

Chepstow Harriers

Rose Inn 4
Tuesday, 11 August 2009. 7:30 pm

Sponsored by:

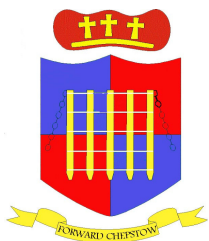


Run and Become
 Become and Run
 Cardiff's Specialist Running Shop

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www.runandbecome.com

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| Position | Time | Name | Club | Category | Race Number |
|----------|---------|----------------------|-----------------------|---------------|-------------|
| 1 | 0:19:56 | JOHNSON, Michael | Cardiff AAC | Senior Men | 516 |
| 2 | 0:20:50 | COLLINS, Matthew | Cardiff AAC | Senior Men | 605 |
| 3 | 0:21:46 | COLES, Peter | Pontypridd Rodents | MV45 | 608 |
| 4 | 0:22:08 | MORGAN, Mark | Abertillery AAC | MV35 | 543 |
| 5 | 0:22:15 | ROWLEY, Jason | Clevedon AC | Senior Men | 602 |
| 6 | 0:22:21 | ROWLEY, Justyn | Clevedon AC | Senior Men | 603 |
| 7 | 0:22:22 | JENNINGS, Mark | Cardiff AAC | MV35 | 654 |
| 8 | 0:22:47 | NUTT, Jamie | Les Croupiers | Senior Men | 633 |
| 9 | 0:22:47 | DUKES, Nick | Les Croupiers | Senior Men | 640 |
| 10 | 0:22:57 | BARNBY, Daryll | Fairwater Runners | Senior Men | 560 |
| 11 | 0:23:04 | EDWARDS, Jerome | San Domenico | Senior Men | 639 |
| 12 | 0:23:06 | MCGEOCH, Mick | Les Croupiers | MV50 | 552 |
| 13 | 0:23:08 | HANCOCK, Simon | Clevedon AC | Senior Men | 495 |
| 14 | 0:23:13 | DONOVAN, Edward | San Domenico | Senior Men | 597 |
| 15 | 0:23:14 | VAN DER MEULEN, Ruud | | Senior Men | 599 |
| 16 | 0:23:16 | MCILROY, Stuart | Les Croupiers | MV35 | 642 |
| 17 | 0:23:18 | OSMAN, Jon | Eastleigh | MV45 | 530 |
| 18 | 0:23:23 | HARVEY, Mark | Chepstow Harriers | Senior Men | 498 |
| 19 | 0:23:35 | FOSTER, John | Lliswerry Runners | MV50 | 527 |
| 20 | 0:23:39 | LEATHARD, Matt | Chepstow Harriers | Senior Men | 548 |
| 21 | 0:23:41 | HARTNELL, Haydn | Islwyn Running Club | MV45 | 596 |
| 22 | 0:24:02 | MARSDEN, Debbie | Westbury Harriers | Senior Ladies | 523 |
| 23 | 0:24:05 | ROBERTS, Huw | Bridgend AC | MV50 | 550 |
| 24 | 0:24:07 | HARRIS, Steven | Chepstow Harriers | Senior Men | 496 |
| 25 | 0:24:08 | EMBLING, Jonathan | Bridgend AC | MV50 | 554 |
| 26 | 0:24:14 | KNAPP, Nicola | Abertillery AAC | Senior Ladies | 544 |
| 27 | 0:24:19 | BRUTON, Paul | | Senior Men | 580 |
