

S/Men	Name	Club	Race 1	Race 2	Race 3	Total
1.	Carwyn Jones	Cardiff AAC	50	50		
2.	Jos Griffiths	Swansea Harriers	49	/		
3.	Tes Goitom	Les Croupiers	48	49		
4.	Adam Bull	Aberdare	47	48		
5.	Thomas Macswayne	Portsmouth AC	46	/		
6.	Daniel Bodman	Aberdare	45	/		
7.	Huw Evans (M40)	Les Croupiers	44	47		
8.	Elliotte Hardee	Newport Harriers	43	/		
9.	Daryll Barnby	MMRT	42	/		
10.	Darren Bishop (M45)	Pontypridd Roadents	41	46		
11.	Mark Jennings (M40)	MMRT	40	/		
12.	Jamie Wardrop	Sa Domenico	39	45		
13.	Michael Gaunt	North Devon AC	38	/		
14.	Aaron Pritchard	U/A	37	/		
15.	Matthew Evans	Aberdare	36	/		
16.	Martin Rees (M60)	Les Croupiers	35	44		

M 40	Name	Club	Race 1	Race 2	Race 3	Total
1	Huw Evans	Les Croupiers	50	50		
2	Mark Jennings	MMRT	49	/		
3	Robert John	MMRT	48	/		
4	Sam Ryall	Pontypridd Roadents	47	/		
5	Matt Hurford	Les Croupiers	46	/		
6	Adrian Lewis	U/A	45	/		
7	Mark Morgan	MMRT	44	/		

M45	Name	Club	Race 1	Race 2	Race 3	Total
1	Darren Bishop	Pontypridd Roadents	50	/		
2	Lee Aherne	Parc Bryn Bach	49	/		
3	Julian Baker	Les Croupiers	48	/		
4	Stephen Rees	Parc Bryn Bach	47	/		
5	Paul Talbot	Neath Harriers	46	50		
6	Steve Howard	U/A	45	/		
7	Evatt Cummings	Les Croupiers	44	49		

M50	Name	Club	Race 1	Race 2	Race 3	Total
1	Andrew Blair	Les Croupiers	50	50		
2	Martin Williams	Les Croupiers	49	/		
3	Peter Turnbull	Les Croupiers	48	/		
4	John Maday	Pegasus RC	47	/		
5	David E Williams	Les Croupiers	46	/		
6	Gruffydd Hefin	Pontypridd Roadents	45	/		
7	Rob Wilcox	Penarth & Dinas	44	/		

M55	Name	Club	Race 1	Race 2	Race 3	Total
1	Ifan Lloyd	Swansea Harriers	50	50		
2	Richard Bullen	Les Croupiers	49	49		
3	Huw Roberts	Bridgend AC	48	/		
4	Graham Mark	Merthyr Runners	47	/		
5	Adrian Taylor	Merthyr Runners	46	48		
6	Tim O'Sullivan	Les Croupiers	45	47		
7	Richard Sewell	Les Croupiers	44	46		

M60 +	Name	Club	Race 1	Race 2	Race 3	Total
1	Martin Rees	Les Croupiers	50	50		
2	Elio Lepore	Les Croupiers	49	48		
3	Mick Tabor	Les Croupiers	48	47		
4	Phil Meyler	Pontypridd Roadents	47	/		
5	Christopher Nellins	Penarth & Dinas	46	46		
6	Malcolm Bradley	Penarth & Dinas	45	/		
7	Gary John	Les Croupiers	44	45		

S/Women	Name	Club	Race 1	Race 2	Race 3	Total
1	Megan McBrien	RSC AC	50	/		
2	Clara Evans	Pontypridd Roadents	49	50		
3	Katie Beecher (W35)	Les Croupiers	48	/		
4	Lauren Cooper	Parc Bryn Bach	47	/		
5	Angharad Mair (W55)	Les Croupiers	46	49		
6	Janet Holmes	Les Croupiers	45	48		
7	Claire Bruce (W35)	Les Croupiers	44	/		
8	Aine Kenny	Les Croupiers	43	/		
9	Angela Champion (W35)	Les Croupiers	42	46		
10	Libby Brabley (W45)	Les Croupiers	41	47		
11	Aileen Lyons	Les Croupiers	40	/		
12	Cath Tailby (W45)	Penarth & Dinas	39	44		
13	Liz May (W35)	Pontypridd Roadents	38	/		
14	Catrin Palfrey	Penarth & Dinas	37	45		
15	ClaireMaksimovic	Pontypridd Roadents	36	/		
16	Ruth Cann	Penarth & Dinas	35	43		

W35	Name	Club	Race 1	Race 2	Race 3	Total
1	Katie Beecher	Les Croupiers	50	/		
2	Claire Bruce	Les Croupiers	49	/		
3	Angela Champion	Les Croupiers	48	50		
4	Liz May	Pontypridd Roadents	47	48		
5	Ruth Cann	Penarth & Dinas	46	49		
6	Melanie Muckleburgh	Merthyr Runners	45	/		
7	Sarah Stevens	U/A	44	/		

W40	Name	Club	Race 1	Race 2	Race 3	Total
1	Sarah Pryor	Pegasus RC	50	50		
2	Rebecca Rees	U/A	49	/		
3	Louise Rixon	LiswerryRunners	48	/		
4	Tracy Buckle	SMR / Pegasus RC?	47	49		
5	Jo Gwynee	Pontypridd Roadents	46	/		

W45	Name	Club	Race 1	Race 2	Race 3	Total
1	Libby Bradley	Les Croupiers	50	50		
	Cath Tailby	Penarth & Dinas	49	49		
2	Helen Lane	U/A	49	48		
3	Lorraine Burvill	Les Croupiers	48	47		
4	Sarah Lees	Penarth & Dinas	47	/		
5	Karen Chadwell	U/A	46	/		
6	Jennifer Stone	Cardiff AAC	45	46		
7	Jolie Griffiths	Pegasus RC	44	/		

W50	Name	Club	Race 1	Race 2	Race 3	Total
1	Bernadette Wilkinson	San Domenico	50	/		
2	Eve Gallop Evans	Les Croupiers	49	50		
3	Karen Seary	U/A	48	/		
4	Amanda Thompson	Les Croupiers	47	/		
5	Catherine Llewelyn	Merthyr Runners	46	49		

W55 +	Name	Club	Race 1	Race 2	Race 3	Total
1	Angharad Mair	Les Croupiers	50	50		
2	Yvonne Williams	Penarth & Dinas	49	/		
3	Laura MCarthy	Pontypridd Roadents	48	/		