

RACE 05 **George Crump MBE Memorial**

1 **WELSH ATHLETICS ATHLETAU CYMRU**

1 114th Welsh Cross Country Championships

1 Saturday 24th February 2018

1 Singleto

#WelshChamps18



RACE 05		Senior Women/Master Women 6,420m					Senior Women Team (4 TO SCORE)						
OALL	TEAM	Ind Age	Bib	Athlete	Club	Time	Pos	Club	1	2	3	4	Total
1	SENW	1-SENW	483	Bronwen OWEN (SENW)	Scarborough AC	21:31	1	Swansea Harriers	4	6	13	16	39
2	SENW	2-SENW	477	Beth KIDGER (SENW)	Brighton Phoenix	21:42	2	Cardiff AAC	8	12	21	30	71
3	SENW	3-SENW	498	Melanie WILKINS (SENW)	Winchester & District AC	22:19	3	Swansea Harriers	19	23	27	28	97
4	SENW	4-SENW	461	Sian EDWARDS (SENW)	Swansea Harriers	22:29	4	Lliswerry Runners	11	17	22	54	104
5	SENW	1-U20W	475	Bronwen JENKINSON (U20W)	Eryri Harriers	22:36	5	Parc Bryn Bach RC	9	26	36	37	108
6	SENW	5-SENW	450	Alaw BEYNON-THOMAS (SENW)	Swansea Harriers	22:57	6	Les Croupiers RC	15	33	51	58	157
7	MM65	1-MM65	434	Alan DAVIES (MM65)	Llanelli AC	23:20	7	Swansea Harriers	29	32	52	59	172
8	SENW	6-SENW	462	Clara EVANS (SENW)	Cardiff AAC	23:24	8	Parc Bryn Bach RC	44	46	47	50	187
9	SENW	7-SENW	456	Lauren COOPER (SENW)	Parc Bryn Bach RC	23:32	9	Port Talbot Harriers	38	42	64	68	212
10	MW35	1-MW35	685	Llinos JONES (MW35)	Amman Valley harriers	23:42	10	Aberdare VAAC	48	49	55	63	215
11	MW45	1-MW45	727	Sandra CHIPPER (MW45)	Lliswerry Runners	24:02	11	Carmarthen Harriers	20	71	91	101	283
12	SENW	8-SENW	451	Emily BROWN (SENW)	Cardiff AAC	24:06	12	Les Croupiers RC	60	72	77	98	307
13	SENW	9-SENW	481	Hannah MUNDAY (SENW)	Swansea Harriers	24:23	13	Parc Bryn Bach RC	61	81	83	84	309
14	SENW	10-SENW	448	Amie BAGNALL (SENW)	Prestatyn RC	24:26	14	Aberdare VAAC	65	73	89	112	339
15	MW35	2-MW35	672	Katie BEECHER (MW35)	Les Croupiers RC	24:30	15	Parc Bryn Bach RC	85	86	90	97	358
16	MW35	3-MW35	688	Helen MARSHALL (MW35)	Swansea Harriers	24:36	16	Pontypridd Roadents	82	92	94	100	368
17	SENW	11-SENW	502	Emma WOOKEY (SENW)	Lliswerry Runners	24:43	17	Parc Bryn Bach RC	99	103	106	108	416
18	SENW	12-SENW	458	Rachel DAVIES (SENW)	Amman Valley harriers	24:58	18	Les Croupiers RC	102	109	115	118	444
19	MW35	2-MW45	693	Christina RENNIE (MW45)	Swansea Harriers	25:04	Senior Women 'Individual' Medallists 483 Bronwen OWEN (SENW) Scarborough AC 21:31 477 Beth KIDGER (SENW) Brighton Phoenix 21:42 498 Melanie WILKINS (SENW) Winchester & District AC 22:19						
20	MW40	1-MW40	716	Wendy PRICE (MW40)	Carmarthen Harriers	25:06							
21	SENW	13-SENW	457	Heddwen DANIEL (SENW)	Cardiff AAC	25:11	Senior Women 'Team' Medallists 1st Team - Senior Women: Swansea Harriers (39Pts) 461 Sian EDWARDS (SENW) (4) 22:29 450 Alaw BEYNON-THOMAS (SENW) (6) 22:57 481 Hannah MUNDAY (SENW) (13) 24:23 688 Helen MARSHALL (MW35) (3) 24:36						
22	SENW	14-SENW	455	Nicky COLLIN (SENW)	Lliswerry Runners	25:26							
23	SENW	15-SENW	482	Jemima OSBORNE (SENW)	Swansea Harriers	25:36	2nd Team - Senior Women: Cardiff AAC (71Pts) 462 Clara EVANS (SENW) (8) 23:24 451 Emily BROWN (SENW) (12) 24:06 457 Heddwen DANIEL (SENW) (21) 25:11 676 Liz DAVIES (MW35) (4) 26:25						
24	MW45	3-MW45	732	Deborah GOULE (MW45)	Porthcawl Runners	25:48							
25	MW40	2-MW40	717	Joanne REES (MW40)	Rhayader RC	25:50	3rd Team - Senior Women: Swansea Harriers (97Pts) 693 Christina RENNIE (MW45) (2) 25:04						
26	SENW	16-SENW	486	Danielle PHILLIPS (SENW)	Parc Bryn Bach RC	26:00							
27	SENW	17-SENW	466	Abigayle GOODRICK-LATHAM (SENW)	Swansea Harriers	26:02							
28	MW35	3-MW40	677	Helen-Marie DAVIES (MW40)	Swansea Harriers	26:20							
29	SENW	2-U20W	496	Lucy TOTHILL (U20W)	Swansea Harriers	26:22							
30	MW35	4-MW35	676	Liz DAVIES (MW35)	Cardiff AAC	26:25							
31	MW50	1-MW50	763	Judith OAKLEY (MW50)	Vegan Runners UK	26:30							
32	MW35	4-MW45	673	Diane BROWNHILL (MW45)	Swansea Harriers	26:49							
33	MW35	5-MW35	697	Janneke VAN BEIJNUM (MW35)	Les Croupiers RC	26:55							
34	MW45	5-MW45	743	Tammy LEWIS-JONES (MW45)	Eryri Harriers	27:00							
35	MW45	2-MW50	725	Helen BLAIR (MW50)	Eryri Harriers	27:13							
36	MW40	4-MW40	712	Rachel LEWIS (MW40)	Parc Bryn Bach RC	27:30							