| 28 | 0:24:26 | HARRIS, Paul | Lliswerry Runners | MV40 | 572 |
| 29 | 0:24:43 | HURFORD, Matthew | Les Croupiers | MV35 | 650 |
| 30 | 0:24:50 | JONES, Chris | Lliswerry Runners | MV50 | 510 |
| 31 | 0:25:00 | SANSOM, Glyn | San Domenico | MV45 | 582 |
| 32 | 0:25:02 | BEECHER, Katie | Les Croupiers | Senior Ladies | 522 |
| 33 | 0:25:11 | RUSSELL, Andrew | Les Croupiers | Senior Men | 585 |
| 34 | 0:25:14 | MURPHY, Michael | Les Croupiers | MV55 | 637 |
| 35 | 0:25:15 | CREED, Matt | Chepstow Harriers | Senior Men | 497 |
| 36 | 0:25:24 | EVANS, Robert | Les Croupiers | MV55 | 579 |
| 37 | 0:25:33 | THOMAS, Peter | Caerleon Running Club | MV45 | 607 |
| 38 | 0:25:40 | DAVIES, Andy | Pontypridd Rodents | MV45 | 508 |
| 39 | 0:25:43 | CRISPIE, Gerard | Les Croupiers | MV45 | 586 |
| 40 | 0:25:53 | MORGAN, Kelly | Pontypridd Rodents | Senior Ladies | 545 |
| 41 | 0:26:03 | DIFFEY, John | Les Croupiers | MV45 | 632 |
| 42 | 0:26:04 | DAVIES, Martin | Lliswerry Runners | MV45 | 534 |
| 43 | 0:26:06 | HOARE, Patrick | | MV40 | 577 |
| 44 | 0:26:32 | THURGOOD, Mike | Caerleon Running Club | MV40 | 553 |
| 45 | 0:26:33 | HEWARD, Damian | | Senior Men | 546 |
| 46 | 0:26:34 | OSMOND, Clive | Les Croupiers | MV45 | 499 |
| 47 | 0:26:36 | JONES, Alun | Les Croupiers | MV35 | 521 |
| 48 | 0:26:36 | MANN, Alan | Les Croupiers | MV50 | 502 |
| 49 | 0:26:40 | RICHMOND, Mark | | MV35 | 541 |
| 50 | 0:26:45 | BURNE, Peter | | MV35 | 525 |
| 51 | 0:26:46 | SHIELDS, Dominic | San Domenico | MV40 | 540 |
| 52 | 0:26:46 | PLAIN, John | Les Croupiers | MV60 | 494 |
| 53 | 0:26:52 | DELANEY, James | San Domenico | MV50 | 622 |
| 54 | 0:26:56 | BLORE, James | Chepstow Harriers | Junior Men | 620 |
| 55 | 0:26:57 | BRACE, Steve | Bridgend AC | MV45 | 570 |
| 56 | 0:26:59 | WRIGHT, John | Chepstow Harriers | MV35 | 566 |
| 57 | 0:27:01 | BLACKMORE, Andrew | Chepstow Harriers | MV40 | 517 |
| 58 | 0:27:02 | TURNER, John | Stratford On Avon AC | MV65 | 524 |
| 59 | 0:27:03 | COHEN, Leo | Chepstow Harriers | Senior Men | 612 |
| 60 | 0:27:04 | DONNAN, Graeme | Les Croupiers | MV55 | 535 |
| 61 | 0:27:05 | ASHTON, Liz | Les Croupiers | Senior Ladies | 515 |
| 62 | 0:27:06 | BRACE, Jacqueline | Bridgend AC | LV50 | 571 |



