

Welsh Inter Regional Cross-Country Championships 2007

Hosted by West Wales RAB & held at Singleton Park, Swansea on Sunday, December 10th

Senior Men – 10.4 km

Individuals

1	31	Jonathan Phillips	(S)	
2	43	James Williams	(S)	
3	17	Luke Northall	(N)	
4	39	Alex Donald	(S)	
5	2	Matthew Collins	(E)	
6	54	Ian Williams	(W)	
7	32	Julian Baker	(S)	
8	10	Phillip Matthews	(E)	
9	28	Richard Watson	(N)	
10	35	Chris Discombe	(S)	
11	37	Steve Paterson	(S)	
12	22	Richard Roberts	(N)	
13	6	Martin Shaw	(E)	
14	50	Steve Rees	(W)	
15	38	Stuart Crees	(S)	
16	34	Tim Lewis	(S)	
17	36	Dave Williams	(S)	
18	42	Steven Sheard	(S)	
19	23	Cai Pierce	(N)	
20	1	Owen Flage	(E)	
21	5	Tim Hindle	(E)	
22	40	Edward Takata	(S)	
23	41	Nicky Dukes	(S)	
24	27	David Ayton	(N)	
25	7	Calum Cheshire	(E)	
26	53	Carl Ellis	(W)	
27	51	Gareth Ayres	(W)	
28	52	Ryan Evans	(W)	
29	48	Charles Walsh	(W)	
30	47	Mark Reynolds	(W)	
31	49	Chris Fulcher	(W)	
32	59	Andrew Reynolds	(W)	
33	58	Jonathan Green	(W)	

Teams

1	South	1	2	4	7	10	11	15	16	66
2	West	6	14	26	27	28	29	30	31	191
3	East	5	8	13	20	21	25			Only 6
4	North	3	9	12	19	24				only 5

Junior Men – 7.2 km

Individuals

1	38	Afan Humphries	(S)	
2	1	Ieuan Thomas	(E)	
3	18	Harry Jones	(N)	
4	2	Tom Marshall	(E)	
5	31	Matthew Williams	(S)	
6	9	Ian Withers	(E)	
7	3	Gavin Hanrahan	(E)	
8	4	Matthew Wreford	(E)	
9	32	Mark Fowles	(S)	
10	21	Stephen McCormack	(N)	
11	19	Paul Wathan	(N)	
12	37	Matthew Parkes	(S)	
13	34	Vincent Jones	(S)	
14	10	Mark Harvey	(E)	
15	33	Michael Doogan	(S)	
16	55	Matthew John	(W)	
17	54	Luke Watson	(W)	
18	46	Jack Davey	(W)	
19	5	Chris Hayward	(E)	
20	48	Jonathan Lloyd	(W)	

Teams

1	East	2	4	6	7	8	27
2	South	1	5	9	12	13	40
3	West	16	17	18	20		Only 4
4	North	3	10	11			only 3

U17 Men – 5.8 km

Individuals

1	51	Dewi Griffiths	(W)	
2	48	Adam Bitchell	(W)	
3	1	Jamie Bussell	(E)	
4	9	Nathan Hardee	(E)	
5	16	Ricky Challinor	(N)	
6	17	Adam Banks	(N)	

7	59	Geraint Mansfield	(W)	
8	34	Ali Solhjo	(S)	
9	35	Dafydd Jones	(S)	
10	23	Michael Pierce	(N)	
11	21	Gethin Edwards	(N)	
12	2	Michael Kershaw	(E)	
13	38	Carl Hill	(S)	
14	8	Gareth Lewis	(E)	
15	56	Michael Davies	(W)	
16	39	Tomos Whitmarsh-Knight	(S)	
17	11	Jonathan Morgan	(E)	
18	47	Christopher Driscoll	(W)	
19	49	Steffan Raw-Rees	(W)	
20	3	Chris Wreford	(E)	
21	46	Rhodri Harris	(W)	
22	7	Chris Prothero	(E)	
23	40	Liam Reed	(S)	
24	5	Dan Lester	(E)	
25	57	Daniel Thomas	(W)	
26	45	Leon Jeavons	(S)	
27	36	Hywel Jones	(S)	
28	41	Ross Morgan	(S)	
29	42	Luke Swaffield	(S)	
30	54	Gethin Holland	(W)	
31	6	Jonathon Worgan	(E)	
32	44	Rhys Heaven	(S)	
33	55	Tomos Hywel	(W)	
34	53	Antonio Cirillo	(W)	
35	52	Samuel Newton	(W)	
36	43	Luke Morgan	(S)	

