

<u>RACE NAME</u>	<u>RRC</u>	<u>RACE DATE</u>	<u>DIST.</u>	<u>DATE MEAS.</u>	<u>_BY</u>	<u>CERT.No</u>	<u>COUNTY</u>	<u>RENEW</u>
WEST WALES R.A.B								
<u>DYFED</u>								
AMMANFORD 10K	1	13/07/2003	10 KMS	11/06/2001	MCD	W03/067R	DYFED	3
TREFACH COUNTRY CLUB 7	1.5	26/12/2005	7 MLS	25/10/1995	MCD	W05/209	DYFED	5
TENBY 10K	0	31/07/2005	10 KMS	10/04/1996	MCD	W05/217	PEMBS.	5
CARDIGAN 10K	2	02/06/2004	10 KMS	01/05/1996	MCD	W04/218	CEREDIG	4
St.CLEARs / T.R.O.T.S 10 K	0.5	28/08/2005	10 KMS	05/02/1997	MCD	W05/234	CARMS	5
CARMARTHEN MAYOR'S 5K	0	17/04/2006	5 KMS	03/03/1997	MCD	W06/236	CARMS	6
FELIN FACH 6	0	24/06/2005	5MLS1433YD	06/06/1997	LR	W05/244	CEREDIG	5
CARDIGAN MAYOR'S RACE	1.5	13/08/2005	10 KMS	29/06/1997	MCD	W05/245	CEREDIG	5
TEIFI 10	0	16/04/2006	10 MLS	08/02/1998	LR	W06/260	CEREDIG	6
CWRTNEWYDD 4	0.5	02/05/2005	3MLS 1668yds	05/04/1998	LR	W05/264	CEREDIG	5
RAS FRENNI RACE 8 MILES	1	07/07/2006	7 Mls 1440yds	22/05/2005	LR	W06/293R	PEMBS	6
RAS FRENNI RACE 4 MILES	0	07/07/2006	4 Mls 138yds	22/05/2005	LR	W06/294R	PEMBS	6
RAS CORS CARON (Tregaron 1/2)	1	19/02/2006	13 M 193 Yds	26/09/1999	LR	W06/302	CEREDIG	6
PEMBROKESHIRE 1/2 MAR .CHALLENGE	1.5	24/09/2006	13M 193YDS	18/02/2000	MCD	W06/307	PEMBS	6
RAS Y LLYCHAU 5K	0	27/05/2008	5 KMS	02/04/2000	LR	W05/313	CARMS	5
ABERYSTWYTH 10K	0	11/12/2005	10 KMS	09/11/2003	LR	W05/324R	CEREDIG	5
VALENTINES RACE	?	20/02/2005	12 KMS	01/08/2001	LR	W05/327	CEREDIG	5
RAS Y DDAU SANT 10K	0	29/05/2005	10 KMS	10/03/2002	LR	W05/333	CEREDIG	5
NATIONAL BOTANIC 5K TRAIL	0	03/09/2003	5 KMS	25/08/2002	LR	W03/341	CARMS	3
TY HAFAN MILFORD 5K	0	16/10/2005	5 KMS	12/02/2004	MCD	W05/343R	PEMBS	5
C.S.A CHARITY 10K	0.5	21/08/2005	10 KMS	16/03/2003	LR	W05/348	PEMBS	5
DALE 10K	0	24/09/2006	10KMS	17/04/2003	MCD	W06/349	PEMBS	6
LLANELLI MILLENIUM COAST 10K	0	26/06/2005	10KMS	01/06/2005	MCD	W05/351R	CARMS	R/05
PEMBROKESHIRE TRI CLUB 5K	0	09/5 & 4/7/06	5 KMS	23/05/2003	MCD	W06/354	PEMBS	6
PEMBROKESHIRE TRI CLUB 10K	0.5	30/5 & 25/7/06	10 KMS	23/05/2003	MCD	W06/355	PEMBS	6
NEYLAND 10K & FUNRUN	0	07/05/2006	10 KMS	16/03/2004	MCD	W06/357	PEMBS	6
DEWI SANT (St David's) 5 Miles	0	07/08/2005	5 MLS	05/07/2004	MCD	W05/362	PEMBS	5
LLANELLI HALF MARATHON	0	05/03/2006	13 Mls 193 yds	02/02/2006	MCD	W06/373	CARMS	N/06

