



## Chepstow Harriers

**Rose Inn 4**  
**Tuesday, 12 May 2009. 7:30 pm**

Sponsored by:  
  
**Run and Become**  
 Become and Run  
 Cardiff's Specialist Running Shop  
 02920 232046 • 12 Wood Street CF10 1ER  
 www.runandbecome.com  
<http://www.runandbecome.com/cardiff.html>

Position	Time	Name	Club	Category	Race Number
1	0:19:43	GARDINER, Richard	Cardiff AAC	MV35	51
2	0:20:37	PATERSON, Stephen	San Domenico	Senior Men	70
3	0:21:27	COLES, Peter	Pontypridd Rodents	MV45	99
4	0:21:44	CHESHIRE, Calum	Les Croupiers	Senior Men	32
5	0:21:46	FROST, Nick	Pontypridd Rodents	MV45	33
6	0:21:51	NUTT, Jamie	Les Croupiers	Senior Men	63
7	0:21:52	DUKES, Nick	Les Croupiers	Senior Men	62
8	0:21:58	ROWLEY, Jason	Clevedon AC	Senior Men	21
9	0:22:18	ROWLEY, Justyn	Clevedon AC	Senior Men	20
10	0:22:25	HARVEY, Mark	Chepstow Harriers	Senior Men	145
11	0:22:29	EDMONDS, Matthew		Senior Men	157
12	0:22:35	TEED, Ivan	Chepstow Harriers	Senior Men	28
13	0:22:38	GEORGE, Phillip	Les Croupiers	MV35	36
14	0:22:42	EDWARDS, Jerome	San Domenico	Senior Men	159
15	0:22:47	MORGAN, Chris	Fairwater Runners	MV40	61
16	0:22:49	FOSTER, John	Llisbury Runners	MV50	82
17	0:23:02	SCOTT, Paul	Chepstow Harriers	MV40	19
18	0:23:03	DONOVAN, Edward	San Domenico	Senior Men	44
19	0:23:19	MCGEOCH, Mick	Les Croupiers	MV50	16
20	0:23:22	DURY, Michael	Islwyn Running Club	Senior Men	72
21	0:23:36	TERRY, John	Westbury Harriers	Senior Men	14
22	0:23:47	BEAUMONT, John		Senior Men	120
23	0:23:50	HOOPER, Steven	Pontypridd Rodents	MV40	37
24	0:23:58	BLORE, James	Chepstow Harriers	Junior Men	147
25	0:24:00	CHAMBERLAIN, Garga	Sri Chinmoy AC	MV40	6
26	0:24:03	EVANS, Alun		MV40	156
27	0:24:04	LEATHARD, Matt	Chepstow Harriers	Senior Men	43
28	0:24:09	MEYLER, Phil	Pontypridd Rodents	MV50	12
29	0:24:21	SCOTT, Rob	Les Croupiers	Senior Men	27
30	0:24:22	OST, Andrew	Chepstow Harriers	Senior Men	42
31	0:24:31	LIDGETT, Paul	Chepstow Harriers	MV40	146
32	0:24:35	KNAPP, Nicola	Abertillery AAC	Senior Ladies	41
33	0:24:37	BRUTON, Paul		Senior Men	122
34	0:24:40	JONES, Chris	Llisbury Runners	MV50	29
35	0:24:43	TOWNSEND, Matthew	Les Croupiers	MV40	45
36	0:24:49	GREEN, Edwin	Chepstow Harriers	MV40	170
37	0:24:59	SOMERSALL, Dave	Chepstow Harriers	MV35	1
38	0:25:01	DAVIES, Andy	Pontypridd Rodents	MV45	76
39	0:25:06	RUSSELL, Andrew	Les Croupiers	Senior Men	26
40	0:25:08	JONES, Angela	Brecon A.C	LV40	148
41	0:25:15	O'SHEA, John	Les Croupiers	MV50	78
42	0:25:17	LLOYD, Richard	Fairwater Runners	Senior Men	15
43	0:25:18	EVANS, Robert	Les Croupiers	MV55	47
44	0:25:19	KING, James	Caerleon Running Club	Senior Men	115
45	0:25:20	COOKE, Michael		MV45	23
46	0:25:32	MURPHY, Michael	Les Croupiers	MV55	94
47	0:25:34	BIRCH, Sean		MV40	96
48	0:25:35	JONES, Toby	Llisbury Runners	Senior Men	149
49	0:25:36	MORRIS, Ronald	San Domenico	MV55	4
50	0:25:37	MATTHEWS, Katherine	Chepstow Harriers	Senior Ladies	136
51	0:25:38	TURNER, John	Stratford On Avon AC	MV65+	8
52	0:25:39	WALTON, Alan	San Domenico	MV35	50
53	0:25:39	SHIELDS, Dominic	San Domenico	MV40	49
54	0:25:42	OSMOND, Clive	Les Croupiers	MV45	17
55	0:25:46	DAY, Paul	Llisbury Runners	MV55	104
56	0:25:51	SPENCER, Andrew	Fairwater Runners	MV45	9
57	0:25:57	LEACH, Walter	Forest of Dean A C	MV45	93
58	0:26:07	LEWIS-JONES, Tammy	North Wales Road Runners	LV35	90
59	0:26:17	FORD, Kirk	Caerleon Running Club	Senior Men	132
60	0:26:20	KENT, Howard	Les Croupiers	MV55	79
61	0:26:22	WEHDEN, Kim	Islwyn Running Club	MV45	130
62	0:26:29	RYAN, Chris	Llisbury Runners	MV40	102
63	0:26:31	DAVIES, Michael	Les Croupiers	MV55	131
64	0:26:33	SAWYERS, Shayne	Les Croupiers	LV35	133
65	0:26:38	LEWIS, Chris	Hogweed Trotters	MV35	121



