



WELSH ATHLETICS
ATHLETAU CYMRU

109th Welsh Cross Country Championships

Saturday 16th February 2013

Glanusk Estate



POS	Race 1 - U13 Boys 3,000m			
Ind	BIB	ATHLETE	CLUB	PERF
1	175	Luke DAVIES	Brecon AC	10:04
2	178	Benji EDWARDS	Bridgend AC	10:12
3	216	James VINCENT	Cardiff AAC	10:25
4	194	Elliot LAWRENCE	Swansea Harriers	10:30
5	181	Thomas EVANS	Wrexham AC	10:31
6	168	Oliver BARBARESI	Menai T & F	10:32
7	197	Sam MARTIN	Swansea Harriers	10:34
8	193	Thomas JONES	Carmarthen Harriers	10:53
9	169	Ben BARTLETT	Neath Harriers	11:00
10	211	Ben THOMAS	Llanelli AAC	11:04
11	170	Luc BARTLETT	Neath Harriers	11:10
12	214	Joseph TOBIN	Swansea Harriers	11:14
13	215	Mark TOBIN	Swansea Harriers	11:18
14	213	Will THOMPSON	Carmarthen Harriers	11:30
15	191	Ieuan JONES	Cardiff AAC	11:32
16	219	Sam WILLIAMS	Barry & Vale Harriers	11:34
17	205	Robbie ROSSER-WRENCH	Brecon AC	11:37
18	206	Harry RYAN	Cardiff Archers	11:38
19	172	Jacob BEETHAM	Brecon AC	11:39
20	201	Antonio PEACOCK	Barry & Vale Harriers	11:41
21	203	Brychan PRICE-DAVIES	Brecon AC	11:47
22	186	Henry INSLEY	Radley	11:56
23	179	Owain EDWARDS	Cardiff Archers	11:57
24	212	William THOMAS	Carmarthen Harriers	12:07
25	217	Joshua WHISTON	Cardiff AAC	12:22
26	190	Arunn JONES	Cwmbran Harriers	12:26
27	171	Jack BEECH	Carmarthen Harriers	12:28
28	209	Fergus STEVENS	Shrewsbury AC	12:32
29	195	Francis LEWIS	Swansea Harriers	12:36
30	188	Morgan JAMES	Cardiff AAC	12:38
31	187	Oliver JACKSON	Cardiff Archers	12:44
32	204	Evan PRICE-DAVIES	Brecon AC	12:52
33	220	Donovan WILLIAMS-HALE	Bridgend AC	13:02
34	183	Adam GREY	Cwmbran Harriers	13:07
35	184	Morgan HADLEY	Cwmbran Harriers	13:17

FINAL TABLES - U13 Boys 3,000m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	4	7	12	13	36
2	Brecon AC	1	17	19	21	58
3	Carmarthen Harriers	8	14	24	27	73
4	Cardiff AAC	3	15	25	30	73

Race 1 U13 Boys Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	
Barry & Vale Harriers	2
Brecon AC	5
Bridgend AC	2
Cardiff AAC	4
Cardiff Archers	3
Carmarthen Harriers	4
Cwmbran Harriers	3
Llanelli AAC	1
Menai T & F	1
Neath Harriers	2
Pembrokeshire Harriers	
Radley	1
Shrewsbury AC	1
Swansea Harriers	5
Wrexham AC	1

1st Team Athletes: Swansea Harriers (36 points)		
194	Elliot LAWRENCE (4)	10:30
197	Sam MARTIN (7)	10:34
214	Joseph TOBIN (12)	11:14
215	Mark TOBIN (13)	11:18
2nd Team Athletes: Brecon AC (58 points)		
175	Luke DAVIES (1)	10:04
205	Robbie ROSSER-WRENCH (17)	11:37
172	Jacob BEETHAM (19)	11:39
203	Brychan PRICE-DAVIES (21)	11:47
3rd Team Athletes: Carmarthen Harriers (73 points)		
193	Thomas JONES (8)	10:53
213	Will THOMPSON (14)	11:30
212	William THOMAS (24)	12:07
171	Jack BEECH (27)	12:28

