



# Chepstow Harriers

## Magor Marsh

Sunday, 27 July 2014. 10:30 pm

**Blue CUMIN**  
 Restaurant & takeaway  
*Contemporary Indian cuisine*

Position	Time	Name	Club	Category	Race Number
1	0:33:51	DAVIES, Steve	Belgrave	Snr Male	162
2	0:34:30	AHERNE, Lee	Les Croupiers	MV 45	99
3	0:34:51	BODNAN, Daniel	Aberdare VAAC	Snr Male	174
4	0:35:09	MURRAY, Luke	Clevedon AC	MV 35	221
5	0:35:33	STEPHENS, Andrew		MV 35	228
6	0:35:35	HURFORD, Matthew	Les Croupiers	MV 35	75
7	0:35:44	WOODWARD, Peter	Forest of Dean A C	Snr Male	218
8	0:36:41	LAWLOR, Declan	British Army	Male U20	189
9	0:36:44	BROWN, Gary	Penarth & Dinas	Snr Male	54
10	0:36:45	THOMAS, Miles	Lliswerry Runners	Snr Male	100
11	0:36:46	CROSSLAND, Alex	Clevedon AC	Snr Male	220
12	0:37:31	EVANS, Neil	Lliswerry Runners	Snr Male	37
13	0:37:43	BLAIR, Andrew	Les Croupiers	MV 45	166
14	0:37:50	GRANTHAM, Matt		Male U20	122
15	0:37:57	BRISTOW, Phil	San Domenico	MV 45	150
16	0:38:01	NICHOLLS, Doug	San Domenico	MV 35	52
17	0:38:37	BLAND, Thomas	Lliswerry Runners	Snr Male	134
18	0:38:41	HODGINS, David		MV 45	64
19	0:38:44	PORT, Neil	British Army	MV 35	129
20	0:38:46	HORLER, Jane	Chepstow Harriers	LV 35	211
21	0:38:48	EVANS, Clara	Pontypridd Roadents AC	Snr Ladies	213
22	0:39:11	WILLIAMS, Geraint	Aberdare VAAC	MV 35	197
23	0:39:15	WILLIAMS, Carl		MV 35	112
24	0:39:19	HENRY, Thomas	Lliswerry Runners	Snr Male	214
25	0:39:34	EVANS, Matthew	Aberdare VAAC	Snr Male	165
26	0:39:37	DUNSCOMBE, Mark	Aberdare VAAC	MV 45	198
27	0:39:42	POOLE, Julie	Clevedon AC	LV 35	219
28	0:39:49	COLES, Marcus	Les Croupiers	MV 35	78
29	0:39:51	WALSH, Tony	Bitton Road Runners	MV 45	120
30	0:39:53	YU, Andy		Snr Male	138
31	0:40:11	BUTLER, Sean	Team Bath AC	MV 55+	81
32	0:40:13	JAMES, Luke	Hereford Couriers	Snr Male	229
33	0:40:15	MULCAHY, Matthew		MV 35	210
34	0:40:18	GRAHAM, Paul	Pontypridd Roadents AC	Snr Male	212
35	0:40:22	ROBERTSON, Gavin	Forest of Dean A C	MV 35	109
36	0:40:24	NAZARETH, Vincent	Les Croupiers	MV 45	38
37	0:40:25	HOWELLS, Louise	Lliswerry Runners	LV 35	163
38	0:40:36	TUCKER, James		MV 35	44
39	0:40:39	SMITH, Daren	Forest of Dean A C	MV 45	217
40	0:41:46	LAM, Johnny	San Domenico	MV 35	238
41	0:41:53	INMAN-WARD, Alan		MV 35	26
42	0:42:00	DAFYDD, John		MV 35	19
43	0:42:05	PALMER, Andrew	Penarth & Dinas	MV 45	13
44	0:42:19	BERRY, Scott	Forest of Dean A C	MV 35	35
45	0:42:30	BROWN, Chris	Bitton Road Runners	Snr Male	57
46	0:42:33	JACKSON-HOOKINS, Richard	Penarth & Dinas	Snr Male	96
47	0:42:37	BOON, Julian	Forest of Dean A C	MV 35	1
48	0:42:38	HALL, Brian		MV 45	32
49	0:42:49	DAY, James	Ponty-y-pwl and District Runners	Snr Male	55
50	0:43:04	NASH, Ian	Bitton Road Runners	MV 45	167
51	0:43:30	HUGHES, Philip	San Domenico	Snr Male	155
52	0:43:35	FINCH, Russell	Spirit of Monmouth	MV 45	227
53	0:43:43	WATTS, Ricci	Ponty-y-pwl and District Runners	Snr Male	128
54	0:43:47	GOODALL, David		MV 55+	142
55	0:43:52	MORRIS, Ronald	San Domenico	MV 55+	176
56	0:43:57	RIDD, Mike	Lliswerry Runners	Snr Male	74
57	0:44:02	LLOYD, Matthew	Fairwater Runners	Snr Male	178
58	0:44:10	GAMBICCHIA, Anthony	Somer AC	MV 55+	43



