

Race 6		MM45_RESULTS	Leg 1		Leg 2		Leg 3		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place					
1	101	Aberdare Valley AAC	19:52	2	40:44	7	59:31	1	59:31	1	59:31	Aberdare Valley AAC [places 1, 2, 7]	
A	101A	Adrian LEWIS	19:52	2						2	63:43	Les Croupiers 'A' [places 6, 8, 12]	
B	101B	Justin PHILLIPS			20:52	7				3	64:14	Bridgend AC 'A' [places 4, 11, 13]	
C	101C	Carl CABLE					18:47	1		4	65:17	Swansea Harriers [places 3, 9, 17]	
2	104	Les Croupiers 'A'	21:01	8	43:15	12	63:43	6	63:43	5	70:11	Trots [places 10, 14, 22]	
A	104A	Gareth MORGAN	21:01	8						6	70:29	Pontypridd Roadents AC [places 5, 19, 21]	
B	104B	Richard DAVIES			22:14	12				7	71:56	Parc Bryn Bach Running Club [places 16, 18, 20]	
C	104C	Emyr MORGAN					20:28	6		8	77:25	Les Croupiers 'B' [places 15, 23, 24]	
3	102	Bridgend AC 'A'	22:15	13	43:54	11	64:14	4	64:14	FASTEST & INDIVIDUAL LEG TIMES			
A	102A	Steve SUMMERS	22:15	13						1	18:47	Carl CABLE	Aberdare Valley AAC
B	102B	Nick STOCKER			21:39	11				2	19:52	Adrian LEWIS	Aberdare Valley AAC
C	102C	Andrew TUCKEY					20:20	4		3	20:07	Owen DAVIES	Swansea Harriers
4	109	Swansea Harriers	20:07	3	43:48	17	65:17	9	65:17	4	20:20	Andrew TUCKEY	Bridgend AC 'A'
A	109A	Owen DAVIES	20:07	3						5	20:23	Laurence POLE	Pontypridd Roadents AC
B	109B	Heath BRETT			23:41	17				6	20:28	Emyr MORGAN	Les Croupiers 'A'
C	109C	Gair MCADIE					21:29	9		7	20:52	Justin PHILLIPS	Aberdare Valley AAC
5	110	Trots	25:30	22	48:33	14	70:11	10	70:11	8	21:01	Gareth MORGAN	Les Croupiers 'A'
A	110A	Martin JONES	25:30	22						9	21:29	Gair MCADIE	Swansea Harriers
B	110B	Kevin BEAN			23:03	14				10	21:38	Richard PHILLIPS	Trots
C	110C	Richard PHILLIPS					21:38	10		11	21:39	Nick STOCKER	Bridgend AC 'A'
6	108	Pontypridd Roadents AC	20:23	5	44:59	19	70:29	21	70:29	12	22:14	Richard DAVIES	Les Croupiers 'A'
A	108A	Laurence POLE	20:23	5						13	22:15	Steve SUMMERS	Bridgend AC 'A'
B	108B	Scott WHEELER			24:36	19				14	23:03	Kevin BEAN	Trots
C	108C	Rob FLANAGAN					25:30	21		14	23:03	David PROUD	Les Croupiers 'B'
7	107	Parc Bryn Bach Running Club	23:09	16	46:51	18	71:56	20	71:56	16	23:09	Damian CASWELL	Parc Bryn Bach Running Club
A	107A	Damian CASWELL	23:09	16						17	23:41	Heath BRETT	Swansea Harriers
B	107B	Nick OSMAN			23:42	18				18	23:42	Nick OSMAN	Parc Bryn Bach Running Club
C	107C	Kevin BRADFIELD					25:05	20		19	24:36	Scott WHEELER	Pontypridd Roadents AC
8	105	Les Croupiers 'B'	25:54	23	54:22	24	77:25	14	77:25	20	25:05	Kevin BRADFIELD	Parc Bryn Bach Running Club
A	105A	Steve PREDDY	25:54	23						21	25:30	Rob FLANAGAN	Pontypridd Roadents AC
B	105B	Chirag PATEL			28:28	24				22	25:30	Martin JONES	Trots
C	105C	David PROUD					23:03	14		23	25:54	Steve PREDDY	Les Croupiers 'B'
9										24	28:28	Chirag PATEL	Les Croupiers 'B'
A													