

Welsh Athletics – Trail Running Team Championship Awards 2021 – Rabbit Run

Age Group	Gold	Silver	Bronze	
Senior Men (4)	NO CLUB COMPLETED A TEAM	~	~	
M35+ (3)	Run4All - 7, 9 & 12 = 28 points	~	~	
M45+ (3)	Ogmore Phoenix (A) – 5, 9, + 13 = 27pts	Porthcawl Runners - 6, 12 & 30 = 48 pts	Lliswerry Runners – 8, 16 & 31 = 55 points	
M55+ (3)	Porthcawl Runners - 7, 14 & 16 = 37 pts	~	~	
M65+ (3)	NO CLUB COMPLETED A TEAM	~	~	
Senior Women (4)	NO CLUB COMPLETED A TEAM	~	~	
W35+ (3)	Run4All (A) - 3, 10 & 11 = 24 points	Run4All (B) - 10, 11 & 12= 33 pts	Ogmore Phoenix - 5, 14, & 16 = 35 pts	
W45+ (3)	Lliswerry Runners – 1, 8 & 17 pts – 26pts	Brackla Harriers - 10, 11 & 12 = 33 pts	Caerphilly Runners – 13, 14 +15 = 42 pts	
W55+ (3)	Les Croupiers RC – 5, 9 & 13 pts – 27pts	~	~	
W65+ (3)	NO CLUB COMPLETED A TEAM	~	~	

Welsh Athletics – Trail Running Female Individual/Age Group Championship Awards 2021 – Rabbit Run

	Name	Club	Time	W45				
U20W					1	Sandra Chipper	Lliswerry Runners	58.47
	1	Ffion Higginson	Bridgend AC	1.34.29	2	Mandy Morris	Neath Harriers	1.11.02
	2				3	Elinor McNamara	Spirit of Monmouth	1.13.43
	3							
					W50			
Senior Women					1	Fiona Drysdale	Ogmore Phoenix	1.18.47
	1	Zoe Davies	Port Talbot Harriers	1.08.25	2	Charlotte Johns	Brackla Harriers	1.19.53
	2	Laura Gush	Bridgend AC	1.11.55	3	Andrea Starritt	Brackla Harriers	1.19.53
	3	Emma Maloney	Lliswerry Runners	1.17.10				
					W55			
W35					1	Judith Oakley	Vegan Runners	1.15.06
	1	Georgie Parnell	Chepstow Harriers	1.02.06	2	Vanessa Turnbull	Caerphilly Runners	1.15.25
	2	Rhian John	Run4All Neath	1.09.01	3	Jane Ogilvie	Brackla Harriers	1.19.54
	3	Jade Bazylkiewicz	Ogmore Phoenix	1.16.15				
					W60			
W40					1	Linda Woodland	Neath Harriers	1.14.25
	1	Eleri Rogers	CDF Runners	1.13.44	2	Romana Maine	Porthcawl Runners	1.17.57
	2	Kimberley Price	Parc Bryn Bach	1.20.18	3	Julie Scholey	Les Croupiers	1.19.18
	3	Deborah Spiers	Run4All Neath	1.24.29				

Welsh Athletics – Trail Running Male Individual/Age Group Championship Awards 2021 – Rabbit Run

U20M	Name	Club	Time
1	[REDACTED]		
2	[REDACTED]		
3	[REDACTED]		

Senior Man

1	Adam Brown	Merthyr RC	51.08
2	Rhys Perkins	Cornelly Striders	54.51
3	Joseph Mainwaring	Porthcawl Runners	58.02

M35

1	Daniel Triggs	Neath Harriers	49.12
2	Owen Thomas	Aberdare Valley	55.38
3	Antony Andrus	3Ms Gorseinon	57.19

M40

		Pontypridd	
1	Darren Bishop	Roadents	50.42
2	Matt Turner	San Domenico	54.29
3	Chris Jenkins	Neath Harriers	59.42

M45

1	Gareth Davey	Neath Harriers	52.17
		Pontypridd	
2	Laurence Pole	Roadents	57.53
3	Matthew Turner	Caerleon RC	1.00.20

M50

1	Adrian Pearce	Brackla Harriers	56.58
2	Nathaniel Palmer	Les Croupiers	58.11
3	Mike Furness	Porthcawl Runners	1.00.18

M55

1	Thomas Guest	Swansea Harriers	55.02
2	Nick Fox	Llanelli AC	1.01.11
3	Kevin Dupe	Caerleon RC	1.05.47

M60

1	Simon Osborne	Bridgend AC	57.31
2	Ian Bell	San Domenico	1.03.37
3	Wayne Frewen	Brackla Harriers	1.04.10

M65

1	Stephen Dallow	Parc Bryn Bach RC	1.07.55
	Michael		
2	Cunningham	Hengoed Harriers	1.19.15
3	[REDACTED]		

M70

1	Eric Davey	Llanelli AC	1.27.28
[REDACTED]			