# Chepstow Harriers

## Magor Marsh

Sunday, 27 July 2014. 10:30 pm

**Blue CUMIN**  
 Restaurant & takeaway  
*Contemporary Indian cuisine*

Position	Time	Name	Club	Category	Race Number
59	0:44:16	MEEHAN, Nathan		Snr Male	25
60	0:44:22	BRADLEY, Malcolm	Penarth & Dinas	MV 55+	2
61	0:44:26	DAVIES, Robert	Llswerry Runners	MV 35	199
62	0:44:30	EDWARDS, Paul		MV 35	145
63	0:44:31	LAUDER, Sarah	Llswerry Runners	Snr Ladies	68
64	0:44:35	EVANS, Debbie	Penarth & Dinas	LV 45	94
65	0:44:38	HALL, Matthew	Monross Trailblazers	MV 45	241
66	0:44:55	KETTLEY, Andrew	Rhondda Valley Runners	Snr Male	143
67	0:45:04	DRAKE, Dawn	Bitton Road Runners	LV 45	173
68	0:45:16	HAYWARD, Adrian	Llswerry Runners	MV 35	200
69	0:45:40	MELROSE, Callum	Llswerry Runners	Snr Male	28
70	0:45:42	HOLLIDAY, Gavin		MV 35	12
71	0:45:44	LAPHAM, Barrie		Snr Male	90
72	0:45:52	TREHERNE, Dave		MV 35	154
73	0:45:53	SEAL, Christopher	Penarth & Dinas	Snr Male	195
74	0:45:55	BUTLER, Karen	Team Bath AC	LV 55+	80
75	0:45:58	FISH, Simon	Ponty-y-pwl and District Runners	MV 35	185
76	0:46:02	OWEN, Wendy	San Domenico	LV 35	159
77	0:46:05	MITCHELL, Paul	Penarth & Dinas	MV 35	194
78	0:46:13	STEVENS, Andrew		Snr Male	11
79	0:46:16	PHILLIPS, Chris		MV 35	209
80	0:46:20	EDWARDS, Amy	Rhondda Valley Runners	Snr Ladies	157
81	0:46:28	JONES, Warren		MV 45	23
82	0:46:35	JENKINS, Gareth	Llswerry Runners	MV 35	203
83	0:46:40	CRUMP, Graham	Bristol & West AC	MV 45	113
84	0:46:44	HUNT, Louise	Penarth & Dinas	Snr Ladies	30
85	0:46:50	BARNES, Kevin	Hereford Couriers	MV 45	230
86	0:47:02	PROFFITT, David	Newport Harriers	MV 55+	60
87	0:47:05	ROBERTSON, Alan	Forest of Dean A C	MV 55+	3
88	0:47:09	DAVIES, Andy	Pontypridd Roadents AC	MV 45	175
89	0:47:14	HURMAN, Andrea	Penarth & Dinas	LV 45	186
90	0:47:15	DAVIES, Christopher		MV 55+	135
91	0:47:24	JEFFREY, Lisa	Chepstow Harriers	LV 35	237
92	0:47:44	SAPSFORD, Danielle	Chepstow Harriers	LV 35	236
93	0:47:59	GRIGGITHS, Andrew		MV 45	70
94	0:48:02	WEBSTER, Dave		MV 45	41
95	0:48:08	WILLIAMS, Tracie	Llswerry Runners	LV 35	105
96	0:48:22	WRIGHT, Sarah	Bitton Road Runners	LV 45	172
97	0:48:46	SHARPE-NASH, John		MV 45	72
98	0:48:47	MOORE, Chris	Forest of Dean A C	MV 55+	66
99	0:49:34	EVANS, David		MV 45	188
100	0:49:36	MORGAN, Rhys		Snr Male	56
101	0:49:48	BROWN, Janet	Bitton Road Runners	LV 55+	149
102	0:49:49	RICHARDS, Janet	Llswerry Runners	LV 45	151
103	0:49:50	FEAR, Vicky	Llswerry Runners	Snr Ladies	14
104	0:49:51	UNSWORTH, Jeff	Llswerry Runners	MV 45	201
105	0:49:52	HOLLOWAY, David		Snr Male	168
106	0:49:54	OSLAND, Kevin		MV 45	50
107	0:50:21	FURLONG, Paul	Penarth & Dinas	MV 55+	190
108	0:50:25	COCKERAN, Andrew	Llswerry Runners	MV 45	124
109	0:50:28	MARKS, Michael	Forest of Dean A C	MV 45	216
110	0:50:35	ELVERS, Karen	Chepstow Harriers	LV 35	243
111	0:50:37	COBURN, Lewis		Snr Male	104
112	0:50:38	JAMES, Lee	Spirit of Monmouth	MV 35	233
113	0:50:41	KING, Emma	Spirit of Monmouth	Snr Ladies	226
114	0:50:42	GRIFFITHS, Lisa	Outdoor Fitness	Snr Ladies	53
115	0:50:51	WHITTINGTON, Laura	Llswerry Runners	Snr Ladies	103
116	0:50:56	CRAM, Geoff	Chepstow Harriers	MV 55+	223



