

# 15<sup>th</sup> WELSH INTER REGIONAL CROSS COUNTRY CHAMPIONSHIPS 2013

Provisional results      Held at Royal Welsh Showground, Builth Wells on Saturday, December 14<sup>th</sup> –(14/12/13)

## Master Women – 5100metres

1	IR35-1	MW35-1	31	172	22:27	Claire Beatty	35South	Les Croupiers	IR35S & MW35
2	IR35-2	MW40-1	1	153	22:41	Satu Haikala	35East	Brecon AC	IR35E & MW40
3	IR35-3	MW40-2	2	192	23:06	Nicola Gething	35East	Parc Bryn Bach RC	IR35E & MW40
4	IR45-1	MW45-1	114	148	23:27	Melissa Watson	45West	TROT	IR45W & MW45
5	IR45-2	MW45-2	107	140	23:46	Celia White	45West	Pembrokeshire Harriers	IR45W & MW45
6		MM70-1	122	122	24:09	Gordon Orme	MM70	Carmarthen Harriers	MM70
7	IR35-4		25		24:26	Wendy Trimble	35North		IR35N
8	IR35-5		10		24:31	Vanessa Lawson	35East		IR35E
9	IR35-6		8		24:32	Judith Austerberry	35East		IR35E
10	IR45-3	MW45-3	97	177	24:41	Susan Watson	45South	Les Croupiers	IR45S & MW45
11	IR35-7		26		24:44	Naomi Cane	35North		IR35N
12	IR35-8	MW35-2	13	125	24:48	Joanne Rees	35East	Rhayader Running Club	IR35E & MW35
13	IR35-9		34		24:51	Joanne Tucker	35South		IR35S
14	IR35-10		32		24:55	Gina Hardman	35South		IR35S
15	IR35-11		35		24:57	Rachel Matthews	35South		IR35S
16	IR45-4	MW45-4	111	149	24:59	Catherine Bleasedale	45West	TROT	IR45W & MW45
17	IR45-5	MW45-5	70	157	25:28	Susan Tagg	45East	Parc Bryn Bach RC	IR45E & MW45
18	IR45-6	MW50-1	115	151	25:31	Sian Phillips	45West	Swansea Harriers	IR45W & MW50
19	IR45-7	MW50-2	113	147	25:32	Lindy Eynon	45West	TROT	IR45W & MW50
20	IR45-8		64		25:37	Celia Speake	45East		IR45E
21	IR35-12	MW40-3	14	136	25:43	Sandra Chipper	35East	Lliswerry Runners	IR35E & MW40
22	IR45-9	MW45-6	91	187	25:50	Andrea Hurman	45South	Penarth and Dinas Runners	IR45S & MW45
23	IR35-13		12		25:52	Emma Sowrey	35East		IR35E
24	IR35-14	MW40-4	4	133	25:53	Keri-Lyn Jones	35East	Lliswerry Runners	IR35E & MW40
25	MW55-1	MW55-1	137	137	25:55	Dawn Kenwright	MW55	Sarn Helen	MW55
26	IR35-15	MW35-3	46	124	26:18	Sian Bradshaw	35West	Carmarthen Harriers	IR35W & MW35
27	IR45-10	MW45-7	69	138	26:29	Jan Richards	45East	Lliswerry Runners	IR45E & MW45
28	IR35-16		9		26:37	Beckie Comins	35East		IR35E
