

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Pos	Time	Bib	Athlete	School	
1	0:05:10	424	Samuel MARTIN	Swansea Harriers	U11B
2	0:05:24	466	Lucy DAVIES	Pembrokeshire Harriers	U11G
3	0:05:30	116	Kieran RICHARDSON	Swansea Harriers	U11B
4	0:05:32	435	Lisa SCARFI	Newport Harriers	U11G
5	0:05:47	467	Jeri-Lynne GRABHAM	Bridgend AC	U11G
6	0:05:52	416	Ieuan JONES	St Monicas Church in Wales Primary Sc	U11B
7	0:05:58	464	Georgia CAPE	Eglwys Newydd Primary School	U11G
8	0:05:58	465	Aimee EGGINGTON	Eglwys Newydd Primary School	U11G
9	0:06:01	335	Amy GONCAQLVES	Blaenau Gwent AC	U11G
10	0:06:02	431	Molly HARTE	Newport Harriers	U11G
11	0:06:04	469	Natasha POWELL	Bridgend AC	U11G
12	0:06:09	224	Olivia JENKINS	Newport Harriers	U11G
13	0:06:10	428	Jessica TAYLOR	Newport Harriers	U11G
14	0:06:13	662	Emily GILL	Newport Harriers	U11G
15	0:06:18	468	Marcus SMITH	Bridgend AC	U11B
16	0:06:24	453	Myah PITTS	Blaenau Gwent AC	U11G
17	0:06:36	331	Issy BREEDEN	Blaenau Gwent AC	U11G
18	0:06:42	553	Mia DAVIES	Newport Harriers	U11G
19	0:06:53	463	Darcie LOWE	Blaenau Gwent AC	U11G
20	0:06:54	427	Kayleigh EVANS	Newport Harriers	U11G
21	0:07:03	462	Elise TURNER	Blaenau Gwent AC	U11G

Team Score			Pts
U11G	Newport Harriers "A"	1	26
U11G	Blaenau Gwent AC	2	42
U11G	Newport Harriers "B"	3	45

