

	Number	Position in Race	Christian Name	Surname	Club	Time	Member or Guest
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T1	1	1	800m Race 1				
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164	1	Bethany	Gold	CAAC	2:39.69	Guest	U15
575	2	Chloe	Powell	Newport	2:44.50	Guest	U23
143	3	Claire	Bruce	Les Croupiers	2:49.14	Member	F35
108	4	Vicky	Fear	Lliswerry	2:56.73	Member	F35
174	5	Caitlin	Chapman	CAAC	2:58.35	Guest	U17
194	6	Clare	Davies	Brecon	3:32.22	Member	F45

T1	1	2	800m Race 2				
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60	1	David John	Williams	Les Croupiers	2:00.00	Member	M35
113	2	Scott	Browne	Les Croupiers	2:08.47	Member	M40
58	3	Edward	Donovan	Les Croupiers	2:15.15	Guest	M35
175	4	Adrian	Lewis	Aberdare	2:20.31	Member	M45
119	5	Dan	Lloyd	CDF Runners	2:39.75	Guest	Sen
104	6	Neil	Sidney	Lliswerry	2:43.02	Guest	M45
110	7	Rory	McKerlick	CAAC	3:16.44	Member	M35

T1	1	3	800m Race 3				
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103	1	Charlie	Northey	Brecon	2:28.98	Member	M50
141	2	Peter	Mountain	Bristol and West	2:29.75	Guest	M60
190	3	Peter	Sowerby	Brecon	2:34.07	Member	M50
52	4	Laurence	Worth	Pembroke	2:35.24	Member	M50
128	5	Mark	Roberts	Swansea	2:41.58	Guest	M45

353	6	Barry	Griffiths	Brecon	2:52.20	Member	M50
145	7	Peter	Moody	Carmarthen	3:14.64	Member	M70
144	8	John	Gardiner	Pembroke	3:20.58	Member	M75+
109	9	Ian	Swanson	Port Talbot Harriers	4:15.95	Member	M65

T1	1	4	800m Race 4
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134	1	Lukas	Lacey-Hughes	Cardiff Archers	2:01.52	Guest	U17
129	2	Aeron	Evans		2:01.73	Guest	U20
192	3	Gabriel	Kay	Brecon	2:13.51	Guest	U23
193	4	Evan	Price-Davies	Brecon	2:13.76	Guest	U17
165	5	James	Gold	CAAC	2:16.16	Guest	U17
118	6	Gabrielius	Stuokus	Les Croupiers	2:21.21	Guest	Sen
151	7	Stewart	Harding	CDF Runners	2:42.50	Guest	Sen

T2	1		100m Race 1
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	WIND	-0.3					
562	1	Nicola	Guiver	Worcester	14.68	Guest	F40
108	2	Vicky	Fear	Lliswerry	15.16	Member	F35
149	3	Stephanie	Ferry	CDF Runners	15.60	Guest	Sen
200	4	Laura	Chappell	Run 4 All	15.67	Guest	U20
585	5	Frances	Bateman	Brecon	16.88	Member	F35
563	6	Debbie	Guiver	Worcester	16.95	Guest	Sen
125	7	Andrea	Salt	X Blind	20.21	Guest	Sen
105	8	Juliet	Sidney	Lliswerry	Guide	Member	F45

T2	1	2	100m Race 2
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	WIND	-0.1					
102	1	Melanie	Garland	Worcester	14.55	Member	F50
106	2	Angela	Sonn	Worcester	14.96	Member	F55
137	3	Louise	Kirby	Parc Bryn Runners	15.71	Member	F45

194	4	Clare	Davies	Brecon	16.99	Member	F45
196	5	Judy	Maragna	Penarth & Dinas	19.75	Guest	F60

T2	1	3	100m Race 3					
	WIND	-0.3						
	154	1	Ffion	Jones	CAAC	13.01	Guest	U15
	126	2	Jasmine	Barraclough		13.11	Guest	U17
	578	3	Lily	Gaskin	CAAC	13.40	Guest	U17
	180	4	Eve	Pearson	CAAC	13.77	Guest	U15

T2	1	4	100m Race 4					
	WIND	-0.5						
	120	1	Danielle	Franklin	Llanelli	13.92	Guest	U23
	50	2	Vickie	Owen	Caerphilly	14.34	Guest	Sen
	189	3	Mary	Ryan	Cardiff Archers	14.78	Guest	U15
	171	4	Holly	Vagi	Newport	14.95	Guest	U17