29	MW50-1	MW50-3	139	139	26:38	Debbie Cockram	MW50	Fairwater Runners	MW50
30	IR45-11	MW50-4	95	179	26:42	Julie Scholey	45South	Les Croupiers	IR45S & MW50
31		MM70-2	142	142	26:54	John Gardener	MM70	Pembrokeshire Harriers	MM70
32	IR45-12		87		26:55	Margaret Ludden	45North		IR45N
33	IR45-13	MW45-8	67	161	26:57	Liz Richards	45East	Caerleon RC	IR45E & MW45
34		MM70-3	190	190	27:00	Barrie Roberts	MM70	Borneville Harriers	MM70
35	IR45-14	MW50-5	88	184	27:01	Jayne Penrhyn-Jones	45North	Prestatyn Running Club	IR45N & MW50
36	MW60-1	MW60-1	156	156	27:09	Jacqueline Miles	MW60	Parc Bryn Bach RC	MW60
37	MW65-1	MW65-1	163	163	27:13	Chris Birch	MW65	Abergele Harriers	MW65
38	IR35-17		6		27:14	Maria Richards	35East		IR35E
39	IR45-15		73		27:43	Teresa Tranter	45East		IR45E
40	IR45-16	MW60-2	93	181	27:54	Ann James	45South	Les Croupiers	IR45S & MW60
41	IR45-17	MW55-2	85	185	27:57	Gabby Waring	45North	Prestatyn Running Club	IR45N & MW55
42	IR45-18	MW55-3	98	189	28:18	Yvonne Williams	45South	Penarth and Dinas Runners	IR45S & MW55
43	IR45-19		74		28:38	Julie Lewis	45East		IR45E
44	IR45-20		61		28:52	Margrett Monk	45East		IR45E
45	IR45-21	MW55-4	112	145	29:18	Ann Rowell	45West	TROT	IR45W & MW55
46	IR45-22		108		29:32	Elen Page	45West		IR45W
47	IR35-18	MW40-5	7	135	29:44	Leanne Phillips	35East	Lliswerry Runners	IR35E & MW40
48	MM75-1	MM75-1	143	143	29:56	David Hughes	MM70	Prestatyn Running Club	MM75
49	IR35-19		5		30:12	Jackie Lambert	35East		IR35E
50	IR45-23		72		30:26	Sheila Adkins	45East		IR45E
51	IR35-20	MW40-6	15	134	30:30	Cara Gates	35East	Lliswerry Runners	IR35E & MW40
52	IR45-24		106		30:31	Louise Boorman	45West		IR45W
53	IR35-21	MW35-4	36	175	30:47	Sarah Thompson	35South	Les Croupiers	IR35S & MW35
54	IR45-25	MW45-9	68	129	31:26	Stephanie Warrick	45East	Rhayader Running Club	IR45E & MW45
55	IR45-26	MW60-3	94	182	31:44	Gill Murphy	45South	Les Croupiers	IR45S & MW60
56	IR45-27		71		32:01	Kath Jervis	45East		IR45E
57	IR45-28	MW45-10	92	188	32:58	Andrea Pace	45South	Penarth and Dinas Runners	IR45S & MW45
58	MM75-2	MM75-2	164	164	33:12	Syd Wheeler	MM70	Chepstow Harriers	MM75
59	IR45-29	MW55-5	75	130	34:27	Yvonne Forsey	45East	Lliswerry Runners	IR45E & MW55

