RACE 03

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM & MMEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

SENW TEAM RESULTS

6,150m	1	2	3	4	5	6	7	8	Pts	Count	Score
SENW EAST	1	6	10	11	14	15	16	19	92	8	15
SENW SOUTH	2	5	9	12	13	17	18	23	99	8	14
SENW WEST	3	4	21	24	28	38			6	6	6
SENW NORTH	7	8	22						3	3	3

MW45 TEAM RESULTS

6,150m	1	2	3	4	5	Pts	Count	Score
MW45 EAST	1	2	5	8	10	26	5	15
MW45 SOUTH	3	4	14	15	29	65	5	14
MW45 WEST	7	9	18	21	22	77	5	13
MW45 NORTH	6	20				2	2	2

MW65 TEAM RESULTS

6,150m	1	2	3	Pts	Count	Score
MW65 EAST	1	2	3	6	3	15
MW65 NORTH				0	0	0
MW65 SOUTH				0	0	0
MW65 WEST				0	0	0

MW35 TEAM RESULTS

6,150m	1	2	3	4	5	Pts	Count	Score
MW35 SOUTH	1	4	5	7	11	24	5	15
MW35 EAST	2	6	8	9	12	46	5	14
MW35 WEST	10	19	24	27	30	69	5	13
MW35 NORTH	3	22	28	35		4	4	4

MW55 TEAM RESULTS

6,150m	1	2	3	4	5	Pts	Count	Score
MW55 EAST	1	2	4	7	10	24	5	15
MW55 NORTH	3	8	9	11	15	46	5	14
MW55 SOUTH	5	6	16	20	22	69	5	13
MW55 WEST	12	17	24	30		4	4	4

MM65 TEAM RESULTS

6,150m	1	2	3	Pts	Count	Score
MM65 SOUTH	1	2	6	9	3	15
MM65 NORTH	3	4	12	19	3	14
MM65 EAST	5	10	11	26	3	13
MM65 WEST	8	9	14	31	3	12

