

Rose Inn - sponsored by Run and Become

Redwick: 4m

Tuesday 09-Aug-16 at 19:30

Organised by: Chepstow Harriers

Race Results

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
1	716	Carwyn JONES	MV35	M	Cardiff Aac	19:59	1	1
2	717	Adam BULL	Senior Men	M	Aberdare	20:16	2	1
3	702	Phillip MATTHEWS	MV35	M	Swansea Harriers	20:18	3	2
4	753	Harry BISHOP	Senior Men	M	Cheltenham Harriers	20:31	4	2
5	733	Oliver WILLIAMS	Senior Men	M	Les Croupiers Rc	20:33	5	3
6	732	Adam DAVIES	Senior Men	M	Unattached	20:37	6	4
7	714	Matthew EDMONDS	Senior Men	M	Newport Harriers	20:41	7	5
8	790	Paul GRAHAM	Senior Men	M	Pontypridd Roadents Ac	20:47	8	6
9	744	Daniel HUNT	MV35	M	Southampton Ac	21:11	9	3
10	734	Doug NICHOLLS	MV35	M	Les Croupiers Rc	21:32	10	4
11	787	Mark JAMES	MV35	M	Cheltenham Harriers	21:40	11	5
12	789	Clara EVANS	Senior Ladies	F	Pontypridd Roadents Ac	21:52	1	1
13	771	Huw EVANS	MV40	M	Les Croupiers Rc	21:59	12	1
14	812	Jade WILLIAMS	Senior Ladies	F	Amman Valley	22:23	2	2
15	774	Edward DONOVAN	MV35	M	Les Croupiers Rc	22:45	13	6
16	752	Marcus BENNETTO	Senior Men	M	Forest Of Dean Ac	22:52	14	7
17	670	Andrew BLAIR	MV50	M	Les Croupiers Rc	22:53	15	1
18	786	Robin SMOULT	MV40	M	Spirit Of Monmouth Rc	22:55	16	2
19	718	Carys HUGHES	Senior Ladies	F	Cardiff Aac	23:01	3	3
20	784	Thomas ASHFORD	Senior Men	M	Raf St Athan	23:01	17	8
21	757	Matthew HURFORD	MV40	M	Les Croupiers Rc	23:05	18	3
22	645	Jon BELCHER	MV35	M	Lliswerry Runners	23:14	19	7
23	749	Peter COLES	MV50	M	Pontypridd Roadents Ac	23:16	20	2
24	728	Peter WOODWARD	Senior Men	M	Forest Of Dean Ac	23:25	21	9
25	742	Chris WILLIAMS	Junior Men	M	Islwyn Rc	23:26	22	1
26	661	Alec CARE	Senior Men	M	San Domenico Rc	23:27	23	10
27	656	Johnny LAM	MV40	M	San Domenico Rc	23:32	24	4
28	678	Gethin POWELL	Senior Men	M	White Rock Runners	23:34	25	11
29	664	Brian DIAS	Senior Men	M	Les Croupiers Rc	23:44	26	12
30	731	Jake BROOKE-SMITH	Junior Men	M	Pontypridd Roadents Ac	23:49	27	2
31	751	Stephen HALE	MV35	M	Severn Ac	23:50	28	8
32	778	Gavin BRACE	Senior Men	M	Lliswerry Runners	23:52	29	13
33	796	Steve DAVIES	MV55	M	Pont-y-pwl And District Runners	23:57	30	1
34	791	Ceri DAVIES	MV40	M	San Domenico Rc	24:07	31	5
35	736	David ROWLAND	MV35	M	Ebbw Vale Rc	24:07	32	9
36	819	Richard PEGLER	MV40	M	Forest Of Dean Ac	24:14	33	6
37	735	James TUCKER	MV35	M	Chepstow Harriers	24:18	34	10
38	726	Julian BOON	MV45	M	Forest Of Dean Ac	24:32	35	1
39	649	Jonathan CARTER	MV45	M	Chepstow Harriers	24:39	36	2
40	674	Ricci WATTS	Senior Men	M	Pont-y-pwl And District Runners	24:41	37	14

