

Race 6		SENM_RESULTS		Leg 1		Leg 2		Leg 3		Leg 4		Total Time	TEAM SCORES		
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place					
1	73	Swansea Harriers	16:53	5	33:44	4	50:41	6	66:52	1	66:52	1	66:52	Swansea Harriers [places 1, 4, 5, 6]	
A	73A	Jonathan BUTLER	16:53	5										2 68:49 Cardiff Athletics 'A' [places 2, 3, 12, 26]	
B	73B	Morgan DAVIES			16:51	4								3 70:19 Pontypridd Roadents AC [places 9, 10, 16, 20]	
C	73C	Matt REES					16:57	6						4 70:49 Swansea Harriers 'B' [places 7, 15, 19, 23]	
D	73D	Dewi GRIFFITHS							16:11	1				5 72:34 Neath Harriers 'A' [places 11, 18, 25, 39]	
2	63	Cardiff Athletics 'A'	16:29	2	33:52	12	52:00	26	68:49	3	68:49	3	68:49	6 74:02 Les Croupiers [places 22, 28, 31, 38]	
A	63A	Matthew EDWARDS	16:29	2										7 75:07 Swansea Harriers 'C' [places 17, 32, 36, 43]	
B	63B	Alex JACKSON			17:23	12								8 76:12 Pontypridd Roadents AC 'B' [places 8, 29, 35, 58]	
C	63C	Oliver PRICE					18:08	26						9 77:28 Cardiff Athletics 'B' [places 33, 34, 44, 49]	
D	63D	Lloyd SHEPPARD-BROWN							16:49	3				10 80:37 3M Gorseinon Road Runners [places 42, 45, 47, 51]	
3	72	Pontypridd Roadents AC	17:15	9	35:13	20	52:30	10	70:19	16	70:19	16	70:19	11 81:21 Aberdare Valley AAC [places 30, 41, 57, 63]	
A	72A	James PETERS	17:15	9										12 81:30 Brecon AC [places 21, 46, 59, 62]	
B	72B	Ben BUTLER-MADDEN			17:58	20								13 82:49 Trots [places 40, 53, 55, 64]	
C	72C	Symon MURPHY					17:17	10						14 83:21 Newport Harriers [places 14, 48, 50, 75]	
D	72D	Simon LEWIS							17:49	16				15 85:49 CDF Runners 'A' [places 54, 56, 60, 65]	
4	133	Swansea Harriers 'B'	17:04	7	34:51	15	52:52	23	70:49	19	70:49	19	70:49	16 91:32 Neath Harriers 'B' [places 52, 61, 71, 73]	
A	133A	Angus MACLEAN	17:04	7										17 93:37 CDF Runners 'B' [places 66, 67, 68, 72]	
B	133B	Matt VERRAN			17:47	15								18 108:22 Pontypridd Roadents AC 'C' [places 69, 76, 77, 78]	
C	133C	Geraint WILLIAMS					18:01	23						19 35:36 Bridgend AC [places 13, 24, ,]	
D	133D	Jack TURNER							17:57	19				20 37:19 Swansea Harriers 'D' [places 27, 37, ,]	
5	69	Neath Harriers 'A'	18:07	25	37:16	39	55:12	18	72:34	11	72:34	11	72:34	21 48:49 Cardiff Athletics 'C' [places 70, 74, ,]	
A	69A	Scott WILLIAMS	18:07	25										FASTEST & INDIVIDUAL LEG TIMES	
B	69B	Liam OAK			19:09	39								1 16:11 Dewi GRIFFITHS Swansea Harriers	
C	69C	Shane WILLIAMS					17:56	18						2 16:29 Matthew EDWARDS Cardiff Athletics 'A'	
D	69D	Dewi GRIFFITHS							17:22	11				3 16:49 Lloyd SHEPPARD-BROWN Cardiff Athletics 'A'	
6	68	Les Croupiers	18:01	22	36:17	28	54:57	31	74:02	38	74:02	38	74:02	4 16:51 Morgan DAVIES Swansea Harriers	
A	68A	Dylan NAZARETH	18:01	22										5 16:53 Jonathan BUTLER Swansea Harriers	
B	68B	Ben KENNEDY			18:16	28								6 16:57 Matt REES Swansea Harriers	
C	68C	Owain ZERILLI					18:40	31						7 17:04 Angus MACLEAN Swansea Harriers 'B'	
D	68D	Arwel EVANS							19:05	38				8 17:13 Daniel BODMAN Pontypridd Roadents AC 'B'	
7	134	Swansea Harriers 'C'	17:49	17	37:24	43	56:04	31	75:07	36	75:07	36	75:07	9 17:15 James PETERS Pontypridd Roadents AC	
