

Chepstow Harriers

Rose Inn 4
Tuesday, 11 May 2010. 7:30 pm

Sponsored by:

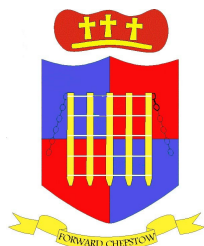


Run and Become
Become and Run
Cardiff's Specialist Running Shop

02920 232346 • 12 Wood Street CF10 1ER
www.runandbecome.com

<http://www.runandbecome.com/cardiff.html>

Position	Time	Name	Club	Category	Race Number
1	0:19:27	DAVIES, Stephen	Belgrave	Senior Men	664
2	0:20:01	GARDINER, Richard	Cardiff AAC	MV35	315
3	0:21:12	PETERS, Jonathan	Cardiff AAC	Junior Men	665
4	0:21:20	COLES, Peter	Pontypridd Rodents	MV45	740
5	0:21:22	CREES, Stuart	Les Croupiers	Senior Men	674
6	0:21:58	VAN ARKEL, Freek	Forest of Dean A C	Junior Men	778
7	0:22:08	DONOVAN, Edward	Les Croupiers	Senior Men	303
8	0:22:17	BALL, Eddy	Rhondda Valley Runners	MV40	677
9	0:22:20	BARNBY, Daryll	Fairwater Runners	Senior Men	772
10	0:22:32	MORGAN, Chris	Fairwater Runners	MV40	763
11	0:22:50	BODMAN, Daniel	Pontypridd Rodents	Junior Men	675
12	0:22:54	HURFORD, Matt	Les Croupiers	MV35	691
13	0:23:05	RAWLINSON, Leighton	Caerleon Running Club	Senior Men	766
14	0:23:09	BAKER, Andrew	Pontypridd Rodents	MV40	694
15	0:23:14	FEREDAY, Gareth	Newport Harriers	Senior Men	720
16	0:23:18	MCILROY, Stuart	Les Croupiers	MV35	764
17	0:23:22	MCGEOCH, Mick	Les Croupiers	MV50	661
18	0:23:24	EVANS, Rhodri	Pontypridd Rodents	Senior Men	693
19	0:23:26	GODLAND, Jonathan	Great Western Runners	MV50	774
20	0:23:30	CHAMBERLAIN, Garga	Sri Chinmoy AC	MV40	702
21	0:23:32	DAVIES, Jeremy	Neath Harriers	MV45	723
22	0:23:37	HOOPER, Steven	Pontypridd Rodents	MV40	692
23	0:23:48	BRUTON, Paul		MV35	759
24	0:23:50	HOARE, Patrick	Lliswerry Runners	MV40	709
25	0:24:10	PARK, Bob	Kidderminster & Stourbridge AC	MV55	705
26	0:24:18	SCOTT, Paul	Chepstow Harriers	MV40	680
27	0:24:20	JOHNSON, Richard	Islwyn Running Club	MV35	304
28	0:24:23	MEYLER, Phil	Pontypridd Rodents	MV50	659
29	0:24:27	DAVIES, Robert	Islwyn Running Club	MV35	718
30	0:24:28	LLOYD, Richard	Fairwater Runners	Senior Men	734
31	0:24:29	JARVIS, Hannah	Stockport Harriers	Senior Ladies	722
32	0:24:31	LOVETT, Brian	San Domenico	MV40	676
33	0:24:35	MCDONALD, Ian	San Domenico	MV45	312
34	0:24:37	CLEVES, Andy	Les Croupiers	MV35	672
35	0:24:38	DAVIES, Gary	Chepstow Harriers	MV50	736
36	0:24:40	HASELHURST, Sally	San Domenico	Senior Ladies	710
37	0:24:45	CARTER, Laurie	Chepstow Harriers	MV50	798
38	0:24:59	MORRIS, Ronald	San Domenico	MV60	679
39	0:25:00	RUSSELL, Andrew	Les Croupiers	Senior Men	724
40	0:25:01	BLACKMORE, Andrew	Chepstow Harriers	MV40	673
41	0:25:02	O'DUFFY, Libby	Les Croupiers	LV40	713
42	0:25:24	HERMAN, Sasha	Forest of Dean A C	Junior Men	777
43	0:25:38	SHIELDS, Dominic	San Domenico	MV45	690
44	0:25:41	WEHDEN, Kim	Islwyn Running Club	MV45	301
45	0:25:43	JONES, Chris	Lliswerry Runners	MV50	321
46	0:25:44	POCKNELL, Justin	Caerleon Running Club	MV40	319
47	0:25:47	ROBERTS, Dean	Glenwood Active	MV40	739
48	0:25:48	REYNOLDS, Iestyn	Lliswerry Runners	MV35	796
49	0:25:49	HOOK, Robert	Chepstow Harriers	MV45	657
50	0:25:51	OWEN, Stephen	Les Croupiers	MV50	771
51	0:26:07	FORD, Kirk	Caerleon Running Club	Senior Men	795
52	0:26:07	SUMMERS, Louise	Chepstow Harriers	LV40	783



