

EAST WALES MEN CROSS COUNTRY CHAMPIONSHIPS - Llandaff Fields, Cardiff - Saturday 12th October 2019

Position	Name	Club	Age Cat.	Time	Cat Position	Team Points	Team Scorer	Auto Qualifier for IRs	
1	Abed	Teweldebrhan	Newport	SEN	32.30	1	86	YES	YES
2	Ryan	McFlynn	MMRT	35-44	32.32	1	85	YES	YES
3	Jack	Turner	Pembs Harrers	SEN	32.46	2	0		YES
4	Tim	Iveson	Builth & District	35-44	33.37	2	84	YES	YES
5	Mark	Jennings	MMRT	45-54	33.49	1	83	YES	YES
6	Matthew	Grantham	MMRT	SEN	34.11	3	82	YES	YES
7	Mike	Holloway	Brecon	SEN	34.25	4	81	YES	YES
8	Stefan	Sims	MMRT	45-54	34.35	2	80	YES	YES
9	Matthew	Edmonds	MMRT	35-44	34.37	3	79		YES
10	Jeffrey	Wherlock	Llisbury	45-54	34.59	3	78	YES	YES
11	Craig	Williams	Newport	SEN	35.08	5	77	YES	YES
12	Jamie	Parry	PBBRC	SEN	35.17	6	76	YES	YES
13	Leighton	Rawlinson	MMRT	35-44	35.20	4	75		YES
14	Lee	Aherne	PBBRC	45-54	35.24	4	74	YES	YES
15	Martin	Norton	Llisbury	SEN	35.26	7	73	YES	
16	Robert	John	MMRT	35-44	35.27	5	72		YES
17	Richard	Foster	Monmouth	35-44	35.44	6	71	YES	YES
18	Harry	Davies	PBBRC	SEN	35.53	8	70	YES	
19	Sam	Jones	PBBRC	SEN	36.01	9	69	YES	
20	Iestyn	Rhodes	MMRT	35-44	36.16	7	68		
21	James	Elgar	MMRT	SEN	36.53	10	67		
22	Gareth	Grey	Torfaen	SEN	37.01	11	66	YES	
23	Tom	Turner	Torfaen	SEN	37.28	12	65	YES	
24	Martin	Shaw	Brecon	45-54	37.31	5	64	YES	YES
25	Steven	Davies	PBBRC	45-54	37.36	6	63		YES
26	Gareth	Lawrence	Brecon	SEN	37.41	13	62	YES	
27	Sean	Taylor	MMRT	35-44	37.44	8	61		
28	Andy	Lee	Pontypwl	45-54	37.50	7	60	YES	
29	Martin	Thomas	PBBRC	SEN	37.53	14	59		
30	Jon	Ford	Fairwater	SEN	38.17	15	58	YES	
31	Tony	Marshall	Chepstow	55+	38.28	1	57	YES	YES
32	Stuart	Penny	Monmouth	55+	38.48	2	56	YES	YES
33	Craig	Hopkins	Pontypwl	35-44	38.50	9	55	YES	
34	Lee	Drew	Llisbury	SEN	38.52	16	54	YES	
35	Leighton	Webb	MMRT	35-44	39.02	10	53		
36	Mark	Hurford	Torfaen	35-44	39.15	11	52	YES	
37	Ray	Morgan	Pontypwl	35-44	39.25	12	51	YES	
38	Robert	Pritchard	Chepstow	35-44	39.38	13	50	YES	
39	Tim	Hindle	Brecon	45-54	40.09	8	49	YES	
40	Daniel	Reilly	Llisbury	SEN	40.13	17	48	YES	
41	Jon	Belcher	Llisbury	35-44	40.15	14	47		
42	Matthew	Lloyd	Fairwater	35-44	40.37	15	46	YES	
43	Oliver	Harris	Llisbury	35-44	40.41	16	45		
44	Jack	Rowland	Llisbury	SEN	40.52	18	44		
45	Simon	Lewis	PBBRC	45-54	41.03	9	43		
46	Phil	Boorman	Llisbury	45-54	41.07	10	42		
47	Stephen	Williams	PBBRC	55+	41.17	3	41		YES
48	Adrian	Tew	Monmouth	55+	41.22	4	40	YES	YES
49	Dennis	Geoghegan	Caldicot	35-44	41.30	17	39	YES	
50	Chris	O'Brien	Fairwater	45-54	41.30	11	38	YES	
51	Nick	Webb	PBBRC	45-54	41.33	12	37		
52	Michael	Cleaver	Llisbury	35-44	41.38	18	36		
53	Owen	Flage	Oldham & R	45-54	41.39	13	0		
54	Gary	Doherty	Torfaen	55+	41.51	5	35	YES	YES
55	Jamie	Edwards	Pontypwl	SEN	41.52	19	34	YES	
56	Haydn	Hartnell	PBBRC	55+	42.01	6	33		YES
57	Gareth	Burkett	Torfaen	SEN	42.03	20	32		
58	Peter	Sowerby	Brecon	55+	42.09	7	31		
59	Leif	Geoghegan	Caldicot	SEN	42.15	21	30	YES	
60	Robert	Davies	Llisbury	45-54	42.18	14	29		
61	Andrew	Watts	Chepstow	35-44	42.21	19	28	YES	
62	Thomas	Henry	Llisbury	35-44	42.26	20	27		