T2	1	5	100m Race 5					
	WIND	-0.4						
	113	1	Scott	Browne	Les Croupiers	13.56	Member	M40
	148	2	Gareth	Key	CDF Runners	13.61	Guest	Sen
	568	3	Paul	Evans	Brecon	13.69	Member	M40
	182	4	Gavin	Belcher	Newport	13.97	Member	M45
	152	5	Garth	Robbins	Unattached	14.58	Guest	Sen
	175	6	Adrian	Lewis	Aberdare	14.85	Member	M45
	166	7	Scott	Stokes	Unattached	15.19	Guest	Sen

T2	1	6	100m Race 6				
	WIND	-0.6					

173	1	Glyn	Sutton	Newport	13.70	Member	M70
574	2	Keith	Powell	Newport	13.76	Member	M55
52	3	Laurence	Worth	Pembroke	14.59	Member	M45
565	4	Derek	Osborne	Brecon	14.65	Member	M50
103	5	Charlie	Northey	Brecon	15.45	Member	M50
353	6	Barry	Griffiths	Brecon	15.77	Member	M50

T2	1	7	100m Race 7					
	WIND	0.2						
	198	1	Rod	Howe	Unattached	15.97	Member	M65
	145	2	Peter	Moody	Carmarthen	19.18	Member	M70
	144	3	John	Gardiner	Pembroke	19.46	Member	M75+
	188	4	Mal	Farnham	Les Croupiers	20.50	Member	M75+
	176	5	Phil	Rees	CAAC	21.79	Member	M75+

T2	1	8	100m Race 8					
	WIND	0.1						
	142	1	Kieran	McDonnell	Les Croupiers	13.98	Member	M60
	177	2	Rod	Davies	Swansea harriers	14.38	Member	M60
	112	3	Jon	Clarke	Wrexham	15.57	Member	M60
	170	4	Chris	Norton	Rhondda	16.69	Member	Sen
	579	5	Mike	Davies	Les Croupiers	17.50	Member	M60
	183	6	Hubert	Daniels	Swansea harriers	25.64	Member	M85

T2	1	9	100m Race 9					
	WIND	-0.1						
	195	1	Cameron	Pamment	CAAC	11.78	Guest	U17
	155	2	Chris	Lloyd	Run 4 All	12.19	Guest	Sen
	162	3	Simeon	Santima	CAAC	12.53	Guest	U15
	121	4	Sam	Evans	Llanelli	12.59	Guest	U23
	185	5	Joel	Fowler	Newport	12.62	Guest	U23

T2	1	10	100m Race 10					
	WIND	0.4						
	187	1	Kier	Jeffery	Unattached	12.60	Guest	Sen
	157	2	Ieuan	Davies	Rhondda	12.73	Guest	U17
	159	3	Tommy	Evans	Rhondda	13.96	Guest	U20
	158	4	Hamza	Davies	Rhondda	14.01	Guest	U15
	156	5	Noah	Davies	Rhondda	14.75	Guest	U15

T3	1	1	1500m Race 1					
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	191	1	Georgia	Cole	CAAC	05:09.24	Guest	U15
	184	2	Richard	Marks	Sarn Helen	05:16.96	Member	M65
	124	3	Rebecca	Selvey	Worcester	05:18.06	Guest	F40
	161	4	Roger	Davis	Unattached	05:31.31	Guest	Sen
	143	5	Claire	Bruce	Les Croupiers	05:32.59	Member	F35
	62	6	Huw	Roberts	Bridgend	05:41.63	Member	M60
	579	7	Mike	Davies	Les Croupiers	06:01.12	Member	M65
	144	8	John	Gardiner	Pembroke	06:38.55	Member	M75+
	145	9	Peter	Moody	Carmarthen	06:42.42	Member	M65
	573	10	Imogen	Vaughan	CAAC	06:49.42	Guest	U15
	109	11	Ian	Swanson	Port Talbot Harriers	08:36.39	Member	M65

T3	1	2	1500m Race 2					
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	139	1	Steve	Mitchell	Briatol & West	04:02.10	Guest	Sen
	138	2	Oliver	Williams	Les Croupiers	04:04.59	Guest	Sen
	147	3	Nathan	Petrie	Run 4 All	04:36.18	Guest	Sen
	58	4	Edward	Donovan	Les Croupiers	04:40.21	Guest	M35
	113	5	Scott	Browne	Les Croupiers	04:42.89	Member	M35
	118	6	Gabrielius	Stuokus	Les Croupiers	04:44.79	Guest	Sen

