



Chepstow Harriers

Rose Inn 4
Tuesday, 12 July 2011. 7:30 pm

Sponsored by:
Run and Become
Become and Run
Cardiff's Specialist Running Shop
02920 23246 • 12 Wood Street CF10 1ER
www.runandbecome.com
<http://www.runandbecome.com/cardiff.ntml>



Position	Time	Name	Club	Category	Race Number
1	0:20:02	HUMPHRIES, Afan	Swansea Harriers	Senior Men	125
2	0:20:22	CARPANINI, Chris	Newport and District	Junior Men	154
3	0:20:40	PATERSON, Stephen	Les Croupiers	Senior Men	218
4	0:21:49	DUKES, Nick	Les Croupiers	MV35	151
5	0:21:54	SHIELDS, Stephen	San Domenico	Senior Men	150
6	0:22:11	TAYLOR, Sean	Griffithstown Harriers	Senior Men	166
7	0:22:15	THOMAS, Stephen	Islwyn Running Club	MV40	190
8	0:22:17	SMOULT, Robin	Llswerry Runners	MV35	261
9	0:22:22	BARNBY, Daryll	Fairwater Runners	Senior Men	127
10	0:22:29	DURY, Michael	Islwyn Running Club	Senior Men	172
11	0:22:34	PENNY, Stuart	Chepstow Harriers	MV45	140
12	0:22:58	WINDSOR, Mark	San Domenico	Senior Men	180
13	0:23:05	THOMPSON, Emmett	Forest of Dean A C	Junior Men	219
14	0:23:06	JEFFERY, Tom	Les Croupiers	Senior Men	185
15	0:23:09	RICHARDSON, Brian	Les Croupiers	MV50	178
16	0:23:20	DAVIES, Steve	Griffithstown Harriers	MV50	164
17	0:23:32	SANSOM, Glyn	San Domenico	MV45	248
18	0:23:42	JOHNSON, Richard	Islwyn Running Club	MV35	243
19	0:23:49	SMITH, Richard	Clevedon AC	MV45	225
20	0:23:52	CLEGG, Stuart	Royal Air Force	Junior Men	160
21	0:23:54	BUTCHER, Joseph	Llswerry Runners	Senior Men	207
22	0:23:56	POTTS, James	San Domenico	MV40	257
23	0:23:59	WILDER, Sally	San Domenico	Senior Ladies	193
24	0:24:04	GOODLAND, Jonathan	Bristol & West AC	MV50	200
25	0:24:13	RUSSELL, Andrew	Les Croupiers	MV35	189
26	0:24:21	HARRHY, Steve	Llswerry Runners	MV45	223
27	0:24:28	CARTER, Laurie	Chepstow Harriers	MV50	255
28	0:24:30	TEMPLER, Mark	Clevedon AC	MV45	224
29	0:24:48	SOMERSALL, Dave	Chepstow Harriers	MV40	124
30	0:24:50	MURPHY, Mike	Les Croupiers	MV55	148
31	0:24:52	HANCOCK, Simon	Clevedon AC	Senior Men	226
32	0:24:59	DAVIES, Robert	Islwyn Running Club	MV35	206
33	0:25:08	PEARSON, Tom	San Domenico	MV35	169
34	0:25:09	HORLER, Jane	Chepstow Harriers	LV40	170
35	0:25:34	HARVEY (JNR), Mark	Chepstow Harriers	Senior Men	215
36	0:25:39	LINE, Andrew	Islwyn Running Club	Senior Men	205
37	0:25:44	LAM, Johnny	San Domenico	MV35	179
38	0:25:59	GIBSON, Simon	Royal Air Force	Senior Men	161
39	0:26:00	SUMMERS, Lou	Chepstow Harriers	LV40	208
40	0:26:04	BEATTY, Claire	Les Croupiers	Senior Ladies	152
41	0:26:06	LEACH, Walter	Forest of Dean A C	MV45	237
42	0:26:14	HOOK, Robert	Chepstow Harriers	MV45	122
43	0:26:23	SPENCER, Andrew	Fairwater Runners	MV45	130
44	0:26:44	MATTHEWS, Chris	Llswerry Runners	MV45	232
45	0:26:54	HISCOCKS, Andy		Senior Men	156
46	0:26:55	DIAS, Brian	Cardiff AAC	Senior Men	168
47	0:26:57	SHIELDS, Dominic	San Domenico	MV45	129
48	0:26:58	MORGAN, Niki	Chepstow Harriers	LV40	201
49	0:27:03	DAVIES, Jamie		Junior Men	231
50	0:27:07	GALLAGHER, Seamus	San Domenico	MV35	139
51	0:27:15	TICKLE, Tom	Royal Air Force	Senior Men	158
52	0:27:16	MAWSON, Guy	San Domenico	MV40	119
53	0:27:21	GITTINS, Jade	Caerleon Running Club	Senior Ladies	249
54	0:27:28	CALWAY, Andrew	Chepstow Harriers	MV45	149
55	0:27:32	STORRAR, Jim	Forest of Dean A C	MV50	242
56	0:27:39	RICHARDS, Maria	Islwyn Running Club	LV35	214
57	0:27:45	PUGSLEY, Richard	Village Vipers	MV35	262
58	0:27:48	LYNCH, Aaron	Llswerry Runners	MV40	137
59	0:27:52	COHEN, Leo	Chepstow Harriers	MV35	213
60	0:27:55	DALLOW, Andy	Forest of Dean A C	MV45	174
61	0:27:56	JOHNSON, Chris	Royal Air Force	Senior Men	159
62	0:27:59	DAVIES, Michael	Les Croupiers	MV60	188
63	0:28:00	HART, Gareth	Caerleon Running Club	MV40	216
64	0:28:02	WILLIAMS, Stephen	Llswerry Runners	MV50	134

