

## **Provisional Result of the Senior Men Team Competition.**

(4 competitors per team. Based on cumulative time.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative Time</b>
<b>1 : Cardiff AAC (SM)</b>	<b>14</b>			<b>00:58:14</b>
		KALLENBERG, Michael	00:15:03	00:15:03
		HAINS, Alex	00:14:12	00:29:15
		JONES, Carwyn	00:14:08	00:43:23
		MOSS, Chris	00:14:51	00:58:14
<b>2 : Neath Harriers (SM)</b>	<b>17</b>			<b>01:03:48</b>
		HARVEY, M	00:16:08	00:16:08
		WILLIAMS, C	00:15:13	00:31:21
		OLEARY, M	00:16:20	00:47:41
		TALBOT, P	00:16:07	01:03:48
<b>3 : Les Croupiers (SM)</b>	<b>13</b>			<b>01:04:41</b>
		PATTERSON, Steve	00:15:23	00:15:23
		SAGE, Rob	00:16:10	00:31:33
		DONOVAN, Ed	00:16:33	00:48:06
		HURFORD, Matt	00:16:35	01:04:41
<b>4 : San Domenico (SM) A</b>	<b>5</b>			<b>01:06:11</b>
		GREEN, Gareth	00:15:52	00:15:52
		THOMAS, Gareth	00:16:50	00:32:42
		WILLIAMS, Oliver	00:17:38	00:50:20
		SHIELDS, Stephen	00:15:51	01:06:11
<b>5 : Cardiff Triathletes (SM) A</b>	<b>1</b>			<b>01:07:28</b>
		A	00:16:06	00:16:06
		B	00:15:53	00:31:59
		C	00:18:10	00:50:09
		D	00:17:19	01:07:28
<b>6 : Porthcawl Runners Life (SM)</b>	<b>9</b>			<b>01:08:08</b>
		EDWARDS, Will	00:16:11	00:16:11
		DAVIS, Tom	00:17:31	00:33:42
		JONES, Terry	00:18:45	00:52:27
		LEWIS, Geraint	00:15:41	01:08:08
<b>7 : Brackla Harriers (SM)</b>	<b>22</b>			<b>01:08:13</b>
		A	00:16:35	00:16:35
		B	00:17:06	00:33:41
		C	00:16:39	00:50:20
		D	00:17:53	01:08:13
<b>8 : Cardiff Triathletes (SM) B</b>	<b>2</b>			<b>01:10:20</b>
		A	00:17:05	00:17:05
		B	00:17:26	00:34:31
		C	00:18:02	00:52:33
		D	00:17:47	01:10:20

<b>9</b>	<b>: Bridgend (SM)</b>	<b>21</b>			<b>01:10:29</b>
			A	00:16:25	00:16:25
			B	00:18:40	00:35:05
			C	00:18:41	00:53:46
			D	00:16:43	01:10:29
<b>10</b>	<b>: Cardiff Triathletes (SM) C</b>	<b>3</b>			<b>01:12:13</b>
			A	00:17:04	00:17:04
			B	00:18:26	00:35:30
			C	00:18:54	00:54:24
			D	00:17:49	01:12:13
<b>11</b>	<b>: San Domenico (SM) B</b>	<b>6</b>			<b>01:12:25</b>
			LOVETT, Brian	00:18:10	00:18:10
			SANSOM, Glyn	00:18:21	00:36:31
			RICHMOND, Mark	00:18:08	00:54:39
			DAWES, Paul	00:17:46	01:12:25
<b>12</b>	<b>: San Domenico (SM) C</b>	<b>7</b>			<b>01:14:37</b>
			MAWSON, Guy	00:18:36	00:18:36
			DELANEY, Jim	00:19:08	00:37:44
			LAM, Johnny	00:18:35	00:56:19
			PEARSON, Tom	00:18:18	01:14:37
<b>13</b>	<b>: Pontypridd Roadents (SM) C</b>	<b>20</b>			<b>01:15:37</b>
			A	00:19:17	00:19:17
			B	00:17:56	00:37:13
			C	00:18:55	00:56:08
			D	00:19:29	01:15:37
<b>14</b>	<b>: Pontypridd Roadents (SM) B</b>	<b>19</b>			<b>01:20:52</b>
			A	00:20:28	00:20:28
			B	00:20:10	00:40:38
			C	00:19:20	00:59:58
			D	00:20:54	01:20:52
<b>15</b>	<b>: Village Vipers (SM) A</b>	<b>10</b>			<b>01:22:49</b>
			A	00:21:18	00:21:18
			B	00:20:18	00:41:36
			C	00:21:23	01:02:59
			D	00:19:50	01:22:49
<b>16</b>	<b>: Pegasus RC (SM) A</b>	<b>15</b>			<b>01:22:58</b>
			CHARLES, Paul	00:21:16	00:21:16
			DAVIES, Julian	00:21:22	00:42:38
			MEARS, Phil	00:21:36	01:04:14
			JONES, Ricky	00:18:44	01:22:58
<b>17</b>	<b>: Village Vipers (SM) B</b>	<b>11</b>			<b>01:26:50</b>
			A	00:20:00	00:20:00
			B	00:21:01	00:41:01