37	MW45	6-MW45	746	Sharon NEWELL (MW45)	Parc Bryn Bach RC	27:45	482	Jemima OSBORNE (SENW) (23)	25:36			
38	MW35	7-MW45	687	Helen JONES (MW45)	Port Talbot Harriers	27:53	466	Abigayle GOODRICK-LATHAM (SENW) (27)	26:02			
39	MM75	1-MM75	447	Gordon ORME (MM75)	Carmarthen Harriers	27:58	677	Helen-Marie DAVIES (MW40) (3)	26:20			
40	MW50	3-MW50	758	Andrea HURMAN (MW50)	Penarth and Dinas	28:00						
41	SENW	18-SENW	488	Hannah PRETTY (SENW)	Cardiff AAC	28:04	Master Women 35 Teams (3 to score)					
42	MW35	8-MW45	690	Mandy MORRIS (MW45)	Port Talbot Harriers	28:07	Pos	Club	1	2	3	Total
43	MW45	9-MW45	733	Gina HARDMAN (MW45)	Bridgend AC	28:17	1	Swansea Harriers	3	4	5	12
44	MW40	5-MW40	702	Julie CASHHELL (MW40)	Parc Bryn Bach RC	28:22	2	Les Croupiers RC	2	8	17	27
45	MW35	6-MW35	678	Isobel DAWSON (MW35)	Trots	28:26	3	Port Talbot Harriers	9	10	16	35
46	MW45	10-MW45	738	Keri-Lyn JONES (MW45)	Parc Bryn Bach RC	28:27	Master Women 35 'Individual' Medallists					
47	MW35	7-MW35	675	Sarah COOTE (MW35)	Parc Bryn Bach RC	28:31	685	Llinos JONES (MW35)	Amman Valley harriers	23:42		
48	MW40	6-MW40	710	Tracey JULIER (MW40)	Aberdare VAAC	28:35	672	Katie BEECHER (MW35)	Les Croupiers RC	24:30		
49	MW40	11-MW45	714	Louise MISKELL (MW45)	Aberdare VAAC	28:36	688	Helen MARSHALL (MW35)	Swansea Harriers	24:36		
50	MW40	7-MW40	705	Alex EVANS (MW40)	Parc Bryn Bach RC	28:46	Master Women 35 'Team' Medallists					
51	MW40	8-MW40	703	Angela CHAMPION (MW40)	Les Croupiers RC	28:53	1st Team - MW35 Athletes: Swansea Harriers (12Pts)					
52	MW35	9-MW40	698	Chris WEBB (MW40)	Swansea Harriers	28:57	688	Helen MARSHALL (MW35) (3)	24:36			
53	MW35	8-MW35	680	Rhianydd EVANS (MW35)	Islwyn RC	29:07	693	Christina RENNIE (MW45) (2)	25:04			
54	MW35	9-MW35	700	Marina WRIGHT (MW35)	Lliswerry Runners	29:09	677	Helen-Marie DAVIES (MW40) (3)	26:20			
55	SENW	19-SENW	464	Aimee FERGUSON (SENW)	Aberdare VAAC	29:11	2nd Team - Senior Women: Les Croupiers RC (27Pts)					
56	MM70	1-MM70	443	Paul ALLEN (MM70)	Halesowen AAC	29:16	672	Katie BEECHER (MW35) (2)	24:30			
57	SENW	20-SENW	485	Elinor PHILLIPS (SENW)	Lliswerry Runners	29:16	697	Janneke VAN BEIJNUM (MW35) (5)	26:55			
58	MW45	12-MW45	731	Lolly EVANS (MW45)	Les Croupiers RC	29:21	689	Jenny MARTIN (MW35) (11)	31:59			
59	SENW	21-SENW	453	Megan CLEMENTS (SENW)	Swansea Harriers	29:22	3rd Team - MW35 Athletes: Port Talbot Harriers (35Pts)					
60	MW55	1-MW55	770	Julie SCHOLEY (MW55)	Les Croupiers RC	29:30	687	Helen JONES (MW45) (7)	27:53			
61	MW45	13-MW45	748	Melissa PEARCE (MW45)	Parc Bryn Bach RC	29:39	690	Mandy MORRIS (MW45) (8)	28:07			
62	MW45	14-MW45	724	Helen ANDREWS (MW45)	Bridgend AC	29:42	683	Michelle GREY (MW35) (10)	30:14			
63	MW40	10-MW40	709	Vicky JONES (MW40)	Aberdare VAAC	29:45						
64	SENW	22-SENW	471	Sarah HOWARD (SENW)	Port Talbot Harriers	29:51	Master Women 40 Teams (3 to score)					
65	MW45	15-MW45	737	Ceri JONES (MW45)	Aberdare VAAC	30:01	Pos	Club	1	2	3	Total
66	MW55	2-MW55	769	Jeanette JENKINS (MW55)	Fairwater Runners Cwmbran	30:06	1	Parc Bryn Bach RC	3	4	7	14
67	MW50	4-MW50	765	Vicky RONALD (MW50)	Colwyn Bay AC	30:10	2	Aberdare VAAC	5	6	9	20
68	MW35	10-MW35	683	Michelle GREY (MW35)	Port Talbot Harriers	30:14	3	Carmarthen Harriers	1	11	15	27
69	MW40	11-MW40	719	Nicola SINCLAIR (MW40)	Lliswerry Runners	30:27	Master Women 40 'Individual' Medallists					
70	MM65	2-MM65	435	Alan FURNELL (MM65)	Port Talbot Harriers	31:11	716	Wendy PRICE (MW40)	Carmarthen Harriers	25:06		
71	MW40	12-MW40	713	Kate LYNOCK (MW40)	Carmarthen Harriers	31:15	717	Joanne REES (MW40)	Rhayader RC	25:50		
72	MW50	5-MW50	755	Eve GALLOP-EVANS (MW50)	Les Croupiers RC	31:15	677	Helen-Marie DAVIES (MW40)	Swansea Harriers	26:20		
73	SENW	23-SENW	490	Tirion PRYCE (SENW)	Aberdare VAAC	31:42	Master Women 40 'Team' Medallists					
74	SENW	13-MW40	467	Tanya GUEST (MW40)	Port Talbot Harriers	31:54	1st Team - MW35 Athletes: Parc Bryn Bach RC (14Pts)					
75	SENW	14-MW40	468	Jane HARWOOD (MW40)	Port Talbot Harriers	31:55	712	Rachel LEWIS (MW40) (4)	27:30			
76	MW40	15-MW40	721	Alice SULLIVAN (MW40)	3M Gorseinon RR	31:57	702	Julie CASHHELL (MW40) (5)	28:22			
77	MW35	11-MW35	689	Jenny MARTIN (MW35)	Les Croupiers RC	31:59	705	Alex EVANS (MW40) (7)	28:46			
78	MW35	12-MW35	681	Amanda GARNER (MW35)	Buckley	32:01	2nd Team - MW40 Athletes: Aberdare VAAC (20Pts)					
79	MW35	13-MW35	682	Marcia GOUVEIA (MW35)	San Domenico RC	32:02	710	Tracey JULIER (MW40) (6)	28:35			
80	SENW	24-SENW	478	Siobhan MACNAIR (SENW)	Swansea Harriers	32:03	714	Louise MISKELL (MW45) (11)	28:36			
81	MW45	16-MW45	735	Hayley JACKSON (MW45)	Parc Bryn Bach RC	32:07	709	Vicky JONES (MW40) (10)	29:45			

