

RACE 10  
23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



SENM TEAM RESULTS										MM45 TEAM RESULTS											
9,530m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,530m	1	2	3	4	5	Pts	Count	Score	
SENM EAST	4	7	9	10	14	15	16	17	92	8	15	MM45 EAST	2	3	7	8	10	30	5	15	
SENM SOUTH	1	3	5	8	27	35	37	39	155	8	14	MM45 WEST	5	6	9	11	13	44	5	14	
SENM WEST	6	12	13	21	25	26	28	32	163	8	13	MM45 SOUTH	4	12	17	18	24	75	5	13	
SENM NORTH	2	11	22	29	31	33	42		7	7	7	MM45 NORTH	1	25	31	34		4	4	4	
MM35 TEAM RESULTS										MM55 TEAM RESULTS											
9,530m	1	2	3	4	5	Pts	Count	Score				9,530m	1	2	3	4	5	Pts	Count	Score	
MM35 WEST	1	5	6	12	13	37	5	15				MM55 WEST	3	18	21	27	30	99	5	12	
MM35 EAST	2	4	9	11	14	40	5	14				MM55 NORTH	1	6	8	15	23	53	5	14	
MM35 SOUTH	3	8	10	17	19	57	5	13				MM55 SOUTH	5	9	11	13	16	54	5	13	
MM35 NORTH	7	18	20	30	35	110	5	12				MM55 EAST	2	4	7	10	12	35	5	15	
RACE 10 SENIOR & MASTER MEN																					
POS	BIB	TIME	NAME	Region	SENM Region	Pos	MM35 Region	Pos	MM45 Age	Pos	MM55 Age	Pos	PTS	Scorer	Team Pts						
1	40	32:00	Ciaran LEWIS/Les Croupiers RC	SENM SOUTH	SENM SOUTH	1							1	✓	1						
2	22	32:22	Tom WOOD/Eryri Harriers	SENM NORTH	SENM NORTH	2							2	✓	2						
3	31	32:32	Dylan NAZARETH/Les Croupiers RC	SENM SOUTH	SENM SOUTH	3							3	✓	4						
4	15	32:39	Phil MATTHEWS/Parc Bryn Bach	SENM EAST	SENM EAST	4							4	✓	4						
5	33	33:17	Adam BULL/Pontpridd Rodents	SENM SOUTH	SENM SOUTH	5							5	✓	9						
6	106	33:46	Matthew REES/Swansea Harriers	MM35 WEST			MM35 WEST	1					1	✓	1						
7	46	33:50	Luca CORTELLESE/Swansea Harriers	SENM WEST	SENM WEST	6							6	✓	6						
8	2	33:51	Spencer SMITH/Newport Harriers	SENM EAST	SENM EAST	7							7	✓	11						
9	32	34:28	Devin COOMBES/Bridgend Athletics	SENM SOUTH	SENM SOUTH	8							8	✓	17						
10	1	34:43	Daniel BODMAN/Parc Bryn Bach	SENM EAST	SENM EAST	9							9	✓	20						
11	7	34:49	Jack TURNER/Swansea Harriers	SENM EAST	SENM EAST	10							10	✓	30						
12	19	34:54	Rhodri OWEN/Meirionnydd RC	SENM NORTH	SENM NORTH	11							11	✓	13						
13	48	35:05	Shane WILLIAMS/Neath Harriers	SENM WEST	SENM WEST	12							12	✓	18						
14	47	35:05	Scott WILLIAMS/Neath Harriers	SENM WEST	SENM WEST	13							13	✓	31						
15	63	35:06	Justin CROCKER/Parc Bryn Bach	MM35 EAST			MM35 EAST	2					2	✓	2						
16	102	35:11	Phil HAMBLETON/Les Croupiers RC	MM35 SOUTH			MM35 SOUTH	3					3	✓	3						
17	13	35:13	Craig WILLIAMS/Newport Harriers	SENM EAST	SENM EAST	14							14	✓	44						
18	62	35:15	Ross MATTHEWS/Parc Bryn Bach	MM35 EAST			MM35 EAST	4					4	✓	6						
19	108	35:20	Owain SCHIAVONE/Cardiff AAC	MM35 WEST			MM35 WEST	5					5	✓	6						
20	139	35:22	Chris CALLAGHAN/Buckley RC	MM45 NORTH					MM45 NORTH	1			1	✓	1						
21	6	35:24	Wyndham TURNER/Builth & District	SENM EAST	SENM EAST	15							15	✓	59						
22	109	35:30	Sion LEWIS/London Heathside	MM35 WEST			MM35 WEST	6					6	✓	12						
23	84	35:31	Joel GOMES/Wrexham AC	MM35 NORTH			MM35 NORTH	7					7	✓	7						
24	3	35:33	Matt GRANTHAM/Micky Morris Racing Team	SENM EAST	SENM EAST	16							16	✓	75						
