

Welsh 10 km & Veterans Cross-Country Championships 1979.

At Llanrunney, Cardiff, on Saturday 24th November.

Winners :	Cardiff Amateur AC "A"	-	2, 4, 6, 10, 16, 19	=	57 pts
2nd :	Swansea Harriers AC	-	5, 8, 9, 13, 14, 15	=	64 pts
3rd :	Newport Harriers AC "A"	-	1, 3, 11, 20, 21, 22	=	78 pts
4th :	Aberystwyth AC	-	7, 12, 26, 30, 32, 39	=	146 pts
5th :	Bridgend YMCA AC	-	18, 25, 27, 31, 36, 41	=	178 pts
6th :	Newport Harriers AC "B"	-	33, 35, 38, 40, 45, 49	=	240 pts
7th :	Cardiff Amateur AC "B"	-	43, 44, 46, 48, 52, 53	=	286 pts

Individual Race Positions, Team Positions, County Positions and Times :-

1st	1st	1st	Robertshaw, J.C.	(Newport H)(S)	34 mins 11 secs
2nd	2nd	2nd	Fowles, D.J.	(Cardiff AAC)(S)	29 secs
3rd	-	-	Williams, J.B.	(Staffs Moorlands)	30 secs
4th	-	-	Adams, L.G.	(Hillingdon AC)	35 secs
5th	-	3rd	Darby, A.R.	(Sale Harriers)(G)	48 secs
6th	3rd	4th	Lane, M.B.	(Newport H)(G)	53 secs
7th	4th	5th	Evans, R.J.	(Cardiff AAC)(D)	59 secs
8th	-	-	Lanfear, P.	(Reading AC)	35 mins 4 secs
9th	5th	6th	Seaman, S.	(Swansea H)(W)	31 secs
10th	-	-	Davies, J.	(Essex Beagles)	37 secs
11th	-	-	Jones, J.	(North Powys AC)	38 secs
12th	6th	-	Roberts, L.L.	(Cardiff AAC)	50 secs
13th	7th	7th	Ellis, J.	(Aberystwyth AC)(D)	55 secs
14th	8th	8th	Jefferies, A.	(Swansea H)(M)	58 secs
15th	9th	9th	Axon, S.	(Swansea H)(W)	36 mins 10 secs
16th	-	10th	Firth, M.T.	(Manchester AC)(S)	14 secs
17th	10th	11th	Plain, B.	(Cardiff AAC)(S)	19 secs
18th	11th	-	Cliffe, D.J.	(Newport H)	22 secs
19th	-	-	Lewis, P.J.	(Southampton AC)	29 secs
20th	12th	12th	Thomas, F.G.H.	(Aberystwyth AC)(D)	35 secs
21st	13th	13th	Davies, C.	(Swansea H)(W)	41 secs
22nd	-	-	Snow, J.	(North Powys AC)	43 secs
23rd	14th	-	Roberts, D.	(Swansea H)	50 secs
24th	-	-	Proctor, G.J.	(Bristol AC)	55 secs
25th	15th	14th	Bullen, B.	(Swansea H)(W)	37 mins 1 sec
26th	16th	15th	Griffiths, B.	(Cardiff AAC)(M)	6 secs
27th	17th	16th	Parsell, H.	(Swansea H)(W)	10 secs
28th	-	-	Gardner, T.R.	(Derby AC)	30 secs
29th	-	17th	Ireland, A.D.	(Barry & Vale)(S)	40 secs
30th	-	-	Richards, H.	(Gilwern Harriers)	54 secs
31st	18th	18th	O'Brien, J.A.	(U)(Bridgend YMCA AC)(W)	59 secs
32nd	-	-	Binding, P.	(Barry & Vale H)	38 mins 3 secs
33rd	19th	19th	Roberts, D.H.	(Cardiff AAC)(D)	12 secs
34th	-	20th	Davies, M.	(U.C. Swansea)(D)	15 secs
35th	20th	-	Crombie, D.	(Newport H)	17 secs
36th	-	-	Donovan, A.	(Cardiff AAC)	22 secs
37th	21st	21st	Hitchings, P.	(Newport H)(G)	25 secs
38th	22nd	-	Jones, T.	(Newport H)	45 secs
39th	23rd	-	Robbins, D.	(U)(Swansea H)	39 mins 11 secs
40th	24th	-	Nshford, A.	(Cardiff AAC)	24 secs
41st	25th	22nd	Nicholson, R.	(Bridgend YMCA AC)(M)	25 secs
42nd	26th	23rd	Humphries, R.L.	(Aberystwyth AC)(D)	34 secs

