

## 2007 Lliswerry 8 results

Provisional Results - 28/01/07 17:00

**Notes** After the dust settled we inspected the results in greater detail and found 3 significant errors.

- Terry Welch is a bloke! This means Brenda Avery was actually 1st Vet 55 lady.
- Sue Tag was omitted from the original results. This was significant in that Sue became 2nd Vet 35 lady but most importantly means Club 69 were ladies team winners.
- Ronald Morris is in V55, not V50, so becomes 1st V55.

Apologies to all for these.

It was very impressive that our ladies winner, Melanie Ellis, and 2nd place, Angela Jones, were both actually V40s (2 age groups away in ladies).

O/A Pos	Name	Time	Cat	Pos	Club
1	Matthew Collins	42:17	MS	1	Cardiff A C
2	Lee Aherne	42:51	MV40	1	Club 69
3	Phil Kibble	43:04	MV40	2	Wiltshire Police
4	Peter Coles	43:17	MV40	3	Pontypridd AAC
5	Stephen Paterson	43:59	MS	2	San Domenico
6	Stephen Thomas	45:00	MS	3	Islwyn R C
7	Jason Scanlon	45:45	MS	4	Pontypridd AAC
8	Nick Frost	45:46	MV45	1	Pontypridd AAC
9	Richie Richards	47:29	MV40	4	Wye Valley Runners
10	Rhys Peters	47:35	MS	5	Unattached, (non club)
11	Chris Taylor	47:50	MV50	1	Bromsgrove and Reddich
12	Damian Williams	47:54	MV40	5	Club 69
13	Mike Bouldstridge	47:55	MS	6	Birchfield Harriers
14	Melanie Ellis	48:14	WV40	1	Shaftsbury Harriers
15	David Hodgins	49:03	MS	7	Unattached, (non club)
16	Alun Williams	49:21	MV40	6	Fairwater Runners
17	James King	49:24	MS	8	Caerleon Running Club
18	Geraint Williams	49:27	MS	9	Pontypridd AAC
19	Phil Meyler	49:32	MV50	2	Pontypridd AAC
20	Chris Meyler	49:41	MS	10	Bridgend A C
21	Andrew Baker	49:44	MV40	7	Pontypridd AAC
22	Chris Morgan	49:53	MS	11	Unattached, (non club)
23	Stephen Edwards	49:56	MS	12	Islwyn R C
24	Craig Fowler	49:58	MV40	8	Pontypridd AAC
25	Ronald Morris	50:04	MV55	1	San Domenico
26	Martin Flowers	50:08	MV50	3	Wye Valley Runners
27	Phil Miles	50:11	MV55	2	Club 69
28	Angela Jones	50:24	WV40	2	Brecon Bounders
29	Alan Walton	50:26	MS	13	San Domenico
30	Keith Thompson	50:32	MV45	2	Islwyn R C
31	Ade White	50:33	MV40	9	Islwyn R C
32	Gareth Creed	50:41	MS	14	Chepstow Harriers
33	Ian McDonald	50:53	MV40	10	San Domenico
34	Peter Rodger	50:59	MV50	4	Griffithstown Harriers
35	Peter Carwardine	51:17	MV45	3	Hereford Couriers
36	P Dawes	51:21	MV40	11	San Domenico
37	David Crane	51:28	MV45	4	Unattached, (non club)
38	Brian Phillips	51:32	MV40	12	Club 69
39	Howard Mason	51:39	MV40	13	Caerleon Running Club
40	Dominic Pascoe	51:42	MS	15	Unattached, (non club)
41	Andy Davies	51:46	MV40	14	Pontypridd Roadents
42	Matthew Taylor	51:59	MS	16	Unattached, (non club)
43	Tom Frost	52:03	MS	17	Avon Valley Runners

