

## Race 1

## Team

| Number | Club | Group | Legs | Leg 1 | Leg 2 | Leg 3 | Leg 4 | Fastest team time | Finishing Order |
|--------|------|-------|------|-------|-------|-------|-------|-------------------|-----------------|
|--------|------|-------|------|-------|-------|-------|-------|-------------------|-----------------|

## Under 13 Girls

|   |                         |                |   |         |         |         |         |         |   |
|---|-------------------------|----------------|---|---------|---------|---------|---------|---------|---|
| 3 | Menai T&F               | Under 13 Girls | 4 | 0:07:55 | 0:15:36 | 0:23:52 | 0:32:00 | 0:32:00 | 1 |
| 5 | Pembroke Harriers       | Under 13 Girls | 4 | 0:07:51 | 0:16:04 | 0:24:42 | 0:33:36 | 0:33:36 | 2 |
| 2 | Cardiff AAC             | Under 13 Girls | 4 | 0:08:53 | 0:17:24 | 0:27:24 | 0:34:42 | 0:34:42 | 3 |
| 8 | Carmarthen Harriers "A" | Under 13 Girls | 4 | 0:08:17 | 0:17:19 | 0:25:54 | 0:35:39 | 0:35:39 | 4 |
| 1 | Bridgend AC             | Under 13 Girls | 4 | 0:09:40 | 0:19:15 | 0:28:31 | 0:36:46 | 0:36:46 | 5 |
| 9 | Guest Team              |                |   | 0:09:33 |         |         |         |         |   |

## Under 13 Boys

|    |                         |               |   |         |         |         |         |         |   |
|----|-------------------------|---------------|---|---------|---------|---------|---------|---------|---|
| 11 | Cardiff AAC "A"         | Under 13 Boys | 4 | 0:07:19 | 0:15:09 | 0:22:22 | 0:29:32 | 0:29:32 | 1 |
| 12 | Cardiff AAC "B"         | Under 13 Boys | 4 | 0:07:47 | 0:15:41 | 0:23:54 | 0:31:48 | 0:31:48 | 2 |
| 15 | Swansea Harriers        | Under 13 Boys | 4 | 0:08:10 | 0:15:38 | 0:25:12 | 0:34:04 | 0:34:04 | 3 |
| 16 | Carmarthen Harriers "A" | Under 13 Boys | 4 | 0:07:26 | 0:16:10 | 0:23:53 |         |         |   |
| 13 | Cardiff AAC "C"         | Under 13 Boys | 4 | 0:07:56 | 0:16:49 | 0:25:01 |         |         |   |

## U15 Girls

|    |                     |           |   |         |         |         |         |         |   |
|----|---------------------|-----------|---|---------|---------|---------|---------|---------|---|
| 19 | Bridgend AC "A"     | U15 Girls | 4 | 0:07:49 | 0:15:49 | 0:24:39 | 0:31:35 | 0:31:35 | 1 |
| 22 | Swansea Harriers    | U15 Girls | 4 | 0:07:40 | 0:15:43 | 0:24:50 | 0:32:11 | 0:32:11 | 2 |
| 21 | Cwmbran Harriers    | U15 Girls | 4 | 0:08:08 | 0:16:53 | 0:25:07 | 0:33:00 | 0:33:00 | 3 |
| 20 | Bridgend AC "B"     | U15 Girls | 4 | 0:08:56 | 0:17:06 | 0:25:27 | 0:33:31 | 0:33:31 | 4 |
| 23 | Carmarthen Harriers | U15 Girls | 4 | 0:09:10 |         |         |         |         |   |

## Race 2

| Number               | Club                    | Group         | Legs | Leg 2   | Leg 2   | Leg 3   | Fastest team time | Finishing Order |
|----------------------|-------------------------|---------------|------|---------|---------|---------|-------------------|-----------------|
| <b>Under 15 Boys</b> |                         |               |      |         |         |         |                   |                 |
| 24                   | Cardiff AAC "A"         | Under 15 Boys | 3    | 0:09:40 | 0:19:02 | 0:30:07 | 0:30:07           | 1               |
| 29                   | Swansea Harriers "B"    | Under 15 Boys | 3    | 0:10:52 | 0:20:35 | 0:31:10 | 0:31:10           | 2               |
| 25                   | Cardiff AAC "B"         | Under 15 Boys | 3    | 0:10:09 | 0:21:48 | 0:33:06 | 0:33:06           | 3               |
| 28                   | Swansea Harriers "A"    | Under 15 Boys | 3    | 0:10:06 | 0:20:23 | 0:33:45 | 0:33:45           | 4               |
| 27                   | Cwmbran Harriers        | Under 15 Boys | 3    | 0:10:36 | 0:22:37 | 0:33:50 | 0:33:50           | 5               |
| 30                   | Carmarthen Harriers "A" | Under 15 Boys | 3    | 0:13:00 |         |         |                   |                 |

## Under 17 Women

|    |                  |                |   |         |         |         |         |   |
|----|------------------|----------------|---|---------|---------|---------|---------|---|
| 33 | Cardiff AAC "A"  | Under 17 Women | 3 | 0:11:01 | 0:22:16 | 0:34:44 | 0:34:44 | 1 |
| 36 | Swansea Harriers | Under 17 Women | 3 | 0:11:36 | 0:23:31 | 0:37:15 | 0:37:15 | 2 |
| 34 | Cardiff AAC "B"  | Under 17 Women | 3 | 0:11:54 | 0:25:11 | 0:37:22 | 0:37:22 | 3 |
| 35 | Menai T&F        | Under 17 Women | 3 | 0:10:59 | 0:25:15 | 0:37:40 | 0:37:40 | 4 |

## Under 17 Men

|    |                      |              |   |         |         |         |         |   |
|----|----------------------|--------------|---|---------|---------|---------|---------|---|
| 40 | Newport Harriers     | Under 17 Men | 3 | 0:09:21 | 0:18:42 | 0:28:23 | 0:28:23 | 1 |
| 37 | Cardiff AAC          | Under 17 Men | 3 | 0:10:03 | 0:20:51 | 0:30:21 | 0:30:21 | 2 |
| 38 | Swansea Harriers "A" | Under 17 Men | 3 | 0:10:14 | 0:20:22 | 0:31:44 | 0:31:44 | 3 |

