



2019 Series winners Male & Female

Senior Men	Club
1 st Luke Williams	San Domenico RC
2 nd Ben Butler-Madden	Penarth & Dinas Runners
3 rd Simon Lewis (M40)	Pontypridd Roadents AC
M40	Club
1 st Mark Horsman	Pontypridd Roadents AC
M45	Club
1 st Richard Baker	Les Croupiers RC
M50	Club
1 st Andrew Blair	Les Croupiers RC
M55	Club
1 st David E Williams	Les Croupiers RC
M60	Club
1 st David James	Les Croupiers RC
MU/20	Club
1 st Alex Jackson	Cardiff AC
Senior Women	Club
1 st Lauren Cooper	Parc Bryn Bach RC
2 nd Gemma Seaman	Swansea Harriers
3 rd Katie Beecher (W40)	Les Croupiers RC
W35	Club
1 st Rachel Higginson	Les Croupiers RC
W40	Club
1 st Catherine Barker	Penarth & Dinas Runners
W45	Club
1 st Carole Goddard	UA
W50	Club
1 st Kay Chapman	Cardiff AC
W55	Club
1 st Sally Groves	Pegasus
WU/20	Club
1 st Mia Goddard	Cardiff AC