A	134A	Matthew HARVEY	17:49	17										10 17:17 Symon MURPHY Pontypridd Roadents AC	
B	134B	Dan MORGAN			19:35	43								11 17:22 James GRIFFITHS Neath Harriers 'A'	
C	134C	Patrick JONES					18:40	31						12 17:23 Alex JACKSON Cardiff Athletics 'A'	
D	134D	Iwan WHITE							19:03	36				13 17:31 Rhys HARDMAN Bridgend AC	
8	137	Pontypridd Roadents AC 'B'	17:13	8	36:12	35	57:46	58	76:12	29	76:12	29	76:12	14 17:45 Craig HUDSON Newport Harriers	
A	137A	Daniel BODMAN	17:13	8										15 17:47 Matt VERRAN Swansea Harriers 'B'	
B	137B	Michael MORGAN			18:59	35								16 17:49 Simon LEWIS Pontypridd Roadents AC	
C	137C	Martin CARSON					21:34	58						17 17:49 Matthew HARVEY Swansea Harriers 'C'	
D	137D	Shaun PINCH							18:26	29				18 17:56 Shane WILLIAMS Neath Harriers 'A'	
9	64	Cardiff Athletics 'B'	18:47	33	38:50	49	57:41	34	77:28	44	77:28	44	77:28	19 17:57 Jack TURNER Swansea Harriers 'B'	
A	64A	Rhys SIMMONDS	18:47	33										20 17:58 Ben BUTLER-MADDEN Pontypridd Roadents AC	
B	64B	Aaron WILLIAMS			20:03	49								21 18:00 Brychan PRICE-DAVIES Brecon AC	
C	64C	Ben DEMELLWEEK					18:51	34						22 18:01 Dylan NAZARETH Les Croupiers	
D	64D	Joel PRICE							19:47	44				23 18:01 Geraint WILLIAMS Swansea Harriers 'B'	
10	59	3M Gorseinon Road Runners	19:20	42	39:07	47	59:25	51	80:37	44	80:37	44	80:37	24 18:05 Lloyd MANNING-JAMES Bridgend AC	
A	59A	Chris FRANCIS	19:20	42										25 18:07 Scott WILLIAMS Neath Harriers 'A'	
B	59B	Rhys DOYLE			19:47	47								26 18:08 Oliver PRICE Cardiff Athletics 'A'	
C	59C	Ashley PASCOE					20:18	51						27 18:15 Charlie Northey Swansea Harriers 'D'	
D	59D	Martin BENNETT							21:12	44				28 18:16 Ben KENNEDY Les Croupiers	
11	60	Aberdare Valley AAC	18:39	30	39:49	57	59:08	41	81:21	63	81:21	63	81:21	29 18:26 Shaun PINCH Pontypridd Roadents AC 'B'	
A	60A	Joe BARTLETT	18:39	30										30 18:39 Joe BARTLETT Aberdare Valley AAC	
B	60B	Jamie FENAROLI			21:10	57								31 18:40 Owain ZERILLI Les Croupiers	
C	60C	Owen THOMAS					19:19	41						31 18:40 Patrick JONES Swansea Harriers 'C'	
D	60D	Joss PHILLIPS							22:13	63				33 18:47 Rhys SIMMONDS Cardiff Athletics 'B'	
12	61	Brecon AC	18:00	21	39:34	59	59:21	44	81:30	62	81:30	62	81:30	34 18:51 Ben DEMELLWEEK Cardiff Athletics 'B'	
A	61A	Brychan PRICE-DAVIES	18:00	21										35 18:59 Michael MORGAN Pontypridd Roadents AC 'B'	
B	61B	Gareth LAWRENCE			21:34	59								36 19:03 Iwan WHITE Swansea Harriers 'C'	
C	61C	Michael HOLLOWAY					19:47	44						37 19:04 Michael BRYANT Swansea Harriers 'D'	
D	61D	Robert STEPHENS							22:09	62				38 19:05 Arwel EVANS Les Croupiers	
13	74	Trots	20:50	55	43:04	64	63:30	53	82:49	40	82:49	40	82:49	39 19:09 Liam OAK Neath Harriers 'A'	
A	74A	Aled JONES-DAVIES	20:50	55										40 19:19 Ben HUTCHISON Trots	
B	74B	Dewi SNELSON			22:14	64								41 19:19 Owen THOMAS Aberdare Valley AAC	
C	74C	Luke EVANS					20:26	53						42 19:20 Chris FRANCIS 3M Gorseinon Road Runners	
D	74D	Ben HUTCHISON							19:19	40				43 19:35 Dan MORGAN Swansea Harriers 'C'	
14	71	Newport Harriers	17:45	14	37:55	50	57:51	48	83:21	75	83:21	75	83:21	44 19:47 Joel PRICE Cardiff Athletics 'B'	