192	7	Gabriel	Kay	Brecon	04:45.84	Guest	U23
193	8	Evan	Price-Davies	Brecon	04:48.71	Guest	U17
175	9	Adrian	Lewis	Aberdare	04:49.38	Member	M45
101	10	Michael	Benns	Run 4 All	04:50.00	Member	M40
103	11	Charlie	Northey	Brecon	05:07.70	Member	M50
190	12	Peter	Sowerby	Brecon	05:08.56	Member	M50
55	13	Dave	James	Les Croupiers	05:22.78	Member	M55
52	14	Laurence	Worth	Pembroke	05:34.22	Member	M50
61	15	Ethan	Jones	Brecon	05:41.87	Guest	U15
128	16	Mark	Roberts	Unattached	05:44.90	Guest	Sen
353	17	Barry	Griffiths	Brecon	05:57.53	Member	M50

T4	1	1	400m Race 1
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578	1	Lily	Gaskin	CAAC	01:01.15	Guest	U17
120	2	Danielle	Franklin	Llanelli	01:03.92	Guest	U23
575	3	Chloe	Powell	Newport	01:14.24	Guest	U23
108	4	Vicky	Fear	Lliswerry	01:15.28	Member	F35
200	5	Laura	Chappell	Run 4 All	01:16.58	Guest	F50
137	6	Louise	Kirby	Parc Bryn Runners	01:19.81	Member	F50
56	7	Sophie	Gott	Hendre Lake RC	01:27.20	Guest	F40
196	8	Judy	Maragna	Penarth & Dinas	01:34.40	Guest	F60

T4	1	2	400m Race 2
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113	1	Scott	Browne	Les Croupiers	01:01.32	Member	M40
175	2	Adrian	Lewis	Aberdare	01:05.17	Member	M45
119	3	Dan	Lloyd	CDF Runners	01:10.28	Guest	Sen
104	4	Neil	Sidney	Lliswerry	01:11.02	Guest	M45
166	5	Scott	Stokes	Unattached	01:12.63	Guest	Sen
568	6	Paul	Evans	Brecon	01:17.51	Member	M40

110	7	Rory	McKerlich	CAAC	01:26.09	Member	M40
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T4	1	3	400m Race 3
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142	1	Kieran	McDonnell	Les Croupiers	01:02.31	Member	M60
186	2	Malcolm	Medhurst	Newport	01:02.68	Member	M50
52	3	Laurence	Worth	Pembroke	01:08.25	Member	M50
579	4	Mike	Davies	Les Croupiers	01:20.41	Member	M60
194	5	Clare	Davies	Brecon	01:27.61	Member	F45
145	6	Peter	Moody	Carmarthen	01:30.57	Member	M65
144	7	John	Gardiner	Pembroke	01:36.30	Member	M75+

T4	1	4	400m Race 4
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181	1	John	Bridge	CAAC	00:54.30	Guest	U20
185	2	Joel	Fowler	Newport	00:54.66	Guest	U23
168	3	Jamie	Verran	CAAC	00:54.81	Guest	U23
584	4	Harry	Griffiths	CAAC	00:55.83	Guest	U17
121	5	Sam	Evans	Llanelli	00:56.98	Guest	U23

T4	1	4	400m Race 4
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163	1	Morgan	James	CAAC	00:53.35	Guest	U17
157	2	Ieuan	Davies	Rhondda	00:57.07	Guest	U17
192	3	Gabriel	Kay	Brecon	01:01.23	Guest	U23
123	4	Ayomide	Eluyera	CAAC	01:02.80	Guest	U15
118	5	Gabrielius	Stuokus	Les Croupiers	01:04.73	Guest	Sen
57	6	Andrew	Gott	Hendre Lake RC	01:07.35	Guest	Sen

T5	1	1	Medley Relay
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157	1	Men	Men	Guests	00:54.41
180	2	Ladies	Ladies	Guests	00:55.48
153	3	CDF Runners	Men	Guests	00:56.49
568	4	Brecon	Men	Members	00:58.49
563	5	Worcester	Ladies	Members	01:01.17
133	6	CDF Runners	Ladies	Guests	01:05.33
125	7	Lliswerry	Mixed	Guests	01:08.51