

## Cosmeston Relays, 16 July 2014 - Final Results

Senior Men											
Position	Number	Team	A	Time	B	Time	C	Time	D	Time	Total Time
1	25	Team Thie	Gareth Lewis	16:24	Adam Davies	15:05	James Thie	14:46	Sam Longville	16:20	1:02:35
2	24	Neath Harriers (A)	S. John	16:21	D. Johnston	15:41	A. Reynolds	15:58	M. Harvey	15:11	1:03:11
3	20	Aberdare VAAC (A)	Runner A	15:26	Runner B	16:13	Runner C	16:05	Runner D	16:55	1:04:39
4	32	Cardiff AAC (A)	James Mills	16:07	Owen Haswell	17:39	Naser Husein	15:06	Alex Donald	16:39	1:05:31
5	34	Cardiff Triathletes (E)	Thomas	17:11	James Moyer	17:24	Chris Silver	16:14	Joe Beech	15:30	1:06:19
6	15	Pontypridd Roadents AC (A)	Runner A	16:32	Runner B	16:52	Runner C	17:05	Runner D	16:38	1:07:07
7	8	Cardiff Triathletes (D)	James Nunn	16:05	James Manson	16:50	Patrick Lees	17:25	Matt Wheeler	19:22	1:09:42
8	17	San Domenico (A)	Runner A	16:57	Runner B	17:11	Ceri Davies	17:55	Runner D	18:03	1:10:06
9	4	Liswerry Runners	Neil Evans	16:59	Tom Henry	17:27	James Pearce	17:49	Simon Gill	18:14	1:10:29
10	21	Aberdare VAAC (B)	Runner A	17:14	Runner B	18:11	Runner C	17:53	Runner D	18:02	1:11:20
11	27	Islwyn RC (A)	Chris Lloyd	17:50	Adam Fletcher	17:43	Dafydd Lambeth	17:36	Steve Lane	19:01	1:12:10
12	18	San Domenico (B)	Runner A	17:51	Runner B	18:17	Runner C	18:39	Runner D	17:59	1:12:46
13	31	Penarth and Dinas Runners	Gary Brown	16:52	Paul Mitchell	18:33	Simon Marks	18:09	Mark Durkin	19:32	1:13:06
14	22	Aberdare VAAC (C)	Runner A	20:43	Runner B	16:53	Runner C	18:25	Runner D	17:06	1:13:07
15	12	Pegasus RC (A)	Runner A	18:02	Runner B	17:39	Runner C	20:40	Runner D	17:00	1:13:21
16	14	Hendre Lake RC	Runner A	19:54	Runner B	16:52	Runner C	18:24	Runner D	18:19	1:13:29
17	16	Pontypridd Roadents AC (B)	Runner A	17:12	Runner B	18:06	Runner C	18:59	Runner D	19:45	1:14:02
18	9	White Rock Runners (A)	Dan Warner	18:04	Alberto Fox	18:29	Eoin Butler	19:52	Nick Lewis	17:40	1:14:05
19	7	Cardiff Triathletes (C)	Gavin Hazlewood	17:35	Paul Evans	18:57	Cain Thomas	19:32	Rod Savage	20:17	1:16:21
20	19	San Domenico (C)	Runner A	18:57	Runner B	19:41	Runner C	19:16	Runner D	19:49	1:17:43
21	6	Cardiff Triathletes (B)	Owen Evans	19:33	Russ Buchan	20:06	Richard Mackin	19:42	Billy Simpkins	19:25	1:18:46
22	10	White Rock Runners (B)	Mike Bessell	19:35	Chris Wood	19:19	Phillip Mears	20:38	Kirk Freeman	20:08	1:19:40
23	3	Village Vipers (C)	Runner A	15:27	Runner B	21:02	Runner C	22:45	Runner D	23:14	1:22:28
24	1	Village Vipers (A)	Runner A	20:18	Runner B	21:44	Runner C	22:09	Runner D	20:07	1:24:18
25	28	Islwyn RC (B)	Glen Hicks	22:03	Jason Dixon	20:18	Gwilym Parr	25:19	Russell Wareham	19:25	1:27:05
26	11	White Rock Runners (C)	John Pryer	21:08	Dan Aberdeen	21:18	Gavin Howe	21:02	Thomas Long	24:26	1:27:54