# Chepstow Harriers

Magor Marsh

Sunday, 27 July 2014. 10:30 pm

**Blue CUMIN**  
 Restaurant & takeaway  
*Contemporary Indian cuisine*

Position	Time	Name	Club	Category	Race Number
117	0:51:03	WILLIAMS, Emma		LV 35	144
118	0:51:05	MONK, Margrett	Parc Bryn Bach Running Club	LV 55+	79
119	0:51:10	WILLIAMS, Julian		MV 45	130
120	0:51:44	HUNT, Lindsey	Penarth & Dinas	Snr Ladies	95
121	0:51:58	DICKSON, Jeremy	Lliswerry Runners	MV 45	231
122	0:52:02	CREW, Richard	Parc Bryn Bach Running Club	Snr Male	107
123	0:52:07	GREEN, Jackie	Forest of Dean A C	LV 55+	215
124	0:52:16	DAVIES, Mike		MV 55+	36
125	0:52:36	SHARPE-NASH, Wendy		LV 45	71
126	0:52:38	GUEST, David	Westbury Harriers	MV 45	59
127	0:52:45	HILL, Steve	Penarth & Dinas	MV 45	160
128	0:52:52	MAYO, Paul	Chepstow Harriers	Snr Male	208
129	0:53:01	FRAYLING, Andrew	Penarth & Dinas	MV 35	115
130	0:53:15	WILLIAMS, Yvonne	Penarth & Dinas	LV 55+	187
131	0:53:32	LYNCH, Amanda	Penarth & Dinas	LV 45	152
132	0:53:33	MOORE, Leanne	Run4All Neath	Snr Ladies	224
133	0:53:34	DAVIS, Paul	Run4All Neath	MV 45	225
134	0:53:36	DAVIES, Catrin	Pontypridd Roadents AC	Snr Ladies	92
135	0:53:43	WYNDS, Jacqui	Forest of Dean A C	LV 55+	158
136	0:53:59	WILLIAMS, Helen	Fairwater Runners	LV 35	191
137	0:53:59	ROCHE, Mark		MV 35	33
138	0:54:23	EDWARDS, Sean		MV 35	179
139	0:54:29	BIRD, Gary		MV 45	77
140	0:54:33	MARKEY, Geoff		MV 35	183
141	0:54:39	SILK, Andy	Chepstow Harriers	MV 55+	222
142	0:54:49	SINCLAIR, Nicola	Lliswerry Runners	LV 35	125
143	0:55:04	CONNOLLY, David		MV 35	193
144	0:55:05	DAVIES, Josh	Penarth & Dinas	Snr Male	196
145	0:55:12	VERNALL, Rachel		LV 55+	4
146	0:55:14	MONK, Bernie	Parc Bryn Bach Running Club	MV 55+	147
147	0:55:22	HARTSTILL, Sian		Snr Ladies	58
148	0:55:38	PEARSON, Neil		MV 45	117
149	0:55:46	WIDDAS, Jeremy		MV 45	240
150	0:55:50	LAVER, Colin	Forest of Dean A C	MV 55+	108
151	0:55:52	PROWSE, Robert		MV 45	181
152	0:56:00	OSLAND, David	Bitton Road Runners	MV 45	49
153	0:56:05	PIKE, John		MV 45	182
154	0:56:06	BRANN, Nicola		LV 35	132
155	0:56:08	MORGAN, Lisa	Chepstow Harriers	LV 35	137
156	0:56:08	THOMPSON, Amanda	Les Croupiers	LV 45	76
157	0:56:20	POTTER, Matthew	Bitton Road Runners	MV 35	7
158	0:56:38	GEATER, Charlie		Snr Ladies	29
159	0:56:39	SHAPLAND, Michelle	Lliswerry Runners	LV 35	9
160	0:56:43	CARNEY, Kate	Lliswerry Runners	LV 35	205
161	0:56:47	YOUNG, Owen		Snr Male	39
162	0:56:56	POWNALL, Tony	Forest of Dean A C	MV 45	234
163	0:56:58	JONES, Hywel	Lliswerry Runners	MV 35	131
164	0:57:06	PHILLIPS, Ryan		NDB	97
165	0:57:21	PEGLER, Vannessa	Forest of Dean A C	LV 35	232
166	0:57:42	WEBSTER, Sue		LV 45	42
167	0:57:56	HARRIS, Nicholas	Les Croupiers	MV 45	140
168	0:58:13	GRANTHAM, Pamela	Lliswerry Runners	LV 45	123
169	0:58:20	OSLAND, Michael		Snr Male	51
170	0:59:05	WILLIAMS, Sarah		LV 35	31
171	0:59:09	LLOYD, Suzy		LV 35	119
172	0:59:15	HOEY, Michelle	Penarth & Dinas	LV 35	161
173	0:59:24	DAVIES, Alison		LV 35	45