		C	00:23:34	01:04:35
		D	00:22:15	01:26:50
<b>18</b>	<b>: Pontypridd Roadents (SM) A</b>	<b>18</b>		<b>01:27:57</b>
		A	00:23:23	00:23:23
		B	00:20:32	00:43:55
		C	00:20:29	01:04:24
		D	00:23:33	01:27:57
<b>19</b>	<b>: Village Vipers (SM) C</b>	<b>12</b>		<b>01:29:43</b>
		A	00:21:48	00:21:48
		B	00:24:01	00:45:49
		C	00:22:11	01:08:00
		D	00:21:43	01:29:43
	<b>: San Domenico (SM) D</b>	<b>8</b>		<b>01:23:07</b>
	<i>*Dominic Shields ran twice*</i>			
		A	00:19:15	00:19:15
		B	00:20:13	00:39:28
		C	00:22:29	01:01:57
		D	00:21:10	01:23:07
	<b>: Cardiff Triathletes (SM) D</b>	<b>4</b>		
		A	00:19:29	00:19:29
		B	00:23:37	00:43:06
		C	00:18:53	01:01:59
		D	<i>*No Time recorded for 4th runner*</i>	
	<b>: Pegasus RC (SM) B</b>	<b>16</b>		
		KEATS, Mark	00:24:12	00:24:12
		GORE, Tony	00:24:54	00:49:06
		BURFORD, Larry	00:18:07	01:07:13
		D	<i>*No Time recorded for 4th runner*</i>	

## **Provisional Result of the Vet Men team competition.**

(4 competitors per team. Based on cumulative time.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative</b>
<b>1 : Les Croupiers (VM) A</b>	<b>24</b>			<b>01:02:00</b>
		EDWARDS, Jerome	00:15:29	00:15:29
		DUKES, Nick	00:15:47	00:31:16
		COBBOLD, Christian	00:15:06	00:46:22
		BAKER, Julian	00:15:38	01:02:00
<b>2 : Pontypridd Roadents (VM)</b>	<b>37</b>			<b>01:06:52</b>
		SCANLON, J	00:17:01	00:17:01
		BAKER, A	00:17:23	00:34:24
		FROST, N	00:16:03	00:50:27
		COLES, P	00:16:25	01:06:52
<b>3 : Les Croupiers (VM) B</b>	<b>25</b>			<b>01:09:33</b>
		O'SHEA, John	00:17:45	00:17:45
		SELF, Richard	00:17:15	00:35:00
		JONES, Richard	00:17:43	00:52:43
		COOK, Phil	00:16:50	01:09:33
<b>4 : Neath Harriers (VM) A</b>	<b>33</b>			<b>01:10:14</b>
		LEWIS, K	00:19:37	00:19:37
		EVANS, S	00:16:36	00:36:13
		CRANE, P	00:17:04	00:53:17
		POWELL, A	00:16:57	01:10:14
<b>5 : Les Croupiers (VM) C</b>	<b>26</b>			<b>01:17:07</b>
		PROUD, Dave	00:18:14	00:18:14
		CONNOR, Shaun	00:20:35	00:38:49
		WILLIAMS, David	00:19:19	00:58:08
		BRUCE, James	00:18:59	01:17:07
<b>6 : Neath Harriers (VM) B</b>	<b>34</b>			<b>01:19:25</b>
		GITTINGS, G	00:19:44	00:19:44
		BROOM, S	00:20:56	00:40:40
		PARTRIDGE, S	00:19:42	01:00:22
		POWELL, K	00:19:03	01:19:25
<b>7 : Les Croupiers (VM) D</b>	<b>27</b>			<b>01:21:24</b>
		MANN, Alan	00:20:52	00:20:52
		REES, Gareth	00:20:58	00:41:50
		MAGEE, John	00:19:22	01:01:12
		PLAIN, John	00:20:12	01:21:24
<b>8 : Les Croupiers (VM) E</b>	<b>28</b>			<b>01:24:06</b>
		QUINN, Steve	00:20:01	00:20:01
		SEDGMOND, Andrew	00:21:22	00:41:23
		McDONALD, David	00:22:42	01:04:05
		PORTELLI, Kellinu	00:20:01	01:24:06

