

U11G_RESULTS					RACE FINISH ORDER					
Pos	Bib	Athlete	School	Time	Pos	Club	1	2	3	Total
1	555	Sofia Vella	Cardiff AAC	5:12	1	Bridgend AC	3	6	11	20
2	363	Phoebe Davies	Carmarthen Harriers	5:18	2	Carmarthen Harriers	2	9	17	28
3	553	Ffion Higginson	Bridgend AC	5:19	3	Neath Harriers	4	5	22	31
4	371	Molly Jones	Neath Harriers	5:25	4	Swansea Harriers	7	8	18	33
5	370	Ocean Poultney-Maddy	Neath Harriers	5:29	5	Cardiff Archers	10	14	15	39
6	554	Nia Clatworthy	Bridgend AC	5:33	6	Cardiff AAC	1	20	23	44
7	562	Rosa Humphreys	Swansea Harriers	5:38	7	Llanishen Fach Primary	16	24	28	68
8	563	Caitlin Gwyther	Swansea Harriers	5:38	8	Blaenau Gwent Athletics Club	13	26	33	72
9	365	Taylor McArthur	Carmarthen Harriers	5:40	9	Swansea Harriers	19	25	36	80
10	393	Anna Bevan	Cardiff Archers	5:43	10	Bridgend AC	12	37	39	88
11	352	Hollie Mullan	Bridgend AC	5:44	11	Newport Harriers	27	31	34	92
12	358	Jasmine James	Bridgend AC	5:45	12	Cardiff Archers	21	32	46	99
13	349	Elise Turner	Blaenau Gwent Athletics Club	5:47	<b>U11G_RESULTS Participating Clubs</b>					
14	394	Anya Lennon	Cardiff Archers	5:50	<b>Below 3 teams do not score</b>					
15	396	Niamh Brady	Cardiff Archers	5:52		Blaenau Gwent Athletics Club	4	Scoring Team		
16	379	Sara Sturgess	Llanishen Fach Primary	5:55		Bridgend AC	7	Scoring Team		
17	367	Eva Edwards	Carmarthen Harriers	5:56		Cardiff AAC	5	Scoring Team		
18	561	Rebecca Martin	Swansea Harriers	5:57		Carmarthen Harriers	3			
19	571	Bronwen Stratton-Thomas	Swansea Harriers	5:59		Neath Harriers	5	Scoring Team		
20	360	Sophie Anderton	Cardiff AAC	6:02		Newport Harriers	4	Scoring Team		
21	395	Aimee Callow	Cardiff Archers	6:05		Pembrokeshire Harriers	1			
22	559	Megan McCloy	Neath Harriers	6:06		Llanishen Fach Primary	5			
23	361	Hannah Bundy	Cardiff AAC	6:09		Cardiff Archers	7			
24	383	Katy Tuthill	Llanishen Fach Primary	6:10	<b>1st Placed Team Athletes: Bridgend AC (20Pts)</b>					
25	568	Darcie Bass	Swansea Harriers	6:10	Ffion Higginson (4)					05:19
26	348	Courtney Preece	Blaenau Gwent Athletics Club	6:11	Nia Clatworthy (7)					05:33
27	375	Llana Thurgood	Newport Harriers	6:13	Hollie Mullan (12)					05:44
28	381	Lauren Parsons	Llanishen Fach Primary	6:19	<b>2nd Placed Team Athletes: Carmarthen Harriers (28Pts)</b>					
29	372	Robyn Rees	Neath Harriers	6:21	Phoebe Davies (3)					05:18
30	557	Ellie Williams	Pembrokeshire Harriers	6:25	Taylor McArthur (10)					05:40
31	373	Lily Cameron	Newport Harriers	6:26	Eva Edwards (18)					05:56
32	399	Eden Williams	Cardiff Archers	6:26	<b>3rd Placed Team Athletes: Neath Harriers (31Pts)</b>					
33	347	Maisie Pearce	Blaenau Gwent Athletics Club	6:27	Molly Jones (5)					05:25
34	374	Olivia Hiscocks	Newport Harriers	6:29	Ocean Poultney-Maddy (6)					05:29
35	350	Ellie Bainton	Blaenau Gwent Athletics Club	6:30	Megan McCloy (23)					06:06
36	567	Mirain Lloyd	Swansea Harriers	6:35						
37	353	Amelia Clode	Bridgend AC	6:36						
38	556	Ellen James	Cardiff AAC	6:38						
39	356	Holly Morgan	Bridgend AC	6:48						
40	369	Karolinka Bacakova	Neath Harriers	6:54						
41	376	Hannah Stephenson	Newport Harriers	6:54						
42	382	Rebecca Davies	Llanishen Fach Primary	7:05						
43	380	Jess Evans	Llanishen Fach Primary	7:06						
44	354	Rhian Hamm	Bridgend AC	7:20						
45	359	Laura Selman	Cardiff AAC	7:21						
46	397	Gwenno Manley	Cardiff Archers	7:35						
47	398	Ellie-Rose Issac	Cardiff Archers	7:40						
48	569	Luca-Mai Lane-Hopkins	Swansea Harriers	7:52						