**Chepstow Harriers**  
**Magor Marsh**  
**Sunday, 27 July 2014. 10:30 pm**

**Blue CUMIN**  
**Restaurant & takeaway**  
*Contemporary Indian cuisine*

Position	Time	Name	Club	Category	Race Number
174	0:59:26	CRUMP, Rachael		Snr Ladies	47
175	1:00:23	EDWARDS, Hayley	Lliswerry Runners	Snr Ladies	20
176	1:01:55	BABIJ, Jo	Forest of Dean A C	LV 45	235
177	1:02:09	DENDLE, Joanne		LV 35	242
178	1:02:36	CRUMP, Simon		Snr Male	48
179	1:02:56	MOORE, Sharon	Lliswerry Runners	LV 45	139
180	1:02:56	MARAGNA, Judith	Penarth & Dinas	LV 55+	153
181	1:02:56	WARBURTON, Ian	Penarth & Dinas	MV 45	93
182	1:04:03	TYLER, Kirsty		LV 35	156
183	1:04:35	BARR, Peter		Snr Male	121
184	1:04:38	MARKEY, Sarah		LV 35	184
185	1:04:46	LAKE, Nicole		Snr Ladies	170
186	1:05:44	DAWSON, Esther	Usk Runners	LV 35	141
187	1:07:16	JAMES, Ruth	Lliswerry Runners	LV 45	8
188	1:07:52	CRUMP, Sylvia		LV 55+	114
189	1:08:24	LLEWELLYN, Alex		Snr Ladies	169
190	1:08:46	BROWN, Rob	Chepstow Harriers	MV 55+	148
191	1:08:50	UNSWORTH, Michelle	Lliswerry Runners	LV 45	202
192	1:09:03	BAILEY, Lisa	Spirit of Monmouth	LV 35	180
193	1:10:26	AHERN, Louise		LV 45	101
194	1:10:27	PARKER, Zowie	Lliswerry Runners	Snr Ladies	106
195	1:11:14	AUSTERBERRY, Daphne	Chepstow Harriers	LV 55+	65
196	1:12:24	PEARSON, Joanna		LV 45	116
197	1:13:41	CARTWRIGHT, Suzanne		LV 35	10
198	1:13:41	REES, Charlotte	Griffithstown Harriers	Snr Ladies	204
199	1:14:23	HEITT, Gill		LV 45	206
200	1:14:25	JOSEPH, Kate		Snr Ladies	207
201	1:16:59	LEWIS, Rhys		MV 35	126
202	1:16:59	LEWIS, Nicola		LV 35	127
203	1:18:40	CHICK, Sam		LV 35	67