

Laurentian Life
Gwent Cross Country League
Individual & Team Awards
1989 - 1990 Season

Novice (Male):

1.	M. Goodger	Newport Harriers Athletic Club	314
2.	J. Roberts	The Grange Monmouth School	313
3.	M. Fitzgerald	Bristol Athletic Club	299
* 4.	N. Phillips	Llanelli Amateur Athletic Club	295
# 5.	J. Brown	Exeter Harriers	295
6.	C. Finningan	Tockington Manor School	288
7.	I. Thomas	Brynna Runaways	286
8.	N. Hayward	Dursley & District Athletic Club	248
9.	A. Elliot	Tockington Manor School	235
10.	D. West	Westbury Harriers	231

* Scored 78 pts on the day.

Scored 75 pts on the day.

Clubs / Schools: (36 Teams)

1.	Tockington Manor Preparatory School	1215
2.	Westbury Harriers	978
3.	Newport Harriers Athletic Club	838

Schools:

1.	Tockington Manor Preparatory School	1215
2.	The Grange Monmouth School	600

Novices (Female):

1.	M. Gruffydd	Carmarthen & District Harriers A. C.	277
2.	M. Miller	Westbury Harriers	273
3.	L. Arthur	Awan Valley Harriers	259
4.	R. Allen	Torfaen Amateur Athletic Club	258
* 5.	S. Lavis	Westbury Harriers	238
# 6.	L. Phipps	Stroud & District Athletic Club	238
7.	J. Thurston	Westbury Harriers	231
8.	C. Morgan	Brecon Athletic Club	214
9.	H. Curnock	Yate & District Athletic Club	212
10.	M. Malpas	Cardiff Amateur Athletic Club	210

* Scored 67 pts on the day.

Scored 64 pts on the day.

Clubs / Schools: (35 Teams)

1.	Westbury Harriers	1196
2.	Torfaen Amateur Athletic Club	965
3.	Cardiff Amateur Athletic Club	858

School:

1.	Tockington Manor Preparatory School	584
----	-------------------------------------	-----

Junior Colts:

1.	J. Cook	Monmouth School	363
2.	A. Fear	Newport Harriers Athletic Club	354
3.	C. Williams	Ferndale Lower Comprehensive School	351
4.	S. Meredydd	Carwarthen & District Harriers A. C.	349
5.	D. Florence	Bridgend Athletic Club	343
6.	I. Cooper	Exeter Harriers	335
7.	L. Owen	Ferndale Lower Comprehensive School	323
8.	E. Eliot	Tockington Manor Preparatory School	316
9.	C. Fowler	Crickhowell & Abergavenny A. C.	314
10.	S. Murray	Ferndale Lower Comprehensive School	303

Clubs / Schools: (38 Teams)

1.	Ferndale Lower Comprehensive School	1552
2.	Tockington Manor Preparatory School	1460
3.	Bristol Athletic Club	1301

Schools:

1.	Ferndale Lower Comprehensive School	1552
2.	Tockington Manor Preparatory School	1460

Colts:

1.	D. Williams	Penair School	294
2.	T. Ayoub	Cardiff Amateur Athletic Club	286
3.	I. Salter	Westbury Harriers	283
4.	I. Ferns	Westbury Harriers	280
5.	A. Jones	Carwarthen & District Harriers A. C.	276
6.	J. Shepherd	Yate & District Athletic Club	259
7.	N. Taviner	Bristol Athletic Club	250
8.	S. Barnes	City of Plymouth Athletic Club	246
9.	G. Hughes	Westbury Harriers	239
10.	D. Lewis	Bristol Athletic Club	233

Clubs / Schools: (33 Teams)

1.	Westbury Harriers	1236
2.	Penair School	1002
3.	Ferndale Lower Comprehensive School	974

Schools:

1.	Penair School	1002
2.	Ferndale Lower Comprehensive School	974

Minors:

1.	A. Howells	Carwarthen & District Harriers A. C.	550
2.	S. Webb	Penair School	550
3.	S. Lewis	Neath Harriers	545
4.	S. Swift-Smith	Westbury Harriers	544
5.	A-M. Hutchinson	Neath Harriers	536
6.	H. Protherough	Torfaen Amateur Athletic Club	535
7.	M. Bishop	Neath Harriers	521
8.	K. Finch	Newport Harriers Athletic Club	514
9.	J. Evans	Bridgend Athletic Club	508
10.	Y. Evans	Carwarthen & District Harriers A. C.	493

(Minors Section cont'd):