U11B_RESULTS					RACE FINISH ORDER						
Pos	Bib	Athlete	School	Time	Pos	Club	1	2	3	Total	
1	339	Matt Humphreys	Porth Junior School	4:57	1	Carmarthen Harriers	2	6	7	15	
2	318	Tomos Rees	Carmarthen Harriers	5:01	2	Cardiff Archers	5	10	11	26	
3	570	Nathan Jones	Swansea Harriers	5:04	3	Newport Harriers	8	13	17	38	
4	301	Dylan Key	Blaenau Gwent Athletics Club	5:12	4	Blaenau Gwent Athletics Club	4	9	27	40	
5	387	Panos Karras	Cardiff Archers	5:16	5	Llanishen Fach Primary	15	18	19	52	
6	327	Liam Edwards	Carmarthen Harriers	5:20	6	Cardiff AAC	14	20	21	55	
7	321	Aled Thomas	Carmarthen Harriers	5:23	7	Cardiff Archers	22	24	30	76	
8	331	Theo Evans-Powell	Newport Harriers	5:25	<b>U11B_RESULTS Participating Clubs</b>						
9	300	Owain Evans	Blaenau Gwent Athletics Club	5:27	<b>Below 3 teams do not score</b>						
10	389	Dewi Paris	Cardiff Archers	5:27		Blaenau Gwent Athletics Club	4	Scoring Team			
11	388	Damel Dicomidis	Cardiff Archers	5:28		Bridgend AC	2				
12	337	Harry Worth	Pembrokeshire Harriers	5:28		Cardiff AAC	5	Scoring Team			
13	330	Jensen Coppen	Newport Harriers	5:33		Carmarthen Harriers	4	Scoring Team			
14	312	Ben Vincent	Cardiff AAC	5:34		Neath Harriers					
15	342	James Warren	Llanishen Fach Primary	5:36		Newport Harriers	3	Scoring Team			
16	324	Rhys Smith	Carmarthen Harriers	5:37		Pembrokeshire Harriers	2				
17	332	Ben Davies	Newport Harriers	5:38		Porth Junior School	1				
18	343	Joel Perkins	Llanishen Fach Primary	5:38		Llanishen Fach Primary	3	Scoring Team			
19	341	Danie Bodger	Llanishen Fach Primary	5:40		Cardiff Archers	6	Scoring Team			
20	313	Huw Jones	Cardiff AAC	5:41		Swansea Harriers	2				
21	310	Carwyn Hastings	Cardiff AAC	5:42	<b>1st Placed Team Athletes: Carmarthen Harriers (15Pts)</b>						
22	385	Francesco Buono	Cardiff Archers	5:45	Tomos Rees (3)				05:01		
23	306	Ryan Edwards	Bridgend AC	5:46	Liam Edwards (7)				05:20		
24	392	Charlie Lewis	Cardiff Archers	5:49	Aled Thomas (8)				05:23		
25	315	Harri Hawkins	Cardiff AAC	6:00	<b>2nd Placed Team Athletes: Cardiff Archers (26Pts)</b>						
26	314	Caerwyn Phillips	Cardiff AAC	6:03	Panos Karras (6)				05:16		
27	303	Evan Penny	Blaenau Gwent Athletics Club	6:11	Dewi Paris (11)				05:27		
28	304	Jay Lloyd	Blaenau Gwent Athletics Club	6:21	Damel Dicomidis (12)				05:28		
29	307	Harrison Woolley	Bridgend AC	6:30	<b>3rd Placed Team Athletes: Newport Harriers (38Pts)</b>						
30	384	Zachariah Afzal	Cardiff Archers	6:31	Theo Evans-Powell (9)				05:25		
31	564	Ben Cooper	Swansea Harriers	6:47	Jensen Coppen (14)				05:33		
32	338	Bramwell Simpson	Pembrokeshire Harriers	6:51	Ben Davies (18)				05:38		

U13_GIRLS_RESULTS								TEAM SCORES &		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4	Club Time			
<b>1</b>	<b>4</b>	<b>Cardiff AAC 'A'</b>	<b>07:54</b>	<b>15:36</b>	<b>23:33</b>	<b>30:49</b>	<b>30:49</b>	<b>1</b>	<b>30:49</b>	<b>Cardiff AAC 'A'</b>
	4a	Annwen GAMMON	07:54					<b>2</b>	<b>31:36</b>	<b>Pembrokeshire Harriers</b>
	4b	Caitlin EXTON		07:42				<b>3</b>	<b>32:01</b>	<b>Neath Harriers 'A'</b>
	4c	Amber LEARDLING			07:57			4	32:18	Cardiff AAC 'B'
	4d	Lucy DENNIS				07:16		5	33:05	Swansea Harriers 'A'
<b>2</b>	<b>13</b>	<b>Pembrokeshire Harriers</b>	<b>07:59</b>	<b>16:11</b>	<b>23:55</b>	<b>31:36</b>	<b>31:36</b>	6	33:13	Menai Track & Field
	13a	Lucy DAVIES	07:59					7	33:13	Bridgend AC
	13b	Tessa HUGHES		08:12				8	34:13	Cardiff Archers 'A'
	13c	Lucy OMNET			07:44			9	35:11	Blaenau Gwent Athletics Club 'A'
	13d	Abbi WILLIAMS				07:41		10	37:03	Cardiff AAC 'C'
<b>3</b>	<b>16</b>	<b>Neath Harriers 'A'</b>	<b>08:08</b>	<b>15:55</b>	<b>24:00</b>	<b>32:01</b>	<b>32:01</b>	11	37:08	Cardiff Archers 'B'
	16a	Ellie MCCORMICK	08:08					12	38:58	Carmarthen Harriers 'A'
	16b	Olivia MICHAEL		07:47				13	38:58	Neath Harriers 'B'
	16c	Mari WATKINS			08:05			<b>INDIVIDUAL FASTEST LEG</b>		
	16d	Molly WILLIAMS				08:01		<b>1</b>	<b>07:16</b>	<b>Lucy DENNIS</b>
<b>4</b>	<b>5</b>	<b>Cardiff AAC 'B'</b>	<b>08:22</b>	<b>16:34</b>	<b>24:26</b>	<b>32:18</b>	<b>32:18</b>	<b>2</b>	07:41	Abbi WILLIAMS
	5a	Jeri-Lynne GRABHAM	08:22					<b>3</b>	07:42	Caitlin EXTON
	5b	Alisha HAYES		08:12				<b>4</b>	07:42	Caitlin HOWELL-WILLIAMS
	5c	Katie LONG			07:52			<b>5</b>	07:44	Lucy OMNET
	5d	Kiara FRIZZELL				07:52		<b>6</b>	07:47	Olivia MICHAEL
<b>5</b>	<b>14</b>	<b>Swansea Harriers 'A'</b>	<b>08:39</b>	<b>16:48</b>	<b>24:49</b>	<b>33:05</b>	<b>33:05</b>	<b>7</b>	07:51	Holly AHMED
	14a	Alana REES	08:39					<b>8</b>	07:52	Kiara FRIZZELL
	14b	Elissa RATTI		08:09				<b>9</b>	07:52	Katie LONG
	14c	Sophie DAVIES			08:01			<b>10</b>	07:54	Annwen GAMMON
	14d	Chloe HOPKINS				08:16		<b>11</b>	07:57	Amber LEARDLING
<b>6</b>	<b>10</b>	<b>Menai Track &amp; Field</b>	<b>07:42</b>	<b>15:48</b>	<b>24:53</b>	<b>33:13</b>	<b>33:13</b>	<b>12</b>	07:58	Nell BUTLER
	10a	Caitlin HOWELL-WILLIAMS	07:42					<b>13</b>	07:59	Lucy DAVIES
	10b	Eabha ROBERTS		08:06				<b>14</b>	08:01	Sophie DAVIES
	10c	Isabelle BARBARESI			09:05			<b>15</b>	08:01	Molly WILLIAMS
	10d	Mabli GOODLAND				08:20		<b>16</b>	08:04	Hannah JENKINS
<b>7</b>	<b>3</b>	<b>Bridgend AC</b>	<b>08:31</b>	<b>16:35</b>	<b>25:04</b>	<b>33:13</b>	<b>33:13</b>	<b>17</b>	08:05	Mari WATKINS
	3a	Zoe HAMM	08:31					<b>18</b>	08:06	Eabha ROBERTS
	3b	Hannah JENKINS		08:04				<b>19</b>	08:06	Mared OWEN
	3c	Meriel CLODE			08:29			<b>20</b>	08:08	Ellie MCCORMICK
	3d	Katrin HIGGINSON				08:09		<b>21</b>	08:09	Elissa RATTI
<b>8</b>	<b>74</b>	<b>Cardiff Archers 'A'</b>	<b>07:51</b>	<b>16:20</b>	<b>24:53</b>	<b>34:13</b>	<b>34:13</b>	<b>22</b>	08:09	Katrin HIGGINSON
	74a	Holly AHMED	07:51					<b>23</b>	08:12	Alisha HAYES
	74b	Ffion MORGAN		08:29				<b>24</b>	08:12	Tessa HUGHES
	74c	Jennifer LUDTKE			08:33			<b>25</b>	08:16	Chloe HOPKINS
	74d	Amy AHIA				09:20		<b>26</b>	08:20	Mabli GOODLAND
<b>9</b>	<b>1</b>	<b>Blaenau Gwent Athletics Club</b>	<b>07:58</b>	<b>17:07</b>	<b>26:05</b>	<b>35:11</b>	<b>35:11</b>	<b>27</b>	08:22	Jeri-Lynne GRABHAM
	1a	Nell BUTLER	07:58					<b>28</b>	08:22	Lily MURPHY
	1b	Emilie DAVIES		09:09				<b>29</b>	08:24	Ellie KIFF
	1c	Sueena WILLIAMS			08:58			<b>30</b>	08:29	Ffion MORGAN
	1d	Cerys WILLIAMS				09:06		<b>31</b>	08:29	Meriel CLODE
<b>10</b>	<b>6</b>	<b>Cardiff AAC 'C'</b>	<b>08:46</b>	<b>18:10</b>	<b>28:07</b>	<b>37:03</b>	<b>37:03</b>	<b>32</b>	08:31	Zoe HAMM
	6a	Rhian JONES	08:46					<b>33</b>	08:33	Jennifer LUDTKE
	6b	Catrin JONES		09:24				<b>34</b>	08:39	Alana REES
	6c	Bethan EVANS			09:57			<b>35</b>	08:46	Rhian JONES
	6d	Aimee EGGINGTON				08:56		<b>36</b>	08:48	Non MORGAN
<b>11</b>	<b>75</b>	<b>Cardiff Archers 'B'</b>	<b>08:51</b>	<b>18:42</b>	<b>28:16</b>	<b>37:08</b>	<b>37:08</b>	<b>37</b>	08:48	Sian EDWARDS
	75a	Olivia HOPE	08:51					<b>38</b>	08:51	Olivia HOPE
	75b	Meredit CROSSLAND		09:51				<b>39</b>	08:52	Megan STRATTON-THOMAS
	75c	Imani AFZAL			09:34			<b>40</b>	08:52	Rhiannon PHILLIPS
	75d	Lydia GILL				08:52		<b>41</b>	08:52	Lydia GILL
<b>12</b>	<b>7</b>	<b>Carmarthen Harriers 'A'</b>	<b>08:24</b>	<b>17:12</b>	<b>25:18</b>	<b>38:58</b>	<b>38:58</b>	<b>42</b>	08:56	Aimee EGGINGTON
	7a	Ellie KIFF	08:24					<b>43</b>	08:56	Georgia GIBSON
	7b	Non MORGAN		08:48				<b>44</b>	08:58	Sueena WILLIAMS
	7c	Mared OWEN			08:06			<b>45</b>	09:05	Isabelle BARBARESI
	7d	Elen HAWKINS				13:40		<b>46</b>	09:06	Cerys WILLIAMS