WEST GLAMORGAN

BRISCO 10K	0	09/05/1999	10 KMS	30/04/1999	MCD	W99/290	SWANSEA	N/99
SWANSEA BAY 10K	0	25/09/2005	10 KMS	12/09/1999	MCD	W05/300	SWANSEA	5
SWANSEA HARRIES SEASIDE 5k SERIES	0	13/6&12/7&8/9/8/04	5 KMS	28/04/2000	MCD	W05/314	SWANSEA	5
RICHARD BURTON 10K	?	14/01/2007	10 KMS	16/05/2000	GH	W07/316	W.GLAM	7
GLYNNNEATH 5	0	26/12/2005	5 MLS	30/07/2001	GH	W05/328	W.GLAM	5
SWANSEA BAY 5K	0	26/09/2005	5 KMS	22/04/2005	MCD	W05/369	S.GLAM	N/05

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EAST WALES R.A.B

<u>GWENT</u>								
LLISWERRY 8	0	29/01/2006	8 MLS	05/01/2002	PD	W06/087R	GWENT	6
CRICKHOWELL / GILWERN	0	25/04/2004	10 KMS	22/03/2003	PD	W04/110R	GWENT	4
SCEINIC 7	?	13/07/2005	7 MLS	29/06/2002	MJHB	W05/127R	GWENT	5
ROSE INN 4 MILE SERIES	0	10/5, 14/6, 12/7, 9/8/04	4MLS	08/05/1997	PD	W05/241	GWENT	5
TRANSPORTER BRIDGE 5K	0	5/6, 3/7, 7/8/03	5 KMS	10/06/2001	PD	W03/250R	GWENT	3
Y FENNI 10K ROAD RACE	0	16/05/2004	10 KMS	02/05/1998	BH	W04/270	GWENT	4
TOUR OF TORFAEN 1/2 MAR	0	22/10/2006	13M192.5YDS	29/07/2002	MJHB /PD	W06/298R	GWENT	6
ISLWYN HALF MARATHON	0	26/03/2006	13M 193YDS	19/02/2005	MJHB	W06/306R	GWENT	6
SORBROOK CHALLENGE 10K	2.5	07/05/2006	10 KMS	15/04/2003	PD	W06/350	GWENT	6
HARE & TORTOISE RUN	0	24/06/2005	3 MLS	08/06/2003	PD	W05/353	GWENT	5

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POWYS

LAKE VYRNWY 1/2 MAR.	0	10/09/2006	13M 193YDS	23/05/1989	PTB/LC	W06/050V	POWYS	6
PRESTEIGNE 1/2 MAR.	0	26/03/2006	13M 193YDS	12/02/2000	MJP	W06/308	POWYS	6
BRECON 10	0	07/08/2005	10 MLS	30/03/1996	MCD	W05/216	POWYS	5
RHAYADER 20	?	18/03/2006	20 MLS	17/01/1998	LC	W06/261	POWYS	6
RHAYADER 5KM SUMMER SERIES	0	18/05, 1&15/06/05	5 KMS	08/05/1998	LC	W05/269	POWYS	5
LAKE VYRNWY MARATHON	0	06/06/2004	26Mls 385Yds	26/05/2001	MCD/LC	W04/325	POWYS	4
MALDWYN 10K	0	14/05/2006	10 KMS	12/05/2004	LC	W06/358	POWYS	6
CARNIVAL 5kms	0	09/06/2006	5 KMS	24/05/2004	LC	W06/359	POWYS	6
BBQ 5kms	0	07/07/2006	5 KMS	24/05/2004	LC	W06/360	POWYS	6
BRECON 3,4,&5 MILE RACE	0	9/5, 23/5 & 6/6/06	3,4,&5 MLS	05/05/2005	PD	W06/370	POWYS	6

