



WELSH ATHLETICS  
ATHLETAU CYMRU

# **2nd Welsh Athletics Cross Contry Relay**

**Monmouth Showground  
Sunday 23rd November 2016**

**RACE 1 Primary Schools - Girls**

Pos	Bib	Athlete	Club	Time	TEAMS FINISHING ORDER FOR 3 PER TEAM					
					Pos	Club	1	2	3	Total
1	197	Chloe HALE	Blaenau Gwent AC	5:23	1	Deeside AAC	2	4	5	11
2	181	Masiy PARRY	Deeside AAC	5:25	2	Bridgend AC	3	7	11	21
3	214	Anna-Rose MERCHANT	Bridgend AC	5:30	3	Blaenau Gwent AC	1	10	16	27
4	179	Maria SMALLWOOD	Deeside AAC	5:33	4	Cardiff Archers	6	9	19	34
5	178	Macie CROWE	Deeside AAC	5:34	5	Carmarthen Harriers	12	13	22	47
6	195	Yasmin HADID	Cardiff Archers	5:37	6	Cardiff Archers	20	21	23	64
7	190	Mali MACDUFF	Bridgend AC	5:39	7	Rhymney Valley AC	15	17	34	66
8	180	Eden EDWARDS	Deeside AAC	5:40	8	Blaenau Gwent AC	18	24	28	70
9	115	Sophie KNOYLE	Cardiff Archers	5:41	9	Cardiff Archers	26	27	30	83
10	194	Ellie MORRIS	Blaenau Gwent AC	5:42	<b>RACE 1 Primary Schools - Girls Participating Clubs</b>					
11	191	Bethan HARDMAN	Bridgend AC	5:44	<b>Below 3 teams do not score</b>					
12	137	Bethan HILL	Carmarthen Harriers	5:46	<b>Pre declared clubs/schools</b>			<b>Reg Athletes</b>		
13	138	Milly JOHN	Carmarthen Harriers	5:50	Cardiff Archers		11		Scoring Teams	
14	136	Ceri GRIFFITHS	Newport Harriers	5:50	Cardiff AAC		5		Scoring Teams	
15	167	Freya HUGHES-ROLLS	Rhymney Valley AC	5:51	Bridgend AC		4		Scoring Teams	
16	203	Grace PARK	Blaenau Gwent AC	5:52	Carmarthen Harriers		8		Scoring Teams	
17	166	Marni BURRIDGE	Rhymney Valley AC	5:53	Newport Harriers		3		Scoring Team	
18	204	Bethan KEY	Blaenau Gwent AC	5:57	Rhymney Valley AC		3		Scoring Team	
19	117	Amber PEARN	Cardiff Archers	5:57	Pembrokeshire Harriers		1			
20	176	Amy DAVIS	Cardiff Archers	5:57	Blaenau Gwent AC		7		Scoring Teams	
21	112	Seren GRIFFITHS	Cardiff Archers	5:57	Deeside AAC		3		Scoring Team	
22	131	Keira CARMODY	Carmarthen Harriers	5:57						
23	104	Emily DENT	Cardiff Archers	6:03	<b>1st Placed Team Athletes: Deeside AAC (11Pts)</b>					
24	175	Lennie SYMES	Blaenau Gwent AC	6:05	181 Masiy PARRY (2)				5:25	
25	172	Millie GOLD	Cardiff AAC	6:07	179 Maria SMALLWOOD (4)				5:33	
26	116	Graice LING	Cardiff Archers	6:12	178 Macie CROWE (5)				5:34	
27	134	Katie GILL	Cardiff Archers	6:15	<b>2nd Placed Team Athletes: Bridgend AC (21Pts)</b>					
28	202	Kate DENNINGTON	Blaenau Gwent AC	6:16	214 Anna-Rose MERCHANT (3)				5:30	
29	169	Katie DAVID	Pembrokeshire Harriers	6:29	190 Mali MACDUFF (7)				5:39	
30	103	Sophie DAVIES	Cardiff Archers	6:34	191 Bethan HARDMAN (11)				5:44	
31	105	Amiah FRIDAY	Cardiff AAC	6:43	<b>3rd Placed Team Athletes: Blaenau Gwent AC (27Pts)</b>					
32	100	Erin BETH EVANS	Cardiff Archers	6:50	197 Chloe HALE (1)				5:23	
33	101	Millie BLAND	Cardiff AAC	6:59	194 Ellie MORRIS (10)				5:42	
34	168	Abigail JAMES	Rhymney Valley AC	7:14	203 Grace PARK (16)				5:52	
35	174	Mia THOMAS	Blaenau Gwent AC	7:36						
36	182	Libby JARVIS	Newport Harriers	7:50						
37	118	Macey YOUNG	Cardiff AAC	9:27						