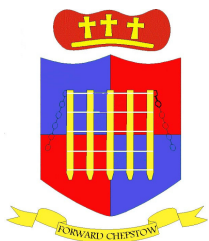
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| Position | Time | Name | Club | Category | Race Number |
|----------|---------|----------------------|------------------------|---------------|-------------|
| 63 | 0:27:07 | HOOK, Robert | | MV45 | 539 |
| 64 | 0:27:27 | HASELHURST, Sally | San Domenico | Senior Ladies | 538 |
| 65 | 0:27:40 | LEWIS, CHRIS | Hogweed Trotters | MV35 | 625 |
| 66 | 0:27:43 | JAMES, John | Severn AC | MV55 | 506 |
| 67 | 0:27:49 | DUFFIELD, Helen | Chepstow Harriers | LV35 | 549 |
| 68 | 0:27:51 | CARZANA, Tony | Pegasus Running Club | MV60 | 542 |
| 69 | 0:27:53 | MCENTEE, Kevin | Chepstow Harriers | MV50 | 635 |
| 70 | 0:27:56 | LOCKE, Matt | | MV35 | 587 |
| 71 | 0:28:09 | DALEY, Loretta | Les Croupiers | LV40 | 503 |
| 72 | 0:28:15 | PROFFITT, David | Newport Harriers | MV55 | 556 |
| 73 | 0:28:22 | ASTON, Jeff | Les Croupiers | MV60 | 561 |
| 74 | 0:28:25 | SEWELL, Richard | Les Croupiers | MV50 | 645 |
| 75 | 0:28:29 | LEWIS, Richard | | MV35 | 567 |
| 76 | 0:28:34 | KIRKWOOD, Paul | Glenwood Active | MV55 | 592 |
| 77 | 0:28:38 | DAVIES, Chris | Lliswerry Runners | MV50 | 624 |
| 78 | 0:28:43 | ROGERS, Mark | Glenwood Active | MV45 | 589 |
| 79 | 0:28:47 | SUMMERS, Louise | Chepstow Harriers | LV40 | 629 |
| 80 | 0:28:50 | COLLINS, Dennis | Rhondda Valley Runners | MV40 | 649 |
| 81 | 0:28:52 | SCHOLEY, Julie | Les Croupiers | LV45 | 631 |
| 82 | 0:28:53 | TOPALIAN, Jennifer | Les Croupiers | Senior Ladies | 514 |
| 83 | 0:29:00 | BUCKLAND, Jenny | | LV40 | 636 |
| 84 | 0:29:02 | EVANS, MIKE | Forest of Dean A C | MV50 | 565 |
| 85 | 0:29:07 | PARCELL, Richard | Lliswerry Runners | MV40 | 512 |
| 86 | 0:29:08 | CARTER, Clive | Lliswerry Runners | MV50 | 644 |
| 87 | 0:29:22 | DAVIES, Liam | | MV50 | 653 |
| 88 | 0:29:25 | ADDY, Liam | | MV35 | 588 |
| 89 | 0:29:25 | HAWKINS, David | | MV35 | 519 |
| 90 | 0:29:35 | GOODWIN, Christopher | Chepstow Harriers | Senior Men | 518 |
| 91 | 0:29:37 | COLLIER, Ross | | Senior Men | 501 |
| 92 | 0:29:41 | DIX, Michael | Les Croupiers | MV50 | 559 |
| 93 | 0:29:44 | THOMSON, Stewart | Griffithstown Harriers | MV45 | 610 |
| 94 | 0:29:46 | DAVIES, Stephanie | Pontypridd Rodents | | 509 |
| 95 | 0:29:47 | LOWE, Alun | Lliswerry Runners | MV40 | 513 |
| 96 | 0:29:49 | LAWSON, Vanessa | Chepstow Harriers | LV35 | 618 |
| 97 | 0:29:50 | WILLIAMS, Maria | Islwyn Running Club | LV35 | 504 |
| 98 | 0:29:56 | JENKINS, Neil | Caerleon Running Club | Senior Men | 536 |
| 99 | 0:29:57 | ATTWOOD, Howard | Lliswerry Runners | MV55 | 529 |
| 100 | 0:30:01 | RONBET, Clovis | | MV60 | 604 |
| 101 | 0:30:05 | BURGESS, Bryn | Lliswerry Runners | MV50 | 533 |
| 102 | 0:30:05 | DANIELS, Peta | Lliswerry Runners | LV40 | 573 |
| 103 | 0:30:25 | SUMMERS, Robert | Chepstow Harriers | MV40 | 630 |
| 104 | 0:30:27 | BOWIE, Richard | Fairwater Runners | MV45 | 647 |
| 105 | 0:30:33 | GITTINS, Jade | Caerleon Running Club | Senior Ladies | 611 |
| 106 | 0:30:37 | TOOK, Michael | | Senior Men | 641 |
| 107 | 0:30:37 | DAVIES, John | Port Talbot Harriers | MV60 | 511 |
| 108 | 0:30:55 | JAMES, Clive | Midland Masters AC | MV60 | 551 |
| 109 | 0:31:04 | RICHARDS, Janet | Griffithstown Harriers | LV40 | 609 |
| 110 | 0:31:10 | WASHBROOK, Tim | | Senior Men | 500 |
| 111 | 0:31:24 | CANTWELL, Berna | Chepstow Harriers | LV45 | 626 |
| 112 | 0:31:32 | TURNER, Andrew | Stratford On Avon AC | Senior Men | 526 |
| 113 | 0:31:33 | DAVIES, Nick | | MV35 | 621 |
| 114 | 0:31:45 | AVERY, Brenda | Chepstow Harriers | LV55+ | 643 |
| 115 | 0:31:47 | ANDERSON, Robert | Lliswerry Runners | MV65 | 507 |
| 116 | 0:31:49 | BIRCH, Coleen | Islwyn Running Club | LV35 | 594 |
| 117 | 0:31:55 | MATTHEWS, Donna | Islwyn Running Club | LV45 | 505 |
| 118 | 0:32:14 | THOMAS, Helen | Caerleon Running Club | LV45 | 606 |
| 119 | 0:32:41 | FOSTER, Adam | | Junior Men | 528 |
| 120 | 0:32:43 | FRY, John | Fairwater Runners | MV60 | 537 |



