10km

POS	NAME	Cefn Bryn	Afan Argoed	Three Cliffs	Dolaucothi	Llanmadoc Hill	Merthyr Mawr	BEST 4
1	**Sole Mates - T**	**98**	0	**98**	**99**	**100**	88	395
2	**Niall Reynolds - MV**	0	0	**94**	**94**	**99**	**96**	383
3	Anthony Raven - MV	**91**	0	0	**91**	**97**	**89**	368
4	**Sarah Jenkins - FV**	0	0	**86**	**89**	**95**	86	356
5	**Freddie Lake - M**	0	0	**100**	**100**	0	**100**	300
6	**Robin Irwin - JM**	**100**	0	**99**	**98**	0	0	297
7	Kerina Lake - FV	**97**	0	**95**	0	**98**	0	290
8	Sam Healy - FV	**93**	0	**96**	0	0	**97**	286
9	Bethan Irwin - FV	**96**	0	**93**	**96**	0	0	285
10	Adrian Lewis - MV	0	0	0	0	**96**	**93**	189
11	Margaret Reynolds - FV	0	0	**92**	**93**	0	0	185
12	Bob Gwynett-Davies - MV	**90**	0	**91**	0	0	0	181
13	Megan Symons - F	**92**	0	**87**	0	0	0	179
14	Sally Ross - FV	0	0	0	**90**	0	**87**	177
= 15	Tom Smith - M	**99**	0	0	0	0	0	99
= 15	Will Arnold - M	0	0	0	0	0	**99**	99
17	Cris Arnold- VM	0	0	0	0	0	**98**	98
= 18	William Lake - M	0	0	**97**	0	0	0	97
= 18	Mark Saunders - MV	0	0	0	**97**	0	0	97
= 20	Alice Bedwell - FV	0	0	0	**95**	0	0	95
= 20	Florence Hughes - F	**95**	0	0	0	0	0	95
= 20	Andrew Raven- M	0	0	0	0	0	**95**	95
= 23	Sasha Habgood - FV	**94**	0	0	0	0	0	94
= 23	Steve Kirk - MV	0	0	0	0	0	**94**	94
= 25	Kate O'Sullivan - FV	0	0	0	**92**	0	0	92
= 25	James Hatton - M	0	0	0	0	0	**92**	92
27	Charlie Penny - M	0	0	0	0	0	**91**	91
= 28	Charles Perkins & Samuel Chandler - T	0	0	**90**	0	0	0	90
= 28	Sally Scourfield - F	0	0	0	0	0	**90**	90
= 30	Collette Roberts & Kath Mattingly - T	**89**	0	0	0	0	0	89
= 30	Peter Lake - MV	0	0	**89**	0	0	0	89
= 32	Andrew Hughes - MV	88	0	0	0	0	0	88
= 32	Emily Kellay & Serena Thackar - T	0	0	**88**	0	0	0	88
34	Paul Crutcher - MV	**87**	0	0	0	0	0	87
35	Jenifer Green - FV	**86**	0	0	***0***	0	0	86
36	Julie James - FV	0	0	**85**	0	0	0	85
37	Edward Parsons - MSV	0	0	*0*	0	0	0	0

Prize Categories - Must have completed at least 3 events to qualify

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
5	**Anthony Payne - MV**	0	0	**100**	**100**	**100**	**99**	399
1	Philip Jenkins - MV	**98**	0	**99**	**97**	**98**	97	392
2	**Sam Payne & Jenni Nellist - SJT**	**97**	0	**95**	**96**	**96**	95	384
3	James Morris & Francine Chourout-Morris - SJT	**96**	0	**97**	**95**	**95**	94	383
4	Lucie & Andrew Morris - SJT	**93**	0	**96**	**94**	91	**93**	376
5	**Edward Parsons - MSV**	**92**	0	0	0	**94**	**89**	275
6	Peter O'Kane - MV	**100**	0	0	0	0	**98**	198
7	Gary Waters - MSV	0	0	0	**99**	**97**	0	196
8	Janice Parsons - FSV	**91**	0	0	0	0	**88**	179
9	Jess Ward - F	0	0	0	0	0	**100**	100
= 10	Roger Stein - MSV	**99**	0	0	0	0	0	99
= 10	James & Alexandra Hatton - T	0	0	0	0	**99**	0	99
= 12	Sally Ross - FV	0	0	**98**	0	0	0	98
= 12	Mike Kay - MSV	0	0	0	**98**	0	0	98
14	Gwynon Williams - F	0	0	0	0	0	**96**	96
15	Diana McClure - FSV	**95**	0	0	0	0	0	95
16	Dave Bird - MSV	**94**	0	0	0	0	0	94
17	Naomi & Seb Prady - SJT	0	0	0	0	**93**	0	93
= 18	Robert & William Prady - SJT	0	0	0	0	**92**	0	92
= 18	Helen Parkinson - FV	0	0	0	0	0	**92**	92
20	Christopher Bowen - MV	0	0	0	0	0	**91**	91
21	Jenny Green - FV	0	0	0	0	0	**90**	90
22	Chris Burgues - MSV	0	0	0	0	0	**87**	87
23	Ellis & Rachel Cooper - SJT	0	0	0	0	0	**86**	86
24	Margaret Reynolds - FV	0	0	0	0	0	0	0

Prize Categories - Must have completed at least 3 events to qualify

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	**100**	0	300
2	Pascoe Beaman-Tucker & Gareth Tucker - SJT	**99**	0	0	0	**99**	0	198
3								0
4								0
5								0

Prize Categories - Must have completed at least 3 events to qualify

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