

Pos	Bib	Athlete	Club	Time
1	54	Ella WINTLE	Pembrokeshire Harriers	6:22
2	15	Jemima ROBINSON	Cardiff AAC	6:24
3	459	Yasmin HADID	Cardiff Archers	6:29
4	464	Katie HILL	Pembrokeshire Harriers	6:31
5	43	Tiffany REES	Oakleigh House School	6:33
6	336	Erin ANDREWS	Bridgend AC	6:34
7	37	Ella DAVIES	Llanelli AC	6:35
8	341	Abigail DAVIES	Bridgend AC	6:36
9	348	Cameron COBURN	Bridgend AC	6:36
10	69	Sophie EVANS	Bridgend AC	6:37
11	68	Jessica EVANS	Bridgend AC	6:46
12	20	Emma BRAZIER	Carmarthen Harriers	6:48
13	28	Milly JOHN	Carmarthen Harriers	6:49
14	350	Emily DENT	Cardiff Archers	6:54
15	13	Libby PEARSON	Cardiff AAC	6:57
16	457	Erin WILLIAMS	Cardiff Archers	6:57
17	35	Bethan ADAMS	Llanelli AC	7:02
18	51	Amy WHITE	Pembrokeshire Harriers	7:04
19	41	Amy TUCKER	Llanelli AC	7:07
20	55	Lucy WINTLE	Pembrokeshire Harriers	7:08
21	66	Kate DUNGLINSON	Bridgend AC	7:09
22	52	Eleanor WHITE	Pembrokeshire Harriers	7:10
23	3	Scarlett DAVIES	Cardiff AAC	7:11
24	70	Mali MCDUFF	Bridgend AC	7:12
25	61	Emilia JONES	Ysgol Y Ferch o'r Sger	7:14
26	46	Yasmin HAIGH	Pembrokeshire Harriers	7:29
27	50	Maddie MANAGHAN	Pembrokeshire Harriers	7:33
28	65	Rialien TAYLOR	Bridgend AC	7:34
29	461	Olivia WEBB	Bridgend AC	7:41
30	63	Rebecca HOPKINS	Bridgend AC	7:42
31	49	Maisy KITE	Pembrokeshire Harriers	7:43
32	38	Mai DAVIES	Llanelli AC	7:44
33	62	Nia MORRIS	Bridgend AC	7:51
34	67	Chloe FISHER	Bridgend AC	7:57
35	460	Kirsten SEVILLE	Newport Harriers	8:31

TEAM FINISH ORDER					
Pos	Club	1	2	3	Total
1	Bridgend AC	6	8	9	23
2	Pembrokeshire Harriers	1	4	18	23
3	Cardiff Archers	3	14	16	33
4	Cardiff AAC	2	15	23	40
5	Bridgend AC	10	11	21	42
6	Llanelli AC	7	17	19	43
7	Pembrokeshire Harriers	20	22	26	68
8	Bridgend AC	24	28	29	81
9	Bridgend AC	30	33	34	97

RACE 1 Primary Schools - Girls Participating Clubs		
Below 3 teams do not score		
Cardiff AAC	3	Scoring Team
Carmarthen Harriers	2	
Llanelli AC	4	Scoring Teams
Oakleigh House School	1	
Pembrokeshire Harriers	8	Scoring Teams
Tenby Junior	0	
Trealaw Primary Schooll	0	
West Park	0	
Y Bont Faen	0	
Ysgol Y Ferch o'r Sger	1	
Bridgend AC	12	Scoring Teams

1st Placed Team Athletes: Bridgend AC (23Pts)		
336	Erin ANDREWS (6)	6:34
341	Abigail DAVIES (8)	6:36
348	Cameron COBURN (9)	6:36
2nd Placed Team Athletes: Pembrokeshire Harriers (23Pts)		
54	Ella WINTLE (1)	6:22
464	Katie HILL (4)	6:31
51	Amy WHITE (18)	7:04
3rd Placed Team Athletes: Cardiff Archers (33Pts)		
459	Yasmin HADID (3)	6:29
350	Emily DENT (14)	6:54
457	Erin WILLIAMS (16)	6:57