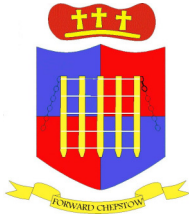


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Position	Time	Name	Club	Category	Race Number
65	0:28:04	LEWIS, Chris	Hogweed Trotters	MV40	195
66	0:28:12	WEEKS, John		MV55	142
67	0:28:13	HARMES, Paul		MV40	197
68	0:28:15	SWEETING, John	MDC	MV60	146
69	0:28:16	WILLIAMS, David	Les Croupiers	MV45	132
70	0:28:23	BOWIE, Richard	Fairwater Runners	MV45	167
71	0:28:26	REES, Gareth	Les Croupiers	MV45	120
72	0:28:39	SIBCY, John		Senior Men	236
73	0:28:44	WOOD, Neale	Llisbury Runners	MV50	254
74	0:28:48	BURNE, Peter		MV35	253
75	0:28:49	ANDERSON, Martin		MV40	182
76	0:28:52	MCCALL, Allan	Chepstow Harriers	MV40	270
77	0:28:58	JENKINS, Paul		MV55	221
78	0:29:02	EVANS, Marc	San Domenico	MV35	209
79	0:29:04	HUGHES, Philip	San Domenico	Senior Men	210
80	0:29:13	JAMES, John	Severn AC	MV60	135
81	0:29:14	LYNCH, Graham	Llisbury Runners	MV60	136
82	0:29:17	SCHOLEY, Julie	Les Croupiers	LV50	268
83	0:29:29	ATTWOOD, Howard	Llisbury Runners	MV60	163
84	0:29:38	ROCHE, Julie	Fairwater Runners	LV40	165
85	0:29:40	MANN, Alan	Les Croupiers	MV50	176
86	0:29:57	MARSHALL, Nick		MV45	173
87	0:30:02	RICHARDS, Janet	Griffithstown Harriers	LV45	239
88	0:30:06	CARTER, Clive	Llisbury Runners	MV55	212
89	0:30:10	PRICE, Ian	Caerleon Running Club	MV40	238
90	0:30:11	AVERY, Brenda	Chepstow Harriers	LV60+	259
91	0:30:15	BASINI-GAZZI, Paulo		MV45	181
92	0:30:16	TAYLOR, Andrew	Caerleon Running Club	MV50	245
93	0:30:21	ASTON, Jeff	Les Croupiers	MV60	128
94	0:30:24	WESTON, David		MV60	220
95	0:30:29	DYSON, Becky	Glenwood Active	Senior Ladies	246
96	0:30:38	BROOME, Tyrone	Gwent Police	MV45	227
97	0:30:43	DAVIS, Emma	Spirit of Monmouth	LV35	203
98	0:30:44	CASEY, Stephen	Glenwood Active	Senior Men	240
99	0:30:55	THOMSON, Stewart	Griffithstown Harriers	MV45	241
100	0:30:56	MORGAN, Roger	Forest of Dean A C	MV55	144
101	0:43:57	MACHIN, Frances	Les Croupiers	LV35	153
102	0:30:57	JENKINS, Martyn	Fairwater Runners	MV50	192
103	0:30:58	DALEY, Loretta	Les Croupiers	LV45	175
104	0:31:07	TURNBULL, Vanessa		LV45	256
105	0:31:15	HARVEY, Paul	Islwyn Running Club	Senior Men	204
106	0:31:21	KILEY, Jeremy		MV45	123
107	0:31:24	WILLIAMS, Morgan		Senior Men	252
108	0:31:25	SHEEDY, Alison	Llisbury Runners	LV45	244
109	0:31:29	WILLIS, Sam		Senior Men	251
110	0:31:30	DAVIES, Andrew	Village Vipers	Senior Men	263
111	0:31:31	AUSTERBERRY, Judith	Chepstow Harriers	LV35	269
112	0:31:32	WHITE, Nigel		MV40	155
113	0:31:38	HAVERS, Roberta	Chepstow Harriers	Senior Ladies	141
114	0:31:40	ANDERSON, Francesca		Junior Ladies	183
115	0:31:41	ANDERSON, Gabriella		LV40	184
116	0:31:44	DURY, Alma		Senior Ladies	171
117	0:31:48	RACKHAM, Amy	Caerleon Running Club	Senior Ladies	266
118	0:31:50	WAITE, Kelly	Islwyn Running Club	Senior Ladies	191
119	0:31:53	LOVELUCK-EDWARDS, Graham	Chepstow Harriers	MV40	145
120	0:31:58	PEARCE, Gareth	Llisbury Runners	MV40	250
121	0:32:32	RICHARDS, Elizabeth	Caerleon Running Club	LV45	247
122	0:32:38	DAVIES, Nicky	Racing Club Jackman	MV45	230
123	0:32:50	DRYSDALE, Fiona		LV40	157