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Master Women 60 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	No Teams					
Master Women 60 'Individual' Medallists						
773	Eirian ARWYN (MW60)	Les Croupiers RC				34:21
774	Kathleen JERVIS (MW60)	Parc Bryn Bach RC				37:45
Master Women 60 'Team' Medallists						
No Team Awards						

Master Women 65 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	No Teams					
Master Women 65 'Individual' Medallists						
777	Margrett MONK (MW65)	Parc Bryn Bach RC				34:21
Master Women 65 'Team' Medallists						
No Team Awards						

MM65 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	Port Talbot Harriers	2	5	6		13
2						
3	No Teams					
MASTER MEN 65 MEDALLISTS						
434	Alan DAVIES (MM65)	Llanelli AC				23:20
435	Alan FURNELL (MM65)	Port Talbot Harriers				31:11
436	Uku KUMARI (MM65)	Swansea Harriers				34:14
MASTER MEN 65 TEAMS						
1st Team - MM65 Athletes: Port Talbot Harriers (13Pts)						
435	Alan FURNELL (MM65) (2)					31:11
438	Alan PERKINS (MM65) (5)					38:48
440	Ian SWANSON (MM65) (6)					40:32

MM70 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	No Teams					
MASTER MEN 70 MEDALLISTS						
443	Paul ALLEN (MM70)	Halesowen AAC				29:16
MASTER MEN 70 TEAMS						

