



## ***Chepstow Harriers***

**Rose Inn 4**  
**Tuesday, 11 August 2015. 7:30 pm**



| <b>Position</b> | <b>Time</b> | <b>Name</b>         | <b>Club</b>               | <b>Category</b> | <b>Race Number</b> |
|-----------------|-------------|---------------------|---------------------------|-----------------|--------------------|
| 1               | 0:20:22     | TEWELDEBRHAN, Abed  | Newport Harriers          | Junior Men      | 350                |
| 2               | 0:20:29     | JENNINGS, Mark      | MMRT                      | MV40            | 488                |
| 3               | 0:20:57     | WILLIAMS, Oliver    | Les Croupiers             | Senior Men      | 474                |
| 4               | 0:21:00     | AHERNE, Lee         | Parc Bryn Bach            | MV45            | 373                |
| 5               | 0:21:08     | MORTON, Iwan        | Pont-y-pwl & Dist Runners | MV35            | 365                |
| 6               | 0:21:22     | THOMAS, Gareth      | San Domenico RC           | Senior Men      | 483                |
| 7               | 0:21:36     | SIMMS, Stefan       | MMRT                      | MV45            | 387                |
| 8               | 0:21:38     | JEFFERY, Tom        | Les Croupiers             | Senior Men      | 326                |
| 9               | 0:21:49     | FOSTER, Tom         | MMRT                      | Senior Men      | 384                |
| 10              | 0:21:52     | NICHOLLS, Doug      | San Domenico RC           | MV35            | 490                |
| 11              | 0:22:20     | THOMAS, Miles       | Lliswerry Runners         | Senior Men      | 495                |
| 12              | 0:22:26     | TULP, Nick          | Les Croupiers             | Senior Men      | 343                |
| 13              | 0:22:30     | WOODWARD, Peter     |                           | Senior Men      | 295                |
| 14              | 0:22:35     | COLES, Peter        | Pontypridd Roadents       | MV50            | 473                |
| 15              | 0:22:40     | HEAD, James         | Gloucester AC             | MV40            | 319                |
| 16              | 0:23:01     | WOOKEY, Emma        | Lliswerry Runners         | Senior Ladies   | 494                |
| 17              | 0:23:06     | THOMAS, Alun        |                           | Senior Men      | 501                |
| 18              | 0:23:13     | JONES, Joshua       | Griffithstown Harriers    | Senior Men      | 385                |
| 19              | 0:23:15     | BLAIR, Andrew       | Les Croupiers             | MV50            | 497                |
| 20              | 0:23:25     | POLE, Laurence      | Pontypridd Roadents       | MV40            | 377                |
| 21              | 0:23:30     | TEWELDEBRHAN, Musie | Newport Harriers          | Senior Men      | 349                |
| 22              | 0:23:32     | EVANS, Clara        | Pontypridd Roadents       | Senior Ladies   | 325                |
| 23              | 0:23:35     | DIAS, Brian         | Les Croupiers             | Senior Men      | 356                |
| 24              | 0:23:36     | COLES, David        | Les Croupiers             | MV55            | 334                |
| 25              | 0:23:37     | CARE, Alec          | San Domenico RC           | Senior Men      | 369                |
| 26              | 0:23:40     | LUND, Richard       | Caldicot Running Club     | MV35            | 498                |
| 27              | 0:23:52     | BENNETTO, Marcus    | Forest of Dean AC         | Senior Men      | 320                |
| 28              | 0:23:53     | SUTTON, James       | RAF St Athen              | Senior Men      | 355                |
| 29              | 0:23:58     | NORTON, Martin      | Caldicot Running Club     | Senior Men      | 332                |
| 30              | 0:24:08     | BLAND, Tom          | Lliswerry Runners         | MV35            | 398                |