## Race 3

| Number            | Club                 | Group      | Legs | Leg 1   | Leg 2   | Leg 3   | Leg 4   | Fastest team time | Finishing Order |
|-------------------|----------------------|------------|------|---------|---------|---------|---------|-------------------|-----------------|
| <b>Senior Men</b> |                      |            |      |         |         |         |         |                   |                 |
| 59                | Swansea Harriers "A" | Senior Men | 4    | 0:15:57 | 0:31:14 | 0:47:02 | 1:02:27 | 1:02:27           | 1               |
| 48                | Cardiff AAC "A"      | Senior Men | 4    | 0:15:41 | 0:31:29 | 0:47:07 | 1:02:33 | 1:02:33           | 2               |
| 60                | Swansea Harriers "B" | Senior Men | 4    | 0:16:07 | 0:32:15 | 0:48:25 | 1:05:21 | 1:05:21           | 3               |
| 49                | Cardiff AAC "B"      | Senior Men | 4    | 0:16:01 | 0:32:08 | 0:49:04 | 1:05:28 | 1:05:28           | 4               |
| 55                | Neath Harriers "A"   | Senior Men | 4    | 0:16:03 | 0:32:46 | 0:49:09 | 1:06:28 | 1:06:28           | 5               |
| 53                | Les Croupiers "A"    | Senior Men | 4    | 0:15:37 | 0:32:55 | 0:51:09 | 1:08:07 | 1:08:07           | 6               |
| 61                | Swansea Harriers "C" | Senior Men | 4    | 0:16:47 | 0:33:25 | 0:50:29 | 1:08:17 | 1:08:17           | 7               |
| 57                | Newport Harriers "A" | Senior Men | 4    | 0:16:37 | 0:33:24 | 0:51:10 | 1:08:41 | 1:08:41           | 8               |
| 54                | Les Croupiers "B"    | Senior Men | 4    | 0:18:40 | 0:38:44 | 0:59:37 | 1:21:39 | 1:21:39           | 9               |
| 56                | Neath Harriers "B"   | Senior Men | 4    | 0:17:28 | 0:36:09 | 0:55:03 | DQ      |                   |                 |
| 58                | Newport Harriers "B" | Senior Men | 4    | 0:20:00 | 0:40:44 |         |         |                   |                 |
| 63                | Bridgend AAC "A"     | Senior Men | 4    | 0:17:47 |         |         |         |                   |                 |
| 62                | Swansea Harriers "D" | Senior Men | 4    | 0:17:58 |         |         |         |                   |                 |

## Senior Women

|    |                      |              |   |         |         |         |         |         |   |
|----|----------------------|--------------|---|---------|---------|---------|---------|---------|---|
| 44 | Swansea Harriers "A" | Senior Women | 4 | 0:18:48 | 0:37:21 | 0:55:28 | 1:13:34 | 1:13:34 | 1 |
| 41 | Cardiff AAC "A"      | Senior Women | 4 | 0:18:44 | 0:38:04 | 0:57:52 | 1:15:46 | 1:15:46 | 2 |
| 47 | Bridgend AAC         | Senior Women | 4 | 0:19:04 | 0:39:58 | 1:01:23 | 1:23:04 | 1:23:04 | 3 |
| 45 | Swansea Harriers "B" | Senior Women | 4 | 0:21:36 | 0:41:18 | 1:04:42 | 1:26:53 | 1:26:53 | 4 |
| 43 | Les Croupiers        | Senior Women | 4 | 0:21:59 | 0:44:15 | 1:08:14 | 1:29:55 | 1:29:55 | 5 |
| 46 | Swansea Harriers "C" | Senior Women | 4 | 0:23:00 | 0:46:07 |         |         |         |   |

## Race 3

| Number                     | Club               | Group               | Legs | Leg 1   | Leg 2   | Leg 3   | Fastest team time | Finishing Order |
|----------------------------|--------------------|---------------------|------|---------|---------|---------|-------------------|-----------------|
| <b>Masters Men V 35+</b>   |                    |                     |      |         |         |         |                   |                 |
| 67                         | Neath Harriers "A" | Masters Men V 35+   | 3    | 0:16:59 | 0:35:10 | 0:52:49 | 0:52:49           | 1               |
| 70                         | Bridgend AAC       | Masters Men V 35+   | 3    | 0:18:49 | 0:36:45 | 0:55:19 | 0:55:19           | 2               |
| 68                         | Neath Harriers "B" | Masters Men V 35+   | 3    | 0:18:16 | 0:37:01 | 0:57:18 | 0:57:18           | 3               |
| <b>Masters Women V 35+</b> |                    |                     |      |         |         |         |                   |                 |
| 66                         | Les Croupiers      | Masters Women V 35+ | 3    | 0:22:38 | 0:46:32 | 1:10:28 | 1:10:28           | 4               |
| <b>Masters Men V 45+</b>   |                    |                     |      |         |         |         |                   |                 |
| 76                         | Bridgend AAC "B"   | Masters Men V 45+   | 3    | 0:18:05 | 0:36:24 | 0:55:09 | 0:55:09           | 1               |
| 72                         | Neath Harriers "A" | Masters Men V 45+   | 3    | 0:18:37 | 0:36:31 | 0:55:14 | 0:55:14           | 2               |
| 75                         | Bridgend AAC "A"   | Masters Men V 45+   | 3    | 0:19:49 | 0:39:51 | 0:59:29 | 0:59:29           | 3               |
| 74                         | Swansea Harriers   | Masters Men V 45+   | 3    | 0:18:39 | 0:40:31 | 1:01:54 | 1:01:54           | 4               |
| 73                         | Neath Harriers "B" | Masters Men V 45+   | 3    | 0:21:01 | 0:41:49 |         |                   |                 |
| <b>Masters Women V 55+</b> |                    |                     |      |         |         |         |                   |                 |
| 77                         | Les Croupiers "A"  | Masters Women V 55+ | 3    | 0:28:44 | 0:54:54 | 1:28:28 | 1:28:28           | 1               |
| <b>Masters Men V 55+</b>   |                    |                     |      |         |         |         |                   |                 |
| 78                         | Les Croupiers "B"  | Masters Men V 55+   | 3    | 0:20:09 | 0:38:24 | 0:58:16 | 0:58:16           | 1               |