RACE 11 **George Crump MBE Memorial**

1 **WELSH ATHLETICS ATHLETAU CYMRU**

1 114th Welsh Cross Country Championships

1 Saturday 24th February 2018

1 Singleto



#WelshChamps18

RACE 11		Senior Men/Master Men 10,100m					Senior Men Team Results (6 to score)									
OALL	TEAM	Ind Age	Bib	Athlete	Club	Time	Pos	Club	1	2	3	4	5	6	Total	
1	SENM	1-SENM	39	James HUNT (SENM)	Cardiff AAC		1	Cardiff AAC	1	3	4	6	10	14	38	
2	SENM	1-MM35	51	Phillip MATTHEWS (MM35)	Swansea Harriers		2	Swansea Harriers	2	8	9	13	16	19	67	
3	SENM	2-SENM	59	Dan NASH (SENM)	Cardiff AAC		3	Aberdare VAAC	11	18	20	31	35	41	156	
4	SENM	3-SENM	39	James HUNT (SENM)	Cardiff AAC	30:45	4	Swansea Harriers	21	22	26	36	42	48	195	
5	SENM	2-MM35	51	Phillip MATTHEWS (MM35)	Swansea Harriers	31:04	5	Micky Morris Racing Team	17	25	28	29	54	96	249	
6	SENM	4-SENM	59	Dan NASH (SENM)	Cardiff AAC	31:43	6	Les Croupiers RC	30	34	43	49	50	63	269	
7	SENM	1-U20M	31	Gareth GRIFFITHS (U20M)	Tipton Harriers	31:59	7	Swansea Harriers	56	57	59	61	64	70	367	
8	SENM	5-SENM	16	Morgan DAVIES (SENM)	Swansea Harriers	32:05	8	Parc Bryn Bach RC	37	58	65	67	93	99	419	
9	SENM	6-SENM	29	Jack GOOCH (SENM)	Swansea Harriers	32:18	9	Swansea Harriers	76	77	78	80	86	98	495	
10	SENM	2-U20M	47	Ciaran LEWIS (U20M)	Cardiff AAC	32:36	10	Aberdare VAAC	55	74	82	94	102	107	514	
11	SENM	7-SENM	6	Daniel BODMAN (SENM)	Aberdare VAAC	32:44	11	Islwyn RC	62	84	89	95	113	115	558	
12	SENM	8-SENM	79	Abed TEWELDEBRHAN (SENM)	Newport Harriers	32:51	12	Les Croupiers RC	73	85	90	129	133	134	644	
13	SENM	3-MM35	33	Matthew HARVEY (MM35)	Swansea Harriers	32:57	13	Parc Bryn Bach RC	103	110	111	112	114	121	671	
14	SENM	9-SENM	5	Sam BLAKE (SENM)	Cardiff AAC	33:04	14	Swansea Harriers	101	106	118	125	127	136	713	
15	SENM	10-SENM	62	Sion PRICE (SENM)	Sarn Helen	33:10	15	Aberdare VAAC	108	109	123	141	142	152	775	
16	SENM	11-SENM	64	Matthew REES (SENM)	Swansea Harriers	33:26	16	Parc Bryn Bach RC	126	128	139	144	145	153	835	
17	SENM	12-SENM	20	Matthew EDMONDS (SENM)	Micky Morris Racing Team	33:34	17									
18	MM40	1-MM40	27	Richard GARDINER (MM40)	Aberdare VAAC	33:44	18									
19	SENM	13-SENM	17	James DEAN (SENM)	Swansea Harriers	33:49	19									
20	SENM	14-SENM	10	Matthew EVANS (SENM)	Aberdare VAAC	33:57	20									
21	SENM	15-SENM	49	Christian LOVATT (SENM)	Swansea Harriers	34:09	21									
22	SENM	16-SENM	69	Matthew RICHARDS (SENM)	Swansea Harriers	34:11										
23	SENM	17-SENM	67	Elliot RICHARDS (SENM)	Cardiff AAC	34:17										
24	SENM	18-SENM	68	Sam RICHARDS (SENM)	Pontypridd Roadents	34:20										
25	SENM	19-SENM	25	Thomas FOSTER (SENM)	Micky Morris Racing Team	34:25										
26	SENM	20-SENM	81	Paul TOBIN (SENM)	Swansea Harriers	34:28										
27	MM35	4-MM35	272	Ben BUTLER-MADDEN (MM35)	Penarth and Dinas	34:29	39	James HUNT (SENM)	Cardiff AAC							
28	SENM	3-U20M	30	Matthew GRANTHAM (U20M)	Micky Morris Racing Team	34:33	51	Phillip MATTHEWS (MM35)	Swansea Harriers							
29	MM35	5-MM35	274	Matthew COLLINS (MM35)	Micky Morris Racing Team	34:39	59	Dan NASH (SENM)	Cardiff AAC							
30	MM45	1-MM45	353	Huw EVANS (MM45)	Les Croupiers RC	34:44										
31	SENM	21-SENM	42	Hywel JONES (SENM)	Aberdare VAAC	34:49										
32	MM50	1-MM50	399	Jeff WHERLOCK (MM50)	Lliswerry Runners	34:57										
33	MM45	2-MM50	368	Mike PFEIFFER (MM50)	Brecon AC	35:04	39	James HUNT (SENM) (1)								
34	MM40	2-MM40	335	Lyndon TUDOR-MAISEY (MM40)	Les Croupiers RC	35:06	59	Dan NASH (SENM) (3)								
35	SENM	6-MM35	72	Peter RYDER (MM35)	Aberdare VAAC	35:11	39	James HUNT (SENM) (1)								
36	SENM	22-SENM	58	William MUNDAY (SENM)	Swansea Harriers	35:18	59	Dan NASH (SENM) (3)								
37	SENM	23-SENM	14	Harry DAVIES (SENM)	Parc Bryn Bach RC	35:28	47	Ciaran LEWIS (U20M) (10)							32:36	
38	MM35	7-MM35	294	Andrew REYNOLDS (MM35)	Neath Harriers	35:34	5	Sam BLAKE (SENM) (14)							33:04	