Teams

1	West	1	2	7	15	18	19	21	25	108
2	East	3	4	12	14	17	20	22	24	116
3	South	8	9	13	16	23	26	27	28	150
4	North	5	6	10	11					only 4

U15 Boys – 4 km

Individuals

1	31	Jonathan Hopkins	(S)	14:22
2	24	Stephen Pierce	(N)	14:38
3	22	Callum Bennett	(N)	14:54
4	59	James McEvoy	(W)	15:14
5	1	Chris Carpanini	(E)	15:15
6	47	Nicky Morrell	(W)	15:16
7	21	Jamie Wright	(N)	15:17
8	38	Josh Hurford	(S)	15:25
9	39	Owain Chick	(S)	15:36
10	48	Alex Matchett	(W)	15:38
11	55	Luke Parker	(W)	15:40
12	34	Joel Redmond	(S)	15:40
13	35	Jack Wilson	(S)	15:46
14	49	Ceri Lewis	(W)	15:50
15	40	Brennig Emanuel	(S)	16:04
16	45	Owen Haswell	(S)	16:07
17	58	Matthew Richards	(W)	16:17
18	43	Liam Jones	(S)	16:19
19	37	David Van Es	(S)	16:22
20	2	Daniel Mackenzie	(E)	16:23
21	16	Andrew Woodcock	(N)	16:30
22	50	Andrew Drakely	(W)	16:36
23	53	Adam Grinter	(W)	16:42
24	17	Tom Budesha	(N)	16:44
25	42	Joseff Whitmarsh-Knight	(S)	16:46
26	19	Callum Muskett	(N)	16:47
27	18	Huw Jones	(N)	16:48
28	46	Christopher Davies	(W)	16:58
29	44	Darren Jones	(S)	17:03
30	3	Emrys Penny	(E)	17:04
31	5	Lewis Shaw	(E)	17:22
32	56	Freddy Payne	(W)	17:32
33	4	Freddy Naxtriyen	(E)	17:36
34	57	Glen Elsdon	(W)	17:52
35	51	Chris Kilner	(W)	19:38
36	54	George Lewis	(W)	20:25

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Teams

1	South	1	8	9	12	13	15	16	18	92
2	West	4	6	10	11	14	17	22	23	107
	North	2	3	7	21	24	26	27		only 7
	East	5	20	30	31	33				only 5

U13 Boys – 2.5 km

Individuals

1	1	Elliott Hardee	(E)	9:27
2	2	James Hanrahan	(E)	9:38
3	31	Tom Davis	(S)	9:46
4	3	Marcus Price	(E)	9:47
5	33	Callum Sullivan	(S)	9:48
6	32	Johnnie Graham	(S)	9:54
7	54	Davy Lewis	(W)	9:59
8	5	Robert Morgan	(E)	10:07
9	4	Daniel Chesworth	(E)	10:09
10	49	Joseph Fisher	(W)	10:10
11	51	Ronan Llyr	(W)	10:11
12	46	Liam Jones	(W)	10:19
13	43	Alex Simon	(S)	10:22
14	7	David Morgan	(E)	10:24
15	55	Daniel Lewis	(W)	10:29
16	34	Dillon Morgan	(S)	10:30
17	48	Lloyd Heckler	(W)	10:38
18	53	Johannes Neumann	(W)	10:38
19	45	Elliot Mears	(S)	10:42
20	52	Adam Bowman	(W)	10:45
21	19	George Oliver	(N)	10:52
22	39	Sam Lane	(S)	10:56
23	41	Gareth Jones	(S)	11:03
24	36	Rhys Griffin	(S)	11:11
25	47	Grant Westcott	(W)	11:11
26	21	Owain James	(N)	11:30
27	60	Liam Lloyd	(W)	11:41
28	44	Lewys Jones	(S)	11:44
29	42	Tom Bevan	(S)	11:44
30	56	Harry Lewis	(W)	11:50
31	57	Finn Neumann	(W)	11:51
32	59	Tomas Drakely	(W)	12:04
33	10	Liam Hardee	(E)	Nt
34	8	Ben Watkins	(E)	Nt
35	6	Curtis Goodger	(E)	Nt