U13_GIRLS_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	18	Carmarthen Harriers	5:48	12:04	18:13	24:00	24:00	1	24:00	Carmarthen Harriers
	18A	Phoebe DAVIS	5:48					2	24:22	Swansea Harriers
	18B	Maddie MORGAN		6:16				3	25:24	Cardiff Archers 'A'
	18C	Siwan JONES-EVANS			6:09			4	25:59	Cardiff AAC 'A'
	18D	Daisy THOMPSON				5:47		5	26:51	Bridgend AC 'A'
2	22	Swansea Harriers	6:32	12:33	18:33	24:22	24:22	6	26:59	Newport Harriers 'A'
	22A	Eve BEVAN	6:32					7	27:10	Cardiff Harriers 'B'
	22B	Darcie BASS		6:01				8	27:23	Cardiff AAC 'B'
	22C	Ashleigh WILLIS			6:00			9	28:40	Cardiff AAC 'C'
	22D	Caitlin GWYTHYR				5:49		10	29:35	Newport Harriers 'B'
3	16	Cardiff Archers 'A'	6:15	12:27	18:54	25:24	25:24	11	30:03	Bridgend AC 'B'
	16A	Anya LENNON	6:15					FASTEST LEG		
	16B	Eden WILLIAMS		6:12				1	5:47	Daisy THOMPSON
	16C	Megan JONES			6:27			2	5:48	Phoebe DAVIS
	16D	Alanah HILL				6:30		3	5:49	Caitlin GWYTHYR
4	13	Cardiff AAC 'A'	6:33	13:10	19:42	25:59	25:59	4	6:00	Ashleigh WILLIS
	13A	Bethany GOLD	6:33					5	6:01	Darcie BASS
	13B	Bethan MEYRICK		6:37				6	6:09	Siwan JONES-EVANS
	13C	Megan FRIEDLI			6:32			7	6:12	Eden WILLIAMS
	13D	Emily CHIRIGHIN				6:17		8	6:15	Anya LENNON
5	11	Bridgend AC 'A'	6:29	13:11	19:53	26:51	26:51	9	6:16	Maddie MORGAN
	11A	Lili HUTCHINGS	6:29					10	6:17	Emily CHIRIGHIN
	11B	Evie EVANS		6:42				11	6:23	Jemima JENKINS
	11C	Amber WILLIAMS			6:42			12	6:26	Fiona BOSTOCK
	11D	Hollie MULLAN				6:58		12	6:26	Olivia CHIDLOW
6	19	Newport Harriers 'A'	6:42	13:05	19:39	26:59	26:59	14	6:27	Megan JONES
	19A	Elin GRIFFITHS	6:42					15	6:29	Lili HUTCHINGS
	19B	Jemima JENKINS		6:23				16	6:30	Alanah HILL
	19C	Sinead GRAY			6:34			17	6:32	Eve BEVAN
	19D	Angel SAMUEL				7:20		18	6:32	Megan FRIEDLI
7	17	Cardiff Archers 'B'	6:47	13:36	20:28	27:10	27:10	19	6:33	Bethany GOLD
	17A	Freya ROBERTS	6:47					19	6:33	Evie WONG
	17B	Belle JONES		6:49				21	6:34	Sinead GRAY
	17C	Moli WATTS			6:52			22	6:35	Lili JONES
	17D	Ellie BEDDALL				6:42		23	6:37	Bethan MEYRICK
8	14	Cardiff AAC 'B'	6:33	13:16	20:48	27:23	27:23	24	6:40	Holly MCCORQUODALE
	14A	Evie WONG	6:33					25	6:42	Amber WILLIAMS
	14B	Mia GODDARD		6:43				26	6:42	Elin GRIFFITHS
	14C	Yasmin DAVIES			7:32			26	6:42	Ellie BEDDALL
	14D	Lili JONES				6:35		28	6:42	Evie EVANS
9	15	Cardiff AAC 'C'	7:01	14:26	22:14	28:40	28:40	29	6:43	Mia GODDARD
	15A	Scarlett RUSSELL	7:01					30	6:47	Freya ROBERTS
	15B	Elen JAMES		7:25				31	6:49	Belle JONES
	15C	Katie GOULD			7:48			32	6:52	Moli WATTS
	15D	Fiona BOSTOCK				6:26		33	6:58	Hollie MULLAN
10	20	Newport Harriers 'B'	6:40	14:15	21:48	29:35	29:35	34	6:59	Phillipa ALLEN
	20A	Holly MCCORQUODALE	6:40					35	7:01	Scarlett RUSSELL
	20B	Lily WILLIAMS		7:35				36	7:19	Ella ROBERTS-HAYAMIZU
	20C	Sapphire SAMUEL			7:33			37	7:20	Jersey-Lee JONES
	20D	Olivia CHIDLOW				7:47		38	7:20	Angel SAMUEL
11	12	Bridgend AC 'B'	6:59	15:24	22:44	30:03	30:03	39	7:25	Elen JAMES
	12A	Phillipa ALLEN	6:59					40	7:32	Yasmin DAVIES
	12B	Katie TREZISE		8:25				41	7:33	Sapphire SAMUEL
	12C	Jersey-Lee JONES			7:20			42	7:35	Lily WILLIAMS
	12D	Ella ROBERTS-HAYAMIZU				7:19		43	7:48	Katie GOULD
12								44	8:25	Katie TREZISE