U13_GIRLS_RESULTS								TEAM SCORES &		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4	Club Time			
<b>13</b>	<b>17</b>	<b>Neath Harriers 'B'</b>	<b>08:52</b>	<b>18:03</b>	<b>28:49</b>	<b>38:58</b>	<b>38:58</b>	<b>47</b>	09:09	Emilie DAVIES
	17a	Rhiannon PHILLIPS	08:52					<b>48</b>	09:11	Ellie MCCCOY
	17b	Ellie MCCCOY		09:11				<b>49</b>	09:20	Amy AHIA
	17c	Tereza BACAKOVA			10:46			<b>50</b>	09:24	Catrin JONES
	17d	Natasha POWELL				10:09		<b>51</b>	09:34	Imani AFZAL
<b>14</b>	<b>15</b>	<b>Swansea Harriers 'B'</b>	<b>08:22</b>	<b>17:10</b>	<b>26:02</b>		<b>26:02</b>	<b>52</b>	09:51	Meredith CROSSLAND
	15a	Lily MURPHY	08:22					<b>53</b>	09:57	Bethan EVANS
	15b	Sian EDWARDS		08:48				<b>54</b>	10:09	Natasha POWELL
	15c	Megan STRATTON-THOMAS			08:52			<b>55</b>	10:46	Tereza BACAKOVA
								<b>56</b>	13:40	Elen HAWKINS
<b>15</b>	<b>996</b>	<b>Cardiff Archers 'C'</b>	<b>08:56</b>				<b>08:56</b>			
	573	Georgia GIBSON	08:56							

