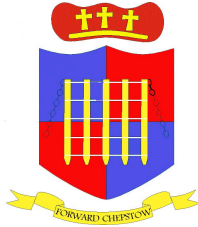


Chepstow Harriers

Rose Inn 4
Tuesday, 12 June 2012. 7:30 pm

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

Position	Time	Name	Club	Category	Race Number
1	0:21:38	DONOVAN, Edward	Les Croupiers	Senior Men	192
2	0:22:06	JEFFREY, Tom	Les Croupiers	Senior Men	153
3	0:22:07	WILLIAMS, Oliver	San Domenico	Senior Men	106
4	0:22:17	RAWLINSON, Leighton	Caerleon Running Club	Senior Men	169
5	0:22:25	WILLIAMS, Martin	Les Croupiers	MV45	178
6	0:22:28	KEELING, Mark	Severn AC	MV45	144
7	0:22:30	THOMAS, Stephen	Aberdare AC	MV40	171
8	0:22:56	KNAPP, Nicola	Swansea Harriers	Senior Ladies	188
9	0:23:00	MORGAN, Chris		MV40	133
10	0:23:12	JAMES, Mark	Severn AC	MV35	143
11	0:23:27	DAVIES, Steve	Pontypool Runners	MV50	112
12	0:23:39	WOODWORD, Peter	Forest of Dean A C	Senior Men	160
13	0:23:43	MURPHY, Mike	Les Croupiers	MV55	181
14	0:23:44	DODD, Paul	Chepstow Harriers	MV50	127
15	0:23:48	FRAME, Scott	Outdoor Fitness	Senior Men	142
16	0:23:49	SANSOM, Glyn	San Domenico	MV50	73
17	0:23:50	LEWIS, Neil		MV40	104
18	0:23:59	CROALL, Pete	San Domenico	Senior Men	117
19	0:24:03	WHITE, James	San Domenico	MV35	198
20	0:24:09	CARTER, Laurie	Chepstow Harriers	MV55	92
21	0:24:13	NORMAN, Andy	Severn AC	MV55	183
22	0:24:24	HARRIS, Michael	Caerleon Running Club	MV35	88
23	0:24:29	MAGUIRE, Stephen	Severn AC	Senior Men	138
24	0:24:35	JOHNSTON, Sandy	Les Croupiers	MV60	150
25	0:24:43	FLEET, Leyton	Forest of Dean A C	MV40	166
26	0:24:57	DIAS, Brian	Cardiff AAC	Senior Men	141
27	0:25:05	MEYLER, Phil	Pontypridd Rodents	MV55	199
28	0:25:11	THOMPSON, Emmett	Forest of Dean A C	Junior Men	152
29	0:25:17	BOON, Julian	Forest of Dean A C	MV40	162
30	0:25:19	BEATTY, Claire	Les Croupiers	Senior Ladies	194
31	0:25:36	MASON, Howard	Caerleon Running Club	MV45	86
32	0:25:37	DAVIES, Ceri	San Domenico	MV35	119
33	0:25:43	MCBROWN, Hannah	Outdoor Fitness	Senior Ladies	122
34	0:25:49	GOODLAND, Jonathan	Great Western Runners	MV55	99
35	0:25:51	JONES, Bledwyn	Lliswerry Runners	Senior Men	77
36	0:25:53	DAVIES, Jamie		Junior Men	109
37	0:26:11	WILLIAMS, David	Les Croupiers	MV45	161
38	0:26:27	HORSMAN, Mark	Outdoor Fitness	Senior Men	120
39	0:26:33	HUDGELL, Cheryl	Outdoor Fitness	LV35	118
40	0:26:36	EVANS, Mike	Chepstow Harriers	MV55	146
41	0:26:50	MCWILLIAM, Nicky	Les Croupiers	LV35	189
42	0:26:52	LEWIS, Chris	Hogweed Trotters	MV40	98
43	0:26:57	ELLISON, Andrew	Rhondda Valley Runners	Senior Men	132
44	0:27:01	JOHN, Gary	Les Croupiers	MV55	196
45	0:27:04	DELANEY, James	San Domenico	MV55	100
46	0:27:10	SHIELDS, Dominic	San Domenico	MV45	197
47	0:27:14	QUIN, Stephen	Les Croupiers	MV40	101
48	0:27:17	BODMAN, Gary	Les Croupiers	MV45	158
49	0:27:22	DAVIES, Dafydd	Outdoor Fitness	MV35	126
50	0:27:33	JOYCE, Martin	Forest of Dean A C	Senior Men	164
51	0:27:34	OWEN, Wendy	San Domenico	LV40	179



