

Team Awards

**U23**

1

**Women**

Cardiff University AC

**Men**

University of Swansea

**Uni**

1

Cardiff University AC

University of Swansea

2

University of Swansea

Cardiff University AC

**Senior**

1

Bristol and West Athletic Club

Bristol and West Athletic Club

**35**

1

Chepstow Harriers

Parc Bryn Bach Running Club

2

Bristol and West Athletic Club

Pontypridd Roadents Athletic Club

**45**

1

Bristol and West Athletic Club

Les Croupiers Running Club

2

Chepstow Harriers

Llisbury Runners

**55**

1

Taf Running & Orienteering Teams

Les Croupiers Running Club

2

Les Croupiers Running Club

Parc Bryn Bach Running Club

**65**

1

Westbury Harriers

Les Croupiers Running Club

2

Les Croupiers Running Club

Les Croupiers Running Club 'B'

**Div 1**

1

Bristol and West Athletic Club

Bristol and West Athletic Club

2

Chepstow Harriers

Parc Bryn Bach Running Club

3

Westbury Harriers

Les Croupiers Running Club

**Div 2**

1

Bridgend Athletic Club

Westbury Harriers

2

San Domenico Road Runners Club

Cardiff University AC

Team Awards

**Div 3**

1
2

Llanelli Amateur Athletic Club  
Pont-y-Pwl & District Runners

Wells City Harriers  
Pembrokeshire Harriers

**Div 4**

1
2

N/A  
N/A

Carmarthen & District Harriers A.C.  
North Somerset

**Reserve**

1
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Bristol and West Athletic Club 'B'

Bristol and West Athletic Club 'C'

**Div B**

1
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N/A

Bristol and West Athletic Club

Men Individual Awards

Athletes can only receive 1 individual award

**U23**

1
2
3

Luke Burgess	University of the West of England
Alex Jackson	Cardiff Amateur Athletic Club
Joe Gentry	North Somerset

**Uni**

1
2
3

Luke Burgess	University of the West of England	<b>Won U23</b>
Adam Stokes	Bristol and West Athletic Club	
Matt Grantham	Micky Morris Racing Team	<b>3rd SM</b>
Adam Brown	Merthyr Running Club	
Niall Thorne	Avon Valley Runners	

**SM**

1
2
3
4

Phillip Matthews	Parc Bryn Bach Running Club	
Luke Burgess	University of the West of England	<b>Won U23</b>
Owain Morris	Les Croupiers Running Club	
Matt Grantham	Micky Morris Racing Team	
Adam Stokes	Bristol and West Athletic Club	<b>Won Uni</b>
Michael Towler	Avon Valley Runners	

**35**

1
2
3

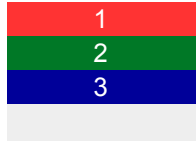
Phillip Matthews	Parc Bryn Bach Running Club	<b>Won SM</b>
Peter Baines	Bristol and West Athletic Club	
Jon James	Wells City Harriers	<b>Won M45</b>
Mark Jennings	Micky Morris Racing Team	
Andrew How	Pontypridd Roadents Athletic Club	

**45**

1
2
3

Jon James	Wells City Harriers	
Mark Jennings	Micky Morris Racing Team	<b>2nd M35</b>
Richard Jones	Lliswerry Runners	
Huw Evans	Les Croupiers Running Club	

Men Individual Awards



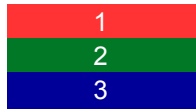
Jon  
Lee  
Andy  
Steve

**55**

James  
Aherne  
Blair  
Davies

Wells City Harriers  
Parc Bryn Bach Running Club  
Les Croupiers Running Club  
Pont-y-Pwl & District Runners

**Won M45**



Elio  
Mick  
Cyril

**65**

Lepore  
McGeoch  
Williams

Les Croupiers Running Club  
Les Croupiers Running Club  
Parc Bryn Bach Running Club

Women Individual Awards

Athletes can only receive 1 individual award and must compete in 4 fixtures to be eligible

**U23**

1	Hannah	Dyer	Bristol and West Athletic Club	
2	Anna	Matthew	Cardiff University AC	
	Emily	Lowery	Cardiff University AC	<b>3 fixtures</b>
3	Meghan	Watson	Cardiff University AC	

**Uni**




1	Verity	Potts	Bristol and West Athletic Club	
	Lauren	Cooper	Parc Bryn Bach Running Club	<b>3 fixtures</b>
	Anna	Matthew	Cardiff University AC	<b>2nd U23</b>
	Emily	Lowery	Cardiff University AC	<b>3 fixtures</b>
	Meghan	Watson	Cardiff University AC	<b>3rd U23</b>
	Elle	Horsman	University of Swansea	<b>3 fixtures</b>
	Lily	Mcgarry	Cardiff University AC	<b>2 fixtures</b>
	Ursula	Neason	University of Swansea	<b>2 fixtures</b>
2	Lizzy	Jeffery	University of Swansea	
3	Charlotte	O'Connor	University of the West of England	

**Senior**

1	Chelsea	Creak	Bristol and West Athletic Club	
	Kath	Matthews	Chepstow Harriers	<b>Won W35</b>
	Hannah	Dyer	Bristol and West Athletic Club	<b>Won U23</b>
2	Katy	Roy	Chepstow Harriers	
	Sandra	Chipper	Lliswerry Runners	<b>Won W45</b>
	Jackie	Rockliffe	Avon Valley Runners	<b>2nd W45</b>
3	Liz	Sanigar	Bristol and West Athletic Club	
	Sarah	Everitt	Bristol and West Athletic Club	<b>3rd W35</b>
	Claire	Jolliffe	Bristol and West Athletic Club	<b>1st W55</b>
	Verity	Potts	Bristol and West Athletic Club	<b>1st Uni</b>
	Sarah	Bell	Chepstow Harriers	<b>3rd W35</b>
4	Emma	Wookey	Lliswerry Runners	

Women Individual Awards

**35**

	Kath	Matthews	Chepstow Harriers	
	Katy	Roy	Chepstow Harriers	<b>2nd SW</b>
	Sandra	Chipper	Lliswerry Runners	<b>1st W45</b>
	Jackie	Rockliffe	Avon Valley Runners	
	Liz	Sanigar	Bristol and West Athletic Club	<b>3rd SW</b>
	Claire	Jolliffe	Bristol and West Athletic Club	<b>1st W55</b>
	Sarah	Everitt	Bristol and West Athletic Club	<b>2nd W45</b>
	Sarah	Bell	Chepstow Harriers	
	Georgie	Dando	Bridgend Athletic Club	



**45**

	Sandra	Chipper	Lliswerry Runners	
	Jackie	Rockliffe	Avon Valley Runners	<b>2nd W35</b>
	Claire	Jolliffe	Bristol and West Athletic Club	<b>Won W55</b>
	Sarah	Everitt	Bristol and West Athletic Club	
	Niki	Morgan	Chepstow Harriers	
	Lisa	Jeffrey	Chepstow Harriers	

**55**

	Claire	Jolliffe	Bristol and West Athletic Club	
	Mel	Holiday	Taf Running & Orienteering Teams	
	Diane	Hier	Avon Valley Runners	

**65**

	Shirley	Hume	Westbury Harriers	
	Marilyn	Palmer	Westbury Harriers	
	Eithne	Noonan	Westbury Harriers	