Pos	Bib	Athlete	Club	Time	TEAM FINISH ORDER					
					Pos	Club	1	2	3	Total
1	144	Ifan BOWEN	Carmarthen Harriers	5:05	1	Monmouth School	7	8	9	24
2	119	Elis FINLAYSON	Cardiff AAC	5:09	2	Cardiff AAC	2	6	19	27
3	170	Tom DAVID	Pembrokeshire Harriers	5:11	3	Carmarthen Harriers	1	11	18	30
4	207	Dominic DAVIES	Osbaston School	5:12	4	Cardiff Archers	5	15	17	37
5	121	Christopher JONES	Cardiff Archers	5:21	5	Newport Harriers	10	14	16	40
6	127	Joseph JOYCE	Cardiff AAC	5:26	6	Monmouth School	12	20	25	57
7	208	Henry EVANS	Monmouth School	5:29	7	Blaenau Gwent AC	23	29	31	83
8	210	Arthur NEWINGTON-BRIDGES	Monmouth School	5:32	8	Newport Harriers	27	28	30	85
9	211	Harry DAWES	Monmouth School	5:33	<b>RACE 2 Primary Schools - Boys Participating Clubs</b>					
10	145	Harry BRADLEY	Newport Harriers	5:35	<b>Below 3 teams do not score</b>					
11	154	Steffan DAVIES	Carmarthen Harriers	5:36	<b>Pre declared clubs/schools</b>			<b>Reg Athletes</b>		
12	212	Toby DAY	Monmouth School	5:37	Cardiff Archers		4		Scoring Teams	
13	186	Luc MARTIN	Bridgend AC	5:40	Cardiff AAC		5		Scoring Teams	
14	158	Leo STARK	Newport Harriers	5:41	Bridgend AC		1			
15	192	Sean HOPKINS	Cardiff Archers	5:41	Carmarthen Harriers		6		Scoring Teams	
16	153	Finlay DAVIES	Newport Harriers	5:42	Newport Harriers		6		Scoring Teams	
17	120	Nathan HILL	Cardiff Archers	5:43	Pembrokeshire Harriers		1			
18	152	Huw CRESSY-ROGERS	Carmarthen Harriers	5:45	Blaenau Gwent AC		4		Scoring Teams	
19	171	Zac AMPS	Cardiff AAC	5:46	Deeside AAC		1			
20	213	Oliver LLOYD	Monmouth School	5:46	Osbaston School		1			
21	155	Jake LYNCOCK	Carmarthen Harriers	5:50	<b>1st Placed Team Athletes: Monmouth School (27Pts)</b>					
22	177	Kieran BUSHELL	Deeside AAC	5:52	208	Henry EVANS (7)			5:09	
23	206	Caleb WITHERS	Blaenau Gwent AC	5:52	210	Arthur NEWINGTON-BRIDGES (8)			5:26	
24	118	Macey YOUNG	Cardiff AAC	5:53	211	Harry DAWES (9)			5:46	
25	209	Jacob KAYNE	Monmouth School	5:59	<b>2nd Placed Team Athletes: Cardiff AAC (30Pts)</b>					
26	151	Ryan CLARK	Cardiff Archers	6:04	119	Elis FINLAYSON (2)			5:05	
27	165	Isaac WILLIAMS	Newport Harriers	6:09	127	Joseph JOYCE (6)			5:36	
28	156	Joel MILES	Newport Harriers	6:13	171	Zac AMPS (19)			5:45	
29	193	James SNELL	Blaenau Gwent AC	6:16	<b>3rd Placed Team Athletes: Carmarthen Harriers (37Pts)</b>					
30	157	Theo PHILLIPS	Newport Harriers	6:27	144	Ifan BOWEN (1)			5:21	
31	205	Louis KING	Blaenau Gwent AC	6:56	154	Steffan DAVIES (11)			5:41	
32	128	Ethan MEYRICK	Cardiff AAC	6:59	152	Huw CRESSY-ROGERS (18)			5:43	