| Under 13 Girls |                   | Group          | Legs | Leg 1   | Leg 2   | Leg 3   | Leg 4   |
|----------------|-------------------|----------------|------|---------|---------|---------|---------|
| 1              | Bridgend AC       | Under 13 Girls | 4    | 0:09:40 | 0:19:15 | 0:28:31 | 0:36:46 |
| 1a             | Ellie BISHOP      |                |      | 0:09:40 |         |         |         |
| 1b             | Jo-Dianna GRABHAM |                |      |         | 0:09:35 |         |         |
| 1c             | Leah THOMAS       |                |      |         |         | 0:09:16 |         |
| 1d             | Courtley LOCK     |                |      |         |         |         | 0:08:15 |

|    |                      |                |   |         |         |         |         |
|----|----------------------|----------------|---|---------|---------|---------|---------|
| 3  | Menai T&F            | Under 13 Girls | 4 | 0:07:55 | 0:15:36 | 0:23:52 | 0:32:00 |
| 3a | Mollie DAVIES        |                |   | 0:07:55 |         |         |         |
| 3b | Cari HUGHES          |                |   |         | 0:07:41 |         |         |
| 3c | Catrin BEZKOROWAJNYJ |                |   |         |         | 0:08:16 |         |
| 3d | Bronwen Jenkinson    |                |   |         |         |         | 0:08:08 |

|    |                |                |   |         |         |         |         |
|----|----------------|----------------|---|---------|---------|---------|---------|
| 2  | Cardiff AAC    | Under 13 Girls | 4 | 0:08:53 | 0:17:06 | 0:27:24 | 0:34:42 |
| 2a | Steph Lowe     |                |   | 0:08:53 |         |         |         |
| 2b | Angharad Cole  |                |   |         | 0:08:13 |         |         |
| 2c | Alice Broadley |                |   |         |         | 0:10:18 |         |
| 2d | Megan Tatnell  |                |   |         |         |         | 0:07:18 |

|    |                       |                |   |         |         |         |         |
|----|-----------------------|----------------|---|---------|---------|---------|---------|
| 5  | Pembroke Harriers     | Under 13 Girls | 4 | 0:07:51 | 0:16:04 | 0:24:42 | 0:33:36 |
| 5a | Poppy LEWIS           |                |   | 0:07:51 |         |         |         |
| 5b | Alice RUSSELL-STRETCH |                |   |         | 0:08:13 |         |         |
| 5c | Charlotte REES        |                |   |         |         | 0:08:38 |         |
| 5d | Tegan HARRISON        |                |   |         |         |         | 0:08:54 |

|    |                   |                |   |         |         |         |         |
|----|-------------------|----------------|---|---------|---------|---------|---------|
| 1  | Bridgend AC       | Under 13 Girls | 4 | 0:09:40 | 0:19:15 | 0:28:31 | 0:36:46 |
| 8a | Megan THOMAS      |                |   | 0:09:40 |         |         |         |
| 8b | Natasha JIWA-WALI |                |   |         | 0:09:35 |         |         |
| 8c | Lucy JONES        |                |   |         |         | 0:09:16 |         |
| 8d | Rebecca LEWIS     |                |   |         |         |         | 0:08:15 |

|    |                   |  |   |   |         |  |  |
|----|-------------------|--|---|---|---------|--|--|
| 9  | Guest Team        |  | 0 | 0 | 0:09:33 |  |  |
| 9a | Anna Murzo Davies |  |   |   | 0:09:33 |  |  |
| 9b |                   |  |   |   |         |  |  |
| 9c |                   |  |   |   |         |  |  |
| 9d |                   |  |   |   |         |  |  |

Fastest Leg - Club                      Club Time

|         |         |
|---------|---------|
| 0:08:15 |         |
| 0:09:16 |         |
| 0:09:35 |         |
| 0:09:40 |         |
|         | 0:36:46 |

|         |         |
|---------|---------|
| 0:07:41 |         |
| 0:07:55 |         |
| 0:08:08 |         |
| 0:08:16 |         |
|         | 0:32:00 |

|         |         |
|---------|---------|
| 0:07:18 |         |
| 0:08:13 |         |
| 0:08:53 |         |
| 0:10:18 |         |
|         | 0:34:42 |

|         |         |
|---------|---------|
| 0:07:51 |         |
| 0:08:13 |         |
| 0:08:38 |         |
| 0:08:54 |         |
|         | 0:33:36 |

|         |         |
|---------|---------|
| 0:08:15 |         |
| 0:09:16 |         |
| 0:09:35 |         |
| 0:09:40 |         |
|         | 0:36:46 |

|         |         |
|---------|---------|
| 0:09:33 |         |
|         |         |
|         |         |
|         |         |
|         | 0:09:33 |

Fastest Leg    Top ten

|         |    |
|---------|----|
| 0:07:18 | 1  |
| 0:07:41 | 2  |
| 0:07:51 | 3  |
| 0:07:55 | 4  |
| 0:08:08 | 5  |
| 0:08:13 | 6  |
| 0:08:13 | 7  |
| 0:08:15 | 8  |
| 0:08:15 | 9  |
| 0:08:16 | 10 |