*Individual Race Positions, Team Positions, County Positions and Times (contd)*

43rd	-	-	Lewisley, A.	(Dark Peak Fell R)	39 mins 47 secs
44th	27th	24th	Griffiths, M.	(M)(Bridgend YMCA AC)	40 mins 18 secs
45th	-	25th	Owen, C.	(Torfaen AAC)(G)	21 secs
46th	-	26th	Howlett, P.A.	(AAC Chepstow)(G)	24 secs
47th	28th	-	Fereday, D.	(Newport H)	26 secs
48th	-	-	Hehir, J.	(U.C. Swansea)	29 secs
49th	29th	-	Finlayson, G.	(Cardiff AAC)	30 secs
50th	30th	-	Roberts, D.	(Aberystwyth AC)	31 secs
51st	31st	27th	Prescott, D.	(Bridgend YMCA AC)(M)	33 secs
52nd	32nd	-	Lyden, J.	(Aberystwyth AC)	50 secs
53rd	-	-	White, P.	(U.C. Swansea)	41 mins 30 secs
54th	33rd	-	Davies, C.	(Newport H)	41 mins
55th	-	-	Gordon, T.	(Newport H)	54 secs
56th	34th	-	Batty, M.	(Newport H)	55 secs
57th	-	-	Hexter, P.	(Cardiff AAC)	42 mins
58th	35th	-	Wagenaar, J.	(Newport H)	42 mins 12 secs
59th	36th	28th	Samuel, A.	(Bridgend YMCA AC)(M)	21 secs
60th	37th	-	Pinnell, M.	(Newport H)	22 secs
* 61st	-	-	Tones, D.A.	(U)(Neath Harriers)	50 secs
62nd	38th	-	Evans, A.	(Newport H)	54 secs
* 63rd	39th	-	Brooksbly, H.	(U)(Aberystwyth AC)	43 mins 10 secs
64th	-	-	Deighton, M.	(U.C. Swansea)	24 secs
** 65th	40th	-	Wallace, P.O.	(U)(Newport H)	42 secs
66th	41st	-	Morgan, R.	(Bridgend YMCA AC)	43 secs
67th	42nd	-	Edwards, P.	(Aberystwyth AC)	50 secs
68th	-	-	Harris, R.	(Newport H)	44 mins 8 secs
* 69th	43rd	-	Alexis, E.	(Cardiff AAC)	20 secs
70th	44th	-	Fidler, A.	(Cardiff AAC)	21 secs
** 71st	45th	-	Wood, T.C.	(U)(Newport H)	28 secs
72nd	46th	-	Morgan, R.	(Cardiff AAC)	32 secs
73rd	47th	-	Williams, D.	(Bridgend YMCA AC)	45 mins 13 secs
74th	48th	-	West, M.	(Cardiff AAC)	47 secs
* 75th	49th	-	Dorey, M.L.	(U)(Newport H)	46 mins 36 secs
76th	50th	-	Lichwa, M.	(Newport H)	47 mins 1 sec
77th	51st	-	Pritchard, K.	(Newport H)	8 secs
78th	52nd	-	Kenward, P.	(Cardiff AAC)	11 secs
79th	-	-	Baker, W.	(Newport H)	23 secs
80th	-	-	Hill, D.	(S. Wales Police)	49 mins 29 secs
* 81st	53rd	-	Gullidge, D.	(U)(Cardiff AAC)	38 secs
82nd	-	-	Trenchard, P.	(S. Wales Police)	51 mins 32 secs
*** 83rd	-	-	Crombie, R.	(U)(S. Wales Veterans)	56 mins 22 secs
84th	-	-	Hardman, R.	(S. Wales Police)	58 mins 35 secs
85th	-	-	Hewett, D.	(S. Wales Police)	62 mins 14 secs
86th	54th	-	Baker, R.	(Newport H)	63 mins 19 secs
87th	-	-	Storer, R.	(S. Wales Police)	65 mins 18 secs

<u>Inter-Counties :</u>	1st	South Glamorgan	- 1, 2, 10, 11	= 24 pts	(S)
	2nd	West Glamorgan	- 6, 9, 13, 14	= 42 pts	(W)
	3rd	Dyfed	- 5, 7, 12, 19	= 43 pts	(D)
	4th	Gwent	- 3, 4, 21, 25	= 53 pts	(G)
	5th	Mid Glamorgan	- 8, 15, 22, 24	= 69 pts	(M)

(\* Denotes Veteran Sp 1) (\*\* Denotes Veteran Sp 2) (\*\*\*) Denotes Veteran Sp 3)