

Rose Inn - sponsored by Run and Become

Redwick: 4m

Tuesday 12-Jul-16 at 19:30

Organised by: Chepstow Harriers

Race Results

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
1	546	David BISHOP	Senior Men	M	Bristol & West Ac	19:18	1	1
2	571	Carwyn JONES	MV35	M	Cardiff Aac	19:40	2	1
3	538	Chris CARPANINI	Senior Men	M	Swansea Harriers	19:51	3	2
4	594	Ciaran LEWIS	Junior Men	M	Cardiff Aac	19:57	4	1
5	579	Harry BISHOP	Senior Men	M	Cheltenham Harriers	20:15	5	3
6	525	Phillip MATTHEWS	MV35	M	Swansea Harriers	20:25	6	2
7	577	Adam DAVIES	Senior Men	M	Unattached	20:39	7	4
8	630	Oliver WILLIAMS	Senior Men	M	Les Croupiers Rc	20:58	8	5
9	598	Paul GRAHAM	Senior Men	M	Pontypridd Roadents Ac	21:22	9	6
10	615	Martin REES	MV60	M	Les Croupiers Rc	21:24	10	1
11	626	Doug NICHOLLS	MV35	M	Les Croupiers Rc	21:58	11	3
12	592	Darren BISHOP	Senior Men	M	Pontypridd Roadents Ac	22:20	12	7
13	591	Kit EDWARDS	Senior Men	M	Unattached	22:25	13	8
14	567	Jack FLEET	Junior Men	M	Forest Of Dean Ac	22:26	14	2
15	523	Charlotte GREEN	Senior Ladies	F	Bristol & West Ac	22:27	1	1
16	599	Clara EVANS	Senior Ladies	F	Pontypridd Roadents Ac	22:33	2	2
17	564	Alexander WILLIAMS	Junior Men	M	Blaenau Gwent Ac	22:34	15	3
18	584	Ben SINCLAIR	MV35	M	Pont-y-pwl And District Runners	22:52	16	4
19	504	Andrew BLAIR	MV50	M	Les Croupiers Rc	22:52	17	1
20	575	Matthew HURFORD	MV40	M	Les Croupiers Rc	23:15	18	1
21	548	Marcus BENNETTO	Senior Men	M	Forest Of Dean Ac	23:23	19	9
22	607	Peter COLES	MV50	M	Pontypridd Roadents Ac	23:25	20	2
23	470	Jon BELCHER	MV35	M	Llisbury Runners	23:36	21	5
24	610	Chris WILLIAMS	Junior Men	M	Unattached	23:45	22	4
25	541	Dan SANDFORD	MV40	M	Forest Of Dean Ac	23:48	23	2
26	485	Alec CARE	Senior Men	M	San Domenico Rc	23:55	24	10
27	539	Robert DAVIES	MV40	M	Unattached	23:56	25	3
28	565	Steve DAVIES	MV55	M	Pont-y-pwl And District Runners	23:58	26	1
29	505	Warren HULSEN	MV40	M	Spirit Of Monmouth Rc	24:00	27	4
30	608	Hannah POLLAK	Senior Ladies	F	Ealing Southall Middlesex	24:03	3	3
31	617	Paul TALBOT	MV45	M	Neath Harriers	24:06	28	1
32	578	Elio LEPORE	MV60	M	Les Croupiers Rc	24:10	29	2
33	544	Richard PEGLER	MV40	M	Forest Of Dean Ac	24:15	30	5
34	573	Rhian JINNY-JONES	Senior Ladies	F	Bristol & West Ac	24:16	4	4
35	562	Leyton FLEET	MV45	M	Forest Of Dean Ac	24:20	31	2
36	554	Stephen HALE	MV35	M	Severn Ac	24:24	32	6
37	620	Laurence POLE	MV40	M	Pontypridd Roadents Ac	24:31	33	6
38	509	Alice TAYLOR	Senior Ladies	F	Spirit Of Monmouth Rc	24:32	5	5
39	510	Douglas BRIGGS	MV45	M	Chepstow Harriers	24:34	34	3
40	555	Gavin BRACE	Senior Men	M	Llisbury Runners	24:36	35	11
41	492	George SMITH	MV40	M	Spirit Of Monmouth Rc	24:42	36	7

