

Race 1

Team

Number	Club	Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Fastest team time	Finishing Order
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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
Under 15 Boys								
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
Senior Men									
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
Masters Men V 35+								
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
Masters Women V 35+								
66	Les Croupiers	Masters Women V 35+	3	0:22:38	0:46:32	1:10:28	1:10:28	4
Masters Men V 45+								
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			
Masters Women V 55+								
77	Les Croupiers "A"	Masters Women V 55+	3	0:28:44	0:54:54	1:28:28	1:28:28	1
Masters Men V 55+								
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
Under 13 Boys							
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 0:07:49 0:08:00 0:08:50	0:31:35	0:06:56 0:07:21 0:07:40 0:07:49 0:07:53 0:08:00	1 2 3 4 5 6
0:07:21 0:07:40 0:08:03 0:09:07	0:32:11	0:08:03 0:08:04 0:08:08 0:08:10	7 8 9 10
0:07:53 0:08:08 0:08:14 0:08:45	0:33:00		
0:08:04 0:08:10 0:08:21 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 0:09:40 0:11:05	0:30:07	0:09:22 0:09:40 0:09:43 0:10:06 0:10:09 0:10:17 0:10:35 0:10:36 0:10:52 0:11:05	1 2 3 4 5 6 7 8 9 10
0:10:09 0:11:18 0:11:39	0:33:06		
0:10:06 0:10:17 0:13:22	0:33:45		
0:10:36 0:11:13 0:12:01	0:33:50		
0:13:00	0:13:00		

		Group	Legs	Leg 1	Leg 2	Leg 3
Under 17 Women						
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
Under 17 Men						
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 0:11:15 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 0:11:55 0:13:44	0:37:15		
0:11:54 0:12:11 0:13:17	0:37:22		
0:10:59 0:12:25 0:14:16	0:37:40		

Fastest Leg - Club	Club Time	Fastest Leg	Top ten
0:09:21 0:09:21 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 0:10:03 0:10:48	0:30:21		

0:10:08 0:10:14 0:11:22	0:31:44		
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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 0:18:07 0:18:33 0:18:48	1:13:34
0:17:54 0:18:44 0:19:20 0:19:48	1:15:46
0:19:04 0:20:54 0:21:25 0:21:41	1:01:23
0:19:42 0:21:36 0:22:11 0:23:24	1:26:53
0:21:41 0:21:59 0:22:16 0:23:59	1:29:55
0:23:00 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

Senior Men	Group	Legs	Leg 1	Leg 2	Leg 3	Leg 4	
59	Swansea Harriers "A"	Senior Men	4	0:15:57	0:31:14	0:47:02	1:02:27
59a	Guy SMITH			0:15:57			
59b	Craig HOPKINS			0:15:17			
59c	Lewys HOBBS				0:15:48		
59d	Marc HOBBS						0:15:25
48	Cardiff AAC "A"	Senior Men	4	0:15:41	0:31:29	0:47:07	1:02:33
48a	Ieuan THOMAS			0:15:41			
48b	Adam BITCHELL				0:15:48		
48c	James THIE					0:15:38	
48d	Tom MARSHALL						0:15:26
60	Swansea Harriers "B"	Senior Men	4	0:16:07	0:32:15	0:48:25	1:05:21
60a	Afan Humphries			0:16:07			
60b	Chris DAVIES				0:16:08		
60c	Phil MATTHEWS					0:16:10	
60d	Matt Gurmin						0:16:56
49	Cardiff AAC "B"	Senior Men	4	0:16:01	0:32:08	0:49:04	1:05:28
49a	Matthew COLLINS			0:16:01			
49b	Andrew FRIEND				0:16:07		
49c	Mike KERSHAW					0:16:56	
49d	Ed TAKATA						0:16:24
55	Neath Harriers "A"	Senior Men	4	0:16:03	0:32:46	0:49:09	1:06:28
55a	Matt EVANS			0:16:03			
55b	Matt HARVEY				0:16:43		
55c	Chris WILLIAMS					0:16:23	
55d	paul TALBOT						0:17:19
53	Les Croupiers "A"	Senior Men	4	0:15:37	0:32:55	0:51:09	1:08:07
53a	Chris DISCOMBE			0:15:37			
53b	Stuart CREES				0:17:18		
53c	Lyndon TUDOR-MAISEY					0:18:14	
53d	Phil COOK						0:16:58
61	Swansea Harriers "C"	Senior Men	4	0:16:47	0:33:25	0:50:29	1:08:17
61a	Dan Gurmin			0:16:47			
61b	Mark MORGAN M35				0:16:38		
61c	Steve DAVIES					0:17:04	
61d	Dan Thomas						0:17:48
57	Newport Harriers "A"	Senior Men	4	0:16:37	0:33:24	0:51:10	1:08:41
57a	Neil HARDEE			0:16:37			
57b	Johnathan MORGAN				0:16:47		
57c	James NASRAT					0:17:46	
57d	Abdi TULU						0:17:31

Fastest Leg - Club	Fastest Leg	Club
0:15:17		
0:15:25		
0:15:48		
0:15:57		
	1:02:27	
0:15:26		
0:15:38		
0:15:41		
0:15:48		
	1:02:33	
0:16:07		
0:16:08		
0:16:10		
0:16:56		
	1:05:21	
0:16:01		
0:16:07		
0:16:24		
0:16:56		
	1:05:28	
0:16:03		
0:16:23		
0:16:43		
0:17:19		
	1:06:28	
0:15:37		
0:16:58		
0:17:18		
0:18:14		
	1:08:07	
0:16:38		
0:16:47		
0:17:04		
0:17:48		
	1:08:17	
0:16:37		
0:16:47		
0:17:31		
0:17:46		
	1:08:41	

Fastest Leg	Top ten
0:15:17	1
0:15:25	2
0:15:26	3
0:15:37	4
0:15:38	5
0:15:41	6
0:15:48	7
0:15:48	8
0:15:57	9
0:16:01	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
Veteran Men V 35+						
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

Masters Women V 35+						
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

Veteran Men V 45+						
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 0:17:39 0:18:11	0:52:49
0:17:56 0:18:34 0:18:49	0:55:19
0:18:16 0:18:45 0:20:17	0:57:18

0:22:38 0:23:54 0:23:56	1:10:28
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0:18:05 0:18:19 0:18:45	0:55:09
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0:17:54 0:18:37 0:18:43	0:55:14
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0:19:38 0:19:49 0:20:02	0:59:29
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0:18:39 0:21:23 0:21:52	2:46:33
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0:18:05 0:21:01	
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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