41	776	Jamie BISHOP	Senior Men	M	Pontypridd Roadents Ac	24:42	38	15
42	800	Gareth HUGHES	MV35	M	Unattached	24:42	39	11
43	665	Kevin PLANK	MV45	M	San Domenico Rc	24:45	40	3
44	713	Elio LEPORE	MV60	M	Les Croupiers Rc	24:48	41	1
45	687	Steven HOOPER	MV50	M	Pontypridd Roadents Ac	24:54	42	3
46	761	Robert DAVIES	MV40	M	Lliswerry Runners	25:00	43	7
47	745	Claire McERLEAN	Senior Ladies	F	Lordshill Roadrunners	25:10	4	4
48	682	Dickie HUDD	MV45	M	Chepstow Harriers	25:13	44	4
49	677	Niki MORGAN	FV45	F	Chepstow Harriers	25:18	5	1
50	688	Ian BIRD	Senior Men	M	Port Talbot Harriers	25:30	45	16
51	815	Mark EVANS	Senior Men	M	Les Croupiers Rc	25:38	46	17
52	740	Ray GREENHOUSE	MV50	M	Ebbw Vale Rc	25:39	47	4
53	766	Andrew DICKENS	MV45	M	Pont-y-pwl And District Runners	25:41	48	5
54	767	Lou SUMMERS	FV45	F	Pont-y-pwl And District Runners	25:45	6	2
55	782	Scott CAMPBELL	Senior Men	M	Raf St Athan	25:47	49	18
56	684	Mick STRANGE	MV60	M	Forest Of Dean Ac	25:47	50	2
57	739	Lauren COOPER	Senior Ladies	F	Parc Bryn Bach Rc	25:52	7	5
58	762	Robert EVANS	MV60	M	Les Croupiers Rc	25:55	51	3
59	747	Colin WILMOTT	MV55	M	Griffithstown Harriers	26:02	52	2
60	697	Tom RIDDINGTON	MV40	M	Chepstow Harriers	26:15	53	8
61	680	Danielle PHILLIPS	Senior Ladies	F	Parc Bryn Bach Rc	26:23	8	6
62	777	Damian WAITE	MV40	M	Caldicot Running Club	26:29	54	9
63	797	Richard SMITH	MV50	M	Clevedon	26:34	55	5
64	715	Wayne BEVAN	MV35	M	Forest Of Dean Ac	26:36	56	12
65	686	Stephen OWEN	MV60	M	Chepstow Harriers	26:46	57	4
66	758	Nathan REEKS	Senior Men	M	Caldicot Running Club	26:54	58	19
67	754	Simon LAMB	MV45	M	San Domenico Rc	26:55	59	6
68	642	Ian BELL	MV50	M	San Domenico Rc	26:56	60	6
69	635	Alan ROBERTSON	MV60	M	Forest Of Dean Ac	26:59	61	5
70	770	Dave HOLLOWAY	Senior Men	M	Caldicot Running Club	27:05	62	20
71	689	David PROFFITT	MV60	M	Lliswerry Runners	27:06	63	6
72	729	Andrew KAYE	MV55	M	Forest Of Dean Ac	27:08	64	3
73	814	Michael SKYRME	MV45	M	Fairwater Runners	27:13	65	7
74	806	Oliver RENNISON	Junior Men	M	Forest Of Dean Ac	27:20	66	3
75	710	Rob SYMONS	MV50	M	Fairwater Runners	27:21	67	7
76	681	Michael BRYANT	MV55	M	Forest Of Dean Ac	27:22	68	4
77	746	Lisa JEFFREY	FV45	F	Chepstow Harriers	27:28	9	3
78	641	Simon HANCOCK	MV35	M	Clevedon	27:33	69	13
79	741	Owen DAVIES	Senior Men	M	Unattached	27:35	70	21
80	701	Leo COHEN	MV40	M	Chepstow Harriers	27:44	71	10
81	760	Richard NEWHOUSE	MV45	M	Chepstow Harriers	27:53	72	8
82	807	Patrick RENNISON	MV50	M	Forest Of Dean Ac	27:54	73	8
83	657	Dominic SHIELDS	MV50	M	San Domenico Rc	27:55	74	9
84	756	Darren WEAVING	MV45	M	Fairwater Runners	28:02	75	9
85	808	Ian WHATMOUGH	MV55	M	Lliswerry Runners	28:03	76	5
86	802	Mark TEMPLER	MV50	M	Clevedon	28:08	77	10
87	799	Clare JACOBS	FV40	F	Les Croupiers Rc	28:11	10	1
88	788	Stacey OSMOND	Senior Ladies	F	Almost Athletes	28:19	11	7