U15 GIRLS RESULTS							Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES	Leg 1	Leg 2	Leg 3	Leg 4				
1	23	Deeside AAC	4:55	10:13	15:23	20:00	20:00	1	20:00	Deeside AAC
	23A	Rheagan EDWARDS-U15G	4:55					2	20:34	Swansea Harriers 'A'
	23B	Lauren WATCHORN-U15G		5:18				3	20:49	Newport Harriers 'A'
	23C	Imogen OWEN-U15G			5:10			4	21:24	Carmarthen Harriers 'A'
	23D	Mia ROBERTS-U15G				4:37		5	21:30	Cardiff AAC 'A'
2	26	Swansea Harriers 'A'	4:47	9:58	15:11	20:34	20:34	6	22:38	Cardiff AAC 'B'
	26A	Mollie JONES-U15G	4:47					7	22:55	Aberdare VAAC
	26B	Rebecca MARTIN-U15G		5:11				8	24:13	Newport Harriers 'B'
	26C	Beth THOMAS-U15G			5:13			9	25:33	Cardiff AAC 'C'
	26D	Bronwen STRATTON-THOMAS-U15G				5:23		10	10:53	Carmarthen Harriers 'B'
3	24	Newport Harriers 'A'	5:18	10:34	15:42	20:49	20:49	FASTEST LEG		
	24A	Jemima JENKINS-U15G	5:18					1	4:37	Mia ROBERTS-U15G
	24B	Catrin PHILLIPS-U15G		5:16				2	4:47	Mollie JONES-U15G
	24C	Lowri THOMAS-U15G			5:08			3	4:55	Rheagan EDWARDS-U15G
	24D	Ellie ROBINSON-U15G				5:07		4	5:04	Deryn CRESSY-ROGERS-U15G
4	27	Carmarthen Harriers 'A'	5:04	10:24	15:50	21:24	21:24	5	5:07	Ella MORGAN-U15G
	27A	Deryn CRESSY-ROGERS-U15G	5:04					6	5:07	Ellie ROBINSON-U15G
	27B	Siwan JONES-EVANS-U15G		5:20				7	5:08	Lowri THOMAS-U15G
	27C	Eva EDWARDS-U15G			5:26			8	5:10	Imogen OWEN-U15G
	27D	Maddie MORGAN-U15G				5:34		9	5:11	Rebecca MARTIN-U15G
5	20	Cardiff AAC 'A'	5:14	10:50	16:11	21:30	21:30	10	5:13	Beth THOMAS-U15G
	20A	Mia GODDARD-U15G	5:14					11	5:14	Mia GODDARD-U15G
	20B	Bethany GOLD-U15G		5:36				12	5:16	Beca ROBERTS-U15G
	20C	Elin WILLIAMS-U15G			5:21			13	5:16	Catrin PHILLIPS-U15G
	20D	Isobel ANNETTS-U15G				5:19		14	5:18	Lauren WATCHORN-U15G
6	21	Cardiff AAC 'B'	5:20	10:59	17:10	22:38	22:38	15	5:18	Jemima JENKINS-U15G
	21A	Holly BOSTOCK-U15G	5:20					16	5:19	Isobel ANNETTS-U15G
	21B	Megan FRIEDLI-U15G		5:39				17	5:20	Holly BOSTOCK-U15G
	21C	Bethan MEYRICK-U15G			6:11			18	5:20	Siwan JONES-EVANS-U15G
	21D	Emily CHIRIGHN-U15G				5:28		19	5:21	Elin WILLIAMS-U15G
7	19	Aberdare VAAC	5:07	11:03	17:12	22:55	22:55	20	5:23	Bronwen STRATTON-THOMAS-U15G
	19A	Ella MORGAN-U15G	5:07					21	5:26	Eva EDWARDS-U15G
	19B	Cerys EVANS-U15G		5:56				22	5:28	Emily CHIRIGHN-U15G
	19C	Caitlyn JAMES-U15G			6:09			23	5:34	Maddie MORGAN-U15G
	19D	Keira GRIFFITHS-U15G				5:43		24	5:36	Bethany GOLD-U15G
8	25	Newport Harriers 'B'	5:39	11:37	17:54	24:13	24:13	25	5:37	Mollie CRESSY-ROGERS-U15G
	25A	Maisie OVEY-U15G	5:39					26	5:39	Megan FRIEDLI-U15G
	25B	Sophie GOULD-U15G		5:58				27	5:39	Maisie OVEY-U15G
	25C	Maya WOODWARD-U15G			6:17			28	5:43	Keira GRIFFITHS-U15G
	25D	Kayleigh MITCHELL-U15G				6:19		29	5:56	Lily GASKIN-U15G
9	22	Cardiff AAC 'C'	5:59	11:55	18:03	25:33	25:33	30	5:56	Cerys EVANS-U15G
	22A	Constance WOOD-U15G	5:59					31	5:58	Sophie GOULD-U15G
	22B	Lily GASKIN-U15G		5:56				32	5:59	Constance WOOD-U15G
	22C	Caitlin CHAPMAN-U15G			6:08			33	6:08	Caitlin CHAPMAN-U15G
	22D	Jaya JONES-U15G				7:30		34	6:09	Caitlyn JAMES-U15G
10	28	Carmarthen Harriers 'B'	5:37	10:53			10:53	35	6:11	Bethan MEYRICK-U15G
	28A	Mollie CRESSY-ROGERS-U15G	5:37					36	6:17	Maya WOODWARD-U15G
	28B	Beca ROBERTS-U15G		5:16				37	6:19	Kayleigh MITCHELL-U15G
		Incomplete Team						38	7:30	Jaya JONES-U15G
		Incomplete Team								