NO BOYS TEAMS

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Under 13 Girls

		Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
1	Blaenau Gwent AC	0:08:59	0:17:04	0:25:49	0:33:05		1	0:31:12	Menai T&F
1a	Lacey HAWKINS	0:08:59				0:33:05	2	0:31:55	Cardiff AAC "A"
1b	Issy MOGG		0:08:05				3	0:32:40	Bridgend AC
1c	Paige LOWE			0:08:45			4	0:33:05	Blaenau Gwent AC
1d	Issy MORRIS				0:07:16		5	0:33:47	Swansea Harriers
2	Bridgend AC	0:07:36	0:16:37	0:25:15	0:32:40		6	0:34:19	Carmarthen Harriers "A"
2a	Courtley LOCKE	0:07:36				0:32:40	7	0:35:33	Swansea Harriers Reserves 143/149/150/108
2b	Ceri JONES		0:09:01				8	0:37:46	Cardiff AAC "B"
2c	Joe-Di GRABHAM			0:08:38			Fastest Leg		
2d	Seren ALLIN				0:07:25		1	0:07:09	Cari HUGHES
3	Cardiff AAC "A"	0:07:54	0:15:56	0:23:51	0:31:55		2	0:07:16	Issy MORRIS
3a	Elishka COUPAR	0:07:54				0:31:55	3	0:07:25	Seren ALLIN
3b	Alice BRADLEY		0:08:02				4	0:07:35	Mollie DAVIES
3c	Megan TATNELL			0:07:55			5	0:07:36	Courtley LOCKE
3d	Emma LIGTHART				0:08:04		6	0:07:54	Elishka COUPAR
4	Cardiff AAC "B"	0:08:42	0:19:07	0:27:50	0:37:46		7	0:07:55	Katie PARFITT
4a	Annabelle BIRCH-HIRST	0:08:42				0:37:46	8	0:07:55	Megan TATNELL
4b	Georgia DAVIS		0:10:25				9	0:08:00	Shannon DE SMET
4c	Emily THOMAS			0:08:43			10	0:08:02	Alice BRADLEY
4d	Bethan REGISTER				0:09:56		11	0:08:04	Emma LIGTHART
5	Carmarthen Harriers "A"	0:08:00	0:16:40	0:25:33	0:34:19		12	0:08:05	Issy MOGG
5a	Shannon DE SMET	0:08:00				0:34:19	13	0:08:10	Lara CAIN
5b	Laura NIX		0:08:40				14	0:08:18	Erin ROBERTS
5c	Nia GRIFFITHS			0:08:53			15	0:08:27	Kylie RICHARDS
5d	Siobhan ELAIN				0:08:46		16	0:08:38	Joe-Di GRABHAM
7	Menai T&F	0:07:35	0:15:53	0:23:02	0:31:12		17	0:08:40	Laura NIX
7a	Mollie DAVIES	0:07:35				0:31:12	18	0:08:40	Rhiannon FENN
7b	Erin ROBERTS		0:08:18				19	0:08:41	Bethan HARRIS
7c	Cari HUGHES			0:07:09			20	0:08:42	Annabelle BIRCH-HIRST
7d	Lara CAIN				0:08:10		21	0:08:43	Emily THOMAS
10	Swansea Harriers	0:07:55	0:16:22	0:25:06	0:33:47		22	0:08:44	Ellie COATES
10a	Katie PARFITT	0:07:55				0:33:47	23	0:08:45	Paige LOWE
10b	Kylie RICHARDS		0:08:27				24	0:08:46	Siobhan ELAIN
10c	Ellie COATES			0:08:44			25	0:08:52	kelsey rabiotti
10d	Bethan HARRIS				0:08:41		26	0:08:53	Nia GRIFFITHS
143	Swansea Harriers Reserves 143/149/150/108	0:09:00	0:18:01	0:26:41	0:35:33		27	0:08:59	Lacey HAWKINS
143a	Emily JONES	0:09:00				0:35:33	28	0:09:00	Emily JONES
149a	Ffion GEORGE		0:09:01				29	0:09:01	Ffion GEORGE
150a	Rhiannon FENN			0:08:40			30	0:09:01	Ceri JONES
108a	kelsey rabiotti				0:08:52		31	0:09:56	Bethan REGISTER
							32	0:10:25	Georgia DAVIS

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Under 13 Boys

		Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
11	Cardiff AAC "A"	0:07:02	0:14:35	0:22:09	0:29:31		1	0:29:31	Cardiff AAC "A"
11a	Rhys GOOCH	0:07:02				0:29:31	2	0:29:44	Menai T&F
11b	Sam CURWEN		0:07:33				3	0:29:51	Carmarthen Harriers "A"
11c	Charlie HEATON			0:07:34			4	0:29:59	Cardiff AAC "B"
11d	Kieran HARRIS				0:07:22		5	0:33:14	Newport Harriers "A"
12	Cardiff AAC "B"	0:07:25	0:14:48	0:22:33	0:29:59			FASTEST LEGS	
12a	Mike BELLEW	0:07:25				0:29:59	1	0:06:27	Nikita NEARY
12b	Alex LOVE		0:07:23				2	0:07:02	Rhys GOOCH
12c	Gethin JONES			0:07:45			3	0:07:10	Jack DALY
12d	Jacob KNIGHT				0:07:26		4	0:07:11	Carwyn PENNY
14	Carmarthen Harriers "A"	0:07:31	0:15:17	0:23:24	0:29:51			5	0:07:22
14a	Hendrik DE SMET	0:07:31				0:29:51	6	0:07:23	Alex LOVE
14b	Aled PHILLIPS		0:07:46				7	0:07:25	Mike BELLEW
14c	Osian THOMAS			0:08:07			8	0:07:26	Jacob KNIGHT
14d	Nikita NEARY				0:06:27		9	0:07:27	Jack BROOKES
16	Menai T&F	0:07:10	0:14:46	0:22:13	0:29:44			10	0:07:31
16a	Jack DALY	0:07:10				0:29:44	11	0:07:31	Alex BOSS
16b	Ryan CAIN		0:07:36				12	0:07:33	Sam CURWEN
16c	Jack BROOKES			0:07:27			13	0:07:34	Charlie HEATON
16d	Alex BOSS				0:07:31		14	0:07:36	Ryan CAIN
17	Newport Harriers "A"	0:07:11	0:15:31	0:24:11	0:33:14			15	0:07:44
17a	Carwyn PENNY	0:07:11				0:33:14	16	0:07:45	Gethin JONES
17b	Jack HAINES		0:08:20				17	0:07:46	Aled PHILLIPS
17c	Luke HAMILTON			0:08:40			18	0:08:07	Osian THOMAS
17d	Geraint RAWLINSON				0:09:03		19	0:08:20	Jack HAINES
13	Cardiff AAC "C"	0:07:44	0:18:15					20	0:08:40
13a	Jack GRIFFITHS	0:07:44				0:18:15	21	0:09:03	Geraint RAWLINSON
13b	Ellie STEPHENSON		0:10:31				22	0:10:31	Ellie STEPHENSON
<i>NO TEAM SCORE CARDIFF "C" TEAM</i>									