# 46th Welsh Road Relay Championships 2013

## U13\_BOYS\_RESULTS

U13_BOYS_RESULTS								TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4	Club Time			
<b>1</b>	<b>26</b>	<b>Swansea Harriers 'A'</b>	<b>07:35</b>	<b>14:42</b>	<b>21:44</b>	<b>29:10</b>	<b>29:10</b>	<b>1</b>	<b>29:10</b>	<b>Swansea Harriers 'A'</b>
	26a	Jo TOBIN	07:35					<b>2</b>	<b>29:18</b>	<b>Cardiff AAC 'A'</b>
	26b	Sam MARTIN		07:07				<b>3</b>	<b>29:53</b>	<b>Menai Track &amp; Field</b>
	26c	Elliot LAWRENCE			07:02			4	31:44	Cardiff AAC 'B'
	26d	Mark TOBIN				07:26		5	33:51	Bridgend AC
<b>2</b>	<b>20</b>	<b>Cardiff AAC 'A'</b>	<b>07:38</b>	<b>15:02</b>	<b>22:08</b>	<b>29:18</b>	<b>29:18</b>	6	33:55	Newport Harriers
	20a	Ieuan JONES	07:38					<b>INDIVIDUAL FASTEST LEG</b>		
	20b	Alfie DAVIES		07:24				<b>1</b>	<b>06:55</b>	<b>Oliver BARBARES</b>
	20c	Rhys JONES			07:06			<b>2</b>	07:02	Elliot LAWRENCE
	20d	James VINCENT				07:10		<b>3</b>	07:06	Rhys JONES
<b>3</b>	<b>24</b>	<b>Menai Track &amp; Field</b>	<b>06:55</b>	<b>14:16</b>	<b>22:34</b>	<b>29:53</b>	<b>29:53</b>	<b>4</b>	07:07	Sam MARTIN
	24a	Oliver BARBARES	06:55					<b>5</b>	07:10	James VINCENT
	24b	Morgan TAYLOR		07:21				<b>6</b>	07:19	Sion JONES
	24c	Morgan POWELL-JONES			08:18			<b>7</b>	07:20	Iestyn WILLIAMS
	24d	Sion JONES				07:19		<b>8</b>	07:21	Morgan TAYLOR
<b>4</b>	<b>21</b>	<b>Cardiff AAC 'B'</b>	<b>08:02</b>	<b>16:01</b>	<b>23:31</b>	<b>31:44</b>	<b>31:44</b>	<b>9</b>	07:24	Alfie DAVIES
	21a	Morgan JAMES	08:02					<b>10</b>	07:26	Mark TOBIN
	21b	Rhys JAMES		07:59				<b>11</b>	07:30	James SHORT
	21c	James SHORT			07:30			<b>12</b>	07:33	Isaac THURGOOD
	21d	Luke SHORT				08:13		<b>13</b>	07:35	Jo TOBIN
<b>5</b>	<b>19</b>	<b>Bridgend AC</b>	<b>07:45</b>	<b>16:15</b>	<b>25:20</b>	<b>33:51</b>	<b>33:51</b>	<b>14</b>	07:38	Ieuan JONES
	19a	Daniel MAINE	07:45					<b>15</b>	07:45	Daniel MAINE
	19b	Denn COOMBES		08:30				<b>16</b>	07:46	Owen-Jacob YOUNG
	19c	Rhys POTTER			09:05			<b>17</b>	07:59	Rhys JAMES
	19d	Donovan HALE				08:31		<b>18</b>	08:02	Morgan JAMES
<b>6</b>	<b>25</b>	<b>Newport Harriers</b>	<b>08:22</b>	<b>15:55</b>	<b>24:16</b>	<b>33:55</b>	<b>33:55</b>	<b>19</b>	08:06	Joe BOWDEN
	25a	Seff DAVIES	08:22					<b>20</b>	08:13	Luke SHORT
	25b	Isaac THURGOOD		07:33				<b>21</b>	08:18	Francis LEWIS
	25c	Liam GUNTER			08:21			<b>22</b>	08:18	Morgan POWELL-JONES
	25d	Henry GAUNTLETT				09:39		<b>23</b>	08:21	Liam GUNTER
<b>7</b>	<b>22</b>	<b>Carmarthen Harriers 'A'</b>	<b>07:20</b>				<b>07:20</b>	<b>24</b>	08:22	Seff DAVIES
	22a	Iestyn WILLIAMS	07:20					<b>25</b>	08:30	Denn COOMBES
<b>8</b>	<b>572</b>	<b>Neath Harriers</b>	<b>07:46</b>				<b>07:46</b>			
	572a	Owen-Jacob YOUNG	07:46							
<b>9</b>	<b>18</b>	<b>Blaenau Gwent Athletics Club</b>	<b>08:06</b>				<b>08:06</b>			
	18a	Joe BOWDEN	08:06							
<b>10</b>	<b>27</b>	<b>Swansea Harriers 'B'</b>	<b>08:18</b>				<b>08:18</b>			
	27a	Francis LEWIS	08:18							

U15_GIRLS_RESULTS										
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
<b>1</b>	<b>31</b>	<b>Pembrokeshire Harriers</b>	<b>07:07</b>	<b>14:36</b>	<b>21:55</b>	<b>28:59</b>	<b>28:59</b>	<b>1</b>	<b>28:59</b>	<b>Pembrokeshire Harriers</b>
	31a	Alicia JONES	07:07					<b>2</b>	<b>30:30</b>	<b>Cardiff AAC 'A'</b>
	31b	Beth MEOPHAM		07:29				<b>3</b>	<b>32:47</b>	<b>Cardiff AAC 'B'</b>
	31c	Anna GARVEY			07:19			<b>4</b>	<b>33:12</b>	<b>Carmarthen Harriers 'A'</b>
	31d	Jessica BRADLEY				07:04		<b>5</b>	<b>38:45</b>	<b>Neath Harriers</b>
<b>2</b>	<b>32</b>	<b>Cardiff AAC 'A'</b>	<b>07:34</b>	<b>15:38</b>	<b>23:01</b>	<b>30:30</b>	<b>30:30</b>	<b>INDIVIDUAL LEGS &amp; FASTEST</b>		
	32a	Katherine STEGGLES	07:34					<b>1</b>	<b>07:04</b>	<b>Jessica BRADLEY</b>
	32b	Rosie-May THOMPSON		08:04				<b>2</b>	07:07	Alicia JONES
	32c	Emily GRIFFIN			07:23			<b>3</b>	07:19	Anna GARVEY
	32d	Elishka COUPAR				07:29		<b>4</b>	07:23	Emily GRIFFIN
<b>3</b>	<b>33</b>	<b>Cardiff AAC 'B'</b>	<b>08:10</b>	<b>16:42</b>	<b>24:22</b>	<b>32:47</b>	<b>32:47</b>	<b>5</b>	07:29	Elishka COUPAR
	33a	Elin BURD	08:10					<b>6</b>	07:29	Beth MEOPHAM
	33b	Ela EMYER		08:32				<b>7</b>	07:34	Katherine STEGGLES
	33c	Cerys BRADSHAW			07:40			<b>8</b>	07:40	Cerys BRADSHAW
	33d	Joe -DIANNA GRABHAM				08:25		<b>9</b>	07:58	Amber HOWELL
<b>4</b>	<b>29</b>	<b>Carmarthen Harriers 'A'</b>	<b>07:58</b>	<b>16:18</b>	<b>24:49</b>	<b>33:12</b>	<b>33:12</b>	<b>10</b>	08:04	Rosie-May THOMPSON
	29a	Amber HOWELL	07:58					<b>11</b>	08:10	Elin BURD
	29b	Elin GORDON		08:20				<b>12</b>	08:20	Elin GORDON
	29c	Emma GORDON			08:31			<b>13</b>	08:23	Victoria DAVIES
	29d	Victoria DAVIES				08:23		<b>14</b>	08:25	Joe -DIANNA GRABHAM
<b>5</b>	<b>43</b>	<b>Neath Harriers</b>	<b>09:45</b>	<b>19:58</b>	<b>29:49</b>	<b>38:45</b>	<b>38:45</b>	<b>15</b>	08:26	Megan SUMMERS
	43a	Georgia DICKINSON	09:45					<b>16</b>	08:31	Emma GORDON
	43b	Ellen LAND		10:13				<b>17</b>	08:32	Ela EMYER
	43c	Eleri MICHAEL			09:51			<b>18</b>	08:38	Courtley LOCK
	43d	Mia EVANS				08:56		<b>19</b>	08:56	Mia EVANS
<b>6</b>	<b>28</b>	<b>Bridgend AC</b>	<b>08:38</b>	<b>18:35</b>	<b>27:01</b>		<b>27:01</b>	<b>20</b>	09:45	Georgia DICKINSON
	28a	Courtley LOCK	08:38					<b>21</b>	09:51	Eleri MICHAEL
	28b	Ceri JONES		09:57				<b>22</b>	09:57	Ceri JONES
	28c	Megan SUMMERS			08:26			<b>23</b>	10:13	Ellen LAND
<b>7</b>	<b>575</b>	<b>Neath Harriers</b>	<b>11:21</b>				<b>11:21</b>			
	996	Ellen BROWN	11:21							