27	5	Cardiff Triathletes (A)	Andrew Deans	23:11	Driver Drisc	20:25	Patrick Jennings	20:25	Richard Harris	21:32	1:28:09
28	13	Pegasus RC (B)	Runner A	19:41	Runner B	22:18	Runner C	28:31	Runner D	20:58	1:31:28
29	2	Village Vipers (B)	Runner A	20:28	Runner B	23:46	Runner C	22:37	Runner D	25:02	1:31:53
DNS	23	Aberdare VAAC (D)	Runner A	0	Runner B	0	Runner C	0	Runner D	0	0
DNS	26	Bridgend Athletic Club	Runner A	0	Runner B	0	Runner C	0	Runner D	0	0
DNS	30	Les Croupiers (B)	Runner A	0	Runner B	0	Runner C	0	Runner D	0	0
DNS	33	Cardiff AAC (B)	Matthew Edwards	0	Steven Sheard	0	Elsidig Ibrahim	0	Abdul Mohamed	0	0
DNF	29	Les Croupiers (A)	Brian Dias	17:36	Gafin Griffiths	18:48	Lyndon Tudor-Maisey	17:25	Runner D	DNF	DNF

Male Masters 35-44											
Position	Number	Team	A	Time	B	Time	C	Time	D	Time	Total Time
1	48	Les Croupiers (A)	Matt Hurford	16:17	Martin Williams	17:14	Nick Dukes	16:09	Rob Sage	15:49	1:05:29
2	46	Neath Harriers (B)	G. Davey	17:00	L. Sandham	17:58	A. Powell	17:45	A. Baker	18:17	1:11:00
3	42	Pontypridd Roadents AC (A)	Runner A	18:43	Runner B	17:47	Runner C	17:27	Runner D	17:51	1:11:48
4	44	Brackla Harriers (1)	Runner A	18:14	Runner B	19:45	Runner C	18:00	Runner D	16:21	1:12:20
5	51	Cardiff Triathletes	Ian Liddiatt	19:04	Stuart Baker	19:01	Andrew MacIaen	18:28	Andrew Addicott	18:10	1:14:43
6	49	Les Croupiers (B)	Simon Hazel	18:41	John Magee	18:32	Steve Quinn	21:34	Marcus Meyrick	19:04	1:17:51
7	40	Liswerry Runners A	Andrew James	21:01	Adrian Hayward	19:52	Scott Hayden	20:35	David Gates	21:38	1:23:06
8	41	Pegasus RC (C)	Runner A	24:05	Runner B	21:59	Runner C	22:13	Runner D	18:36	1:26:53
9	43	Pontypridd Roadents AC (B)	Runner A	21:26	Runner B	23:25	Runner C	19:36	Runner D	24:27	1:28:54
DNS	45	Aberdare VAAC (E)	Runner A	0	Runner B	0	Runner C	0	Runner D	0	DNS
DNS	47	Neath Harriers (C)	Runner A	0	Runner B	0	Runner C	0	Runner D	0	DNS
DNS	50	Les Croupiers (C)	Runner A	0	Runner B	0	Runner C	0	Runner D	0	DNS
DNS	52	Cardiff AAC	Derwyn Owen	0	Matthew Govier	0	Richard Long	0	Paul Bevan	0	DNS

Male Masters 45+											
Position	Number	Team	A	Time	B	Time	C	Time	D	Time	Total Time
1	65	Pontypridd Roadents AC (A)	Runner A	17:41	Runner B	17:58	Runner C	16:40			0:52:19
2	74	Aberdare VAAC (F)	Runner A	17:49	Runner B	17:28	Runner C	19:29			0:54:46
3	79	Les Croupiers (C)	Andy Blair	17:16	Davey Proud	17:55	David E Williams	19:41			0:54:52
4	77	Les Croupiers (A)	Mick McGeoch	18:41	Dave Coles	18:12	Paaul Coker	18:33			0:55:26
5	70	Brackla Harriers (2)	Ian Ogilvie	17:38	Runner B	19:44	Runner C	18:36			0:55:58
6	82	Penarth and Dinas Runners	Malcolm Bradley	19:53	Chris Nellins	19:10	Chris Econimedes	21:28			1:00:31