25	4	35:35	Brychan PRICE-DAVIES/Brecon AC	SENM EAST	SENM EAST	17							17	✓	92						
26	92	35:39	James THIE/Pontypridd Roadents	MM35 SOUTH			MM35 SOUTH	8					8	✓	11						
27	5	35:42	Craig HUDSON/Newport Harriers	SENM EAST	SENM EAST	18							18	✗	110						
28	122	35:49	Mark JENNINGS/Micky Morris Racing Team	MM45 EAST					MM45 EAST	2			2	✓	2						
29	8	35:51	David AUBREY/Western Tempo	SENM EAST	SENM EAST	19							19	✗	129						
30	121	35:52	Robin WOODS/Builth & District	MM45 EAST					MM45 EAST	3			3	✓	5						
31	66	35:53	Leighton RAWLINSON/Micky Morris Racing Team	MM35 EAST			MM35 EAST	9					9	✓	15						
32	96	35:55	Vaughan EDWARDS/Les Croupiers RC	MM35 SOUTH			MM35 SOUTH	10					10	✓	21						
33	64	36:00	Jon LIKE/Parc Bryn Bach	MM35 EAST			MM35 EAST	11					11	✓	26						
34	9	36:05	Harry DAVIES/Newport Harriers	SENM EAST	SENM EAST	20							20	✗	149						
35	113	36:08	Mark HORSMAN/Pontypridd Roadents	MM35 WEST			MM35 WEST	12					12	✓	24						
36	49	36:11	Callum CAMPION/Llanelli AC	SENM WEST	SENM WEST	21							21	✓	52						
37	20	36:13	Gearint PUGH/Meirionnydd RC	SENM NORTH	SENM NORTH	22							22	✓	35						
38	112	36:14	Andrew CLEVERLY/Swansea Harriers	MM35 WEST			MM35 WEST	13					13	✓	37						
39	153	36:17	Matt JACKLIN/Aberdare Valley AAC	MM45 SOUTH					MM45 SOUTH	4			4	✓	4						
40	65	36:19	Sam JONES/Parc Bryn Bach	MM35 EAST			MM35 EAST	14					14	✓	40						
41	166	36:23	Huw EVANS/Parc Bryn Bach	MM45 WEST					MM45 WEST	5			5	✓	5						
42	11	36:32	Michael LEWIS/Fairwater Runners Cwmbran	SENM EAST	SENM EAST	23							23	✗	172						
43	107	36:37	Rob DAVIES/Amman Valley Harriers	MM35 WEST			MM35 WEST	15					15	✗	52						
44	196	36:43	Mike WHYATT/Eryri Harriers	MM55 NORTH							MM55 NORTH	1	1	✓	1						
45	167	36:47	Daryl JOHN/Pembrokeshire Harriers	MM45 WEST					MM45 WEST	6			6	✓	11						
46	14	36:51	James KEMP/Micky Morris Racing Team	SENM EAST	SENM EAST	24							24	✗	196						
47	73	36:52	Nick TULP/Lliswerry Runners	MM35 EAST			MM35 EAST	16					16	✗	56						
48	50	36:59	James COWAN/Cardiff AAC	SENM WEST	SENM WEST	25							25	✓	77						
49	190	37:02	Jeff WHERLOCK/Lliswerry Runners	MM55 EAST							MM55 EAST	2	2	✓	2						
50	99	37:03	Mark PALSER/Les Croupiers RC	MM35 SOUTH			MM35 SOUTH	17					17	✓	38						
51	51	37:03	Liam OAK/Neath Harriers	SENM WEST	SENM WEST	26							26	✓	103						
52	80	37:05	Alun WILLIAMS/Meirionnydd RC	MM35 NORTH			MM35 NORTH	18					18	✓	25						
53	34	37:06	Ben KENNEDY/Les Croupiers RC	SENM SOUTH	SENM SOUTH	27							27	✓	44						
54	94	37:08	Jonathon ASTLEY/Parc Bryn Bach RC	MM35 SOUTH			MM35 SOUTH	19					19	✓	57						
55	83	37:09	Clive MORGAN/Maldwyn Harriers	MM35 NORTH			MM35 NORTH	20					20	✓	45						
56	67	37:14	Rob NICHOLLS/Monross Trailblazers	MM35 EAST			MM35 EAST	21					21	✗	77						
57	114	37:29	Rob PRADY/Neath Harriers	MM35 WEST			MM35 WEST	22					22	✗	74						
58	124	37:40	Andrew LEE/Pontypool	MM45 EAST					MM45 EAST	7			7	✓	12						
59	125	37:45	Richard JONES/Lliswerry Runners	MM45 EAST					MM45 EAST	8			8	✓	20						
60	177	37:46	Henry DRAKE/Amman Valley Harriers	MM45 WEST					MM45 WEST	9			9	✓	20						