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

U15 Girls

		Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
22	Cardiff AAC "A"	0:07:33	0:15:16	0:22:49	0:30:11		1	0:29:51	Swansea Harriers "A"
22a	Kate COKER	0:07:33				0:30:11	2	0:30:03	Cwmbran Harriers
22b	Francesca MORRIS		0:07:43				3	0:30:11	Cardiff AAC "A"
22c	Erin HAYES			0:07:33			4	0:31:18	Carmarthen Harriers "B"
22d	Kate SEARY				0:07:22		5	0:33:16	Swansea Harriers "B"
25	Carmarthen Harriers "B"	0:07:49	0:15:42	0:23:36	0:31:18		6	0:33:52	Newport Harriers "A"
25a	Lucy JONES	0:07:49				0:31:18	FASTEST LEGS		
25b	Lowri HECKLER		0:07:53				1	0:07:08	Malika REZOUGH I
25c	Megan THOMAS			0:07:54			2	0:07:11	Elin DAVIES
25d	Kari O'NEILL				0:07:42		3	0:07:22	Kate SEARY
26	Cwmbran Harriers	0:07:41	0:15:20	0:22:55	0:30:03		4	0:07:27	Iona EVANS
26a	Francesca HYDE	0:07:41				0:30:03	5	0:07:27	Lara PHILIPART
26b	Chelsie HARRIS		0:07:39				6	0:07:27	Bethan JACKSON
26c	Elin LEWIS			0:07:35			7	0:07:33	Erin HAYES
26d	Malika REZOUGH I				0:07:08		8	0:07:33	Kate COKER
27	Newport Harriers "A"	0:07:27	0:17:23	0:25:42	0:33:52		9	0:07:35	Elin LEWIS
27a	Bethan JACKSON	0:07:27				0:33:52	10	0:07:39	Chelsie HARRIS
27b	Bronwen SATTERLY		0:09:56				11	0:07:41	Francesca HYDE
27c	Cheyenne SINCLAIR			0:08:19			12	0:07:42	Kari O'NEILL
27d	Emma HENNESSY				0:08:10		13	0:07:43	Francesca MORRIS
29	Swansea Harriers "A"	0:07:27	0:14:54	0:22:05	0:29:51		14	0:07:46	Olivia GWYNN
29a	Iona EVANS	0:07:27				0:29:51	15	0:07:47	Izzy LEWIS
29b	Lara PHILIPART		0:07:27				16	0:07:49	Lucy JONES
29c	Elin DAVIES			0:07:11			17	0:07:53	Lowri HECKLER
29d	Olivia GWYNN				0:07:46		18	0:07:54	Megan THOMAS
30	Swansea Harriers "B"	0:08:12	0:16:20	0:24:53	0:33:16		19	0:07:57	Stephanie LOWE
30a	Catrin ATKINS	0:08:12				0:33:16	20	0:08:06	Niamh ELAIN
30b	Lucy FLIGELSTONE		0:08:08				21	0:08:08	Lucy FLIGELSTONE
30c	Naomi OSBORN			0:08:33			22	0:08:10	Emma HENNESSY
30d	Lucy HAMMETT				0:08:23		23	0:08:12	Catrin ATKINS
23	Cardiff AAC "B"	0:07:57	0:15:44	0:24:03			24	0:08:19	Cheyenne SINCLAIR
23a	Stephanie LOWE	0:07:57				0:24:03	25	0:08:19	Alexandra BASS
23b	Izzy LEWIS		0:07:47				26	0:08:23	Lucy HAMMETT
23c	Alexandra BASS			0:08:19			27	0:08:33	Naomi OSBORN
ONLY 3 ATHLETES NO TEAM SCORE							28	0:09:56	Bronwen SATTERLY
24	Carmarthen Harriers "A"	0:08:06							
24a	Niamh ELAIN	0:08:06				0:08:06			
ONLY 1 ATHLETES NO TEAM SCORE									