U13_BOYS_RESULTS

U13_BOYS_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES								
1	7	Carmarthen Harriers 'A'	5:51	11:45	18:29	23:54	23:54	1	23:54	Carmarthen Harriers 'A'
	7A	Liam EDWARDS	5:51					2	23:55	Cardiff AAC
	7B	Bedwyr THOMAS		5:54				3	23:58	Cardiff Archers 'A'
	7C	Joseff RHYS-ELLIS			6:44			4	24:14	Bridgend AC 'A'
	7D	Iwan GLYNN				5:25		5	24:22	Blaenau Gwent AC
2	4	Cardiff AAC	6:02	12:09	18:09	23:55	23:55	6	25:40	Cardiff Archers 'B'
	4A	Iwan SMITH	6:02					7	26:32	Bridgend AC 'B'
	4B	Carwyn HASTINGS		6:07				FASTEST LEG		
	4C	Gethin EVANS			6:00					
	4D	Lloyd JONES				5:46				
3	5	Cardiff Archers 'A'	6:12	12:00	18:02	23:58	23:58	1	5:25	Iwan GLYNN
	5A	Kareem HADID	6:12					2	5:46	Lloyd JONES
	5B	Alex KING		5:48				3	5:48	Alex KING
	5C	Luke HALL			6:02			4	5:49	Corey SIBLEY
	5D	Fraser KING				5:56		5	5:51	Liam EDWARDS
4	2	Bridgend AC 'A'	6:08	12:22	18:25	24:14	24:14	6	5:53	Michael OWEN
	2A	Dafydd PRATCHETT	6:08					7	5:54	Bedwyr THOMAS
	2B	Ryan O'ROCHE		6:14				8	5:56	Fraser KING
	2C	Rhys HARDMAN			6:03			9	5:59	Huw RILEY
	2D	Corey SIBLEY				5:49		10	6:00	Gethin EVANS
5	1	Blaenau Gwent AC	6:12	12:15	18:29	24:22	24:22	11	6:02	Iwan SMITH
	1A	Samuel CLAYTON	6:12					12	6:02	Luke HALL
	1B	Ellis GRIST		6:03				13	6:03	Ellis GRIST
	1C	Evan PENNY			6:14			14	6:03	Rhys HARDMAN
	1D	Michael OWEN				5:53		15	6:07	Carwyn HASTINGS
6	6	Cardiff Archers 'B'	5:59	12:37	19:11	25:40	25:40	16	6:08	Dafydd PRATCHETT
	6A	Huw RILEY	5:59					17	6:12	Kareem HADID
	6B	Seren RAYMENT		6:38				17	6:12	Samuel CLAYTON
	6C	Ben HENSON			6:34			19	6:14	Ryan O'ROCHE
	6D	Oliver HAMPSHIRE				6:29		20	6:14	Evan PENNY
7	3	Bridgend AC 'B'	6:21	12:49	19:16	26:32	26:32	21	6:21	Dylan ANDREWS
	3A	Dylan ANDREWS	6:21					22	6:27	Ciaran SIBLEY
	3B	Ryan PRICE		6:28				23	6:28	Ryan PRICE
	3C	Ciaran SIBLEY			6:27			24	6:29	Oliver HAMPSHIRE
	3D	Jack O'BRIEN				7:16		25	6:34	Ben HENSON
8								26	6:38	Seren RAYMENT
								27	6:44	Joseff RHYS-ELLIS
								28	7:16	Jack O'BRIEN

U15_GIRLS_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	35	Cardiff AAC 'A'	5:41	11:42	17:19	23:02	23:02	1	23:02	Cardiff AAC 'A'
	35A	Jessica WADEY	5:41					2	24:43	Bridgend AC
	35B	Sofia VELLA		6:01				3	25:04	Newport Harriers 'A'
	35C	Carys BILL			5:37			4	26:35	Cardiff Archers
	35D	Kiara FRIZELLE				5:43		5	26:57	Blaenau Gwent AC
2	34	Bridgend AC	6:04	12:34	18:55	24:43	24:43	6	28:12	Cardiff AAC 'B'
	34A	Hannah JENKINS	6:04					FASTEST LEG		
	34B	Alisha HAYES		6:30				1	5:37	Carys BILL
	34C	Sarah JENKINS			6:21			2	5:41	Jessica WADEY
	34D	Ffion HIGGINSON				5:48		3	5:43	Kiara FRIZELLE
3	39	Newport Harriers 'A'	6:08	12:19	18:41	25:04	25:04	4	5:48	Ffion HIGGINSON
	39A	Bethan WAINWRIGHT	6:08					5	6:01	Sofia VELLA
	39B	Ellie ROBINSON		6:11				6	6:04	Hannah JENKINS
	39C	Mollie SAMUEL			6:22			7	6:04	Nia RILEY
	39D	Catrin PHILLIPS				6:23		8	6:08	Bethan WAINWRIGHT
4	37	Cardiff Archers	6:38	12:42	19:24	26:35	26:35	9	6:11	Ellie ROBINSON
	37A	Taiya JONES	6:38					10	6:14	Holly BOSTOCK
	37B	Nia RILEY		6:04				11	6:21	Sarah JENKINS
	37C	Bronte WRIGHT			6:42			12	6:22	Mollie SAMUEL
	37D	Lily IVIN				7:11		13	6:23	Catrin PHILLIPS
5	33	Blaenau Gwent AC	6:43	13:10	20:30	26:57	26:57	14	6:27	Amy GONCALVES
	33A	Alys EASEN	6:43					14	6:27	Elise TURNER
	33B	Amy GONCALVES		6:27				16	6:30	Alisha HAYES
	33C	Ffion PROSSER			7:20			17	6:38	Taiya JONES
	33D	Elise TURNER				6:27		18	6:42	Bronte WRIGHT
6	36	Cardiff AAC 'B'	7:08	14:29	21:58	28:12	28:12	19	6:43	Alys EASEN
	36A	Molly JONES	7:08					20	7:08	Molly JONES
	36B	Caitlin CHAPMAN		7:21				21	7:11	Lily IVIN
	36C	Jaya JONES			7:29			22	7:20	Ffion PROSSER
	36D	Holly BOSTOCK				6:14		23	7:21	Caitlin CHAPMAN
7								24	7:29	Jaya JONES