<b>9</b>	<b>: Neath Harriers (VM) C</b>	<b>35</b>			<b>01:23:26</b>
			TATTERSALL, M	00:24:45	00:24:45
			REYNOLDS, A	00:16:25	00:41:10
			HAMES, S	00:21:16	01:02:26
			EVANS, M	00:21:00	01:23:26
<b>10</b>	<b>: Brackla Harriers (VM) C</b>	<b>31</b>			<b>01:25:18</b>
			A	00:21:59	00:21:59
			B	00:24:29	00:46:28
			C	00:20:02	01:06:30
			D	00:18:48	01:25:18
<b>11</b>	<b>: Brackla Harriers (VM) B</b>	<b>30</b>			<b>01:27:24</b>
			A	00:22:18	00:22:18
			B	00:23:15	00:45:33
			C	00:20:41	01:06:14
			D	00:21:10	01:27:24
<b>12</b>	<b>: Pegasus RC (VM)</b>	<b>32</b>			<b>01:37:32</b>
			CHAPMAN, John	00:23:33	00:23:33
			WILLIAMS, Deniol	00:26:17	00:49:50
			WEBB, Tim	00:25:27	01:15:17
			CARZANA, Tony	00:22:15	01:37:32

## **Provisional Result of the Senior Ladies team competition.**

(3 competitors per team. Based on cumulative time.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative</b>
<b>1 : San Domenico (SL) A</b>	<b>46</b>			<b>00:54:05</b>
		HEALEY, Angela	00:18:38	00:18:38
		BARRETT, Ruth	00:17:39	00:36:17
		WILDER, Sally	00:17:48	00:54:05
<b>2 : Les Croupiers (SL)</b>	<b>50</b>			<b>00:55:50</b>
		BEECHER, Katie	00:18:12	00:18:12
		DANDO, Mel	00:18:30	00:36:42
		BEATTY, Claire	00:19:08	00:55:50
<b>3 : Cardiff Triathletes (SL) A</b>	<b>51</b>			<b>00:56:12</b>
		A	00:19:54	00:19:54
		B	00:18:54	00:38:48
		C	00:17:24	00:56:12
<b>4 : Bridgend (SL)</b>	<b>53</b>			<b>01:00:13</b>
		A	00:19:43	00:19:43
		B	00:20:05	00:39:48
		C	00:20:25	01:00:13
<b>5 : Pontypridd Roadents (SL) B</b>	<b>49</b>			<b>01:02:55</b>
		A	00:22:43	00:22:43
		B	00:21:34	00:44:17
		C	00:18:38	01:02:55
<b>6 : Cardiff Triathletes (SL) B</b>	<b>52</b>			<b>01:05:52</b>
		A	00:21:16	00:21:16
		B	00:22:19	00:43:35
		C	00:22:17	01:05:52
<b>7 : Village Vipers (SL) A</b>	<b>42</b>			<b>01:07:42</b>
		A	00:21:56	00:21:56
		B	00:22:58	00:44:54
		C	00:22:48	01:07:42
<b>8 : San Domenico (SL) B</b>	<b>47</b>			<b>01:12:24</b>
		WILKINSON, Bernedette	00:24:09	00:24:09
		BIDDLECOMBE, Clare	00:27:33	00:51:42
		OWEN, Wendy	00:20:42	01:12:24
<b>9 : Village Vipers (SL) B</b>	<b>43</b>			<b>01:14:01</b>
		A	00:24:55	00:24:55
		B	00:25:31	00:50:26
		C	00:23:35	01:14:01
<b>10 : Village Vipers (SL) C</b>	<b>44</b>			<b>01:15:00</b>
		A	00:24:14	00:24:14
		B	00:23:16	00:47:30