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60	MW60-2	MW60-4	160	160	35:04	Gwyn Howells	MW60	Caerleon RC	MW60
61	MM75-3	MM75-3	171	171	35:23	Peter Norman	MM70	Wrexham AAC	MM75
62	IR45-30	MW65-2	117	146	36:46	Pauline Thomas	45West	TROT	IR45W & MW65

## Inter Regional Team

		13:15		Masters Women 35-44						
POS	5100m	1	2	3	4	5	Points	Finishers	Score	
1	East	2	3	8	9	12	34	13	15	
3	North	7	11			0		2	2	
2	South	1	13	14	15	21	64	5	14	
4	West	26				0		1	1	
		Masters Women 45+								
POS	5100m	1	2	3	4	5	Points	Finishers	Score	
2	East	17	20	27	33	39	136	11	14	
	North	32	35	41		0		3	3	
3	South	10	22	30	40	42	144	7	13	
1	West	4	5	16	18	19	62	8	15	

## Master Men – 8160 metres

1	IR40-1	MM40-1	51	185	32:22	Huw Evans	40West	Les Croupiers	IR40W & MM40
2	IR40-2	MM40-2	16	206	32:56	Lee Jones	40North	Deeside AAC	IR40N & MM40
3	IR40-3	MM40-3	17	132	33:01	Andrew Walling	40North	Menai Track & Field	IR40N & MM40
4	IR40-4	MM45-1	2	142	33:14	Mike Pfeiffer	40East	Brecon AC	IR40E & MM45
5	IR40-5	MM40-4	48	138	33:18	Eamonn Kirk	40West	Swansea Harriers	IR40W & MM40
6	IR40-6	MM40-5	18	150	33:48	Jez Brown	40North	Buckley Runners	IR40N & MM40
7	IR40-7		9		33:54	Stefan Simms	40East		IR40E
8	IR50-1	MM50-1	106	140	34:15	Ifan Lloyd	50West	Swansea Harriers	IR50W & MM50
9	IR50-2	MM50-2	92	152	34:49	Peter Coles	50South	Pontypridd Roadents AC	IR50S & MM50
10	IR40-8		22		34:58	John Ford	40North		IR40N
11	IR40-9		3		35:02	Richard Johnson	40East		IR40E
12	IR50-3	MM50-3	115	219	35:09	Thomas Guest	50West	Swansea Harriers	IR50W & MM50
13	IR50-4	MM50-4	108	161	35:30	Peter Osborne	50West	Llanelli AC	IR50W & MM50
14	IR50-5	MM50-5	62	143	35:39	Peter Sowerby	50East	Brecon AC	IR50E & MM50
15	IR50-6	MM50-6	95	163	35:50	Rob Hunt	50South	Bridgend AC	IR50S & MM50
16	IR40-10		8		35:52	Owen Flage	40East		IR40E
17	IR50-7	MM50-7	61	173	36:06	Peter Crane	50East	Neath Harriers	IR50E & MM50
18	IR40-11		23		36:19	Gary Norgrove	40North		IR40N
19	IR40-12		11		36:24	Mark Balch	40East		IR40E
20	IR40-13	MM40-6	26	217	36:32	Edward Davies	40North	Buckley Runners	IR40N & MM40
21	IR50-8	MM50-8	79	122	36:34	Richard Jones	50North	Shrewsbury AC	IR50N & MM50
22	IR40-14	MM40-7	49	176	36:35	Anthony Powell	40West	Neath Harriers	IR40W & MM40
23	MM55-1	MM55-1	215	215	36:39	Eryl Husband	MM55	Lancaster	MM55
24	IR40-15		13		36:45	Dafydd Lambert	40East		IR40E
25	IR40-16	MM45-2	7	147	36:47	Simon Lewis	40East	Parc Bryn Bach RC	IR40E & MM45
26	IR50-9		66		36:52	Adrian Woods	50East		IR50E
27	IR40-17		1		37:04	Paul Lidgett	40East		IR40E
28	IR40-18		10		37:06	Tim Hindle	40East		IR40E
29	IR50-10	MM55-2	109	139	37:14	Kneath Philippart	50West	Swansea Harriers	IR50W & MM55
30	IR50-11	MM55-3	76	209	37:20	Gordon Jones	50North	Prestatyn Running Club	IR50N & MM55
31	IR40-19	MM50-9	55	136	37:30	Martin Hughes-Dowdle	40West	Swansea Harriers	IR40W & MM50
32	IR50-12	MM60-1	67	124	37:51	Mike Warrick	50East	Rhayader Running Club	IR50E & MM60
33	IR40-20		6		38:09	Matthew Lawson	40East		IR40E
34	IR50-13	MM50-10	91	204	38:19	Glyn Sansom	50South	San Domenico Running Club	IR50S & MM50
35	IR50-14	MM60-2	96	199	38:23	Mike Murphy	50South	Les Croupiers	IR50S & MM60
36	MM40-1	MM40-8	208	208	38:55	Kevin Owen	MM40	Maldwyn Harriers	MM40
37	IR50-15		65		39:03	Haydn Hartnell	50East		IR50E
38	IR40-21		32		39:14	Adrian Lewis	40South		IR40S
39	IR50-16	MM50-11	97	164	39:20	John Morgan	50South	Bridgend AC	IR50S & MM50
40	IR50-17	MM50-12	80	180	39:59	Victor Belshaw	50North	Denbigh Harriers Running Club	IR50N & MM50
41	IR40-22		35		40:00	Gareth Hardman	40South		IR40S
42	IR50-18		70		40:18	Jon Hancock	50East		IR50E
43	IR50-19		113		40:36	Richard Thompson	50West		IR50W