U15_BOYS_RESULTS

U15_BOYS_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES								
1	28	Carmarthen Harriers 'A'	5:15	10:39	15:56	21:07	21:07	1	21:07	Carmarthen Harriers 'A'
	28A	Tomos REES	5:15					2	21:11	Cardiff AAC 'A'
	28B	Gareth THOMPSON		5:24				3	22:24	Brecon AC
	28C	Iestyn WILLIAMS			5:17			4	22:44	Swansea Harriers
	28D	Ben THOMAS				5:11		5	23:17	Cardiff Archers 'A'
2	24	Cardiff AAC 'A'	5:13	10:31	15:53	21:11	21:11	6	23:38	Newport Harriers
	24A	Seth KELLY	5:13					7	24:11	Cardiff AAC 'B'
	24B	Alfie DAVIES		5:18				8	25:53	Cardiff Archers 'B'
	24C	Louis SPENCER			5:22			9	26:20	Pembrokeshire Harriers
	24D	Morgan JAMES				5:18				
3	23	Brecon AC	5:21	10:51	16:33	22:24	22:24	FASTEST LEG		
	23A	Brychan PRICE-DAVIES	5:21					1	5:07	Jackson MOUNTFORD
	23B	Ethan JOHNSTONE		5:30				2	5:11	Ben THOMAS
	23C	Sion COYLE			5:42			3	5:13	Seth KELLY
	23D	Evan PRICE-DAVIES				5:51		4	5:15	Tomos REES
4	32	Swansea Harriers	5:39	11:52	17:16	22:44	22:44	5	5:17	Iestyn WILLIAMS
	32A	Joe LLOYD	5:39					6	5:18	Morgan JAMES
	32B	Tom HENDERSON		6:13				7	5:18	Alfie DAVIES
	32C	Nathan JONES			5:24			8	5:21	Brychan PRICE-DAVIES
	32D	Francis LEWIS				5:28		9	5:22	Louis SPENCER
5	26	Cardiff Archers 'A'	5:31	11:02	16:56	23:17	23:17	10	5:24	Nathan JONES
	26A	Tomos EVANS	5:31					11	5:24	Gareth THOMPSON
	26B	Ethan GOODE		5:31				12	5:28	Francis LEWIS
	26C	Tegid PHILLIPS			5:54			13	5:30	Ethan JOHNSTONE
	26D	Jacob MAULLIN-DAVIES				6:21		14	5:31	Tomos EVANS
6	30	Newport Harriers	5:48	10:55	16:50	23:38	23:38	14	5:31	Ethan GOODE
	30A	Luke GAWTHORN	5:48					16	5:39	Joe LLOYD
	30B	Jackson MOUNTFORD		5:07				17	5:42	Sion COYLE
	30C	Jake SEVILLE			5:55			18	5:48	Luke GAWTHORN
	30D	Ben DAVIES				6:48		19	5:48	James GOLD
7	25	Cardiff AAC 'B'	5:56	12:16	18:23	24:11	24:11	20	5:50	Iori HUMPHREYS
	25A	Ben SMITH	5:56					21	5:51	Evan PRICE-DAVIES
	25B	Caerwyn PHILLIPS		6:20				22	5:52	Scott DOWELL
	25C	Daniel MAYNE			6:07			23	5:54	Tegid PHILLIPS
	25D	James GOLD				5:48		24	5:55	Jake SEVILLE
8	27	Cardiff Archers 'B'	5:52	12:09	18:30	25:53	25:53	25	5:56	Ben SMITH
	27A	Scott DOWELL	5:52					25	5:56	Tomas GRIFFITHS
	27B	Sam MAULLIN-DAVIES		6:17				27	6:07	Daniel MAYNE
	27C	Gareth REES			6:21			28	6:13	Tom HENDERSON
	27D	Edward KING				7:23		29	6:17	Sam MAULLIN-DAVIES
9	31	Pembrokeshire Harriers	7:25	14:34	20:30	26:20	26:20	30	6:20	Caerwyn PHILLIPS
	31A	Daniel KITE	7:25					31	6:21	Jacob MAULLIN-DAVIES
	31B	Harry WORTH		7:09				31	6:21	Gareth REES
	31C	Tomas GRIFFITHS			5:56			33	6:48	Ben DAVIES
	31D	Iori HUMPHREYS				5:50		34	7:09	Harry WORTH
10								35	7:23	Edward KING
								36	7:25	Daniel KITE