POS	Race 2 - U13 Girls 3,000m			
Ind	BIB	ATHLETE	CLUB	PERF
1	228	Lucy DAVIES	Pembrokeshire Harriers	11:11
2	234	Abigail FISHER	Blaenau Gwent	11:13
3	283	Isobel DODD	Bridgend AC	11:14
4	199	Martha OWEN	Deeside AAC	11:20
5	251	Holli JEHU	Aberdare VAAC	11:22
6	235	Sara FLOWER	North Somerset AC	11:26
7	280	Abbi WILLIAMS	Pembrokeshire Harriers	11:34
8	239	Sioned GLYNN	Carmarthen Harriers	11:49
9	233	Caitlin EXTON	Cardiff AAC	11:56
10	249	Caitlin HOWELL-WILLIAMS	Menai T & F	11:59
11	438	Olivia HOWELLS	Cwmbran Harriers	11:59
12	243	Amber HARDING	Cardiff AAC	11:59
13	238	Annwen GAMMON	Cardiff AAC	12:00
14	264	Lucy OMNET	Pembrokeshire Harriers	12:01
15	269	Isabelle RHEAD	Cwmbran Harriers	12:23
16	273	Victoria SHAW	Cardiff AAC	12:24
17	268	Naomi REID	Pontyclun	12:25
18	254	Ellie KIFF	Carmarthen Harriers	12:37
19	246	Katrin HIGGINSON	Bridgend AC	12:43
20	270	Olivia RITSON-WALTON	Brecon AC	12:45
21	245	Alisha HAYES	Cardiff AAC	12:51
22	248	Rebecca HORTON	Aberdare VAAC	12:57
23	262	Non MORGAN	Carmarthen Harriers	13:00
24	247	Chloe HOPKINS	Swansea Harriers	13:01
25	261	Ffion MORGAN	Cardiff Archers	13:02
26	282	Isobel WILLIAMS	Cwmbran Harriers	13:10
27	221	Ella BAMWELL	Carmarthen Harriers	13:11
28	255	Jennifer LUDTKE	Cardiff Archers	13:13
29	229	Seren DAVIES	Cardiff Archers	13:20
30	231	Sian EDWARDS	Swansea Harriers	13:20
31	225	Ffion COOPER	Pontyclun	13:23
32	256	Eliza MARTIN	Pembrokeshire Harriers	13:23
33	266	Grace PAGE	Sarn Helen	13:28
34	244	Elen HAWKINS	Carmarthen Harriers	13:28
35	242	Zoe HAMM	Bridgend AC	13:30
36	278	Sophie WEBB	Swansea Harriers	13:40
37	275	Jess TURFERY	Pembrokeshire Harriers	13:44
38	272	Ellie SHAW	Aberdare VAAC	13:46
39	223	Lauren BRADFORD	Brecon AC	13:49
40	271	Megan SHANKLAND	Cwmbran Harriers	13:52
41	257	Emily MASLIN	Carmarthen Harriers	14:05
42	260	Ella MORGAN	Pontyclun	14:08
43	252	Hannah JONES	Barry & Vale Harriers	14:22
44	224	Ellie BROWN	Cardiff Archers	15:17
45	250	Victoria JAMES	Brecon AC	18:36

FINAL TABLES - U13 Girls 3,000m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	9	12	13	16	50
2	Pembrokeshire Harriers	1	7	14	32	54
3	Carmarthen Harriers	8	18	23	27	76
4	Cwmbran Harriers	11	15	26	40	92
5	Cardiff Archers	25	28	29	44	126

Race 2 U13 Girls Participating Clubs		
Below 4 teams do not score		
Aberdare VAAC	3	
Barry & Vale Harriers	1	
Blaenau Gwent	1	
Brecon AC	3	
Bridgend AC	3	
Cardiff AAC	5	Scoring Team
Cardiff Archers	4	Scoring Team
Carmarthen Harriers	6	Scoring Team
Cwmbran Harriers	4	Scoring Team
Deeside AAC	1	
Menai T & F	1	
North Somerset AC	1	
Pembrokeshire Harriers	5	Scoring Team
Pontyclun	3	
Sarn Helen	1	
Swansea Harriers	3	

1st Team Athletes: Cardiff AAC (50 points)		
233	Caitlin EXTON (9)	11:56
243	Amber HARDING (12)	11:59
238	Annwen GAMMON (13)	12:00
273	Victoria SHAW (16)	12:24
2nd Team Athletes: Pembrokeshire Harriers (54 points)		
228	Lucy DAVIES (1)	11:11
280	Abbi WILLIAMS (7)	11:34
264	Lucy OMNET (14)	12:01
256	Eliza MARTIN (32)	13:23
3rd Team Athletes: Carmarthen Harriers (76 points)		
239	Sioned GLYNN (8)	11:49
254	Ellie KIFF (18)	12:37
262	Non MORGAN (23)	13:00
221	Ella BAMWELL (27)	13:11

