

Pos	Bib	Athlete	Club	Time
1	21	Benjamin REYNOLDS	Cardiff Archers	5:05
2	46	Osian PERRIN	Menai T&F	5:07
3	34	Liam EDWARDS	Carmarthen Harriers	5:17
4	22	Jacob REYNOLDS	Cardiff Archers	5:27
5	39	Frank MORGAN	Carmarthen Harriers	5:28
6	308	Joseph REARDON	Ysgol Santes Tudful	5:30
7	47	Cai LA TROBE ROBERTS	Menai T&F	5:41
8	306	Alex LAYZELL	Ysgol Santes Tudful	5:42
9	19	Ryan EDWARDS	Cardiff Archers	5:44
10	8	Ben VINCENT	Cardiff AAC	5:46
11	318	Harry WORTH	Pembrokeshire Harriers	5:47
12	16	Matthew REGISTER	Cardiff AAC	5:47
13	48	Eden POTTER	Menai T&F	5:48
14	55	Theo ERVANS-POWELL	Newport Harriers	5:51
15	302	Lloyd JONES	Ysgol Santes Tudful	5:53
16	26	Finlay BUTTLE	Cardiff Archers	5:54
17	57	Jensen COPPEN	Newport Harriers	5:55
18	58	Luka SMYTH	Swansea Harriers	5:56
19	38	Morgan CAI-THOMAS	Carmarthen Harriers	5:57
20	23	Jac DAVIES	Cardiff Archers	5:58
21	33	Kelinu TANTI	Cardiff Archers	5:59
22	20	Joseph TAYLOR	Cardiff Archers	6:00
23	25	Steffan RAYMENT	Cardiff Archers	6:00
24	319	Henry WHITE	Pembrokeshire Harriers	6:01
25	28	Finley CHARLES	Cardiff Archers	6:01
26	27	Oliver KIRKHAM	Cardiff Archers	6:04
27	305	Kian JACOBS	Ysgol Santes Tudful	6:09
28	307	Ben HOPE	Ysgol Santes Tudful	6:11
29	11	Iwan SMITH	Cardiff AAC	6:14
30	50	Joseff MORGAN	Menai T&F	6:15
31	17	Henry SPENCER	Cardiff AAC	6:16
32	54	Dominic MORGAN	Newport Harriers	6:24
33	1	Bradley DICKERSON	Blaenau Gwent AC	6:31
34	37	Rhafan PHILLIPS	Carmarthen Harriers	6:38
35	3	Thomas SNELL	Blaenau Gwent AC	6:45
36	304	Anthony WILLIAMS	Ysgol Santes Tudful	6:51
37	301	Aron WILLIAMS	Ysgol Santes Tudful	6:52
38	15	Sean EDMISTON-LANE	Cardiff AAC	6:55
39	4	Liam RICHARDS	Blaenau Gwent AC	6:58
40	51	Thomas MITCHELL	Menai T&F	7:10
41	10	Harvey POWELL	Cardiff AAC	7:18
42	309	Shay THOMAS	Ysgol Santes Tudful	8:17

TEAM FINISH ORDER					
Pos	Club	1	2	3	Total
1	Cardiff Archers	1	4	9	14
2	Menai T&F	2	7	13	22
3	Carmarthen Harriers	3	5	19	27
4	Ysgol Santes Tudful	6	8	15	29
5	Cardiff AAC	10	12	29	51
6	Cardiff Archers	16	20	21	57
7	Newport Harriers	14	17	32	63
8	Cardiff Archers	22	23	25	70
9	Ysgol Santes Tudful	27	28	36	91
10	Blaenau Gwent AC	33	35	39	107
11	Cardiff AAC	31	38	41	110

U11B_RESULTS Participating Clubs		
Below 3 teams do not score		
Blaenau Gwent AC	3	Scoring Team
Bridgend AC		
Cardiff AAC	6	Scoring Team
Cardiff Archers	10	Scoring Team
Carmarthen Harriers	4	Scoring Team
Menai T&F	5	Scoring Team
Newport Harriers	3	Scoring Team
Swansea Harriers	1	

1st Placed Team Athletes: Cardiff Archers (14Pts)		
21	Benjamin REYNOLDS (1)	5:05
22	Jacob REYNOLDS (4)	5:27
19	Ryan EDWARDS (9)	5:44
2nd Placed Team Athletes: Menai T&F (22Pts)		
46	Osian PERRIN (2)	5:07
47	Cai LA TROBE ROBERTS (7)	5:41
48	Eden POTTER (13)	5:48
3rd Placed Team Athletes: Carmarthen Harriers (27Pts)		
34	Liam EDWARDS (3)	5:17
39	Frank MORGAN (5)	5:28
38	Morgan CAI-THOMAS (19)	5:57