Pos	Bib	Perf		Region	SENW Region	Pos	MW35 Region	Pos	MW45 Age	Pos	MW55 Age	Pos	MW65 Age	Pos	MM65 Age	Pos	PTS	Scorer	Team Pts
1	1	23:31	Lauren COOPER/Parc Bryn Bach	SENW EAST	SENW EAST	1											1	✓	1
2	96	23:38	Lucy MARLAND/Les Croupiers Running Club	MW35 SOUTH			MW35 SOUTH	1									1	✓	1
3	45	23:59	Ffion HIGGINSON/Bridgend Athletics	SENW SOUTH	SENW SOUTH	2											2	✓	2
4	63	24:07	Donna MORRIS/Builth & District	MW35 EAST			MW35 EAST	2									2	✓	2
5	47	24:25	Sioned HOWELLS/Swansea Harriers	SENW WEST	SENW WEST	3											3	✓	3
6	79	24:37	Gemma MOORE/Eryri Harriers	MW35 NORTH			MW35 NORTH	3									3	✓	3
7	48	24:42	Sophia HARRISON/Swansea Harriers	SENW WEST	SENW WEST	4											4	✓	7
8	34	24:47	Helen OLIVER/Les Croupiers RC	SENW SOUTH	SENW SOUTH	5											5	✓	7
9	6	24:57	Chloe POWELL/Newport Harriers	SENW EAST	SENW EAST	6											6	✓	7
10	97	24:58	Katie BEECHER/Les Croupiers Running Club	MW35 SOUTH			MW35 SOUTH	4									4	✓	5
11	17	24:59	Martha OWEN/Deeside AAC	SENW NORTH	SENW NORTH	7											7	✓	7
12	124	25:01	Katherine MATTHEWS/Chepstow Harriers	MW45 EAST					MW45 EAST	1							1	✓	1
13	93	25:04	Louise FLYNN/Les Croupiers Running Club	MW35 SOUTH			MW35 SOUTH	5									5	✓	10
14	16	25:12	Ffion PRICE/Maldwyn Harriers	SENW NORTH	SENW NORTH	8											8	✓	15
15	37	25:16	Nynke KUIPER/CDF Runners	SENW SOUTH	SENW SOUTH	9											9	✓	16
16	8	25:18	Antoinette DUMAYNE/Lliswerry Runners	SENW EAST	SENW EAST	10											10	✓	17
17	61	25:22	Ewelina CIESIELSKA/Parc Bryn Bach	MW35 EAST			MW35 EAST	6									6	✓	8
18	92	25:29	Laura JONES/Les Croupiers Running Club	MW35 SOUTH			MW35 SOUTH	7									7	✓	17
19	62	25:45	Georgie PARNELL/Newport Harriers	MW35 EAST			MW35 EAST	8									8	✓	16
20	72	25:47	Katerina ADAMS/Spirit of Monmouth	MW35 EAST			MW35 EAST	9									9	✓	25
21	14	26:05	Laura DAVIES/Lliswerry Runners	SENW EAST	SENW EAST	11											11	✓	28
22	33	26:09	Amy GRIFFITHS/Les Croupiers Running Club	SENW SOUTH	SENW SOUTH	12											12	✓	28
23	42	26:18	Rebecca EVANS/Cardiff Athletics	SENW SOUTH	SENW SOUTH	13											13	✓	41
24	12	26:28	Holly EDWARDS/Crickhowell Running Club	SENW EAST	SENW EAST	14											14	✓	42
25	106	26:30	Claire WALTERS/Port Talbot Harriers	MW35 WEST			MW35 WEST	10									10	✓	10
26	5	26:34	Emma WOOKEY/Lliswerry Runners	SENW EAST	SENW EAST	15											15	✓	57
27	7	26:38	Faye JOHNSON/Pont-y-Pwl & District	SENW EAST	SENW EAST	16											16	✓	73
28	40	26:42	Bethan EVANS/Cardiff Athletics	SENW SOUTH	SENW SOUTH	17											17	✓	58
29	35	26:42	Emily FELL/CDF Runners	SENW SOUTH	SENW SOUTH	18											18	✓	76
30	9	26:46	Kani HINSHERWOOD/Parc Bryn Bach	SENW EAST	SENW EAST	19											19	✓	92
31	130	26:48	Sarah BELL/Chepstow Harriers	MW45 EAST					MW45 EAST	2							2	✓	3
32	2	26:57	Kate JONES/Builth & District	SENW EAST	SENW EAST	20											20	✓	112
33	49	27:01	Bronwen STRATTON-THOMAS/Swansea Harriers	SENW WEST	SENW WEST	21											21	✓	28
34	95	27:08	Leigh JAMES/Bridgend Athletics	MW35 SOUTH			MW35 SOUTH	11									11	✓	28
35	159	27:16	Susannah BULPIN/San Domenico Road Runners	MW45 SOUTH					MW45 SOUTH	3							3	✓	3
36	67	27:17	Tammi PREECE/Parc Bryn Bach	MW35 EAST			MW35 EAST	12									12	✓	37
37	182	27:20	Niki MORGAN/Chepstow Harriers	MW55 EAST							MW55 EAST	1					1	✓	1
38	19	27:24	Lisa JOHNSON/Prestatyn RC	SENW NORTH	SENW NORTH	22											22	✓	37
39	68	27:26	Harri LIKE/Parc Bryn Bach	MW35 EAST			MW35 EAST	13									13	✗	50
