

Pos	Bib#	Athlete	10yr Age Pos	Team	WA Reg	Gun Time	WELSH CHAMPS TEAM POS
5	107	Gareth Davey	1	Neath Harriers	Y	0:52:17	1
12	162	Adrian Pearce	2	Brackla Harriers	Y	0:56:58	2
16	462	Laurence Pole	3	Pontypridd Roadents AC	Y	0:57:53	3
18	160	Nathaniel Palmer	4	Les Croupiers	Y	0:58:11	4
22	172	Gareth Richards	5	Ogmore Phoenix Runners	Y	0:59:08	5
24	121	Mike Furness	6	Porthcawl Runners	Y	1:00:18	6
25	185	Matt Turner	7	Caerleon RC	Y	1:00:20	7
27	254	Huw Macarthur	8		N	1:00:49	
29	215	Gareth Clubb	9		N	1:01:22	
31	255	James Mcloughlin	10	Llisbury Runners	Y	1:01:44	8
32	186	Carl Walsh	11	Ogmore Phoenix Runners	Y	1:01:48	9
34	178	Nick Stocker	12	Bridgend AC	Y	1:01:50	10
35	135	Andrew Howells	13	Iswyn RC	Y	1:01:53	11
42	173	Neil Ridley	14		N	1:03:04	
43	114	William Edwards	15	Porthcawl Runners	Y	1:03:05	12
45	275	Ken Salvatore	16	Ogmore Phoenix Runners	Y	1:03:22	13
55	103	Darren Chapple	17	Run4All Neath	Y	1:05:41	14
57	177	Deryl Stephens	18	Bridgend AC	Y	1:05:53	15
59	155	Rian O'Dwyer	19		N	1:06:21	
66	197	Peter Robinson	20		N	1:07:34	
67	164	Mike Pobjoy	21	Llisbury Runners	Y	1:08:09	16
80	386	Kevin Williams	22		N	1:10:34	
84	141	Richard Jones	23		N	1:11:16	
85	424	Adrian Frowen	24		N	1:11:35	
89	301	Antonio Antoniazzi	25	Ogmore Phoenix Runners	Y	1:11:55	17
96	198	Gareth Woodbridge	26		N	1:14:16	
102	246	Neil Jones	27		N	1:14:40	
109	260	Glen Neal	28		N	1:15:38	
115	171	Ceri Richards	29	Chepstow Harriers	Y	1:16:29	18
116	304	Matthew Barrell	30		N	1:16:30	
129	216	Christie Coleman	31		N	1:17:40	
133	362	Phil Powell	32	Llanelli AC	N	1:18:22	
143	396	Dewi Gwynedd	34	Caerphilly Runners	N	1:19:53	
148	280	Marcus Smith	33	Parc Bryn Bach Running Clul	Y	1:20:19	19
152	303	Andy Baker	35	Fairwater Runners Cwmbran	Y	1:20:33	20
159	143	Steve Lee	36		N	1:21:28	

161	210	Huw Bowen	37		N	1:21:40	
163	422	Gavin Fraser	38	Cornelly Striders AC	Y	1:21:43	21
165	359	Russ Pearce	39	Caerphilly Runners	Y	1:22:16	22
168	232	Martin Green	40	Pontypridd Roadents AC	Y	1:22:48	23
169	366	Wayne Randall	41	Ogmore Phoenix Runners	Y	1:22:51	24
177	434	Colin Hunt	42		N	1:23:21	
178	119	Jason Freeman	43		N	1:23:21	
179	344	Anthony Jones	44	3M Gorseinon Road Runners	Y	1:23:24	25
180	207	Alex Benson	45		N	1:24:14	
182	399	Stephen Evans	46		N	1:24:32	
183	244	David Jones	47		N	1:24:38	
186	294	Chris Pratt	48	Ogmore Phoenix Runners	Y	1:25:06	~
190	238	Niall Hughes	49	San Domenico RC	Y	1:25:43	26
195	226	David Eagle	50	Run4All Neath	Y	1:26:15	27
204	402	Dudley Ashford	51		N	1:28:53	
214	437	Stuart Jenkins	52		N	1:30:25	
216	267	Ricky Poole	53		N	1:30:40	
221	330	Jarrod Higgs	54	Caerphilly Runners	Y	1:31:46	28
239	334	Ashley Howells	55	Ogmore Phoenix Runners	Y	1:35:31	29
244	338	Huw Jenkins	56	Porthcawl Runners	Y	1:35:38	30
246	406	Nicholas Cadman	57	Lliswerry Runners	Y	1:35:51	31
253	491	Alun Wylde	58	Ogmore Phoenix Runners	Y	1:37:27	32
295	371	Rob Sims	59		N	1:45:36	
302	126	Michael Halsall	60	Llanelli AC	Y	1:49:24	33
304	251	Simon Kingsnorth	61	Llanelli AC	Y	1:50:03	34
309	479	Michael Taylor	62		N	1:52:34	
318	461	Steve Peake	63		N	1:58:00	
320	221	Geraint Davies	64	Llanelli AC	Y	1:58:40	35

M45+ Team - 3 to Score

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

1st - Ogmore Phoenix (A) 5, 9, + 13 = 27pts **GOLD**

2nd - Porthcawl Runners 6, 12 & 30 = 48 pts **SILVER**

3rd - Lliswerry Runners 8, 16 & 31 = 55 points **BRONZE**

4th - Ogmore Phoenix (B) 17, 24 + 29 = 70pts

4th - Oghmore Phoenix (B) 17, 24, + 23 = 70pts

5th - Llanelli AC 33, 34 & 35 = 102 points

 Indicates entered on day