|                      |                         | Group         | Legs | Leg 1   | Leg 2   | Leg 3   | Leg 4   |
|----------------------|-------------------------|---------------|------|---------|---------|---------|---------|
| <b>Under 13 Boys</b> |                         |               |      |         |         |         |         |
| 11                   | Cardiff AAC "A"         | Under 13 Boys | 4    | 0:07:19 | 0:15:09 | 0:22:22 | 0:29:32 |
| 11a                  | Ciaran LEWIS            |               |      | 0:07:19 |         |         |         |
| 11b                  | Rhys GOOCH              |               |      |         | 0:07:50 |         |         |
| 11c                  | Tom EDMUNDS             |               |      |         |         | 0:07:13 |         |
| 11d                  | John COVE               |               |      |         |         |         | 0:07:10 |
| 12                   | Cardiff AAC "B"         | Under 13 Boys | 4    | 0:07:47 | 0:15:41 | 0:23:54 | 0:31:48 |
| 12a                  | Joe MACPHERSON          |               |      | 0:07:47 |         |         |         |
| 12b                  | Sam CURWEN              |               |      |         | 0:07:54 |         |         |
| 12c                  | Sam GOUGH               |               |      |         |         | 0:08:13 |         |
| 12d                  | Kieran HARRIS           |               |      |         |         |         | 0:07:54 |
| 16                   | Carmarthen Harriers "A" | Under 13 Boys | 4    | 0:07:26 | 0:16:10 | 0:23:53 |         |
| 13a                  | Jacob KNIGHT            |               |      | 0:07:26 |         |         |         |
| 13b                  | William BROWN           |               |      |         | 0:08:44 |         |         |
| 13c                  | Bradle COOMBER          |               |      |         |         | 0:07:43 |         |
| 13d                  | N A                     |               |      |         |         |         |         |
| 15                   | Swansea Harriers        | Under 13 Boys | 4    | 0:08:10 | 0:15:38 | 0:25:12 | 0:34:04 |
| 15a                  | Brandon Davies          |               |      | 0:08:10 |         |         |         |
| 15b                  | Ashley HOPKINS          |               |      |         | 0:07:28 |         |         |
| 15c                  | Rami HASSAN             |               |      |         |         | 0:09:34 |         |
| 15d                  | Rhys GRIFFITHS          |               |      |         |         |         | 0:08:52 |
| 13                   | Cardiff AAC "C"         | Under 13 Boys | 4    | 0:07:56 | 0:16:49 | 0:25:01 |         |
| 16a                  | Jordan RICHARDS         |               |      | 0:07:56 |         |         |         |
| 16b                  | Elliott MORGAN          |               |      |         | 0:08:53 |         |         |
| 16c                  | Benjamin WILLIAMS       |               |      |         |         | 0:08:12 |         |
| 16d                  | Christian LOVATT        |               |      |         |         |         |         |

Fastest Leg - Club

Club Time

|         |  |         |
|---------|--|---------|
| 0:07:10 |  | 0:29:32 |
| 0:07:13 |  |         |
| 0:07:19 |  |         |
| 0:07:50 |  |         |

|         |  |         |
|---------|--|---------|
| 0:07:47 |  | 0:31:48 |
| 0:07:54 |  |         |
| 0:07:54 |  |         |
| 0:08:13 |  |         |

|         |  |         |
|---------|--|---------|
| 0:07:26 |  | 0:23:53 |
| 0:07:43 |  |         |
| 0:08:44 |  |         |

|         |  |         |
|---------|--|---------|
| 0:07:28 |  | 0:34:04 |
| 0:08:10 |  |         |
| 0:08:52 |  |         |
| 0:09:34 |  |         |

|         |  |  |
|---------|--|--|
| 0:07:56 |  |  |
| 0:08:12 |  |  |
| 0:08:53 |  |  |

Fastest Leg Top ten

|         |    |
|---------|----|
| 0:07:10 | 1  |
| 0:07:13 | 2  |
| 0:07:19 | 3  |
| 0:07:26 | 4  |
| 0:07:28 | 5  |
| 0:07:43 | 6  |
| 0:07:47 | 7  |
| 0:07:50 | 8  |
| 0:07:54 | 9  |
| 0:07:54 | 10 |

| U15 Girls |                     | Group     | Legs | Leg 1   | Leg 2   | Leg 3   | Leg 4   |
|-----------|---------------------|-----------|------|---------|---------|---------|---------|
| 19        | Bridgend AC "A"     | U15 Girls | 4    | 0:07:49 | 0:15:49 | 0:24:39 | 0:31:35 |
| 19a       | Jazmine BRIGANTI    |           |      | 0:07:49 |         |         |         |
| 19b       | Nia WARD            |           |      |         | 0:08:00 |         |         |
| 19c       | Lucy TARRANT        |           |      |         |         | 0:08:50 |         |
| 19d       | Megan OSBORNE       |           |      |         |         |         | 0:06:56 |
| 22        | Swansea Harriers    | U15 Girls | 4    | 0:07:40 | 0:15:43 | 0:24:50 | 0:32:11 |
| 22a       | Iona EVANS          |           |      | 0:07:40 |         |         |         |
| 22b       | Lucy HAMMETT        |           |      |         | 0:08:03 |         |         |
| 22c       | Naomi OSBORN        |           |      |         |         | 0:09:07 |         |
| 22d       | Jordan SMART        |           |      |         |         |         | 0:07:21 |
| 21        | Cwmbran Harriers    | U15 Girls | 4    | 0:08:08 | 0:16:53 | 0:25:07 | 0:33:00 |
| 21a       | Chelsie HARRIES     |           |      | 0:08:08 |         |         |         |
| 21b       | Malika REZOUGUI     |           |      |         | 0:08:45 |         |         |
| 21c       | Olivia TURLEY       |           |      |         |         | 0:08:14 |         |
| 21d       | Francesca HYDE      |           |      |         |         |         | 0:07:53 |
| 20        | Bridgend AC "B"     | U15 Girls | 4    | 0:08:56 | 0:17:06 | 0:25:27 | 0:33:31 |
| 20a       | Isabel HUGHES       |           |      | 0:08:56 |         |         |         |
| 20b       | Sinead LOUNDES      |           |      |         | 0:08:10 |         |         |
| 20c       | Katie ROBERTS       |           |      |         |         | 0:08:21 |         |
| 20d       | Jess HEGARTY        |           |      |         |         |         | 0:08:04 |
| 23        | Carmarthen Harriers | U15 Girls | 4    | 0:09:10 |         |         |         |
| 23a       | Elin THOMAS         |           |      | 0:09:10 |         |         |         |
| 23b       |                     |           |      |         |         |         |         |
| 23c       |                     |           |      |         |         |         |         |
| 23d       |                     |           |      |         |         |         |         |