Clubs / Schools: (48 Teams)

1.	Carwarthen & District Harriers A. C.	2463
2.	Penair School	2454
3.	Westbury Harriers	2391

School:

1.	Penair School	2454
----	---------------	------

Boys:

1.	B. Pillinger	Carwarthen & District Harriers A. C.	578
2.	D. Rowley	Carwarthen & District Harriers A. C.	577
3.	A. Real	Llanelli Amateur Athletic Club	571
4.	A. Zanadski	Penair School	570
5.	K. Andrews	Westbury Harriers	550
6.	S. Hooper	Penair School	534
7.	B. Garrett	Exeter Harriers	531
8.	S. Lewis	Cardiff Amateur Athletic Club	510
9.	C. Olden	Stroud & District Athletic Club	507
10.	M. Wilton	Aberdare Amateur Athletic Club	503

Clubs / Schools: (49 Teams)

1.	Carwarthen & District Harriers A. C.	2553
2.	Westbury Harriers	2423
3.	Cardiff Amateur Athletic Club	2274

School:

1.	Penair School	2163
----	---------------	------

Girls:

1.	J. Williams	Penair School	416
2.	L. Gallagher	Westbury Harriers	406
3.	E. Davies	Barry & Vale Harriers A. A. C.	399
4.	S. Milton	Frome Athletic Club	386
5.	E. Parry	Swansea Harriers Athletic Club	380
6.	C. Seddon	Penair School	372
* 7.	N. Hembury	Westbury Harriers	370
# 8.	C. Haskins	Bristol Athletic Club	370
9.	K. Eison	Westbury Harriers	368
10	S. Harding	Bristol Athletic Club	362

* Scored 75 pts on the day.

Scored 73 pts on the day.

Clubs / Schools: (38 Teams)

1.	Westbury Harriers	1825
2.	Penair School	1495
3.	Swansea Harriers Athletic Club	1412

School:

1.	Penair School	1495
----	---------------	------

Youths:

1.	J. Richards	Hereford & County Athletic Club	368
# 2.	M. Farmer	Yate & District Athletic Club	377
# 3.	P. Orchard	Bristol Athletic Club	377
§ 4.	P. Lewis	Cardiff Amateur Athletic Club	366
# 5.	P. Bristow	Bristol Athletic Club	366
6.	P. Wyatt	Bristol Athletic Club	365
7.	A. Powell	Llanelli Amateur Athletic Club	359
8.	N. Haine	Newport Harriers Athletic Club	357
9.	T. Hopkins	Swansea Harriers Athletic Club	352
10.	M. Martin	Rhywney Valley Athletic Club	330
#	Scored 76 on the day.		
#	Scored 67 on the day.		
§	Scored 77 on the day.		
#	Scored 75 on the day.		

Clubs: (39 Teams)

1.	Bristol Athletic Club	1742
2.	Westbury Harriers	1289
3.	Cardiff Amateur Athletic Club	1286

Intermediate Ladies:

1.	K. Taylor	Bristol Athletic Club	224
2.	K. Britten	Bristol Athletic Club	219
3.	R. Parsons	Cardiff Amateur Athletic Club	207
4.	L. Harrison	Bristol Athletic Club	200
# 5.	R. Forbes	Bristol Athletic Club	198
# 6.	J. Davis	Exeter Harriers	198
7.	L. Roberts	Aberdare Amateur Athletic Club	184
§ 8.	L. Terry	Erme Valley Harriers	183
# 9.	D. Whitty	Cardiff Amateur Athletic Club	183
10.	J. Pursey	Yate & District Athletic Club	181
#	Scored 35 pts on the day.		
#	Scored 33 pts on the day.		
§	Scored 36 pts on the day.		
#	Scored 27 pts on the day.		

Clubs / Schools: (30 Teams)

1.	Bristol Athletic Club	1039
2.	Exeter Harriers	740
3.	Cardiff Amateur Athletic Club	738

Junior Men:

1.	D. Mattock	City of Plymouth Athletic Club	145
2.	D. Hiscox	Aberdare Amateur Athletic Club	141
3.	R. Baker	Cardiff Amateur Athletic Club	138
4.	S. Pilling	Bristol Athletic Club	136
5.	M. Healy	Liswerry Runners	127
6.	G. Eames	Cardiff Amateur Athletic Club	125
7.	A. Rees	Club 69 Tredgar	123
8.	G. Butler	Bristol Athletic Club	119
9.	D. Cole	Bristol Athletic Club	107
10.	A. Wilton	Aberdare Athletic Club	101

