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**	0	395
2	Robin Irwin - JM	**100**	0	**99**	**98**	0	0	297
3	Kerina Lake - FV	**97**	0	**95**	0	**98**	0	290
4	Niall Reynolds - MV	0	0	**94**	**94**	**99**	0	287
5	Bethan Irwin - FV	**96**	0	**93**	**96**	0	0	285
6	Anthony Raven - MV	**91**	0	0	**91**	**97**	0	279
7	Sarah Jenkins - FV	0	0	**86**	**89**	**95**	0	270
8	Freddie Lake - M	0	0	**100**	**100**	0	0	200
9	Sam Healy - FV	**93**	0	**96**	0	0	0	189
10	Margaret Reynolds - FV	0	0	**92**	**93**	0	0	185
11	Bob Gwynett-Davies - MV	**90**	0	**91**	0	0	0	181
12	Megan Symons - F	**92**	0	**87**	0	0	0	179
13	Tom Smith - M	99	0	0	0	0	0	99
= 14	William Lake - M	0	0	**97**	0	0	0	97
= 14	Mark Saunders - MV	0	0	0	**97**	0	0	97
16	Adrian Lewis - MV	0	0	0	0	**96**	0	96
= 17	Alice Bedwell - FV	0	0	0	**95**	0	0	95
= 17	Florence Hughes - F	**95**	0	0	0	0	0	95
19	Sasha Habgood - FV	**94**	0	0	0	0	0	94
20	Kate O'Sullivan - FV	0	0	0	**92**	0	0	92
= 21	Sally Ross - FV	0	0	0	**90**	0	0	90
= 21	Charles Perkins & Samuel Chandler - T	0	0	**90**	0	0	0	90
= 23	Collette Roberts & Kath Mattingly - VT	89	0	0	0	0	0	89
= 23	Peter Lake - MV	0	0	**89**	0	0	0	89
= 25	Andrew Hughes - MV	88	0	0	0	0	0	88
= 25	Emily Kellay & Serena Thackar	0	0	**88**	0	0	0	88
27	Paul Crutcher - MV	**87**	0	0	0	0	0	87
28	Jenifer Green - FV	**86**	0	0	***0***	0	0	86
29	Julie James - FV	0	0	**85**	0	0	0	85
30	Edward Parsons - MSV	0	0	*0*	0	0	0	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**	**98**	0	392
2	Sam Payne & Jenni Nellist - SJT	**97**	0	**95**	**96**	**96**	0	384
3	James Morris & Francine Chourout-Morris - SJT	**96**	0	**97**	**95**	**95**	0	383
4	Lucie & Andrew Morris - SJT	**93**	0	**96**	**94**	**91**	0	374
5	Anthony Payne - MV	0	0	**100**	**100**	**100**	0	300
6	Gary Waters - MSV	0	0	0	**99**	**97**	0	196
7	Edward Parsons - MSV	**92**	0	0	0	**94**	0	186
8	Peter O'Kane - MV	**100**	0	0	0	0	0	100
= 9	Roger Stein - MSV	**99**	0	0	0	0	0	99
= 9	James & Alexandra Hatton - T	0	0	0	0	**99**	0	99
= 11	Sally Ross - FV	0	0	**98**	0	0	0	98
= 11	Mike Kay - MSV	0	0	0	**98**	0	0	98
13	Diana McClure - FSV	**95**	0	0	0	0	0	95
14	Dave Bird - MSV	**94**	0	0	0	0	0	94
15	Naomi & Seb Prady - SJT	0	0	0	0	**93**	0	93
16	Robert & William Prady - SJT	0	0	0	0	**92**	0	92
17	Janice Hughes - FSV	**91**	0	0	0	0	0	91
18	Margaret Reynolds	0	0	0	0	***0***	0	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	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

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