| Fastest Leg - Club                       | Club Time | Fastest Leg  | Top ten                    |
|--|-----------|--|----------------------------|
| 0:06:56<br>0:07:49<br>0:08:00<br>0:08:50 | 0:31:35   | 0:06:56<br>0:07:21<br>0:07:40<br>0:07:49<br>0:07:53<br>0:08:00 | 1<br>2<br>3<br>4<br>5<br>6 |
| 0:07:21<br>0:07:40<br>0:08:03<br>0:09:07 | 0:32:11   | 0:08:03<br>0:08:04<br>0:08:08<br>0:08:10                       | 7<br>8<br>9<br>10          |
| 0:07:53<br>0:08:08<br>0:08:14<br>0:08:45 | 0:33:00   |  |                            |
| 0:08:04<br>0:08:10<br>0:08:21<br>0:08:56 | 0:33:31   |  |                            |
| 0:09:10                                  | 0:09:10   |  |                            |

| Under 15 Boys |                         | Group         | Legs | Leg 1   | Leg 2   | Leg 3   |
|---------------|-------------------------|---------------|------|---------|---------|---------|
| 24            | Cardiff AAC "A"         | Under 15 Boys | 3    | 0:09:40 | 0:19:02 | 0:30:07 |
| 24a           | Mike WARD               |               |      | 0:09:40 |         |         |
| 24b           | Elliott SLADE           |               |      |         | 0:09:22 |         |
| 24c           | Jack GOOCH              |               |      |         |         | 0:11:05 |
| 29            | Swansea Harriers "B"    | Under 15 Boys | 3    | 0:10:52 | 0:20:35 | 0:31:10 |
| 25a           | Rory HESLOP             |               |      | 0:10:52 |         |         |
| 25b           | Jacob PREECE            |               |      |         | 0:09:43 |         |
| 25c           | Sam McPherson           |               |      |         |         | 0:10:35 |
| 25            | Cardiff AAC "B"         | Under 15 Boys | 3    | 0:10:09 | 0:21:48 | 0:33:06 |
| 27a           | Ben JONES               |               |      | 0:10:09 |         |         |
| 27b           | Charlie WALKER          |               |      |         | 0:11:39 |         |
| 27c           | Alex MCDOWELL           |               |      |         |         | 0:11:18 |
| 28            | Swansea Harriers "A"    | Under 15 Boys | 3    | 0:10:06 | 0:20:23 | 0:33:45 |
| 28a           | Connor Davies           |               |      | 0:10:06 |         |         |
| 28b           | Carwyn Evans            |               |      |         | 0:10:17 |         |
| 28c           | David Tobin             |               |      |         |         | 0:13:22 |
| 27            | Cwmbran Harriers        | Under 15 Boys | 3    | 0:10:36 | 0:22:37 | 0:33:50 |
| 29a           | Daniel Hall             |               |      | 0:10:36 |         |         |
| 29b           | Chris Carpanini         |               |      |         | 0:12:01 |         |
| 29c           | Alex McDowell           |               |      |         |         | 0:11:13 |
| 30            | Carmarthen Harriers "A" | Under 15 Boys | 3    | 0:13:00 |         |         |
| 30a           | Nathan RICHARDS         |               |      | 0:13:00 |         |         |
| 30b           |                         |               |      |         |         |         |
| 30c           |                         |               |      |         |         |         |

| Fastest Leg - Club            | Club Time | Fastest Leg  | Top ten   |
|-------------------------------|-----------|--|---|
| 0:09:22<br>0:09:40<br>0:11:05 | 0:30:07   | 0:09:22<br>0:09:40<br>0:09:43<br>0:10:06<br>0:10:09<br>0:10:17<br>0:10:35<br>0:10:36<br>0:10:52<br>0:11:05 | 1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10 |
| 0:10:09<br>0:11:18<br>0:11:39 | 0:33:06   |  |   |
| 0:10:06<br>0:10:17<br>0:13:22 | 0:33:45   |  |   |
| 0:10:36<br>0:11:13<br>0:12:01 | 0:33:50   |  |   |
| 0:13:00                       | 0:13:00   |  |   |

|                       |                  | Group          | Legs | Leg 1   | Leg 2   | Leg 3   |
|-----------------------|------------------|----------------|------|---------|---------|---------|
| <b>Under 17 Women</b> |                  |                |      |         |         |         |
| 33                    | Cardiff AAC "A"  | Under 17 Women | 3    | 0:11:01 | 0:22:16 | 0:34:44 |
| 33a                   | Harriet MORRIS   |                |      | 0:11:01 |         |         |
| 33b                   | Bethan DAW       |                |      |         | 0:11:15 |         |
| 33c                   | Zoe THOMAS       |                |      |         |         | 0:12:28 |
| 36                    | Swansea Harriers | Under 17 Women | 3    | 0:11:36 | 0:23:31 | 0:37:15 |
| 36a                   | Elyisia PEARSON  |                |      | 0:11:36 |         |         |
| 36b                   | Jemima OSBORN    |                |      |         | 0:11:55 |         |
| 36c                   | Rebecca HALL     |                |      |         |         | 0:13:44 |
| 34                    | Cardiff AAC "B"  | Under 17 Women | 3    | 0:11:54 | 0:25:11 | 0:37:22 |
| 34a                   | Lucy HARVEY      |                |      | 0:11:54 |         |         |
| 34b                   | Holly MORRIS     |                |      |         | 0:13:17 |         |
| 34c                   | Claire HARWOOD   |                |      |         |         | 0:12:11 |
| 35                    | Menai T&F        | Under 17 Women | 3    | 0:10:59 | 0:25:15 | 0:37:40 |
| 35a                   | Sarah LIVETT     |                |      | 0:10:59 |         |         |
| 35b                   | Anna BRACEGIRDLE |                |      |         | 0:14:16 |         |
| 35c                   | Lisa PETERS      |                |      |         |         | 0:12:25 |

|                     |                      | Group        | Legs | Leg 1   | Leg 2   | Leg 3   |
|---------------------|----------------------|--------------|------|---------|---------|---------|
| <b>Under 17 Men</b> |                      |              |      |         |         |         |
| 40                  | Newport Harriers     | Under 17 Men | 3    | 0:09:21 | 0:18:42 | 0:28:23 |
| 40a                 | Elliott HARDEE       |              |      | 0:09:21 |         |         |
| 40b                 | Daniel CHESWORTH     |              |      |         | 0:09:21 |         |
| 40c                 | Emrys PENNY          |              |      |         |         | 0:09:41 |
| 37                  | Cardiff AAC          | Under 17 Men | 3    | 0:10:03 | 0:20:51 | 0:30:21 |
| 37a                 | Darren JONES         |              |      | 0:10:03 |         |         |
| 37b                 | Joe WHITMARSH-KNIGHT |              |      |         | 0:10:48 |         |
| 37c                 | Alex COOMBER         |              |      |         |         | 0:09:30 |