(Junior Men cont'd):

Clubs: (27 Teams)

1.	Bristol Athletic Club	553
2.	Cardiff Amateur Athletic Club	506
3.	Aberdare Valley Amateur Athletic Club	309

Euro-Juniors:

1.	R. Morgan	Westbury Harriers	96
2.	C. Green	Dursley & District Athletic Club	80
3.	J. Parsons	Cardiff Amateur Athletic Club	75

Senior Ladies:

1	B. Richardson	Les Croupiers Running Club	654
2.	S. Daniels	Westbury Harriers	643
3.	E. Gooch	Beddau Amateur Athletic Club	637
4.	R. Morgan	Westbury Harriers	628
5.	A. James	Rhondda Athletic Club	619
6.	J. Williams	Cardiff Amateur Athletic Club	603
7.	F. Davies	Westbury Harriers	589
8.	C. Green	Dursley & District Athletic Club	576
9.	C. Feraday	Newport Harriers Athletic Club	558
10.	S. Swift-Smith	Westbury Harriers	540

Clubs: (59 Teams)

1.	Westbury Harriers	3167
2.	Les Croupiers Running Club	2920
3.	Cardiff Amateur Athletic Club	2822
4.	Great Western Runners	2482

Veterans (Female):

1.	E. Gooch	Beddau Athletic Club	230
2.	A. James	Rhondda Athletic Club	227
3.	C. Feraday	Newport Harriers Athletic Club	214
4.	S. Swift-Smith	Westbury Harriers	208
5.	L. Morrison	Les Croupiers Running Club	206
6.	R. Collishaw	Les Croupiers Running Club	198
7.	S. Moore	Les Croupiers Running Club	191
8.	C. Greenwood	Great Western Runners	186
9.	M. Loudon	Newport Harriers Athletic Club	185
10.	J. Andrews	Westbury Harriers	181

Super-Veterans:

1.	E. Gooch	Beddau Amateur Athletic Club	230
2.	A. James	Rhondda Amateur Athletic Club	227
3.	R. Collishaw	Les Croupiers Running Club	198

Clubs: (32 Teams)

1.	Les Croupiers Running Club	942
2.	Great Western Runners	869
3.	Westbury Harriers	742

Senior Men:

1.	J. Hooper	Cardiff Amateur Athletic Club	1949
2.	S. Rhind	Les Croupier Running Club	1915
3.	A. Gardiner	Stroud & District Athletic Club	1908
4.	P. Fitzgerald	Yate & District Athletic Club	1896
5.	P. Smith	Brecon Athletic Club	1886
6.	M. Landers	Abertillery Achilles	1885
7.	R. Bullen	Les Croupiers Running Club	1882
8.	M. Oakshott	City of Plymouth Athletic Club	1880
9.	P. Cook	Barry & Vale Harriers A. A. C.	1879
10.	P. Osborne	Llanelli Amateur Athletic Club	1846

Clubs: (115 Teams)

1.	Cardiff Amateur Athletic Club	9558
2.	Les Croupiers Running Club	9408
3.	Swansea Harriers Athletic Club	9254
4.	Westbury Harriers	9002
5.	Yate & District Athletic Club	8505
6.	Stroud & District Athletic Club	8476

Veterans (Male):

1.	B. Hendrie	Stroud & District Athletic Club	677
2.	N. Long	Stroud & District Athletic Club	671
3.	A. Jefferies	Swansea Harriers Athletic Club	666
4.	A. Garrett	Cardiff Amateur Athletic Club	647
‡	R. Bowen	Neath Harriers	643
‡	T. Jefferies	Yate & District Athletic Club	643
§	J. Aston	Les Croupiers Running Club	641
‡	R. Williams	Beddau Amateur Athletic Club	641
§	J. Poston	Swansea Harriers Athletic Club	636
10	E. Diamond	Les Croupiers Running Club	618

‡ Scored 135 pts on the day.

‡ Scored 134 pts on the day.

§ Scored 145 pts on the day.

‡ Scored 143 pts on the day.

Clubs: (66 Teams)

‡	1.	Les Croupiers Running Club	3036
‡	2.	Stroud & District Athletic Club	3036
	3.	Swansea Harriers Athletic Club	3013

‡ Team scored 647 pts on the day.

‡ Team scored 642 pts on the day.

Super-Veterans:

1.	A. Garrett	Cardiff Amateur Athletic Club	647
2.	L. Tew	Bridgend Athletic Club	592
3.	J. O'Brien	Bridgend Athletic Club	491