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9,530m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,530m	1	2	3	4	5	Pts	Count	Score
SENM EAST	4	7	9	10	14	15	16	17	92	8	15	MM45 EAST	2	3	7	8	10	30	5	15
SENM SOUTH	1	3	5	8	27	35	37	39	155	8	14	MM45 WEST	5	6	9	11	13	44	5	14
SENM WEST	6	12	13	21	25	26	28	32	163	8	13	MM45 SOUTH	4	12	17	18	24	75	5	13
SENM NORTH	2	11	22	29	31	33	42		7	7	7	MM45 NORTH	1	25	31	34		4	4	4
MM35 TEAM RESULTS										MM55 TEAM RESULTS										
9,530m	1	2	3	4	5	Pts	Count	Score				9,530m	1	2	3	4	5	Pts	Count	Score
MM35 WEST	1	5	6	12	13	37	5	15				MM55 WEST	3	18	21	27	30	99	5	12
MM35 EAST	2	4	9	11	14	40	5	14				MM55 NORTH	1	6	8	15	23	53	5	14
MM35 SOUTH	3	8	10	17	19	57	5	13				MM55 SOUTH	5	9	11	13	16	54	5	13
MM35 NORTH	7	18	20	30	35	110	5	12				MM55 EAST	2	4	7	10	12	35	5	15
RACE 10 SENIOR & MASTER MEN																				
POS	BIB	TIME	NAME	Region	SENM Region	Pos	MM35 Region	Pos	MM45 Age	Pos	MM55 Age	Pos	PTS	Scorer	Team Pts					
1	40	32:00	Ciaran LEWIS/Les Croupiers RC	SENM SOUTH	SENM SOUTH	1							1	✓	1					
61	55	37:47	Patrick TUDOR/Swansea Harriers	SENM WEST	SENM WEST	28							28	✓	131					
62	75	37:48	Tim BATCHELOR/Chepstow Harriers	MM35 EAST			MM35 EAST	23					23	✗	100					
63	91	37:52	Owen THOMAS/Aberdare Valley AAC	MM35 SOUTH			MM35 SOUTH	24					24	✗	81					
64	101	37:55	Richard DANDO/Bridgend Athletics	MM35 SOUTH			MM35 SOUTH	25					25	✗	106					
65	18	38:02	Ben WILLIAMS/Buckley RC	SENM NORTH	SENM NORTH	29							29	✓	64					
66	12	38:05	Martin NORTON/Lliswerry Runners	SENM EAST	SENM EAST	30							30	✗	226					
67	21	38:10	Gwion ROBERTS/Meirionnydd RC	SENM NORTH	SENM NORTH	31							31	✓	95					
68	123	38:13	Andy DEAN/Griffithstown Harriers	MM45 EAST					MM45 EAST	10			10	✓	30					
69	53	38:15	Ryan MANDES/Trots	SENM WEST	SENM WEST	32							32	✓	163					
70	16	38:17	Tony WOOD/Denbigh Harriers	SENM NORTH	SENM NORTH	33							33	✓	128					
71	74	38:20	Michael HOLLOWAY/Brecon AC	MM35 EAST			MM35 EAST	26					26	✗	126					
72	54	38:30	Isaac AYRES/Carmarthen Harriers	SENM WEST	SENM WEST	34							34	✗	197					
73	36	38:34	Craig BLAKE/Cardiff Athletics	SENM SOUTH	SENM SOUTH	35							35	✓	79					
74	58	38:35	Lloyd JONES/Run 4 All Neath	SENM WEST	SENM WEST	36							36	✗	233					
75	37	38:38	Adam WHITTAKER/Cardiff Athletics	SENM SOUTH	SENM SOUTH	37							37	✓	116					
76	59	38:41	Ryan GRIFFITHS/Port Talbot Harriers	SENM WEST	SENM WEST	38							38	✗	271					
77	103	38:42	Peter RYDER/Aberdare Valley AAC	MM35 SOUTH			MM35 SOUTH	27					27	✗	133					
78	170	38:54	Charles WALSH/Swansea Harriers	MM45 WEST					MM45 WEST	11			11	✓	31					
79	71	38:56	Phillip MORRIS/Builth & District	MM35 EAST			MM35 EAST	28					28	✗	154					
80	68	38:57	Thomas TURNER/Builth & District	MM35 EAST			MM35 EAST	29					29	✗	183					
81	76	39:02	Ally HUGHES/Wrexham AC	MM35 NORTH			MM35 NORTH	30					30	✓	75					
82	95	39:09	Tom JEFFREY/Les Croupiers RC	MM35 SOUTH			MM35 SOUTH	31					31	✗	164					
83	226	39:17	Alec WILLIAMS/Pembrokeshire Harriers	MM55 WEST						MM55 WEST	3		3	✓	3					
84	191	39:19	Anthony MARSHALL/Chepstow Harriers	MM55 EAST						MM55 EAST	4		4	✓	6					