POS	Race 3 - U15 Boys 4,250m			
Ind	BIB	ATHLETE	CLUB	PERF
1	296	Jake HEYWARD	Cardiff AAC	14:38
2	318	Evan WEBB	City of Sheffield	14:50
3	307	Nikita NEARY	Carmarthen Harriers	15:18
4	381	Alex PRICE	Rhondda AC	15:19
5	320	Matthew WILLIAMS	Pembrokeshire Harriers	15:29
6	300	Gabriel KAY	Brecon AC	15:34
7	304	Achraf LILES	Carmarthen Harriers	15:38
8	308	Kyle OWEN	Menai T & F	15:40
9	293	Rhys GOOCH	Cardiff AAC	15:46
10	303	Dylan LAMBROPOULOS	Swansea Harriers	15:47
11	313	Michael ROBERTS	Colwyn Bay AC	15:51
12	319	Brychan WILLIAMS	Carmarthen Harriers	15:53
13	294	Matthew GRANTHAM	Llswerry Runners	15:56
14	384	Finlay THOMPSON	Pembrokeshire Harriers	16:09
15	439	Tyler PRITCHARD	Cwmbran Harriers	16:10
16	310	Marinus PETERSEN	Pembrokeshire Harriers	16:11
17	284	Tom ACREMAN	Aberdare VAAC	16:38
18	311	Aled PHILLIPS	Carmarthen Harriers	16:44
19	314	Jac SMITH	Aberdare VAAC	16:51
20	315	Ioan THOMAS	Carmarthen Harriers	17:02
21	309	Joshua PETERSEN	Cardiff AAC	17:09
22	285	Joseph ALDER	Cardiff AAC	17:22
23	298	Cameron JAMES	Brecon AC	17:38
24	306	Corey MCMURRAY	Swansea Harriers	17:43
25	288	Sam CURWEN	Cardiff AAC	17:48
26	317	John WARDLE	Barry & Vale Harriers	17:52
27	305	Alex LOVE	Cardiff AAC	18:18
28	292	Scott DUNSTER	Brecon AC	19:39
29	312	Scott PRITCHARD	Brecon AC	20:46

FINAL TABLES - U15 Boys 4,250m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Carmarthen Harriers	3	7	12	18	40
2	Cardiff AAC	1	9	21	22	53
3	Brecon AC	6	23	28	29	86

Race 3 U15 Boys Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	2
Barry & Vale Harriers	1
Brecon AC	4
Cardiff AAC	6
Carmarthen Harriers	5
City of Sheffield	1
Colwyn Bay AC	1
Cwmbran Harriers	1
Llswerry Runners	1
Menai T & F	1
Pembrokeshire Harriers	3
Shrewsbury AC	
Swansea Harriers	2

1st Team Athletes: Carmarthen Harriers (40 points)		
307	Nikita NEARY (3)	15:18
304	Achraf LILES (7)	15:38
319	Brychan WILLIAMS (12)	15:53
311	Aled PHILLIPS (18)	16:44
2nd Team Athletes: Cardiff AAC (53 points)		
296	Jake HEYWARD (1)	14:38
293	Rhys GOOCH (9)	15:46
309	Joshua PETERSEN (21)	17:09
285	Joseph ALDER (22)	17:22
3rd Team Athletes: Brecon AC (86 points)		
300	Gabriel KAY (6)	15:34
298	Cameron JAMES (23)	17:38
292	Scott DUNSTER (28)	19:39
312	Scott PRITCHARD (29)	20:46