7	66	Pontypridd Roadents AC (B)	Runner A	18:11	Runner B	19:52	Runner C	22:42			1:00:45
8	75	Neath Harriers (D)	K. Lewis	19:26	D. Bowen	21:01	M. Nelloir	20:44			1:01:11
9	67	Pontypridd Roadents AC (C)	Runner A	20:29	Runner B	22:16	Runner C	20:15			1:03:00
10	63	Pegasus RC (D)	Runner A	20:44	Runner B	22:22	Runner C	20:51			1:03:57
11	72	Brackla Harriers (4)	Runner A	20:15	Runner B	24:31	Runner C	21:35			1:06:21
12	71	Brackla Harriers (3)	Runner A	24:36	Runner B	21:40	Runner C	20:25			1:06:41
13	78	Les Croupiers (B)	Dave Hodges	24:31	Gary John	20:41	Roy Silver	21:36			1:06:48
14	64	Pegasus RC (E)	Runner A	23:05	Runner B	26:48	Runner C	17:16			1:07:09
15	80	Les Croupiers (D)	Phill Thomas	23:56	Mike Davies	19:58	Jeff Aston	23:41			1:07:35
16	61	Liswerry Runners - War Wagon Team	Nick Davies	24:51	Nick Jackson	22:09	Chris Choyls	20:49			1:07:49
17	62	Liswerry Runners - Haywain Team	Mike Bonnet	23:08	Dave Westley	22:45	Andy Cockerham	22:48			1:08:41
18	60	Liswerry Runners - Martyn's Marvels	Jason Coniber	24:35	Hywel Jones	22:20	Martyn Jones	22:01			1:08:56
19	73	Brackla Harriers (5)	Runner A	21:28	Runner B	26:09	Runner C	23:56			1:11:33
20	81	Cardiff Triathletes	Martin Power	27:09	Paul Davies	24:27	David Gunthorpe	20:39			1:12:15
21	68	Pontypridd Roadents AC (D)	Runner A	26:17	Runner B	24:42	Runner C	27:58			1:18:57
22	69	Pontypridd Roadents AC (E)	Runner A	21:14	Runner B	21:26	Runner C	36:52			1:19:32
DNF	76	Neath Harriers (E)	B. Blandford	26m 18s	Runner B	DNF	Runner C	DNF			DNF

Senior Ladies											
Position	Number	Team	A	Time	B	Time	C	Time	D	Time	Total Time
1	114	Les Croupiers (A)	Jessica Parry-Williams	20:03	Carys Hughes	18:20	Gabriella Maine	19:23			57:46
2	103	Pontypridd Roadents AC (A)	Runner A	19:16	Runner B	19:13	Runner C	19:33			58:02
3	99	Liswerry Runners - LLN	Louise Howells	17:58	Sarah Lauder	20:21	Antoinette Dumayne	20:15			58:34
4	120	Penarth and Dinas Runners (A)	Cath Tailby	20:05	Deb Evans	20:24	Louise Hunt	21:12			1:01:41
5	107	San Domenico (A)	Runner A	20:04	Runner B	20:20	Runner C	22:18			1:02:42
6	115	Les Croupiers (B)	Caitlin Pearson	23:22	Aine Kenny	21:19	Cheryl Evans	19:48			1:04:29
7	102	Hendre Lake RC	Runner A	24:11	Runner B	19:51	Runner C	21:51			1:05:53
8	93	Cardiff Triathletes	Ellie Powell	21:02	Claire Manson	21:21	Catrin Rees	24:01			1:06:24
9	104	Pontypridd Roadents AC (B)	Runner A	21:50	Runner B	21:57	Runner C	23:22			1:07:09
10	117	Islwyn RC (A)	Ceri Bartley	23:47	Coral Rees	24:13	Sara Arnold	19:38			1:07:38
11	116	Les Croupiers (C)	Jenny Martin	22:51	Kirsty Roberts	22:30	Claire Jones	22:25			1:07:46
12	121	Penarth and Dinas Runners (B)	Claire Phillips	21:40	Lindsey Hunt	23:12	Danielle Rayner	23:02			1:07:54
13	110	Brackla Harriers (3)	Runner A	22:57	Runner B	25:23	Runner C	20:29			1:08:49
