



## Chepstow Harriers

**Rose Inn 4**  
**Tuesday, 10 May 2011. 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  
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| Position | Time    | Name                | Club                   | Category      | Race Number |
|----------|---------|---------------------|------------------------|---------------|-------------|
| 1        | 0:19:43 | JONES, C            | Cardiff AAC            | Senior Men    | 68          |
| 2        | 0:20:18 | GARDINER, Richard   | Aberdare AC            | MV35          | 62          |
| 3        | 0:20:58 | HALE, Kyran         | Severn AC              | Junior Men    | 67          |
| 4        | 0:21:01 | EDWARDS, Jerome     | Les Croupiers          | MV35          | 84          |
| 5        | 0:21:32 | DUKES, Nick         | Les Croupiers          | MV35          | 57          |
| 6        | 0:21:50 | COLES, Peter        | Pontypridd Rodents     | MV45          | 134         |
| 7        | 0:22:01 | DONOVAN, Edward     | Les Croupiers          | Senior Men    | 107         |
| 8        | 0:22:11 | RAWLINSON, Leighton | Caerleon Running Club  | Senior Men    | 126         |
| 9        | 0:22:12 | GREEN, Gareth       | San Domenico           | Senior Men    | 18          |
| 10       | 0:22:13 | THOMAS, Stephen     | Islwyn Running Club    | MV40          | 90          |
| 11       | 0:22:19 | TAYLOR, Sean        | Griffithstown Harriers | Senior Men    | 60          |
| 12       | 0:22:23 | TUGWELL, James      | Bristol & West AC      | Senior Men    | 131         |
| 13       | 0:22:23 | TUGWELL, Philip     | Cornwall AC            | Senior Men    | 130         |
| 14       | 0:22:28 | BARNBY, Daryll      | Fairwater Runners      | Senior Men    | 199         |
| 15       | 0:22:30 | VAN ARKEL, Freek    | Forest of Dean A C     | Junior Men    | 139         |
| 16       | 0:22:30 | SHIELDS, Stephen    | San Domenico           | Senior Men    | 137         |
| 17       | 0:22:34 | WILLIAMS, Martin    | Les Croupiers          | MV45          | 42          |
| 18       | 0:22:39 | JAMES, Mark         | Severn AC              | Senior Men    | 48          |
| 19       | 0:22:56 | BODMAN, Daniel      | Pontypridd Rodents     | Senior Men    | 79          |
| 20       | 0:23:02 | THOMPSON, Emmett    | Forest of Dean A C     | Junior Men    | 151         |
| 21       | 0:23:03 | DODD, Paul          | Chepstow Harriers      | MV50          | 47          |
| 22       | 0:23:19 | BAKER, Andrew       | Pontypridd Rodents     | MV45          | 83          |
| 23       | 0:23:22 | LEWIS, Grant        | Fairwater Runners      | Senior Men    | 182         |
| 24       | 0:23:24 | DURY, Michael       | Islwyn Running Club    | Senior Men    | 69          |
| 25       | 0:23:27 | MCILROY, Stuart     | Les Croupiers          | MV35          | 177         |
| 26       | 0:23:30 | JEFFERY, Tom        | Les Croupiers          | Senior Men    | 127         |
| 27       | 0:23:32 | GOODLAND, Jonathan  | Bristol & West AC      | MV50          | 78          |
| 28       | 0:23:44 | SANSOM, Glyn        | San Domenico           | MV45          | 75          |
| 29       | 0:23:47 | DAVIES, Steve       | Griffithstown Harriers | MV50          | 65          |
| 30       | 0:23:55 | LEWIS, Neil         |                        | MV40          | 149         |
| 31       | 0:24:01 | DAWE, Andrew        | Llswerry Runners       | MV45          | 150         |
| 32       | 0:24:09 | JOHNSON, Richard    | Islwyn Running Club    | MV35          | 175         |
| 33       | 0:24:12 | BEECHER, Katie      | Les Croupiers          | Senior Ladies | 20          |
| 34       | 0:24:15 | LLOYD, Richard      | Fairwater Runners      | Senior Men    | 132         |
| 35       | 0:24:16 | POTTS, James        | San Domenico           | MV40          | 166         |
| 36       | 0:24:33 | GARDINER, Andy      | South Wales Police     | Senior Men    | 171         |
| 37       | 0:24:38 | SCOTT, Rob          | Les Croupiers          | MV35          | 169         |
| 38       | 0:24:39 | HARRHY, Steve       | Llswerry Runners       | MV45          | 50          |
| 39       | 0:24:39 | Murphy, Mike        | Les Croupiers          | MV55          | 39          |