**U17\_WOMEN\_RESULTS**

U17 WOMEN RESULTS			Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES					1	2	3
1	38	Cardiff AAC	6:24	12:53	19:12	<b>19:12</b>	1	19:12	Cardiff AAC
	38A	Kiara FRIZELLE-U17W	6:24				2	19:43	Pembrokeshire Harriers
	38B	Carys ANGHARAD BILL-U17W		6:29			3	21:13	Newport Harriers
	38C	Naomi REID-U17W			6:19		4	22:56	Carmarthen Harriers 'A'
2	41	Pembrokeshire Harriers	6:46	13:22	19:43	<b>19:43</b>	5		
	41A	Lucy DAVIES-U17W	6:46				6		
	41B	Lucy OMNET-U17W		6:36			<b>FASTEST LEG</b>		
	41C	Abbie WILLIAMS-U17W			6:21				
3	40	Newport Harriers	6:56	14:19	21:13	<b>21:13</b>	1	6:19	Naomi REID-U17W
	40A	Anwen ROBERTS-U17W	6:56				2	6:21	Abbie WILLIAMS-U17W
	40B	Anna BROWN-U17W		7:23			3	6:24	Kiara FRIZELLE-U17W
	40C	Bethan WAINWRIGHT-U17W			6:54		4	6:29	Carys ANGHARAD BILL-U17W
4	42	Carmarthen Harriers 'A'	7:52	15:22	22:56	<b>22:56</b>	5	6:36	Lucy OMNET-U17W
	42A	Taylor MCARTHUR-U17W	7:52				6	6:46	Lucy DAVIES-U17W
	42B	Non MORGAN-U17W		7:30			7	6:54	Bethan WAINWRIGHT-U17W
	42C	Grace PAGE-U17W			7:34		8	6:56	Anwen ROBERTS-U17W
		No Team					9	7:23	Anna BROWN-U17W
						10	7:30	Non MORGAN-U17W	
						11	7:34	Grace PAGE-U17W	
						12	7:52	Taylor MCARTHUR-U17W	



**U17\_MEN\_RESULTS**

<b>U17 MEN RESULTS</b>			Leg 1	Leg 2	Leg 3	Club Time	<b>TEAM SCORES</b>		
Pos	BIB	CLUB/ATHLETES					1	16:56	Cardiff AAC 'A'
1	44	Cardiff AAC 'A'	5:43	11:37	16:56	<b>16:56</b>	1	16:56	Cardiff AAC 'A'
	44A	Morgan JAMES-U17M	5:43				2	17:07	Newport Harriers
	44B	Rhys JONES-U17M		5:54			3	17:51	Swansea Harriers 'A'
	44C	James VINCENT-U17M			5:19		4	18:27	Cardiff AAC 'B'
2	48	Newport Harriers	5:47	11:35	17:07	<b>17:07</b>	5	12:12	Swansea Harriers 'B'
	48A	Owen LOCKE-U17M	5:47				6	6:02	Carmarthen Harriers 'A'
	48B	Isaac THURGOOD-U17M		5:48			<b>FASTEST LEG</b>		
	48C	Jackson MOUNTFORD-U17M			5:32		1	5:19	James VINCENT-U17M
3	49	Swansea Harriers 'A'	5:36	11:30	17:51	<b>17:51</b>	2	5:32	Jackson MOUNTFORD-U17M
	49A	Elliot LAWRENCE-U17M	5:36				3	5:36	Elliot LAWRENCE-U17M
	49B	Samuel MARTIN-U17M		5:54			4	5:43	Morgan JAMES-U17M
	49C	Joseph TOBIN-U17M			6:21		5	5:47	Owen LOCKE-U17M
4	45	Cardiff AAC 'B'	6:08	12:20	18:27	<b>18:27</b>	6	5:48	Isaac THURGOOD-U17M
	45A	Jack MCCONKEY-U17M	6:08				7	5:54	Rhys JONES-U17M
	45B	Callum RUSSELL-U17M		6:12			8	5:54	Samuel MARTIN-U17M
	45C	Owain EDWARDS-U17M			6:07		9	6:02	Morgan LLEWELYN-U17M
5	50	Swansea Harriers 'B'	6:04	12:12		<b>12:12</b>	10	6:04	Francis LEWIS-U17M
	50A	Francis LEWIS-U17M	6:04				11	6:07	Owain EDWARDS-U17M
	50B	Mark TOBIN-U17M		6:08			12	6:08	Mark TOBIN-U17M
		Incomplete Team					13	6:08	Jack MCCONKEY-U17M
6	52	Carmarthen Harriers 'A'	6:02			<b>6:02</b>	14	6:12	Callum RUSSELL-U17M
	52A	Morgan LLEWELYN-U17M	6:02				15	6:21	Joseph TOBIN-U17M
		Incomplete Team							
		Incomplete Team							