85	39	39:22	Paul JOSUA/San Domenico	SENM SOUTH	SENM SOUTH	39							39	✓	155					
86	38	39:27	Jonathan BONVILLE-GINN/Cardiff Athletics	SENM SOUTH	SENM SOUTH	40							40	✗	195					
87	154	39:31	Adrian LEWIS/Aberdare Valley AAC	MM45 SOUTH					MM45 SOUTH	12			12	✓	16					
88	70	39:32	Des DEVLIN/Parc Bryn Bach	MM35 EAST			MM35 EAST	32					32	✗	215					
89	180	39:33	Adrian WEAVER/Port Talbot Harriers	MM45 WEST					MM45 WEST	13			13	✓	44					
90	126	39:38	Lee PRICE/Builth & District	MM45 EAST					MM45 EAST	14			14	✗	44					
91	213	39:44	Colin WILLIAMS/Les Croupiers RC	MM55 SOUTH						MM55 SOUTH	5		5	✓	5					
92	168	39:52	Rhodri AP-DYFRIG/Meirionnydd Running Club	MM45 WEST					MM45 WEST	15			15	✗	59					
93	72	39:58	Toby JONES/Lliswerry Runners	MM35 EAST			MM35 EAST	33					33	✗	248					
94	132	39:59	Kristan HUMPHREYS/Newport Harriers	MM45 EAST					MM45 EAST	16			16	✗	60					
95	35	40:01	Nicky BENNETT/Ogmore Pheonix Runners	SENM SOUTH	SENM SOUTH	41							41	✗	236					
96	201	40:03	Richard ECCLES/NWRRRC	MM55 NORTH						MM55 NORTH	6		6	✓	7					
97	100	40:10	Kevin FOSBURY/Bridgend Athletics	MM35 SOUTH			MM35 SOUTH	34					34	✗	198					
98	151	40:12	Paul FRANCIS/Les Croupiers RC	MM45 SOUTH					MM45 SOUTH	17			17	✓	33					
99	23	40:17	Dafydd THOMAS/Meirionnydd RC	SENM NORTH	SENM NORTH	42							42	✓	170					
100	161	40:19	Stuart WADLOW/Pontypridd Rodents RC	MM45 SOUTH					MM45 SOUTH	18			18	✓	51					
101	81	40:22	Ifan RICHARDS/Meirionnydd RC	MM35 NORTH			MM35 NORTH	35					35	✓	110					
102	97	40:23	Jonathan PARRY/Bridgend Athletics	MM35 SOUTH			MM35 SOUTH	36					36	✗	234					
103	134	40:25	Jonathan CARTER/Chepstow Harriers	MM45 EAST					MM45 EAST	19			19	✗	79					
104	169	40:26	Wesley SHELDON/Port Talbot Harriers	MM45 WEST					MM45 WEST	20			20	✗	79					
105	120	40:26	Christopher JENKINS/Neath Harriers	MM35 WEST			MM35 WEST	37					37	✗	111					
106	57	40:51	David JONES/Swansea Harriers	SENM WEST	SENM WEST	43							43	✗	314					
107	119	40:51	Dylan DAVIES/Sarn Helen	MM35 WEST			MM35 WEST	38					38	✗	149					
108	78	41:02	Gareth CHALONER/Wrexham AC	MM35 NORTH			MM35 NORTH	39					39	✗	149					
109	56	41:07	Ben HUGHES/Port Talbot Harriers	SENM WEST	SENM WEST	44							44	✗	358					
110	128	41:10	Shane ROBERTS/Griffithstown Harriers	MM45 EAST					MM45 EAST	21			21	✗	100					
111	130	41:13	Jon BELCHER/Lliswerry Runners	MM45 EAST					MM45 EAST	22			22	✗	122					
112	127	41:15	Douglas BRIGGS/Chepstow Harriers	MM45 EAST					MM45 EAST	23			23	✗	145					
113	152	41:16	Daniel LEWIS/San Domenico RC	MM45 SOUTH					MM45 SOUTH	24			24	✓	75					
114	79	41:16	Andrew PEERS/Buckley RC	MM35 NORTH			MM35 NORTH	40					40	✗	189					
115	138	41:16	Garry JONES/Maldwyn Harriers	MM45 NORTH					MM45 NORTH	25			25	✓	26					
116	115	41:24	Gareth PARRY/3M Gorseion	MM35 WEST			MM35 WEST	41					41	✗	190					
117	172	41:32	Huw DAVIES/Carmarthen Harriers	MM45 WEST					MM45 WEST	26			26	✗	105					
118	133	41:33	Paul BRUTON/Lliswerry Runners	MM45 EAST					MM45 EAST	27			27	✗	172					
119	171	41:36	Owen DAVIES/Swansea Harriers	MM45 WEST					MM45 WEST	28			28	✗	133					
120	184	41:38	Peter SOWERBY/Brecon AC	MM55 EAST						MM55 EAST	7		7	✓	13					