| 40       | 0:24:40 | HORLER, Jane        | Chepstow Harriers      | LV40          | 180         |
| 41       | 0:24:41 | DONALD, Alex        | Cardiff AAC            | Senior Men    | 61          |
| 42       | 0:24:42 | WALTON, Alan        | San Domenico           | MV40          | 80          |
| 43       | 0:24:42 | SOMERSALL, Dave     | Chepstow Harriers      | MV40          | 19          |
| 44       | 0:24:43 | WILLIAMS, Geraint   | Aberdare AC            | MV35          | 7           |
| 45       | 0:24:44 | MORGAN, Kelly       | Pontypridd Rodents     | Senior Ladies | 76          |
| 46       | 0:24:47 | CARTER, Laurie      | Chepstow Harriers      | MV50          | 14          |
| 47       | 0:24:49 | WINDSOR, Mark       | San Domenico           | Senior Men    | 152         |
| 48       | 0:24:50 | LAM, Johnny         | San Domenico           | MV35          | 105         |
| 49       | 0:24:56 | MAWSON, Guy         | San Domenico           | MV40          | 3           |
| 50       | 0:24:57 | JONES, Christopher  | Llswerry Runners       | MV50          | 155         |
| 51       | 0:25:02 | RUSSELL, Andrew     | Les Croupiers          | MV35          | 136         |
| 52       | 0:25:04 | LOWTHIAN, Dave      | Severn AC              | MV40          | 66          |
| 53       | 0:25:09 | BRUTON, Paul        | Llswerry Runners       | MV35          | 121         |
| 54       | 0:25:10 | RAMSEY, Mike        |                        | MV45          | 142         |
| 55       | 0:25:12 | EDWARDS, Peter      | Fairwater Runners      | Senior Men    | 11          |
| 56       | 0:25:18 | HARVEY (JNR), Mark  | Chepstow Harriers      | Senior Men    | 156         |
| 57       | 0:25:23 | FRY, Mark           | Fairwater Runners      | MV45          | 10          |
| 58       | 0:25:24 | FLETCHER, Adam      | Islwyn Running Club    | Senior Men    | 89          |
| 59       | 0:25:27 | OWEN, Anthony       |                        | Senior Men    | 204         |
| 60       | 0:25:29 | MILLS, Roger        | Fairwater Runners      | MV35          | 129         |
| 61       | 0:25:34 | DELANEY, James      | San Domenico           | MV55          | 63          |
| 62       | 0:25:35 | WORLOCK, Mike       | Port Talbot Harriers   | MV45          | 28          |
| 63       | 0:25:37 | VAN ARKEL, Fred     | Forest of Dean A C     | MV50          | 141         |
| 64       | 0:25:38 | ASHTON, Liz         | Les Croupiers          | Senior Ladies | 29          |



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| Position | Time    | Name              | Club                   | Category      | Race Number |
|----------|---------|-------------------|------------------------|---------------|-------------|
| 65       | 0:25:40 | POCKNELL, Justin  | Caerleon Running Club  | MV40          | 185         |
| 66       | 0:25:41 | SPENCER, Andrew   | Fairwater Runners      | MV45          | 13          |
| 67       | 0:25:42 | SUMMERS, Lou      | Chepstow Harriers      | LV40          | 178         |
| 68       | 0:25:43 | GRANT, Neil       | Chepstow Harriers      | MV55          | 164         |
| 69       | 0:25:46 | DEACY, Anthony    |                        | MV50          | 4           |
| 70       | 0:26:00 | MATTHEWS, Mark    | Forest of Dean A C     | MV35          | 143         |
| 71       | 0:26:03 | LEACH, Walter     | Forest of Dean A C     | MV45          | 128         |
| 72       | 0:26:03 | DAVIES, Ceri      | San Domenico           | MV35          | 102         |
| 73       | 0:26:03 | POLE, Laurence    | Pontypridd Rodents     | MV35          | 55          |
| 74       | 0:26:13 | EVANS, MIKE       | Chepstow Harriers      | MV55          | 23          |
| 75       | 0:26:14 | TABOR, Mick       | Les Croupiers          | MV55          | 94          |
| 76       | 0:26:16 | MORGAN, Lloyd     | San Domenico           | MV35          | 24          |
| 77       | 0:26:22 | HERMAN, Sasha     | Forest of Dean A C     | Junior Men    | 140         |
| 78       | 0:26:24 | HAM, Justin       |                        | MV40          | 148         |
| 79       | 0:26:28 | BARRETT, Ruth     | San Domenico           | Senior Ladies | 108         |
| 80       | 0:26:31 | LEWIS, Chris      | Hogweed Trotters       | MV40          | 77          |