Under 15 Boys									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>34</b>	<b>Carmarthen Harriers 'A'</b>	<b>09:15</b>	<b>18:59</b>	<b>27:58</b>	<b>27:58</b>	<b>1</b>	<b>27:58</b>	<b>Carmarthen Harriers 'A'</b>
	34a	Achraf LILES	09:15				<b>2</b>	<b>29:53</b>	<b>Cardiff AAC 'A'</b>
	34b	Dwayne GRIFFITHS		09:44			<b>3</b>	<b>29:59</b>	<b>Menai Track &amp; Field</b>
	34c	Nikita NEARY			08:59		<b>4</b>	30:22	Swansea Harriers 'A'
2	<b>37</b>	<b>Cardiff AAC 'A'</b>	<b>10:04</b>	<b>20:42</b>	<b>29:53</b>	<b>29:53</b>	<b>5</b>	32:20	Cardiff AAC 'B'
	37a	Brandon TURNER	10:04				<b>6</b>	33:16	Cardiff AAC 'C'
	37b	Adam JOHNSON		10:38			<b>7</b>	22:15	Cardiff AAC 'D'
	37c	Jake HEYWARD			09:11		<b>INDIVIDUAL LEGS &amp; FASTEST</b>		
3	<b>42</b>	<b>Menai Track &amp; Field</b>	<b>09:43</b>	<b>19:58</b>	<b>29:59</b>	<b>29:59</b>	<b>1</b>	<b>08:59</b>	<b>Nikita NEARY</b>
	42a	Kyle OWEN	09:43				<b>2</b>	09:11	Jake HEYWARD
	42b	Ryan CAIN		10:15			<b>3</b>	09:15	Achraf LILES
	42c	Jack BROOKES			10:01		<b>4</b>	09:43	Kyle OWEN
4	<b>44</b>	<b>Swansea Harriers 'A'</b>	<b>10:06</b>	<b>20:35</b>	<b>30:22</b>	<b>30:22</b>	<b>5</b>	09:44	Dwayne GRIFFITHS
	44a	Corey MCMURRAY	10:06				<b>6</b>	09:47	Dylan LAMBROPOULOS
	44b	Tom HUGHES		10:29			<b>7</b>	10:01	Jack BROOKES
	44c	Dylan LAMBROPOULOS			09:47		<b>8</b>	10:04	Brandon TURNER
5	<b>38</b>	<b>Cardiff AAC 'B'</b>	<b>11:35</b>	<b>22:08</b>	<b>32:20</b>	<b>32:20</b>	<b>9</b>	10:06	Corey MCMURRAY
	38a	Joshua POWELL	11:35				<b>10</b>	10:12	Jack EGGINGTON
	38b	Daniel GRAVES		10:33			<b>11</b>	10:15	Ryan CAIN
	38c	Jack EGGINGTON			10:12		<b>12</b>	10:29	Tom HUGHES
6	<b>39</b>	<b>Cardiff AAC 'C'</b>	<b>10:41</b>	<b>21:47</b>	<b>33:16</b>	<b>33:16</b>	<b>13</b>	10:33	Daniel GRAVES
	39a	Elis JONES	10:41				<b>14</b>	10:38	Adam JOHNSON
	39b	Tom BURNS		11:06			<b>15</b>	10:41	Elis JONES
	39c	Sam CURWEN			11:29		<b>16</b>	10:49	Henry PAYNE
7	<b>40</b>	<b>Cardiff AAC 'D'</b>	<b>10:49</b>	<b>22:15</b>		<b>22:15</b>	<b>17</b>	11:06	Tom BURNS
	40a	Henry PAYNE	10:49				<b>18</b>	11:26	Joe SCAMMELL
	40b	Joe SCAMMELL		11:26			<b>19</b>	11:29	Sam CURWEN
						<b>20</b>	11:35	Joshua POWELL	



# 46th Welsh Road Relay Championships 2013

## U17 WOMEN RESULTS

Under 17 Women							TEAM SCORES				
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	1	30:23	Swansea Harriers 'A'		
1	<b>48</b>	<b>Swansea Harriers 'A'</b>	<b>10:23</b>	<b>20:13</b>	<b>30:23</b>	<b>30:23</b>	1	30:23	Swansea Harriers 'A'		
	48a	Iona EVANS	10:23				2	31:16	Cardiff AAC		
	<b>INDIVIDUAL LEGS &amp; FASTEST</b>							1	<b>09:46</b>	<b>Kate SEARY</b>	
	48b	Olivia GWYNN		09:50			2	09:50	Olivia GWYNN		
	48c	Elin DAVIES			10:10		3	10:10	Elin DAVIES		
2	<b>46</b>	<b>Cardiff AAC</b>	<b>09:46</b>	<b>20:31</b>	<b>31:16</b>	<b>31:16</b>	4	10:23	Iona EVANS		
	46a	Kate SEARY	09:46				5	10:45	Erin HAYES		
	46b	Erin HAYES		10:45			6	10:45	Anna LAWSON		
	46c	Anna LAWSON			10:45						



