10km

POS	NAME	Cefn Bryn	Afan Argoed	Three Cliffs	Glasfynydd	Llanmadoc Hill	Cwm y Rhaeadr	BEST 4
1	Robin Irwin - JM	100	0	99	0	0	0	199
3	Sole Mates - T	98	0	98	0	0	0	196
4	Kerina Lake - FV	97	0	95	0	0	0	192
5	Bethan Irwin - FV	96	0	93	0	0	0	189
8	Sam Healy - FV	93	0	96	0	0	0	189
11	Bob Gwynett-Davies - MV	90	0	91	0	0	0	181
9	Megan Symons - F	92	0	87	0	0	0	179
16	Freddie Lake - M	0	0	100	0	0	0	100
2	Tom Smith - M	99	0	0	0	0	0	99
17	William Lake - M	0	0	97	0	0	0	97
6	Florence Hughes - F	95	0	0	0	0	0	95
7	Sasha Habgood - FV	94	0	0	0	0	0	94
18	Niall Reynolds - MV	0	0	94	0	0	0	94
19	Margaret Reynolds - FV	0	0	92	0	0	0	92
10	Anthony Raven - MV	91	0	0	0	0	0	91
20	Charles Perkins & Samuel Chandler - T	0	0	90	0	0	0	90
12	Collette Roberts & Kath Mattingly - VT	89	0	0	0	0	0	89
21	Peter Lake - MV	0	0	89	0	0	0	89
13	Andrew Hughes - MV	88	0	0	0	0	0	88
22	Emily Kellay & Serena Thackar	0	0	88	0	0	0	88
14	Paul Crutcher - MV	87	0	0	0	0	0	87
15	Jenifer Green - FV	86	0	0	0	0	0	86
23	Sarah Jenkins - FV	0	0	86	0	0	0	86
24	Julie James - FV	0	0	85	0	0	0	85
25	Edward Parsons - MSV	0	0	*0*	0	0	0	0
26								0
27								0
28								0
29								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	Glasfynydd	Llanmadoc Hill	Cwm y Rhaeadr	Best 4
3	Philip Jenkins - MV	98	0	99	0	0	0	197
5	James Morris & Francine Chourout-Morris - SJT	96	0	97	0	0	0	193
4	Sam Payne & Jenni Nellist - SJT	97	0	95	0	0	0	192
8	Lucie & Andrew Morris - SJT	93	0	96	0	0	0	189
1	Peter O'Kane - MV	100	0	0	0	0	0	100
12	Anthony Payne	0	0	100	0	0	0	100
2	Roger Stein - MSV	99	0	0	0	0	0	99
11	Sally Ross - FV	0	0	98	0	0	0	98
6	Diana McClure - FSV	95	0	0	0	0	0	95
7	Dave Bird - MSV	94	0	0	0	0	0	94
9	Edward Parsons - MSV	92	0	0	0	0	0	92
10	Janice Hughes - FSV	91	0	0	0	0	0	91
13								0
14								0
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	Glasfynydd	Llanmadoc Hill	Cwm y Rhaeadr	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