|     |                      |              |   |         |         |         |
|-----|----------------------|--------------|---|---------|---------|---------|
| 38  | Swansea Harriers "A" | Under 17 Men | 3 | 0:10:14 | 0:20:22 | 0:31:44 |
| 38a | Matthew THOMAS       |              |   | 0:10:14 |         |         |
| 38b | Luke CLEMENTS        |              |   |         | 0:10:08 |         |
| 38c | Paul TOBIN           |              |   |         |         | 0:11:22 |

| Fastest Leg - Club            | Club Time | Fastest Leg | Top ten |
|-------------------------------|-----------|-------------|---------|
| 0:11:01<br>0:11:15<br>0:12:28 | 0:34:44   | 0:10:59     | 1       |
|                               |           | 0:11:01     | 2       |
|                               |           | 0:11:15     | 3       |
|                               |           | 0:11:36     | 4       |
|                               |           | 0:11:54     | 5       |
|                               |           | 0:11:55     | 6       |
|                               |           | 0:12:11     | 7       |
|                               |           | 0:12:25     | 8       |
|                               |           | 0:12:28     | 9       |
|                               |           | 0:13:17     | 10      |
| 0:11:36<br>0:11:55<br>0:13:44 | 0:37:15   |             |         |
| 0:11:54<br>0:12:11<br>0:13:17 | 0:37:22   |             |         |
| 0:10:59<br>0:12:25<br>0:14:16 | 0:37:40   |             |         |

| Fastest Leg - Club            | Club Time | Fastest Leg | Top ten |
|-------------------------------|-----------|-------------|---------|
| 0:09:21<br>0:09:21<br>0:09:41 | 0:28:23   | 0:09:21     | 1       |
|                               |           | 0:09:21     | 2       |
|                               |           | 0:09:30     | 3       |
|                               |           | 0:09:41     | 4       |
|                               |           | 0:10:03     | 5       |
|                               |           | 0:10:08     | 6       |
|                               |           | 0:10:14     | 7       |
|                               |           | 0:10:48     | 8       |
|                               |           | 0:11:22     | 9       |
| 0:09:30<br>0:10:03<br>0:10:48 | 0:30:21   |             |         |

|                               |         |  |  |
|-------------------------------|---------|--|--|
| 0:10:08<br>0:10:14<br>0:11:22 | 0:31:44 |  |  |
|-------------------------------|---------|--|--|

| Senior Women |                      | Group        | Legs | Leg 1   | Leg 2   | Leg 3   | Leg 4   |
|--------------|----------------------|--------------|------|---------|---------|---------|---------|
| 44           | Swansea Harriers "A" | Senior Women | 4    | 0:18:48 | 0:37:21 | 0:55:28 | 1:13:34 |
| 44a          | Ellie KIRK           |              |      | 0:18:48 |         |         |         |
| 44b          | Shan MORGAN          |              |      |         | 0:18:33 |         |         |
| 44c          | Andrea WHITCOMBE     |              |      |         |         | 0:18:07 |         |
| 44d          | Amanda JONES         |              |      |         |         |         | 0:18:06 |
| 41           | Cardiff AAC "A"      | Senior Women | 4    | 0:18:44 | 0:38:04 | 0:57:52 | 1:15:46 |
| 41a          | Bethan STRANGE       |              |      | 0:18:44 |         |         |         |
| 41b          | Gemma LEAHY          |              |      |         | 0:19:20 |         |         |
| 41c          | Vicky JACKSON        |              |      |         |         | 0:19:48 |         |
| 41d          | Victoria BARCELLO    |              |      |         |         |         | 0:17:54 |
| 47           | Bridgend AAC         | Senior Women | 4    | 0:19:04 | 0:39:58 | 1:01:23 | 1:23:04 |
| 47a          | Kate ROBERTS         |              |      | 0:19:04 |         |         |         |
| 47b          | Debbie Cooke         |              |      |         | 0:20:54 |         |         |
| 47c          | Jacqui Brace         |              |      |         |         | 0:21:25 |         |
| 47d          | Georgina DANDO       |              |      |         |         |         | 0:21:41 |
| 45           | Swansea Harriers "B" | Senior Women | 4    | 0:21:36 | 0:41:18 | 1:04:42 | 1:26:53 |
| 45A          | Sian KIRK            |              |      | 0:21:36 |         |         |         |
| 45B          | Elysia RIDLEY        |              |      |         | 0:19:42 |         |         |
| 45C          | Cerys Morgan         |              |      |         |         | 0:23:24 |         |
| 45D          | Efa LLEWLLYN         |              |      |         |         |         | 0:22:11 |
| 43           | Les Croupiers        | Senior Women | 4    | 0:21:59 | 0:44:15 | 1:08:14 | 1:29:55 |
| 43a          | Joanne TUCKER        |              |      | 0:21:59 |         |         |         |
| 43b          | Jenny HUGHES         |              |      |         | 0:22:16 |         |         |
| 43c          | Carol MILLER         |              |      |         |         | 0:23:59 |         |
| 43d          | Helen JESSOP         |              |      |         |         |         | 0:21:41 |
| 46           | Swansea Harriers "C" | Senior Women | 4    | 0:23:00 | 0:46:07 |         |         |
| 46A          | Michelle WITHAM      |              |      | 0:23:00 |         |         |         |
| 46B          | Sarah GWYNN          |              |      |         | 0:23:07 |         |         |
| 46C          |                      |              |      |         |         |         |         |
| 46D          |                      |              |      |         |         |         |         |

| Fastest Leg - Club                       | Club Time |
|--|-----------|
| 0:18:06<br>0:18:07<br>0:18:33<br>0:18:48 | 1:13:34   |
| 0:17:54<br>0:18:44<br>0:19:20<br>0:19:48 | 1:15:46   |
| 0:19:04<br>0:20:54<br>0:21:25<br>0:21:41 | 1:01:23   |
| 0:19:42<br>0:21:36<br>0:22:11<br>0:23:24 | 1:26:53   |
| 0:21:41<br>0:21:59<br>0:22:16<br>0:23:59 | 1:29:55   |
| 0:23:00<br>0:23:07                       | 0:46:07   |

