

Caerleon RC Championship 2022  
Results – Cardiff Bay 10K

|                    | <b>Time</b> | <b>Championship Points</b> |
|--------------------|-------------|----------------------------|
| Adam Rowbotham     | 46.45       | 50                         |
| Louise Ryan-Scales | 55.09       | 50                         |
| Michelle Clabon    | 55.25       | 49                         |
| Dawn Davis         | 1.07.00     | 48                         |
| Jess Davies        | 1.15.31     | 47                         |