Pos	Bib	Athlete	Club	Time
1	82	Emily CHIRIGHIN	Cardiff AAC	5:32
2	106	Phoebe DAVIS	Carmarthen Harriers	5:34
3	111	Siwan JONES-EVANS	Carmarthen Harriers	5:35
4	107	Daisy THOMPSON	Carmarthen Harriers	5:36
5	132	Caitlin GWYOTHER	Swansea Harriers	5:39
6	135	Anna PHILLIPS	Swansea Harriers	5:42
7	70	Nia CLATWORTHY	Bridgend AC	6:18
8	108	Maddie MORGAN	Carmarthen Harriers	6:55
9	75	Hollie MULLAN	Bridgend AC	6:57
10	95	Anya LENNON	Cardiff Archers	6:59
11	116	Samia JONES	Menai T&F	7:01
12	314	Molly REARDON	Ysgol Santes Tudful	7:02
13	62	Megan WILLIAMS	Blaenau Gwent AC	7:02
14	110	Ellie THOMAS	Carmarthen Harriers	7:13
15	60	Samantha JONES	Blaenau Gwent AC	7:14
16	134	Eve BEVAN	Swansea Harriers	7:15
17	92	Alanah HILL	Cardiff Archers	7:18
18	117	Georgia PARKINSON	Menai T&F	7:19
19	118	Abbi PARKINSON	Menai T&F	7:20
20	98	Eden WILLIAMS	Cardiff Archers	7:21
21	83	Bethany GOLD	Cardiff AAC	7:23
22	97	Megan JONES	Cardiff Archers	7:24
23	101	Freya ROBERTS	Cardiff Archers	7:25
24	123	Isabel HADEN	Newport Harriers	7:26
25	114	Ffion JONES	Menai T&F	7:31
26	312	Lily JONES	Ysgol Santes Tudful	7:35
27	100	Lauren GUNNEY	Cardiff Archers	7:36
28	91	Ellie MILES	Cardiff Archers	7:37
29	313	Aimee DAVIES	Ysgol Santes Tudful	7:40
30	126	Lily CAMERON	Newport Harriers	7:40
31	149	Spare NUMBER	any club	7:40
32	311	Mail WATKINS	Ysgol Santes Tudful	7:43
33	138	Abigail CARTER	Swansea Harriers	7:48
34	102	Isabel MORGAN	Cardiff Archers	7:49
35	61	Sophie RICHARDS	Blaenau Gwent AC	7:50
36	59	Eden BROOKES	Blaenau Gwent AC	7:56
37	122	Hannah STEPHENSON	Newport Harriers	7:57
38	64	Heidi ELLAWAY	Blaenau Gwent AC	8:03
39	136	Tiana EVANS	Swansea Harriers	8:04
40	131	Miran LLOYD	Swansea Harriers	8:06
41	115	Alys JONES	Menai T&F	8:07
42	109	Mia GRIFFITHS	Carmarthen Harriers	8:11
43	316	Cerian TUTHILL	Ysgol Santes Tudful	8:12
44	121	Libby DAVIDSON	Newport Harriers	8:13
45	315	Izzie WILDING	Ysgol Santes Tudful	8:18
46	66	Rhiannon LEWIS	Blaenau Gwent AC	8:20
47	67	Marnie MEREDITH	Blaenau Gwent AC	8:23
48	94	Abbie MORGAN	Cardiff Archers	8:25
49	80	Eva SMITH	Bridgend AC	8:27
50	120	Emily FRY	Newport Harriers	8:28
51	78	Tegan REES-JONES	Bridgend AC	8:30
52	99	Ellie-Rose ISSAC	Cardiff Archers	8:31
53	127	Courtney MAUD	Newport Harriers	8:32
54	86	Elen JAMES	Cardiff AAC	8:37
55	65	Bethan KEY	Blaenau Gwent AC	8:45
56	68	Ella FRY	Blaenau Gwent AC	8:49
57	129	Elin DAVEY	Newport Harriers	8:53
58	69	Leonora BREHENY	Bridgend AC	8:54
59	81	Megan FROLLY	Bridgend AC	8:55
60	317	Erin LANCASTER	Ysgol Santes Tudful	8:57
61	71	Amelie CLODE	Bridgend AC	9:01
62	63	Leah GONCALVES	Blaenau Gwent AC	9:05

TEAM FINISH ORDER					
Pos	Club	1	2	3	Total
1	Carmarthen Harriers	2	3	4	9
2	Swansea Harriers	5	6	16	27
3	Cardiff Archers	10	17	20	47
4	Menai T&F	11	18	19	48
5	Blaenau Gwent AC	13	15	35	63
6	Carmarthen Harriers	8	14	42	64
7	Bridgend AC	7	9	49	65
8	Ysgol Santes Tudful	12	26	29	67
9	Cardiff Archers	22	23	27	72
10	Cardiff AAC	1	21	54	76
11	Newport Harriers	24	30	37	91
12	Cardiff Archers	28	34	48	110
13	Swansea Harriers	33	39	40	112
14	Ysgol Santes Tudful	32	43	45	120
15	Blaenau Gwent AC	36	38	46	120
16	Newport Harriers	44	50	53	147
17	Blaenau Gwent AC	47	55	56	158
18	Bridgend AC	51	58	59	168
19	Newport Harriers	57	63	64	184

U11G_RESULTS Participating Clubs		
Below 3 teams do not score		
Blaenau Gwent AC	10	Scoring Team
Bridgend AC	7	Scoring Team
Cardiff AAC	3	Scoring Team
Cardiff Archers	10	Scoring Team
Carmarthen Harriers	7	Scoring Team
Menai T&F	5	Scoring Team
Newport Harriers	10	Scoring Team
Swansea Harriers	6	Scoring Team

1st Placed Team Athletes: Carmarthen Harriers (9Pts)		
106	Phoebe DAVIS (2)	5:34
111	Siwan JONES-EVANS (3)	5:35
107	Daisy THOMPSON (4)	5:36
2nd Placed Team Athletes: Swansea Harriers (27Pts)		
132	Caitlin GWYOTHER (5)	5:39
135	Anna PHILLIPS (6)	5:42
134	Eve BEVAN (16)	7:15
3rd Placed Team Athletes: Cardiff Archers (47Pts)		
95	Anya LENNON (10)	6:59
92	Alanah HILL (17)	7:18
98	Eden WILLIAMS (20)	7:21



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U11G_RESULTS



63	130	Eleri THOMAS	Newport Harriers	9:21
64	125	Emily JONES	Newport Harriers	9:26
65	124	Erin DAVIES	Newport Harriers	9:41
66	113	Lucy POPE	Carmarthen Harriers	9:51