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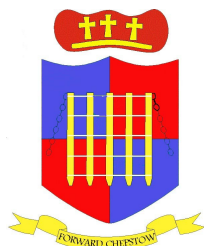


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Position	Time	Name	Club	Category	Race Number
53	0:26:15	DAVIES, Michael	Les Croupiers	MV60	776
54	0:26:16	REESE, Tim	Lliswerry Runners	MV45	681
55	0:26:20	KENT, Howard	Les Croupiers	MV55	751
56	0:26:22	LEACH, Walter	Forest of Dean A C	MV45	313
57	0:26:29	MCGEOCH-WILLIAMS, Lloyd		Senior Men	311
58	0:26:36	MASON, Howard	Caerleon Running Club	MV45	767
59	0:26:44	DONNAN, Graeme	Les Croupiers	MV55	770
60	0:26:53	SEWELL, Richard	Les Croupiers	MV50	337
61	0:26:55	VAN ARKEL, Fred	Forest of Dean A C	MV45	779
62	0:27:07	OSMOND, Clive	Les Croupiers	MV50	728
63	0:27:08	DAVIS, Leslie	Severn AC	MV65	670
64	0:27:14	BACHI, Neil		Senior Men	662
65	0:27:15	O'SULLIVAN, Tim	Les Croupiers	MV50	780
66	0:27:18	LEWIS, Chris	Hogweed Trotters	MV35	773
67	0:27:31	CHIPPER, Sandra	Lliswerry Runners	LV35	325
68	0:27:32	SEDGMOND, Andrew	Les Croupiers	MV55	678
69	0:27:34	DALLOW, Andy	Forest of Dean A C	MV45	729
70	0:27:36	CALWAY, Andrew	Chepstow Harriers	MV45	334
71	0:27:40	BEATTY, Claire	Les Croupiers	Senior Ladies	671
72	0:27:43	SAGE, Kath	Newport Harriers	Senior Ladies	731
73	0:27:47	LAWSON, Vanessa	Chepstow Harriers	LV35	307
74	0:28:00	THOMSON, Stewart	Griffithstown Harriers	MV45	712
75	0:28:01	ATTWOOD, Howard	Lliswerry Runners	MV60	716
76	0:28:02	TOOK, Michael		Senior Men	765
77	0:28:05	LOCKE, Matthew		MV35	756
78	0:28:11	SCHOLEY, Julie	Les Croupiers	LV50	330
79	0:28:12	PARCELL, Richard	Lliswerry Runners	MV45	747
80	0:28:13	MANLEY, David		Senior Men	686
81	0:28:15	HART, Gareth	Caerleon Running Club	MV35	799
82	0:28:16	MANN, Alan	Les Croupiers	MV50	706
83	0:28:16	DALEY, Loretta	Les Croupiers	LV40	707
84	0:28:19	DAVIES, Stephanie	Pontypridd Rodents	Junior Ladies	708
85	0:28:24	ASHTON, Liz	Les Croupiers	Senior Ladies	714
86	0:28:25	JOHNS, Karl	Les Croupiers	MV35	658
87	0:28:26	BOWIE, Richard	Fairwater Runners	MV45	788
88	0:28:30	BARRETT, Esther	Chepstow Harriers	LV35	310
89	0:28:42	HUTCHINSON, Ian		MV40	769
90	0:28:46	THOMAS, John	Chepstow Harriers	MV45	794
91	0:28:46	WASHBROOK, Tim		Senior Men	760
92	0:28:50	BUCKLAND, Jenny		LV40	324
93	0:28:51	JENKINS, Jamie		Senior Men	341
94	0:28:53	SUMMERS, Robert	Chepstow Harriers	MV40	784
95	0:28:54	DONOVAN, Martin	Lliswerry Runners	MV50	660
96	0:28:55	DALLOW, Matt		Junior Men	730
97	0:28:56	PARK, Lynne	Forest of Dean A C	LV45	695
98	0:28:57	ASTON, Jeff	Les Croupiers	MV60	663
99	0:28:59	STORRAR, James		MV50	314
100	0:29:00	ADDY, Liam		MV35	755
101	0:29:05	KIRKWOOD, Paul	Glenwood Active	MV55	725