Under 17 Men									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>56</b>	<b>Swansea Harriers 'A'</b>	<b>08:24</b>	<b>16:31</b>	<b>25:13</b>	<b>25:13</b>	<b>1</b>	<b>25:13</b>	<b>Swansea Harriers 'A'</b>
	56a	Connor DAVIES	08:24				<b>2</b>	<b>26:05</b>	<b>Cardiff AAC 'A'</b>
	56b	Jac HOPKINS		08:07			<b>3</b>	<b>27:35</b>	<b>Cardiff AAC 'B'</b>
	56c	Jon TOBIN			08:42		<b>4</b>	28:16	Carmarthen Harriers 'A'
2	<b>50</b>	<b>Cardiff AAC 'A'</b>	<b>08:38</b>	<b>17:28</b>	<b>26:05</b>	<b>26:05</b>	<b>5</b>	30:42	Neath Harriers
	50a	Ciaran LEWIS	08:38				<b>6</b>	20:07	Cardiff AAC 'C'
	50b	Jack GOOCH		08:50			<b>7</b>	44:00	Neath Harriers
	50c	John COVE			08:37		<b>INDIVIDUAL LEGS &amp; FASTEST</b>		
3	<b>51</b>	<b>Cardiff AAC 'B'</b>	<b>09:09</b>	<b>18:23</b>	<b>27:35</b>	<b>27:35</b>	<b>1</b>	<b>08:07</b>	<b>Jac HOPKINS</b>
	51a	Lewis BRUNT	09:09				<b>2</b>	08:24	Connor DAVIES
	51b	Nick JONES		09:14			<b>3</b>	08:30	Christian LOVATT
	51c	Dafydd GEORGE			09:12		<b>4</b>	08:37	John COVE
4	<b>53</b>	<b>Carmarthen Harriers 'A'</b>	<b>08:30</b>	<b>18:16</b>	<b>28:16</b>	<b>28:16</b>	<b>5</b>	08:38	Ciaran LEWIS
	53a	Christian LOVATT	08:30				<b>6</b>	08:42	Jon TOBIN
	53b	Cerith EVANS		09:46			<b>7</b>	08:50	Jack GOOCH
	53c	Nicholas JONES			10:00		<b>8</b>	09:09	Lewis BRUNT
5	<b>55</b>	<b>Neath Harriers</b>	<b>09:40</b>	<b>20:55</b>	<b>30:42</b>	<b>30:42</b>	<b>9</b>	09:12	Dafydd GEORGE
	55a	Rhys DOEL	09:40				<b>10</b>	09:14	Nick JONES
	55b	Alex ALAN		11:15			<b>11</b>	09:26	Ieuan JONES
	55c	Thomas JOHN			09:47		<b>12</b>	09:40	Rhys DOEL
6	<b>52</b>	<b>Cardiff AAC 'C'</b>	<b>09:26</b>	<b>20:07</b>		<b>20:07</b>	<b>13</b>	09:46	Cerith EVANS
	52a	Ieuan JONES	09:26				<b>14</b>	09:47	Thomas JOHN
	52b	Tom REES		10:41			<b>15</b>	10:00	Nicholas JONES
7	<b>574</b>	<b>Neath Harriers</b>	<b>44:00</b>			<b>44:00</b>			
	574a	Ben WILLIAMS	44:00						

Senior Women							TEAM SCORES			
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4	Club Time			
1	<b>63</b>	<b>Swansea Harriers 'A'</b>	<b>15:51</b>	<b>30:53</b>	<b>47:41</b>	<b>01:04:08</b>	<b>1:04:08</b>	<b>1</b>	<b>01:04:08</b>	<b>Swansea Harriers 'A'</b>
	63a	Jemima OSBORN	15:51					<b>2</b>	<b>01:05:12</b>	<b>Bridgend AC</b>
	63b	Shan MANSFIELD		15:02				<b>3</b>	<b>01:06:52</b>	<b>San Domenico</b>
	63c	Caroline RIMMER			16:48			<b>4</b>	00:15:10	Newport Harriers
	63d	Ellen GALLIE				16:27		<b>INDIVIDUAL LEGS &amp; FASTEST</b>		
	<b>1</b>	<b>14:12</b>				<b>Kate ROBERTS</b>				
2	<b>58</b>	<b>Bridgend AC</b>	<b>14:12</b>	<b>30:53</b>	<b>48:07</b>	<b>01:05:12</b>	<b>1:05:12</b>	<b>2</b>	15:02	Shan MANSFIELD
	58a	Kate ROBERTS	14:12					<b>3</b>	15:10	Cassidy SKINNER
	58b	Carys GRIFFITHS		16:41				<b>4</b>	15:28	Sally WILDER
	58c	Jacqueline BRACE			17:14			<b>5</b>	15:51	Jemima OSBORN
	58d	Gina HARDMAN				17:05		<b>6</b>	16:27	Ellen GALLIE
3	<b>62</b>	<b>San Domenico</b>	<b>15:28</b>	<b>32:33</b>	<b>50:08</b>	<b>01:06:52</b>	<b>1:06:52</b>	<b>7</b>	16:41	Carys GRIFFITHS
	62a	Sally WILDER	15:28					<b>8</b>	16:44	Susannas BULPIN
	62b	Marcia SMITH		17:05				<b>9</b>	16:48	Caroline RIMMER
	62c	Wendy OWEN			17:35			<b>10</b>	17:05	Gina HARDMAN
	62d	Susannas BULPIN				16:44		<b>11</b>	17:05	Marcia SMITH
4	<b>61</b>	<b>Newport Harriers</b>	<b>15:10</b>				<b>0:15:10</b>	<b>12</b>	17:14	Jacqueline BRACE
	61a	Cassidy SKINNER	15:10					<b>13</b>	17:35	Wendy OWEN

