

# Chepstow Harriers

## Tintern Trot

Thursday, 4 July 2013. 7:30 pm

Position	Time	Name	Club	Category	Race Number
1	0:37:44	HALE, Kyran	Severn AC	Senior Men	21
2	0:38:07	STOTT, Matt	Chepstow Harriers	Senior Men	9
3	0:38:18	BARNBY, Daryll	Fairwater Runners	Senior Men	174
4	0:38:24	TAYLOR, Sean	Fairwater Runners	Senior Men	183
5	0:38:51	DUKES, Nick	Les Croupiers	Senior Men	46
6	0:40:08	WILLIAMS, Oliver	Les Croupiers	Senior Men	131
7	0:40:11	LEWIS, Geraint	Porthcawl Runnerslife	Senior Men	161
8	0:40:53	LEWIS, Grant	Fairwater Runners	Senior Men	36
9	0:41:09	BROWN, Gary	Penarth & Dinas	Senior Men	107
10	0:41:22	WILLIAMS, David	Carnethy	Senior Men	140
11	0:41:28	DUNN, Carl	Westbury Harriers	Senior Men	73
12	0:42:00	JAMES, Luke	Monross Trailblazers	Senior Men	178
13	0:42:02	Richard	Penarth & Dinas	Senior Men	195
14	0:42:27	HARVEY (JNR), Mark	Chepstow Harriers	Senior Men	172
15	0:42:41	PHILLIPS, Robin	Westbury Harriers	Senior Men	67
16	0:42:47	HUGHES, Carys	Les Croupiers	Senior Ladies	142
17	0:43:17	SMITH, Daren		MV45	57
18	0:43:36	STEPHENS, Andrew	Monross Trailblazers	Senior Men	55
19	0:43:43	MURPHY, Mike	Les Croupiers	MV55	4
20	0:43:46	JOHNSON, Colin	Westbury Harriers	MV45	68
21	0:43:51	ATKINS, Karie	GE Aviation Tri Team	Senior Men	24
22	0:43:58	BOON, Julian	Forest of Dean A C	MV40	160
23	0:44:09	WILSON, Robert	Penarth & Dinas	MV55	137
24	0:44:29	SANSOM, Glyn	San Domenico	MV50	127
25	0:44:37	MATTHEWS, Mark	Forest of Dean A C	MV40	59
26	0:44:45	TUCKER, Timothy		Senior Men	163
27	0:44:50	MORGAN, Ray	Pontypool Runners	Senior Men	151
28	0:44:55	GORDON, Karl		Senior Men	129
29	0:45:08	LEWIS, Chris	Hogweed Trotters	MV40	51
30	0:45:24	GUY, Thomas	Griffithstown Harriers	MV40	70
31	0:45:28	FLEET, Leyton	Forest of Dean A C	MV40	122
32	0:45:30	SHAVE, Ceri		Senior Men	43
33	0:45:37	PALMER, Chris	Westbury Harriers	Senior Men	65
34	0:45:40	MORGAN, Niki	Chepstow Harriers	LV45	6
35	0:45:42	GETHING, Nicola	Parc Bryn Bach Running Club	LV40	16
36	0:45:48	MILES, Phillip	Parc Bryn Bach Running Club	MV60	48
37	0:45:56	HOWGATE, Gary	Les Croupiers	MV40	143
38	0:46:08	VENNARD, Calum	Les Croupiers	Senior Men	157
39	0:46:24	WILLIAMS, Rhys	MDC	Senior Men	141
40	0:46:24	TRAER, Colin	Hogweed Trotters	Senior Men	94
41	0:46:32	JUKES, Daman	Parc Bryn Bach Running Club	MV40	17
42	0:46:33	BRACE, Gavin		Senior Men	168
43	0:46:37	AUSTIN, Dave	Chepstow Harriers	MV40	63
44	0:46:41	HOWELLS, Scott	Taff Attack Racing	MV40	64
45	0:47:06	BURKE, Wilf	Thornbury RC	MV60	158
46	0:47:08	HOOK, Robert	Chepstow Harriers	MV45	184
47	0:47:12	BRADLEY, Rob		Senior Men	44
48	0:47:14	WARBURTON, Ian	Penarth & Dinas	MV45	99
49	0:47:16	WILCOX, Alan	Hogweed Trotters	MV40	103
50	0:47:18	FRAYLING, Andrew	Penarth & Dinas	Senior Men	112
51	0:47:23	STOTT, Andy	Chepstow Harriers	MV50	191
52	0:47:24	DIAS, Brian	Les Croupiers	Senior Men	159
53	0:47:31	SUMMERS, Lou	Chepstow Harriers	LV45	2
54	0:47:34	DURY, Simon	Chepstow Harriers	Senior Men	173
55	0:47:35	ENGLEDEW, Dave	Hogweed Trotters	MV50	92
56	0:47:37	BATTS, Andy	Forest of Dean A C	MV40	60
57	0:48:02	PEGLER, Richard	Forest of Dean A C	Senior Men	31
58	0:48:10	WILLIAMS, Simon		MV45	56
59	0:48:17	CHRISTIE, Paul		MV40	139
60	0:48:19	KERRIDGE, Gregg		MV40	156
61	0:48:20	Evita	Westbury Harriers	Senior Ladies	169
62	0:48:20	FLETCHER, James	Monross Trailblazers	MV45	181