<b>SENIOR WOMEN RESULTS</b>			Leg 1	Leg 2	Leg 3	Club Time	<b>TEAM SCORES</b>		
Pos	BIB	CLUB/ATHLETES					1	2	3
1	55	Cardiff AAC	9:16	18:35	27:39	<b>27:39</b>	1	27:39	Cardiff AAC
	55A	Lucy MARLAND-SEW	9:16				2	28:01	Swansea Harriers 'A'
	55B	Carys MAI HUGHES-SEW		9:19			3	31:32	Cardiff AAC
	55C	Katherine MARSHALL-SEW			9:04		4	31:44	Pontypridd Roadents 'A'
2	59	Swansea Harriers 'A'	10:04	19:08	28:01	<b>28:01</b>	6	34:53	Liswerry Runners
	59A	Victoria JACKSON-SEW	10:04				7	37:03	Newport Harriers 'A'
	59B	Alaw BEYNON-THOMAS-SEW		9:04			8	40:21	Cardiff Met Uni
	59C	Andrea WHITCOMBE-SEW			8:53		9	46:07	Pontypridd Roadents 'B'
3	39	Cardiff AAC	9:50	21:29	31:32	<b>31:32</b>	<b>FASTEST LEG</b>		
	39A	Bethan EVANS-U20W	9:50				1	8:53	Andrea WHITCOMBE-SEW
	39B	Ffion GREGSON-LEWIS-U20W		11:39			2	9:04	Alaw BEYNON-THOMAS-SEW
	39C	Laura GRACE WRIGHT-U20W			10:03		3	9:04	Katherine MARSHALL-SEW
4	47	Pontypridd Roadents 'A'	9:32	19:57	31:44	<b>31:44</b>	4	9:16	Lucy MARLAND-SEW
	47A	Clara EVANS-SEW	9:32				5	9:19	Carys MAI HUGHES-SEW
	47B	Kristie O'CONNELL-SEW		10:25			6	9:32	Clara EVANS-SEW
	47C	Steph DAVIES-SEW			11:47		7	9:50	Bethan EVANS-U20W
5	98	San Domenico	11:19	22:09	32:14	<b>32:14</b>	8	10:03	Laura GRACE WRIGHT-U20W
	98A	Megan POULSON-SEW	11:19				9	10:04	Victoria JACKSON-SEW
	98B	Heledd ROBERTS-SEW		10:50			10	10:05	Fiona BUSSELL-SEW
	98C	Fiona BUSSELL-SEW			10:05		11	10:25	Kristie O'CONNELL-SEW
6	56	Liswerry Runners	10:33	23:17	34:53	<b>34:53</b>	12	10:28	Bethan HARRIS-SEW
	56A	Emma WOOKEY-SEW	10:33				13	10:33	Emma WOOKEY-SEW
	56B	Sarah LAUDER-SEW		12:44			14	10:50	Heledd ROBERTS-SEW
	56C	Laura DAVIES-SEW			11:36		15	11:16	Emily CHANDLER-SEW
7	57	Newport Harriers 'A'	11:43	23:07	37:03	<b>37:03</b>	16	11:19	Megan POULSON-SEW
	57A	Claire SAMUEL-SEW	11:43				17	11:22	Mollie DAVIES-SEW
	57B	Phoebe MARSDEN-SEW		11:24			18	11:24	Phoebe MARSDEN-SEW
	57C	Rachel WAINWRIGHT-SEW			13:56		19	11:36	Laura DAVIES-SEW
8	61	Cardiff Met Uni	11:22	22:38	40:21	<b>40:21</b>	20	11:39	Ffion GREGSON-LEWIS-U20W
	61A	Mollie DAVIES-SEW	11:22				21	11:43	Claire SAMUEL-SEW
	61B	Emily CHANDLER-SEW		11:16			22	11:47	Steph DAVIES-SEW
	61C	Nicola COWAN-SEW			17:43		23	12:04	Megan STRATTON-THOMAS-SEW
9	58	Pontypridd Roadents 'B'	13:04	29:29	46:07	<b>46:07</b>	24	12:44	Sarah LAUDER-SEW
	58A	Louise PHILLIPS-SEW	13:04				25	13:04	Louise PHILLIPS-SEW
	58B	Leah MORRIS-SEW		16:25			26	13:56	Rachel WAINWRIGHT-SEW
	58C	Brenda EVANS-SEW			16:38		27	16:25	Leah MORRIS-SEW
10	60	Swansea Harriers 'B'	10:28	22:32		<b>22:32</b>	28	16:38	Brenda EVANS-SEW
	60A	Bethan HARRIS-SEW	10:28				29	17:43	Nicola COWAN-SEW
	60B	Megan STRATTON-THOMAS-SEW		12:04					
		Incomplete Team							