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Under 15 Boys

		Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
32	Cardiff AAC "A"	0:09:22	0:18:55	0:28:28	0:28:28	1	0:28:21	Swansea Harriers "A"
32a	Ciaran LEWIS	0:09:22				2	0:28:28	Cardiff AAC "A"
32b	Dafydd GEORGE		0:09:33			3	0:28:33	Menai T&F
32c	John COVE			0:09:33		4	0:28:36	Cwmbran Harriers
33	Cardiff AAC "B"	0:10:03	0:20:07	0:30:05	0:30:05	5	0:30:05	Cardiff AAC "B"
33a	Tom EDMUNDS	0:10:03				Fastest Leg		
33b	Jacob PREECE		0:10:04			1	0:09:09	Jonathan TOBIN
33c	Declan MORRIS			0:09:58	0:28:36	2	0:09:12	Lewis PREECE
36	Cwmbran Harriers	0:09:19	0:19:19	0:28:36		3	0:09:17	Owen DAVIES
36a	Ben JONES	0:09:19				4	0:09:19	Ben JONES
36b	Alex MCDOWELL		0:10:00			5	0:09:22	Ciaran LEWIS
36c	Owen DAVIES			0:09:17	0:28:33	6	0:09:23	Iolo HUGHES
37	Menai T&F	00:09:25	00:18:48	00:28:33		7	0:09:25	Andrew MORRIS-JONES
37a	Andrew MORRIS-JONES	0:09:25				8	0:09:33	John COVE
37b	Iolo HUGHES		0:09:23			9	0:09:33	Dafydd GEORGE
37c	Rhys JAMES			0:09:45	0:28:21	10	0:09:45	Rhys JAMES
41	Swansea Harriers "A"	0:09:12	0:18:21	0:28:21		11	0:09:58	Declan MORRIS
41a	Lewis PREECE	0:09:12				12	0:10:00	Alex MCDOWELL
41b	Jonathan TOBIN		0:09:09			13	0:10:00	Finlay DAVIES
41c	Finlay DAVIES			0:10:00	0:10:25	14	0:10:03	Tom EDMUNDS
34	Cardiff AAC "C"	0:10:25	0:00:00	0:00:00		15	0:10:04	Jacob PREECE
34a	Jacob DAVID	0:10:25			0:10:43	16	0:10:25	Jacob DAVID
35	Carmarthen Harriers	0:10:43	0:00:00	0:00:00		17	0:10:43	Benjamin WILLIAMS
35a	Benjamin WILLIAMS	0:10:43			0:10:52	18	0:10:52	Daniel HALL
42	Swansea Harriers "B"	0:10:52						
42a	Daniel HALL	0:10:52						