POS	Race 4 - U15 Girls 4,250m			
Ind	BIB	ATHLETE	CLUB	PERF
1	335	Cari HUGHES	Menai T & F	16:23
2	324	Heidi DAVIES	Brecon AC	16:35
3	321	Jessica BRADLEY	Pembrokeshire Harriers	16:52
4	343	Caitlin PAGE	Sarn Helen	16:56
5	339	Emma LIGTHART	Cardiff AAC	16:58
6	338	Alicia JONES	Pembrokeshire Harriers	17:00
7	342	Issy MORRIS	Brecon AC	17:18
8	329	Chloe EVANS	Maldwyn Harriers	17:21
9	323	Elisha COUPAR	Cardiff AAC	17:33
10	326	Mollie DAVIES	Menai T & F	17:39
11	232	Bethan EVANS	Pontyclun	17:41
12	336	Flora INSLEY	Radley	17:42
13	350	Katherine STEGGLES	Cardiff AAC	17:52
14	322	Alice BROADLEY	Cardiff AAC	17:58
15	340	Beth MEOPHAM	Pembrokeshire Harriers	17:58
16	353	Megan TUCKER	Brecon AC	18:51
17	345	Hannah PRYCE	Oswestry	19:07
18	351	Megan TATNELL	Cardiff AAC	19:28
19	352	Rosie-May THOMPSON	Cardiff AAC	19:42
20	341	Issy MOGG	Brecon AC	19:55
21	337	Megan JOHNSTONE	Brecon AC	20:41
22	354	Belinda WALLACE	Cardiff AAC	20:50
23	355	Ysobelle WILLIAMS	Barry & Vale Harriers	21:37
24	344	Angel POWELL	Cardiff AAC	22:02
25	348	Alice RUSSELL-STRETCH	Pembrokeshire Harriers	23:05

FINAL TABLES - U15 Girls 4,250m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	5	9	13	14	41
2	Brecon AC	2	7	16	20	45
3	Pembrokeshire Harriers	3	6	15	25	49
4	Cardiff AAC	18	19	22	24	83

Race 4 U15 Girls Participating Clubs		
Below 4 teams do not score		
Barry & Vale Harriers	1	
Brecon AC	5	Scoring Team
Cardiff AAC	8	Scoring Team
Carmarthen Harriers		
Maldwyn Harriers	1	
Menai T & F	2	
Oswestry	1	
Pembrokeshire Harriers	4	Scoring Team
Radley	1	
Sarn Helen	1	

1st Team Athletes: Cardiff AAC (41 points)		
339	Emma LIGTHART (5)	16:58
323	Elisha COUPAR (9)	17:33
350	Katherine STEGGLES (13)	17:52
322	Alice BROADLEY (14)	17:58
2nd Team Athletes: Brecon AC (45 points)		
324	Heidi DAVIES (2)	16:35
342	Issy MORRIS (7)	17:18
353	Megan TUCKER (16)	18:51
341	Issy MOGG (20)	19:55
3rd Team Athletes: Pembrokeshire Harriers (49 points)		
321	Jessica BRADLEY (3)	16:52
338	Alicia JONES (6)	17:00
340	Beth MEOPHAM (15)	17:58
348	Alice RUSSELL-STRETCH (25)	23:05

POS	Race 5 - U17 Men 5,670m			
Ind	BIB	ATHLETE	CLUB	PERF
1	369	Iolo HUGHES	Menai T & F	18:45
2	377	Ciaran LEWIS	Cardiff AAC	19:02
3	360	John COVE	Cardiff AAC	19:18
4	383	Deri STEWART	Neath Harriers	19:32
5	358	Liam BRADLEY	Pembrokeshire Harriers	20:01
6	364	Jack GOOCH	Cardiff AAC	20:15
7	361	Ben DUNSTER	Brecon AC	20:38
8	371	Rhys JAMES	Menai T & F	20:49
9	359	Lewis BRUNT	Cardiff AAC	20:56
10	366	Jacob GRIFFITH	Colwyn Bay AC	21:05
11	368	Liam HATCH	Cardiff AAC	21:16
12	375	Nicholas JONES	Cardiff AAC	21:36
13	385	Matthew TUCKER	Brecon AC	22:45
14	440	Michael LEWIS	Cwmbran Harriers	22:49
15	382	Elliot RICHARDS	Barry & Vale Harriers	22:54
16	376	James LEUSCHKA	Brecon AC	23:22
17	367	Ross GRIMES	Brecon AC	25:10

FINAL TABLES - U17 Men 5,670m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	3	6	9	20
2	Brecon AC	7	13	16	17	53

Race 5 U17 Men Participating Clubs		
Below 4 teams do not score		
Barry & Vale Harriers	1	
Brecon AC	4	Scoring Team
Cardiff AAC	6	Scoring Team
Carmarthen Harriers		
Colwyn Bay AC	1	
Menai T & F	2	
Neath Harriers	1	
Pembrokeshire Harriers	1	
Rhondda AC		
Swansea Harriers		