U13_GIRLS_RESULTS							Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4				
1	4	Cardiff AAC 'A'	6.30	13.18	20.01	26.39	26.39	1	26.39	Cardiff AAC 'A'
	4a	Annwen GAMMON	6.30					2	28.00	Swansea Harriers 'A'
	4b	Jessica WADEY		6.48				3	28.46	Cardiff Archers 'A'
	4c	Abigail FISHER			6.43			4	29.04	Neath Harriers
	4d	Kiara FRIZELLE				6.38		5	29.08	Blaenau Gwent AC 'A'
2	17	Swansea Harriers 'A'	6.56	13.38	21.00	28.00	28.00	6	29.24	Carmarthen Harriers 'A'
	17a	Bronwen STRATTON-THOMAS	6.56					7	29.50	Pembrokeshire Harriers 'A'
	17b	Rosa HUMPHREYS		6.42				8	29.52	Cardiff AAC 'B'
	17c	Rebecca MARTIN			7.22			9	29.52	Newport Harriers 'A'
	17d	Eluned KING				7.00		10	30.19	Menai T&F
3	7	Cardiff Archers 'A'	7.13	14.33	22.00	28.46	28.46	11	30.41	Blaenau Gwent AC 'B'
	7a	Ffion MORGAN	7.13					12	31.29	Cardiff Archers 'B'
	7b	Nia RILEY		7.20				13	23.12	Swansea Harriers 'B'
	7c	Lily IVIN			7.27			14	14.41	Cardiff AAC 'C'
	7d	Taiya JONES				6.46		15	16.55	Newport Harriers 'B'
4	12	Neath Harriers	7.15	14.28	22.03	29.04	29.04	16	7.59	Pembrokeshire Harriers 'B'
	12a	Rhiannon PHILLIPS	7.15					FASTEST LEG		
	12b	Ocean POULTNEY-MADDY		7.13				1	6.30	Annwen GAMMON
	12c	Ffion POWELL			7.35			2	6.38	Kiara FRIZELLE
	12d	Molly JONES				7.01		3	6.42	Rosa HUMPHREYS
5	1	Blaenau Gwent AC 'A'	7.18	14.58	22.04	29.08	29.08	4	6.43	Abigail FISHER
	1a	Nell BUTLER	7.18					5	6.46	Holli-Mai ALLEN
	1b	Alys EASEN		7.40				6	6.46	Taiya JONES
	1c	Cerys WILLIAMS			7.46			7	6.46	Sofia VELLA
	1d	Elise TURNER				7.04		8	6.48	Jessica WADEY
6	9	Carmarthen Harriers 'A'	7.13	14.30	21.46	29.24	29.24	9	6.56	Bronwen STRATTON-THOMAS
	9a	Non MORGAN	7.13					10	7.00	Eluned KING
	9b	Eva EDWARDS		7.17				11	7.01	Molly JONES
	9c	Taylor MCARTHUR			7.16			12	7.02	Caitlin WARD
	9d	Bethan MCFADYEN				7.38		13	7.04	Elise TURNER
7	16	Pembrokeshire Harriers 'A'	7.17	15.19	22.42	29.50	29.50	14	7.07	Mabli GOODLAND
	16a	Eliza MARTIN	7.17					15	7.08	Carys HEWER
	16b	Rosie LLEWELLYN		8.02				16	7.12	Megan COLE
	16c	Alice EVANS			7.23			17	7.13	Ocean POULTNEY-MADDY
	16d	Carys HEWER				7.08		18	7.13	Ffion MORGAN
8	5	Cardiff AAC 'B'	7.21	14.38	23.06	29.52	29.52	19	7.13	Non MORGAN
	5a	Bethan EVANS	7.21					20	7.14	Charlotte MITCHELL
	5b	Jeri-Lynne GRABHAM		7.17				21	7.15	Rhiannon PHILLIPS
	5c	Jasmine WALLACE			8.28			22	7.16	Taylor MCARTHUR
	5d	Sofia VELLA				6.46		23	7.17	Eliza MARTIN
9	13	Newport Harriers 'A'	7.14	14.57	22.01	29.52	29.52	24	7.17	Eva EDWARDS
	13a	Charlotte MITCHELL	7.14					25	7.17	Jeri-Lynne GRABHAM
	13b	Abbie MELHUISH		7.43				26	7.18	Nell BUTLER
	13c	Mollie SAMUEL			7.44			27	7.20	Nia RILEY
	13d	Ellie ROBINSON				7.51		28	7.20	Sheena WILLIAMS
10	11	Menai T&F	7.07	14.35	22.54	30.19	30.19	29	7.21	Bethan EVANS
	11a	Mabli GOODLAND	7.07					30	7.22	Rebecca MARTIN
	11b	Lucy HUGHES-LAWRENCE		7.28				31	7.23	Alice EVANS
	11c	Beca Nia JONES			8.19			32	7.25	Jody CAIN
	11d	Jody CAIN				7.25		33	7.26	Olivia HOPE
11	2	Blaenau Gwent AC 'B'	7.20	14.46	23.05	30.41	30.41	34	7.26	Emile DAVIES
	2a	Sheena WILLIAMS	7.20					35	7.27	Lily IVIN
	2b	Emile DAVIES		7.26				36	7.28	Lucy HUGHES-LAWRENCE
	2c	Rebecca DIXON			8.59			37	7.29	Amiee EGGINGTON
	2d	Ffion PROSSER				7.36		38	7.35	Ffion POWELL
12	8	Cardiff Archers 'B'	8.12	15.59	24.03	31.29	31.29	39	7.36	Ffion PROSSER
	8a	Grace MORGAN	8.12					40	7.38	Bethan MCFADYEN
	8b	Grace CHARLES		7.47				41	7.40	Alys EASEN
	8c	Meredith CROSSLAND			8.44			42	7.43	Abbie MELHUISH
	8d	Olivia HOPE				7.26				

U13_GIRLS_RESULTS							Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4				
13	18	Swansea Harriers 'B'	8.24	16.10	23.12		23.12	43	7.44	Mollie SAMUEL
	18a	Nell DAVIES	8.24					44	7.46	Cerys WILLIAMS
	18b	Holli-Mai ALLEN		6.46				45	7.47	Grace CHARLES
	18c	Caitlin WARD			7.02			46	7.51	Ellie ROBINSON
								47	7.59	Jennifer HERMITAGE
14	6	Cardiff AAC 'C'	7.12	14.41			14.41	48	8.02	Rosie LLEWELLYN
	6a	Megan COLE	7.12					49	8.12	Grace MORGAN
	6b	Amiee EGGINGTON		7.29				50	8.19	Beca Nia JONES
								51	8.19	Grace THEOBALD
								52	8.24	Nell DAVIES
15	14	Newport Harriers 'B'	8.19	16.55			16.55	53	8.28	Jasmine WALLACE
	14a	Grace THEOBALD	8.19					54	8.36	Kayleigh EVANS
	14b	Kayleigh EVANS		8.36				55	8.44	Meredith CROSSLAND
								56	8.59	Rebecca DIXON
16	150	Pembrokeshire Harriers 'B'	7.59				7.59			
	150a	Jennifer HERMITAGE	7.59							