| 31              | 0:24:10     | JAMES, Dave         | Les Croupiers             | MV55            | 471                |
| 32              | 0:24:13     | BROWN, Helen        | Forest of Dean AC         | LV40            | 274                |
| 33              | 0:24:18     | WINSER, Martyn      | Chepstow Harriers         | Senior Men      | 264                |
| 34              | 0:24:19     | HUGHES, Philip      | San Domenico RC           | Senior Men      | 352                |
| 35              | 0:24:24     | GRAHAM, Paul        | Pontypridd Roadents       | Senior Men      | 324                |
| 36              | 0:24:25     | BAVIN, Connor       | RAF St Athen              | Junior Men      | 354                |
| 37              | 0:24:30     | CARTER, Jonathan    | Chepstow Harriers         | MV45            | 276                |
| 38              | 0:24:31     | DODD, Paul          | Chepstow Harriers         | MV55            | 268                |
| 39              | 0:24:32     | GILL, Simon         | Lliswerry Runners         | MV35            | 297                |
| 40              | 0:24:33     | POWELL, Gethin      | White Rock Runners        | Senior Men      | 327                |
| 41              | 0:24:34     | PEGLER, Richard     | Forest of Dean AC         | MV40            | 462                |
| 42              | 0:24:36     | WILDER, Sally       |                           | LV35            | 475                |
| 43              | 0:24:38     | PEARCE, James       | Lliswerry Runners         | MV40            | 315                |
| 44              | 0:24:39     | THOMAS, Ross        | Caldicot Running Club     | Senior Men      | 489                |
| 45              | 0:24:40     | SMITH, Daren        | Forest of Dean AC         | MV45            | 463                |
| 46              | 0:24:42     | LAM, Johnny         | San Domenico RC           | MV40            | 492                |
| 47              | 0:24:44     | BRALE, Gavin        | Lliswerry Runners         | Senior Men      | 496                |
| 48              | 0:24:48     | BOON, Julian        | Forest of Dean AC         | MV45            | 461                |
| 49              | 0:24:52     | GETHING, Nicola     | Parc Bryn Bach            | LV45            | 342                |
| 50              | 0:24:56     | TUCKER, James       | Chepstow Harriers         | MV35            | 290                |
| 51              | 0:25:03     | MORGAN, Niki        | Chepstow Harriers         | LV45            | 316                |
| 52              | 0:25:15     | GRIFFITHS, Michael  | Caldicot Running Club     | Senior Men      | 460                |
| 53              | 0:25:29     | SMITH, Adrian       | Griffithstown Harriers    | MV40            | 477                |
| 54              | 0:25:31     | SMITH, Richard      | Clevedon AC               | MV50            | 321                |
| 55              | 0:25:33     | HOOK, Robert        | Chepstow Harriers         | MV50            | 330                |
| 56              | 0:25:39     | KENT, Howard        | Les Croupiers             | MV60            | 314                |
| 57              | 0:25:40     | BELL, Ian           | San Domenico RC           | MV50            | 312                |
| 58              | 0:25:48     | THOMPSON, Andrew    | Griffithstown Harriers    | MV55            | 479                |
| 59              | 0:25:56     | GODDARD, Jamie      | Chepstow Harriers         | MV40            | 338                |
| 60              | 0:25:59     | CLARKE, Nigel       | Hereford Couriers RC      | MV45            | 311                |
| 61              | 0:26:05     | STOCKER, Nick       | Bridgend                  | MV45            | 378                |
| 62              | 0:26:17     | NASH, Greg          | Forest of Dean AC         | MV40            | 292                |