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Position	Time	Name	Club	Category	Race Number
63	0:48:21	JONES, Angela	Fairwater Runners	LV45	110
64	0:48:27	FREEMAN, Robert	Forest of Dean A C	MV40	123
65	0:48:31	PROCTER, Andrew		Senior Men	153
66	0:48:35	STORRAR, Jim	Forest of Dean A C	MV50	100
67	0:48:42	AUSTERBERRY, Judith	Chepstow Harriers	LV35	95
68	0:48:43	BROWN, Alex		Senior Men	79
69	0:48:49	DICKENS, Andrew	Mynydd-Du	MV40	177
70	0:48:53	SMOUT, David	Mynydd-Du	MV60	105
71	0:48:59	GRANT, Neil	Chepstow Harriers	MV60	182
72	0:49:02	NIGHTINGALE, Mat		Senior Men	204
73	0:49:16	POWELL, Alistair		MV40	18
74	0:49:22	OSMOND, Clive	Les Croupiers	MV50	108
75	0:49:23	LYONS, Aileen	Les Croupiers	Senior Ladies	41
76	0:49:27	DENNANT, Richard	Forest of Dean A C	MV50	166
77	0:49:34	BURTON, Matthew	Taff Attack Racing	Senior Men	75
78	0:49:40	CLEARY, Lisa	Penarth & Dinas	LV45	114
79	0:49:42	THOMAS, John	Chepstow Harriers	MV50	72
80	0:49:48	BEVES, Rob	Chepstow Harriers	MV45	176
81	0:49:57	HALL, Matthew	Monross Trailblazers	MV45	167
82	0:50:01	EVANS, Debbie	Penarth & Dinas	LV45	109
83	0:50:07	KENT, Howard	Les Croupiers	MV60	53
84	0:50:10	SYMONS, Rob	Fairwater Runners	MV45	152
85	0:50:20	KENNEDY, Mike	Almost Athletes	MV40	26
86	0:50:25	BAKER, Lucy		Senior Ladies	194
87	0:50:33	DUFFIELD, Helen	Chepstow Harriers	LV40	87
88	0:50:36	NICHOLAS, David	Monross Trailblazers	Senior Men	179
89	0:50:41	REDCLIFFE, Luca		Senior Men	170
90	0:50:47	HOLDER, Philip	Cardiff Harlequins	MV50	120
91	0:50:48	WATTS, Ricci	Pontypool Runners	Senior Men	96
92	0:50:49	BRADLEY, Malcolm	Penarth & Dinas	MV60	132
93	0:50:56	JONES, Chris	Lliswerry Runners	MV50	205
94	0:50:58	TUCKER, Geraint		Senior Men	52
95	0:50:59	SEAL, Christopher	Penarth & Dinas	Senior Men	193
96	0:51:08	GILBERT, Claire	Malvern Joggers	Senior Ladies	115
97	0:51:12	EDWARDS, Carl	Pontypridd Rodents	MV40	118
98	0:51:17	ROSS-COLLINS, Jason	Forest of Dean A C	MV40	116
99	0:51:19	BOWIE, Richard	Fairwater Runners	MV50	147
100	0:51:21	ROBERTSON, Alan	Forest of Dean A C	MV55	78
101	0:51:22	MOORE, Chris	Forest of Dean A C	MV55	76
102	0:51:27	HARRIS, Mike	Westbury Harriers	MV60	22
103	0:51:40	MORRIS, Jan	Chepstow Harriers	LV45	89
104	0:51:45	OWEN, Stephen	Les Croupiers	MV55	37
105	0:51:51	JENKINS, Martyn	Fairwater Runners	MV50	82
106	0:51:56	LANE, Paul	Taff Attack Racing	Senior Men	69
107	0:52:06	PECK, Nicholas		Senior Men	188
108	0:52:11	MORGAN, Hywel	Islwyn Running Club	Senior Men	111
109	0:52:20	TIMSON, Dave	Pontypool Runners	MV45	198
110	0:52:24	SCHOLEY, Julie	Les Croupiers	LV50	39
111	0:52:29	KNOETZER, Elsa		Senior Ladies	83
112	0:52:36	SIMPKIN, Ken	Chepstow Harriers	MV40	88
113	0:52:39	TUCKER, Roger		MV50	162
114	0:52:47	COMINS, Rebecca	Chepstow Harriers	LV40	62
115	0:52:51	ASHTON, Gerry	Chepstow Harriers	MV55	50
116	0:53:22	DURSLEY, Paul		MV60	150
117	0:53:29	SHIELDS, Dominic	San Domenico	MV45	155
118	0:53:33	JONES, Paul	Mynydd-Du	MV40	7
119	0:53:40	SHAW, Alexander		Senior Men	180
120	0:53:44	TAGG, Sue	Parc Bryn Bach Running Club	LV45	104
121	0:53:57	DAY, Paul	Lliswerry Runners	MV60	148
122	0:53:59	POOLE, Rebecca	Fairwater Runners	Senior Ladies	154