1st Team Athletes: Cardiff AAC (20 points)		
377	Ciaran LEWIS (2)	19:02
360	John COVE (3)	19:18
364	Jack GOOCH (6)	20:15
359	Lewis BRUNT (9)	20:56
2nd Team Athletes: Brecon AC (53 points)		
361	Ben DUNSTER (7)	20:38
385	Matthew TUCKER (13)	22:45
376	James LEUSCHKA (16)	23:22
367	Ross GRIMES (17)	25:10

Positions			Race 6 - U17 Women & U20 Women 5,070m			
OA	U20	U17	BIB	ATHLETE	CLUB	PERF
1		1	392	Georgia GARNER	Colwyn Bay AC	19:56
2	1		427	Sarah LIVETT	Menai T & F	20:14
3	2		428	Ffion PRICE	Brecon AC	20:18
4		2	426	Rebecca EVANS	Cardiff AAC	20:49
5		3	403	Kate SEARY	Cardiff AAC	20:52
6	3		432	Megan WITHERS	Pembrokeshire Harriers	21:10
7	4		429	Rhianwedd PRICE	Brecon AC	21:29
8	5		436	Anna MORRIS	Cardiff AAC	21:33
9		4	430	Malika REZOUGI	Cwmbran Harriers	21:39
10		5	402	Lara PHILIPPART	Swansea Harriers	21:49
11		6	389	Elin DAVIES	Swansea Harriers	21:59
12		7	399	Anna LAWSON	Cardiff AAC	22:02
13		8	397	Betsan JENKINS	Cardiff AAC	22:19
14		9	391	Iona EVANS	Swansea Harriers	22:24
15	6		425	Lauren BELL	Pembrokeshire Harriers	22:30
16		10	396	Rhian HOMER	Pembrokeshire Harriers	22:35
17	7		431	Megan TURNER	Aberystwyth AC	22:43
18		11	394	Erin HAYES	Cardiff AAC	22:49

FINAL TABLES - U17 Women & U20 Women 5,070m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	4	5	8	12	29

U20 WOMEN MEDALISTS			
427	Sarah Livett	Menai T & F	20:14
428	Ffion Price	Brecon AC	20:18
432	Megan Withers	Pembrokeshire Harriers	21:10
U17 WOMEN MEDALISTS			
392	Georgia GARNER	Colwyn Bay AC	19:56
426	Rebecca EVANS	Cardiff AAC	20:49
403	Kate SEARY	Cardiff AAC	20:52

Race 6 U17W & U20W Participating Clubs		
Below 4 teams do not score		
Aberystwyth AC	1	
Brecon AC	2	
Cardiff AAC	6	Scoring Team
Carmarthen Harriers		
Colwyn Bay AC	1	
Cwmbran Harriers	1	
Eryri Harriers		
Maldwyn Harriers		
Menai T & F	1	
Pembrokeshire Harriers	3	
Swansea Harriers	3	

1st Team Athletes: Cardiff AAC (29 points)		
426	Rebecca EVANS (4)	20:49
403	Kate SEARY (5)	20:52
436	Anna MORRIS (8)	21:33
399	Anna LAWSON (12)	22:02

Race 7 - U20 Men 6,170m					
POS	Ind	BIB	ATHLETE	CLUB	PERF
1	1	423	Michael WARD	Cardiff AAC	19:24
2	2	408	Chris CARPANINI	Newport Harriers	19:29
3	3	410	Josh GRIFFITHS	Swansea Harriers	19:33
4	4	412	Lloyd HECKLER	Carmarthen Harriers	19:50
5	5	418	Nathan JONES	Colwyn Bay AC	19:55
6	6	409	Matthew EDWARDS	Cardiff AAC	20:10
7	7	411	Elliot HARDEE	Newport Harriers	20:26
8	8	422	Emrys PENNY	Newport Harriers	20:30
9	9	421	Samuel LONGVILLE	Cardiff AAC	21:17
10	10	424	Evan WYNNE	Newport Harriers	22:35
11	11	420	Ronan LLYR	Carmarthen Harriers	22:55
12	12	407	Rhodri BOGUST	Brecon AC	24:10
13	13	413	Jamie VERRAN	Cardiff AAC	28:51