44	Eric Davey	52:06	MV55	3	Llanelli
45	Stuart Morrish	52:09	MS	18	Hereford Couriers
46	Thomas Guy	52:12	MS	19	Griffithstown Harriers
47	Michael Bunstn	52:19	MS	20	Islwyn R C
48	Helen Looder	52:21	WV35	1	Islwyn R C
49	Aaron Smith	52:27	MS	21	Cardiff Triathletes
50	Neil Lewis	52:42	MS	22	Unattached, (non club)
51	Darren Morgan	52:46	MS	23	Unattached, (non club)
52	Mike Duggan	53:07	MV40	15	Bitton R R
53	Andrew Spencer	53:18	MV40	16	Fairwater Runners
54	Eirwyn Rees	53:20	MV40	17	Unattached, (non club)
55	Andrew Buchanon	53:21	MS	24	Unattached, (non club)
56	James Delawey	53:24	MV50	5	San Domenico
57	Peter Curran	53:25	MV40	18	Unattached, (non club)
58	Ian Jones	53:32	MV45	5	Unattached, (non club)
59	Peter Heath	53:38	MS	25	Chepstow Harriers
60	Terry Welch	53:39	MV55	4	Bitton R R
61	Robin Bereza	53:42	MV55	5	Wye Valley Runners
62	Ian Richards	53:43	MV40	19	Sospan R R
63	Mike Davies	53:47	MV45	6	Caerleon Running Club
64	Damian Jukes	53:48	MS	26	Club 69
65	Chris Blackmore	53:49	MS	27	Cardiff H/Quinns
66	Iban Estefanic	53:50	WS	1	Unattached, (non club)
67	Haydn Hartnell	53:51	MV40	20	Islwyn R C
68	Craig Holland	53:56	MV40	21	Pontypridd Roadents
69	Gerard Cristie	54:00	MV45	7	Les Croupiers
70	Chris Bengier	54:03	MS	28	Islwyn R C
71	Mark Perry	54:05	MS	29	Unattached, (non club)
72	Fayme White	54:07	WS	2	Bitton R R
73	Keith Paterson	54:12	MV60	1	San Domenico
74	Peter Shorter	54:16	MV50	6	Forest of Dean
75	Sue Tagg	54:26	WV35	2	Club 69
76	Bryn Griffiths	54:28	MS	30	Unattached, (non club)
77	Darren Stevens	54:40	MS	31	Unattached, (non club)
78	Steve Sanders	54:43	MS	32	Unattached, (non club)
79	Roger Hemming	54:52	MV55	6	Great Western Runners
80	Jamie Seekings	54:56	MS	33	Penarth & Dinas Runners
81	Nicola Haines-Jones	55:02	WV40	3	Neath Harriers
82	Roger Day	55:06	MV55	7	Worcester Tri Club
83	Kelly Morgan	55:08	WS	3	Pontypridd AAC
84	Alex Williams	55:11	MS	34	Road Runners Club
85	Ronald Shannon	55:14	MV45	8	Bitton R R
86	Gareth Jehu	55:22	MS	35	Taff Ely Triathletes
87	Susheel Chumber	55:23	MS	36	Unattached, (non club)
88	Mark Unsworth	55:30	MV45	9	San Domenico
89	Michael Halsall	55:31	MS	37	Unattached, (non club)
90	Michael Hodges	55:33	MV50	7	Unattached, (non club)
91	Simon Laraway	55:35	MS	38	Bitton R R
92	Phillip Thomas	55:43	MV40	22	Brackla Harriers
93	John Wright	55:50	MS	39	Unattached, (non club)
94	Steven Powell	55:52	MS	40	Bitton R R
95	Steve New	55:53	MV40	23	100 Marathon Club
96	Dave Bouldstridge	55:54	MV65	1	Unattached, (non club)
97	John Shanahan	56:04	MV50	8	Mynyddwyr De Cymru
98	Kevin McCarthy	56:07	MV40	24	Road Runners Club
99	Tony Howson	56:07	MS	41	Unattached, (non club)
100	Colin Rees	56:08	MV40	25	Club 69
101	Michael Evans	56:10	MV50	9	Forest of Dean
102	Geoff Houper	56:14	MV55	8	Unattached, (non club)
103	Gareth James	56:16	MS	42	Brackla Harriers
104	Jeffrey Davies	56:18	MV40	26	Unattached, (non club)
105	Dorian Hughes	56:20	MV40	27	Club 69
106	Anne Follan	56:22	WV35	3	Pontypridd AAC
107	Simon Thomas	56:23	MS	43	Unattached, (non club)
108	Anthony Furlong	56:37	MS	44	Unattached, (non club)
109	Dean Birt	56:40	MS	45	Pontypridd AAC
110	Kieran McDonnell	56:45	MV50	10	Unattached, (non club)
111	Peter Welbirg	56:48	MV50	11	Griffithstown Harriers
112	Dennis Collins	56:51	MV40	28	Rhondda Valley Runners
113	Mark Humphries	56:57	MV40	29	Unattached, (non club)
114	Dave Rose	57:11	MV40	30	Brackla Harriers
115	Jacky Austin	57:26	WV50	1	Club 69
116	Stephen Jones	57:34	MV45	10	Islwyn R C
117	Ed Whiting	57:36	MS	46	Cardiff H/Quinns
118	Tony Burt	57:38	MV60	2	Brackla Harriers
119	Nick Darroch	57:39	MV45	11	Brackla Harriers
120	Domonic Shields	57:39	MV40	31	ONS
121	Amy Carwardine	57:40	WS	4	Hereford Couriers
122	Hugh Hughes	57:41	MS	47	Unattached, (non club)