40	98	27:28	Elinor KEETCH/Pontypridd Roadents	MW35 SOUTH			MW35 SOUTH	14									14	✗	42
41	165	27:35	Ruth DAVIES/Bridgend Athletics	MW45 SOUTH					MW45 SOUTH	4							4	✓	7
42	121	27:37	Joanne REES/Builth & District	MW45 EAST					MW45 EAST	5							5	✓	8
43	44	27:39	Steph HAMBLETON/Les Croupiers Running Club	SENW SOUTH	SENW SOUTH	23											23	✓	99
44	69	27:42	Victoria HOBBS/Lliswerry Runners	MW35 EAST			MW35 EAST	15									15	✗	65
45	50	27:46	Sarah HOWARD/Port Talbot Harriers	SENW WEST	SENW WEST	24											24	✓	52
46	65	27:49	Lubica FORD/Pont-y-Pwl & District	MW35 EAST			MW35 EAST	16									16	✗	81
47	137	27:49	Nesta MCCLUSKY/Maldwyn Harriers	MW45 NORTH					MW45 NORTH	6							6	✓	6
48	3	27:52	Olivia FARRINGTON/Spirit of Monmouth	SENW EAST	SENW EAST	25											25	✓	137
49	91	28:02	Julie CHAMBERLAIN/Cardiff Athletics	MW35 SOUTH			MW35 SOUTH	17									17	✗	59
50	39	28:07	Rachel LAMMIN/Les Croupiers Running Club	SENW SOUTH	SENW SOUTH	26											26	✓	125
51	178	28:09	Sammantha HEALY/Port Talbot Harriers	MW45 WEST					MW45 WEST	7							7	✓	7
52	192	28:10	Annette SANFORD/Griffithstown Harriers	MW55 EAST							MW55 EAST	2					2	✓	3
53	73	28:14	Rachael BARALOS/Caerphilly Running Club	MW35 EAST			MW35 EAST	18									18	✗	99
54	201	28:21	Emma COLLINS/Denbigh Harriers	MW55 NORTH							MW55 NORTH	3					3	✓	3
55	270	28:36	Mick MCGEOGH/Les Croupiers RC	MM65 SOUTH											MM65 SOUTH	1	1	✓	1
56	43	28:45	Ellie CLEMENCE/Les Croupiers Running Club	SENW SOUTH	SENW SOUTH	27											27	✓	152
57	185	28:47	Annabel HARFORD/Brecon AC	MW55 EAST							MW55 EAST	4					4	✓	7
58	125	28:48	Lisa JEFFREY/Chepstow Harriers	MW45 EAST					MW45 EAST	8							8	✓	16
59	52	28:50	Olivia MICHAEL/Neath Harriers	SENW WEST	SENW WEST	28											28	✓	80
60	110	28:52	Clara DAVIES/Amman Valley Harriers	MW35 WEST			MW35 WEST	19									19	✓	29
61	11	28:53	Paige MATTHEWS/Islwyn Running Club	SENW EAST	SENW EAST	29											29	✓	166
62	166	28:54	Diane BROWNHILL/Swansea Harriers	MW45 WEST					MW45 WEST	9							9	✓	16
63	123	29:02	Sarah JEREMIAH/Parc Bryn Bach	MW45 EAST					MW45 EAST	10							10	✓	26
64	66	29:04	Carly STONE/Griffithstown Harriers	MW35 EAST			MW35 EAST	20									20	✗	119
65	132	29:10	Naomi LAW/Brecon AC	MW45 EAST					MW45 EAST	11							11	✗	37
66	38	29:11	Katrin HIGGINSON/Bridgend Athletics	SENW SOUTH	SENW SOUTH	30											30	✓	182
67	267	29:12	Graham MACK/Merthyr Running Club	MM65 SOUTH											MM65 SOUTH	2	2	✓	3
68	36	29:14	Carys THOMAS/Aberdare Valley AAC	SENW SOUTH	SENW SOUTH	31											31	✓	213
69	74	29:16	Lisa ERICKSON/Pont-y-Pwl & District	MW35 EAST			MW35 EAST	21									21	✗	140
70	129	29:18	Rachel BOWEN/Lliswerry Runners	MW45 EAST					MW45 EAST	12							12	✗	49
71	76	29:21	Gwennan HENSTOCK/Buckley RC	MW35 NORTH			MW35 NORTH	22									22	✓	25
72	127	29:26	Suzanne TEW/Parc Bryn Bach	MW45 EAST					MW45 EAST	13							13	✗	62
73	258	29:27	Neil OWEN/Run Free Fell Runners	MM65 NORTH											MM65 NORTH	3	3	✓	3
74	4	29:27	Naomi ROSE DAVIES/Caerphilly Running Club	SENW EAST	SENW EAST	32											32	✓	198
75	99	29:27	Lauren FOULKES/Pontypridd Roadents	MW35 SOUTH			MW35 SOUTH	23									23	✗	82
76	157	29:28	Gina HARDMAN/Bridgend Athletics	MW45 SOUTH					MW45 SOUTH	14							14	✓	21
77	10	29:33	Charlotte RALPH/Lliswerry Runners	SENW EAST	SENW EAST	33											33	✓	231
78	31	29:36	Ella TURNER/Les Croupiers Running Club	SENW SOUTH	SENW SOUTH	34											34	✓	247