Clubs Participation Award

Swansea Harriers-48 Athletes

Senior Men MEDALLISTS

Senior Men TEAM MEDALLISTS

1st Team - SENM Athletes: Cardiff AAC (38Pts)

39	MM35	8-MM35	271	Gary BROWN (MM35)	Penarth and Dinas	35:40	2nd Team - SENM Athletes: Swansea Harriers (67Pts)					
40	SENM	24-SENM	44	David KEENAN (SENM)	Llanelli AC	35:50	51	Phillip MATTHEWS (MM35) (2)				
41	SENM	25-SENM	56	Owain MORRIS (SENM)	Aberdare VAAC	35:55	16	Morgan DAVIES (SENM) (8)		32:05		
42	MM55	1-MM55	405	Ifan LLOYD (MM55)	Swansea Harriers	36:00	29	Jack GOOCH (SENM) (9)		32:18		
43	MM45	2-MM45	340	Richard BAKER (MM45)	Les Croupiers RC	36:04	33	Matthew HARVEY (MM35) (13)		32:57		
44	MM45	3-MM45	356	Richard JONES (MM45)	Lliswerry Runners	36:12	64	Matthew REES (SENM) (16)		33:26		
45	SENM	26-SENM	3	Gareth AYRES (SENM)	Port Talbot Harriers	36:21	17	James DEAN (SENM) (19)		33:49		
46	MM35	9-MM35	300	Daniel TRIGGS (MM35)	Neath Harriers	36:31	3rd Team - SENM Athletes: Aberdare VAAC (156Pts)					
47	MM35	3-MM40	283	Chris JENKINS (MM40)	Neath Harriers	36:34	6	Daniel BODMAN (SENM) (11)		32:44		
48	SENM	27-SENM	55	Daniel MORGAN (SENM)	Swansea Harriers	36:37	27	Richard GARDINER (MM40) (1)		33:44		
49	MM40	4-MM40	308	Scott BROWNE (MM40)	Les Croupiers RC	36:42	10	Matthew EVANS (SENM) (20)		33:57		
50	MM45	4-MM45	362	Emyr MORGAN (MM45)	Les Croupiers RC	36:45	42	Hywel JONES (SENM) (31)		34:49		
51	MM40	10-MM35	316	Richard FOSTER (MM35)	Spirit of Monmouth	36:48	72	Peter RYDER (MM35) (35)		35:11		
52	SENM	28-SENM	38	Craig J HUDSON (SENM)	Newport Harriers	36:55	56	Owain MORRIS (SENM) (41)		35:55		
53	MM50	3-MM50	359	Kenny LOWIES (MM50)	Headdington RR	37:01						
54	MM40	5-MM40	320	Mark JENNINGS (MM40)	Micky Morris Racing Team	37:28	Master Men 35 Teams (3 to score)					
55	SENM	5-MM45	46	Adrian LEWIS (MM45)	Aberdare VAAC	37:51	Pos	Club	1	2	3	Total
56	SENM	29-SENM	71	David RUIZ-GARCIA (SENM)	Swansea Harriers	38:02	1	Neath Harriers	3	5	6	14
57	MM50	4-MM50	387	Paul FLYNN (MM50)	Swansea Harriers	38:04	2	Swansea Harriers	7	8	13	28
58	MM40	6-MM40	334	Sean THOMASSON (MM40)	Parc Bryn Bach RC	38:12	3					
59	MM35	11-MM35	287	Geoff LEWIS (MM35)	Swansea Harriers	38:14	Master Men 35 'Individual' Medallists					
60	MM40	7-MM40	338	Steve WILLIAMS (MM40)	Llanelli AC	38:15	51	Phillip MATTHEWS (MM35)	Swansea Harriers			
61	MM40	8-MM40	331	Raul REISMANN (MM40)	Swansea Harriers	38:19	51	Phillip MATTHEWS (MM35)	Swansea Harriers			31:04