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44	IR50-20	MM50-13	94	165	41:22	Tim Owen	50South	Bridgend AC	IR50S & MM50
45	IR40-23	MM40-9	12	127	41:27	Peter Ovey	40East	Lliswerry Runners	IR40E & MM40
46	MM50-1	MM50-14	192	192	41:28	Clive Osmond	MM50	Les Croupiers	MM50
47	MM60-1	MM60-3	148	148	41:38	Phillip Miles	MM60	Parc Bryn Bach RC	MM60
48	IR50-21	MM60-4	98	212	41:59	Malcolm Bradley	50South	Penarth and Dinas Runners	IR50S & MM60
49	IR40-24		5		42:16	Nigel Lawrence	40East		IR40E
50	MM50-2	MM50-15	193	193	42:24	Alan Mason	MM50	Les Croupiers	MM50
51	IR50-22	MM55-4	93	198	42:34	Gareth John	50South	Les Croupiers	IR50S & MM55
52	MM65-1	MM65-1	123	123	43:11	Paul Allen	MM65	Halesowen	MM65
53	MM40-2	MM40-10	203	203	43:21	Evatt Cummings	MM40	Les Croupiers	MM40
54	IR50-23	MM60-5	68	125	44:05	Paul Day	50East	Lliswerry Runners	IR50E & MM60
55	IR50-24	MM50-16	116	129	44:54	Laurence Worth	50West	Pembrokeshire Harriers	IR50W & MM50
56	IR50-25	MM60-6	73	126	45:14	Howard Attwood	50East	Lliswerry Runners	IR50E & MM60
57	IR50-26	MM60-7	114	158	45:51	Alan Perkins	50West	Port Talbot Harriers	IR50W & MM60
58	MM60-2	MM60-8	201	201	46:16	Michael Davies	MM60	Les Croupiers	MM60
59	IR50-27		83		46:18	Arthur Eagan	50North		IR50N
60	MM45-1	MM45-3	131	131	46:37	Jeremy Creasey	MM45	Spirit of Monmouth	MM45
61	IR50-28		74		48:41	David Gates	50East		IR50E
62	MM60-3	MM60-9	159	159	57:09	Ian Swanson	MM60	Port Talbot Harriers	MM60

## Inter Regional Team

### Master Men 40

POS	5100m	1	2	3	4	5	Points	Finishers	Score
2	East	4	7	11	16	19	57	12	14
1	North	2	3	6	10	18	39	6	15
4	South	38	41					2	2
3	West	1	5	22	31			4	4

### Master Men 50

		1	2	3	4	5	Points	Finishers	Score
2	East	14	17	26	32	37	126	8	14
4	North	21	30	40				4	4
3	South	9	15	34	35	39	132	8	13
1	West	8	12	13	29	43	105	7	15

## Provisional Master Club Teams – 3 to score

This excludes athletes in clubs based outside Wales, and is positioned on athletes within that age group.

### Master Women 35-44

1	Lliswerry	5	6	8		19
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### Master Women 45+

1	TROTS	1	4	7		12
2	Les Croupiers	3	11	16		30
3	Penarth & Dinas	8	19	23		50

### Master Men 40-49

No teams

### Master Men 50-59

1	Swansea	1	3	8		12
2	Les Croupiers	15	16	17		48

### Master Men 60-69

No teams