### Senior Men

Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
1	<b>69</b>	<b>Cardiff AAC 'A'</b>	<b>17:26</b>	<b>34:09</b>	<b>0:51:01</b>	<b>1:08:09</b>	<b>1:08:09</b>	<b>1</b>	<b>1:08:09</b>	<b>Cardiff AAC 'A'</b>
	69a	Jon PETERS	17:26					<b>2</b>	<b>1:13:03</b>	<b>Swansea Harriers 'A'</b>
	69b	Jon HOPKINS		16:43				<b>3</b>	<b>1:17:12</b>	<b>Les Croupiers 'A'</b>
	69c	Tom MARSHALL			16:52			<b>4</b>	1:17:43	Bridgend AC
	69d	Carwyn JONES				17:08		<b>5</b>	1:18:57	Newport Harriers 'A'
2	<b>80</b>	<b>Swansea Harriers 'A'</b>	<b>18:01</b>	<b>36:43</b>	<b>0:53:57</b>	<b>1:13:03</b>	<b>1:13:03</b>	<b>6</b>	1:19:31	Swansea Harriers 'B'
	80a	Lewys HOBBS	18:01					<b>7</b>	1:25:19	Neath Harriers 'A'
	80b	Paul TOBIN		18:42				<b>8</b>	1:27:42	San Domenico
	80c	Marc HOBBS			17:14			<b>9</b>	1:32:42	Newport Harriers 'B'
	80d	Ross SIMPSON				19:06		<b>INDIVIDUAL LEGS &amp; FASTEST</b>		
3	<b>72</b>	<b>Les Croupiers 'A'</b>	<b>18:25</b>	<b>37:33</b>	<b>0:58:07</b>	<b>1:17:12</b>	<b>1:17:12</b>	<b>1</b>	<b>16:43</b>	<b>Jon HOPKINS</b>
	72a	Stuart CREES	18:25					<b>2</b>	16:52	Tom MARSHALL
	72b	Matt HURFORD		19:08				<b>3</b>	17:08	Carwyn JONES
	72c	Matt HOPKINS			20:34			<b>4</b>	17:14	Marc HOBBS
	72d	Oliver WILLIAMS				19:05		<b>5</b>	17:26	Jon PETERS
4	<b>68</b>	<b>Bridgend AC</b>	<b>18:12</b>	<b>37:48</b>	<b>0:56:50</b>	<b>1:17:43</b>	<b>1:17:43</b>	<b>6</b>	17:33	Nat LANE
	68a	Andrew TUCKEY	18:12					<b>7</b>	18:00	Nat LANE
	68b	Richard DANDO		19:36				<b>8</b>	18:01	Lewys HOBBS
	68c	Rob ATKIN			19:02			<b>9</b>	18:09	Elliott HARDEE
	68d	Joe THOMAS				20:53		<b>10</b>	18:12	Andrew TUCKEY
5	<b>76</b>	<b>Newport Harriers 'A'</b>	<b>18:09</b>	<b>36:47</b>	<b>0:57:21</b>	<b>1:18:57</b>	<b>1:18:57</b>	<b>11</b>	18:13	Kieran JOHN
	76a	Elliott HARDEE	18:09					<b>12</b>	18:25	Stuart CREES
	76b	Emrys PENNY		18:38				<b>13</b>	18:25	Matthew EDWARDS
	76c	Evan WYNNE			20:34			<b>14</b>	18:38	Emrys PENNY
	76d	Tyrone FOWLER				21:36		<b>15</b>	18:42	Paul TOBIN
6	<b>81</b>	<b>Swansea Harriers 'B'</b>	<b>21:04</b>	<b>40:52</b>	<b>01:00:39</b>	<b>1:19:31</b>	<b>1:19:31</b>	<b>16</b>	18:52	Matt GURMIN
	81a	Jos JONES	21:04					<b>17</b>	19:02	Rob ATKIN
	81b	Antonio CIRILLO		19:48				<b>18</b>	19:05	Oliver WILLIAMS
	81c	Matthew RICHARDS			19:47			<b>19</b>	19:06	Ross SIMPSON
	81d	Matt GURMIN				18:52		<b>20</b>	19:08	Matt HURFORD
7	<b>65</b>	<b>Neath Harriers 'A'</b>	<b>18:13</b>	<b>38:51</b>	<b>1:02:12</b>	<b>1:25:19</b>	<b>1:25:19</b>	<b>21</b>	19:36	Richard DANDO
	65a	Kieran JOHN	18:13					<b>22</b>	19:47	Matthew RICHARDS
	65b	Alex LEWIS		20:38				<b>23</b>	19:48	Antonio CIRILLO
	65c	Anthony CARPENTER			23:21			<b>24</b>	20:34	Evan WYNNE
	65d	Shaun BROOM				23:07		<b>25</b>	20:34	Matt HOPKINS
8	<b>79</b>	<b>San Domenico</b>	<b>20:41</b>	<b>44:43</b>	<b>1:06:15</b>	<b>1:27:42</b>	<b>1:27:42</b>	<b>26</b>	20:38	Alex LEWIS
	79a	Doug NICHOLLS	20:41					<b>27</b>	20:41	Doug NICHOLLS
	79b	Dominic SHEILDS		24:02				<b>28</b>	20:53	Joe THOMAS
	79c	Alistair WOOD			21:32			<b>29</b>	21:04	Jos JONES
	79d	Jeff COX				21:27		<b>30</b>	21:27	Jeff COX
9	<b>77</b>	<b>Newport Harriers 'B'</b>	<b>22:37</b>	<b>45:55</b>	<b>1:10:18</b>	<b>1:32:42</b>	<b>1:32:42</b>	<b>31</b>	21:32	Alistair WOOD
	77a	Darryn MCATEE	22:37					<b>32</b>	21:36	Tyrone FOWLER
	77b	Dave GRIFFITHS		23:18				<b>33</b>	22:24	Malcolm MEDHURST
	77c	Gareth KNIGHT			24:23			<b>34</b>	22:37	Darryn MCATEE
	77d	Malcolm MEDHURST				22:24		<b>35</b>	23:07	Shaun BROOM
10	<b>70</b>	<b>Cardiff AAC 'B'</b>	<b>18:00</b>	<b>36:25</b>	<b>0:53:58</b>		<b>0:53:58</b>	<b>36</b>	23:14	Huw SLADE
	70a	Nat LANE	18:00					<b>37</b>	23:18	Dave GRIFFITHS
	70b	Matthew EDWARDS		18:25				<b>38</b>	23:21	Anthony CARPENTER
	70c	Nat LANE			17:33			<b>39</b>	24:02	Dominic SHEILDS
11	<b>78</b>	<b>Pegasus RC</b>	<b>29:01</b>	<b>52:15</b>	<b>1:21:55</b>		<b>1:21:55</b>	<b>41</b>	29:01	Tony NEWBURY
	78a	Tony NEWBURY	29:01					<b>42</b>	29:40	Joe DONOVAN
	78b	Huw SLADE		23:14						
	78c	Joe DONOVAN			29:40					