U17_MEN_RESULTS

U17_MEN_RESULTS			Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES					1	19:52	Swansea Harriers 'A'
1	50	Swansea Harriers 'A'	6:30	13:21	19:52	19:52	1	19:52	Swansea Harriers 'A'
	50A	Elliot LAWRENCE	6:30				2	20:15	Cardiff AAC 'A'
	50B	Sam MARTIN		6:51			3	20:20	Newport Harriers
	50C	Dominic SMITH			6:31		4	20:44	Colwyn Bay AC
2	43	Cardiff AAC 'A'	7:16	13:47	20:15	20:15	5	20:48	Pembrokeshire Harriers
	43A	Antonio PEACOCK	7:16				6	21:21	Cardiff AAC 'B'
	43B	Jac SMITH		6:31			7	21:42	Swansea Harriers 'B'
	43C	James VINCENT			6:28		8	22:19	Cardiff AAC 'C'
3	48	Newport Harriers	6:39	13:35	20:20	20:20	FASTEST LEG		
	48A	Tom JENKINS	6:39				1	6:20	Matthew WILLIAMS
	48B	Isaac THURGOOD		6:56			2	6:28	James VINCENT
	48C	Owen LOCKE			6:45		3	6:30	Elliot LAWRENCE
4	47	Colwyn Bay AC	6:52	13:47	20:44	20:44	3	6:30	Elliot LAWRENCE
	47A	Iolo JAMES	6:52				5	6:31	Jac SMITH
	47B	Samuel HOLT		6:55			6	6:31	Dominic SMITH
	47C	Michael PARRY			6:57		6	6:31	Dominic SMITH
5	49	Pembrokeshire Harriers	6:20	13:17	20:48	20:48	8	6:39	Tom JENKINS
	49A	Matthew WILLIAMS	6:20				9	6:44	Oliver JONES
	49B	David EVANS		6:57			10	6:45	Owen LOCKE
	49C	Steffan REES			7:31		11	6:51	Sam MARTIN
6	44	Cardiff AAC 'B'	7:07	14:20	21:21	21:21	11	6:51	Sam MARTIN
	44A	Ieuan JONES	7:07				11	6:51	Sam MARTIN
	44B	Callum STONE		7:13			13	6:52	Iolo JAMES
	44C	Jack MCCONKEY			7:01		14	6:55	Samuel HOLT
7	51	Swansea Harriers 'B'	6:44	13:46	21:42	21:42	15	6:56	Isaac THURGOOD
	51A	Oliver JONES	6:44				16	6:57	David EVANS
	51B	Robin HARRIS		7:02			17	6:57	Michael PARRY
	51C	Mark TOBIN			7:56		18	7:01	Jack MCCONKEY
8	45	Cardiff AAC 'C'	7:10	14:42	22:19	22:19	19	7:02	Robin HARRIS
	45A	Owain ASH	7:10				20	7:07	Ieuan JONES
	45B	Callum RUSSELL		7:32			21	7:10	Owain ASH
	45C	Matthew VERRAN			7:37		22	7:13	Callum STONE
9							23	7:16	Antonio PEACOCK
							24	7:31	Steffan REES
							25	7:32	Callum RUSSELL
10							26	7:37	Matthew VERRAN
							27	7:56	Mark TOBIN

SENIOR_WOMEN_RESULTS			Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES					1	2	3	
1	60	Cardiff AAC 'A'	11:18	22:54	33:47	33:47	1	33:47	Cardiff AAC 'A'	
	60A	Katherine MARSHALL	11:18				2	35:03	Swansea Harriers	
	60B	Lucy MARLAND		11:36			3	36:59	Cardiff AAC 'B'	
	60C	Charlotte ARTER			10:53		4	39:18	Llswerry Runners 'A'	
2	68	Swansea Harriers	11:14	23:12	35:03		35:03	6	41:25	Pontypridd Roadents AC 'A'
	68A	Andrea WHITCOMBE	11:14				7	41:31	Llswerry Runners 'B'	
	68B	Kate ROBERTS		11:58			8	42:13	San Domenico RC 'B'	
	68C	Alaw BEYNON-THOMAS			11:51		9	29:15	Newport Harriers	
3	61	Cardiff AAC 'B'	12:24	24:49	36:59	36:59	FASTEST LEG			
	61A	Charlotte GAUGHAN	12:24			1				10:53
	61B	Jessica HEGARTY		12:25			3	11:18	Katherine MARSHALL	
	61C	Emily BROWN			12:10		4	11:36	Lucy MARLAND	
4	63	Llswerry Runners 'A'	12:28	25:51	39:18		39:18	5	11:51	Alaw BEYNON-THOMAS
	63A	Emma WOOKEY	12:28				6	11:58	Kate ROBERTS	
	63B	Ruth PHILLIPS		13:23			7	12:10	Clara EVANS	
	63C	Louise HOWELLS-MW35			13:27		9	12:24	Charlotte GAUGHAN	
5	62	Cardiff AAC 'C'	13:24	26:31	40:25		40:25	10	12:25	Jessica HEGARTY
	62A	Dani COCKING	13:24				11	12:28	Emma WOOKEY	
	62B	Elizabeth DAVIES		13:07			13	13:00	Elaine FERGUSON	
	62C	Felicity WILLIAMSON-SARLL			13:54		14	13:07	Elizabeth DAVIES	
6	66	Pontypridd Roadents AC 'A'	12:10	28:25	41:25	41:25	15	13:23	Ruth PHILLIPS	
	66A	Clara EVANS	12:10				16	13:24	Dani COCKING	
	66B	Gwen RICHARDS		16:15			18	13:34	Antoinette DUMAYNE	
	66C	Elaine FERGUSON			13:00		19	13:37	Julia ABBOTT	
7	64	Llswerry Runners 'B'	13:34	27:54	41:31		41:31	20	13:44	Megan POULSON
	64A	Antoinette DUMAYNE	13:34				21	13:54	Felicity WILLIAMSON-SARLL	
	64B	Sarah LAUDER-MW35		14:20			23	14:20	Sarah LAUDER-MW35	
	64C	Julia ABBOTT			13:37		24	15:07	Hollie BOLT	
8	67	San Domenico RC 'B'	13:44	29:24	42:13		42:13	25	15:40	Hayley FORD
	67A	Megan POULSON	13:44				26	16:15	Gwen RICHARDS	
	67B	Hayley FORD		15:40						
	67C	Fiona BUSSELL-MW35			12:49					
9	65	Newport Harriers	14:08	29:15		29:15				
	65A	Phoebe MARSDEN	14:08							
	65B	Hollie BOLT		15:07						