123	Peter Maksimovic	58:01	MV45	12	Unattached, (non club)
124	Andy Thatcher	58:04	MS	48	Bitton R R
125	Derek Rainbird	58:05	MV50	12	Club 69
126	Madeleine Ginns	58:13	WS	5	Penarth & Dinas Runners
127	Simon Marshall	58:15	MS	49	Unattached, (non club)
128	Keith Treharne	58:17	MV60	3	Brackla Harriers
129	Julie Davies	58:19	WV35	4	Griffithstown Harriers
130	Mandy Jones	58:22	WV45	1	Islwyn R C
131	Barry Morgan	58:29	MS	50	Fairwater Runners
132	David Browning	58:35	MV65	2	Road Runners Club
133	Chris Leonard	58:37	MV45	13	Bitton R R
134	Mike Sims	58:39	MS	51	Unattached, (non club)
135	Leighton Davies	58:41	MS	52	Brackla Harriers
136	Joe Lavric	58:45	MV45	14	Unattached, (non club)
137	Mark Picton	58:45	MV40	32	Unattached, (non club)
138	Clare Hall	58:51	WS	6	Griffithstown Harriers
139	Janet Brown	58:52	WV45	2	Bitton R R
140	Jeff Jervis	58:52	MV65	3	Club 69
141	Noel Harris	58:59	MV40	33	Unattached, (non club)
142	Alun Smith	59:03	MV45	15	Rhondda Valley Runners
143	Paul Davies	59:07	MS	53	Unattached, (non club)
144	Rebecca Harris	59:10	WV35	5	Unattached, (non club)
145	Stuart Keeping	59:17	MV40	34	Unattached, (non club)
146	Neale Wood	59:18	MV45	16	Unattached, (non club)
147	Richard Howe	59:24	MS	54	Unattached, (non club)
148	Bernie Monk	59:26	MV60	4	Club 69
149	Richard Llewellyn	59:33	MV40	35	Unattached, (non club)
150	David Weston	59:34	MV55	9	Unattached, (non club)
151	Eric Jones	59:47	MV55	10	Unattached, (non club)
152	M James	59:48	MV45	17	Unattached, (non club)
153	Charlotte Johns	59:48	WV40	4	Brackla Harriers
154	Lynn Goward	59:49	WV40	5	Vellace Vipers
155	Andrew Matthews	60:04	MV40	36	Unattached, (non club)
156	John Pask	60:09	MV65	4	Islwyn R C
157	Clive Spencer	60:13	MV55	11	Worcester AC
158	Gareth Jones	60:16	MS	55	Unattached, (non club)
159	Steve Bailey	60:17	MS	56	Unattached, (non club)
160	Peter Roberts	60:26	MV45	18	Griffithstown Harriers
161	Clive James	60:28	MV60	5	Midland Masters
162	Steve Hill	60:31	MV40	37	Penarth & Dinas Runners
163	Richard Vaughan	60:32	MS	57	Unattached, (non club)
164	Gareth Jones	60:32	MV55	12	Newport Harriers
165	Michael Dix	60:32	MV50	13	Les Croupiers
166	Steve Stacey	60:34	MV40	38	Bitton R R
167	John Scanlan	60:41	MV45	19	Thornbury R C
168	Neil Davies	60:41	MV45	20	Unattached, (non club)
169	Kieron Scott	60:46	MS	58	Unattached, (non club)
170	Melanie Simmons	60:47	WV35	6	Westbury Harriers
171	Paul Harmes	60:49	MV40	39	Unattached, (non club)
172	Paul York	60:52	MS	59	Unattached, (non club)
173	Marianne Day	60:56	WS	7	Unattached, (non club)
174	Brenda Avery	60:57	WV55	1	Unattached, (non club)
175	Mark Sharwood	61:01	MS	60	Unattached, (non club)
176	Chris Matthews	61:01	MV40	40	Unattached, (non club)
177	Liam Gallagher	61:03	MS	61	Unattached, (non club)
178	Libby Lavis	61:09	WV45	3	Brackla Harriers
179	Steve Hole	61:10	MV40	41	Unattached, (non club)
180	Debbie James	61:17	WV35	7	Chepstow Harriers
181	Wayne Preece	61:18	MV50	14	Unattached, (non club)
182	James Thomas	61:23	MV40	42	Brackla Harriers
183	Anthony Kavanagh	61:24	MV60	6	Cornelly Striders
184	Selwyn Williams	61:24	MV50	15	Unattached, (non club)
185	Keith Verheyden	61:25	MV45	21	Unattached, (non club)
186	Adam Abraham	61:26	MS	62	Les Croupiers
187	Tony Mason	61:32	MV60	7	Bitton R R
188	Paul Furlong	61:44	MV55	13	Unattached, (non club)
189	Amanda John	61:51	WV40	6	Amman Valley Harriers
190	K Woolley	61:55	WS	8	Unattached, (non club)
191	Danellia Woodbridge	61:55	WV35	8	Fairwater Runners
192	Anne Evans	61:58	WV35	9	Club 69
193	Gavin Williams	62:02	MS	63	Unattached, (non club)
194	Ian Childs	62:05	MS	64	Unattached, (non club)
195	Ross Shepherd	62:17	MS	65	Unattached, (non club)
196	Mark Halliwell	62:19	MV45	22	Brackla Harriers
197	Melissa Whiting	62:19	WS	9	Unattached, (non club)
198	Keith Norville	62:24	MV45	23	Unattached, (non club)
199	Andrew Potter	62:24	MV40	43	Unattached, (non club)
200	Gareth Evans	62:26	MV60	8	Blaenavon Joggers
201	Rhys John	62:40	MS	66	Unattached, (non club)