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SENW TEAM RESULTS														MW45 TEAM RESULTS									MW65 TEAM RESULTS						
6,150m		1	2	3	4	5	6	7	8	Pts	Count	Score		6,150m	1	2	3	4	5	Pts	Count	Score	6,150m	1	2	3	Pts	Count	Score
79	213	29:37	Kay CHAPMAN/Les Croupiers Running Club						MW55 SOUTH											MW55 SOUTH		5						5	✓	5
80	158	29:39	Catherine BARKER/Penarth and Dinas Runners						MW45 SOUTH									MW45 SOUTH	15								15	✓	36
81	108	29:41	Isobel DAWSON/Llanelli AC						MW35 WEST						MW35 WEST	24											24	✓	53
82	256	29:45	Mike SNELL/Eryri Harriers						MM65 NORTH															MM65 NORTH	4		4	✓	7
83	122	29:46	Alex EVANS/Parc Bryn Bach						MW45 EAST									MW45 EAST	16								16	✗	78
84	32	29:46	Megan POULSON/San Domenico Road Runners						SENW SOUTH		SENW SOUTH	35															35	✓	282
85	94	29:52	Keira PRATT/Penarth and Dinas Runners						MW35 SOUTH						MW35 SOUTH	25											25	✗	107
86	128	30:00	Leonie ROBERTS/Fairwater Runners						MW45 EAST									MW45 EAST	17								17	✗	95
87	246	30:03	Cyril WILLIAMS/Parc Bryn Bach						MM65 EAST															MM65 EAST	5		5	✓	5
88	168	30:08	Elizabeth WILLIAMS/Pembrokeshire Harriers						MW45 WEST									MW45 WEST	18								18	✓	34
89	71	30:13	Melissa MORGAN/Islwyn Running Club						MW35 EAST						MW35 EAST	26											26	✗	166
90	111	30:14	Jessica HOBSON-TAYLOR/Trots						MW35 WEST						MW35 WEST	27											27	✓	80
91	133	30:19	Angela POTTER/Lliswerry Runners						MW45 EAST									MW45 EAST	19								19	✗	114
92	15	30:21	Alex GREEN/Brecon AC						SENW EAST		SENW EAST	36															36	✓	267
93	41	30:22	Bethan BUTLER-MADDEN/Pontypridd Roadents						SENW SOUTH		SENW SOUTH	37															37	✓	319
94	268	30:22	Mick TABOR/Les Croupiers RC						MM65 SOUTH															MM65 SOUTH	6		6	✓	9
95	139	30:23	Kerry JONES/Cybi Striders						MW45 NORTH									MW45 NORTH	20								20	✓	26
96	77	30:27	Michelle FARRELL/GOG Tri Club						MW35 NORTH						MW35 NORTH	28											28	✓	53
97	266	30:28	Stephen DALLOW/Parc Bryn Bach						MM65 SOUTH															MM65 SOUTH	7		7	✓	16
98	169	30:29	Nichola WILCOX/Neath Harriers						MW45 WEST									MW45 WEST	21								21	✓	55
99	167	30:30	Mandy MORRIS/Neath Harriers						MW45 WEST									MW45 WEST	22								22	✓	77
100	211	30:31	Sue WATSON/Les Croupiers Running Club						MW55 SOUTH											MW55 SOUTH		6					6	✓	11
101	179	30:33	Claire PROTHEROE/Llanelli AC						MW45 WEST									MW45 WEST	23								23	✗	100
102	191	30:35	Jacqueline UNDERWOOD/Lliswerry Runners						MW55 EAST											MW55 EAST		7					7	✓	14
103	134	30:36	Jan MORRIS/Chepstow Harriers						MW45 EAST									MW45 EAST	24								24	✗	138
104	75	30:44	Emma KING/Lliswerry Runners						MW35 EAST						MW35 EAST	29											29	✗	195
105	112	30:51	Hayley LAWTON/3m Gorseinon						MW35 WEST						MW35 WEST	30											30	✓	110
106	135	30:54	Rebecca FOSTER/Spirit of Monmouth						MW45 EAST									MW45 EAST	25								25	✗	163
107	101	30:56	Emily MORTON/Pontypridd Roadents						MW35 SOUTH						MW35 SOUTH	31											31	✗	138
108	109	30:59	Zoe DAVIES/Port Talbot Harriers						MW35 WEST						MW35 WEST	32											32	✗	142
109	202	31:17	Cheryl FROST/North Wales RR						MW55 NORTH											MW55 NORTH		8					8	✓	11
110	172	31:18	Sarah BRUCE/Pembrokeshire Harriers						MW45 WEST									MW45 WEST	26								26	✗	126