62	MM40	9-MM40	327	Lee MILLS (MM40)	Islwyn RC	38:21	33	Matthew HARVEY (MM35)	Swansea Harriers			32:57
63	MM60	1-MM60	424	Dave JAMES (MM60)	Les Croupiers RC	38:25	Master Men 35 'Team' Medallists					
64	MM50	5-MM50	390	Martyn HUGHES-DOWDLE (MM50)	Swansea Harriers	38:33	1st Team - MM35 Athletes: Neath Harriers (14Pts)					
65	MM50	6-MM50	392	Simon LEWIS (MM50)	Parc Bryn Bach RC	38:36	294	Andrew REYNOLDS (MM35) (3)				35:34
66	MM55	2-MM55	416	David WARREN (MM55)	Cardigan Running Club	38:51	300	Daniel TRIGGS (MM35) (5)				36:31
67	MM40	30-SENM	315	John EVANS (SENM)	Parc Bryn Bach RC	39:05	283	Chris JENKINS (MM40) (6)				36:34
68	MM45	6-MM45	374	Martin SHAW (MM45)	Brecon AC	39:10	2nd Team - MM35 Athletes: Swansea Harriers (28Pts)					
69	MM50	7-MM50	397	Lee SMITH (MM50)	Lliswerry Runners	39:13	287	Geoff LEWIS (MM35) (7)				38:14
70	MM50	8-MM50	389	Thomas GUEST (MM50)	Swansea Harriers	39:16	292	Daniel OTTESON (MM35) (8)				39:51
71	MM40	10-MM40	305	Jon BELCHER (MM40)	Lliswerry Runners	39:23	288	Rory MACNAIR (MM35) (13)				42:24
72	SENM	31-SENM	60	Rhys PIPPARD (SENM)	Pont-y-pwl & District	39:27	No 3rd Team					
73	SENM	32-SENM	77	Gabrielius STUOKUS (SENM)	Les Croupiers RC	39:31						
74	SENM	33-SENM	76	Luke SPENCER (SENM)	Aberdare VAAC	39:37						
75	MM60	2-MM60	429	Ian WEBB (MM60)	Llanelli AC	39:43						
76	MM55	3-MM55	414	Steve SMITH (MM55)	Swansea Harriers	39:48						
77	MM35	12-MM35	292	Daniel OTTESON (MM35)	Swansea Harriers	39:51	Master Men 40 Teams (3 to score)					
78	MM40	11-MM40	337	Charles WALSH (MM40)	Swansea Harriers	39:58	Pos	Club	1	2	3	Total
79	MM55	4-MM55	407	Peter OSBORNE (MM55)	Llanelli AC	40:08	1	Swansea Harriers	8	12	13	33
80	MM40	12-MM40	307	Wayne BOWEN (MM40)	Swansea Harriers	40:20	2	Islwyn RC	9	14	19	42
81	MM55	5-MM55	415	Peter SOWERBY (MM55)	Brecon AC	40:23	3					
82	SENM	13-MM40	21	Darren EDWARDS (MM40)	Aberdare VAAC	40:24	Master Men 40 'Individual' Medallists					
83	MM35	13-MM35	293	Robert PRITCHARD (MM35)	Monross Trailblazers	40:29	27	Richard GARDINER (MM40)	Aberdare VAAC			33:44
84	MM35	14-MM35	280	Paul HAYWARD (MM35)	Islwyn RC	40:34	335	Lyndon TUDOR-MAISEY (MM40)	Les Croupiers RC			35:06
85	MM45	14-MM40	373	Rob SAGE (MM40)	Les Croupiers RC	40:35	283	Chris JENKINS (MM40)	Neath Harriers			36:34
86	SENM	34-SENM	8	Stuart BOOKER (SENM)	Swansea Harriers	40:37	Master Men 40 'Team' Medallists					