202	Ron Morgan	63:00	MV60	9	Unattached, (non club)
203	Esther Roberts	63:02	WS	10	Penarth & Dinas Runners
204	Stephen Pemberton	63:06	MS	67	Unattached, (non club)
205	Jeff Wallace	63:10	MV45	24	Unattached, (non club)
206	Ed Stevens	63:11	MS	68	Hogweed Trotters
207	Don Holloway	63:15	MV55	14	Brackla Harriers
208	Janet Richards	63:17	WV40	7	Griffithstown Harriers
209	Sian Chicken	63:21	WV35	10	Unattached, (non club)
210	Keith Lowther	63:27	MV45	25	San Domenico
211	Micheal Powell	63:39	MV55	15	Caerleon Running Club
212	Neil Thomas	63:42	MS	69	Islwyn R C
213	David Gascoigne	63:47	MV40	44	Unattached, (non club)
214	Mark Williams	64:02	MV40	45	Sospan R R
215	Tom Denman	64:02	MS	70	Unattached, (non club)
216	Sally Zeru	64:14	WV35	11	Fairwater Runners
217	Erika Neininger	64:17	WS	11	Unattached, (non club)
218	Andrea Williams	64:24	WS	12	Road Runners Club
219	V Fitzpatrick	64:28	WS	13	Unattached, (non club)
220	Stuart Ballinger	64:42	MS	71	Unattached, (non club)
221	Bob Watson	64:48	MS	72	Unattached, (non club)
222	Kris Nuttall	64:50	MS	73	Unattached, (non club)
223	Craig Bunce	64:53	MS	74	Unattached, (non club)
224	Alastair Crothers	64:55	MS	75	Unattached, (non club)
225	K Williams	65:04	WV50	2	Unattached, (non club)
226	Bryn Burgess	65:14	MV45	26	Unattached, (non club)
227	Lloyd Morgan	65:15	MS	76	San Domenico
228	Susan Smith	65:16	WV40	8	Penarth & Dinas Runners
229	Chris Cole	65:18	MV40	46	Pontypridd Roadents
230	Mark Barrell	65:20	MS	77	Unattached, (non club)
231	John Doolan	65:22	MV40	47	Unattached, (non club)
232	Lisa Duggan	65:25	WV35	12	Unattached, (non club)
233	Julia French	65:30	WV40	9	Unattached, (non club)
234	Richard Brooks	65:31	MS	78	Unattached, (non club)
235	Robert Gay	65:33	MV50	16	Unattached, (non club)
236	Richard Ellwood	65:33	MS	79	Unattached, (non club)
237	Barbara Watts	65:34	WV45	4	Griffithstown Harriers
238	Helen Falsini	65:38	WV40	10	Cardiff A C
239	Joanne Owen	65:49	WV40	11	Caerleon Running Club
240	Colin Rees	65:51	MS	80	Unattached, (non club)
241	Julie Roche	65:52	WV35	13	Fairwater Runners
242	Tim Jones	65:52	MS	81	Cardiff Triathletes
243	Stephen Bartlett	66:01	MV45	27	Road Runners Club
244	Helen Thomas	66:03	WV45	5	Caerleon Running Club
245	Margrett Monk	66:04	WV55	2	Club 69
246	Clare Sinkinson	66:06	WS	14	Unattached, (non club)
247	Beverley Warburton	66:07	WV40	12	Unattached, (non club)
248	Pascal Miola	66:16	MS	82	Unattached, (non club)
249	Tudor Davies	66:22	MV40	48	Unattached, (non club)
250	Ian Hughes	66:40	MV40	49	Unattached, (non club)
251	Joanne Davies	66:42	WS	15	Swansea University
252	Robert Ward	66:47	MS	83	Caerleon Running Club
253	Ian Warner	66:51	MV45	28	Unattached, (non club)
254	Bethan Williams	66:53	WS	16	Unattached, (non club)
255	David Colman	66:55	MV40	50	Bitton R R
256	Julian Webb	66:56	MS	84	Unattached, (non club)
257	Joanne Powell	67:01	WS	17	Unattached, (non club)
258	Bob Sperring	67:02	MV50	17	Bitton R R
259	Jo Lord	67:03	WV40	13	Hay Hotfooters
260	Kim Pope	67:03	WV45	6	Bitton R R
261	Christophr Williams	67:06	MV50	18	Unattached, (non club)
262	Richard Chivers	67:06	MS	85	Unattached, (non club)
263	N Brocklebank	67:11	WV35	14	Womens Running Network
264	Becky Taylor	67:19	WS	18	Griffithstown Harriers
265	Gerard Newman	67:32	MV50	19	Stroud & District AC
266	Chris Brown	67:37	MS	86	Bitton R R
267	Andrew Samuel	67:43	MS	87	Unattached, (non club)
268	Paul Evans	67:43	MS	88	Unattached, (non club)
269	Blair Lundie	67:44	MV55	16	Islwyn R C
270	Rhydwyn Harris	67:44	MS	89	Islwyn R C
271	Andrea Reynolds	68:00	WV40	14	Essex Harriers
272	Ronnie Cunningham	68:09	WS	19	Unattached, (non club)
273	Paul Skinner	68:11	MS	90	Unattached, (non club)
274	Alison Kibblewhite	68:17	WV35	15	Unattached, (non club)
275	Ruth Jolliffe	68:18	WV35	16	Unattached, (non club)
276	Tony Hall	68:26	MV55	17	Unattached, (non club)
277	Steph Bishop	68:34	WS	20	Bitton R R
278	Barry Hopper	68:54	MV60	10	Instinctive Sports Plymouth
279	Terry Lewis	68:58	MV45	29	Unattached, (non club)
280	Paul Davies	69:02	MV55	18	Unattached, (non club)