89	748	Andrew BARRY	M V50	M	Lliswerry Runners	28:20	78	11
90	725	Daren SMITH	M V45	M	Forest Of Dean Ac	28:21	79	10
91	724	Melinda RUCK	F V45	F	Forest Of Dean Ac	28:21	12	4
92	691	Katy ROY	Senior Ladies	F	Chepstow Harriers	28:28	13	8
93	772	Helen LIPSCOMBE	F V35	F	Forest Of Dean Ac	28:29	14	1
94	773	Chris MOONE	M V60	M	Forest Of Dean Ac	28:29	80	7
95	809	Ian HARRHY	M V55	M	Lliswerry Runners	28:33	81	6
96	750	Stephen TAYLOR	M V45	M	Unattached	28:40	82	11
97	783	Thomas HUTCHINSON	Junior Men	M	Raf St Athan	28:48	83	4
98	700	Gwen RICHARDS	Junior Ladies	F	Pontypridd Roadents Ac	28:58	15	1
99	763	Jeanette JENKINS	F V55	F	Fairwater Runners	29:02	16	1
100	707	Mooch WILLIAMS	F V35	F	Chepstow Harriers	29:13	17	2
101	768	Richard BOWIE	M V50	M	Fairwater Runners	29:14	84	12
102	644	Rachel BOWEN	F V35	F	Lliswerry Runners	29:23	18	3
103	704	Fiona DAVIES	F V60	F	Pontypridd Roadents Ac	29:37	19	1
104	816	Stephen WOOD	M V35	M	Pegasus Rc	29:37	85	14
105	764	Martyn JENKINS	M V55	M	Fairwater Runners	29:41	86	7
106	805	Stephen QUIN	M V40	M	Les Croupiers Rc	29:45	87	11
107	695	Brian GOUGH	M V70+	M	Pontypridd Roadents Ac	29:54	88	1
108	775	Dennis COLLINS	M V50	M	Rhondda Valley Runners	29:59	89	13
109	719	Tim O'SULLIVAN	M V55	M	Les Croupiers Rc	30:05	90	8
110	667	Chris CAREY	M V45	M	Pont-y-pwl And District Runners	30:06	91	12
111	769	Adrian GWILLIAM	M V50	M	Fairwater Runners	30:14	92	14
112	730	Teresa TRANTER	F V60	F	Forest Of Dean Ac	30:20	20	2
113	781	Kevin PROBYN	M V45	M	Severn Ac	30:24	93	13
114	723	Rickey HUGHES	Senior Men	M	Forest Of Dean Ac	30:26	94	22
115	709	Fiona CROSS	F V35	F	Fairwater Runners	30:48	21	4
116	653	Andy DAVIES	M V50	M	Pontypridd Roadents Ac	31:02	95	15
117	755	Rachel NASH	F V40	F	Forest Of Dean Ac	31:09	22	2
118	818	Peter SHORT	M V60	M	Forest Of Dean Ac	31:12	96	8
119	699	Graham BINGHAM	M V50	M	Pontypridd Roadents Ac	31:18	97	16
120	659	Brenda AVERY	F V65	F	Chepstow Harriers	31:22	23	1
121	817	Paula ALLEN	F V40	F	Pegasus Rc	31:30	24	3
122	648	Peter COVINGTON JONES	M V55	M	Forest Of Dean Ac	31:34	98	9
123	671	Katie HAMER	F V40	F	Parc Bryn Bach Rc	31:38	25	4
124	743	Eve GALLOP-EVANS	F V50	F	Les Croupiers Rc	31:39	26	1
125	663	Loretta DALEY	F V50	F	Les Croupiers Rc	31:40	27	2
126	705	Bethan FORD	Senior Ladies	F	Pontypridd Roadents Ac	31:56	28	9
127	636	Vicky FEAR	Senior Ladies	F	Lliswerry Runners	31:59	29	10
128	738	Caroline BEST	Senior Ladies	F	Pontypridd Roadents Ac	32:02	30	11
129	672	Howard ATTWOOD	M V65	M	Lliswerry Runners	32:04	99	1
130	801	Nicola CROCKETT	F V50	F	Chepstow Harriers	32:10	31	3
131	803	Emma KING	F V35	F	Spirit Of Monmouth Rc	32:19	32	5
132	651	Karen BARNETT	F V45	F	Forest Of Dean Ac	32:37	33	5
133	712	Jackie GREEN	F V55	F	Forest Of Dean Ac	32:40	34	2
134	765	Alex LLEWELLYN	Senior Ladies	F	Caldicot Running Club	32:44	35	12
135	727	Gemma HEWITT	Senior Ladies	F	Forest Of Dean Ac	32:59	36	13
136	676	Geoff MARKEY	M V45	M	Caldicot Running Club	33:03	100	14