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<u>SOUTH WALES R.A.B</u>								
<u>SOUTH GLAMORGAN</u>								
CARDIFF 10K	0	04/09/2005	10 KMS	07/09/1997	MCD/GF	W98/254V	S.GLAM	5
LES CROUPIERS 10M CLUB HANDICAP	0	25/01/2004	10 MLS	17/01/1998	GH	W04/258	S.GLAM	4
FIREWORKS FIVE / OLD FATHER TIME	0	13/11/04,31/12/05	5 MLS	15/10/1998	GH	W05/286	S.GLAM	5
SSAFA FORCES HELP 5K SERIES	0	.05 / 18.06 / 23.07.	5 KMS	11/04/1999	GF	W03/289	S. GLAM	3
BARRY WATERFRONT Ty HAFAN 5k	0	07/05/2006	5 KMS	26/03/2005	MJHB	W06/305R	S.GLAM	6
GREAT WELSH RUN	0	02/05/2005	5 MLS	24/03/2005	GF	W05/335R	S.GLAM	R/05
CARDIFF MARATHON	0	09/10/2005	26 Mls 385Yds	31/07/2005	MCD/MJHB	W05/338aR	S.GLAM	R/05
CARDIFF 1/2 MARATHON	0	09/10/2005	13 Mls 193 yds	31/07/2005	MCD/MJHB	W05/338bR	S.GLAM	R/05
100k Race (100k championship)	0	27/08/2004	100 KMS	11&18/08/02	GF	W04/340	S.GLAM	4
CUSTOM & EXCISE 10K	0	27/03/2003	10 KMS	08/02/2003	MJHB	W03/345	S.GLAM	N/03
FEETBEAT 10K	0	18/05/2003	10 KMS	08/02/2003	MJHB	W03/346	S.GLAM	N/03
RUN AND BECOME SERIES	0	12/05, 16/06, 28/07/06	2, 3 & 4 MLS	11&12/03/2003	MJHB	W06/347	S.GLAM	6
ST DAVIDS DAY 5K	0	27/02/2005	5 KMS	30/01/2005	GF	W05/365	S.GLAM	N/05
FAIR TRADE 5K	0	21/05/2006	5 KMS	26/02/2005	MJHB	W06/366	S.GLAM	6
RUN AND BECOME 5K	0	02/04/2005	5 KMS	26/02/2005	MJHB	W05/367	S.GLAM	N/05
VALE HOTEL 5K RUN (TY GEORGE)	0	22/05/2005	5 KMS	05/03/2005	GF	W05/368	S.GLAM	N/05
RUNNING 4 WOMEN 8K	0	21/08/2005	8 KMS	17/07/2005	GF	W05/372	S.GLAM	N/05
<u>MID - GLAMORGAN</u>								
PONTYPRIDD REVERSE 10	0	05/02/2006	10 MLS	06/12/2003	MJHB	W06/214R	M.GLAM	6
ABERDARE PARK 5 MILES	0	29/06/2003	5 MLS	10/05/1997	CS	W03/239	M.GLAM	3
NOS GALAN 5 KM	0	31/12/2005	5 KMS	17/12/2005	MJHB	W05/256R	M.GLAM	5
CORNELLY 5 KM ROAD RACE	0	05/05/2003	5 KMS	31/07/1998	EK	W03/282	M.GLAM	3
ALANTIC COLLEGE 10K	0	09/04/2006	10 KMS	01/09/2001	GH	W06/330	M.GLAM	6
L'OREAL 5K FUN RUN	0	11/07/2004	5 KMS	02/06/2003	PD	W04/352	M.GLAM	4
RHONDDA 5.63 M FUN RUN	0	06/07/2003	5.63 MLS	19/10/2002	MJHB	W03/356	M.GLAM	3
MERTHYR POLICE 10KM	0	21/08/2005	10 KMS	02/08/2004	PD	W05/363	M.GLAM	5
MERTHYR MAWR LANE 5K	0	01/06/2005	5 KMS	11/05/2005	GH	W05/371	M.GLAM	N/05
<u>NORTH WALES R.A.B</u>								
<u>GWYNEDD</u>								
CAERNARFON 10K	0	04/09/2005	10 KMS	29/12/2002	DE	W05/017R	GWYN	5