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Position	Time	Name	Club	Category	Race Number
123	0:54:00	GIBSON, Doug		MV45	201
124	0:54:01	CREASEY, Jeremy	Spirit of Monmouth	MV45	134
125	0:54:03	WILKINSON, Sally	Penarth & Dinas	Senior Ladies	126
126	0:54:18	LEWIS, Beth	Les Croupiers	LV35	35
127	0:54:27	KNOWLES, Barry		MV45	33
128	0:54:36	JAMES, Graham	Forest of Dean A C	MV50	74
129	0:54:40	WILLIAMS, David	Les Croupiers	MV50	49
130	0:54:44	DENNIS, Heather	Penarth & Dinas	LV40	133
131	0:54:54	MCCALL, Allan	Chepstow Harriers	MV45	185
132	0:55:15	RIDDINGTON, Tom	Chepstow Harriers	MV40	203
133	0:55:23	BODMAN, Gary	Les Croupiers	MV50	34
134	0:55:56	WILCOX, Rob	Penarth & Dinas	MV45	202
135	0:55:58	BENTLEY, Victoria	Angels RC	Senior Ladies	25
136	0:56:01	MORGAN, Roger	Forest of Dean A C	MV55	98
137	0:56:04	HERMAN, Andrea	Penarth & Dinas	LV45	106
138	0:56:15	TUCKER, Stephen		Senior Men	164
139	0:56:31	MCENTEE, Kevin	Chepstow Harriers	MV55	171
140	0:56:35	CLOTHIER, Jeremy	Thornbury RC	MV65	138
141	0:56:38	RICHARDS, Janet	Lliswerry Runners	LV45	85
142	0:56:42	ATTWOOD, Howard	Lliswerry Runners	MV60	20
143	0:56:44	EDWARDS, Jan	Pontypridd Rodents	LV40	117
144	0:56:50	MACHIN, Frances	Les Croupiers	LV35	40
145	0:56:58	ROBERTS, Kirsty	Les Croupiers	Senior Ladies	38
146	0:57:07	MORFEY, Peter	Cardiff Harlequins	MV55	119
147	0:57:12	DAVIES, Emma	Spirit of Monmouth	LV40	3
148	0:57:20	ENGLEDEW, Alison	Bristol & West AC	LV50	93
149	0:57:24	ASH, Jane	Les Croupiers	LV35	32
150	0:57:42	ROCHE, Julie	Fairwater Runners	LV45	144
151	0:58:01	CLENCH, Sean		MV45	128
152	0:58:05	ELVERS, Karen	Chepstow Harriers	LV40	124
153	0:58:06	THOMSON, Stewart	Pontypool Runners	MV50	86
154	0:58:16	HART, Robert		MV45	113
155	0:58:46	BARKER, Rob		MV45	135
156	0:58:51	TULLETT, Peter		MV55	23
157	0:59:26	HELSING, Anna	Penarth & Dinas	LV50	125
158	0:59:35	RICHARDSON, Derren	Taff Attack Racing	MV40	12
159	1:00:05	JONES, Gareth	Newport Harriers	MV65	58
160	1:00:19	ALBROW, Shirley	Forest of Dean A C	LV55	54
161	1:00:21	FRANCIS, Stefanie	Forest of Dean A C	LV45	121
162	1:00:36	EMSLIE, Caroline		Senior Ladies	84
163	1:01:01	JENKINS, Jeanette	Fairwater Runners	LV50	81
164	1:01:16	BROWN, Rob	Chepstow Harriers	MV65	13
165	1:01:16	CRAM, Geoff	Chepstow Harriers	MV65	10
166	1:01:24	GOBEY, Gerald	Wye Valley Runners	MV60	29
167	1:01:39	SYMONS, Stella	Fairwater Runners	LV45	145
168	1:01:41	MILLS, Judy	Thornbury RC	LV55	136
169	1:01:51	WENDT, Anne	Penarth & Dinas	Senior Ladies	190
170	1:02:12	GREEN, Jackie	Forest of Dean A C	LV55	61
171	1:02:38	HAWKINS, Chris	Forest of Dean A C	MV60	77
172	1:03:05	NIGHTINGALE, Caroline	Les Croupiers	LV45	200
173	1:03:23	MACKEN, Sasha	Les Croupiers	LV40	42
174	1:03:25	BURGESS, Paul	Hogweed Trotters	MV55	101
175	1:03:29	BARNETT, Karen	Forest of Dean A C	LV40	102
176	1:03:39	BEVES, Gemma	Chepstow Harriers	Senior Ladies	175
177	1:03:42	LEWIS, Wayne		Senior Men	165
178	1:04:00	O'SHAUGHNY, Linda	Westbury Harriers	LV35	66
179	1:04:25	WATSON, Alex		LV40	187