281	Tina Lavelle	69:12	WV45	7	Hay Hotfooters
282	Laura Griffiths	69:12	WS	21	Unattached, (non club)
283	Morgan Taylor	69:12	MS	91	Unattached, (non club)
284	Steve Payne	69:21	MS	92	Unattached, (non club)
285	Rob Kilgour	69:21	MV40	51	Unattached, (non club)
286	James Johnson	69:37	MV70	1	Unattached, (non club)
287	Noelle Waters	69:37	WV45	8	Unattached, (non club)
288	Emily Luke	69:48	WS	22	Penarth & Dinas Runners
289	Eric Meredith	69:52	MV60	11	Blaenavon Joggers
290	Jackie Loader	69:55	WV35	17	Bitton R R
291	Les Ainscough	69:59	MV45	30	Caerleon Running Club
292	Kath Jervis	70:07	WV45	9	Club 69
293	Julia Frost	70:09	WS	23	Unattached, (non club)
294	Coleen Birch	70:09	WS	24	Islwyn R C
295	Nigel Griffiths	70:19	MV40	52	Unattached, (non club)
296	Georgina Gilbert	70:22	WS	25	Unattached, (non club)
297	Mike Burns	70:30	MV55	19	San Domenico
298	Emma Powell	70:33	WV35	18	Westbury Harriers
299	Sharon Hemming	70:49	WV45	10	Great Western Runners
300	Jonathon Evans	70:50	MS	93	Unattached, (non club)
301	Kevin Chidwick	71:07	MV40	53	Unattached, (non club)
302	Richard Brown	71:10	MV55	20	Sheen Shufflers
303	Denise Evans	71:24	WV40	15	Forest of Dean
304	Rebecca Chamblings	71:38	WS	26	Unattached, (non club)
305	Jacqui Vickery	71:39	WV40	16	Unattached, (non club)
306	Carol Lowry	71:45	WV50	3	Unattached, (non club)
307	Martin Woon	71:58	MV40	54	Hogweed Trotters
308	Ruth Wright	71:58	WV35	19	Unattached, (non club)
309	Nigel Jenkins	72:02	MV40	55	Caerleon Running Club
310	Deborah Jenkins	72:02	WV40	17	Caerleon Running Club
311	Sian Brown	72:02	WV50	4	Unattached, (non club)
312	Mathew Wall	72:04	MS	94	Unattached, (non club)
313	Dan Matthews	72:04	MS	95	Unattached, (non club)
314	Anne Roberts	72:09	WV50	5	Unattached, (non club)
315	Pauline Rees	72:23	WV50	6	Unattached, (non club)
316	Jafar Ghalamkary	72:26	MV45	31	Unattached, (non club)
318	Gareth Holyfield	72:39	MV40	56	Unattached, (non club)
319	David Morgan	72:43	MV55	21	Hogweed Trotters
320	Steven Mock	73:05	MS	96	Unattached, (non club)
321	Anne Bowen	73:14	WV60	1	Swansea Harriers
322	Brian Cox	73:26	MV60	12	Unattached, (non club)
323	Gweneth Howells	73:27	WV55	3	Caerleon Running Club
324	Peter Clark	73:28	MV50	20	Unattached, (non club)
325	Mandy Bees	73:30	WV45	11	Womens Running Network
326	Mark Jones	73:31	MV40	57	Unattached, (non club)
327	Elly Edmunds	73:32	WV35	20	Unattached, (non club)
328	Louise Howson	73:33	WS	27	Unattached, (non club)
329	Les Pugh	73:35	MV60	13	Blaenavon Joggers
330	Rachel Phillips	73:42	WV35	21	Bitton R R
331	Annette Whitchurch	73:49	WV50	7	Bitton R R
332	Finola Wilson	73:51	WV35	22	Womens Running Network
333	Shaun Emms	74:15	MV65	5	Hay Hotfooters
334	Beatrix Bowen	74:22	WV50	8	Unattached, (non club)
335	Dai Morris	74:24	MV45	32	Unattached, (non club)
336	Huw Griffiths	74:28	MV45	33	Unattached, (non club)
337	Joanna Hendry	74:30	WV35	23	Penarth & Dinas Runners
338	Pamela Clancy	74:33	WV50	9	Unattached, (non club)
339	David Holley	74:41	MS	97	Unattached, (non club)
340	Katheryn Sweetman	74:52	WS	28	Running 4 Women
341	David Phillips	74:57	MV60	14	Pembroke Harriers
342	Steve Madden	75:13	MV40	58	Unattached, (non club)
343	Claire Milner	75:16	WV50	10	Hay Hotfooters
344	Richard Lewis	75:18	MS	98	Newport & East Wales Tri
345	Nicola Ingerfield	75:20	WS	29	Unattached, (non club)
346	Helen McDaid	75:22	WV35	24	Womens Running Network
347	Olugbenga Fakande	75:36	MV45	34	Unattached, (non club)
348	Vivienne Brace	75:38	WV45	12	Unattached, (non club)
349	Kate Blackwell	75:40	WS	30	Unattached, (non club)
350	Sara Murray	75:43	WS	31	Great Western Runners
351	Nigel Williams	75:51	MV45	35	Unattached, (non club)
352	Barabara Griffiths	75:55	WV40	18	Unattached, (non club)
353	Steven Walsh	76:04	MS	99	Unattached, (non club)
354	Stephen Egan	76:15	MV45	36	Bitton R R
355	Laura Waters	76:33	WS	32	Unattached, (non club)
356	Andrew Crawford	76:33	MS	100	Unattached, (non club)
357	Rose Howell	76:45	WV60	2	Penarth & Dinas Runners
358	Jane Chapelle	77:17	WV40	19	Unattached, (non club)
359	Lesley Alexander	77:53	MV45	37	Brackla Harriers
360	Linda Burnell	77:54	WV40	20	Islwyn R C

