10km

POS	NAME	Cefn Bryn	Afan Argoed	Three Cliffs	Dolaucothi	Llanmadoc Hill	Merthyr Mawr	BEST 4
1	Robin Irwin - JM	100	0	99	98	0	0	297
2	Sole Mates - T	98	0	98	99	0	0	295
3	Bethan Irwin - FV	96	0	93	96	0	0	285
4	Freddie Lake - M	0	0	100	100	0	0	200
5	Kerina Lake - FV	97	0	95	0	0	0	192
6	Sam Healy - FV	93	0	96	0	0	0	189
7	Margaret Reynolds - FV	0	0	92	94	0	0	186
8	Anthony Raven - MV	91	0	0	92	0	0	183
9	Bob Gwynett-Davies - MV	90	0	91	0	0	0	181
10	Megan Symons - F	92	0	87	0	0	0	179
11	Sarah Jenkins - FV	0	0	86	90	0	0	176
12	Tom Smith - M	99	0	0	0	0	0	99
= 13	William Lake - M	0	0	97	0	0	0	97
= 13	Mark Saunders - MV	0	0	0	97	0	0	97
= 15	Alice Bedwell - FV	0	0	0	95	0	0	95
= 15	Florence Hughes - F	95	0	0	0	0	0	95
= 17	Sasha Habgood - FV	94	0	0	0	0	0	94
= 17	Niall Reynolds - MV	0	0	94	0	0	0	94
19	Kate O'Sullivan - FV	0	0	0	93	0	0	93
20	Sally Ross - FV	0	0	0	91	0	0	91
21	Charles Perkins & Samuel Chandler - T	0	0	90	0	0	0	90
= 22	Collette Roberts & Kath Mattingly - VT	89	0	0	0	0	0	89
= 22	Peter Lake - MV	0	0	89	0	0	0	89
= 24	Andrew Hughes - MV	88	0	0	0	0	0	88
= 24	Emily Kellay & Serena Thackar	0	0	88	0	0	0	88
26	Paul Crutcher - MV	87	0	0	0	0	0	87
27	Jenifer Green - FV	86	0	0	*0*	0	0	86
28	Julie James - FV	0	0	85	0	0	0	85
29	Edward Parsons - MSV	0	0	*0*	0	0	0	0
30								0

Prize Categories

10km 1st - Junior 16-18, Senior 20-40, Vet 45-65, Super Vet 70+, Team

5km

POS	NAME	Cefn Bryn	Afan Argoed	Three Cliffs	Dolaucothi	Llanmadoc Hill	Merthyr Mawr	Best 4
1	Philip Jenkins - MV	98	0	99	97	0	0	294
= 2	James Morris & Francine Chourout-Morris - SJT	96	0	97	95	0	0	288
= 2	Sam Payne & Jenni Nellist - SJT	97	0	95	96	0	0	288
4	Lucie & Andrew Morris - SJT	93	0	96	94	0	0	283
5	Anthony Payne - MV	0	0	100	100	0	0	200
6	Peter O'Kane - MV	100	0	0	0	0	0	100
= 7	Roger Stein - MSV	99	0	0	0	0	0	99
= 7	Gary Waters - MSV	0	0	0	99	0	0	99
= 9	Sally Ross - FV	0	0	98	0	0	0	98
= 9	Mike Kay - MSV	0	0	0	98	0	0	98
11	Diana McClure - FSV	95	0	0	0	0	0	95
12	Dave Bird - MSV	94	0	0	0	0	0	94
13	Edward Parsons - MSV	92	0	0	0	0	0	92
14	Janice Hughes - FSV	91	0	0	0	0	0	91
15								0

Prize Categories

5km - 1st - Junior 14-16, Senior 18-40, Vet 45-65, Super Vet 70+, Senior/Junior Team, Team

2km

POS	NAME	Cefn Bryn	Afan Argoed	Three Cliffs	Dolaucothi	Llanmadoc Hill	Merthyr Mawr	Best 4
1	Feldon & Mara Beaman Tucker & Lydia Beaman - SJT	100	0	100	0	0	0	200
2	Pascoe Beaman-Tucker & Gareth Tucker - SJT	99	0	0	0	0	0	99
3								0
4								0
5								0

Prize Categories

2km - 1st <14, Senior/Junior Team