		C	00:27:30	01:15:00
<b>11 : Village Vipers (SL) D</b>	<b>45</b>			<b>01:17:02</b>
		A	00:24:19	00:24:19
		B	00:24:31	00:48:50
		C	00:28:12	01:17:02
<b>12 : Pontypridd Roadents (SL) A</b>	<b>48</b>			<b>01:18:32</b>
		A	00:26:29	00:26:29
		B	00:24:16	00:50:45
		C	00:27:47	01:18:32

## **Provisional Result of the Vet Ladies team competition.**

(3 competitors per team. Based on cumulative time.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative</b>
<b>1 : Pontypridd Roadents (VL) B</b>	<b>59</b>			<b>01:02:06</b>
		A	00:20:35	00:20:35
		B	00:19:25	00:40:00
		C	00:22:06	01:02:06
<b>2 : Les Croupiers (VL) C</b>	<b>66</b>			<b>01:07:00</b>
		McLOUGHLIN, Sarah	00:22:07	00:22:07
		RHYS, Jill	00:22:41	00:44:48
		McCUE, Gillian	00:22:12	01:07:00
<b>3 : Brackla Harriers (VL) A</b>	<b>55</b>			<b>01:07:38</b>
		A	00:20:33	00:20:33
		B	00:23:11	00:43:44
		C	00:23:54	01:07:38
<b>5 : Brackla Harriers (VL) B</b>	<b>56</b>			<b>01:08:49</b>
		A	00:22:53	00:22:53
		B	00:24:34	00:47:27
		C	00:21:22	01:08:49
<b>6 : Women Running Penarth (VL) C</b>	<b>62</b>			<b>01:10:39</b>
		BUSHELL, Lesley Ann	00:22:21	00:22:21
		SMITH, Ruth	00:26:12	00:48:33
		SMITHSON, Hayley	00:22:06	01:10:39
<b>7 : Les Croupiers (VL) D</b>	<b>67</b>			<b>01:14:45</b>
		POOLE, Nicola	00:22:56	00:22:56
		EDWARDS, Glenda	00:23:37	00:46:33
		FAGAN, Nicola	00:28:12	01:14:45
<b>8 : Women Running Penarth (VL) A</b>	<b>60</b>			<b>01:17:24</b>
		SULLIVAN, Lynne	00:27:23	00:27:23
		NELLINS, Kay	00:26:10	00:53:33
		FENNER, Jane	00:23:51	01:17:24
<b>9 : Women Running Penarth (VL) B</b>	<b>61</b>			<b>01:19:21</b>
		ELLIS, Lynne	00:26:50	00:26:50
		JONES, Jane	00:25:45	00:52:35
		BRADSHAW, Jackie	00:26:46	01:19:21
<b>10 : Les Croupiers (VL) E</b>	<b>68</b>			<b>01:20:01</b>
		COWAY, Annie	00:26:51	00:26:51
		JOHNSON, Clare	00:27:11	00:54:02
		C	00:25:59	01:20:01
<b>11 : Women Running Penarth (VL) D</b>	<b>63</b>			<b>01:23:20</b>
		HOLDER, Wendy	00:26:47	00:26:47
		BALDRY, Sue	00:27:05	00:53:52

	BRODRICK, Louise	00:29:28	01:23:20
<b>: Les Croupiers (VL) A</b>	<i>*Fielded an ineligible runner*</i>	<b>64</b>	<b>01:01:24</b>
	TAILBY, Cath	00:20:32	00:20:32
	BECKER, Julia	00:20:52	00:41:24
	KIRWAN, Liz	00:20:00	01:01:24
<b>: Les Croupiers (VL) B</b>	<i>*Fielded an ineligible runner*</i>	<b>65</b>	<b>01:04:18</b>
	SCHOLEY, Julie	00:21:11	00:21:11
	RHYS, Angharad	00:21:00	00:42:11
	HALL, Jan	00:22:07	01:04:18
<b>: Pontypridd Roadents (VL) A</b>		<b>58</b>	<b>01:08:06</b>
	<i>*Fielded a mixed team*</i>		
	A	00:22:59	00:22:59
	B	00:22:45	00:45:44
	C	00:22:22	01:08:06