**MW35\_RESULTS**

<b>MW35 RESULTS</b>			Leg 1	Leg 2	Leg 3	Club Time	<b>TEAM SCORES</b>		
Pos	BIB	CLUB/ATHLETES					1	2	3
1	63	Spirit of Monmouth 'A'	10:26	21:22	31:45	<b>31:45</b>	1	31:45	Spirit of Monmouth 'A'
	63A	Alice TAYLOR-MW35	10:26				2	31:58	Swansea Harriers
	63B	Trish CHALK-MW35		10:56			3	33:11	Les Croupiers RC
	63C	Caroline JONES-MW35			10:23		4	37:55	Spirit of Monmouth 'B'
2	65	Swansea Harriers	10:20	21:15	31:58	<b>31:58</b>	5	38:04	Llisbury Runners
	65A	Helen MARSHALL-MW35	10:20				6	40:17	Pontypridd Roadents
	65B	Diane BROWNHILL-MW35		10:55			<b>FASTEST LEG</b>		
	65C	Helen-Marie DAVIES-MW35			10:43				
3	62	Les Croupiers RC	9:58	21:36	33:11	<b>33:11</b>	1	9:58	Katie BEECHER-MW35
	62A	Katie BEECHER-MW35	9:58				2	10:20	Helen MARSHALL-MW35
	62B	Sue WATSON-MW35		11:38			3	10:23	Caroline JONES-MW35
	62C	Carol REES-MW35			11:35		4	10:26	Alice TAYLOR-MW35
4	64	Spirit of Monmouth 'B'	11:50	25:11	37:55	<b>37:55</b>	5	10:43	Helen-Marie DAVIES-MW35
	64A	Nerys CHAPLIN-MW35	11:50				6	10:55	Diane BROWNHILL-MW35
	64B	Karen BARRATT-MW35		13:21			7	10:56	Trish CHALK-MW35
	64C	Emma KING-MW35			12:44		8	11:35	Carol REES-MW35
5	99	Llisbury Runners	12:36	26:03	38:04	<b>38:04</b>	9	11:38	Sue WATSON-MW35
	99A	Sarah LOUISE FRANCIS-MM35	12:36				10	11:50	Nerys CHAPLIN-MW35
	99B	Raven TIMMS-MW35		13:27			11	12:01	Nicola SINCLAIR-MM35
	99C	Nicola SINCLAIR-MM35			12:01		12	12:13	Ffiona DAVIES-MW55
6	340	Pontypridd Roadents	12:13	26:21	40:17	<b>40:17</b>	13	12:36	Sarah LOUISE FRANCIS-MM35
	340A	Ffiona DAVIES-MW55	12:13				14	12:44	Emma KING-MW35
	340B	Julia HERBERT-MW35		14:08			15	13:21	Karen BARRATT-MW35
	340C	Charlotte SMITH-MM35			13:56		16	13:27	Raven TIMMS-MW35
		No Team					17	13:56	Charlotte SMITH-MM35
							18	14:08	Julia HERBERT-MW35