| Fastest Leg | Top ten |
|-------------|---------|
| 0:17:54     | 1       |
| 0:18:06     | 2       |
| 0:18:07     | 3       |
| 0:18:33     | 4       |
| 0:18:44     | 5       |
| 0:18:48     | 6       |
| 0:19:04     | 7       |
| 0:19:20     | 8       |
| 0:19:42     | 9       |
| 0:19:48     | 10      |



|     | Group             | Legs       | Leg 1 | Leg 2   | Leg 3   | Leg 4   |         |
|-----|-------------------|------------|-------|---------|---------|---------|---------|
| 54  | Les Croupiers "B" | Senior Men | 4     | 0:18:40 | 0:38:44 | 0:59:37 | 1:21:39 |
| 54a | Gareth LYNCH      |            |       | 0:18:40 |         |         |         |
| 54b | Andrew RUSSELL    |            |       | 0:20:04 |         |         |         |
| 54c | Mike DAVIES       |            |       |         | 0:20:53 |         |         |
| 54d | Alun JONES        |            |       |         |         | 0:22:02 |         |

| Fastest Leg - Club |         |
|--------------------|---------|
| 0:18:40            |         |
| 0:20:04            |         |
| 0:20:53            |         |
| 0:22:02            | 1:21:39 |

|     |                      |            |   |         |         |  |  |
|-----|----------------------|------------|---|---------|---------|--|--|
| 58  | Newport Harriers "B" | Senior Men | 4 | 0:20:00 | 0:40:44 |  |  |
| 58a | Stuart PEARCE        |            |   | 0:20:00 |         |  |  |
| 58b | Dave GRIFFITHS       |            |   | 0:20:44 |         |  |  |
| 58c |                      |            |   |         |         |  |  |
| 58d |                      |            |   |         |         |  |  |

|         |         |
|---------|---------|
| 0:20:00 |         |
| 0:20:44 |         |
|         | 0:40:44 |

|     |                      |            |   |         |  |  |  |
|-----|----------------------|------------|---|---------|--|--|--|
| 62  | Swansea Harriers "D" | Senior Men | 4 | 0:17:58 |  |  |  |
| 62a | A n Other            |            |   | 0:17:58 |  |  |  |
| 62b |                      |            |   |         |  |  |  |
| 62c |                      |            |   |         |  |  |  |
| 62d |                      |            |   |         |  |  |  |

|         |         |
|---------|---------|
| 0:17:58 |         |
|         | 0:17:58 |

|     |                  |            |   |         |  |  |  |
|-----|------------------|------------|---|---------|--|--|--|
| 63  | Bridgend AAC "A" | Senior Men | 4 | 0:17:47 |  |  |  |
| 63a | Richard DANDO    |            |   | 0:17:47 |  |  |  |
| 63b |                  |            |   |         |  |  |  |
| 63c |                  |            |   |         |  |  |  |
| 63d |                  |            |   |         |  |  |  |

|         |         |
|---------|---------|
| 0:17:47 |         |
|         | 0:17:47 |

|     |                    |            |   |         |         |         |         |
|-----|--------------------|------------|---|---------|---------|---------|---------|
| 56  | Neath Harriers "B" | Senior Men | 4 | 0:17:28 | 0:36:09 | 0:55:03 | DQ      |
| 56a | Andrew REYNOLDS    |            |   | 0:17:28 |         |         |         |
| 56b | Adrian WEAVER      |            |   |         | 0:18:41 |         |         |
| 56c | Alun REES          |            |   |         |         | 0:18:54 |         |
| 56d | Simon JONES        |            |   |         |         |         | 0:26:28 |

|         |         |
|---------|---------|
| 0:17:28 |         |
| 0:18:41 |         |
| 0:18:54 |         |
| 0:26:28 | 0:55:03 |

|                          |                    | Group             | Legs | Leg 1   | Leg 2   | Leg 3   |
|--------------------------|--------------------|-------------------|------|---------|---------|---------|
| <b>Veteran Men V 35+</b> |                    |                   |      |         |         |         |
| 67                       | Neath Harriers "A" | Masters Men V 35+ | 3    | 0:16:59 | 0:35:10 | 0:52:49 |
| 67a                      | Paul GRIFFITHS M35 |                   |      | 0:16:59 |         |         |
| 67b                      | Lee SANDHAM M35    |                   |      |         | 0:18:11 |         |
| 67c                      | Steve EVANS M35    |                   |      |         |         | 0:17:39 |
| 70                       | Bridgend AAC       | Masters Men V 35+ | 3    | 0:18:49 | 0:36:45 | 0:55:19 |
| 70a                      | Jeff THOMAS M35    |                   |      | 0:18:49 |         |         |
| 70b                      | Alun WOOD M35      |                   |      |         | 0:17:56 |         |
| 70c                      | Bryn Griffiths     |                   |      |         |         | 0:18:34 |
| 68                       | Neath Harriers "B" | Masters Men V 35+ | 3    | 0:18:16 | 0:37:01 | 0:57:18 |
| 68a                      | Anthony POWELL M35 |                   |      | 0:18:16 |         |         |
| 68b                      | David CRANE M35    |                   |      |         | 0:18:45 |         |
| 68c                      | Richard Bowen M35  |                   |      |         |         | 0:20:17 |

|                            |                        |                     |   |         |         |         |
|----------------------------|------------------------|---------------------|---|---------|---------|---------|
| <b>Masters Women V 35+</b> |                        |                     |   |         |         |         |
| 66                         | Les Croupiers          | Masters Women V 35+ | 3 | 0:22:38 | 0:46:32 | 1:10:28 |
| 66a                        | Jan HALL M45           |                     |   | 0:22:38 |         |         |
| 66b                        | Caroline DALLIMORE M45 |                     |   |         | 0:23:54 |         |
| 66c                        | Edwina TURNER M45      |                     |   |         |         | 0:23:56 |

