

## **Senior Men**

1. Adam Bull – Pontypridd Roadents
2. Luke Williams – San Domenico
3. Dan Bodman – Pontypridd Roadents
4. M Bianlogonski – Bristol and West

## **Senior Men Division 1**

1. Bristol and West
2. Aberdare Valley
3. Micky Morris Race Team

## **Senior Men Division 2**

1. Avon Valley
2. Swansea Harriers

## **Senior Men Division 3**

1. University College Wales – Swansea
2. Forest of Dean

## **Senior Men Division 4**

1. Pembrokeshire Harriers
2. Southville

## **Senior Men 'B' Team Division**

1. Bristol and West

## **Senior Men Reserve Division**

1. Bristol and West 'C'
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## **Male Masters over 35**

1. G Breen – Bristol and West
2. Gary Brown – Penarth and Dinas
3. Glyn Fletcher – Les Croupiers Running Club

## **Teams**

1. Micky Morris Race Team
  2. Les Croupiers Running Club
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### **Male Masters over 45**

1. Huw Evans – Les Croupiers Running Club
2. Richard Gardiner – Aberdare Valley
3. D Garmen – Bristol and West

#### **Teams**

- 1.. Les Croupiers Running Club
  2. Aberdare Valley
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### **Male Masters over 55**

1. Rob Hunt – Bridgend Athletic Club
2. Tony Marshall – Chepstow Harriers
3. Stuart Penny – Spirit of Monmouth

#### **Teams**

1. Les Croupiers Running Club
  2. Chepstow Harriers
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### **Male Masters over 65**

1. John Davies – Penarth and Dinas
2. David Goodall – White Rock
3. Mike Murphy – Les Croupiers Running Club

#### **Teams**

1. Les Croupiers Running Club
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### **Male athletes Under 23**

1. Adam Brown – Merthyr
2. Joe Reardon – Aberdare Valley
3. Niall Thorne – Avon Valley

#### **Teams**

1. University of Wales – Swansea
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### **Male University Students**

1. Conrad Webber – University of Wales - Swansea
2. James Thie – Cardiff Metropolitan University

3. Aidan Turner – University of the West of England

**Teams**

1. University of Wales - Swansea