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Position	Time	Name	Club	Category	Race Number
180	1:04:47	GWILLIAM, Karl		MV40	192
181	1:04:58	PEGLER, Vanessa	Forest of Dean A C	LV40	30
182	1:05:21	MAYO, Paul	Chepstow Harriers	Senior Men	130
183	1:05:37	PACE, Andrea	Penarth & Dinas	LV45	189
184	1:05:51	SHEPHERD, Suzie	Chepstow Harriers	LV40	1
185	1:06:27	MORGAN, Claire	Forest of Dean A C	LV50	97
186	1:06:43	GWILLIAM, Helen	Fairwater Runners	LV45	146
187	1:06:55	REDMOND, Vanessa	Bristol & West AC	LV50	15
188	1:06:55	BOWKETT, Angela	Forest of Dean A C	LV45	45
189	1:06:59	KING, Mike	Nailsea RC	MV65	14
190	1:07:14	MURPHY, Gill	Les Croupiers	LV55	5
191	1:07:37	LEONARD, Andy		Senior Men	71
192	1:07:37	MACKENZIE, Ian	Les Croupiers	MV50	47
193	1:07:58	PAICE, Nic	Bristol & West AC	LV45	91
194	1:08:09	JAMES, Ian		MV55	28
195	1:08:11	JENKINS, David	Bournville Harriers	MV45	11
196	1:09:10	DURSTON, Vicky		Senior Ladies	186
197	1:09:43	FORSEY, Yvonne	Llisbury Runners	LV55	19
198	1:09:51	MARAGNA, Judith	Penarth & Dinas	LV55	90
199	1:10:07	ADAMS, Adrian		MV50	197
200	1:10:09	TIMSON, Rosie	Pontypool Runners	Senior Ladies	199
201	1:10:29	ADAMS, Vic		LV40	196
202	1:12:04	JAMES, Bev		LV55	27
203	1:12:12	PUGH, Les	MDC	MV65	8
204	1:40:45	MANN, Sheree	Fairwater Runners	LV55	149