87	SENM	35-SENM	40	Ceri ISAAC (SENM)	3M Gorseinon RR	40:52	1st Team - MM40 Athletes: Swansea Harriers (33Pts)					
88	MM35	15-MM35	270	Robert BORLEY (MM35)	San Domenico RC	40:53	331	Raul REISMANN (MM40) (8)			38:19	
89	MM40	15-MM40	323	Bleddyn JONES (MM40)	Islwyn RC	41:09	337	Charles WALSH (MM40) (12)			39:58	
90	MM50	9-MM50	395	Richard SELF (MM50)	Les Croupiers RC	41:14	307	Wayne BOWEN (MM40) (13)			40:20	
91	MM35	10-MM50	278	Chris FULCHER (MM50)	Neath Harriers	41:15	2nd Team - MM40 Athletes: Islwyn RC (42Pts)					
92	SENM	36-SENM	50	Ritchard MANN (SENM)	San Domenico RC	41:18	327	Lee MILLS (MM40) (9)			38:21	
93	SENM	37-SENM	61	Richard PRICE (SENM)	Parc Bryn Bach RC	41:24	323	Bleddyn JONES (MM40) (14)			41:09	
94	MM45	7-MM45	379	Lee WALTERS (MM45)	Aberdare VAAC	41:28	329	Steven PHILLIPS (MM40) (19)			46:02	
95	MM55	6-MM55	403	Haydn HARTNELL (MM55)	Islwyn RC	41:30	3rd Team - MM40 Athletes: (0Pts)					
96	MM40	16-MM40	321	Robert JOHN (MM40)	Micky Morris Racing Team	41:32						
97	MM50	11-MM50	388	Russell GODWIN (MM50)	Colwyn Bay AC	41:34						
98	SENM	38-SENM	53	John MORAN (SENM)	Swansea Harriers	41:35						
99	MM55	7-MM55	421	Stephen WILLIAMS (MM55)	Parc Bryn Bach RC	41:36						
100	MM45	12-MM50	364	Charlie NORTHEY (MM50)	Brecon AC	41:36	Master Men 45 Teams (3 to Score)					
101	MM55	8-MM55	402	Rob FALCONER (MM55)	Swansea Harriers	41:39	Pos	Club	1	2	3	Total
102	SENM	39-SENM	52	Ryan MINARD (SENM)	Aberdare VAAC	41:41	1	Les Croupiers RC	1	3	5	9
103	SENM	40-SENM	80	James THOMAS (SENM)	Parc Bryn Bach RC	41:49	2	Brecon AC	2	6	9	17
104	MM40	17-MM40	318	Mark HIDDLESTONE (MM40)	Port Talbot Harriers	41:53	3	Parc Bryn Bach RC	11	12	14	37
105	MM50	13-MM50	385	Mark DUNN (MM50)	Spirit of Monmouth	42:18	Master Men 45 'Individual' Medallists					
106	MM35	16-MM35	288	Rory MACNAIR (MM35)	Swansea Harriers	42:24	353	Huw EVANS (MM45)	Les Croupiers RC		34:44	
107	MM35	8-MM45	297	Steven SMITH (MM45)	Aberdare VAAC	42:28	340	Richard BAKER (MM45)	Les Croupiers RC		36:04	
108	MM50	14-MM50	382	Allen BUNNEY (MM50)	Aberdare VAAC	42:34	356	Richard JONES (MM45)	Lliswerry Runners		36:12	
109	MM45	9-MM45	347	Ian CLARKE (MM45)	Aberdare VAAC	42:56	Master Men 45 'Team' Medallists					
110	SENM	41-SENM	73	Richard SHEEHY (SENM)	Parc Bryn Bach RC	42:58	1st Team - MM45 Athletes: Les Croupiers RC (9Pts)					
111	MM45	10-MM45	345	Stephen CARTER (MM45)	Parc Bryn Bach RC	43:07	353	Huw EVANS (MM45) (1)			34:44	
112	MM45	11-MM45	341	Neil BEYNON (MM45)	Parc Bryn Bach RC	43:21	340	Richard BAKER (MM45) (3)			36:04	
113	MM55	9-MM55	418	Kim WEHDEN (MM55)	Islwyn RC	43:26	362	Emyr MORGAN (MM45) (5)			36:45	
114	MM50	15-MM50	384	Ian DAVIES (MM50)	Parc Bryn Bach RC	43:29	2nd Team - MM45 Athletes: Brecon AC (17Pts)					
115	SENM	42-SENM	28	David GIBBINGS (SENM)	Islwyn RC	43:30	368	Mike PFEIFFER (MM50) (2)			35:04	
116	MM40	18-MM40	325	Chris LEWIS (MM40)	Port Talbot Harriers	43:34	374	Martin SHAW (MM45) (6)			39:10	
117	MM45	12-MM45	354	Brian EVANS (MM45)	Spirit of Monmouth	43:40	364	Charlie NORTHEY (MM50) (9)			41:36	
118	MM40	19-MM40	313	Owen DAVIES (MM40)	Swansea Harriers	43:48	3rd Team - MM45 Athletes: Parc Bryn Bach RC (37Pts)					
119	MM60	3-MM60	423	William DANIELS (MM60)	Rhondda AC	44:02	345	Stephen CARTER (MM45) (11)			43:07	
120	SENM	43-SENM	54	Michael MORGAN (SENM)	Penarth and Dinas	44:25	341	Neil BEYNON (MM45) (12)			43:21	
121	MM45	13-MM45	369	Lee PHILLIPS (MM45)	Parc Bryn Bach RC	44:36	369	Lee PHILLIPS (MM45) (14)			44:36	
122	SENM	44-SENM	75	James SIBLEY (SENM)	San Domenico RC	44:43						
123	MM50	16-MM50	381	Steven BRIDGES (MM50)	Aberdare VAAC	44:48	Master Men 50 Teams (3 to score)					
124	MM55	10-MM55	412	Mark ROBERTS (MM55)	Brecon AC	44:55	Pos	Club	1	2	3	Total
125	MM45	14-MM45	342	Heath BRETT (MM45)	Swansea Harriers	45:03	1	Swansea Harriers	3	4	7	14
126	MM45	15-MM45	352	Owen DAVIES (MM45)	Parc Bryn Bach RC	45:08	2					
127	SENM	4-U20M	15	Luke DAVIES (U20M)	Swansea Harriers	45:11	3					
128	MM45	16-MM45	360	Michael MATTHEWS (MM45)	Parc Bryn Bach RC	45:29	Master Men 50 'Individual' Medallists					
129	MM55	11-MM55	420	David E WILLIAMS (MM55)	Les Croupiers RC	45:34	399	Jeff WHERLOCK (MM50)	Lliswerry Runners		34:57	
130	MM60	4-MM60	428	Mark TERRY (MM60)	Trots	45:38	368	Mike PFEIFFER (MM50)	Brecon AC		35:04	
131	MM50	17-MM50	396	Dominic SHIELDS (MM50)	San Domenico RC	45:52	359	Kenny LOWIES (MM50)	Headdington RR		37:01	
132	MM40	20-MM40	329	Steven PHILLIPS (MM40)	Islwyn RC	46:02	Master Men 50 'Team' Medallists					
133	MM45	17-MM45	371	Steve PREDDY (MM45)	Les Croupiers RC	46:06	1st Team - MM50 Athletes: Swansea Harriers (14Pts)					
134	MM55	12-MM55	408	Clive OSMOND (MM55)	Les Croupiers RC	46:14	387	Paul FLYNN (MM50) (3)			38:04	

