

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
144	Matthew Verran	Swansea Harriers	SM	297	290	280	867
34	Jai Tsim	Pontypridd Roadents AC	SM	261	244	231	736
127	Joseph Turner	Penarth & Dinas Runners	SM	233	176	182	591
3	Arren Roach	CDF Runners	SM	167	141	129	437

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
169	Olivia Tsim	Pontypridd Roadents	SW	282	283	270	835
152	Kate Roberts	Swansea Harriers	SW	277	268	266	811
135	Amy Griffiths	Les Croupiers	SW	254	241	222	717
62	Laura Worrall	Ogmore Phoenix Runners	SW	154	125	108	387

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
107	Ben Butler-Madden	Pontypridd Roadents AC	M35	290	289	279	858
5	Neil Reynolds	San Domenico	M35	279	251	251	781
21	Niki Puleio	Ogmore Phoenix Runners	M35	272	264	240	776
20	Rob Borley	San Dominico RC	M35	253	252	239	744
44	Brian Dias	Cardiff athletics	M35	240	197	191	628
41	Marc Adams	UA	M35	199	169	155	523
170	Gareth Davies	Penarth & Dinas RC	M35	197	161	148	506
72	Nigel Hammersley	Pegasus Running Club	M35	173	132	117	422

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
35	Julie Chamberlain	Cardiff Athletics	W35	243	214	197	654
30	Leigh James	Bridgend AC	W35	238	219	196	653
84	Dawn Hopkins	Ogmore Phoenix Runners	W35	160	135	114	409

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
112	Richard Wilder	San Domenico	M45	268	254	236	758
50	Gareth Richards	Ogmore Phoenix runners	M45	263	243	230	736
28	Aled Hughes	Ogmore Phoenix	M45	251	247	187	685
133	Steven Barker	Penarth and Dinas Runners	M45	226	191	167	584
81	Paul Chapman	Les Croupiers RC	M45	215	184	162	561
48	Phill Iveson	Ogmore Phoenix Runners	M45	196	170	159	525

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
155	Nicola Jukes	Parc Bryn Bach RC	W45	241	217	200	658
116	Catherine Barker	Penarth and Dinas Runners	W45	235	199	192	626
164	Carole Goddard	Les Croupiers	W45	212	194	174	580
105	Ruth Sutton	Pontypridd Roadents AC	W45	213	185	170	568
64	Sarah Lyle	Pegasus Running Club	W45	186	162	147	495

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
131	Andrew Blair	Les Croupiers	M55	270	257	245	772
94	Philip Hodge	Les Croupiers RC	M55	250	238	203	691
55	Jeffrey Cox	Les Croupiers Running Club	M55	242	231	214	687
74	David.E Williams	Les Croupiers Running Club	M55	209	186	178	573
59	Colin Crooks	Pegasus RC	M55	166	139	116	421
63	Mark Worrall	Ogmore Phoenix Runners	M55	153	126	107	386

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
77	Kay Chapman	Les Croupiers	W55	228	190	175	593
121	Debbie Rees	Penarth & Dinas Runners	W55	175	140	127	442
125	Eve Gallop Evans	Les Croupiers	W55	171	142	125	438



R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
123	Lucas Salvage	Llisbury Runners	MU20	260	249	258	767
87	Vaughn Hughes	Newport Harriers AC	MU20	257	250	242	749
27	Alfie Osborne	Cardiff Athletics	MU20	259	245	207	711
49	Rhydian Lloyd-Francis	Bridgend AC	MU20	249	236	217	702

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
46	Katy Griffiths	Bridgend AC	WU20	203	195	188	586
42	Allie Adams	Rhondda Athletics Club	WU20	200	172	156	528