111	70	31:21	Louise MUTEHAM/Lliswerry Runners						MW35 EAST						MW35 EAST	33											33	✗	228
112	170	31:22	Sian STEPHENS/Neath Harriers						MW45 WEST									MW45 WEST	27								27	✗	153
113	64	31:23	Sophie WILLIAMS/MonRoss Trailblazers						MW35 EAST						MW35 EAST	34											34	✗	262
114	200	31:29	Margaret LUDDEN/Buckley RC						MW55 NORTH											MW55 NORTH		9					9	✓	20
115	277	31:35	Alex HERON/3m Gorseinon						MM65 WEST															MM65 WEST	8		8	✓	8
116	276	31:36	Neil HORSLEY/Neath Harriers						MM65 WEST															MM65 WEST	9		9	✓	17
117	186	31:37	Jane ROSCOE/Chepstow Harriers						MW55 EAST											MW55 EAST		10					10	✓	24
118	249	31:42	Keith ROBERTS/Lliswerry Runners						MM65 EAST															MM65 EAST	10		10	✓	15
119	173	31:42	Jenny MCADIE/Swansea Harriers						MW45 WEST									MW45 WEST	28								28	✗	181
120	154	31:43	Joanne RYAN/Rhondda Valley Runners						MW45 SOUTH									MW45 SOUTH	29								29	✓	65
121	250	31:46	Peter WELBIRG/Griffithstown Harriers						MM65 EAST															MM65 EAST	11		11	✓	26
122	198	32:08	Kay HATTON/North Wales RR						MW55 NORTH											MW55 NORTH		11					11	✓	31
123	232	32:20	Mair MORGAN/Trots						MW55 WEST											MW55 WEST		12					12	✓	12
124	153	32:25	Sarah PRYOR/Les Croupiers Running Club						MW45 SOUTH									MW45 SOUTH	30								30	✗	95
125	53	32:33	Charlie JAMES/3m Gorseinon						SENW WEST		SENW WEST	38															38	✓	118
126	257	32:37	David PASSE/Denbigh Harriers						MM65 NORTH															MM65 NORTH	12		12	✓	19
127	188	32:40	Louise CROCKETT/Chepstow Harriers						MW55 EAST											MW55 EAST		13					13	✗	37
128	187	32:47	Sue COTTRELL/Lliswerry Runners						MW55 EAST											MW55 EAST		14					14	✗	51
129	13	32:52	Laurie HIGGINS/Brecon AC						SENW EAST		SENW EAST	39															39	✓	306
130	199	32:55	Jane LINDLEY/Buckley RC						MW55 NORTH											MW55 NORTH		15					15	✓	46
131	151	33:09	Nicola WILLIAMS/Dragon RC						MW45 SOUTH									MW45 SOUTH	31								31	✗	126
132	214	33:12	Rachel HOOPER/Les Croupiers Running Club						MW55 SOUTH											MW55 SOUTH		16					16	✓	27
133	152	33:14	Michelle AMBLIN/Les Croupiers Running Club						MW45 SOUTH									MW45 SOUTH	32								32	✗	158
134	229	33:21	Judith OAKLEY/Neath Harriers						MW55 WEST											MW55 WEST		17					17	✓	29
135	181	33:23	Vanessa TURNBULL/Caerphilly Running Club						MW55 EAST											MW55 EAST		18					18	✗	69
136	78	33:26	Sophie JOHNSON/Prestatyn RC						MW35 NORTH						MW35 NORTH	35											35	✓	88
137	189	33:31	Wendy SHARPE-NASH/Chepstow Harriers						MW55 EAST											MW55 EAST		19					19	✗	88
138	113	33:39	Katherine MORGAN/Llanelli AC						MW35 WEST						MW35 WEST	36											36	✗	178
139	248	33:45	Kevin MCENTEE/Chepstow Harriers						MM65 EAST															MM65 EAST	13		13	✓	39
140	155	33:50	Kathryn PETERSEN/Penarth and Dinas Runners						MW45 SOUTH									MW45 SOUTH	33								33	✗	191
141	103	34:04	Sarah MAINWARING/Aberdare Valley AAC						MW35 SOUTH						MW35 SOUTH	37											37	✗	175
142	212	34:07	Deborah EVANS/Aberdare Valley AAC						MW55 SOUTH											MW55 SOUTH		20					20	✓	47
143	278	34:22	Mark LEE/Trots						MM65 WEST															MM65 WEST	14		14	✓✓	31