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9,530m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,530m	1	2	3	4	5	Pts	Count	Score
SENM EAST	4	7	9	10	14	15	16	17	92	8	15	MM45 EAST	2	3	7	8	10	30	5	15
SENM SOUTH	1	3	5	8	27	35	37	39	155	8	14	MM45 WEST	5	6	9	11	13	44	5	14
SENM WEST	6	12	13	21	25	26	28	32	163	8	13	MM45 SOUTH	4	12	17	18	24	75	5	13
SENM NORTH	2	11	22	29	31	33	42		7	7	7	MM45 NORTH	1	25	31	34		4	4	4

MM35 TEAM RESULTS										MM55 TEAM RESULTS									
9,530m	1	2	3	4	5	Pts	Count	Score		9,530m	1	2	3	4	5	Pts	Count	Score	
MM35 WEST	1	5	6	12	13	37	5	15		MM55 WEST	3	18	21	27	30	99	5	12	
MM35 EAST	2	4	9	11	14	40	5	14		MM55 NORTH	1	6	8	15	23	53	5	14	
MM35 SOUTH	3	8	10	17	19	57	5	13		MM55 SOUTH	5	9	11	13	16	54	5	13	
MM35 NORTH	7	18	20	30	35	110	5	12		MM55 EAST	2	4	7	10	12	35	5	15	