U13_BOYS_RESULTS						Club Time	TEAM SCORES			
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3		Leg 4			
1	26	Carmarthen Harriers 'A'	6.35	13.09	19.48	25.51	25.51	1	25.51	Carmarthen Harriers 'A'
	26a	Iestyn WILLIAMS	6.35					2	25.57	Newport Harriers 'A'
	26b	Tomos REES		6.34				3	26.04	Menai T&F 'A'
	26c	Wil THOMPSON			6.39			4	26.14	Cardiff AAC 'A'
	26d	Ben THOMAS				6.03		5	27.01	Cardiff AAC 'B'
2	30	Newport Harriers 'A'	6.53	13.09	19.43	25.57		25.57	6	28.14
	30a	Ben EMES	6.53				7		28.47	Menai T&F 'B'
	30b	Connor RICHARDS		6.16			8		28.55	Swansea Harriers
	30c	Jackson MOUNTFORD			6.34		9		29.29	Blaenau Gwent
	30d	Finley RICHARDS				6.14	10		30.47	Newport Harriers 'B'
3	28	Menai T&F 'A'	6.09	12.34	19.14	26.04	26.04		11	22.44
	28a	Sion JONES	6.09					12	5.57	Pembrokeshire Harriers
	28b	Cai Morgan ROBERTS		6.25				13	6.43	Carmarthen Harriers 'B'
	28c	Morgan POWELL-JONES			6.40					
	28d	Jack DAVIES				6.50				
4	21	Cardiff AAC 'A'	6.46	13.37	19.56	26.14		26.14	FASTEST LEG	
	21a	Kian MURPHY	6.46				1		5.57	Rhys JAMES
	21b	Louis SPENCER		6.51			2		6.03	Ben THOMAS
	21c	Seth KELLY			6.19		3		6.09	Sion JONES
	21d	Alfie DAVIES				6.58	4		6.14	Finley RICHARDS
5	22	Cardiff AAC 'B'	6.41	13.34	19.59	27.01	27.01		5	6.16
	22a	Rhys MORGAN	6.41					6	6.19	Seth KELLY
	22b	Ben SMITH		6.53				7	6.25	Cai Morgan ROBERTS
	22c	Morgan JAMES			6.25			8	6.25	Morgan JAMES
	22d	Eli SCOBLE				7.02		9	6.29	Elis GOLDING
6	24	Cardiff Archers 'A'	6.29	13.48	21.02	28.14		28.14	10	6.34
	24a	Elis GOLDING	6.29				11		6.34	Jackson MOUNTFORD
	24b	Thomas BUTTLE		7.19			12		6.35	Iestyn WILLIAMS
	24c	Chris THOMPSON			7.14		13		6.39	Wil THOMPSON
	24d	Panos KARRAS				7.12	14		6.40	Morgan POWELL-JONES
7	29	Menai T&F 'B'	6.50	13.59	21.38	28.47	28.47		15	6.41
	29a	Jacob SHIELDHOUSE-HADLEY	6.50					16	6.43	Archi MORGAN
	29b	Harry DONNELLAN		7.09				17	6.45	Francis LEWIS
	29c	Osian WYN COYLE			7.39			18	6.46	Kian MURPHY
	29d	Gruffydd JONES				7.09		19	6.49	Emyr THOMAS
8	34	Swansea Harriers	6.45	14.01	21.07	28.55		28.55	20	6.50
	34a	Francis LEWIS	6.45				21		6.50	Jacob SHIELDHOUSE-HADLEY
	34b	Alfie ROBINSON		7.16			22		6.51	Louis SPENCER
	34c	Fraser JENKINS			7.06		23		6.53	Ben EMES
	34d	Rhidian JENKINS				7.48	24		6.53	Ben SMITH
9	19	Blaenau Gwent	7.10	14.29	22.21	29.29	29.29		25	6.58
	19a	Dylan KEY	7.10					26	7.02	Eli SCOBLE
	19b	Callum SCHOFIELD		7.19				27	7.06	Fraser JENKINS
	19c	Evan PENNY			7.52			28	7.08	Samuel CLAYTON
	19d	Samuel CLAYTON				7.08		29	7.08	James O'BRIAN
10	31	Newport Harriers 'B'	6.49	14.11	21.19	30.47		30.47	30	7.09
	31a	Emyr THOMAS	6.49				31		7.09	Gruffydd JONES
	31b	Ben DAVIES		7.22			32		7.09	Cameron PAMMENT
	31c	James O'BRIAN			7.08		33		7.10	Dylan KEY
	31d	Evan MONK				9.28	34		7.12	Panos KARRAS
11	23	Cardiff AAC 'C'	7.31	15.35	22.44		22.44		35	7.14
	23a	Caerwyn PHILLIPS	7.31					36	7.16	Alfie ROBINSON
	23b	Louie EDMISTON-LANE		8.04				37	7.19	Callum SCHOFIELD
	23c	Cameron PAMMENT			7.09			38	7.19	Thomas BUTTLE
								39	7.22	Ben DAVIES
								40	7.31	Caerwyn PHILLIPS
12	33	Pembrokeshire Harriers	5.57				5.57	41	7.39	Osian WYN COYLE
	33a	Rhys JAMES	5.57					42	7.48	Rhidian JENKINS
								43	7.52	Evan PENNY
								44	8.04	Louie EDMISTON-LANE
								45	9.28	Evan MONK
13	27	Carmarthen Harriers 'B'	6.43				6.43			
	27a	Archi MORGAN	6.43							

U15_GIRLS_RESULTS							Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4				
1	36	Cardiff AAC 'A'	6.19	12.57	19.42	25.50	25.50	1	25.50	Cardiff AAC 'A'
	36a	Emily GRIFFIN	6.19					2	25.55	Pembrokeshire Harriers 'A'
	36b	Gwenno WADDINGTON		6.38				3	27.32	Neath Harriers
	36c	Megan BOWEN			6.45			4	27.40	Bridgend AC
	36d	Naomi REID				6.08		5	28.12	Cardiff AAC 'B'
2	43	Pembrokeshire Harriers 'A'	6.23	12.49	19.31	25.55	25.55	6	28.50	Newport Harriers
	43a	Lucy DAVIES	6.23					7	29.35	Menai T&F
	43b	Lucy OMNET		6.26				8	29.47	Carmarthen Harriers 'A'
	43c	Alicia JONES			6.42			9	29.57	Swansea Harriers
	43d	Abbi WILLIAMS				6.24		10	14.18	Cardiff AAC 'C'
3	41	Neath Harriers	6.50	13.52	21.05	27.32	27.32	11	8.04	Aberdare VAAC
	41a	Olivia MICHAEL	6.50					FASTEST LEG		
	41b	Mari WATKINS		7.02				1	6.08	Naomi REID
	41c	Molly WILLIAMS			7.13			2	6.19	Emily GRIFFIN
	41d	Awen LEWIS				6.27		3	6.23	Lucy DAVIES
4	35	Bridgend AC	6.47	13.38	20.32	27.40	27.40	4	6.24	Abbi WILLIAMS
	35a	Katrin HIGGINSON	6.47					5	6.26	Lucy OMNET
	35b	Ffion HIGGINSON		6.51				6	6.27	Awen LEWIS
	35c	Hannah JENKINS			6.54			7	6.36	Emma LIGTHART
	35d	Sarah JENKINS				7.08		8	6.38	Gwenno WADDINGTON
5	37	Cardiff AAC 'B'	6.59	14.23	21.36	28.12	28.12	9	6.42	Alicia JONES
	37a	Caitlin EXTON	6.59					10	6.45	Megan BOWEN
	37b	Katy LONG		7.24				11	6.47	Katrin HIGGINSON
	37c	Georgia COLE			7.13			12	6.50	Olivia MICHAEL
	37d	Emma LIGTHART				6.36		13	6.51	Ffion HIGGINSON
6	42	Newport Harriers	7.05	14.07	21.44	28.50	28.50	14	6.54	Hannah JENKINS
	42a	Anwen ROBERTS	7.05					15	6.58	Caitlin HOWELL-WILLIAMS
	42b	Sophie POWELL		7.02				16	6.59	Caitlin EXTON
	42c	Nicole POLLOCK			7.37			17	7.01	Ellie KIFF
	42d	Charlotte FREEGARD				7.06		18	7.02	Mari WATKINS
7	40	Menai T&F	6.58	14.02	22.13	29.35	29.35	19	7.02	Sophie POWELL
	40a	Caitlin HOWELL-WILLIAMS	6.58					20	7.04	Eabha ROBERTS
	40b	Eabha ROBERTS		7.04				21	7.05	Anwen ROBERTS
	40c	Amelia HARPER-JONES			8.11			22	7.05	Bethan HARRIS
	40d	Lauren JONES				7.22		23	7.06	Charlotte FREEGARD
8	38	Carmarthen Harriers 'A'	7.01	14.09	22.21	29.47	29.47	24	7.08	Sarah JENKINS
	38a	Ellie KIFF	7.01					25	7.08	Rebecca THORNE
	38b	Rebecca THORNE		7.08				26	7.08	Angel POWELL
	38c	Nia GRIFFITHS			8.12			27	7.10	Brogan HAGGETT
	38d	Carys DAVIES				7.26		28	7.13	Georgia COLE
9	45	Swansea Harriers	7.05	15.03	22.29	29.57	29.57	29	7.13	Molly WILLIAMS
	45a	Bethan HARRIS	7.05					30	7.22	Lauren JONES
	45b	Ffion JENKINS		7.58				31	7.24	Katy LONG
	45c	Megan STRATTON-THOMAS			7.26			32	7.26	Carys DAVIES
	45d	Sophie DAVIES				7.28		33	7.26	Megan STRATTON-THOMAS
10	62	Cardiff AAC 'C'	7.08	14.18			14.18	34	7.28	Sophie DAVIES
	62a	Angel POWELL	7.08					35	7.37	Nicole POLLOCK
	62b	Brogan HAGGETT		7.10				36	7.58	Ffion JENKINS
								37	8.04	Holly JAMES