361	Molly Melhuish	78:19	WS	33	Unattached, (non club)
362	Tony Brown	78:32	MV50	21	Bitton R R
363	Frances Barnes	79:06	WV35	25	Womens Running Network
364	Jenny Hughes	79:07	WV40	21	Womens Running Network
365	Derek Bunkin	79:09	MV55	22	Bitton R R
366	Karen Morgan	79:10	WS	34	Unattached, (non club)
367	Peter Regan	79:45	MV40	59	Unattached, (non club)
368	Janet Bagwell	80:05	WV35	26	Unattached, (non club)
369	Eleri Davey	80:05	WV35	27	Unattached, (non club)
370	Marianne Burrridge	80:19	WV45	13	Fairwater Runners
371	Stephen Chandler	80:20	MS	101	Hogweed Trotters
372	Alison Strong	80:37	WS	35	Unattached, (non club)
373	Mary Davies	80:37	WV50	11	Unattached, (non club)
374	Rhian Taylor	80:54	WS	36	Unattached, (non club)
375	Valerie Collier	81:05	WV60	3	Bitton R R
376	Prudence Melhuish	81:13	WS	37	Unattached, (non club)
377	Allyson Thomas	81:34	WV35	28	Unattached, (non club)
378	Sarah Smiles	81:38	WS	38	Brackla Harriers
379	Claire Jones	81:39	WS	39	Unattached, (non club)
380	Sue Lloyd	81:59	WV50	12	Fairwater Runners
381	Pat Stanley	82:54	WV50	13	Brackla Harriers
382	Sue Hewitt	84:22	WV50	14	Bitton R R
383	Sarah Watkins	85:18	WS	40	Unattached, (non club)
384	Carol Palmer	85:39	WV60	4	Newport Harriers
385	Linda Clark	85:39	WV40	22	Unattached, (non club)
386	Rose Chivers	85:47	WV50	15	Sole Sisters
387	Stephanie Every	87:20	WV50	16	Sole Sisters
388	Diane George	87:45	WV50	17	Pink Panther Ladies RC
389	Lynda Edwards	87:58	WV45	14	Pink Panther Ladies RC
390	Sarah Bracken	90:55	WV35	29	Unattached, (non club)
391	Suzie Clarke	92:39	WV35	30	Unattached, (non club)
392	Allen Watts	94:21	MV70	2	Sarn Helen, Lampeter
393	Linda Scott	95:59	WV45	15	Pink Panther Ladies RC
394	Arthur Phillips	96:00	MV70	3	Unattached, (non club)
395	Shirley Rose	99:53	WV40	23	Unattached, (non club)