A	71A	Craig HUDSON	17:45	14										44 19:47 Martin BENNETT 3M Gorseinon Road Runners	
B	71B	Evan PRICE			20:10	50								44 19:47 Michael HOLLOWAY Brecon AC	
C	71C	Kristan HUMPHREYS					19:56	48						47 19:47 Rhys DOYLE 3M Gorseinon Road Runners	
D	71D	Darryn MCATEE							25:30	75				48 19:56 Kristan HUMPHREYS Newport Harriers	
15	66	CDF Runners 'A'	21:09	56	43:33	65	65:08	60	85:49	54	85:49	54	85:49	49 20:03 Aaron WILLIAMS Cardiff Athletics 'B'	
A	66A	Ben JONES	21:09	56										50 20:10 Evan PRICE Newport Harriers	
B	66B	Michael DARKE			22:24	65								51 20:18 Ashley PASCOE 3M Gorseinon Road Runners	
C	66C	Richard EDGE					21:35	60						52 20:24 James FISHLOCK Neath Harriers 'B'	
D	66D	Taliesin COOMBES							20:41	54				53 20:26 Luke EVANS Trots	
16	70	Neath Harriers 'B'	24:56	73	49:08	71	69:32	52	91:32	61	91:32	61	91:32	54 20:41 Taliesin COOMBES CDF Runners 'A'	
A	70A	Royston WHITEHOUSE	24:56	73										55 20:50 Aled JONES-DAVIES Trots	
B	70B	Lee SANDHAM			24:12	71								56 21:09 Ben JONES CDF Runners 'A'	
C	70C	James FISHLOCK					20:24	52						57 21:10 Jamie FENAROLI Aberdare Valley AAC	
D	70D	Robert REES							22:00	61					

Race 6		SENM_RESULTS	Leg 1		Leg 2		Leg 3		Leg 4		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place					
17	67	CDF Runners 'B'	23:20	68	46:29	67	70:55	72	93:37	66	93:37	58	21:34	Martin CARSON	Pontypridd Roadents AC 'B'
A	67A	Matt HENSON	23:20	68								59	21:34	Gareth LAWRENCE	Brecon AC
B	67B	George WALKER			23:09	67						60	21:35	Richard EDGE	CDF Runners 'A'
C	67C	Adam JOHNSON					24:26	72				61	22:00	Robert REES	Neath Harriers 'B'
D	67D	George PICKERING							22:42	66	62	22:09	Robert STEPHENS	Brecon AC	
18	138	Pontypridd Roadents AC 'C'	28:03	77	58:34	78	85:00	76	108:22	69	108:22	63	22:13	Joss PHILLIPS	Aberdare Valley AAC
A	138A	James PHILLIPS	28:03	77								64	22:14	Dewi SNELSON	Trots
B	138B	Paul IDDON			30:31	78						65	22:24	Michael DARKE	CDF Runners 'A'
C	138C	Martin GREEN					26:26	76				66	22:42	George PICKERING	CDF Runners 'B'
D	138D	Jordan BROWN							23:22	69	67	23:09	George WALKER	CDF Runners 'B'	
19	62	Bridgend AC	17:31	13	35:36	24					35:36	68	23:20	Matt HENSON	CDF Runners 'B'
A	62A	Rhys HARDMAN	17:31	13								69	23:22	Jordan BROWN	Pontypridd Roadents AC 'C'
B	62B	Lloyd MANNING-JAMES			18:05	24						70	23:52	Brian DIAS	Cardiff Athletics 'C'
C	62C	INCOMPLETE TEAM										71	24:12	Lee SANDHAM	Neath Harriers 'B'
D	62D	INCOMPLETE TEAM									72	24:26	Adam JOHNSON	CDF Runners 'B'	
20	135	Swansea Harriers 'D'	18:15	27	37:19	37					37:19	73	24:56	Royston WHITEHOUSE	Neath Harriers 'B'
A	135A	Charlie Northey	18:15	27								74	24:57	Paul JACOB	Cardiff Athletics 'C'
B	135B	Michael BRYANT			19:04	37						75	25:30	Darryn MCATEE	Newport Harriers
C	135C	INCOMPLETE TEAM										76	26:26	Martin GREEN	Pontypridd Roadents AC 'C'
D	135D	INCOMPLETE TEAM									77	28:03	James PHILLIPS	Pontypridd Roadents AC 'C'	
21	65	Cardiff Athletics 'C'	23:52	70	48:49	74					48:49	78	30:31	Paul IDDON	Pontypridd Roadents AC 'C'
A	65A	Brian DIAS	23:52	70											
B	65B	Paul JACOB			24:57	74									
C	65C	James CHAMBERS													
D	65D	INCOMPLETE TEAM													