U15_BOYS_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	57	Swansea Harriers 'A'	9.30	18.56	29.03	29.03	1	29.03	Swansea Harriers 'A'
	57a	Dylan LAMBROPOULOS	9.30				2	29.19	Menai T&F 'A'
	57b	Elliot LAWRENCE		9.26			3	29.37	Cardiff AAC 'A'
	57c	Mark TOBIN			10.07		4	30.34	Swansea Harriers 'B'
2	51	Menai T&F 'A'	9.33	19.57	29.19	29.19	5	30.48	Newport Harriers 'A'
	51a	Cai LINTON-DAVIES	9.33				6	32.19	Swansea Harriers 'C'
	51b	Morgan TAYLOR		10.24			7	10.55	Bridgend AC
	51c	Oliver BARBARESI			9.22		8	9.13	Pembrokeshire Harriers
3	47	Cardiff AAC 'A'	9.46	19.40	29.37	29.37	FASTEST LEG		
	47a	Rhys JONES	9.46				1	9.13	Matthew WILLIAMS
	47b	James VINCENT		9.54			2	9.22	Oliver BARBARESI
	47c	Jac SMITH			9.57		3	9.26	Elliot LAWRENCE
4	58	Swansea Harriers 'B'	10.21	20.12	30.34	30.34	4	9.30	Dylan LAMBROPOULOS
	58a	Joseph TOBIN	10.21				5	9.33	Cai LINTON-DAVIES
	58b	Sam MARTIN		9.54			6	9.45	Owen LOCKE
	58c	Domonic SMITH			10.22		7	9.46	Rhys JONES
5	53	Newport Harriers 'A'	10.31	21.03	30.48	30.48	8	9.54	James VINCENT
	53a	Isaac THURGOOD	10.31				9	9.54	Sam MARTIN
	53b	Thomas THEOBALD		10.32			10	9.57	Jac SMITH
	53c	Owen LOCKE			9.45		11	10.07	Mark TOBIN
6	59	Swansea Harriers 'C'	10.59	21.36	32.19	32.19	12	10.21	Joseph TOBIN
	59a	Thomas PARK	10.59				13	10.22	Domonic SMITH
	59b	Chris PACKHAM		10.37			14	10.24	Morgan TAYLOR
	59c	Jacob SEAL			10.43		15	10.31	Isaac THURGOOD
7	46	Bridgend AC	10.55			10.55	16	10.32	Thomas THEOBALD
	46a	Donovan WILLIAMS-HALE	10.55				17	10.37	Chris PACKHAM
							18	10.43	Jacob SEAL
							19	10.55	Donovan WILLIAMS-HALE
8	56	Pembrokeshire Harriers	9.13			9.13	20	10.59	Thomas PARK
	56a	Matthew WILLIAMS	9.13						

U17_WOMEN_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	60	Cardiff AAC 'A'	11.23	22.30	33.50	33.50	1	33.50	Cardiff AAC 'A'
	60a	Anna LAWSON	11.23				FASTEST LEG		
	60b	Rosie-May THOMPSON		11.07			1	11.07	Rosie-May THOMPSON
	60c	Katharine STEGGLES			11.20		2	11.20	Katharine STEGGLES
2	61	Cardiff AAC 'B'	DQ	DQ			3	11.23	Anna LAWSON
	61a	Becky THOMAS	DQ						
	61b	Madline JAMES		DQ					

U17_MEN_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	66	Cardiff AAC 'A'	8.53	18.04	26.41	26.41	1	26.41	Cardiff AAC 'A'
	66a	Ciaran LEWIS	8.53				2	27.45	Cardiff AAC 'B'
	66b	Nicholas JONES		9.11			3	28.53	Carmarthen Harriers
	66c	John COVE			8.37		4	32.25	Cardiff AAC 'C'
2	125	Cardiff AAC 'B'	9.18	18.38	27.45	27.45	FASTEST LEG		
	125a	Ieuan HANDLEY	9.18				1	8.37	John COVE
	125b	Lewis BRUNT		9.20			2	8.53	Ciaran LEWIS
	125c	Hassan ABDI			9.07		3	9.07	Hassan ABDI
3	49	Carmarthen Harriers	9.31	19.22	28.53	28.53	4	9.11	Nicholas JONES
	49a	Cerith EVANS	9.31				5	9.18	Ieuan HANDLEY
	49b	Dwayne GRIFFITHS		9.51			6	9.20	Lewis BRUNT
	49c	Ashraf LILES			9.31		7	9.31	Cerith EVANS
4	68	Cardiff AAC 'C'	11.49	22.30	32.25	32.25	8	9.31	Ashraf LILES
	68a	Sam CURWEN	11.49				9	9.51	Dwayne GRIFFITHS
	68b	Alex LOVE		10.41			10	9.55	Jack EGGINGTON
	68c	Jack EGGINGTON			9.55		11	10.31	Ieuan JONES
5	69	Cardiff AAC 'D'	10.31	21.39	32.30	32.30	12	10.41	Alex LOVE
	69a	Ieuan JONES	10.31				13	10.51	Adam JOHANSEN
	69b	Elis JONES		11.08			14	11.08	Elis JONES
	69c	Adam JOHANSEN			10.51		15	11.49	Sam CURWEN