Top 10 within each Category

Entry	Name	Cat	Position	O/A	Cat	Time	Club
399	Matthew Collins	MS	1	1		42:17	Cardiff A C
58	Stephen Paterson	MS	5	2		43:59	San Domenico
59	Stephen Thomas	MS	6	3		45:00	Islwyn R C
326	Jason Scanlon	MS	7	4		45:45	Pontypridd AAC
93	Rhys Peters	MS	10	5		47:35	Unattached, (non club)
398	Mike Bouldstridge	MS	13	6		47:55	Birchfield Harriers
141	David Hodgins	MS	15	7		49:03	Unattached, (non club)
372	James King	MS	17	8		49:24	Caerleon Running Club
53	Geraint Williams	MS	18	9		49:27	Pontypridd AAC
39	Chris Meyler	MS	20	10		49:41	Bridgend A C
332	Lee Aherne	MV40	2	1		42:51	Club 69
87	Phil Kibble	MV40	3	2		43:04	Wiltshire Police
292	Peter Coles	MV40	4	3		43:17	Pontypridd AAC
261	Richie Richards	MV40	9	4		47:29	Wye Valley Runners
302	Damian Williams	MV40	12	5		47:54	Club 69
223	Alun Williams	MV40	16	6		49:21	Fairwater Runners
227	Andrew Baker	MV40	21	7		49:44	Pontypridd AAC
73	Craig Fowler	MV40	24	8		49:58	Pontypridd AAC
404	Ade White	MV40	31	9		50:33	Islwyn R C
394	Ian McDonald	MV40	33	10		50:53	San Domenico
235	Nick Frost	MV45	8	1		45:46	Pontypridd AAC
209	Keith Thompson	MV45	30	2		50:32	Islwyn R C
182	Peter Carwardine	MV45	35	3		51:17	Hereford Couriers
200	David Crane	MV45	37	4		51:28	Unattached, (non club)
296	Ian Jones	MV45	58	5		53:32	Unattached, (non club)
275	Mike Davies	MV45	63	6		53:47	Caerleon Running Club
451	Gerard Cristie	MV45	69	7		54:00	Les Croupiers
19	Ronald Shannon	MV45	85	8		55:14	Bitton R R
268	Mark Unsworth	MV45	88	9		55:30	San Domenico
297	Stephen Jones	MV45	116	10		57:34	Islwyn R C
250	Chris Taylor	MV50	11	1		47:50	Bromsgrove and Reddich
38	Phil Meyler	MV50	19	2		49:32	Pontypridd AAC
245	Martin Flowers	MV50	26	3		50:08	Wye Valley Runners
276	Peter Rodger	MV50	34	4		50:59	Griffithstown Harriers
195	James Delawey	MV50	56	5		53:24	San Domenico
64	Peter Shorter	MV50	74	6		54:16	Forest of Dean



283	Michael Hodges	MV50	90	7	55:33	Unattached, (non club)
177	John Shanahan	MV50	97	8	56:04	Mynyddwyr De Cymru
169	Michael Evans	MV50	101	9	56:10	Forest of Dean
323	Kieran McDonnell	MV50	110	10	56:45	Unattached, (non club)
<b>191</b>	<b>Ronald Morris</b>	<b>MV55</b>	<b>25</b>	<b>1</b>	<b>50:04</b>	<b>San Domenico</b>
82	Phil Miles	MV55	27	2	50:11	Club 69
260	Eric Davey	MV55	44	3	52:06	Llanelli
45	Terry Welch	MV55	60	4	53:39	Bitton R R
246	Robin Bereza	MV55	61	5	53:42	Wye Valley Runners
269	Roger Hemming	MV55	79	6	54:52	Great Western Runners
210	Roger Day	MV55	82	7	55:06	Worcester Tri Club
49	Geoff Houper	MV55	102	8	56:14	Unattached, (non club)
345	David Weston	MV55	150	9	59:34	Unattached, (non club)
100	Eric Jones	MV55	151	10	59:47	Unattached, (non club)
<b>63</b>	<b>Keith Paterson</b>	<b>MV60</b>	<b>73</b>	<b>1</b>	<b>54:12</b>	<b>San Domenico</b>
180	Tony Burt	MV60	118	2	57:38	Brackla Harriers
14	Keith Treharne	MV60	128	3	58:17	Brackla Harriers
166	Bernie Monk	MV60	148	4	59:26	Club 69
187	Clive James	MV60	161	5	60:28	Midland Masters
31	Anthony Kavanagh	MV60	183	6	61:24	Cornelly Striders
264	Tony Mason	MV60	187	7	61:32	Bitton R R
248	Gareth Evans	MV60	200	8	62:26	Blaenavon Joggers
346	Ron Morgan	MV60	202	9	63:00	Unattached, (non club)
279	Barry Hopper	MV60	278	10	68:54	Instinctive Sports Plymouth
380	Dave Bouldstridge	MV65	96	1	55:54	Unattached, (non club)
384	David Browning	MV65	132	2	58:35	Road Runners Club
256	Jeff Jervis	MV65	140	3	58:52	Club 69
343	John Pask	MV65	156	4	60:09	Islwyn R C
71	Shaun Emms	MV65	333	5	74:15	Hay Hotfooters
452	James Johnson	MV70	286	1	69:37	Unattached, (non club)
186	Allen Watts	MV70	392	2	94:21	Sarn Helen, Lampeter
409	Arthur Phillips	MV70	394	3	96:00	Unattached, (non club)
460	Iban Estefanic	WS	66	1	53:50	Unattached, (non club)
243	Fayme White	WS	72	2	54:07	Bitton R R
281	Kelly Morgan	WS	83	3	55:08	Pontypridd AAC
183	Amy Carwardine	WS	121	4	57:40	Hereford Couriers
228	Madeleine Ginns	WS	126	5	58:13	Penarth & Dinas Runners
135	Clare Hall	WS	138	6	58:51	Griffithstown Harriers
212	Marianne Day	WS	173	7	60:56	Unattached, (non club)
47	K Woolley	WS	190	8	61:55	Unattached, (non club)
257	Melissa Whiting	WS	197	9	62:19	Unattached, (non club)
55	Esther Roberts	WS	203	10	63:02	Penarth & Dinas Runners
168	Helen Looder	WV35	48	1	52:21	Islwyn R C
117	Sue Tagg	WV35	75	2	54:26	Club 69
379	Anne Follan	WV35	106	3	56:22	Pontypridd AAC
13	Julie Davies	WV35	129	4	58:19	Griffithstown Harriers
226	Rebecca Harris	WV35	144	5	59:10	Unattached, (non club)
327	Melanie Simmons	WV35	170	6	60:47	Westbury Harriers
92	Debbie James	WV35	180	7	61:17	Chepstow Harriers
40	Danellia Woodbridge	WV35	191	8	61:55	Fairwater Runners
231	Anne Evans	WV35	192	9	61:58	Club 69
255	Sian Chicken	WV35	209	10	63:21	Unattached, (non club)
65	Melanie Ellis	WV40	14	1	48:14	Shaftsbury Harriers
293	Angela Jones	WV40	28	2	50:24	Brecon Bounders
389	Nicola Haines-Jones	WV40	81	3	55:02	Neath Harriers
306	Charlotte Johns	WV40	153	4	59:48	Brackla Harriers
34	Lynn Goward	WV40	154	5	59:49	Vellace Vipers
151	Amanda John	WV40	189	6	61:51	Amman Valley Harriers
11	Janet Richards	WV40	208	7	63:17	Griffithstown Harriers
41	Susan Smith	WV40	228	8	65:16	Penarth & Dinas Runners
328	Julia French	WV40	233	9	65:30	Unattached, (non club)
175	Helen Falsini	WV40	238	10	65:38	Cardiff A C
298	Mandy Jones	WV45	130	1	58:22	Islwyn R C
142	Janet Brown	WV45	139	2	58:52	Bitton R R
312	Libby Lavis	WV45	178	3	61:09	Brackla Harriers
385	Barbara Watts	WV45	237	4	65:34	Griffithstown Harriers
403	Helen Thomas	WV45	244	5	66:03	Caerleon Running Club
18	Kim Pope	WV45	260	6	67:03	Bitton R R
17	Tina Lavelle	WV45	281	7	69:12	Hay Hotfooters
251	Noelle Waters	WV45	287	8	69:37	Unattached, (non club)
230	Kath Jervis	WV45	292	9	70:07	Club 69