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Under 17 Women

		Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
52	Cardiff AAC	0:11:17	0:23:06	0:34:28	0:34:28	1	0:32:48	Swansea Harriers
52A	Anna MORRIS	0:11:17				2	0:34:28	Cardiff AAC
52B	Heledd WILLIAMS		0:11:49			3	0:35:24	Menai T&F
52C	Claire HARWOOD			0:11:22		Fastest Leg		
53	Menai T&F	0:09:54	0:23:01	0:35:24	0:35:24	1	0:09:54	Sarah LIVETT
53A	Sarah LIVETT	0:09:54				2	0:10:32	Jemima OSBORN
53B	Elin JAMES		0:13:07			3	0:10:54	Elysia PEARSON
53C	Jessica WILLIAMS			0:12:23		4	0:11:17	Anna MORRIS
54	Swansea Harriers	0:10:54	0:21:26	0:32:48	0:32:48	5	0:11:22	Katie REYNOLDS
54A	Elysia PEARSON	0:10:54				6	0:11:22	Claire HARWOOD
54B	Jemima OSBORN		0:10:32			7	0:11:49	Heledd WILLIAMS
54C	Katie REYNOLDS			0:11:22		8	0:12:23	Jessica WILLIAMS
						9	0:13:07	Elin JAMES

Under 17 Men

		Leg 1	Leg 2	Leg 3	Club Time	TEAM SCORES		
44	Cardiff AAC	09:05.0	18:05.0	26:58.0	0:26:58	1	0:26:58	Cardiff AAC
44A	Mike WARD	0:09:05				2	0:27:32	Newport Harriers "A"
44B	Alex COOMBER		0:09:00			3	0:27:35	Swansea Harriers "A"
44C	Elliott SLADE			0:08:53		Fastest Leg		
47	Newport Harriers "A"	0:09:16	0:18:46	0:27:32	0:27:32	1	0:08:46	Dan CHESWORTH
47a	Curtis GOODGER	0:09:16				2	0:08:51	Luke CLEMENTS
47b	Ben MCEWAN		0:09:30			3	0:08:53	Elliott SLADE
47c	Dan CHESWORTH			0:08:46		4	0:09:00	Alex COOMBER
50	Swansea Harriers "A"	09:20.0	18:11.0	27:35.0	0:27:35	5	0:09:05	Mike WARD
50a	Carwyn EVANS	0:09:20				6	0:09:16	Curtis GOODGER
50b	Luke CLEMENTS		0:08:51			7	0:09:20	Carwyn EVANS
50c	Paul TOBIN			0:09:24		8	0:09:24	Paul TOBIN
						9	0:09:30	Ben MCEWAN

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Senior Women

		Leg 1	Leg 2	Leg 3	Leg 4	Club Time	TEAM SCORES		
57	Bridgend AC "A"	00:14:56	00:31:55	00:49:04	01:09:01	01:09:01	1	1:00:44	Swansea Harriers "A"
57a	Kate ROBERTS	00:14:56					2	1:02:05	Cardiff AAC "A"
57b	Carys GRIFFITHS		00:16:59				3	1:04:25	Carmarthen Harriers
57c	Georgina DANDO			00:17:09			4	1:04:33	Cardiff AAC "B"
57d	Amy RACKHAM				00:19:57		5	1:05:52	Les Croupiers
59	Swansea Harriers "A"	00:15:01	00:30:45	00:45:08	01:00:44	01:00:44	6	1:05:55	Swansea Harriers "B"
59a	Shan MORGAN	00:15:01					7	1:09:01	Bridgend AC "A"
59b	Ellen BUTLER		00:15:44				Fastest Leg		
59c	Amanda JONES			00:14:23			1	0:14:23	Amanda JONES
59d	Holly LAWRENCE				00:15:36		2	0:14:26	Alaw BEYNON-THOMAS
60	Swansea Harriers "B"	00:18:17	00:34:43	00:49:26	01:05:55	01:05:55	3	0:14:41	Debbie REES
60a	Sian KIRK	00:18:17					4	0:14:43	Andrea WHITCOMBE
60b	Caroline RIMMER		00:16:26				5	0:14:56	Kate ROBERTS
60c	Andrea WHITCOMBE			00:14:43			6	0:15:01	Shan MORGAN
60d	Majidah HARB				00:16:29		7	0:15:15	Victoria NASRAT
64	Les Croupiers	00:15:57	00:32:57	00:49:52	01:05:52	01:05:52	8	0:15:31	Angharad DAVIES
64a	Libby O'DUFFY	00:15:57					9	0:15:32	Bethan STRANGE
64b	Jane COKER		00:17:00				10	0:15:36	Holly LAWRENCE
64c	Liz ASHTON			00:16:55			11	0:15:41	Emma LOVELAND
64d	Katie BEECHER				00:16:00		12	0:15:44	Ellen BUTLER
65	Carmarthen Harriers	00:14:26	00:29:57	00:46:21	01:04:25	01:04:25	13	0:15:45	Emily BROWN
65a	Alaw BEYNON-THOMAS	00:14:26					14	0:15:57	Libby O'DUFFY
65b	Angharad DAVIES		00:15:31				15	0:16:00	Katie BEECHER
65c	Sharon LEECH			00:16:24			16	0:16:02	Harriet MORRIS
65d	Catrin LEWIS				00:18:04		17	0:16:24	Sharon LEECH
66	Cardiff AAC "A"	00:14:41	00:31:18	00:46:50	01:02:05	01:02:05	18	0:16:26	Caroline RIMMER
66a	Debbie REES	00:14:41					19	0:16:29	Majidah HARB
66b	Paris WILLIAMS		00:16:37				20	0:16:37	Paris WILLIAMS
66c	Bethan STRANGE			00:15:32			21	0:16:55	Liz ASHTON
66d	Victoria NASRAT				00:15:15		22	0:16:59	Carys GRIFFITHS
67	Cardiff AAC "B"	00:15:41	00:32:46	00:48:48	01:04:33	01:04:33	23	0:17:00	Jane COKER
67a	Emma LOVELAND	00:15:41					24	0:17:05	Liz DAVIES
67b	Liz DAVIES		00:17:05				25	0:17:09	Georgina DANDO
67c	Harriet MORRIS			00:16:02			26	0:18:04	Catrin LEWIS
67d	Emily BROWN				00:15:45		27	0:18:17	Sian KIRK
						28	0:19:57	Amy RACKHAM	