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Position	Time	Name	Club	Category	Race Number
66	0:26:41	VEALE, Garry		MV45	155
67	0:26:45	REESE, Tim	Lliswerry Runners	MV45	54
68	0:26:50	DONNAN, Graeme	Les Croupiers	MV55	135
69	0:26:53	POCKWELL, Justin	Caerleon Running Club	MV40	113
70	0:26:58	PLAIN, John	Les Croupiers	MV60	5
71	0:27:00	ROGERS, Mark		MV45	75
72	0:27:02	MCENTEE, Kevin	Chepstow Harriers	MV50	125
73	0:27:16	BURNE, Peter		MV35	84
74	0:27:20	SHANAHAN, John		MV50	83
75	0:27:25	JONES, Kate	Pontypridd Rodents	Senior Ladies	59
76	0:27:30	RAINBIRD, Derek	Parc Bryn Bach Running Club	MV55	65
77	0:27:30	LOCKE, Matthew		MV35	117
78	0:27:36	JAMES, John	Severn AC	MV55	11
79	0:27:43	POUNDER, Nicholas	Pontypridd Rodents	Senior Men	60
80	0:28:07	ADDY, Liam		MV35	119
81	0:28:09	SUMMERS, Louise	Chepstow Harriers	LV40	144
82	0:28:10	WOOLLEY, Kelly	Lliswerry Runners	Senior Ladies	138
83	0:28:14	DELANEY, James	San Domenico	MV50	18
84	0:28:25	RIGG, Mervyn		MV35	3
85	0:28:26	BIRD, Tom	Lliswerry Runners	MV45	48
86	0:28:27	TOOK, Michael		Senior Men	154
87	0:28:28	HASELHURST, Sally	San Domenico	Senior Ladies	46
88	0:28:38	STOTT, Gill	Chepstow Harriers	LV50	162
89	0:28:51	WESTON, David		MV55	53
90	0:29:07	CARTER, Clive	Lliswerry Runners	MV50	103
91	0:29:08	BOWIE, Richard	Fairwater Runners	MV45	150
92	0:29:14	BOWEN, Huw		MV35	118
93	0:29:17	COMINS, Rebecca	Chepstow Harriers	LV35	152
94	0:29:25	JENKINS, Neil	Caerleon Running Club	Senior Men	128
95	0:29:37	DIX, Michael	Les Croupiers	MV50	67
96	0:29:47	HALL, Jane	Chepstow Harriers	Senior Ladies	140
97	0:29:48	WILLIAMS, Stephen	Les Croupiers	MV50	165
98	0:29:56	PHILLIPS, Robert	Pontypridd Rodents	MV45	64
99	0:30:03	MCDONALD, David	Les Croupiers	MV40	57
100	0:30:04	AVERY, Brenda	Chepstow Harriers	LV55+	160
101	0:30:08	LAWSON, Vanessa	Chepstow Harriers	LV35	141
102	0:30:16	COLLINS, David	Lliswerry Runners	MV50	10
103	0:30:22	TURNER, Andrew	Stratford On Avon AC	Senior Men	7
104	0:30:33	RICHARDS, Janet	Griffithstown Harriers	LV40	166
105	0:30:36	DANIELS, Peta	Lliswerry Runners	LV40	114
106	0:30:44	Graham		MV40	25
107	0:30:47	SHERRINGTON, Gareth	Caerleon Running Club	Senior Men	164
108	0:30:48	KIRKWOOD, Paul		MV55	85
109	0:30:53	DAVIES, Stephanie	Pontypridd Rodents		106
110	0:30:54	CARPENTER, Suzanne	Caerleon Running Club	LV45	137
111	0:31:00	GREY, Laura	Griffithstown Harriers	LV40	13
112	0:31:07	ROCHE, Julie	Fairwater Runners	LV40	143
113	0:31:11	DAVIES, Nick		MV35	22
114	0:31:19	TREHARNE, Ruth	Islwyn Running Club	LV40	129
115	0:31:28	WILLIAMS, Deborah	Caerleon Running Club	LV40	163
116	0:31:34	HOBBS, James		MV40	112
117	0:31:35	PROSSER, Colin	Chepstow Harriers	MV45	69
118	0:31:39	BIRCH, Coleen	Islwyn Running Club	LV35	97
119	0:31:39	WATSON, Bob		MV35	30
120	0:31:51	HAVERS, Roberta	Chepstow Harriers	Senior Ladies	142
121	0:32:07	THUVEX, Genevieve		Senior Ladies	123
122	0:32:09	EDWARDS, Chris		MV45	107
123	0:32:09	WRIGHT, John	Chepstow Harriers	MV35	108
124	0:32:17	ANDERSON, Robert	Lliswerry Runners	MV65+	77
125	0:32:19	DAVEY, Ralph	Les Croupiers	MV60	161