14	98	Liswerry Runners (B)	Claire Dunkerton-Morris	24:29	Gemma Acreman	23:06	Sinead Thomson	22:06			1:09:41
15	94	White Rock Runners (A)	Beth Collins	21:53	Catrin Cousins	25:53	Leanne Donovan-Martin	22:34			1:10:20
16	92	Village Vipers (C)	Runner A	23:48	Runner B	24:20	Runner C	22:45			1:10:53
17	91	Village Vipers (B)	Runner A	19:25	Runner B	25:16	Runner C	26:15			1:10:56
18	90	Village Vipers (A)	Runner A	23:36	Runner B	23:54	Runner C	23:29			1:10:59
19	105	Pontypridd Roadents AC (C)	Runner A	23:36	Runner B	24:18	Runner C	24:17			1:12:11
20	97	Liswerry Runners - Jacket required	Sue Williams	24:06	Elinor Phillips	24:41	Vicky Fear	23:50			1:12:37
21	96	White Rock Runners (C)	Mye Butler	24:57	Elaine McCarron	23:36	Rhian Griffiths	25:17			1:13:50
22	118	Islwyn RC (B)	Suzanne Davidson	25:49	Lisa Lawford	24:08	Helen Williams	23:56			1:13:53
23	95	White Rock Runners (B)	Sian Griffiths	24:42	Emily Baggs	26:33	Leanne Hockey	23:42			1:14:57
24	109	Brackla Harriers (2)	Runner A	22:46	Runner B	24:27	Runner C	27:51			1:15:04
25	111	Brackla Harriers (4)	Runner A	26:58	Runner B	26:19	Runner C	22:20			1:15:37
26	106	Pontypridd Roadents AC (D)	Runner A	23:54	Runner B	27:25	Runner C	24:22			1:15:41
27	112	Women's Running Penarth (A)	Susannah Kingdom	25:45	Deidra Martin	28:18	Alex Christen	25:27			1:19:30
28	113	Women's Running Penarth (B)	Rachel Morris	28:46	Sarah Esmereida	26:08	Georgina Popa	26:35			1:21:29
29	101	Pegasus RC (G)	Runner A	27:39	Runner B	28:06	Runner C	27:14			1:22:59
30	100	Liswerry Runners - Roni's Rockettes	Roni Margerison	28:04	Kate Waters	27:10	Gillian Handley	27:59			1:23:13
31 (short)	119	Islwyn RC (C)	Katheryn Gladwyn	27:25	Elaine Willims	29:22	Rhianne Beddoe	08:27			1:05:14
DNF	108	San Domenico (B)	Runner A	24:04	Runner B	DNF	Runner C	DNF			DNF

Female Masters 35-44											
Position	Number	Team	A	Time	B	Time	C	Time	D	Time	Total Time
1	142	Cardiff Triathletes	Charlotte Addicott	20:31	Gillian Hopkins	22:07	Beverley Lewis	21:14			1:03:52
2	140	Les Croupiers (B)	Maria Zubizarreta	22:30	Lolly Burvill	19:58	Lolly Jessop	22:00			1:04:28
3	139	Les Croupiers (A)	Beth Lewis	20:39	Jane Ash	23	Hazel Craven	20:51			1:04:30
4	133	Pontypridd Roadents AC (B)	Runner A	22:21	Runner B	22:21	Runner C	23:43			1:08:25
5	130	Liswerry Runners - Flapjacks	Tracie Williams	21:38	Kate Carney	24:41	Nicola Sinclair	23:17			1:09:36
6	137	Liswerry Runners - We need more Pins	Claire Roynon	23:59	Juliet Sidney	22:37	Cara Gates	25:07			1:11:43
7	138	Liswerry Runners - Spring Chickens	Nicola Gray	25:16	Leanne Phillips	24:39	Nicola Murray	22:47			1:12:42
8	132	Pontypridd Roadents AC (A)	Runner A	24:41	Runner B	24:29	Runner C	24:17			1:13:27