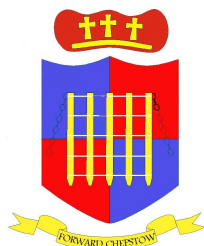
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102	0:29:11	DAVIES, Liam		MV50	338
103	0:29:14	DANIELS, Peta	Lliswerry Runners	LV40	305
104	0:29:15	WESTON, David		MV55	726
105	0:29:17	HAWKINS, David		MV35	688
106	0:29:17	JENKINS, Paul		MV55	727
107	0:29:30	ANDERSON, Robert	Lliswerry Runners	MV65	741
108	0:29:32	JAMES, John	Severn AC	MV60	668
109	0:29:32	BARRETT, Ruth	San Domenico	Senior Ladies	340
110	0:29:33	AVERY, Brenda	Chepstow Harriers	LV55+	318
111	0:29:38	DAVIES, Chris	Lliswerry Runners	MV50	329
112	0:29:41	DAVEY, Paul	San Domenico	MV50	711
113	0:29:42	BOYCOTT, Nicola	Caerleon Running Club	LV35	344
114	0:29:43	PEARCE, Gareth	Lliswerry Runners	MV40	317
115	0:29:50	MATTHEWS, Donna	Islwyn Running Club	LV45	753
116	0:29:51	JOHN, Gareth	Les Croupiers	MV55	785
117	0:29:55	BROOME, Tyrone	Prison Service UK	MV45	781
118	0:29:58	BIRD, Tom	Lliswerry Runners	MV45	743
119	0:29:59	CANTWELL, Berna	Chepstow Harriers	LV45	308
120	0:29:59	LOWE, Alun	Lliswerry Runners	MV40	746
121	0:30:05	BRIGHT, Nick		Junior Men	732
122	0:30:06	CARTER, Clive	Lliswerry Runners	MV50	306
123	0:30:07	HOBBS, James		MV40	742
124	0:30:08	DUNLOP, Shona	Caerleon Running Club	Senior Ladies	323
125	0:30:10	DAVIES, Nick	Chepstow Harriers	MV35	332
126	0:30:11	HOWELL, Kim	Caerleon Running Club	LV50	322
127	0:30:12	DAVEY, Ralph	Les Croupiers	MV65	667
128	0:30:15	HYATT, Philip	Caerleon Running Club	MV50	685
129	0:30:17	SILVERTON, Ed	Sri Chinmoy AC	MV40	703
130	0:30:19	GITTINS, Jade	Caerleon Running Club	Senior Ladies	316
131	0:30:22	HARRIS, Rhydwyn	Islwyn Running Club	MV40	719
132	0:30:23	LOVELUCK-EDWARDS, Graham	Chepstow Harriers	MV40	761
133	0:30:24	BURGESS, Bryn	Lliswerry Runners	MV50	786
134	0:30:32	WATSON, Bob	FERC	MV40	682
135	0:30:41	DAVIS, Joanne	Severn AC	LV40	669
136	0:30:47	RICHARDS, Liz	Caerleon Running Club	LV40	320
137	0:31:05	WATSON, Shirley		LV45	733
138	0:31:07	HOWELLS, Anthony		MV40	775
139	0:31:25	TAYLOR, Andrew	Caerleon Running Club	MV50	327
140	0:31:34	HALE, Andrea		LV40	336
141	0:31:37	GREEN, Jackie	Forest of Dean A C	LV50	698
142	0:31:58	MATTHEWS, Kris	Islwyn Running Club	Senior Men	754
143	0:32:08	FEREDAY, David	Newport Harriers	MV60	721
144	0:32:10	DAVIES, Annette		LV45	339
145	0:32:20	CARRERA, Sonia		Senior Ladies	342
146	0:32:28	WEBB, Martyn	Prison Service UK	MV45	782
147	0:32:29	FORSEY, Tomas		Senior Men	737