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Position	Time	Name	Club	Category	Race Number
126	0:32:21	MATTHEWS, Donna	Islwyn Running Club	LV45	126
127	0:32:31	BILLS, Sian	Islwyn Running Club	LV45	167
128	0:32:40	THOMAS, Helen	Caerleon Running Club	LV45	127
129	0:32:53	ATTWOOD, Howard	Llswerry Runners	MV55	31
130	0:33:03	BISHOP, Philip		MV45	56
131	0:33:10	FEAR, Vicky	Llswerry Runners	Senior Ladies	87
132	0:33:15	STONE, Sam		Senior Men	111
133	0:33:30	JONES, Jacqueline	Islwyn Running Club	LV35	89
134	0:33:33	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	58
135	0:33:39	JENKINS, Deborah	Caerleon Running Club	LV40	40
136	0:33:45	BEWG, Derek		MV40	2
137	0:33:51	TIPPING, Angela	Llswerry Runners	Senior Ladies	105
138	0:34:01	TAYLOR, Nigel		MV40	116
139	0:34:22	HAINES, Amanda	Islwyn Running Club	LV40	169
140	0:34:24	PASHLEY, Gary	Les Croupiers	MV60	55
141	0:34:29	TINSLEY, Alan	Caerleon Running Club	MV50	134
142	0:34:35	RICHARDSON, Pat	Islwyn Running Club	LV55+	168
143	0:34:35	FRANCIS, Clive		MV45	109
144	0:34:41	SHEEDY, Alison	Llswerry Runners	LV40	35
145	0:34:43	SHORT, Mark		MV40	81
146	0:34:56	GITTINS, Jade		Senior Ladies	68
147	0:35:02	RYMER, Jane	Chepstow Harriers	LV40	73
148	0:35:02	HAY-HARRIS, Deborah	Llswerry Runners	LV45	38
149	0:35:08	WILLIAMSON, Stephen		MV55	100
150	0:35:22	MURPHY, Gill	Les Croupiers	LV55+	95
151	0:35:40	EDMONDS, Kelly	Llswerry Runners	Senior Ladies	86
152	0:35:41	PRICE, Abbi	Llswerry Runners	Senior Ladies	88
153	0:35:43	SMIKLE, Charmine	Llswerry Runners	Senior Ladies	153
154	0:35:47	SHEPHERD, Suzie	Chepstow Harriers	LV40	98
155	0:35:52	COSGROVE, Rebecca		Senior Ladies	124
156	0:35:55	WEBB, Jackie	Chepstow Harriers	LV45	74
157	0:35:58	ROGERS, Abigail		LV35	71
158	0:36:10	SHORT, Lynette		LV40	80
159	0:36:40	ANDREW, Maria		Senior Ladies	66
160	0:36:48	HODDINOTT, Paula	Caerleon Running Club	LV40	158
161	0:36:52	BURRIDGE, Marianne	Fairwater Runners	LV50	151
162	0:37:00	FORSEY, Yvonne	Llswerry Runners	LV50	34
163	0:37:24	WILSON-CROOME, Dougal	Chepstow Harriers	MV50	91
164	0:37:24	BROWN, Rob	Chepstow Harriers	MV60	92
165	0:37:50	LEWIS, Christine	Llswerry Runners	LV45	52
166	0:38:55	ANDERTON, Vanessa	Severn AC	LV50	171
167	0:39:30	COWEN, Alex		LV35	139
168	0:41:44	BURGESS, Ros	Llswerry Runners	LV40	24
169	0:42:37	HILL, Sue	Llswerry Runners	LV55+	39
170	0:44:35	HARRIS, Ron	Llswerry Runners	MV65+	101