SNOWDONIA MARA	8	30/10/2005	26Mls 385yds	04/09/1997	MCD/DE	W05/253	GWYN	5
ANGLESEY 30K CLASSIC	3	23/03/2003	30 KMS	02/03/2002	DE	W03/045R	GWYN	3
CRAIG yr ADERYN	0	30/04/2006	13MLS193yds	03/04/2006	DE	W06/111R	GWYN	6
BALA LAKE R.R. (LLYN TEGID)	?	22/03/2003	11mIs 496yds	23/12/1995	PBJ	W03/199	GWYN	3
NICK BEER MEM.	?	12/02/2006	10 KMS	04/02/1996	DE	W06/213	GWYN	6
ANGLESEY 10K CLASSIC	2	23/03/2003	10 KMS	05/03/2002	DE	W03/237R	GWYN	3
MENAI MINI MARATHON	1	29/01/2006	6 MLS 188yds	22/01/1989	DE	W06/255V	GWYN	6
RACE THE HIGHLAND TRAIN 5K	0	20/07/2005	5 KMS	22/06/1998	DE	W05/281	GWYN	5
GREAT ORME 5KM CHALLENGE	4	17/07/2005	5 KMS	25/04/1999	LC	W05/291	CONWY	5
VAYNOL PARK 10K / FELINHELI	6	28/06/2006	10 KMS	09/06/1999	DE	W06/292	GWYN	6
LLANDUDNO 10	0	13/11/2005	10 MLS	07/11/1999	DE	W05/303	GWYN	5
RAS FAWR LLANDDOGED	?	17/09/2006	12.5 KMS	29/07/2000	LC	W06/320	GWYN	6
RSPB PENMAENOO 10	0	04/10/2003	10 MSL	12/08/2000	LC	W03/321	GWYN	3
DOLGELLAU 5 MILES	?	30/07/2005	5 MSL	16/04/2002	LC	W05/334	GWYN	5
ANGLESEY MARATHON	5	24/09/2006	26MIs 385yds	28/12/2004	DE	W06/361R	GWYN	6
<u>CLWYD</u>								
TWIN PIERS	0	14/01/2006	10 KMS	16/12/2001	LC	W06/105R	CLWYD	6
DENBIGH-RUTHIN 10K	?	01/01/2004	10 KMS	30/12/1994	MWG	W04/198	CLWYD	4
HELENA TIPPING	0	04/12/2005	10 KMS	20/09/2000	LC	W05/204R	CLWYD	5
VILLAGE BAKERY 1/2 MAR.	0	19/02/2006	13M193YDS	12/02/2001	LC	W06/210aR	CLWYD	6
PETE WINDELL CHARITY 5 / BUCKLEY CHARITY 5	?	05/06/2005	5 MLS	13/05/2002	MWG	W05/215R	CLWYD	5
CHIRK CASTLE ROAD RACE	0.5	02/04/2006	10 KMS	15/03/1999	MWG	W06/268R	CLWYD	6
EDDIE FAURE MEMORIAL 10K	0	18/06/2006	10 KMS	06/05/2002	DE	W06/272R	DENBIGHSHIRE	6
PIRELLI (BICC) FAST 5	0	03/10/2004	5 MSL	01/04/1998	MWG	W04/276	CLWYD	4
SLATERS / ABERGELE 5	0	06/11/2005	5 MSL	06/10/2002	LC	W06/277R	CLWYD	6
DENBIGH 10 K	5	03/07/2005	10 KMS	12/05/2004	DE	W05/280R	DENBIGHSHIRE	5
FLINTSHIRE 10K [RE-MEAS]	0	01/10/2006	10 KMS	21/08/1998	MWG	W06/285R	FLINTSHIRE	6
MAJESTIC TRAVEL North Wales 10 Miles Cham	0	29/04/2006	10 MSL	01/02/1999	MWG	W06/287	WREXHAM	6
Wrexham Women Run (WREXHAM 5KM)	0	08/06/2003	5 KMS	17/06/2000	LC	W03/318	WREXHAM	3
CHRIS POWELL 5 MILE FUN RUN	0.5	16/02/2003	5 MSL	14/02/2003	DE	W03/344	DENBIGHSHIRE	N/03
PRESTATYN R.C 5K	0	27/05/2005	5 KMS	28/12/2004	DE	W05/364	DENBIGHSHIRE	N/05