

Series results - 2016

| | Name | | Club | Races | Points |
|------------------|---------------|----------|------------------|--------------|---------------|
| m1 | Martin | Copus | Maldwyn Harriers | 5 | 583 |
| mUnder 20 | Todd | Tanner | Maldwyn Harriers | 5 | 579 |
| msenior | Reece | Moles | Maldwyn Harriers | 4 | 378 |
| mv35 | no competitor | | | | |
| mv40 | David | Manuel | Maldwyn Harriers | 4 | 449 |
| mv45 | Andrew | Davies | Thornbury | 4 | 574 |
| mv50 | Haydn | Jones | Maldwyn Harriers | 5 | 555 |
| mv55 | no competitor | | | | |
| mv60 | Ed | Davies | Maldwyn Harriers | 4 | 529 |
| mv65 | no competitor | | | | |
| mv70 | Ray | Sharratt | Rhayader Ac | 5 | 390 |
| mv75 | no competitor | | | | |

| | Name | | Club | Races | Points |
|------------------|---------------|------------|-----------------------|--------------|---------------|
| f1 | Nicola (m) | Davies | Maldwyn Harriers | 5 | 540 |
| fUnder 20 | no competitor | | | | |
| fsenior | Rachel | Williams | Maldwyn Harriers | 4 | 337 |
| fv35 | Jenny | Evans | Maldwyn Harriers | 5 | 511 |
| fv40 | Karen | Jones | Maldwyn Harriers | 4 | 336 |
| fv45 | Nicola | Davies | Thornbury | 4 | 419 |
| fv50 | Janet | Shanahan | Maldwyn Harriers | 5 | 351 |
| fv55 | Jill | Hillman | Maldwyn Harriers | 5 | 378 |
| fv60 | Rose | Thomas | Rhayader running club | 4 | 389 |
| fv65 | no competitor | | | | |
| fv70 | Carol | Farrington | Rhayader AC | 4 | 344 |
| fv75 | no competitor | | | | |
| fv80 | no competitor | | | | |

Results for athletes completing at least 4 races

| | | | | | Races | Points |
|------------|----------|---|----------|-----------------------|--------------|---------------|
| Martin | Copus | m | senior | Maldwyn Harriers | 5 | 583 |
| Todd | Tanner | m | Under 20 | Maldwyn Harriers | 5 | 579 |
| Andrew | Davies | m | v45 | Thornbury | 4 | 574 |
| Hadyn | Jones | m | v50 | Maldwyn Harriers | 5 | 555 |
| Nicola (m) | Davies | f | senior | Maldwyn Harriers | 5 | 540 |
| Kaya | Saul | m | Under 20 | Maldwyn Harriers | 4 | 539 |
| Ed | Davies | m | v60 | Maldwyn Harriers | 4 | 529 |
| Jenny | Evans | f | v35 | Maldwyn Harriers | 5 | 511 |
| Paul | Thomas | m | v50 | Maldwyn Harriers | 4 | 484 |
| Martin | Green | m | v60 | Maldwyn Harriers | 4 | 483 |
| Jaqui | Loxam | f | v35 | Maldwyn Harriers | 4 | 470 |
| David | Manuel | m | v40 | Maldwyn Harriers | 4 | 449 |
| Kevin | Jones | m | v40 | Maldwyn Harriers | 4 | 446 |
| Nicola | Davies | f | v45 | Thornbury | 4 | 419 |
| Andrew | Sherlock | m | v45 | Maldwyn Harriers | 4 | 393 |
| Ray | Sharratt | m | v70 | Rhayader Ac | 5 | 390 |
| Rose | Thomas | f | v60 | Rhayader running club | 4 | 389 |
| Jill | Hillman | f | v55 | Maldwyn Harriers | 5 | 378 |
| Reece | Moles | m | senior | Maldwyn Harriers | 4 | 378 |

| | | | | | | |
|--------|------------|---|--------|------------------|---|-----|
| Donna | Griffiths | f | v45 | Maldwyn Harriers | 4 | 375 |
| Emma | Stewardson | f | v35 | Ludlow Runners | 4 | 357 |
| Janet | Shanahan | f | v50 | Maldwyn Harriers | 5 | 351 |
| Carol | Farrington | f | v70 | Rhayader AC | 4 | 344 |
| Rachel | Williams | f | senior | Maldwyn Harriers | 4 | 337 |
| Karen | Jones | f | v40 | Maldwyn Harriers | 4 | 336 |
| Sharon | Lloyd | f | v45 | Maldwyn Harriers | 4 | 331 |
| Jacqui | Lloyd | f | v60 | Maldwyn Harriers | 4 | 308 |