SENIOR_WOMEN_RESULTS							Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4				
1	106	Swansea Harriers 'A'	18.11	37.05	55.38	73.54	73.54	1	73.54	Swansea Harriers 'A'
	106a	Caryl JONES	18.11					2	81.01	Swansea Harriers 'B'
	106b	Holly LAWRENCE		18.54				3	87.37	Swansea Harriers 'C'
	106c	Kate ROBERTS			18.33			4	90.50	San Domenico
	106d	Andrea WHITCOMBE				18.16		5	91.12	Bridgend AC
2	107	Swansea Harriers 'B'	20.08	39.48	60.57	81.01	81.01	6	98.03	Pontypridd Roadents AC
	107a	Amanda JONES	20.08					7	98.07	Les Croupiers 'A'
	107b	Carol GLOVER		19.40				8	70.29	Liswerry Runners
	107c	Cerriane SANTOS			21.09			9	23.14	Newport Harriers 'A'
	107d	Shan MANSFIELD				20.44		10	DQ	Cardiff AAC 'A'
3	108	Swansea Harriers 'C'	21.13	42.33	65.03	87.37	87.37	11	DQ	Cardiff AAC 'B'
	108a	Iona EVANS	21.13					FASTEST LEG		
	108b	Lara PHILLIPPART		21.20				1	18.11	Caryl JONES
	108c	Sara GWYNN			22.30			2	18.16	Andrea WHITCOMBE
	108d	Elin DAVIES				22.34		3	18.33	Kate ROBERTS
4	105	San Domenico	20.30	45.28	69.11	90.50	90.50	4	18.54	Holly LAWRENCE
	105a	Sally WILDER	20.30					5	19.40	Carol GLOVER
	105b	Hannah WITHERS		24.58				6	20.08	Amanda JONES
	105c	Marcia GOUVEIA			23.43			7	20.30	Sally WILDER
	105d	Susannah BULPIN				21.39		8	20.35	Clara EVANS
5	96	Bridgend AC	22.22	45.46	67.33	91.12	91.12	9	20.44	Shan MANSFIELD
	96a	Gina HARDMAN	22.22					10	21.09	Cerriane SANTOS
	96b	Jacqueline BRACE		23.57				11	21.13	Iona EVANS
	96c	Georgie DANDO			21.47			12	21.20	Lara PHILLIPPART
	96d	Carys GRIFFITHS				23.39		13	21.39	Susannah BULPIN
6	104	Pontypridd Roadents AC	20.35	45.49	70.58	98.03	98.03	14	21.47	Georgie DANDO
	104a	Clara EVANS	20.35					15	21.47	Carys HUGHES
	104b	Jan EDWARDS		25.14				16	22.22	Gina HARDMAN
	104c	Ffion DAVIES			25.09			17	22.30	Sara GWYNN
	104d	Ann FOLLAN				27.05		18	22.34	Elin DAVIES
7	99	Les Croupiers 'A'	21.47	48.34	73.40	98.07	98.07	19	22.54	Ruth PHILLIPS
	99a	Carys HUGHES	21.47					20	23.14	Claire SAMUEL
	99b	Jodie WILLIAMS		26.47				21	23.39	Carys GRIFFITHS
	99c	Katie BEECHER			25.06			22	23.43	Marcia GOUVEIA
	99d	Jen SALTER				24.27		23	23.43	Sandra CHIPPER
8	101	Liswerry Runners	22.54	46.46	70.29	70.29	70.29	24	23.57	Jacqueline BRACE
	101a	Ruth PHILLIPS	22.54					25	23.92	Keri JONES
	101b	Keri JONES		23.92				26	24.27	Jen SALTER
	101c	Sandra CHIPPER			23.43			27	24.58	Hannah WITHERS
								28	25.06	Katie BEECHER
9	102	Newport Harriers 'A'	23.14				23.14	29	25.09	Ffion DAVIES
	102a	Claire SAMUEL	23.14					30	25.14	Jan EDWARDS
								31	26.47	Jodie WILLIAMS
								32	27.05	Ann FOLLAN
10	97	Cardiff AAC 'A'	20.39	39.55	62.15	82.46	DQ			
	97a	Bethan STRANGE	20.39							
	97b	Debbie REES		19.16						
	97c	Liz DAVIES			22.20					
	97d	Angela SPEIGHT				20.31				
11	98	Cardiff AAC 'B'	21.44	47.11	73.25	93.58	DQ			
	98a	Rachel MATTHEWS	21.44							
	98b	Nia WARD		25.27						
	98c	Hannah PRETTY			26.14					
	98d	Angharad PRICE				20.33				

