


Pos	Bib#	Athlete	10yr Age Pos	Team	WA Reg	Gun Time	WELSH CHAMPS TEAM POS
9	124	Thomas Guest	1	Swansea Harriers	Y	0:55:02	1
15	159	Simon Osborne	2	Bridgend AC	Y	0:57:31	2
28	117	Nick Fox	3	Llanelli AC	Y	1:01:11	3
33	154	Terry O'Brien	4		N	1:01:50	
46	206	Ian Bell	5	San Domenico RC	Y	1:03:37	4
56	113	Kevin Dupe	6	Caerleon RC	Y	1:05:47	5
63	273	Steve Rees	7		N	1:07:21	
65	415	Jeff Davies	8		N	1:07:33	
71	290	Paul Winstanley	9	Run4All Neath	Y	1:08:50	6
73	463	Alun Powell	10		N	1:09:31	
77	139	Chris Jones	11	Porthcawl Runners	Y	1:09:57	7
92	237	Simon Hill	12	White Rock Runners	Y	1:13:21	8
95	120	Wayne Frewen	13	Brackla Harriers	Y	1:14:10	9
103	110	Neil Davies	14		N	1:14:43	
117	447	John Maloney	15	Llswerry Runners	Y	1:16:30	10
125	111	Jeremy Dickson	16	Llswerry Runners	Y	1:17:10	11
127	357	Gwyn Palfrey	17	Crickhowell Running Clu	Y	1:17:13	12
136	123	Mark Griffiths	18	Neath Harriers	N	1:18:47	
139	252	Patrick Lambert	19		N	1:19:24	
160	248	Howard Jones	20		N	1:21:35	
162	132	Nigel Hitchings	21	Ogmore Phoenix Runne	Y	1:21:42	13
166	147	Julian Maine	22	Porthcawl Runners	Y	1:22:40	14
192	345	Wayne Jones	23		N	1:26:01	
200	384	Garry Wharmby	24	Brackla Harriers	Y	1:27:59	15
218	435	Andrew Hurley	25		N	1:31:12	
242	337	Mark James	26	Porthcawl Runners	Y	1:35:36	16
254	302	David Bailyes	27	Caerphilly Runners	Y	1:37:49	17
263	245	Mark Jones	28	Dragon RC	N	1:40:18	
281	108	Gavin Davies	29	3M Gorseinon Road Rur	Y	1:41:57	18
282	347	Caerwyn Lewis	30	Ogmore Phoenix Runne	Y	1:42:25	19

M55+ Team - 3 to Score

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

1st - Porthcawl Runners 7, 14 & 16 = 37 pts **GOLD**

 Indicates entered on day