## **Provisional Result of the Non running club - Men team competition.**

(3 competitors per team. Based on cumulative time.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative</b>
<b>1 : Tri &amp; Run Club</b>	<b>77</b>			<b>00:47:43</b>
		A	00:16:24	00:16:24
		B	00:15:35	00:31:59
		C	00:15:44	00:47:43
<b>2 : Leen &amp; Mean</b>	<b>75</b>			<b>01:03:39</b>
		CORR, Richard	00:20:52	00:20:52
		LEEN, Adrian	00:22:52	00:43:44
		LEWIS, Craig	00:19:55	01:03:39
<b>3 : Downshift</b>	<b>74</b>			<b>01:04:49</b>
		BAXTER, Geoff	00:20:31	00:20:31
		MAHONEY, Matthew	00:23:08	00:43:39
		EDWARDS, Mark	00:21:10	01:04:49
<b>4 : The Pig Society</b>	<b>73</b>			<b>01:05:03</b>
		KEEPING, Stuart	00:19:20	00:19:20
		WARBURTON, Ian	00:23:15	00:42:35
		CURRY, Mike	00:22:28	01:05:03
<b>5 : Running FTW</b>	<b>72</b>			<b>01:09:10</b>
		SEAL, Chris	00:21:09	00:21:09
		HARPER, Glen	00:27:18	00:48:27
		WHITTINGHAM, Lewis	00:20:43	01:09:10
<b>6 : Three guys, one cup</b>	<b>76</b>			<b>01:13:45</b>
		MARAGAKIS, Michael	00:24:09	00:24:09
		CHANDLER, Chris	00:24:15	00:48:24
		COURTNEY, Sam	00:25:21	01:13:45
<b>7 : Mantrich</b>	<b>71</b>			<b>01:17:14</b>
		PEARSON, Richard	00:23:37	00:23:37
		POPE, Antony	00:28:01	00:51:38
		PEARSON, Mattew	00:25:36	01:17:14

**Provisional Result of the Non running club - ladies team competition.**

(3 competitors per team. Based on cumulative position.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative</b>
<b>1 : Pant Stridders</b>	<b>81</b>			<b>00:57:54</b>
		A	00:19:04	00:19:04
		B	00:20:39	00:39:43
		C	00:18:11	00:57:54
<b>2 : The Sisters</b>	<b>82</b>			<b>01:15:45</b>
		CHANDLER, Sian	00:21:12	00:21:12
		COURTNEY, Amber	00:24:18	00:45:30
		ORGILL, Lucy	00:30:15	01:15:45

## **Provisional Result of the Non running club mixed team competition.**

(3 competitors per team. Based on cumulative time.)

<b>Team</b>	<b>Team Nos</b>	<b>Name</b>	<b>Leg Time</b>	<b>Cumulative</b>
<b>1 : The Lemon Party</b>	<b>88</b>			<b>00:57:28</b>
		DONNELLY, Nathan	00:18:22	00:18:22
		KAREN TAYLOR	00:19:45	00:38:07
		C	00:19:21	00:57:28
<b>2 : Two Thorns</b>	<b>85</b>			<b>01:02:53</b>
		LAUFMAN, Daniel	00:19:48	00:19:48
		DEBBIE	00:21:58	00:41:46
		SILVER, Roy	00:21:07	01:02:53
<b>3 : The Sluggish Snails</b>	<b>87</b>			<b>01:08:10</b>
		WARBURTON, Bev	00:22:27	00:22:27
		GALE, Trish	00:25:01	00:47:28
		BRADLEY, John	00:20:42	01:08:10
<b>4 : Leg Mayonnaise</b>	<b>89</b>			<b>01:08:29</b>
		HAINS, Stephen	00:18:30	00:18:30
		LYONS, Domonique	00:26:08	00:44:38
		SUMNER, David	00:23:51	01:08:29
<b>5 : Missfire</b>	<b>86</b>			<b>01:10:00</b>
		JAMES, Ian	00:22:44	00:22:44
		THOMAS, Lindsay	00:20:01	00:42:45
		BURN, Pete	00:27:15	01:10:00