SENIOR_MEN_RESULTS							Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3	Leg 4				
1	76	Cardiff AAC 'A'	16.47	33.14	49.06	65.30	65.30	1	65.30	Cardiff AAC 'A'
	76a	Carwyn JONES	16.47					2	66.39	Swansea Harriers 'A'
	76b	James THIE		16.27				3	69.55	Les Croupiers 'A'
	76c	Ieuan THOMAS			15.52			4	70.34	Swansea Harriers 'B'
	76d	Tom MARSHALL				16.24		5	71.06	Cardiff AAC 'B'
2	92	Swansea Harriers 'A'	16.42	33.19	49.52	66.39	66.39	6	72.06	Neath Harriers 'A'
	92a	Marc HOBBS	16.42					7	72.54	Swansea Harriers 'C'
	92b	Joshua GRIFFITHS		16.37				8	74.02	Aberdare VAAC 'A'
	92c	Chris CARPANINI			16.33			9	74.42	Bridgend AC
	92d	Guy SMITH				16.47		10	76.54	Chepstow Harriers
3	80	Les Croupiers 'A'	17.22	34.53	52.52	69.55	69.55	11	80.10	Liswerr Runners
	80a	Oliver WILLIAMS	17.22					12	85.19	Aberdare VAAC 'B'
	80b	Steve PATERSON		17.31				13	86.36	Pontypridd Roadents AC
	80c	Martin REES			17.59			14	89.01	San Domenico
	80d	Graham BREEN				17.03		15	37.17	Newport Harriers 'A'
4	93	Swansea Harriers 'B'	17.08	34.24	52.08	70.34	70.34	16	40.31	Cardiff AAC 'C'
	93a	Lewys HOBBS	17.08					17	20.12	Les Croupiers 'B'
	93b	Daniel ROTHWELL		17.16				FASTEST LEG		
	93c	Jonathan TOBIN			17.44			1	15.52	Ieuan THOMAS
	93d	Paul TOBIN				18.26		2	16.24	Tom MARSHALL
5	77	Cardiff AAC 'B'	17.45	35.05	52.55	71.06	71.06	3	16.27	James THIE
	77a	Nat LANE	17.45					4	16.33	Chris CARPANINI
	77b	Matthew EDWARDS		17.20				5	16.37	Joshua GRIFFITHS
	77c	Peter RYDER			17.50			6	16.42	Marc HOBBS
	77d	Gwynant JONES				18.11		7	16.47	Carwyn JONES
6	84	Neath Harriers 'A'	17.23	35.47	53.36	72.06	72.06	8	16.47	Guy SMITH
	84a	Matthew HARVEY	17.23					9	17.03	Graham BREEN
	84b	Dean JOHNSTON		18.24				10	17.06	Christian LOVATT
	84c	Steve REES			17.49			11	17.08	Lewys HOBBS
	84d	Andrew REYNOLDS				18.30		12	17.16	Daniel ROTHWELL
7	94	Swansea Harriers 'C'	17.06	34.48	55.17	72.54	72.54	13	17.20	Matthew EDWARDS
	94a	Christian LOVATT	17.06					14	17.22	Oliver WILLIAMS
	94b	Daniel GURMIN		17.42				15	17.23	Matthew HARVEY
	94c	Simon WILSON			20.29			16	17.31	Steve PATERSON
	94d	Daniel ROTHWELL				17.37		17	17.37	Daniel ROTHWELL
8	71	Aberdare VAAC 'A'	18.07	37.08	56.04	74.02	74.02	18	17.42	Daniel GURMIN
	71a	Jay BRAGG	18.07					19	17.44	Jonathan TOBIN
	71b	Richard LLOYD		19.01				20	17.45	Nat LANE
	71c	Simon LEWIS			18.48			21	17.49	Steve REES
	71d	Daniel BODMAN				17.58		22	17.50	Peter RYDER
9	75	Bridgend AC	17.51	36.53	55.41	74.42	74.42	23	17.51	Matt WELLS
	75a	Matt WELLS	17.51					24	17.58	Daniel BODMAN
	75b	Richard DANDO		19.32				25	17.59	Martin REES
	75c	Andrew HOOSON			18.88			26	18.02	Jack FEAR
	75d	Gavin GATES				19.01		27	18.05	Mukhtaar FARHAN
10	79	Chepstow Harriers	18.28	38.00	57.16	76.54	76.54	28	18.07	Jay BRAGG
	79a	Matt STOTT	18.28					29	18.11	Gwynant JONES
	79b	Andrew MATHIAS		19.01				30	18.24	Dean JOHNSTON
	79c	James BLORE			19.16			31	18.26	Paul TOBIN
	79d	Richard MATTHEWS				20.26		32	18.28	Matt STOTT
11	83	Liswerr Runners	19.19	38.20	59.44	80.10	80.10	33	18.30	Andrew REYNOLDS
	83a	Miles THOMAS	19.19					34	18.48	Simon LEWIS
	83b	Alun KING		19.01				35	18.88	Andrew HOOSON
	83c	Andrew DAWRE			21.19			36	19.01	Richard LLOYD
	83d	Tom BLAND				20.66		37	19.01	Andrew MATHIAS
12	72	Aberdare VAAC 'B'	20.28	43.41	65.00	85.19	85.19	38	19.01	Alun KING
	72a	James PIPER	20.28					39	19.01	Gavin GATES
	72b	Lee HOPKINS		23.13				40	19.06	Dylan WILLIAMS
	72c	David WILLIAMS			21.59			41	19.15	Jacob ZENNADI
	72d	Matthew EVANS				20.19				

47th Welsh Road Relay Championships 2014

SENIOR_MEN_RESULTS

13	90	Pontypridd Roadents AC	20.03	41.03	65.32	86.36	86.36	42	19.16	James BLORE
	90a	Sam RICHARDS	20.03					43	19.19	Miles THOMAS
	90b	Billy HAYTON		22.28				44	19.32	Richard DANDO
	90c	Brian GOUGH			24.29			45	20.03	Sam RICHARDS
	90d	Billy HAYTON				21.04		46	20.12	Brian DIAS
14	91	San Domenico	21.49	44.15	66.51	89.01	89.01	47	20.19	Matthew EVANS
	91a	Ian MCDONALD	21.49					48	20.26	Richard MATTHEWS
	91b	John SEAWARD		21.28				49	20.28	James PIPER
	91c	Ronald MORRIS			22.36			50	20.29	Simon WILSON
	91d	Chris SELBY				22.10		51	20.66	Tom BLAND
15	86	Newport Harriers 'A'	18.02	37.17			37.17	52	21.04	Billy HAYTON
	86a	Jack FEAR	18.02					53	21.19	Andrew DAWRE
	86b	Jacob ZENNADI		19.15				54	21.28	John SEAWARD
								55	21.49	Ian MCDONALD
								56	21.59	David WILLIAMS
16	78	Cardiff AAC 'C'	18.05	40.31			40.31	57	22.10	Chris SELBY
	78a	Mukhtaar FARHAN	18.05					58	22.28	Billy HAYTON
	78b	Richard LONG		22.28				59	22.28	Richard LONG
								60	22.29	Debbie REES
								61	22.36	Ronald MORRIS
17	81	Les Croupiers 'B'	20.12				20.12	62	23.13	Lee HOPKINS
	81a	Brian DIAS	20.12					63	24.29	Brian GOUGH