Teams

1	East	1	2	4	8	9	14	33	34	105
2	South	3	5	6	13	16	19	22	23	107
3	West	7	10	11	12	15	17	18	20	110
	North	21	26							Only 2

Senior Women – 5.2 km

Individuals

1	16	Caroline Harney	(N)	21:23
2	4	Georgina Parnell	(E)	22:05
3	6	Karen Murray	(E)	22:51
4	46	Carol Glover	(W)	23:05
5	25	Rebecca Riddings	(N)	23:18
6	32	Julia Clarke	(S)	23:45
7	33	Claire Beatty	(S)	24:05
8	2	Hannah Jarvis	(E)	24:12
9	24	Katie Brandrick	(N)	24:20
10	37	Kelly Morgan	(S)	24:37
11	39	Debby Green	(S)	25:39
12	55	Rebecca Jones	(W)	25:52
13	38	Vicky Coopey	(S)	26:48
14	54	Michelle Witham	(W)	27:06
15	50	Lyndsey Dodds	(W)	27:29
16	35	Liz Sowter	(S)	27:49
17	47	Kirsten Tucker	(W)	
18	53	Leanne Quinn	(W)	
19	43	Sarah Hartley	(S)	
20	42	Hannah Manley	(S)	
21	48	Joanna Mogford	(W)	
22	49	Samantha Mogford	(W)	
23	55	Rebecca Jones	(W)	

Teams

1	South	6	7	10	11	13	16	19	20	102
2	West	4	12	14	15	17	18	21	22	123
	East	2	3	8						Only 3
	North	1	5	9						Only 3

Junior Women – 5.2 km

Individuals

1	48	Gemma Leahy	(W)	21:30
2	50	Elinor Kirk	(W)	22:10
3	38	Martha Clarke	(S)	23:06
4	1	Rosie Richards	(E)	24:02
5	2	Joanna Summerfield	(E)	24:16
6	32	Kathryn Davies	(S)	24:34
7	4	Danielle Page	(E)	24:46
8	49	Megan Thomas	(W)	25:17
9	20	Gemma Morgans	(N)	26:26
10	35	Kirsty Morgan	(S)	27:28
11	46	Caryl Davies	(W)	30:35
12	33	Alice Howe	(S)	35:12

Teams – no complete teams

	South	3	6	10	12					Only 4
	West	1	2	8	11					Only 4
	East	4	5	7						Only 3
	North	9								Only 1

U17 Women – 4 km

Individuals

1	2	Jenna Roberts	(E)	16:23
2	32	Leah Dixon	(S)	16:24
3	31	Leanne Fitzgerald	(S)	16:37
4	3	Asyha Doman	(E)	16:43
5	33	Gwenno Brown	(S)	16:55
6	46	Rebecca King	(W)	17:12
7	52	Drusilla Griffiths	(W)	17:21
8	1	Leigh Barker	(E)	17:29
9	56	Alaw Beynon-Thomas	(W)	17:33
	730	Anna Sharrock	(New & P)	17:56
10	4	Sophie Kendrick	(E)	18:22
11	38	Sophie MacAloon	(S)	18:27
12	34	Bethan Davies	(S)	18:40
13	54	Sian Thomas	(W)	18:58
14	36	Alice Bevan	(S)	18:59
15	5	Lily Matthews	(E)	19:02
16	57	Sally Smithson	(W)	19:05
17	48	Eleri Jones	(W)	19:06
18	44	Aysha Hadid	(S)	19:08
19	37	Elsa Carpenter	(S)	19:15
20	43	Hannah Cronin	(S)	19:17
21	35	Aimee Thomas	(S)	19:28
22	39	Rehana Hawthorne	(S)	20:02
23	59	Ffion Evans	(W)	20:17

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24	42	Zoe Hoskins	(S)	20:58
25	51	Alexandra Thorogood	(W)	21:35
26	41	Hollie Ryder	(S)	22:56