137	662 Alan MANN	M V55	M	Les Croupiers Rc	33:34	101	10
138	683 Josh HUDD	J unior Men	M	Chepstow Harriers	33:37	102	5
139	737 Mark DOUGLAS	M V35	M	Rhondda Valley Runners	33:48	103	15
140	794 Kim CARWARDINE	S enior Ladies	F	Chepstow Harriers	33:51	37	14
141	660 Brett PAXTON	S enior Ladies	F	Pontypridd Roadents Ac	34:00	38	15
142	810 Brigitte WIDDAS	F V50	F	Lliswerry Runners	34:05	39	4
143	811 Michael FAULDS	S enior Men	M	Lliswerry Runners	34:07	104	23
144	668 Denise HADIGATE	F V40	F	Islwyn Rc	34:25	40	5
145	703 Dave ANDREWS	M V65	M	Chepstow Harriers	34:28	105	2
146	720 Emily DONNAN-COURTHAD	S enior Ladies	F	Les Croupiers Rc	34:49	41	16
147	780 John JAMES	M V65	M	Severn Ac	34:52	106	3
148	804 Sally GILSON	F V40	F	Spirit Of Monmouth Rc	34:53	42	6
149	721 Graeme DONNAN	M V60	M	Les Croupiers Rc	34:54	107	9
150	792 Ruth ROBERTSON	F V45	F	San Domenico Rc	35:22	43	6
151	813 Haydn WILLIAMS	M V45	M	Unattached	35:23	108	15
152	669 Vicki JONES	F V40	F	Islwyn Rc	35:58	44	7
153	690 Gary PRICE	M V50	M	Unattached	36:05	109	17
154	793 Joanne DENDLE	F V45	F	Pontypridd Roadents Ac	36:24	45	7
155	795 Stephen ROGERSON	M V60	M	Unattached	36:36	110	10
156	779 Joanna PEARSON	F V45	F	Caldicot Running Club	36:39	46	8
157	675 Sarah MARKEY	F V40	F	Caldicot Running Club	36:41	47	8
158	698 Skye WHITE	F V45	F	Chepstow Harriers	36:59	48	9
159	693 Melanie SENIOR	F V45	F	Islwyn Rc	37:27	49	10
160	722 Andrew KNOTT	M V35	M	Forest Of Dean Ac	37:48	111	16
161	673 Yvonne FORSEY	F V55	F	Lliswerry Runners	38:01	50	3
162	696 Bill BEWG	M V70+	M	Chepstow Harriers	38:38	112	2
163	785 Emma WILLIAMS	F V45	F	Unattached	38:39	51	11
164	759 Amanda THOMPSON	F V55	F	Les Croupiers Rc	38:57	52	4
165	798 Louise AHERNE	F V45	F	Lliswerry Runners	39:13	53	12
166	666 Denise CUER	F V45	F	Newport Harriers	41:22	54	13
167	706 Syd WHEELER	M V70+	M	Chepstow Harriers	41:46	113	3
168	679 Sarah BOOTHBY	S enior Ladies	F	Pontypridd Roadents Ac	45:33	55	17