## Chepstow Harriers

**Rose Inn 4**  
**Tuesday, 11 August 2015. 7:30 pm**



| Position | Time    | Name                   | Club                      | Category      | Race Number |
|----------|---------|------------------------|---------------------------|---------------|-------------|
| 63       | 0:26:20 | HOLLOWAY, David        | Caldicot Running Club     | Senior Men    | 345         |
| 64       | 0:26:24 | BOWLES, Steve          | Caldicot Running Club     | Senior Men    | 381         |
| 65       | 0:26:31 | WAITE, Damien          | Caldicot Running Club     | MV35          | 380         |
| 66       | 0:26:32 | EVANS, Brian           | Spirit of Monmouth        | MV40          | 344         |
| 67       | 0:26:39 | PHILLIPS, Danielle     |                           | Senior Ladies | 374         |
| 68       | 0:26:47 | PRIOR, Georgie         | Chepstow Harriers         | Senior Ladies | 469         |
| 69       | 0:26:52 | ROTHWELL, Rebecca      | Lliswerry Runners         | Senior Ladies | 318         |
| 70       | 0:26:59 | GOODLAND, Jonathan     | Bristol & West AC         | MV55          | 371         |
| 71       | 0:27:00 | MEYLER, Philip         | Pontypridd Roadents       | MV55          | 310         |
| 72       | 0:27:02 | BERRY, Scott           | Forest of Dean AC         | MV40          | 383         |
| 73       | 0:27:04 | HURFORD, Dom           |                           | MV40          | 367         |
| 74       | 0:27:06 | ROBERTSON, Alan        | Forest of Dean AC         | MV60          | 358         |
| 75       | 0:27:19 | HANCOCK, Jonathan      | Usk Runners               | MV55          | 499         |
| 76       | 0:27:24 | SHIELDS, Dominic       | San Domenico RC           | MV50          | 308         |
| 77       | 0:27:32 | WILMOTT, Colin         | Griffithstown Harriers    | MV55          | 478         |
| 78       | 0:27:35 | LAMB, Simon            | Cardiff Uni AC            | MV45          | 370         |
| 79       | 0:27:38 | DELANEY, James         | San Domenico RC           | MV55          | 306         |
| 80       | 0:27:41 | JONES, Geoff           | Pontypridd Roadents       | MV45          | 309         |
| 81       | 0:27:43 | DONNE, Michael         |                           | Senior Men    | 389         |
| 82       | 0:27:46 | WHATMOUGH, Ian         | Lliswerry Runners         | MV50          | 491         |
| 83       | 0:27:58 | JONES, Keri-Lyn        | Lliswerry Runners         | LV40          | 283         |
| 84       | 0:28:00 | STORRAR, Jim           | Forest of Dean AC         | MV55          | 382         |
| 85       | 0:28:05 | REES, Carol            | Les Croupiers             | LV40          | 386         |
| 86       | 0:28:06 | DAVIES, Nick           | Lliswerry Runners         | MV50          | 487         |
| 87       | 0:28:07 | HALL, Sherryl          | Forest of Dean AC         | LV45          | 395         |
| 88       | 0:28:12 | PEARSON, Neil          |                           | MV45          | 360         |
| 89       | 0:28:14 | CROSS, Fiona           | Pont-y-pwl & Dist Runners | LV35          | 364         |
| 90       | 0:28:20 | DOBBS, Alan            | Chepstow Harriers         | MV35          | 394         |
| 91       | 0:28:38 | WILLIAMS, James        | Parc Bryn Bach            | Senior Men    | 300         |
| 92       | 0:28:41 | LIPSCOMB, Helen        | Forest of Dean AC         | LV35          | 273         |
| 93       | 0:28:42 | MOORE, Chris           | Forest of Dean AC         | MV60          | 285         |
| 94       | 0:28:47 | MELLING, Alex          |                           | Senior Men    | 359         |
