring

Race 8 Senior Women Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	
Brecon AC	3
Bridgend AC	2
Cardiff AAC	3
Carmarthen Harriers	1
Eden Runners	
Leeds City AC	1
Les Croupiers	11 Scoring Team
Newport Harriers	1
Pont-Y-Pwl & District	2
San Domenico RC	1
Swansea Harriers	7 Scoring Team
Windsor S,E,&H	1

1st Team Athletes: Swansea Harriers	
144 Caryl JONES	27.13
159 Andrea WHITCOMBE	28.07
155 Elysia RIDLEY	30.03
164 Alaw BEYNON-THOMAS	31.00
2nd Team Athletes: Les Croupiers	
127 Katie BEECHER	27.13
152 Libby O'DUFFY	33.35
129 Jane COKER	34.23
125 Claire BEATTY	35.06
3rd Team Athletes: Les Croupiers	
126 Julia BECKER	27.13
138 Alyson HAYES	36.13
158 Cath TAILBY	36.17
421 Veronica SINGLETON	37.22

OA	SM	U23	BIB	ATHLETE	CLUB	PERF
57	52		18	Gerry CRISPIE	Les Croupiers	51.16
58	53		33	Dic EVANS	Cardiff AAC	51.27
59	54		9	Steve BRIDGES	Aberdare VAAC	51.50
60	55		8	Malcolm BRADLEY	Penarth & Dinas Runners	52.11
61	56		30	Brian DIAS	Cardiff AAC	52.17
62	57		93	Dominic SHIELDS	San Domenico RC	52.46
63	58		54	Stephen HUGHES	Aberdare VAAC	52.56
64	59		107	Jonathan WILLIAMS	Faiwater Runners	53.22
65	60		91	Richie SEWELL	Les Croupiers	53.50
66	61		29	James DELANEY	San Domenico RC	54.13
67	62		1	Steve ALEXANDER	Les Croupiers	54.28
68	63		81	Alan PERKINS	Port Talbot Harriers	55.20
69	64		24	Mike DAVIES	Les Croupiers	56.30

RACE FINISH ORDER		
15	Phil COOK	43.27
69	Gareth LYNCH	43.40
90	Richard SELF	44.43
108	Martin WILLIAMS	45.05