

**East Wales
Road****Sponsored By Run and Become****Senior Men**

Griff 10k Senic Drive 7 Brecon 10 Elan Valley 10 Total Pts

M Harvey	Chepstow	50	48	50	148
P Matthews	Swansea		50		50
M Lethard	Chepstow			49	49
L Humphries	Fairwater		49		49
A Ost	Chepstow			48	48
D Barnby	Fairwater		47		47
J Butcher	Llswerry		46		46
M Welsh	Griffithstown		45		45
R Lloyd	Fairwater		44		44

Masters 35

M Gurmin	Swansea	50	50	49	149
R Smout	Llswerry		49	48	97
M Shaw	Brecon			50	50
S Morgan	Croft Ambery	49			49
T Guy	Griffithstown		48		48
N Walsh	Griffithstown	48			48
G Williams	Presteigne			47	47

Masters 40

H Harnett	Islwyn	48	47	48	143
P Thomas	Caerleon	45	42	47	134
A Spencer	Fairwater	43	41	45	129
R Bowie	Fairwater	39	36	44	119
D Harris	Llswerry	49	48		97
A Williams	Fairwater	47	44		91
P Harris	Llswerry	46	45		91
G Woods	Fairwater	40	37		77
A Davies	Brecon			50	50
C Harry	Llswerry	50			50
S Thomas	Islwyn		50		50
P Kendrick	Brecon			49	49
S Simms	Griffithstown		49		49
D Vorres	Griffithstown		46		46
M Davies	Llswerry			46	46
K Wehden	Islwyn	44			44
A Dawe	Llswerry		43		43
B Reguiski	Chepstow			43	43
T Reese	Llswerry	42			42
G Jenkins	Chepstow			42	42
J Pocknell	Caerleon	41			41
J Williams	Fairwater		40		40
I Wade	Chepstow		39		39
T Weirthiern	Ebbw Vale		38		38

Masters 50

B Savage	Chepstow	46	47	49	142
P Dursley	Llswerry	44	48	50	142

S Davies	Griffithstown	50	50		100
C Davies	Lliswerry	47		48	95
H Attwood	Lliswerry		45	44	89
C Carter	Lliswerry	43	46		89
K Grey	Fairwater	49			49
P Rodger	Griffithstown		49		49
C Jones	Lliswerry	48			48
P Jones	Presteigne			47	47
K Mcattee	Chepstow			46	46
B Burgess	Lliswerry			45	45
M Davies	Caerleon	45			45
L Sutton	Islwyn		44		44

Masters 60+

D Smout	Parc B Bach	50	50	50	150
G Bayliss	Chepstow	49	47	49	145
D Finch	Chepstow		49	48	97
C Cooksey	Parc B Bach		48		48
S Wheeler	Chepstow	48			48
D Andrews	Chepstow			47	47
B Bewg	Chepstow			46	46
P Payton	Islwyn		46		46