| 95       | 0:28:51 | BUCKLAND, Jenny        | Outdoor Fitness           | LV45          | 486         |
| 96       | 0:28:52 | LEWIS, Chris           | Bristol & West AC         | MV40          | 366         |
| 97       | 0:29:10 | WALES, Toby            | Spirit of Monmouth        | MV45          | 284         |
| 98       | 0:29:11 | WRIGHT, Marina         | Lliswerry Runners         | LV35          | 484         |
| 99       | 0:29:17 | HOLLOWAY, Mark         | Caldicot Running Club     | MV40          | 333         |
| 100      | 0:29:25 | ATTWOOD, Howard        | Lliswerry Runners         | MV65          | 281         |
| 101      | 0:29:36 | MILLIKEN, Joanne       | Chepstow Harriers         | LV50          | 279         |
| 102      | 0:29:37 | GRIFFITHS, Lisa        | Outdoor Fitness           | LV35          | 493         |
| 103      | 0:29:48 | TURNBULL, Vanessa      |                           | LV45          | 480         |
| 104      | 0:29:51 | JENKINS, David         | Forest of Dean AC         | MV35          | 313         |
| 105      | 0:29:54 | DAVIES, Andy           | Pontypridd Roadents       | MV50          | 341         |
| 106      | 0:29:59 | JONES, Desmond         | Lliswerry Runners         | MV40          | 351         |
| 107      | 0:30:03 | LYNCH, Graham          | Lliswerry Runners         | MV65          | 323         |
| 108      | 0:30:05 | KING, Emma             | Spirit of Monmouth        | Senior Ladies | 481         |
| 109      | 0:30:16 | AMBLIN, Michelle       | Les Croupiers             | LV35          | 390         |
| 110      | 0:30:17 | REES, Chris            | Chepstow Harriers         | MV50          | 298         |
| 111      | 0:30:19 | FEAR, Vicky            | Lliswerry Runners         | Senior Ladies | 262         |
| 112      | 0:30:21 | COVINGTON-JONES, Peter | Forest of Dean AC         | MV55          | 265         |
| 113      | 0:30:22 | CARTER, Alex           | Chepstow Harriers         | Junior Men    | 277         |
| 114      | 0:30:31 | EVERY, Brenda          | Chepstow Harriers         | LV60          | 502         |
| 115      | 0:30:37 | BROWN, Chris           |                           | Senior Men    | 388         |
| 116      | 0:31:03 | BARRY, Andrew          | Lliswerry Runners         | MV50          | 347         |
| 117      | 0:31:05 | EVANS, Julia           | Pegasus RC                | LV50          | 376         |
| 118      | 0:31:17 | MILLIKEN, Richard      | Chepstow Harriers         | MV55          | 278         |
| 119      | 0:31:17 | ERICKSON, Lisa         | Pont-y-pwl & Dist Runners | LV35          | 335         |
| 120      | 0:31:17 | KNLANY, Jonathan       |                           | MV45          | 353         |
| 121      | 0:31:20 | JAMES, Ian             | Forest of Dean AC         | MV55          | 271         |
| 122      | 0:31:22 | PARK, Lynne            | Forest of Dean AC         | LV50          | 336         |
| 123      | 0:31:25 | WYNDS, Jacqueline      | Forest of Dean AC         | LV60          | 294         |
| 124      | 0:31:27 | ASH, Jane              | Les Croupiers             | LV40          | 391         |
| 125      | 0:31:30 | HERBERT, Andrew        | Caldicot Running Club     | MV35          | 331         |
| 126      | 0:31:40 | BROUGHTON, Julie       | Les Croupiers             | LV45          | 266         |
| 127      | 0:31:41 | HEALEY, Katie          |                           | Senior Ladies | 485         |
| 128      | 0:31:42 | SIDNEY, Neil           | Lliswerry Runners         | MV40          | 301         |
| 129      | 0:31:54 | GREEN, Jackie          | Forest of Dean AC         | LV55          | 337         |