MM35_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	113	Les Croupiers 'A'	18.07	36.36		36.36	1	36.36	Les Croupiers 'A'
	113a	Stuart CREES	18.07				2	56.01	Aberdare VAAC 'B'
	113b	Phil COOK		18.29			3	56.26	Swansea Harriers
							4	59.55	Pontypridd Roadents AC
2	110	Aberdare VAAC 'B'	19.25	38.56	56.01	56.01	5	62.20	San Domenico
	110a	Steve THOMAS	19.25				6	62.27	Les Croupiers 'B'
	110b	Anthony WILLIAMS		19.31			7	68.31	Les Croupiers 'C'
	110c	Richard GARDINER			17.05		8	69.06	Newport Harriers
3	120	Swansea Harriers	19.28	37.59	56.26	56.26	9	55.58	Neath Harriers 'A'
	120a	Ifan LLOYD	19.28				10	40.56	Aberdare VAAC 'A'
	120b	Eamonn KIRK		18.31			FASTEST LEG		
	120c	Matt GURMIN			18.27		1	17.05	Richard GARDINER
4	119	Pontypridd Roadents AC	18.40	39.25	59.55	59.55	2	18.07	Stuart CREES
	119a	Peter COLES	18.40				3	18.17	Paul GRIFFITHS
	119b	Laurence POLE		20.45			4	18.25	Richard WILDER
	119c	Andrew BAKER			20.30		5	18.27	Matt GURMIN
5	121	San Domenico	18.25	40.42	62.20	62.20	6	18.29	Phil COOK
	121a	Richard WILDER	18.25				7	18.31	Eamonn KIRK
	121b	Dominic SHIELDS		22.17			8	18.34	Carl ELLIS
	121c	Brian LOVETT			21.38		9	18.37	Nick DUKES
6	114	Les Croupiers 'B'	18.37	40.00	62.27	62.27	10	18.40	Peter COLES
	114a	Nick DUKES	18.37				11	19.07	Chris FLETCHER
	114b	Mark FINLAYSON		21.23			12	19.25	Steve THOMAS
	114c	Alun JONES			22.27		13	19.28	Ifan LLOYD
7	115	Les Croupiers 'C'	21.36	45.12	68.31	68.31	14	19.31	Anthony WILLIAMS
	115a	Evatt CUMMINGS	21.36				15	19.44	Adrian LEWIS
	115b	Marcus MEYRICK		23.36			16	20.30	Andrew BAKER
	115c	Steve HAZEL			23.19		17	20.45	Laurence POLE
8	118	Newport Harriers	23.49	46.43	69.06	69.06	18	21.12	Matthew WILLIAMS
	118a	Jonathan SAMUEL	23.49				19	21.23	Mark FINLAYSON
	118b	Gareth BRUNNOCK		22.54			20	21.36	Evatt CUMMINGS
	118c	Darryn MCATEE			22.23		21	21.38	Brian LOVETT
9	116	Neath Harriers 'A'	18.34	37.41	55.58	55.58	22	22.17	Dominic SHIELDS
	116a	Carl ELLIS	18.34				23	22.23	Darryn MCATEE
	116b	Chris FLETCHER		19.07			24	22.27	Alun JONES
	116c	Paul GRIFFITHS			18.17		25	22.54	Gareth BRUNNOCK
10	109	Aberdare VAAC 'A'	21.12	40.56		40.56	26	23.19	Steve HAZEL
	109a	Matthew WILLIAMS	21.12				27	23.36	Marcus MEYRICK
	109b	Adrian LEWIS		19.44			28	23.49	Jonathan SAMUEL

MW35_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	130	Chepstow Harriers	19.29	43.01	63.32	63.32	1	63.32	Chepstow Harriers
	130a	Katherine MATTHEWS	19.29				2	86.30	Les Croupiers 'B'
	130b	Helen DUFFIELD		23.32			3	23.10	Les Croupiers 'A'
	130c	Jane HORLER			20.31		FASTEST LEG		
2	132	Les Croupiers 'B'	32.15	54.12	86.30	86.30	1	19.29	Katherine MATTHEWS
	132a	Tracey NEWMAN	32.15				2	20.31	Jane HORLER
	132b	Eirian ARWYN		21.57			3	21.57	Eirian ARWYN
	132c				32.18		4	23.10	Jo TUCKER
3	131	Les Croupiers 'A'	23.10			23.10	5	23.32	Helen DUFFIELD
	131a	Jo TUCKER	23.10				6	32.15	Tracey NEWMAN
							7	32.18	

MM45_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	124	Neath Harriers 'A'	19.02	38.29	58.14	57.74	1	57.74	Neath Harriers 'A'
	124a	Roy WHITEHOUSE	19.02				2	61.14	San Domenico
	124b	Pete CRANE		19.27			3	64.44	Les Croupiers
	124c	Paul TALBOT			19.45		FASTEST LEG		
2	126	San Domenico	19.50	41.00	61.54	61.14	1	19.02	Roy WHITEHOUSE
	126a	Phil BRISTOW	19.50				2	19.27	Pete CRANE
	126b	John DIFFEY		21.10			3	19.45	Paul TALBOT
	126c	Glyn SANSOM			20.54		4	19.50	Phil BRISTOW
3	123	Les Croupiers	20.10	44.30	64.44	64.44	5	20.10	Richard SELF
	123a	Richard SELF	20.10				6	20.14	Dave COLES
	123b	Paul CHAPMAN		24.20			7	20.54	Glyn SANSOM
	123c	Dave COLES			20.14		8	21.10	John DIFFEY
							9	24.20	Paul CHAPMAN

MW45_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	135	Penarth & Dinas RC	26.25	49.58	73.22	72.82	1	72.82	Penarth & Dinas RC
	135a	Yvonne WILLIAMS	26.25				FASTEST LEG		
	135b	Andrea HURMAN		23.33			1	23.24	Lisa CLEARY
	135c	Lisa CLEARY			23.24		2	23.33	Andrea HURMAN
	136	San Domenico	26.49			26.49	3	26.25	Yvonne WILLIAMS
	136a	Frances WILLIAMS	26.49				4	26.49	Frances WILLIAMS

MM55_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	127	Les Croupiers	20.43	41.55	63.16	62.76	1	62.76	Les Croupiers
	127a	Mick TABOR	20.43				2	68.88	Neath Harriers 'A'
	127b	Paul COKER		21.12			3		
	127c	Mick MCGEOCH			21.21				
2	128	Neath Harriers 'A'	23.54	46.59	69.28	68.88	FASTEST LEG		
	128a	Howard CARPENTER	23.54				1	20.43	Mick TABOR
	128b	Bob BAMSEY		23.05			2	21.12	Paul COKER
	128c	Simon PARTRIDGE			22.29		3	21.21	Mick MCGEOCH
							4	22.29	Simon PARTRIDGE
							5	23.05	Bob BAMSEY
						6	23.54	Howard CARPENTER	

MW55_RESULTS						Club Time	TEAM SCORES		
Pos	Team	Athletes	Leg 1	Leg 2	Leg 3				
1	137	Chepstow Harriers	25.30	55.11	79.44	79.44	1	79.44	Chepstow Harriers
	137a	Brenda AVERY	25.30				FASTEST LEG		
	137b	Jane BAYLISS		29.81			1	24.33	Teresa TRANTER
	137c	Teresa TRANTER			24.33		2	25.30	Brenda AVERY
						3	29.81	Jane BAYLISS	