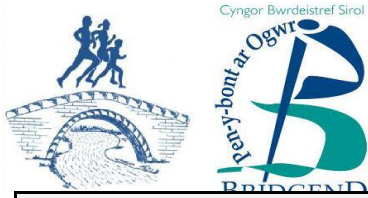


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MW35 RESULTS

MW35 RESULTS			Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES					1	2	3
1	72	Swansea Harriers	13:49	29:09	42:30	42:30	1	42:30	Swansea Harriers
	72A	Diane BROWNHILL-MW35	13:49				2	43:13	Llswerry Runners 'A'
	72B	Penny KENNEDY-MW35		15:20			3	47:37	San Domenico RC
	72C	Helen-Marie DAVIES-MW35			13:21		4	49:08	Llswerry Runners 'B'
2	69	Llswerry Runners 'A'	13:52	28:57	43:13	43:13	San Domenico - Non Scoring		
	69A	Sandra CHIPPER-MW35	13:52				FASTEST LEG		
	69B	Nicola HAINES-JONES-MW45		15:05			1	13:21	Helen-Marie DAVIES-MW35
	69C	Keri JONES-MW35			14:16		2	13:49	Diane BROWNHILL-MW35
3	71	San Domenico RC	14:51	30:29	47:37	47:37	3	13:52	Sandra CHIPPER-MW35
	71A	Hannah WITHERS-MW35	14:51				4	14:16	Keri JONES-MW35
	71B	Bernadette WILKINSON		15:38			5	14:51	Hannah WITHERS-MW35
	71C	Marcia GOUVEIA			17:08		6	15:00	Roni MARGERISON-MW35
4	70	Llswerry Runners 'B'	16:02	31:02	49:08	49:08	7	15:05	Nicola HAINES-JONES-MW45
	70A	Nicola SINCLAIR-MW35	16:02				8	15:20	Penny KENNEDY-MW35
	70B	Roni MARGERISON-MW35		15:00			9	15:38	Bernadette WILKINSON
	70C	Gayle SHEPPARD-MW35			18:06		10	16:02	Nicola SINCLAIR-MW35
5							11	17:08	Marcia GOUVEIA
							12	18:06	Gayle SHEPPARD-MW35



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WELSH ATHLETICS

MW45_RESULTS			Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES					1	46:45	Pontypridd Roadents AC
1	74	Pontypridd Roadents A	16:13	30:03	46:45	46:45	1	46:45	Pontypridd Roadents AC
	74A	Sian KHALIL-MW45	16:13				2		
	74B	Janet EDWARDS-MW45		13:50			3		
	74C	Fiona DAVIES-MW55			16:42		4		
2							FASTEST LEG		
							1	13:50	Janet EDWARDS-MW45
							2	16:13	Sian KHALIL-MW45
3							3	16:42	Fiona DAVIES-MW55