FINAL TABLES - U20 Men 6,170m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Newport Harriers	2	7	8	10	27
2	Cardiff AAC	1	6	9	13	29

Race 7 U20 Men Participating Clubs		
Below 4 teams do not score		
Aberystwyth AC		
Brecon AC	1	
Cardiff AAC	4	Scoring Team
Carmarthen Harriers	2	
Colwyn Bay AC	1	
Maldwyn Harriers		
Newport Harriers	4	Scoring Team
Sale Harriers Manchester		
Swansea Harriers	1	

1st Team Athletes: Newport Harriers (27 points)		
408	Chris CARPANINI (2)	19:29
411	Elliot HARDEE (7)	20:26
422	Emrys PENNY (8)	20:30
424	Evan WYNNE (10)	22:35
2nd Team Athletes: Cardiff AAC (29 points)		
423	Michael WARD (1)	19:24
409	Matthew EDWARDS (6)	20:10
421	Samuel LONGVILLE (9)	21:17
413	Jamie VERRAN (13)	28:51

Positions		Race 8 - Senior Women & U23W 6,170m			
OA	U23	BIB	ATHLETE	CLUB	PERF
1		162	Andrea Whitcombe	Swansea Harriers	21:00
2		159	Non Stanford	Swansea Harriers	21:04
3		154	Debbie Rees	Cardiff AAC	22:18
4		124	Sian Edwards	Swansea Harriers	22:39
5		164	Alaw Beynon-Thomas	Swansea Harriers	22:50
6		155	Elysia Ridley	Swansea Harriers	22:58
7		147	Katherine Matthews	Chepstow Harriers	23:08
8		145	Shan Mansfield	Swansea Harriers	23:24
9		117	Emily Brown	Cardiff AAC	23:36
10		133	Jane Horler	Chepstow Harriers	24:08
11		153	Isobel Redfern	Colwyn Bay AC	24:12
12		129	Satu Haikala	Brecon AC	24:16
13	1	134	Carys Hughes	Les Croupiers	24:24
14		115	Claire Beatty	Les Croupiers	24:26
15		433	Louise Copp	Neath Harriers	24:46
16		123	Liz Davies	Cardiff AAC	25:00
17		131	Sam Harris	Chepstow Harriers	25:05
18		125	Nicola Gething	Parc Bryn Bach	25:15
19		113	Leigh Barker	Brecon AC	25:34
20		146	Helen Marshall	Aberystwyth AC	26:01
21		132	Esther Hope	City of Norwich	26:23
22		158	Marcia Smith	San Domenico RC	26:38
23		136	Dee Jolly	Sarn Helen	26:50
24		112	Judith Austerberry	Chepstow Harriers	27:05
25		121	Caryl Davies	Sarn Helen	27:22
26		141	Liz Kirwan	Les Croupiers	27:31
27		160	Susan Tagg	Parc Bryn Bach	28:14
28		139	Dawn Kenwright	Sarn Helen	28:31
29		137	Llinos Jones	Amman Valley Harriers	28:58
30		157	Julie Scholey	Les Croupiers	29:14
31	2	166	Lily Matthews	Cardiff AAC	29:21
32		122	Helen-Marie Davies	Swansea Harriers	29:54
33		156	Vicky Ronald	Colwyn Bay AC	30:43
34		128	Laurie Griffith	Colwyn Bay AC	31:05
35		126	Catherine Gilbert	Brecon AC	31:21
36		138	Penny Kennedy	Swansea Harriers	31:23
37		161	Victoria Watkins	Brecon AC	32:17
38		111	Eirian Arwyn	Les Croupiers	37:00

FINAL TABLES - Senior Women & U23W 6,170m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	2	4	5	12
2	Chepstow Harriers	7	10	17	24	58
3	Cardiff AAC	3	9	16	31	59
4	Swansea Harriers	6	8	32	36	82
5	Les Croupiers	13	14	26	30	83
6	Brecon AC	12	19	35	37	103

SEN WOMEN MEDALISTS			
162	Andrea Whitcombe	Swansea Harriers	21:00
159	Non Stanford	Swansea Harriers	21:04
154	Debbie Rees	Cardiff AAC	22:18
U23 WOMEN MEDALISTS			
134	Carys Hughes	Les Croupiers	24:24
166	Lily Matthews	Cardiff AAC	29:21