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Senior Men

Leg 1 Leg 2 Leg 3 Leg 4

TEAM SCORES

69	Les Croupiers "A"	00:18:36	00:38:31	00:59:37	01:20:45	01:20:45	1	1:09:19	Cardiff AAC "A"
69a	Phil COOK	00:18:36					2	1:10:29	Swansea Harriers "A"
69b	Matthew HURFORD		00:19:55				3	1:10:46	Cardiff AAC "B"
69c	Matthew HOPKINS			00:21:06			4	1:14:35	Swansea Harriers "B"
69d	Lyndon TUDOR-MAISEY				00:21:08		5	1:14:57	Newport Harriers "A"
70	Les Croupiers "B"	00:21:53	00:43:16	01:05:05	01:26:32	01:26:32	6	1:15:55	Neath Harriers
70a	Alun JONES	00:21:53					7	1:18:39	Swansea Harriers "C"
70b	James BRUCE		00:21:23				8	1:20:45	Les Croupiers "A"
70c	Rob SAGE			00:21:49			9	1:21:32	Bridgend AC
70d	Matthew HOOPER				00:21:27		10	1:25:19	Swansea Harriers "D"
72	Bridgend AC	00:19:16	00:39:48	01:01:29	01:21:32	01:21:32	11	1:26:32	Les Croupiers "B"
72a	Mark EMERY	00:19:16					12	1:29:18	Newport Harriers "B"
72b	Rob HUNT		00:20:32				Fastest Leg		
72c	Matthew PARKES			00:21:41			1	0:17:09	Ieuan THOMAS
72d	Richard DANDO				00:20:03		2	0:17:12	Rowan AXE
73	Cardiff AAC "A"	00:17:12	00:34:31	00:52:10	01:09:19	01:09:19	3	0:17:13	Marc HOBBS
73a	Rowan AXE	00:17:12					4	0:17:19	Adam BITCHELL
73b	Adam BITCHELL		00:17:19				5	0:17:28	Nathaniel LANE
73c	James MILLS			00:17:39			6	0:17:29	James THIE
73d	Ieuan THOMAS				00:17:09		7	0:17:30	Daniel GURMIN
74	Cardiff AAC "B"	00:17:28	00:35:21	00:53:17	01:10:46	01:10:46	8	0:17:39	James MILLS
74a	Nathaniel LANE	00:17:28					9	0:17:39	Gary JONES
74b	Michael KERSHAW		00:17:53				10	0:17:50	Daniel HISCOX
74c	Jonathan PETERS			00:17:56			11	0:17:50	Lewys HOBBS
74d	James THIE				00:17:29		12	0:17:53	Michael KERSHAW
77	Neath Harriers	00:18:10	00:37:26	00:57:00	01:15:55	01:15:55	13	0:17:56	Jonathan PETERS
77a	Chris WILLIAMS	00:18:10					14	0:17:56	Afan HUMPHREYS
77b	Matthew O'LEARY		00:19:16				15	0:17:59	David REES
77c	Paul TALBOT			00:19:34			16	0:18:01	Michael KALLENBERG
77d	Paul GRIFFITHS				00:18:55		17	0:18:10	Chris WILLIAMS
78	Newport Harriers "A"	00:18:15	00:36:37	00:56:10	01:14:57	01:14:57	18	0:18:14	Guy SMITH
78a	Johnathan MORGAN	00:18:15					19	0:18:15	Johnathan MORGAN
78b	Emrys PENNY		00:18:22				20	0:18:22	Emrys PENNY
78c	Abdi TULU			00:19:33			21	0:18:36	Phil COOK
78d	Chris CARPANINI				00:18:47				

