

Pos	Bib#	Athlete	10yr Age Pos	Team	WA Reg	Gun Time	WELSH CHAMPS TEAM POS
1	183	Daniel Triggs	1	Neath Harriers	Y	0:49:12	1
2	101	Darren Bishop	2	Pontypridd Roadents AC	Y	0:50:42	2
4	194	David Keenan	3	Llanelli AC	N	0:51:35	
6	112	Sam Dodge	4		N	0:53:07	
7	184	Matt Turner	5	San Domenico RC	Y	0:54:29	3
10	180	Owen Thomas	6	Aberdare Valley AAC	Y	0:55:38	4
14	201	Antony Andrus	7	3M Gorseinon Road Runners	Y	0:57:19	5
19	118	Ben Francis	8		N	0:58:21	
23	136	Christopher Jenkins	9	Neath Harriers	Y	0:59:42	6
36	487	Geraint Williams	10		N	1:01:59	
39	130	John Hewson	11		N	1:02:21	
40	214	Greg Clark	12		N	1:02:47	
47	129	Paul Heskins	13	Run4All Neath	Y	1:04:07	7
49	218	Karl Coughlin	14	Parc Bryn Bach Running Clul	Y	1:04:51	8
51	229	James Farrant	15		N	1:05:03	
58	404	Jamie Bishop	16		N	1:06:16	
61	116	Ceri Foley	17		N	1:06:48	
70	343	Neil Jones	18	Hengoed Harriers	N	1:08:36	
76	144	Lee Llewellyn	19	Run4All Neath	Y	1:09:49	9
78	249	Anthony Kavanagh	20	Ogmore Phoenix Runners	Y	1:10:19	10
79	175	David Shewring	21	Pontyclun RR	Y	1:10:29	11
82	230	Andrew Furlong	22		N	1:11:06	
86	156	Ian Ogrady	23		N	1:11:51	
91	387	Steven Wilyeo	24	Run4All Neath	Y	1:12:28	12
97	193	Ioan Owen	25		N	1:14:22	
99	202	Richard Appleford	26	Caerphilly Runners	Y	1:14:30	13
112	411	Marc Cross	27	Griffithstown Harriers	Y	1:16:03	14
119	451	Rees Morrell	28		N	1:16:59	
128	220	Gareth Davies	29	Penarth & Dinas Runners	Y	1:17:13	15
130	166	Bryn Powis	30	Porthcawl Runners	Y	1:17:51	16
150	316	Dewi Davies	31		N	1:20:28	
151	236	Richard Hext	32	Pontypridd Roadents AC	Y	1:20:31	17
156	284	Martin Talbot	33	Lliswerry Runners	Y	1:21:23	18
158	393	Ian Day	34		N	1:21:24	
187	291	Nick Harris	35	Ogmore Phoenix Runners	Y	1:25:23	
189	181	Shogun-Li Thomas	36		N	1:25:28	

193	222	Huw Davies	37		N	1:26:01	
215	444	Andrew Laity	38		N	1:30:25	
217	427	Laurence Gray	39		N	1:30:58	
240	322	Sinan Eccles	40		N	1:35:33	
259	482	Radek Water	41		N	1:38:51	
265	428	Rich Greenwood	42		N	1:40:31	
267	452	Peter Morris	43	Brackla Harriers	Y	1:40:56	19
288	413	Gareth Davies	44	Penarth & Dinas Runners	Y	1:44:32	20
297	442	Craig Kearney	45	Llanelli AC	Y	1:45:38	21

M35+ Team - 3 to Score

The following clubs finished 3 eligible Welsh qualified scorers who had entered in advance

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1st Run4All 7, 9 & 12 = 28 points **GOLD**

 Indicates entered on day