| 81       | 0:26:32 | MARSLANS, Wayne   |                        | Senior Men    | 5           |
| 82       | 0:26:34 | GALLAGHER, Seamus | San Domenico           | MV35          | 33          |
| 83       | 0:26:39 | MAYNARD, Jim      |                        | MV35          | 145         |
| 84       | 0:26:42 | BEATTY, Claire    | Les Croupiers          | Senior Ladies | 103         |
| 85       | 0:27:00 | WILLIAMS, David   | Les Croupiers          | MV45          | 116         |
| 86       | 0:27:02 | CALWAY, Andrew    | Chepstow Harriers      | MV45          | 106         |
| 87       | 0:27:04 | SHIELDS, Dominic  | San Domenico           | MV45          | 58          |
| 88       | 0:27:15 | STORRAR, Jim      | Forest of Dean A C     | MV50          | 147         |
| 89       | 0:27:16 | HORLER, Steven    | Chepstow Harriers      | MV40          | 179         |
| 90       | 0:27:21 | LYNCH, Aaron      | Liswerry Runners       | MV40          | 27          |
| 91       | 0:27:25 | MANN, Alan        | Les Croupiers          | MV50          | 44          |
| 92       | 0:27:27 | DAVIES, Chris     | Liswerry Runners       | MV50          | 157         |
| 93       | 0:27:30 | HISCOCKS, Andy    |                        | Senior Men    | 82          |
| 94       | 0:27:31 | HUGHES, Philip    | San Domenico           | Senior Men    | 122         |
| 95       | 0:27:32 | DIAS, Brian       | Cardiff AAC            | Senior Men    | 38          |
| 96       | 0:27:37 | COHEN, Leo        | Chepstow Harriers      | MV35          | 138         |
| 97       | 0:27:38 | COLLINS, Dennis   | Rhondda Valley Runners | MV45          | 123         |
| 98       | 0:27:38 | WILLIAMS, Michael | Fairwater Runners      | Senior Men    | 9           |
| 99       | 0:27:39 | HARVEY, Mark      | Chepstow Harriers      | MV45          | 146         |
| 100      | 0:27:45 | GITTINS, Jade     | Caerleon Running Club  | Senior Ladies | 113         |
| 101      | 0:27:50 | BODMAN, Gary      | Les Croupiers          | MV45          | 117         |
| 102      | 0:27:55 | TOOK, Michael     |                        | Senior Men    | 187         |
| 103      | 0:27:55 | AMOS, Richard     | San Domenico           | Senior Men    | 41          |
| 104      | 0:27:55 | WEEKS, John       |                        | MV55          | 17          |
| 105      | 0:27:57 | HART, Gareth      | Caerleon Running Club  | MV40          | 96          |
| 106      | 0:28:00 | SWEETING, John    | MDC                    | MV60          | 43          |
| 107      | 0:28:04 | MORRIS, Jan       | Chepstow Harriers      | LV40          | 206         |
| 108      | 0:28:08 | MORGAN, Barry     | Liswerry Runners       | MV35          | 12          |
| 109      | 0:28:16 | HEATH, Geraint    | Liswerry Runners       | Senior Men    | 195         |
| 110      | 0:28:19 | WILLIAMS, Stephen | Liswerry Runners       | MV50          | 30          |
| 111      | 0:28:28 | DAVIES, Liam      | FERC                   | MV50          | 159         |
| 112      | 0:28:29 | BOWIE, Richard    | Fairwater Runners      | MV45          | 133         |
| 113      | 0:28:37 | WOOD, Neale       | Liswerry Runners       | MV50          | 165         |
| 114      | 0:28:40 | LOCKE, Matthew    |                        | MV35          | 183         |
| 115      | 0:28:43 | JAMES, John       | Severn AC              | MV60          | 49          |
| 116      | 0:28:43 | MCCALL, Allan     | Chepstow Harriers      | MV40          | 98          |
| 117      | 0:28:46 | BUCKLAND, Jenny   | Outdoor Fitness        | LV40          | 186         |
| 118      | 0:28:48 | PUGSLEY, Richard  | Village Vipers         | MV35          | 163         |
| 119      | 0:28:51 | RICHARDS, Janet   | Griffithstown Harriers | LV45          | 191         |
| 120      | 0:29:08 | WOODS, Garry      | Fairwater Runners      | MV45          | 51          |
| 121      | 0:29:12 | LYNCH, Graham     | Liswerry Runners       | MV60          | 26          |
| 122      | 0:29:14 | DALEY, Loretta    | Les Croupiers          | LV45          | 45          |
| 123      | 0:29:20 | REES, Chris       | Chepstow Harriers      | MV45          | 176         |