SENIOR MEN RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	76	Swansea Harriers 'A'	10:25	21:26	32:09	42:27	42:27	1	42:27	Swansea Harriers 'A'
	76A	Dewi GRIFFITHS-SENM	10:25					2	43:52	Cardiff AAC
	76B	Marc HOBBS-SENM		11:01				3	44:20	Cardiff Met Uni
	76C	Jack GOOCH-SENM			10:43			4	45:59	Aberdare VAAC
	76D	Josh GRIFFITHS-SENM				10:18		5	47:21	Micky Morris Racing Team
2	71	Cardiff AAC	11:14	22:15	32:47	43:52	43:52	6	47:35	Pontypridd Roadents
	71A	Steve MORRIS-SENM	11:14					7	47:41	Swansea Harriers 'B'
	71B	Ciaran LEWIS-SENM		11:01				8	48:25	Neath Harriers
	71C	Tom MARSHALL-SENM			10:32			9	53:19	Les Croupiers RC
	71D	James THIE-SENM				11:05		10	53:46	Run4All Neath
3	80	Cardiff Met Uni	11:04	21:29	32:56	44:20	44:20	11	59:27	Spirit of Monmouth
	80A	Gareth GRIFFITHS-SENM	11:04					12	60:11	Blaenau Gwent AC 'B'
	80B	Kieran WOOD-SENM		10:25				13	32:06	Aberdare VAAC
	80C	Sam LLOYD-PERKS-SENM			11:27			14	25:34	Cardiff AAC 'B'
	80D	Charlie JOSLIN-ALLEN-SENM				11:24				
4	68	Aberdare VAAC	11:17	22:45	34:51	45:59	45:59	FASTEST LEG		
	68A	Daniel BODMAN-SENM	11:17					1	10:18	Josh GRIFFITHS-SENM
	68B	Ashleigh HARPER-SENM		11:28				2	10:25	Dewi GRIFFITHS-SENM
	68C	Matthew EVANS-SENM			12:06			3	10:25	Kieran WOOD-SENM
	68D	Adam BULL-SENM				11:08		4	10:32	Tom MARSHALL-SENM
5	83	Micky Morris Racing Team	12:16	24:23	36:02	47:21	47:21	5	10:43	Jack GOOCH-SENM
	83A	Matthew GRANTHAM-MM35	12:16					6	11:01	Matthew REES-SENM
	83B	Leighton RAWLINSON-MM35		12:07				7	11:01	Marc HOBBS-SENM
	83C	Stefan SIMMS-MM45			11:39			8	11:01	Ciaran LEWIS-SENM
	83D	Mark JENNINGS-MM35				11:19		9	11:04	Gareth GRIFFITHS-SENM
6	74	Pontypridd Roadents	11:46	23:55	36:06	47:35	47:35	10	11:05	James THIE-SENM
	74A	Paul GRAHAM-SENM	11:46					11	11:08	Adam BULL-SENM
	74B	Billy HAYTON-SENM		12:09				12	11:14	Steve MORRIS-SENM
	74C	Sam RICHARDS-SENM			12:11			13	11:17	Daniel BODMAN-SENM
	74D	Jack BLACKBURN-SENM				11:29		14	11:19	Mark JENNINGS-MM35
7	77	Swansea Harriers 'B'	11:01	22:27	35:01	47:41	47:41	15	11:24	Charlie JOSLIN-ALLEN-SENM
	77A	Matthew REES-SENM	11:01					16	11:26	Matthew RICHARDS-SENM
	77B	Matthew RICHARDS-SENM		11:26				17	11:27	Sam LLOYD-PERKS-SENM
	77C	Craig JONES-SENM			12:34			18	11:28	Ashleigh HARPER-SENM
	77D	Daniel THOMPSON-SENM				12:40		19	11:29	Jack BLACKBURN-SENM
8	73	Neath Harriers	12:21	24:48	36:40	48:25	48:25	20	11:39	Stefan SIMMS-MM45
	73A	Daniel TRIGGS-SENM	12:21					21	11:45	Andrew REYNOLDS-SENM
	73B	Chris JENKINS-SENM		12:27				22	11:46	Paul GRAHAM-SENM
	73C	Tom MCCARTHY-SENM			11:52			23	11:52	Tom MCCARTHY-SENM
	73D	Andrew REYNOLDS-SENM				11:45		24	11:54	Joel REDMAN-SENM
9	72	Les Croupiers RC	12:54	24:59	38:11	53:19	53:19	25	12:05	David J WILLIAMS-SENM
	72A	Gabriellius STUOKUS-SENM	12:54					26	12:06	Matthew EVANS-SENM
	72B	David J WILLIAMS-SENM		12:05				27	12:07	Leighton RAWLINSON-MM35
	72C	Lyndon TUDOR MAISEY-SENM			13:12			28	12:09	Billy HAYTON-SENM
	72D	David JONES-SENM				15:08		29	12:11	Sam RICHARDS-SENM
10	75	Run4All Neath	12:55	25:37	40:42	53:46	53:46	30	12:16	Matthew GRANTHAM-MM35
	75A	Matthew DAVIES-SENM	12:55					31	12:21	Daniel TRIGGS-SENM
	75B	Terry JONES-SENM		12:42				32	12:27	Chris JENKINS-SENM
	75C	Lee LLEWELLYN-SENM			15:05			33	12:34	Craig JONES-SENM
	75D	Chris LLOYD-SENM				13:04		34	12:40	Daniel THOMPSON-SENM
11	69	Spirit of Monmouth	17:05	32:00	46:31	59:27	59:27	35	12:42	Terry JONES-SENM
	69A	Rod WYATT-MM45	17:05					36	12:54	Gabriellius STUOKUS-SENM
	69B	Robert NELSON-MM45		14:55				37	12:55	Matthew DAVIES-SENM
	69C	Jeremy MASTERS-MM35			14:31			38	12:56	Gareth JONES-SENM
	69D	Gareth JONES-SENM				12:56		39	13:04	Chris LLOYD-SENM
12	70	Blaenau Gwent AC 'B'	14:24	28:42	43:43	60:11	60:11	40	13:12	Lyndon TUDOR MAISEY-SENM
	70A	Gahvin WILLIAMS-SENM	14:24					41	13:40	Brian DIAS-SENM
	70B	Kevin HALE-SENM		14:18				42	14:18	Kevin HALE-SENM
	70C	Dean TURNER-SENM			15:01			43	14:24	Gahvin WILLIAMS-SENM
	70D	Gareth RICHARDS-SENM				16:28				