144	183	34:33	Nicola BRUNNOCK/Pont-y-Pwl & District						MW55 EAST											MW55 EAST		21					21	✗	109
145	180	34:35	Shan CASTLEY/Port Talbot Harriers						MW45 WEST									MW45 WEST	34								34	✗	215
146	215	34:43	Denise BRADLEY/Ogmore Phoenix						MW55 SOUTH											MW55 SOUTH		22					22	✓	69
147	184	34:54	Michelle GOOCH/Pont-y-Pwl & District						MW55 EAST											MW55 EAST		23					23	✗	132
148	230	35:15	Sharon DAVID/Port Talbot Harriers						MW55 WEST											MW55 WEST		24					24	✓	53
149	177	35:22	Rhian BRUCE/Carmarthen Harriers						MW45 WEST									MW45 WEST	35								35	✗	250
150	156	35:27	Arabella CALDER/Penarth and Dinas Runners						MW45 SOUTH									MW45 SOUTH	36								36	✗	227
151	217	35:52	Julie BROUGHTON/Penarth and Dinas Runners						MW55 SOUTH											MW55 SOUTH		25					25	✗	94
152	193	36:10	Michelle CLABON/Caerleon Running Club						MW55 EAST											MW55 EAST		26					26	✗	158
153	195	36:17	Mandy ROBINSON/Pont-y-Pwl & District						MW55 EAST											MW55 EAST		27					27	✗	185
154	116	36:48	Dee JOLLY/Sarn Helen						MW35 WEST						MW35 WEST	38											38	✗	216
155	279	36:48	David DOHERTY/3m Gorseinon						MM65 WEST															MM65 WEST	15		15	✓	46
156	194	37:23	Denise EVANS/Chepstow Harriers						MW55 EAST											MW55 EAST		28					28	✗	213
157	115	37:39	Claire KEARNEY/Llanelli AC						MW35 WEST						MW35 WEST	39											39	✗	255
158	160	38:29	Krista HUMPHREY/Bridgend Athletics						MW45 SOUTH									MW45 SOUTH	37								37	✗	264
159	161	38:33	Debbie CONWAY/Dragon RC						MW45 SOUTH									MW45 SOUTH	38								38	✗	302
160	245	39:22	Brenda AVERY/Chepstow Harriers						MW65 EAST														MW65 EAST	1			1	✓	1
161	197	40:57	Susan RIDINGS/Buckley RC						MW55 NORTH											MW55 NORTH		29					29	✗	75
162	242	41:26	Jane BAYLISS/Chepstow Harriers						MW65 EAST														MW65 EAST	2			2	✓	3
163	174	41:31	Bethan THOMAS/Port Talbot Harriers						MW45 WEST									MW45 WEST	39								39	✗	289
164	176	41:33	Zoe YETMAN/Port Talbot Harriers						MW45 WEST									MW45 WEST	40								40	✗	329
165	231	41:52	Bridget MOSELEY/Trots						MW55 WEST											MW55 WEST		30					30	✓	83
166	280	41:53	Anthony CLEMENTS/Swansea Harriers						MM65 WEST															MM65 WEST	16		16	✓	62
167	244	42:18	Kathleen JERVIS/Parc Bryn Bach						MW65 EAST														MW65 EAST	3			3	✓	6
168	269	43:49	Geoff WRIGHT/Les Croupiers RC						MM65 SOUTH															MM65 SOUTH	17		17	✓	33

RACE 03

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM & MMEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

SENW TEAM RESULTS													MW45 TEAM RESULTS									MW65 TEAM RESULTS						
6,150m		1	2	3	4	5	6	7	8	Pts	Count	Score	6,150m	1	2	3	4	5	Pts	Count	Score	6,150m	1	2	3	Pts	Count	Score
169	163	44:35	Suzanne LUKER-DAVIES/Dragon RC						MW45 SOUTH							**MW45 SOUTH**		**41**								***41***	×	***343***
170	162	45:23	Ruth WALTERS/Dragon RC						MW45 SOUTH							**MW45 SOUTH**		**42**								***42***	×	***385***
171	243	45:35	Gwyneth HOWELLS/Caerleon Running Club						MW65 EAST													**MW65 EAST**	**4**			***4***	×	***10***
172	241	45:47	Margaret GRIFFITHS/Chepstow Harriers						MW65 EAST													**MW65 EAST**	**5**			***5***	×	***15***
173	164	45:58	Hayley PUGH/Pontypridd Roadents						MW45 SOUTH							**MW45 SOUTH**		**43**								***43***	×	***428***