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Senior Men cont...

Leg 1 Leg 2 Leg 3 Leg 4

Fastest Leg cont....

79	Newport Harriers "B"	00:21:47	00:44:32	01:05:41	01:29:18	01:29:18	22	0:18:47	Chris CARPANINI
79a	Dave GRIFFITHS	00:21:47					23	0:18:48	Chris PROTHERO
79b	Darryn MCATEE		00:22:45				24	0:18:53	Daniel THOMAS
79c	Lee RICHARDS			00:21:09			25	0:18:55	Paul GRIFFITHS
79d	Stuart PEARCE				00:23:37		26	0:19:16	Matthew O'LEARY
82	Swansea Harriers "A"	00:17:50	00:35:03	00:52:33	01:10:29	01:10:29	27	0:19:16	Mark EMERY
82a	Daniel HISCOX	00:17:50					28	0:19:24	Phil MATTHEWS
82b	Marc HOBBS		00:17:13				29	0:19:33	Abdi TULU
82c	Daniel GURMIN			00:17:30			30	0:19:34	Paul TALBOT
82d	Afan HUMPHREYS				00:17:56		31	0:19:38	Matthew THOMAS
83	Swansea Harriers "B"	00:18:14	00:36:04	00:54:57	01:14:35	01:14:35	32	0:19:55	Matthew HURFORD
83a	Guy SMITH	00:18:14					33	0:20:03	Richard DANDO
83b	Lewys HOBBS		00:17:50				34	0:20:20	Ian YATES
83c	Daniel THOMAS			00:18:53			35	0:20:32	Rob HUNT
83d	Matthew THOMAS				00:19:38		36	0:20:37	Simon WILSON
84	Swansea Harriers "C"	00:17:59	00:38:36	00:58:00	01:18:39	01:18:39	37	0:20:39	Jeffrey GIANSIRACUSA
84a	David REES	00:17:59					38	0:21:06	Gareth LYNCH
84b	Simon WILSON		00:20:37				39	0:21:06	Matthew HOPKINS
84c	Phil MATTHEWS			00:19:24			40	0:21:08	Lyndon TUDOR-MAISEY
84d	Jeffrey GIANSIRACUSA				00:20:39		41	0:21:09	Lee RICHARDS
85	Swansea Harriers "D"	00:17:39	00:37:59	01:02:08	01:25:19	01:25:19	42	0:21:23	James BRUCE
87a	Gary JONES	00:17:39					43	0:21:27	Matthew HOOPER
87b	Ian YATES		00:20:20				44	0:21:41	Matthew PARKES
87c	A N Other			00:24:09			45	0:21:47	Dave GRIFFITHS
87d	A N Other				00:23:11		46	0:21:49	Rob SAGE
71	Les Croupiers "C"	00:21:06	00:44:44			00:44:44	47	0:21:53	Alun JONES
71a	Gareth LYNCH	00:21:06					48	0:22:45	Darryn MCATEE
71b	Mike DAVIES		00:23:38				49	0:23:11	A N Other
75	Cardiff AAC "C"	00:18:01	00:36:49			00:36:49	50	0:23:37	Stuart PEARCE
75a	Michael KALLENBERG	00:18:01					51	0:23:38	Mike DAVIES
75b	Chris PROTHERO		00:18:48				52	0:24:09	A N Other