SENIOR MEN RESULTS			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES								
13	81	Aberdare VAAC	16:38	32:06			<b>32:06</b>	44	14:31	Jeremy MASTERS-MM35
	81A	Nathan WILLIAMS-SENM	16:38					45	14:55	Robert NELSON-MM45
	81B	Ryan MINARD-SENM		15:28				46	15:01	Dean TURNER-SENM
		Incomplete Team						47	15:05	Lee LLEWELLYN-SENM
		Incomplete Team						48	15:08	David JONES-SENM
14	96	Cardiff AAC 'B'	13:40	25:34			<b>25:34</b>	49	15:28	Ryan MINARD-SENM
	96A	Brian DIAS-SENM	13:40					50	16:28	Gareth RICHARDS-SENM
	96B	Joel REDMAN-SENM		11:54				51	16:38	Nathan WILLIAMS-SENM

**MM35\_RESULTS**

<b>MM35 RESULTS</b>			Leg 1	Leg 2	Leg 3	Leg 4	Club Time	<b>TEAM SCORES</b>		
Pos	BIB	CLUB/ATHLETES						1	2	3
1	82	Les Croupiers RC	11:31	23:38	35:56	47:53	<b>47:53</b>	1	47:53	Les Croupiers RC
	82A	Huw EVANS-MM35	11:31					2	50:45	Swansea Harriers 'A'
	82B	Doug NICHOLLS-MM35		12:07				3	51:41	Pontypridd Roadents
	82C	Phil COOK-MM35			12:18			4	54:05	Pontypridd Roadents
	82D	Steve PATERSON-MM35				11:57		5	55:41	Newport Harriers
2	87	Swansea Harriers 'A'	13:10	25:50	38:14	50:45	<b>50:45</b>	6	58:22	Swansea Harriers 'B'
	87A	Mike EVANS-MM35	13:10					<b>FASTEST LEG</b>		
	87B	Raul REISMANN-MM35		12:40				1	11:31	Huw EVANS-MM35
	87C	Charles WALSH-MM35			12:24			2	11:57	Steve PATERSON-MM35
	87D	Ifan LLOYD-MM35				12:31		3	12:07	Doug NICHOLLS-MM35
3	86	Pontypridd Roadents	12:55	26:00	38:36	51:41	<b>51:41</b>	4	12:18	Phil COOK-MM35
	86A	Phil WILLIAMS-MM35	12:55					5	12:24	Charles WALSH-MM35
	86B	Keith JAMES-MM35		13:05				6	12:31	Ifan LLOYD-MM35
	86C	David WILLIAMS-MM45			12:36			7	12:36	David WILLIAMS-MM45
	86D	Peter COLES-MM45				13:05		8	12:37	Gareth KNIGHT-MM35
4	100	Pontypridd Roadents	12:39	25:30	40:14	54:05		<b>54:05</b>	9	12:39
	100A	Jake BROOKE-SMITH-SENM	12:39				10		12:40	Raul REISMANN-MM35
	100B	Laurence-POLE-MM35		12:51			11		12:51	Laurence-POLE-MM35
	100C	Sam HOWELL - JONES-SENM			14:44		12		12:55	Phil WILLIAMS-MM35
	100D	Gareth JONES-SENM				13:51	13		13:05	Keith JAMES-MM35
5	85	Newport Harriers	12:37	26:46	40:38	55:41	<b>55:41</b>	13	13:05	Peter COLES-MM45
	85A	Gareth KNIGHT-MM35	12:37					15	13:10	Mike EVANS-MM35
	85B	Kevin SEVILLE-MM35		14:09				16	13:51	Gareth JONES-SENM
	85C	Brett DAVIS-MM35			13:52			17	13:52	Brett DAVIS-MM35
	85D	Darryn MCATEE-MM35				15:03		18	14:09	Kevin SEVILLE-MM35
6	88	Swansea Harriers 'B'	14:30	28:51	44:05	58:22	<b>58:22</b>	19	14:17	Robert FALCONER-MM35
	88A	Owen DAVIES-MM35	14:30					20	14:21	Calvin HOLD-MM35
	88B	Calvin HOLD-MM35		14:21				21	14:21	Calvin HOLD-MM35
	88C	Jason TURNER-MM35			15:14			22	14:44	Sam HOWELL - JONES-SENM
	88D	Robert FALCONER-MM35				14:17		23	15:03	Darryn MCATEE-MM35
		No Team						24	15:14	Jason TURNER-MM35