Race 8 SENW & U23W Participating Clubs		
Below 4 teams do not score		
Aberystwyth AC	1	
Amman Valley Harriers	1	
Brecon AC	4	Scoring Team
Bridgend AC		
Cardiff AAC	4	Scoring Team
Carmarthen Harriers		
Chepstow Harriers	4	Scoring Team
City of Norwich	1	
Colwyn Bay AC	3	
Cwmbran Harriers		
Les Croupiers	5	Scoring Team
Newport Harriers		
Parc Bryn Bach	2	
San Domenico RC	1	
Sarn Helen	3	
Shrewsbury AC		
Swansea Harriers	8	Scoring Team

1st Team Athletes: Swansea Harriers (12 points)		
162	Andrea WHITCOMBE (1)	21:00
159	Non STANFORD (2)	21:04
124	Sian EDWARDS (4)	22:39
164	Alaw BEYNON-THOMAS (5)	22:50
2nd Team Athletes: Chepstow Harriers (58 points)		
147	Katherine MATTHEWS (7)	23:08
133	Jane HORLER (10)	24:08
131	Sam HARRIS (17)	25:05
112	Judith AUSTERBERRY (24)	27:05
3rd Team Athletes: Cardiff AAC (59 points)		
154	Debbie REES (3)	22:18
117	Emily BROWN (9)	23:36
123	Liz DAVIES (16)	25:00
166	Lily MATTHEWS (31)	29:21

Positions		Race 9 - Senior Men & U23M 10,240m			
OA	U23	BIB	ATHLETE	CLUB	PERF
1	1	106	Dewi Griffiths	Swansea Harriers	33:06
2		68	Ian Mitchell	Tipton Harriers	33:08
3		63	Phil Matthews	Swansea Harriers	33:11
4	2	102	Rowan Axe	Cardiff AAC	33:28
5	3	107	Jon Hopkins	Cardiff AAC	33:29
6		37	Marc Hobbs	Swansea Harriers	33:43
7		61	Tom Marshall	Cardiff AAC	34:00
8		3	Rhodri Buffett	Brecon AC	34:03
9		89	Sullivan Smith	Swansea Harriers	34:04
10		73	Jon Peters	Cardiff AAC	34:14
11		50	Carwyn Jones	Cardiff AAC	34:25
12	4	108	Mike Kallenberg	Cardiff AAC	34:45
13		22	Huw Evans	Les Croupiers	34:46
14		93	James Thie	Cardiff AAC	34:48
15		11	James Davies	Hercules Wimbledon	34:49
16		46	Mark Jennings	Fairwater Runners	34:55
17		7	Matt Collins	Fairwater Runners	35:14
18		88	Stefan Sims	Fairwater Runners	35:50
19		55	Nathaniel Lane	Cardiff AAC	35:56
20		82	Peter Ryder	Cardiff AAC	36:00
21		9	Austin Davies	Brecon AC	36:14
22		2	Darryll Barnby	Fairwater Runners	36:34
23		65	Ryan McFlynn	Fairwater Runners	36:44
24	5	109	Matthew Richards	Coventry Godiva	36:52
25		92	Sean Taylor	Fairwater Runners	36:53
26		18	Jerome Edwards	Les Croupiers	36:57
27		54	Eamonn Kirk	Swansea Harriers	37:10
28		99	Oliver Williams	Les Croupiers	37:14
29		62	Harry Matthews	Brecon AC	37:17
30		87	Ross Simpson	Swansea Harriers	38:00
31		31	Matthew Gurmin	Swansea Harriers	38:02
32		8	Phil Cook	Les Croupiers	38:09
33		42	Lawrence Humphries	Fairwater Runners	38:19
34		20	Mark Emery	Bridgend AC	38:27
35		76	Leighton Rawlinson	Caerleon RC	38:31
36		78	Raul Reismann	Swansea Harriers	38:41
37		33	Chris Harrhy	Lliswerry Runners	38:51
38		60	Gareth Lynch	Les Croupiers	38:58
39	6	103	Daniel Bodman	Aberdare VAAC	39:03
40		43	Rob Hunt	Bridgend AC	39:09
41		94	Miles Thomas	Lliswerry Runners	39:16
42		15	Nick Dukes	Les Croupiers	39:20
43		29	Mike Griffiths	Lliswerry Runners	39:25
44		1	Oliver Anthony	Lliswerry Runners	39:40
45		19	James Elgar	Lliswerry Runners	40:06
46		101	James Wrench	Brecon AC	40:09
47		90	Peter Sowerby	Brecon AC	40:27
48		86	Steve Sheard	Cardiff AAC	40:38
49		52	Phil Kendrick	Brecon AC	41:09
50		48	Alun Jones	Les Croupiers	41:44
51		84	Glyn Sansom	San Domenico RC	42:06
52		27	Russell Godwin	Colwyn Bay AC	42:09
53		12	John Davies	San Domenico RC	42:14
54		16	Clive Edginton	Meirionnydd	42:39
55		100	Simon Wilson	Swansea Harriers	42:54
56		21	Dic Evans	Cardiff AAC	44:25
57		59	Brian Lovatt	San Domenico RC	44:28
58		34	Steve Harrhy	Lliswerry Runners	45:03
59		71	Tim Owen	Bridgend AC	45:10
60		64	Darryn McAtee	Newport Harriers	45:20
61		70	Gordon Orme	Carmarthen Harriers	45:26
62		97	David Williams	Aberdare VAAC	45:33
63		40	Gary Howgate	Les Croupiers	45:35
64		6	Kevin Challinor	Deeside AAC	45:44
65		49	Bleddyn Jones	Lliswerry Runners	46:14
66		24	Paul Foy	San Domenico RC	49:39
67		35	Simon Hazel	Les Croupiers	49:55
68		28	David Griffith	Colwyn Bay AC	52:15
69		23	Paul Evans	Brecon AC	52:50