135	SENM	45-SENM	36	John HILL (SENM)	Bridgend AC	46:29	390	Martyn HUGHES-DOWDLE (MM50) (4)	38:33			
136	MM40	21-MM40	332	Martin SLUCUTT (MM40)	Swansea Harriers	46:40	389	Thomas GUEST (MM50) (7)	39:16			
137	MM55	5-MM60	417	Richard WEBSTER (MM60)	3M Gorseinon RR	46:53	No 2nd Team					
138	MM45	18-MM45	357	Dusty KENNEDY (MM45)	Swansea Harriers	47:01						
139	MM55	13-MM55	409	Gwynfor PALFREY (MM55)	Parc Bryn Bach RC	47:05						
140	MM45	19-MM45	363	Robert NELSON (MM45)	Spirit of Monmouth	47:11						
141	MM35	17-MM35	277	Andrew DRISCOLL (MM35)	Aberdare VAAC	47:11	3rd Team - MM50 Athletes: (0Pts)					
142	MM45	18-MM35	355	Huw JONES (MM35)	Aberdare VAAC	47:14						
143	MM50	18-MM50	383	Jeremy CREASEY (MM50)	Spirit of Monmouth	47:36						
144	MM45	20-MM45	358	Darren KIPPEST (MM45)	Parc Bryn Bach RC	47:54						
145	MM45	21-MM45	366	Nick OSMAN (MM45)	Parc Bryn Bach RC	48:04						
146	MM35	22-MM40	275	Simon COOMBES (MM40)	Swansea Harriers	48:09	Master Men 55 Teams (3 to score)					
147	MM35	19-MM35	286	Craig LEHAJ (MM35)	Islwyn RC	48:13	Pos	Club	1	2	3	Total
148	SENM	46-SENM	41	Craig JOHN (SENM)	Port Talbot Harriers	48:31	1	Swansea Harriers	1	3	8	12
149	MM55	6-MM60	413	Marc SIMS (MM60)	Brecon AC	49:04	2	Brecon AC	5	10	15	30
150	MM55	14-MM55	419	Dewi WEST (MM55)	3M Gorseinon RR	49:13	3	Les Croupiers RC	11	12	17	40
151	MM40	23-MM40	317	Michael HALSALL (MM40)	Llanelli AC	49:37	Master Men 55 'Individual' Medallists					
152	SENM	47-SENM	66	Liam RICHARDS (SENM)	Aberdare VAAC	49:50	405	Ifan LLOYD (MM55)	Swansea Harriers	36:00		
153	MM45	22-MM45	378	Terry VAUGHAN (MM45)	Parc Bryn Bach RC	50:54	416	David WARREN (MM55)	Cardigan Running Club	38:51		
154	MM45	23-MM45	367	Chirag PATEL (MM45)	Les Croupiers RC	51:19	414	Steve SMITH (MM55)	Swansea Harriers	39:48		
155	MM55	15-MM55	410	Rod PERONS (MM55)	Les Croupiers RC	51:41	Master Men 55 'Team' Medallists					
156						51:44	1st Team - MM55 Athletes: Swansea Harriers (12Pts)					
157						51:49	405	Ifan LLOYD (MM55) (1)	36:00			
158						51:50	414	Steve SMITH (MM55) (3)	39:48			
159						52:20	402	Rob FALCONER (MM55) (8)	41:39			
160						53:33	2nd Team - MM55 Athletes: Brecon AC (30Pts)					
161						55:35	415	Peter SOWERBY (MM55) (5)	40:23			
162						55:44	412	Mark ROBERTS (MM55) (10)	44:55			
163						56:42	413	Marc SIMS (MM60) (15)	49:04			
164						57:56	3rd Team - MM55 Athletes: Les Croupiers RC (40Pts)					
165							420	David E WILLIAMS (MM55) (11)	45:34			
166							408	Clive OSMOND (MM55) (12)	46:14			
167							410	Rod PERONS (MM55) (17)	51:41			
168												
169							Master Men 60 Teams (3 to score)					
170							Pos	Club	1	2	3	Total
171							1					
172							2	No 2nd Team				
173							Master Men 60 'Individual' Medallists					
174							424	Dave JAMES (MM60)	Les Croupiers RC	38:25		
175							429	Ian WEBB (MM60)	Llanelli AC	39:43		
176							423	William DANIELS (MM60)	Rhondda AC	44:02		
177							Master Men 60 'Team' Medallists					
178												
179								#N/A				
180								#N/A				
181								#N/A				
182							No 2nd Team					