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Position	Time	Name	Club	Category	Race Number
124	0:32:53	WILKINSON, Bernadette	San Domenico	LV45	211
125	0:33:07	MORGAN, Claire	Forest of Dean A C	LV45	143
126	0:33:29	HOBBS, James		MV40	196
127	0:33:43	WILLIAMS, Paul	Spirit of Monmouth	MV40	202
128	0:33:46	WARNER, Ian		MV50	217
129	0:33:55	THOMAS, Gwen	Les Croupiers	LV35	131
130	0:34:25	BEWG, Bill	Chepstow Harriers	MV70+	121
131	0:34:31	PALMER, David	Gwent Police	MV45	228
132	0:34:48	FORSEY, Yvonne	Lliswerry Runners	LV50	162
133	0:34:48	WYBRANT, David	Lliswerry Runners	MV60	222
134	0:35:17	TINSLEY, Alan	Caerleon Running Club	MV50	186
135	0:35:33	HOWELLS, Gwyneth	Caerleon Running Club	LV60+	187
136	0:35:37	FEAR, Vicky	Lliswerry Runners	Senior Ladies	260
137	0:35:47	VINER, Grahame	Caerleon Running Club	MV50	264
138	0:35:48	VINER, Rachel	Caerleon Running Club	Senior Ladies	265
139	0:35:54	ELVERS, Karen	Chepstow Harriers	LV35	234
140	0:35:57	CLANCY, Helen	Chepstow Harriers	LV40	235
141	0:36:16	HILL-JOHN,		Senior Men	177
142	0:36:32	CONROY, Annie	Les Croupiers	LV60+	267
143	0:36:37	MURPHY, Gill	Les Croupiers	LV55	147
144	0:36:43	BISHOP, Philip	Glenwood Active	MV50	258
145	0:36:52	SHEPHERD, Suzie	Chepstow Harriers	LV40	118
146	0:37:16	WILLIAMSON, Stephen		MV55	229
147	0:38:18	JONES, Joanne		LV35	233
148	0:38:54	MORAS, Kathryn		LV40	198
149	0:38:57	LOVE, Phil	Maindy Runners	MV45	133
150	0:39:18	HOLMES, Charlie		MV40	199
151	0:39:55	SHAW, Jessica		Senior Ladies	273
152	0:40:03	GUEST, Sarah		Senior Ladies	271
153	0:41:13	BLADEN, Alan	Les Croupiers	MV70+	138
154	0:43:36	HOLLINS, Rebecca		LV35	272