RACE 10 SENIOR & MASTER MEN													SENM		MM35		MM45		MM55		PTS		Team
POS	BIB	TIME	NAME	Region	Region	Pos	Region	Pos	Age	Pos	Age	Pos	Pos	Pos	Pos	PTS	Scorer	Team	Pts				
1	40	32:00	Ciaran LEWIS/Les Croupiers RC	SENM SOUTH	SENM SOUTH	1										1	✓	1					
121	77	41:44	Lee JONES/Buckley RC	MM35 NORTH			MM35 NORTH	42								42	✗	231					
122	131	41:51	Matt TURNER/Caerleon RC	MM45 EAST					MM45 EAST	29						29	✗	201					
123	178	42:04	Chris LEWIS/Port Talbot Harriers	MM45 WEST					MM45 WEST	30						30	✗	163					
124	117	42:08	Thomas REES-GRATTON/Port Talbot Harriers	MM35 WEST			MM35 WEST	43								43	✗	233					
125	136	42:17	Glen PRICE/Denbigh Harriers	MM45 NORTH					MM45 NORTH	31						31	✓	57					
126	179	42:22	Steven WILLIAMS/Pembrokeshire Harriers	MM45 WEST					MM45 WEST	32						32	✗	195					
127	203	42:29	Jeff GIFFORD/Buckley RC	MM55 NORTH							MM55 NORTH	8			8	✓	15						
128	156	42:33	Stuart ALLEN/Penarth & Dinas Runners	MM45 SOUTH					MM45 SOUTH	33						33	✗	108					
129	116	42:39	Gareth MORGAN/3M Gorseinon	MM35 WEST			MM35 WEST	44								44	✗	277					
130	137	42:51	Anthony WOODALL/Deestriders	MM45 NORTH					MM45 NORTH	34						34	✓	91					
131	159	42:51	Richard MATTHEWS/Aberdare Valley AAC	MM45 SOUTH					MM45 SOUTH	35						35	✗	143					
132	216	42:52	Adrian MASON/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	9			9	✓	14						
133	183	42:59	Gerard GORMLEY/Griffithstown Harriers	MM55 EAST							MM55 EAST	10			10	✓	23						
134	155	43:05	Kevin PLANK/San Domenico RC	MM45 SOUTH					MM45 SOUTH	36						36	✗	179					
135	176	43:09	Gair MCADIE/Swansea Harriers	MM45 WEST					MM45 WEST	37						37	✗	232					
136	223	43:18	Kevin CHALKE/Penarth & Dinas Runners	MM55 SOUTH							MM55 SOUTH	11			11	✓	25						
137	182	43:22	Steve DAVIES/Pont-y-pwl & District	MM55 EAST							MM55 EAST	12			12	✓	35						
138	218	43:24	Jeremy THOMAS/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	13			13	✓	38						
139	158	43:28	Ross FLANIGAN/Penarth & Dinas Runners	MM45 SOUTH					MM45 SOUTH	38						38	✗	217					
140	192	43:31	Adrian MURKIN/Pont-y-pwl & District	MM55 EAST							MM55 EAST	14			14	✗	49						
141	198	43:33	Mike ROBBINS/Wrexham AC	MM55 NORTH							MM55 NORTH	15			15	✓	30						
142	157	43:38	Gareth LYNCH/Les Croupiers RC	MM45 SOUTH					MM45 SOUTH	39						39	✗	256					
143	212	43:41	Bryan MEREDITH/Rhondda Valley Runners	MM55 SOUTH							MM55 SOUTH	16			16	✓	54						
144	185	44:00	Christopher POTTER/Lliswerry Runners	MM55 EAST							MM55 EAST	17			17	✗	66						
145	227	44:09	Peter OSBORNE/Llanelli AC	MM55 WEST							MM55 WEST	18			18	✓	21						
146	189	44:12	Randal JONES/Lliswerry Runners	MM55 EAST							MM55 EAST	19			19	✗	85						
147	162	44:14	Daniel MORGAN/Bridgend Athletics	MM45 SOUTH					MM45 SOUTH	40						40	✗	296					
148	187	44:19	Haydn HARTNELL/Parc Bryn Bach	MM55 EAST							MM55 EAST	20			20	✗	105						
149	228	44:24	Nigel EVANS/3M Gorseinon	MM55 WEST							MM55 WEST	21			21	✓	42						
150	224	44:28	Gareth HARDMAN/Bridgend Athletics	MM55 SOUTH							MM55 SOUTH	22			22	✗	76						
151	175	44:29	Kevin JONES/Sarn Helen	MM45 WEST					MM45 WEST	41						41	✗	273					
152	202	44:42	Russell GODWIN/Colwyn Bay	MM55 NORTH							MM55 NORTH	23			23	✓	53						
153	186	44:54	Stephen WILLIAMS/Parc Bryn Bach	MM55 EAST							MM55 EAST	24			24	✗	129						
154	197	45:39	David BAUGH/Denbigh Harriers	MM55 NORTH							MM55 NORTH	25			25	✗	78						
155	118	45:56	Gareth EVANS/Port Talbot Harriers	MM35 WEST			MM35 WEST	45							45	✗	322						
156	214	46:08	Gary WEBBER/Rhondda Valley Runners	MM55 SOUTH							MM55 SOUTH	26			26	✗	102						
157	229	46:30	Guto EVANS/Amman Valley Harriers	MM55 WEST							MM55 WEST	27			27	✓	69						
158	199	46:31	Dave BOOTHROYD/Buckley RC	MM55 NORTH							MM55 NORTH	28			28	✗	106						
159	222	46:43	Andy PEARCE/Penarth & Dinas Runners	MM55 SOUTH							MM55 SOUTH	29			29	✗	131						
160	230	46:56	Stephen DAVIES/Port Talbot Harriers	MM55 WEST							MM55 WEST	30			30	✓	99						
161	193	47:08	Tim BUCKLEY/Chepstow Harriers	MM55 EAST							MM55 EAST	31			31	✗	160						
162	219	48:18	Ian BELL/San Domenico	MM55 SOUTH							MM55 SOUTH	32			32	✗	163						
163	215	48:22	Clive DENTON/Rhondda Valley Runners	MM55 SOUTH							MM55 SOUTH	33			33	✗	196						
164	174	48:34	Anthony WARDEN/Amman Valley Harriers	MM45 WEST					MM45 WEST	42						42	✗	315					
165	221	48:50	Terry CAVENEY/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	34			34	✗	230						
166	173	50:09	Stephen LISK/3M Gorseinon	MM45 WEST					MM45 WEST	43						43	✗	358					
167	220	50:58	Steve BRACE/Aberdare Valley	MM55 SOUTH							MM55 SOUTH	35			35	✗	265						
168	232	51:53	Dave CORNISH/Port Talbot Harriers	MM55 WEST							MM55 WEST	36			36	✗	135						
169	233	54:37	Kevin TAYLOR/Amman Valley Harriers	MM55 WEST							MM55 WEST	37			37	✗	172						

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

RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

<b>RACE 10 Senior Men Team Awards</b>			
<b>3 complete teams</b>			
POS	TEAM	Team Points	Region Pts
1	SENM EAST = 4, 7, 9, 10, 14, 15, 16, 17	92	15
2	SENM SOUTH = 1, 3, 5, 8, 27, 35, 37, 39	155	14
3	SENM WEST = 6, 12, 13, 21, 25, 26, 28, 32	163	13

<b>INDIVIDUAL TOP 3 MEDALLISTS</b>			
POS	ATHLETES	PLACE	PERF
1	Ciaran LEWIS/Les Croupiers RC-SENM SOUTH	1	32:00
2	Tom WOOD/Eryri Harriers-SENM NORTH	2	32:22
3	Dylan NAZARETH/Les Croupiers RC-SENM SOUTH	3	32:32