FINAL TABLES - Senior Men & U23M 10,240m								
RACE FINISH ORDER								
Pos	Club	1	2	3	4	5	6	Total
1	Cardiff AAC	4	5	7	10	11	12	49
2	Swansea Harriers	1	3	6	9	27	30	76
3	Fairwater Runners	16	17	18	22	23	25	121
4	Les Croupiers	13	26	28	32	38	42	179
5	Brecon AC	8	21	29	46	47	49	200
6	Lliswerry Runners	37	41	43	44	45	58	268

SEN MEN MEDALISTS			
106	Dewi Griffiths	Swansea Harriers	33:06
68	Ian Mitchell	Tipton Harriers	33:08
63	Phil Matthews	Swansea Harriers	33:11
U23 MEN MEDALISTS			
106	Dewi Griffiths	Swansea Harriers	33:06
102	Rowan Axe	Cardiff AAC	33:28
107	Jon Hopkins	Cardiff AAC	33:29
Race 9 SENM & U23M Participating Clubs			
Below 6 teams do not score			
Aberdare VAAC	2		
Brecon AC	7		Scoring Team
Bridgend AC	3		
Caerleon RC	1		
Cardiff AAC	11		Scoring Team
Carmarthen Harriers	1		
Colwyn Bay AC	2		
Coventry Godiva	1		
Deeside AAC	1		
Eryri Harriers			
Fairwater Runners	7		Scoring Team
Hercules Wimbledon	1		
Les Croupiers	9		Scoring Team
Liverpool Harriers			
Lliswerry Runners	7		Scoring Team
Meirionnydd	1		
Menai T & F			
Newport Harriers	1		
Parc Bryn Bach			
San Domenico RC	4		
Shrewsbury AC			
Swansea Harriers	9		Scoring Team
Tipton Harriers	1		

1st Team Athletes: Cardiff AAC (49 points)		
102	Rowan AXE (4)	33:28
107	Jon HOPKINS (5)	33:29
61	Tom MARSHALL (7)	34:00
73	Jon PETERS (10)	34:14
50	Carwyn JONES (11)	34:25
108	Mike KALLENBERG (12)	34:45
2nd Team Athletes: Swansea Harriers (76 points)		
106	Dewi GRIFFITHS (1)	33:06
63	Phil MATTHEWS (3)	33:11
37	Marc HOBBS (6)	33:43
89	Sullivan SMITH (9)	34:04
54	Eamonn KIRK (27)	37:10
87	Ross SIMPSON (30)	38:00
3rd Team Athletes: Fairwater Runners (121 points)		
46	Mark JENNINGS (16)	34:55
7	Matt COLLINS (17)	35:14
88	Stefan SIMS (18)	35:50
2	Darryll BARNBY (22)	36:34
65	Ryan MCFLYNN (23)	36:44
92	Sean TAYLOR (25)	36:53