SENIOR_MEN_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	80	Cardiff AAC 'A'	12:57	26:15	39:14	51:47	51:47	1	51:47	Cardiff AAC 'A'
	80A	Ciaran LEWIS	12:57					2	52:03	Swansea Harriers 'A'
	80B	Matthew EDWARDS		13:18				3	52:37	Cardiff Met Uni
	80C	Tom MARSHALL			12:59			4	55:25	Swansea Harriers 'B'
	80D	Jon HOPKINS				12:33		5	56:35	TeamThie
2	89	Swansea Harriers 'A'	12:49	25:43	38:54	52:03	52:03	6	56:52	Aberdare VAAC 'A'
	89A	Chris CARPANINI	12:49					7	57:17	Neath Harriers 'A'
	89B	Guy SMITH		12:54				8	58:01	Pontypridd Roadents AC
	89C	Marc HOBBS			13:11			9	59:37	Bridgend AC 'A'
	89D	Christian LOVATT				13:09		10	61:28	Cardiff AAC 'B'
3	82	Cardiff Met Uni	12:53	25:38	39:05	52:37	52:37	Cardiff Met Uni - Non Welsh Champs		
	82A	Niall HOLT	12:53					FASTEST LEG		
	82B	Kieran WOOD		12:45				1	12:33	Jon HOPKINS
	82C	Charlie JOSLIN-ALLEN			13:27			2	12:45	Kieran WOOD
	82D	Matt SEDDON				13:32		3	12:49	Chris CARPANINI
4	90	Swansea Harriers 'B'	13:44	27:28	41:37	55:25	55:25	4	12:53	Niall HOLT
	90A	Phil MATTHEWS	13:44					5	12:54	Guy SMITH
	90B	Matthew RICHARDS		13:44				6	12:57	Ciaran LEWIS
	90C	Richard COPP			14:09			7	12:59	Tom MARSHALL
	90D	Matt HARVEY				13:48		8	13:09	Christian LOVATT
5	92	TeamThie	13:33	27:06	41:23	56:35	56:35	9	13:11	Marc HOBBS
	92A	Gareth GRIFFITHS	13:33					10	13:18	Matthew EDWARDS
	92B	Tom MACSWAYNE		13:33				11	13:27	Charlie JOSLIN-ALLEN
	92C	Paul BRADSHAW			14:17			12	13:32	Matt SEDDON
	92D	Oli LUM				15:12		13	13:33	Gareth GRIFFITHS
6	75	Aberdare VAAC 'A'	14:48	29:15	43:02	56:52	56:52	13	13:33	Tom MACSWAYNE
	75A	Adrian LEWIS-MM35	14:48					15	13:34	Steve MORRIS
	75B	Matthew EVANS		14:27				16	13:44	Phil MATTHEWS
	75C	Adam BULL			13:47			16	13:44	Matthew RICHARDS
	75D	Daniel BODMAN				13:50		18	13:47	Adam BULL
7	85	Neath Harriers 'A'	14:05	28:25	43:03	57:17	57:17	19	13:48	Matt HARVEY
	85A	Daniel TOMLINSON	14:05					20	13:50	Daniel BODMAN
	85B	Matthew OLEARY		14:20				21	14:05	Daniel TOMLINSON
	85C	Daniel TRIGGS			14:38			22	14:06	Matt REES
	85D	Andrew REYNOLDS				14:14		23	14:09	Richard COPP
8	87	Pontypridd Roadents AC	14:10	28:32	43:17	58:01	58:01	23	14:09	Andrew TUCKEY
	87A	Ben SEARS	14:10					25	14:10	Ben SEARS
	87B	Paul GRAHAM		14:22				26	14:10	James THIE
	87C	Billy HAYTON			14:45			27	14:14	Andrew REYNOLDS
	87D	Sam RICHARDS				14:44		28	14:17	Paul BRADSHAW
9	77	Bridgend AC 'A'	15:11	30:25	45:28	59:37	59:37	29	14:20	Matthew OLEARY
	77A	Mark EMERY	15:11					30	14:22	Paul GRAHAM
	77B	Andrew HODGSON		15:14				31	14:24	James DEAN
	77C	Gavin GATES			15:03			32	14:27	Matthew EVANS
	77D	Andrew TUCKEY				14:09		33	14:33	Darren BISHOP
10	81	Cardiff AAC 'B'	13:34	27:44	43:54	61:28	61:28	34	14:38	Daniel TRIGGS
	81A	Steve MORRIS	13:34					35	14:41	Rhys ANNETT
	81B	James THIE		14:10				36	14:44	Sam RICHARDS
	81C	Steven SMITH-MM45			16:10					
	81D	Mark GOLD-MM35				17:34				

SENIOR_MEN_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES								
11	91	Swansea Harriers 'C'	14:24	28:30	45:58	61:55	61:55	37	14:45	Billy HAYTON
	91A	James DEAN	14:24					37	14:45	Alex LEWIS
	91B	Matt REES		14:06				39	14:48	Adrian LEWIS-MM35
	91C	Owen DAVIES			17:28			40	15:03	Gavin GATES
	91D	Paul FLYNN				15:57		41	15:05	Chris JENKINS-MM35
12	88	San Domenico RC	14:41	30:27	46:02	62:09	62:09	42	15:11	Mark EMERY
	88A	Rhys ANNETT	14:41					43	15:12	Oli LUM
	88B	Ian OWEN-MM35		15:46				44	15:14	Andrew HODGSON
	88C	Dee BUCHANAN-MM35			15:35			45	15:35	Dee BUCHANAN-MM35
	88D	Phillip HUGHES				16:07		46	15:39	Jon HILL
13	86	Neath Harriers 'B'	16:46	31:31	48:05	63:10	63:10	47	15:46	Ian OWEN-MM35
	86A	Lee SANDHAM	16:46					48	15:57	Paul FLYNN
	86B	Alex LEWIS		14:45				49	15:58	Stephen JENKINS
	86C	Simon JOHN			16:34			50	16:07	Phillip HUGHES
	86D	Chris JENKINS-MM35				15:05		51	16:10	Steven SMITH-MM45
14	78	Bridgend AC 'B'	17:29	34:28	50:07	66:05	66:05	52	16:34	Simon JOHN
	78A	Jonathan HAYES	17:29					53	16:46	Lee SANDHAM
	78B	Andy WICKS		16:59				54	16:51	Paul DAVIES-MM35
	78C	Jon HILL			15:39			55	16:59	Andy WICKS
	78D	Stephen JENKINS				15:58		56	17:13	Nick DENNY-MM35
15	101	Pontypridd Roadents AC	14:33	34:03	52:59	70:12	70:12	57	17:28	Owen DAVIES
	101A	Darren BISHOP	14:33					58	17:29	Jonathan HAYES
	101B	Nick POUNDER-MM35		19:30				59	17:34	Mark GOLD-MM35
	101C	Billy HAYTON			18:56			60	17:56	Mark DUNSCOMBE
	101D	Nick DENNY-MM35				17:13		61	18:04	Jeff HANSON
16	76	Aberdare VAAC 'B'	18:04	34:55	52:51	71:17	71:17	62	18:26	Allen BUNNEY
	76A	Jeff HANSON	18:04							
	76B	Paul DAVIES-MM35		16:51						
	76C	Mark DUNSCOMBE			17:56					
	76D	Allen BUNNEY				18:26				
17	79	Bridgend AC 'C'	17:42	35:05	54:21	71:33	71:33			
	79A	Gareth DAVIES	17:42							
	79B	Simon MCDUFF		17:23						
	79C	Jon THIEL			19:16					
	79D	Jamie CLODE				17:12				
18	84	Cwm Ogwr Running Club	17:46	36:11	53:56	74:10	74:10			
	84A	Nick HARRIS	17:46							
	84B	Gareth JENKINS		18:25						
	84C	Kevin RAYMOND			17:45					
	84D	Christie COLEMAN				20:14				