**TEAM MEDALLISTS**

**1st SENM EAST Wales = 92 pts**

POS	ATHLETES	PLACE	PERF
1	Phil MATTHEWS/Parc Bryn Bach	4	32:39
2	Spencer SMITH/Newport Harriers	7	33:51
3	Daniel BODMAN/Parc Bryn Bach	9	34:43
4	Jack TURNER/Swansea Harriers	10	34:49
5	Craig WILLIAMS/Newport Harriers	14	35:13
6	Wyndham TURNER/Builth & District	15	35:24
7	Matt GRANTHAM/Micky Morris Racing Team	16	35:33
8	Brychan PRICE-DAVIES/Brecon AC	17	35:35

**2nd SENM SOUTH Wales = 155 pts**

POS	ATHLETES	PLACE	PERF
1	Ciaran LEWIS/Les Croupiers RC	1	32:00
2	Dylan NAZARETH/Les Croupiers RC	3	32:32
3	Adam BULL/Pontpridd Rodents	5	33:17
4	Devin COOMBES/Bridgend Athletics	8	34:28
5	Ben KENNEDY/Les Croupiers RC	27	37:06
6	Craig BLAKE/Cardiff Athletics	35	38:34
7	Adam WHITTAKER/Cardiff Athletics	37	38:38
8	Paul JOSUA/San Domenico	39	39:22

**3rd SENM WEST Wales = 163 pts**

POS	ATHLETES	PLACE	PERF
1	Luca CORTELLESE/Swansea Harriers	6	33:50
2	Shane WILLIAMS/Neath Harriers	12	35:05
3	Scott WILLIAMS/Neath Harriers	13	35:05
4	Callum CAMPION/Llanelli AC	21	36:11
5	James COWAN/Cardiff AAC	25	36:59
6	Liam OAK/Neath Harriers	26	37:03
7	Patrick TUDOR/Swansea Harriers	28	37:47
8	Ryan MANDES/Trots	32	38:15

**4th Wales = 0 pts**

POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
4	/		
5	/		
6	/		
7	/		
8	/		

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RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

<b>RACE 10 Senior Men Team Awards</b>			
<b>Race 03 MM35 Team Awards</b>			
<b>3 complete teams</b>			
<b>POS</b>	<b>TEAM</b>	<b>Team Points</b>	<b>Region Pts</b>
1	MM35 WEST = , 1, 5, 6, 12, 13	37	15
2	MM35 EAST = , 2, 4, 9, 11, 14	40	14
3	MM35 SOUTH = , 3, 8, 10, 17, 19	57	13

<b>INDIVIDUAL TOP 3 MEDALLISTS</b>			
<b>POS</b>	<b>ATHLETES</b>	<b>PLACE</b>	<b>PERF</b>
1	Matthew REES/Swansea Harriers-MM35 WEST	6	33:46
2	Justin CROCKER/Parc Bryn Bach-MM35 EAST	15	35:06
3	Phil HAMBLETON/Les Croupiers RC-MM35 SOUTH	16	35:11

<b>TEAM MEDALLISTS</b>			
<b>1st</b>	<b>MM35 WEST Wales = 37 pts</b>		
<b>POS</b>	<b>ATHLETES</b>	<b>PLACE</b>	<b>PERF</b>
1	Matthew REES/Swansea Harriers	1	33:46
2	Owain SCHIAVONE/Cardiff AAC	5	35:20
3	Sion LEWIS/London Heathside	6	35:30
4	Mark HORSMAN/Pontypridd Roadents	12	36:08
5	Andrew CLEVERLY/Swansea Harriers	13	36:14
<b>2nd</b>	<b>MM35 EAST Wales = 40 pts</b>		
<b>POS</b>	<b>ATHLETES</b>	<b>PLACE</b>	<b>PERF</b>
1	Justin CROCKER/Parc Bryn Bach	2	35:06
2	Ross MATTHEWS/Parc Bryn Bach	4	35:15
3	Leighton RAWLINSON/Micky Morris Racing Team	9	35:53
4	Jon LIKE/Parc Bryn Bach	11	36:00
5	Sam JONES/Parc Bryn Bach	14	36:19
<b>3rd</b>	<b>MM35 SOUTH Wales = 57 pts</b>		
<b>POS</b>	<b>ATHLETES</b>	<b>PLACE</b>	<b>PERF</b>
1	Phil HAMBLETON/Les Croupiers RC	3	35:11
2	James THIE/Pontypridd Roadents	8	35:39
3	Vaughan EDWARDS/Les Croupiers RC	10	35:55
4	Mark PALSER/Les Croupiers RC	17	37:03
5	Jonathon ASTLEY/Parc Bryn Bach RC	19	37:08
<b>4th</b>	<b>NO TEAM AWARDS</b>		
<b>POS</b>	<b>ATHLETES</b>	<b>PLACE</b>	<b>PERF</b>
1	/		
2	/		
3	/		
4	/		
5	/		