| 124      | 0:29:43 | SCHOLEY, Julie    | Les Croupiers          | LV50          | 72          |

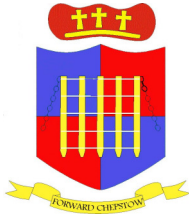


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**Tuesday, 10 May 2011. 7:30 pm**



| Position | Time    | Name                     | Club                  | Category      | Race Number |
|----------|---------|--------------------------|-----------------------|---------------|-------------|
| 125      | 0:29:54 | DAVIES, Andrew           |                       | Senior Men    | 167         |
| 126      | 0:29:56 | PRICE, Ian               | Caerleon Running Club | MV40          | 112         |
| 127      | 0:29:57 | DANIELS, Peta            | Llswerry Runners      | LV45          | 135         |
| 128      | 0:30:05 | AVERY, Brenda            | Chepstow Harriers     | LV60+         | 196         |
| 129      | 0:30:06 | WALLS, Sue               |                       | LV45          | 37          |
| 130      | 0:30:07 | MACHIN, Fran             | Les Croupiers         | LV35          | 99          |
| 131      | 0:30:11 | DAVIES, Annette          | FERC                  | LV50          | 160         |
| 132      | 0:30:17 | MACKEN, Sasha            | Les Croupiers         | LV35          | 104         |
| 133      | 0:30:20 | HOUSE, Claire            | San Domenico          | LV35          | 40          |
| 134      | 0:30:24 | AUSTERBERRY, Judith      | Chepstow Harriers     | LV35          | 100         |
| 135      | 0:30:29 | CARTER, Clive            | Llswerry Runners      | MV55          | 91          |
| 136      | 0:30:42 | DAVIES, Andy             | Pontypridd Rodents    | MV45          | 35          |
| 137      | 0:30:49 | BROOME, Tyrone           | Gwent Police          | MV45          | 52          |
| 138      | 0:30:51 | CARRERA, Sonia           |                       | Senior Ladies | 64          |
| 139      | 0:30:53 | MORGAN, Roger            | Forest of Dean A C    | MV55          | 32          |
| 140      | 0:30:56 | DAVIS, Jo                | Severn AC             | LV40          | 25          |
| 141      | 0:31:01 | JONES, Sian              | Caerleon Running Club | Senior Ladies | 95          |
| 142      | 0:31:10 | BROWN, Howard            | Les Croupiers         | MV60          | 6           |
| 143      | 0:31:12 | MAXWELL, Chloe           | Islwyn Running Club   | Senior Ladies | 88          |
| 144      | 0:31:14 | GREEN, Jackie            | Forest of Dean A C    | LV50          | 16          |
| 145      | 0:31:14 | TURNER, Steve            |                       | MV50          | 97          |
| 146      | 0:31:31 | RACKHAM, Amy             | Caerleon Running Club | Senior Ladies | 125         |
| 147      | 0:31:47 | JENKINS, Martyn          | Fairwater Runners     | MV50          | 170         |
| 148      | 0:31:48 | MORGAN, Claire           | Forest of Dean A C    | LV45          | 31          |
| 149      | 0:31:55 | LOVELUCK-EDWARDS, Graham | Chepstow Harriers     | MV40          | 184         |
| 150      | 0:32:01 | CONNOLLY, David          |                       | MV35          | 162         |
| 151      | 0:32:03 | SUMMERS, Robert          | Chepstow Harriers     | MV45          | 203         |
| 152      | 0:32:09 | DAVIES, Stephanie        | Pontypridd Rodents    | Junior Ladies | 36          |
| 153      | 0:32:13 | PIROUET, Adam            | Caerleon Running Club | Senior Men    | 205         |
| 154      | 0:32:14 | CHIPPER, Neil            | Llswerry Runners      | MV50          | 193         |
| 155      | 0:32:21 | SHEEDY, Alison           | Llswerry Runners      | LV45          | 154         |
| 156      | 0:32:38 | WAITE, Kelly             | Islwyn Running Club   | Senior Ladies | 87          |
| 157      | 0:32:49 | EVANS, Denise            | Chepstow Harriers     | LV45          | 22          |
| 158      | 0:32:53 | HOBBS, James             |                       | MV40          | 81          |
| 159      | 0:33:04 | BROWN, Rob               | Chepstow Harriers     | MV60          | 192         |
| 160      | 0:33:08 | DAVIES, Nicky            |                       | MV45          | 119         |
| 161      | 0:33:12 | RYMER, Jane              | Chepstow Harriers     | LV45          | 200         |