Teams

1	South	2	3	5	11	12	14	18	19	84
2	West	6	7	9	13	16	17	23	25	116
	East	1	4	8	10	15				Only 5
	North								No	athletes

U15 Girls – 3.7 km

Individuals

1	44	Zoe Thomas	(S)	15:16
2	48	Angharad Davies	(W)	15:36
3	40	Ffion Jones	(S)	15:52
4	1	Natasha Cockram	(E)	15:56
5	34	Carys Deeley	(S)	15:58
6	50	Cerian Davies	(W)	15:59
7	6	Benytta Doman	(E)	16:00
8	47	Aneura Phillips	(W)	16:03
9	17	Abbie Oliver	(N)	16:04
10	42	Ruby Miller	(S)	16:08
11	58	Katryna Ley	(W)	16:20
12	2	Steffie Wright	(E)	16:24
13	53	Elinor Thorogood	(W)	16:28
14	4	Harriet Morris	(E)	16:29
15	49	Nia Lewis	(W)	16:32
16	56	Sian Trace	(W)	16:38
17	57	Rebecca Ansell	(W)	16:48
18	52	Catrin Lewis	(W)	17:04
19	59	Elin Jones	(W)	17:26
20	31	Storm Morham	(S)	17:29
21	55	Angharad Roberts	(W)	17:49
22	51	Miranda Davies	(W)	17:49
23	32	Lauren Regan	(S)	17:51
24	37	Leah Lineham	(S)	17:56
25	43	Carla Rees	(S)	18:02
26	46	Jennie Brock	(W)	18:03
27	35	Alice Johnston	(S)	18:06
28	39	Nia Morgan	(S)	18:12
29	38	Alex Butterworth	(S)	18:20
30	33	Grace Osborne	(S)	18:40
31	36	Ceri Ann Santos	(S)	19:16
32	60	Nia Davies	(W)	19:20
33	5	Brai Dickson	(E)	19:24
34	41	Jennifer Ormond	(S)	19:26
35	18	Alice Fraser	(N)	19:44
36	8	Jade Flook	(E)	19:51

Teams

1	West	2	6	8	11	13	15	16	17	88
2	South	1	3	5	10	20	23	24	25	111
	East	4	7	12	14	33	36			Only 6
	North	9	35							Only 2

U13 Girls – 2.5 km

Individuals

1	1	Ffion Price	(E)	9:57
2	49	Megan Withers	(W)	10:08
3	58	Lauren Harries	(W)	10:11
4	31	Lora Roberts	(S)	10:26
5	60	Hywelis Thomas-Howells	(W)	10:27
6	2	Rhian Price	(E)	10:33
7	47	Lauren Bell	(W)	10:33
8	53	Elysia Pearson	(W)	10:37
9	6	Ellie Leek	(E)	10:46
10	35	Lucy Harvey	(S)	10:49
11	17	Sian Messum	(N)	10:55
12	54	Lisa Neumann	(W)	10:58
13	59	Amy Roberts	(W)	11:06
14	36	Eloise Laity	(S)	11:18
15	33	Caitlyn Bryant	(S)	11:23
16	32	Ffion Lewis	(S)	11:24
17	7	Emily Paul	(E)	11:27
18	48	Joelle Drummond	(W)	11:28
19	50	Rhiannon Plant	(W)	11:29
20	46	Jemima Osbourne	(W)	11:30
21	25	Nadine Thomson	(N)	11:41

22	52	Leah Bitchell	(W)	11:42
23	40	Katie Howson	(S)	11:46
24	23	Sarah Livett	(N)	11:47
25	24	Elin James	(N)	11:49
26	55	Florence Bowen-Rees	(W)	12:00
27	38	Nikita John	(S)	12:02
28	39	Bianca Dix	(S)	12:04
29	56	Alyce Phillips	(W)	12:07
30	43	Robyn Wilkins	(S)	12:08
31	51	Jodie Jones	(W)	12:11
32	42	Fiona Bray	(S)	12:12
33	57	Caryl Mansfield	(W)	12:31
34	4	Delwen Loudon	(E)	12:40
35	37	Thea Lawson	(S)	12:43
36	3	Genevieve Matthews	(E)	13:19