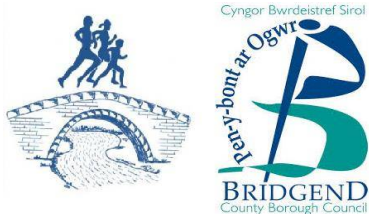


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MM35_RESULTS

MM35_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	97	Pontypridd Roadents AC	14:39	29:19	44:30	59:33	59:33	1	59:33	Pontypridd Roadents AC
	97A	Peter COLES-MM45	14:39					2	66:27	Newport Harriers
	97B	Steve BARTLETT-MM45		14:40				3	67:39	Lliswerry Runners
	97C	Laurence POLE-MM35			15:11			4	73:50	Cardiff AAC
	97D	Justin PHILLIPS-MM35				15:03		5		
2	96	Newport Harriers	15:51	31:19	49:19	66:27	66:27	FASTEST LEG		
	96A	Steve WADLEY-MM45	15:51					1	14:39	Peter COLES-MM45
	96B	Kevin SEVILLE-MM35		15:28				2	14:40	Steve BARTLETT-MM45
	96C	Darryn MCATEE-MM45			18:00			3	15:03	Justin PHILLIPS-MM35
	96D	Jonathan SAMUEL-MM35				17:08		4	15:11	Laurence POLE-MM35
3	94	Lliswerry Runners	16:32	34:20	51:37	67:39	67:39	5	15:28	Kevin SEVILLE-MM35
	94A	Simon GILL-MM35	16:32					6	15:51	Steve WADLEY-MM45
	94B	Peter OVEY-MM45		17:48				7	16:02	Neil EVANS-MM35
	94C	Rob DAVIES-MM35			17:17			8	16:32	Simon GILL-MM35
	94D	Neil EVANS-MM35				16:02		9	16:58	Alan WADEY-MM45
4	93	Cardiff AAC	16:58	34:49	54:27	73:50	73:50	10	17:08	Jonathan SAMUEL-MM35
	93A	Alan WADEY-MM45	16:58					11	17:17	Rob DAVIES-MM35
	93B	Huw JAMES-MM45		17:51				12	17:48	Peter OVEY-MM45
	93C	Garry JONES			19:38			13	17:51	Huw JAMES-MM45
	93D	Tim FRY-MM35				19:23		14	18:00	Darryn MCATEE-MM45
5								15	19:23	Tim FRY-MM35
								16	19:38	Garry JONES



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WELSH ATHLETICS
ATHLETAU CYMRU

MM45_RESULTS

MM45_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	99	Neath Harriers 'A'	15:39	31:08	47:52	64:44	64:44	1	64:44	Neath Harriers 'A'
	99A	Paul TALBOT-MM45	15:39					2	66:37	Neath Harriers 'B'
	99B	Andrew JENKINS-MM45		15:29				3	67:38	San Domenico RC
	99C	Chris FULCHER-MM45			16:44			4		
	99D	Pete CRANE-MM45				16:52				
2	100	Neath Harriers 'B'	17:19	34:01	49:51	66:37	66:37	FASTEST LEG		
	100A	Martin MELLOR-MM45	17:19					1	15:29	Andrew JENKINS-MM45
	100B	Phil CRANE-MM45		16:42				2	15:39	Paul TALBOT-MM45
	100C	Anthony POWELL-MM45			15:50			3	15:50	Anthony POWELL-MM45
	100D	Jeremy DAVIES-MM45				16:46		4	16:12	Johnny LAM-MM35
3	102	San Domenico RC	17:04	33:18	51:26	67:38	67:38	5	16:14	Glyn SANSOM-MM45
	102A	Ian BELL-MM45	17:04					6	16:42	Phil CRANE-MM45
	102B	Glyn SANSOM-MM45		16:14				7	16:44	Chris FULCHER-MM45
	102C	Dominic SHIELDS-MM45			18:08			8	16:46	Jeremy DAVIES-MM45
	102D	Johnny LAM-MM35				16:12		9	16:52	Pete CRANE-MM45
4								10	17:04	Ian BELL-MM45
								11	17:19	Martin MELLOR-MM45
								12	18:08	Dominic SHIELDS-MM45



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WELSH ATHLETICS

MM55 RESULTS

MM55_RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	104	Neath Harriers 'A'	17:38	35:45	52:14		52:14	1	52:14	Neath Harriers 'A'
	104A	Howard CARPENTER-MM55	17:38					2		
	104B	Neil HORSLEY-MM55		18:07				3		
	104C	Steve WILLIAMS-MM55			16:29			4		
		INCOMPLETE TEAM								
2								FASTEST LEG		
								1	16:29	Steve WILLIAMS-MM55
								2	17:38	Howard CARPENTER-MM55
								3	18:07	Neil HORSLEY-MM55