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148	0:32:36	WILLIAMS, Frances	San Domenico	LV45	744
149	0:32:37	MAXWELL, Chloe	Islwyn Running Club	Senior Ladies	792
150	0:32:39	HOUSE, Claire	San Domenico	LV35	704
151	0:32:43	HAINES, Roberta	Chepstow Harriers	Senior Ladies	687
152	0:32:53	WARNER, Ian		MV50	757
153	0:32:58	WAITE, Kelly	Islwyn Running Club	Senior Ladies	791
154	0:33:08	SHEEDY, Alison	Lliswerry Runners	LV45	300
155	0:33:20	BROWN, Rob	Chepstow Harriers	MV60	333
156	0:33:22	MORGAN, Claire	Forest of Dean A C	LV45	696
157	0:33:22	MORGAN, Rogers		MV55	697
158	0:33:32	WYNDS, Jacqui	Forest of Dean A C	LV55+	758
159	0:33:37	ELVERS, Karen	Chepstow Harriers	LV35	326
160	0:33:52	ROGAN, Rhys		Junior Men	700
161	0:34:05	OST, Sue	Chepstow Harriers	Senior Ladies	797
162	0:34:17	BISHOP, Philip	Glenwood Active	MV50	302
163	0:34:26	WILLIAMSON, Stephen		MV55	309
164	0:34:27	JENKINS, Debbie	Caerleon Running Club	LV40	684
165	0:34:38	JONES, Sian		Senior Ladies	800
166	0:34:44	TINSLEY, Alan	Caerleon Running Club	MV50	683
167	0:34:51	PHILLIPS, Jack		Senior Men	717
168	0:34:58	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	715
169	0:35:02	FRY, John	Fairwater Runners	MV65	768
170	0:35:02	CONROY, Annie	Les Croupiers	LV55+	331
171	0:35:05	HAY-HARRIS, Deborah	Lliswerry Runners	LV50	699
172	0:35:11	FORSEY, Yvonne	Lliswerry Runners	LV50	738
173	0:35:23	FOREHEAD, Tanya	Chepstow Harriers	LV35	789
174	0:35:34	DAVIES, Nicky		MV45	762
175	0:35:51	THOMAS, Cathryn	Chepstow Harriers	LV40	793
176	0:35:59	SHEPHERD, Suzie	Chepstow Harriers	LV40	666
177	0:36:08	RUSSELL, Jacqui		LV45	750
178	0:36:08	STAMP, Tracey		LV35	752
179	0:36:14	POWELL, Catherine		LV40	748
180	0:36:14	SMITHSON, Julie		LV40	749
181	0:36:26	TIPPING, Angela	Lliswerry Runners	Senior Ladies	745
182	0:37:29	FEAR, Vicky	Lliswerry Runners	Senior Ladies	335
183	0:37:40	BLADEN, Alan	Les Croupiers	MV70+	689
184	0:38:04	COLEMAN, Jessica	Womens Running Network	Senior Ladies	343
185	0:38:27	REDMAN, Anna	Lliswerry Runners	LV45	735
186	0:39:15	DAVIES, Julia	Lliswerry Runners	LV50	328
187	0:39:59	BURGESS, Ros	Lliswerry Runners	LV40	787
188	0:46:39	HARRIS, Ron	Lliswerry Runners	MV70+	701
189	0:47:51	SIMMONDS, Helen		Senior Ladies	790