63	David	Waters	Lliswerry	45-54	42.31	15	26	
64	Craig	Cheedy	Torfaen	SEN	42.33	22	25	
65	Michael	Henson	Lliswerry	SEN	43.20	23	24	
66	Mark	Roberts	Brecon	55+	43.26	8	23	
67	Christopher	Potter	Lliswerry	55+	43.27	9	22	
68	Charlie	Northey	Brecon	45-54	43.43	16	21	
69	Stephen	Owen	Chepstow	55+	43.45	10	20	YES
70	Phil	Lee	Caldicot	35-44	43.52	21	19	YES
71	Dimitri	Vorres	Pontypwl	55+	44.15	11	18	
72	Rob	Stephens	Brecon	35-44	44.47	22	17	
73	David	Strawbridge	Lliswerry	SEN	44.53	24	16	
74	Christopher	Matthews	Lliswerry	55+	45.14	12	15	
75	Derek	Osborne	Brecon	55+	46.25	13	14	
76	Jon	Barnes	Torfaen	45-54	46.28	17	13	
77	Nicky	Osman	PBBRC	45-54	46.37	18	12	
78	Gareth	Williams	PBBRC	55+	46.45	14	11	
79	Andy	Dickens	Torfaen	45-54	47.53	19	10	
80	Malcom	Gonnella	Fairwater	55+	49.07	15	9	YES
81	Laine	Skinner	Brecon	35-44	49.11	23	8	
82	Daniel	Milosevic	Torfaen	SEN	50.11	25	7	
83	Neil	Chipper	Lliswerry	55+	50.20	16	6	
84	Cyril	Williams	PBBRC	55+	50.26	17	5	
85	Gareth	Richards	PBBRC	35-44	51.38	24	4	
86	Jamie	Fraser	Lliswerry	35-44	53.02	25	3	
87	Gareth	Jenkins	Lliswerry	45-54	53.18	20	2	
88	Kevin	Davies	Lliswerry	55+	53.23	18	1	
	Nathan	Reeks	Caldicot	35-44	DNF			
	Robin	Wood	Brecon	35-44	DNS			
	Matt	Scanlon	Brecon	35-44	DNS			
	Rob	Clarke	Caldicot	45-54	DNF			
	Richard	Jones	Lliswerry	45-54	DNS			
	Christopher	Guy	Lliswerry	45-54	DNS			
	John	Hill	Lliswerry	55+	DNS			
	Ken	Goodger	Newport	55+	DNS			
	Michael	Lewis	PBBRC	55+	DNS			
	Rhodri	Buffet	Brecon	SEN	DNS			
	Nathan	Berry	Lliswerry	SEN	DNS			

Position	Team	Points
1	MMRT	330
2	PBBRC	289
3	Brecon	256
4	Lliswerry	253
5	Torfaen	218
6	Pontypwl	200
7	Monmouth	167
8	Newport	163
9	Chepstow	155
10	Fairwater	151
11	Caldicot	88
12	Builth & Dist	84