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| Position | Time | Name | Club | Category | Race Number |
|----------|---------|-------------------|-----------------------|---------------|-------------|
| 121 | 0:32:50 | TAYLOR, Andrew | Caerleon Running Club | MV50 | 615 |
| 122 | 0:33:01 | HOBBS, James | | MV40 | 558 |
| 123 | 0:33:18 | DAVIES, Annette | | LV45 | 652 |
| 124 | 0:33:31 | WYNDS, Jacqui | Forest of Dean A C | LV55+ | 593 |
| 125 | 0:33:38 | BEWG, Bill | Chepstow Harriers | MV65 | 613 |
| 126 | 0:33:45 | KILEY, Jeremy | | MV45 | 557 |
| 127 | 0:33:48 | BISHOP, Philip | Glenwood Active | MV45 | 578 |
| 128 | 0:33:48 | SHEEDY, Alison | Lliswerry Runners | LV40 | 547 |
| 129 | 0:33:58 | JONES, Jacqueline | Islwyn Running Club | LV35 | 595 |
| 130 | 0:34:06 | JORDAN, Pamela | | Senior Ladies | 656 |
| 131 | 0:34:08 | BROWN, Rob | Chepstow Harriers | MV60 | 619 |
| 132 | 0:34:09 | HETTINGA, Aggie | | Senior Ladies | 598 |
| 133 | 0:34:19 | EVANS, Barry | | MV40 | 583 |
| 134 | 0:34:19 | JONES, Garry | Chepstow Harriers | MV40 | 623 |
| 135 | 0:34:43 | HUDD, Simon | | MV40 | 627 |
| 136 | 0:34:47 | DAVIES, Nick | | MV45 | 576 |
| 137 | 0:34:51 | PROCTOR, Katie | | Senior Ladies | 655 |
| 138 | 0:34:52 | THOMAS, Jan | Glenwood Active | LV40 | 575 |
| 139 | 0:34:56 | MURPHY, Gillian | Les Croupiers | LV55+ | 638 |
| 140 | 0:35:00 | POWELL, Catherine | | LV40 | 646 |
| 141 | 0:35:04 | MUGRIDGE, Mike | Chepstow Harriers | MV65 | 628 |
| 142 | 0:35:34 | FEAR, Vicky | Lliswerry Runners | Senior Ladies | 616 |
| 143 | 0:35:35 | SMIKLE, Charmine | Lliswerry Runners | Senior Ladies | 634 |
| 144 | 0:35:39 | ROSSITER, Eloise | Lliswerry Runners | Senior Ladies | 581 |
| 145 | 0:35:49 | ELVERS, Karen | Chepstow Harriers | LV35 | 651 |
| 146 | 0:35:51 | JAMES, Paula | Pontypridd Rodents | LV35 | 600 |
| 147 | 0:35:52 | ROGERS, Abigail | Glenwood Active | LV35 | 590 |
| 148 | 0:36:24 | JONES, Charlotte | Swansea Harriers | Senior Ladies | 569 |
| 149 | 0:36:35 | LENNON, Ben | | MV40 | 584 |
| 150 | 0:36:39 | BLADEN, Alan | Les Croupiers | MV70+ | 531 |
| 151 | 0:36:53 | HOWELLS, Gwyneth | Caerleon Running Club | LV55+ | 591 |
| 152 | 0:37:20 | LONGFORD, Hannah | Lliswerry Runners | Senior Ladies | 563 |
| 153 | 0:37:55 | HEAVEN, Marianne | Fairwater Runners | NDB | 648 |
| 154 | 0:38:03 | EVANS, Denise | Forest of Dean A C | LV40 | 564 |
| 155 | 0:38:22 | WOODFORD, Carol | Lliswerry Runners | LV45 | 562 |
| 156 | 0:38:26 | PRICE, Abbi | Lliswerry Runners | Senior Ladies | 617 |
| 157 | 0:38:26 | FORSEY, Yvonne | Lliswerry Runners | LV50 | 574 |
| 158 | 0:38:34 | HODDINOTT, Paula | Caerleon Running Club | LV40 | 555 |
| 159 | 0:39:24 | WOOD, Emily | Caerleon Running Club | LV35 | 601 |
| 160 | 0:40:24 | GITTINS, Sharon | Lliswerry Runners | LV45 | 614 |
| 161 | 0:42:29 | BURGESS, Ros | Lliswerry Runners | LV40 | 532 |
| 162 | 0:44:31 | JONES, Alison | | LV45 | 568 |