Teams

1	West	2	3	5	7	8	12	13	18	68
2	South	4	10	14	15	16	23	27	28	137
	East	1	6	9	17	34	36			Only 6
	North	11	21	24	25					Only 4

Points Trophies

Men

	U13B	U15B	U17M	U20M	SM	
East	15	5	14	15	6	55
North	2	7	4	3	5	21
South	14	15	13	14	15	71
West	13	14	15	4	14	60

Male Points

		M40	M50	Final
1	South	71	14	100
2	West	60	13	87
3	East	55	15	83
4	North	21	12	36

Overall Points

		Men	Women	Overall
1	South	100	90	190
2	West	87	81	168
3	East	83	42	125
4	North	36	12	48

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Master Men – 9.2 km

Individual

		M40	M50						
1	1	1		Austin Davies	(E)	32:45	Brecon	V40	V40 East
2	31	2		Richard Bullen	(S)	33:29	Les Croupiers	V40	V40 South
3	188			Rob Sheen	Ind	33:29	Leicester	Individual	Individual
4	25	3		Gary Rees Williams	(N)	33:50	Menai	V40	V40 North
5	41	4		Gareth Davies	(S)	33:59	Bridgend	V40	V40 South
6	35	5		Peter Coles	(S)	34:07	Pontypridd	V40	V40 South
7	2	6		Lee Aherne	(E)	34:11	Club 69	V40	V40 East
8	51	7		Chris Parker	(W)	34:36	Swansea	V40	V40 West
9	11	8		Phil Crane	(E)	34:44	Neath	V40	V40 East
10	50	9		Steve Smith	(W)	34:59	Swansea	V40	V40 West
11	54	10		Andy Doel	(W)	35:26	Neath	V40	V40 West
12	194			David Davies	Ind	35:39	Spatans	Individual	Individual
13	7	11		Stuart Penny	(E)	35:41	Chepstow	V40	V40 East
14	93		1	Mick McGeoch	(S)	35:43	Les Croupiers	V50	V50 South
15	16	12		Stephen Davies	(N)	35:46	Mansfield	V40	V40 North
16	17	13		Mike Robbins	(N)	35:48	Wrexham	V40	V40 North
17	4	14		Geoff Brimble	(E)	35:49	Newport	V40	V40 East
18	3	15		Simon Lewis	(E)	36:01	Club 69	V40	V40 East
19	96		2	Mike Tabor	(S)	36:04	Les Croupiers	V50	V50 South
20	59	16		Steve Ryan	(W)	36:12	Carmarthen		West
21	53	17		Paul Dyson	(W)	36:31	Swansea	V40	V40 West
22	34	18		Simon Osborne	(S)	36:33	Bridgend	V40	V40 South
23	13	19		Damian Williams	(E)	36:35	Club 69	V40	V40 East
24	46	20		Gary Irving	(W)	36:37	Swansea	V40	V40 West
25	18	21		Sean McCormack	(N)	36:41	Abergele	V40	V40 North
26	92		3	Peter Davies	(S)	36:56	Bridgend	V50	V50 South
27	37	22		Rob Hunt	(S)	37:12	Bridgend	V40	V40 South
28	12	23		Peter Crane	(E)	37:24	Neath	V40	V40 East
29	43	24		Alan Kerr	(S)	37:32	Bridgend	V40	V40 South
30	15	25		Liam Wayward	(E)	37:36	Club 69	V40	V40 East
31	91		4	Sandy Johnston	(S)	37:42	Les Croupiers	V50	V50 South