270 Sharon Hemming	WV45	299	10	70:49	Great Western Runners
83 Jacky Austin	WV50	115	1	57:26	Club 69
295 K Williams	WV50	225	2	65:04	Unattached, (non club)
128 Carol Lowry	WV50	306	3	71:45	Unattached, (non club)
172 Sian Brown	WV50	311	4	72:02	Unattached, (non club)
116 Anne Roberts	WV50	314	5	72:09	Unattached, (non club)
147 Pauline Rees	WV50	315	6	72:23	Unattached, (non club)
85 Annette Whitchurch	WV50	331	7	73:49	Bitton R R
78 Beatrix Bowen	WV50	334	8	74:22	Unattached, (non club)
126 Pamela Clancy	WV50	338	9	74:33	Unattached, (non club)
50 Claire Milner	WV50	343	10	75:16	Hay Hotfooters
44 Brenda Avery	WV55	174	1	60:57	Unattached, (non club)
167 Margrett Monk	WV55	245	2	66:04	Club 69
376 Gweneth Howells	WV55	323	3	73:27	Caerleon Running Club
77 Anne Bowen	WV60	321	1	73:14	Swansea Harriers
160 Rose Howell	WV60	357	2	76:45	Penarth & Dinas Runners
155 Valerie Collier	WV60	375	3	81:05	Bitton R R
76 Carol Palmer	WV60	384	4	85:39	Newport Harriers

#### Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Pontypridd AAC	37	4	Peter Coles	MV40	43:17
			7	Jason Scanlon	MS	45:45
			8	Nick Frost	MV45	45:46
			18	Geraint Williams	MS	49:27
2	Club 69	79	2	Lee Aherne	MV40	42:51
			12	Damian Williams	MV40	47:54
			27	Phil Miles	MV55	50:11
			38	Brian Phillips	MV40	51:32
3	Islwyn R C	90	6	Stephen Thomas	MS	45:00
			23	Stephen Edwards	MS	49:56
			30	Keith Thompson	MV45	50:32
			31	Ade White	MV40	50:33
4	San Domenico	92	5	Stephen Paterson	MS	43:59
			25	Ronald Morris	MV55	50:04
			29	Alan Walton	MS	50:26
			33	Ian McDonald	MV40	50:53

#### Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Club 69	382	75	Sue Tagg	WV35	54:26
			115	Jacky Austin	WV50	57:26
			192	Anne Evans	WV35	61:58
2	Bitton R R	471	72	Fayme White	WS	54:07
			139	Janet Brown	WV45	58:52
			260	Kim Pope	WV45	67:03
3	Islwyn R C	472	48	Helen Looder	WV35	52:21
			130	Mandy Jones	WV45	58:22
			294	Coleen Birch	WS	70:09
4	Griffithstown Harrie	475	129	Julie Davies	WV35	58:19
			138	Clare Hall	WS	58:51
			208	Janet Richards	WV40	63:17