Veteran Women FV35

Leg 1 Leg 2 Leg 3

TEAM SCORES

56	Les Croupiers	00:20:56	00:46:29	01:05:16		01:05:16	1	1:05:16	Les Croupiers
56a	Tracy HOUGHTON	00:20:56					Fastest Leg		
56b	Eirian Arwyn		00:25:33				1	0:18:47	Julia Becker
56c	Julia Becker			00:18:47			2	0:20:56	Tracy HOUGHTON
							3	0:25:33	Eirian Arwyn

Welsh Athletics Road Relays 2011 - Llandow Race Circuit - Sunday 3rd April

Masters Men V 40+

Leg 1 Leg 2 Leg 3

86	Bridgend AC "A"	00:22:38	00:42:39	01:05:32	01:05:32
86A	Paul BELCHER	00:22:38			
86B	Alun WOOD		00:20:01		
86C	Evatt CUMMINGS			00:22:53	
88	Neath Harriers "A"	00:19:33	00:39:30	00:59:58	00:59:58
88A	Phil CRANE	00:19:33			
88B	Anthony POWELL		00:19:57		
88C	Roy WHITEHOUSE			00:20:28	
89	Neath Harriers "B"	00:20:23	00:41:29	01:01:13	01:01:13
89A	Pete CRANE	00:20:23			
89B	Steve EVANS		00:21:06		
89C	Dave CRANE			00:19:44	
87	Bridgend AC "B"	00:25:43	00:53:23		00:53:23
87A	Gary JONES	00:25:43			
87B	Ian YATES		00:27:40		
87C					
90	Newport Harriers "A"	00:19:50			00:19:50
90A	Steve WADLEY	00:19:50			
90B					
90C					

TEAM SCORES		
1	0:59:58	Neath Harriers "A"
2	1:01:13	Neath Harriers "B"
3	1:05:32	Bridgend AC "A"
Fastest Leg		
1	0:19:33	Phil CRANE
2	0:19:44	Dave CRANE
3	0:19:50	Steve WADLEY
4	0:19:57	Anthony POWELL
5	0:20:01	Alun WOOD
6	0:20:23	Pete CRANE
7	0:20:28	Roy WHITEHOUSE
8	0:21:06	Steve EVANS
9	0:22:38	Paul BELCHER
10	0:22:53	Evatt CUMMINGS
11	0:25:43	Gary JONES
12	0:27:40	Ian YATES

Masters Men V 50+

95	Les Croupiers "A"	00:21:05	00:42:11	01:03:04	01:03:04
95a	Elio LEPORE	00:21:05			
95b	Paul COKER		00:21:06		
95c	Mick MCGEOCH			00:20:53	
96	Les Croupiers "B"	00:20:46	00:42:16	01:03:02	01:03:02
96a	Brian RICHARDSON	00:20:46			
96b	Mike MURPHY		00:21:30		
96c	Dave COLES			00:20:46	
97	Neath Harriers	00:22:37	00:45:08	01:07:44	01:07:44
97a	Howard CARPENTER	00:22:37			
97b	Simon PARTRIDGE		00:22:31		
97c	John WILLIAMS			00:22:36	

TEAM SCORES		
1	1:03:02	Les Croupiers "B"
2	1:03:04	Les Croupiers "A"
3	1:07:44	Neath Harriers
Fastest Leg		
1	0:20:46	Dave COLES
2	0:20:46	Brian RICHARDSON
3	0:20:53	Mick MCGEOCH
4	0:21:05	Elio LEPORE
5	0:21:06	Paul COKER
6	0:21:30	Mike MURPHY
7	0:22:31	Simon PARTRIDGE
8	0:22:36	John WILLIAMS
9	0:22:37	Howard CARPENTER