## Chepstow Harriers

**Rose Inn 4**  
**Tuesday, 11 August 2015. 7:30 pm**



| Position | Time    | Name                   | Club                  | Category      | Race Number |
|----------|---------|------------------------|-----------------------|---------------|-------------|
| 130      | 0:32:00 | HANCOCK, Simon         | Clevedon AC           | Senior Men    | 375         |
| 131      | 0:32:10 | EVANS, Mike            | Chepstow Harriers     | MV55          | 307         |
| 132      | 0:32:24 | CROOKS, Colin          | Pegasus RC            | MV55          | 368         |
| 133      | 0:32:34 | BARNETT, Karen         | Forest of Dean AC     | LV45          | 470         |
| 134      | 0:32:46 | SIMEON, Lolin          | Llisbury Runners      | MV45          | 269         |
| 135      | 0:32:51 | BENNETTO, Graham       | Forest of Dean AC     | MV55          | 322         |
| 136      | 0:33:05 | WATTS, Paul            | Llisbury Runners      | MV55          | 317         |
| 137      | 0:33:19 | GALLOP-EVANS, Eve      | Les Croupiers         | LV50          | 263         |
| 138      | 0:33:37 | MACRORY, Ian           |                       | MV45          | 472         |
| 139      | 0:33:42 | HAVERS, Roberta        | Chepstow Harriers     | Senior Ladies | 299         |
| 140      | 0:33:44 | DALEY, Loretta         | Les Croupiers         | LV45          | 363         |
| 141      | 0:33:54 | SPUFFARD, Emma         | Caldicot Running Club | LV35          | 466         |
| 142      | 0:33:54 | LLEWELLYN, Alex-Marie  | Caldicot Running Club | Senior Ladies | 346         |
| 143      | 0:34:47 | GRIFFITH, Sian         | Chepstow Harriers     | LV40          | 482         |
| 144      | 0:34:59 | WILLIAMS, Michelle     | Caldicot Running Club | LV55          | 467         |
| 145      | 0:35:10 | BAYLISS, Jane          | Chepstow Harriers     | LV60          | 288         |
| 146      | 0:35:22 | FRY, John              | Fairwater Runners     | MV70+         | 348         |
| 147      | 0:35:35 | SHEPHERD, Suzie        | Chepstow Harriers     | LV45          | 305         |
| 148      | 0:35:39 | KAYE, Andrew           | Forest of Dean AC     | MV50          | 275         |
| 149      | 0:35:40 | NASH, Rachel           | Forest of Dean AC     | LV40          | 291         |
| 150      | 0:35:41 | JAMES, Bev             | Forest of Dean AC     | LV55          | 270         |
| 151      | 0:35:53 | MASSIE, Polly          | Caldicot Running Club | Senior Ladies | 468         |
| 152      | 0:36:05 | DAVIES, Julie          | Llisbury Runners      | LV50          | 340         |
| 153      | 0:36:06 | EDGE, Michelle         | Bristol & West AC     | LV45          | 372         |
| 154      | 0:36:10 | PRICE, David           | Forest of Dean AC     | MV40          | 464         |
| 155      | 0:36:20 | PRICE, Leona           | Forest of Dean AC     | LV35          | 465         |
| 156      | 0:36:36 | BEWG, Bill             | Chepstow Harriers     | MV70+         | 267         |
| 157      | 0:36:39 | FORSEY, Yvonne         | Llisbury Runners      | LV55          | 282         |
| 158      | 0:37:03 | MURRAY, Nicola         | Llisbury Runners      | LV45          | 339         |
| 159      | 0:37:46 | RAMSHAW, Amanda        |                       | LV40          | 293         |
| 160      | 0:37:50 | FOWLER, Kevin          |                       | MV55          | 504         |
| 161      | 0:37:59 | MANN, Alan             | Les Croupiers         | MV55          | 362         |
| 162      | 0:38:04 | KNIGHT, Andrew         |                       | MV50          | 302         |
| 163      | 0:38:15 | BATEMAN, Lisa          | Llisbury Runners      | LV45          | 289         |
| 164      | 0:38:18 | CUER, Denise           |                       | LV45          | 357         |
| 165      | 0:39:08 | GWYNNE, Mike           | Pontypridd Roadents   | MV45          | 397         |
| 166      | 0:39:15 | PEARSON, Joanna        | Caldicot Running Club | LV45          | 361         |
| 167      | 0:39:16 | HARDING, Jen           | Chepstow Harriers     | Senior Ladies | 272         |
| 168      | 0:39:49 | AHERN, Louise          | Llisbury Runners      | LV45          | 170         |
| 169      | 0:40:01 | JONES, Rod             | Les Croupiers         | MV65          | 379         |
| 170      | 0:42:53 | GWYNNE, Jo             | Pontypridd Roadents   | LV40          | 396         |
| 171      | 0:42:53 | WELCH, Helen           | Pontypridd Roadents   | LV40          | 393         |
| 172      | 0:43:42 | AUSTERBERRY, Daphne    | Chepstow Harriers     | LV70+         | 280         |
| 173      | 0:43:55 | JONES, Kerry           | Pontypridd Roadents   | LV35          | 329         |
| 174      | 0:48:54 | MEDCALF-WOODWARD, Lisa | Forest of Dean AC     | LV50          | 303         |
| 175      | 0:49:54 | BOOTHBY, Sarah         | Pontypridd Roadents   | Senior Ladies | 328         |
| 176      | 0:50:17 | HOUSTON, Clair         | Pontypridd Roadents   | LV35          | 392         |