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RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

RACE 10 Senior Men Team Awards			
Race 03 MM45 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MM45 EAST = , 2, 3, 7, 8, 10	30	15
2	MM45 WEST = , 5, 6, 9, 11, 13	44	14
3	MM45 SOUTH = , 4, 12, 17, 18, 24	75	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Chris CALLAGHAN/Buckley RC-MM45 NORTH	20	35:22
2	Mark JENNINGS/Micky Morris Racing Team-MM45 EAST	28	35:49
3	Robin WOODS/Builth & District-MM45 EAST	30	35:52

TEAM MEDALLISTS			
<b>1st</b>	<b>MM45 EAST Wales = 30 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Mark JENNINGS/Micky Morris Racing Team	2	35:49
2	Robin WOODS/Builth & District	3	35:52
3	Andrew LEE/Pontypool	7	37:40
4	Richard JONES/Lliswerry Runners	8	37:45
5	Andy DEAN/Griffithstown Harriers	10	38:13
<b>2nd</b>	<b>MM45 WEST Wales = 44 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Huw EVANS/Parc Bryn Bach	5	36:23
2	Daryl JOHN/Pembrokeshire Harriers	6	36:47
3	Henry DRAKE/Amman Valley Harriers	9	37:46
4	Charles WALSH/Swansea Harriers	11	38:54
5	Adrian WEAVER/Port Talbot Harriers	13	39:33
<b>3rd</b>	<b>MM45 SOUTH Wales = 75 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Matt JACKLIN/Aberdare Valley AAC	4	36:17
2	Adrian LEWIS/Aberdare Valley AAC	12	39:31
3	Paul FRANCIS/Les Croupiers RC	17	40:12
4	Stuart WADLOW/Pontypridd Rodents RC	18	40:19
5	Daniel LEWIS/San Domenico RC	24	41:16
<b>4th</b>	<b>NO TEAM AWARDS</b>		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
4	/		
5	/		

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RACE 10 SENIOR & MMEN AWARDS

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Monmouthshire Showground, Redbrook Road NP25 4LG

<b>RACE 10 Senior Men Team Awards</b>			
<b>Race 03 MM55 Team Awards</b>			
<b>4 complete teams</b>			
POS	TEAM	Team Points	Region Pts
1	MM55 WEST = , 3, 18, 21, 27, 30	99	12
2	MM55 NORTH = , 1, 6, 8, 15, 23	53	14
3	MM55 SOUTH = , 5, 9, 11, 13, 16	54	13
4	MM55 EAST = , 2, 4, 7, 10, 12	35	15

<b>INDIVIDUAL TOP 3 MEDALLISTS</b>			
POS	ATHLETES	PLACE	PERF
1	Mike WHYATT/Eryri Harriers-MM55 NORTH	44	36:43
2	Jeff WHERLOCK/Lliswerry Runners-MM55 EAST	49	37:02
3	Alec WILLIAMS/Pembrokeshire Harriers-MM55 WEST	83	39:17

<b>TEAM MEDALLISTS</b>			
<b>1st</b>	<b>MM55 WEST Wales = 99 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Alec WILLIAMS/Pembrokeshire Harriers	3	39:17
2	Peter OSBORNE/Llanelli AC	18	44:09
3	Nigel EVANS/3M Gorseinon	21	44:24
4	Guto EVANS/Amman Valley Harriers	27	46:30
5	Stephen DAVIES/Port Talbot Harriers	30	46:56
<b>2nd</b>	<b>MM55 NORTH Wales = 53 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Mike WHYATT/Eryri Harriers	1	36:43
2	Richard ECCLES/NWRRC	6	40:03
3	Jeff GIFFORD/Buckley RC	8	42:29
4	Mike ROBBINS/Wrexham AC	15	43:33
5	Russell GODWIN/Colwyn Bay	23	44:42
<b>3rd</b>	<b>MM55 SOUTH Wales = 54 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Colin WILLIAMS/Les Croupiers RC	5	39:44
2	Adrian MASON/Les Croupiers RC	9	42:52
3	Kevin CHALKE/Penarth & Dinas Runners	11	43:18
4	Jeremy THOMAS/Les Croupiers RC	13	43:24
5	Bryan MEREDITH/Rhondda Valley Runners	16	43:41
<b>4th</b>	<b>MM55 EAST Wales = 35 pts</b>		
POS	ATHLETES	PLACE	PERF
1	Jeff WHERLOCK/Lliswerry Runners	2	37:02
2	Anthony MARSHALL/Chepstow Harriers	4	39:19
3	Peter SOWERBY/Brecon AC	7	41:38
4	Gerard GORMLEY/Griffithstown Harriers	10	42:59
5	Steve DAVIES/Pont-y-pwl & District	12	43:22