

## **East Wales Road Championships 2011**

Congratulations to all East Wales athletes who took part in the four-race series comprising the Brecon 10, the Scenic 7, Magor Marsh 10k and Rose Inn 4.

Medal Winners were:

**Senior Men: Gold – Sean Taylor, Griffithstown Harriers.**

No qualifiers for Silver or Bronze (competitors must complete at least three of the four races).

**Senior Women: Gold - Rhian Jinny-Jones, Griffithstown Harriers.**

F35-44: Gold - Vanessa Lawson, Chepstow.

M40-49: No qualifiers.

F45-54: Gold – Elizabeth Richards, Caerleon.

M50-59: No qualifiers.

F55+: Gold – Brenda Avery, Chepstow. Silver – Jane Bayliss, Chepstow.

M60+: Gold – Robert Anderson, Lliswerry. Silver – Howard Attwood, Lliswerry. Bronze – Geoff Bayliss, Chepstow.

In the overall Club competition where points are scored for each club member finishing in the top five within the Region and within each age category (5 points for first, 4 for second and so on), the league table reads:

1. Chepstow Harriers 121 pts.
2. **Griffithstown Harriers 62**
3. Lliswerry Runners 62
4. Islwyn 47
5. Fairwater Runners 32
6. Parc Bryn Bach 28
7. Brecon 23.