| 162      | 0:33:14 | STEPHENS, Hayley         |                       | LV35          | 110         |
| 163      | 0:33:15 | NEW, Steve               | 100 Marathon Club     | MV45          | 111         |
| 164      | 0:33:26 | WEBB, Jackie             | Chepstow Harriers     | LV45          | 202         |
| 165      | 0:33:35 | DURY, Alma               |                       | Senior Ladies | 70          |
| 166      | 0:33:43 | BEWG, Bill               | Chepstow Harriers     | MV70+         | 1           |
| 167      | 0:33:43 | WOODSFORD, Victoria      | San Domenico          | Senior Ladies | 109         |
| 168      | 0:33:43 | WILKINSON, Bernadette    | San Domenico          | LV45          | 118         |
| 169      | 0:33:55 | JOHNSON, Clare           | Les Croupiers         | LV60+         | 59          |
| 170      | 0:33:59 | FRY, John                | Fairwater Runners     | MV65          | 56          |
| 171      | 0:34:15 | MELLING, Alex            |                       | Senior Men    | 144         |
| 172      | 0:34:20 | BARNETT, Karen           |                       | LV40          | 34          |
| 173      | 0:34:21 | LEADLEY, Alex            | Llswerry Runners      | Senior Ladies | 188         |
| 174      | 0:34:30 | HEATH, Lucy              | Llswerry Runners      | Senior Ladies | 194         |
| 175      | 0:34:32 | REESE, Jack              |                       | Junior Male   | 172         |
| 176      | 0:34:35 | REESE, Tim               | Llswerry Runners      | MV45          | 173         |
| 177      | 0:34:41 | WYBRANT, David           | Llswerry Runners      | MV60          | 86          |
| 178      | 0:35:07 | PARKER, Elizabeth        | Llswerry Runners      | LV35          | 189         |
| 179      | 0:35:11 | TINSLEY, Alan            | Caerleon Running Club | MV50          | 71          |
| 180      | 0:35:12 | BRIERLEY, Susanne        | FERC                  | LV40          | 2           |



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| Position | Time    | Name                | Club                  | Category      | Race Number |
|----------|---------|---------------------|-----------------------|---------------|-------------|
| 181      | 0:35:29 | WILLIAMS, Diane     | The Dragons           | Senior Ladies | 8           |
| 182      | 0:36:09 | LAFON, Chloe        |                       | Senior Ladies | 153         |
| 183      | 0:36:31 | CLANCY, Helen       | Chepstow Harriers     | LV40          | 21          |
| 184      | 0:36:36 | JENKINS, Gareth     | Chepstow Harriers     | MV45          | 101         |
| 185      | 0:36:43 | HOWELLS, Gwyneth    | Caerleon Running Club | LV60+         | 93          |
| 186      | 0:36:45 | WELCH, Helen        | Pontypridd Rodents    | LV35          | 120         |
| 187      | 0:36:48 | PALMER, David       | Gwent Police          | MV45          | 53          |
| 188      | 0:37:13 | PAYTON, Ian         | MDC                   | Senior Men    | 181         |
| 189      | 0:37:20 | VINER, Rachel       | Caerleon Running Club | Senior Ladies | 197         |
| 190      | 0:37:20 | VINER, Grahame      | Caerleon Running Club | MV50          | 198         |
| 191      | 0:37:32 | WILLIAMSON, Stephen |                       | MV55          | 168         |
| 192      | 0:37:36 | GRIFFITHS, Serena   | Hogweed Trotters      | LV45          | 92          |
| 193      | 0:38:05 | ELVERS, Karen       | Chepstow Harriers     | LV35          | 174         |
| 194      | 0:38:29 | FEAR, Vicky         | Llswerry Runners      | Senior Ladies | 54          |
| 195      | 0:38:32 | CONNOLLY, Rhys      |                       | Junior Men    | 161         |
| 196      | 0:38:40 | SMITH, Samantha     | Llswerry Runners      | Senior Ladies | 190         |
| 197      | 0:38:56 | DAVIES, Julia       | Llswerry Runners      | LV50          | 158         |
| 198      | 0:40:00 | BLADEN, Alan        | Les Croupiers         | MV70+         | 46          |
| 199      | 0:41:26 | HUDD, Simon         |                       | MV40          | 124         |
| 200      | 0:41:52 | DUNSBEE, Carol      |                       | LV40          | 201         |
| 201      | 0:43:06 | JONES, Joanne       |                       | LV35          | 115         |