32	52	26		Richard Jones	(W)	37:45	Swansea	V40	V40 West
33	106		5	Howard Carpenter	(W)	37:48	Neath	V50	V50 West
34	36	27		Clive Osmond	(S)	37:58	Les Croupiers	V40	V40 South
35	109		6	Gareth Morgan	(W)	38:02	Swansea	V50	V50 West
36	39	28		Scott Howell	(S)	38:04	Les Croupiers	V40	V40 South
37	97		7	Kevin Wilkinson	(S)	38:09	San Domenico	V50	V50 South
38	38	29		Peter Kellam	(S)	38:18	Les Croupiers	V40	V40 South
39	108		8	Steve Coupe	(W)	38:19	Sospan RR	V50	V50 West
40	9	30		Brett Davies	(E)	38:25	Newport	V40	V40 East
41	62		9	Phil Miles	(E)		Club 69	V50	V50 East
42	198			William Davies	Ind		Aldershot, F & D	Individual	Individual
43	42	31		Greg Newhams	(S)		Bridgend	V40	V40 South
44	101		10	Phil Meyler	(S)		Pontypridd	V50	V50 South
45	81		11	Emyr Davies	(N)		Eryri	V50	V50 North
46	164			Dylan Owen	Ind		Eryri	Individual	Individual
47	183			Derek Scarborough	Ind		Bridgend	Individual	Individual
48	82		12	Don Williams	(N)		Eryri	V50	V50 North
49	61		13	Jeff Russell	(E)		Club 69	V50	V50 East
50	170			Jeff Thomas	Ind		Bridgend	Individual	Individual
51	98		14	Jon Embling	(S)		Bridgend	V50	V50 South
52	26	32		Steve Livett	(N)		Menai	V40	V40 North
53	112		15	Alan Perkins	(W)		Port Talbot	V50	V50 West
54	99		16	John Plain	(S)		Les Croupiers	V50	V50 South
55	525			Paul Allen	Ind		Halesowen AC	V50	Individual
56	14	33		Brian Phillips	(E)		Club 69	V40	V40 East
57	191			Terry Caveney	Ind		Les Croupiers	Individual	Individual
58	110		17	Keith Davies	(W)		Swansea	V50	V50 West
59	111		18	Peter Moody	(W)		Carmarthen	V50	V50 West
60	189			Steve Brace	Ind		Bridgend	Individual	Individual
61	115		19	John Kersting	(W)		Swansea	V65	V65 West
62	94		20	Jim Delaney	(S)		San Domenico	V50	V50 South
63	114		21	John Collins	(W)		Swansea	V65	V65 West
64	100		22	Mike Davies	(S)		Les Croupiers	V50	V50 South
65	107		23	Tony Holling	(W)		Port Talbot	V50	V50 West
66	104		24	Keith Paterson	(S)		Pegasus	V50	V50 South
67	8	34		Phil Kendrick	(E)		Brecon	V40	V40 East
68	197			Stuart Davidson	Ind		Bridgend	Individual	Individual
69	529			Kenneth Buckle	Ind		Cheltenham	Individual	Individual
70	65		25	Paul Day	(E)		Chepstow	V50	V50 East
71	298			Stephen George Lewis	Ind		Les Croupiers	Individual	Individual
72	262			Howard Brown	Ind		Les Croupiers	Individual	Individual