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Position	Time	Name	Club	Category	Race Number
52	0:27:37	JOHNSTON, Alice	Les Croupiers	Senior Ladies	151
53	0:27:43	BUCKLAND, Jenny	Outdoor Fitness	LV40	74
54	0:27:44	OAK, Vince		MV50	102
55	0:28:02	NIGHTINGALE, Matthew		Junior Men	155
56	0:28:07	SCREEN, Terry	Griffithstown Harriers	MV60	185
57	0:28:09	WOOD, Stephen	Pegasus Running Club	MV35	177
58	0:28:12	WILLIAMS, Steve	Lliswerry Runners	MV55	165
59	0:28:13	SEWELL, Richard	Les Croupiers	MV55	75
60	0:28:14	REES, Gareth	Les Croupiers	MV45	193
61	0:28:16	MACHIN, Frances	Les Croupiers	LV35	191
62	0:28:18	SCHOLEY, Julie	Les Croupiers	LV50	111
63	0:28:20	BURNE, Peter		MV35	140
64	0:28:22	WILLIAMS, Rebecca	Outdoor Fitness	Senior Ladies	125
65	0:28:25	HURFORD, Dom	Hogweed Trotters	MV35	97
66	0:28:32	ANDERSON, Robert	Lliswerry Runners	MV70+	116
67	0:28:42	ROBERTS, Peter	Griffithstown Harriers	MV55	115
68	0:28:48	PALFREY, Catrin	Outdoor Fitness	Senior Ladies	121
69	0:29:08	GREEN, Tim	Les Croupiers	MV45	170
70	0:29:10	BROOME, Tyrone	Lliswerry Runners	MV50	163
71	0:29:11	ATTWOOD, Howard	Lliswerry Runners	MV60	173
72	0:29:14	WIGGINS, Adrian	Outdoor Fitness	MV45	124
73	0:29:19	ROBERTS, Kirsty	Les Croupiers	Senior Ladies	186
74	0:29:24	PARHAM, Barrie	Griffithstown Harriers	MV60	184
75	0:29:39	THOMAS, Matthew		MV35	96
76	0:29:41	DAVIES, Liam	FERC	MV50	83
77	0:29:51	JENKINS, Paul		MV60	103
78	0:29:55	BLYTHE, Adam	Chepstow Harriers	MV40	107
79	0:29:59	NEW, Stephen	100 Marathon Club	MV45	128
80	0:30:02	DAVIES, Luke	Pontypool Runners		113
81	0:30:04	MORGAN, Roger	Forest of Dean A C	MV55	175
82	0:30:08	CARTER, Clive	Lliswerry Runners	MV55	136
83	0:30:11	DAVIES, Nicky	Lliswerry Runners	MV50	108
84	0:30:12	AVERY, Brenda	Chepstow Harriers	LV60+	94
85	0:30:17	MANN, Alan	Les Croupiers	MV50	135
86	0:30:27	TURNBULL, Vanessa		LV45	72
87	0:30:29	ROSS, John		MV45	195
88	0:30:31	FINIAYSON, Rachael	Outdoor Fitness	LV40	123
89	0:30:34	JAMES, John	Severn AC	MV60	148
90	0:30:53	CRAM, Geoffrey	Chepstow Harriers	MV65	131
91	0:31:02	MCCUE, Gillian	Outdoor Fitness	Senior Ladies	114
92	0:31:06	RACKHAM, Amy	Caerleon Running Club	Senior Ladies	168
93	0:31:18	DALEY, Loretta	Les Croupiers	LV45	134
94	0:31:28	WAITE, Kelly	Islwyn Running Club	Senior Ladies	174
95	0:31:42	TULETT, Madeline	Chepstow Harriers	Senior Ladies	91
96	0:31:49	LEWIS, Tom		Senior Men	84
97	0:31:49	REYNOLDS, Tom		Senior Men	85
98	0:31:53	NIGHTINGALE, Caroline	Les Croupiers	LV45	156
99	0:32:02	DAVEY, Ralph	Les Croupiers	MV65	76
100	0:32:08	BEVES, Gemma	Chepstow Harriers	Senior Ladies	90
101	0:32:23	RIDDINGTON, Tom	Chepstow Harriers	MV35	93
102	0:32:38	WYBRANT, David	Lliswerry Runners	MV60	145