|                          |                    |                   |   |         |         |         |
|--------------------------|--------------------|-------------------|---|---------|---------|---------|
| <b>Veteran Men V 45+</b> |                    |                   |   |         |         |         |
| 76                       | Bridgend AAC "B"   | Masters Men V 45+ | 3 | 0:18:05 | 0:36:24 | 0:55:09 |
| 76a                      | Simon Osbourne     |                   |   | 0:18:05 |         |         |
| 76b                      | Peter Davies       |                   |   |         | 0:18:19 |         |
| 76c                      | Robert Hunt        |                   |   |         |         | 0:18:45 |
| 72                       | Neath Harriers "A" | Masters Men V 45+ | 3 | 0:18:37 | 0:36:31 | 0:55:14 |
| 72a                      | Jeremy DAVIES M45  |                   |   | 0:18:37 |         |         |
| 72b                      | Pete CRANE M45     |                   |   |         | 0:17:54 |         |
| 72c                      | Roy WHITEHOUSE M45 |                   |   |         |         | 0:18:43 |
| 75                       | Bridgend AAC "A"   | Masters Men V 45+ | 3 | 0:19:49 | 0:39:51 | 0:59:29 |
| 75a                      | Jon Embling        |                   |   | 0:19:49 |         |         |
| 75b                      | Greg Newhams       |                   |   |         | 0:20:02 |         |
| 75c                      | Alan Kerr          |                   |   |         |         | 0:19:38 |
| 74                       | Swansea Harriers   | Masters Men V 45+ | 3 | 0:18:39 | 0:40:31 | 1:01:54 |
| 74a                      | Gary IRVING M45    |                   |   | 0:18:39 |         |         |
| 74b                      | Uku KUMARI M55     |                   |   |         | 0:21:52 |         |
| 74c                      | Kevin CORCORAN M45 |                   |   |         |         | 0:21:23 |
| 73                       | Neath Harriers "B" | Masters Men V 45+ | 3 | 0:21:01 | 0:41:49 |         |
| 73a                      | Mike EVANS M45     |                   |   | 0:21:01 |         |         |
| 73b                      | David DAVIES M45   |                   |   |         | 0:20:48 |         |
| 73c                      |                    |                   |   |         |         |         |

| Fastest Leg - Club            |         |
|-------------------------------|---------|
| 0:16:59<br>0:17:39<br>0:18:11 | 0:52:49 |
| 0:17:56<br>0:18:34<br>0:18:49 | 0:55:19 |
| 0:18:16<br>0:18:45<br>0:20:17 | 0:57:18 |

|                               |         |
|-------------------------------|---------|
| 0:22:38<br>0:23:54<br>0:23:56 | 1:10:28 |
|-------------------------------|---------|

|                               |         |
|-------------------------------|---------|
| 0:18:05<br>0:18:19<br>0:18:45 | 0:55:09 |
|-------------------------------|---------|

|                               |         |
|-------------------------------|---------|
| 0:17:54<br>0:18:37<br>0:18:43 | 0:55:14 |
|-------------------------------|---------|

|                               |         |
|-------------------------------|---------|
| 0:19:38<br>0:19:49<br>0:20:02 | 0:59:29 |
|-------------------------------|---------|

|                               |         |
|-------------------------------|---------|
| 0:18:39<br>0:21:23<br>0:21:52 | 2:46:33 |
|-------------------------------|---------|

|                    |  |
|--------------------|--|
| 0:18:05<br>0:21:01 |  |
|--------------------|--|

| Fastest Leg | Top ten |
|-------------|---------|
| 0:16:59     | 1       |
| 0:17:39     | 2       |
| 0:17:56     | 3       |
| 0:18:11     | 4       |
| 0:18:16     | 5       |
| 0:18:34     | 6       |
| 0:18:45     | 7       |
| 0:18:49     | 8       |
| 0:20:17     | 9       |
| 0:22:38     | 10      |

| Fastest Leg | Top ten |
|-------------|---------|
| 0:17:54     | 1       |
| 0:18:05     | 2       |
| 0:18:19     | 3       |
| 0:18:37     | 4       |
| 0:18:39     | 5       |
| 0:18:43     | 6       |
| 0:18:45     | 7       |
| 0:19:38     | 8       |
| 0:19:49     | 9       |
| 0:20:02     | 10      |

Veteran Women V 55+

|     |                  |                   |   |         |         |         |
|-----|------------------|-------------------|---|---------|---------|---------|
| 76  | Bridgend AAC "B" | Masters Men V 45+ | 3 | 0:18:05 | 0:36:24 | 0:55:09 |
| 76a | Simon Osbourne   |                   |   | 0:18:05 |         |         |
| 76b | Peter Davies     |                   |   |         | 0:18:19 |         |
| 76c | Robert Hunt      |                   |   |         |         | 0:18:45 |

|         |         |
|---------|---------|
| 0:18:05 |         |
| 0:18:19 |         |
| 0:18:45 | 0:55:09 |

Veteran Women V 55+

|     |                   |                     |   |         |         |         |
|-----|-------------------|---------------------|---|---------|---------|---------|
| 77  | Les Croupiers "A" | Masters Women V 55+ | 3 | 0:28:44 | 0:54:54 | 1:28:28 |
| 77a | Anne Conroy       |                     |   | 0:28:44 |         |         |
| 77b | Anne Johnson      |                     |   |         | 0:26:10 |         |
| 77c | Giliam Arwyn      |                     |   |         |         | 0:33:34 |

|         |         |
|---------|---------|
| 0:26:10 |         |
| 0:28:44 |         |
| 0:33:34 | 1:28:28 |

Veteran Men V 55+

|     |                   |                   |   |         |         |         |
|-----|-------------------|-------------------|---|---------|---------|---------|
| 78  | Les Croupiers "B" | Masters Men V 55+ | 3 | 0:20:09 | 0:38:24 | 0:58:16 |
| 78a | Joh Diffey        |                   |   | 0:20:09 |         |         |
| 78b | Matt Hurford      |                   |   |         | 0:18:15 |         |
| 78c | John O'Shea       |                   |   |         |         | 0:19:52 |

|         |         |
|---------|---------|
| 0:18:15 |         |
| 0:19:52 |         |
| 0:20:09 | 0:58:16 |