Master Women 35+									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>106</b>	<b>Swansea Harriers</b>	<b>19:42</b>	<b>39:38</b>	<b>0:59:14</b>	<b>0:59:14</b>	1	0:59:14	Swansea Harriers
	106a	Angela DELANEY	19:42				2	1:00:15	San Domenico
	106b	Penny KENNEDY		19:56			Fastest Leg		
	106c	Helen MARIE DAVIES			19:36		1	18:58	Hannah WITHERS
2	<b>105</b>	<b>San Domenico</b>	<b>20:38</b>	<b>41:17</b>	<b>1:00:15</b>	<b>1:00:15</b>	2	19:36	Helen MARIE DAVIES
	105a	Berme WILKINON	20:38				3	19:42	Angela DELANEY
	105b	Frances WILLIAMS		20:39			4	19:56	Penny KENNEDY
	105c	Hannah WITHERS			18:58		5	20:38	Berme WILKINON
							6	20:39	Frances WILLIAMS

Master Women 45+									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>107</b>	<b>Penarth &amp; Dinas 'A'</b>	<b>20:21</b>	<b>38:18</b>	<b>0:55:20</b>	<b>0:55:20</b>	1	0:55:20	Penarth & Dinas 'A'
	107a	Anna HELSING	20:21				2	1:05:54	Penarth & Dinas 'B'
	107b	Andrea HURMAN		17:57			Fastest Leg		
	107c	Lisa CLEARY			17:02		1	17:02	Lisa CLEARY
2	<b>108</b>	<b>Penarth &amp; Dinas 'B'</b>	<b>23:19</b>	<b>44:43</b>	<b>1:05:54</b>	<b>1:05:54</b>	2	17:57	Andrea HURMAN
	108a	Judy MARAGNA	23:19				3	20:21	Anna HELSING
	108b	Janice CLEMENT		21:24			4	21:11	Yvonne WILLIAMS
	108c	Yvonne WILLIAMS			21:11		5	21:24	Janice CLEMENT

Masters Men 35+									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>88</b>	<b>Swansea Harriers</b>	<b>19:21</b>	<b>38:41</b>	<b>0:57:50</b>	<b>0:57:50</b>	1	<b>0:57:50</b>	Swansea Harriers
	88a	Ifan LLOYD	19:21				2	<b>0:57:56</b>	Neath Harriers 'A'
	88b	Raul REISMANN		19:20			3	<b>1:00:26</b>	San Domenico
	88c	Eamonn KIRK			19:09		INDIVIDUAL LEGS & FASTEST		
2	<b>85</b>	<b>Neath Harriers 'A'</b>	<b>19:25</b>	<b>39:23</b>	<b>0:57:56</b>	<b>0:57:56</b>	1	<b>18:33</b>	<b>Chris WILLIAMS</b>
	85a	Roy WHITEHOUSE	19:25				2	19:09	Eamonn KIRK
	85b	Paul TALBOT		19:58			3	19:10	Andrew HODGSON
	85c	Chris WILLIAMS			18:33		4	19:17	Richard WILDER
3	<b>90</b>	<b>San Domenico</b>	<b>19:17</b>	<b>40:35</b>	<b>1:00:26</b>	<b>1:00:26</b>	5	19:20	Raul REISMANN
	90a	Richard WILDER	19:17				6	19:21	Ifan LLOYD
	90b	Phil BRISTOW		21:18			7	19:25	Roy WHITEHOUSE
	90c	Gareth GREEN			19:51		8	19:51	Gareth GREEN
4	<b>86</b>	<b>Neath Harriers 'B'</b>	<b>19:56</b>	<b>40:38</b>	<b>1:01:11</b>	<b>1:01:11</b>	9	19:56	Carl ELLIS
	86a	Carl ELLIS	19:56				10	19:58	Paul TALBOT
	86b	Lee SANDHAM		20:42			11	20:33	Jeremy DAVIES
	86c	Jeremy DAVIES			20:33		12	20:42	Lee SANDHAM
5	<b>89</b>	<b>Bridgend AC</b>	<b>19:10</b>	<b>42:49</b>	<b>1:14:00</b>	<b>1:14:00</b>	13	21:18	Phil BRISTOW
	89a	Andrew HODGSON	19:10				14	23:39	Dave HUGHES
	89b	Dave HUGHES		23:39			15	31:11	Huw WILLIAMS
	89c	Huw WILLIAMS			31:11				

Masters Men 45+									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>93</b>	<b>Neath Harriers 'A'</b>	<b>20:05</b>	<b>40:53</b>	<b>1:01:43</b>	<b>1:01:43</b>	1	<b>1:01:43</b>	Neath Harriers 'A'
	93a	Pete CRANE	20:05				2	<b>1:09:04</b>	Swansea Harriers
	93b	David CRANE		20:48			INDIVIDUAL LEGS & FASTEST		
	93c	Phil CRANE			20:50		1	<b>18:47</b>	<b>Peter COLES</b>
2	<b>98</b>	<b>Swansea Harriers</b>	<b>24:23</b>	<b>45:56</b>	<b>1:09:04</b>	<b>1:09:04</b>	2	20:05	Pete CRANE
	98a	Leighton GARDNER	24:23				3	20:29	Richard STREET
	98b	Kneath PHILLIPPART		21:33			4	20:48	David CRANE
	98c	Ian ROBINSON			23:08		5	20:50	Phil CRANE
3	<b>99</b>	<b>Pegasus RC</b>	<b>29:18</b>	<b>49:47</b>		<b>0:49:47</b>	6	21:33	Kneath PHILLIPPART
	99a	Colin CROOKS	29:18				7	23:08	Ian ROBINSON
	99b	Richard STREET		20:29			8	24:23	Leighton GARDNER
4	<b>100</b>	<b>Pontypridd Roadents</b>	<b>18:47</b>			<b>0:18:47</b>			
	100a	Peter COLES	18:47						

Masters Men 55+									
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
1	<b>102</b>	<b>Neath Harriers</b>	<b>23:10</b>	<b>46:24</b>	<b>1:09:32</b>	<b>1:09:32</b>	1	<b>1:09:32</b>	Neath Harriers
	102a	Richard BOWEN	23:10				2	<b>1:20:40</b>	Pegasus RC
	102b	Howard CARPENTER		23:14			INDIVIDUAL LEGS & FASTEST		
	102c	Bob BAMSEY			23:08		1	<b>21:57</b>	<b>Tim WEBB</b>
2	<b>109</b>	<b>Pegasus RC</b>	<b>28:08</b>	<b>58:43</b>	<b>1:20:40</b>	<b>1:20:40</b>	2	23:08	Bob BAMSEY
	109a	Tony CARZANA	28:08				3	23:10	Richard BOWEN
	109b	Deniol WILLIAMS		30:35			4	23:14	Howard CARPENTER
	109c	Tim WEBB			21:57		5	28:08	Tony CARZANA
							6	30:35	Deniol WILLIAMS