Welsh Inter Regional Cross-Country Championships 2007

Hosted by West Wales RAB & held at Singleton Park, Swansea on Sunday, December 10th

73	86		26	Barrie Jackson	(N)		Bro Dysynni		
74	242			Gary Waters	Ind		Swansea	Individual	Individual
75	69		27	John Cooper	(E)		Club 69	V50	V50 East
76	68		28	Andrew Taylor	(E)		Caerleon	V50	V50 East
77	???			????	????		?????	???	??
78	268			Ian Swanson	Ind		Port Talbot	Individual	Individual
79	190			Steve Williams	Ind		Les Croupiers	Individual	Individual
80	180			Alan Mann	Ind		Les Croupiers	Individual	Individual

Master Men

M40-49 Teams

1	East	1	6	8	11	14	40	15
2	South	2	4	5	18	22	51	14
3	West	7	9	10	16	17	59	13
4	North	3	12	13	21	32	81	12

M50+ Teams

1	South	1	2	3	4	7	17	15
2	West	5	6	8	15	17	51	14
3	East	9	13	25	27	28	102	13
	North	11	12	26			Only 3	3

Master Women – 5.2 km

Individual

		TM35	TM45						
1	50	1		Ann Thomas	(W)	20:47	Trots	W35	FV 35 West
2	46			Melissa Watson	(W ns)	21:28	Trots	W40	FV 35 West
3	1	2		Angela Jones	(E)	21:37	Brecon		FV 35 (E)
4	51	3		Mary Bowen-Rees	(W)	21:58	Trots	W40	FV 35 West
5	54	4		Clare Phillips	(W)	22:16	Swansea H	W35	FV 35 West
6	8	5		Sue Davies	(E)	22:46	Brecon		FV 35 (E)
7	61		1	Ann Saxena	(E)	22:51	Newport	W50	FV 45+ (E)
8	31	6		Libby O'Duffy	(S)	22:53	Les Croupiers	W35	FV 35 (S)
9	33	7		Anne Follan	(S)	23:31	Pontypridd	W35	FV 35 (S)
10	106		2	Dawn Kenwright	(W)	23:37	Sarn Helen	W50	FV 45+ West
11	77		3	Budge English	(N)	23:47	Denbigh	?	FV 45+ (N)
12	107		4	Diane Wilson-Evans	(W)	23:48	Swansea H	W45	FV 45+ West
13	112		5	Pat Gallagher	(W)	23:49	Westbury H	W60	FV 45+ West
14	136			Jacqueline Brace	Ind	24:07	Bridgend	W45	
15	62		6	Linda Hayward	(E)	24:08	Brecon	W45	FV 45+ (E)
16	32	8		Yvonne Bullen	(S)	24:37	Les Croupiers	W40	FV 35 (S)
17	91		7	Maureen Emmett	(S)	24:37	IIF Group	W45	FV 45+ (S)
18	2	9		Bev Tucker	(E)	24:37	Brecon	W40	FV 35 (E)
19	92		8	Fiona Davies	(S)	24:37	Bridgend	W50	FV 45+ (S)
20	109		9	Ann Rowell	(W)	24:37	Trots	W50	FV 45+ West
21	34	10		Carol Miller	(S)	24:37	Les Croupiers	W40	FV 35 (S)
22	7	11		Alison Scrivens	(E)	25:13	Caerleon		FV 35 (E)
23	97		10	Caroline Dallimore	(S)	25:15	Les Croupiers	W50	FV 45+ (S)
24	83		11	Maggie Oliver	(N)	25:55	Eryri		FV 45+ (N)
25	48	12		Gwen Smith	(W)	26:03	Swansea H	W40	FV 35 West
26	4	13		Chris James	(E)	26:13	Cwmbran		FV 35 (E)
27	63		12	Cynthia Greenslade	(E)	26:46	Newport	W35	FV 45+ (E)
28	530			Arthur Phillips	Male	25:54	Sospan RR	M70	
29	133			Joanne Owen	Ind	27:09	Caerleon	W40	
30	108		13	Pauline Thomas	(W)	27:14	Trots	W60	FV 45+ West
31	9	14		Jane Carpanini	(E)	27:14	Newport		FV 35 (E)
32	147			Brenda Jones	Ind	27:59	Bro Dysynni	W65	
33	540			Brian Bowering	Male	28:52	Orion Harriers	M70	
34	70		14	Cynthia Cooper	(E)	29:22			FV 45+ (E)
35	94		15	Christina Rossiter	(S)	29:37	Les Croupiers	W45	FV 45+ (S)
36	41	15		Ceri Thomas	(S)	30:00	Bridgend		FV 35 (S)
37	39	16		Tracey Newman	(S)	30:20	Les Croupiers	W35	FV 35 (S)
38	99		16	Angela Neal	(S)	31:15	Les Croupiers	W50	FV 45+ (S)
39	143			Viv Edwards	Ind	31:40	Menai	W50	
40	144			Gwyn Howells	Ind	32:00	Caerleon	W55	
41	110		17	Susan Thomas	(W)	33:10	Trots	W55	FV 45+ West
42	105		18	Eirian Heledd Arwyn	(S)		Les Croupiers	??	FV 45+ (S)

Master Women

W35-44 Teams

1	East	2	5	9	11	13	40	15
2	South	6	7	8	10	14	45	14
	West	1	3	4	12		Only 4	4
	North						No Athletes	0

W45+ Teams

1	West	2	4	5	9	13	33	15
2	South	7	8	10	15	16	56	14
	East	1	6	12	14		Only 4	4
	North	3	11				Only 2	2

Points Trophies

Women

		U13G	U15G	U17W	U20W	SW	W35	W45	Pts
1	South	14	14	15	4	15	14	14	90
2	West	15	15	14	4	14	4	15	81
3	East	6	6	5	3	3	15	4	42
4	North	4	2	0	1	3	0	2	12