42	507	Steven HOOPER	M V50	M	Pontypridd Roadents Ac	24:46	37	3
43	545	Julian BOON	M V45	M	Forest Of Dean Ac	24:49	38	4
44	623	Jake BROOKE-SMITH	J unior Men	M	Pontypridd Roadents Ac	24:52	39	5
45	474	Philip HUGHES	S enior Men	M	San Domenico Rc	24:56	40	12
46	593	Jamie BISHOP	S enior Men	M	Pontypridd Roadents Ac	25:09	41	13
47	513	Ricci WATTS	S enior Men	M	Pont-y-pwl And District Runners	25:15	42	14
48	489	Jeremy MASTERS	M V40	M	Spirit Of Monmouth Rc	25:33	43	8
49	600	Robert EVANS	M V60	M	Les Croupiers Rc	25:39	44	3
50	540	Mark BLAKE	M V45	M	Forest Of Dean Ac	25:46	45	5
51	560	Ray GREENHOUSE	M V50	M	Ebbw Vale Rc	25:50	46	4
52	524	Niki MORGAN	F V45	F	Chepstow Harriers	25:51	6	1
53	570	Richard SMITH	M V50	M	Clevedon	26:02	47	5
54	515	Dickie HUDD	M V45	M	Chepstow Harriers	26:04	48	6
55	589	Lou SUMMERS	F V45	F	Pont-y-pwl And District Runners	26:08	7	2
56	563	Gahvin WILLIAMS	M V40	M	Blaenau Gwent Ac	26:17	49	9
57	611	Mark EVANS	S enior Men	M	Les Croupiers Rc	26:24	50	15
58	549	Danielle PHILLIPS	S enior Ladies	F	Parc Bryn Bach Rc	26:26	8	6
59	521	Lubica MECIAROVA	S enior Ladies	F	Pont-y-pwl And District Runners	26:35	9	7
60	597	Paul EDWARDS	M V40	M	Unattached	26:36	51	10
61	460	Alan ROBERTSON	M V60	M	Forest Of Dean Ac	26:56	52	4
62	527	Chris O'BRIEN	M V40	M	Pont-y-pwl And District Runners	27:14	53	11
63	612	Simon LAMB	M V45	M	San Domenico Rc	27:18	54	7
64	551	Stuart KRAMER	M V50	M	Spirit Of Monmouth Rc	27:20	55	6
65	495	David MATHER	M V50	M	Spirit Of Monmouth Rc	27:22	56	7
66	553	Nathan REEKS	S enior Men	M	Caldicot Running Club	27:24	57	16
67	517	Stephen OWEN	M V60	M	Chepstow Harriers	27:27	58	5
68	583	Sammi TOOP	S enior Ladies	F	Pont-y-pwl And District Runners	27:30	10	8
69	481	Dominic SHIELDS	M V50	M	San Domenico Rc	27:39	59	8
70	467	Simon HANCOCK	M V35	M	Clevedon	27:53	60	7
71	522	Barry EVANS	M V45	M	Chepstow Harriers	27:55	61	8
72	618	Mike TITLEY	M V45	M	Llswerry Runners	27:56	62	9
73	580	Jonathan HANCOCK	M V55	M	Usk Runners	27:58	63	2
74	616	Carol REES	F V45	F	Les Croupiers Rc	27:58	11	3
75	622	Mike GWYNNE	M V45	M	Pontypridd Roadents Ac	28:06	64	10
76	586	Emma EDWARDS	S enior Ladies	F	Caerphilly Runners	28:09	12	9
77	550	Julie CASHELL	F V40	F	Parc Bryn Bach Rc	28:11	13	1
78	537	Lisa ERKKSON	F V35	F	Pont-y-pwl And District Runners	28:13	14	1
79	602	Claire JACOBS	F V40	F	Les Croupiers Rc	28:24	15	2
80	587	Claire KULISA	F V35	F	Caerphilly Runners	28:32	16	2
81	609	Owen DAVIES	S enior Men	M	Unattached	28:39	65	17
82	613	Nick POUNDER	M V40	M	Pontypridd Roadents Ac	29:01	66	12
83	590	Jeanette JENKINS	F V55	F	Fairwater Runners	29:05	17	1
84	536	Kevin PROBYN	M V45	M	Severn Ac	29:14	67	11
85	518	Jeremy CREASEY	M V45	M	Spirit Of Monmouth Rc	29:18	68	12
86	572	Paddy MALONEY	M V50	M	Unattached	29:20	69	9
87	628	Gwen RICHARDS	S enior Ladies	F	Pontypridd Roadents Ac	29:21	18	10
88	469	Rachel BOWEN	F V35	F	Llswerry Runners	29:25	19	3
89	619	Julie SCHOLEY	F V55	F	Les Croupiers Rc	29:36	20	2
90	496	Brian GOUGH	M V70+	M	Pontypridd Roadents Ac	29:42	70	1

91	603	Craig BRIDLEY	S enior Men	M	Llswerry Runners	29:52	71	18
92	511	Lucy MORGAN	F V40	F	Unattached	29:57	21	3
93	561	Rachael CRATCHLEY	S enior Ladies	F	Unattached	30:09	22	11
94	556	Sarah ROGERSON	S enior Ladies	F	Unattached	30:32	23	12
95	533	Howard ATTWOOD	M V65	M	Llswerry Runners	30:36	72	1
96	614	Lolly BURVILL	F V45	F	Les Croupiers Rc	30:38	24	4
97	605	Joanne MILLIKEN	F V50	F	Chepstow Harriers	30:42	25	1
98	632	Keith HARPER	M V50	M	San Domenico Rc	30:48	73	10
99	543	Teresa TRANTER	F V60	F	Forest Of Dean Ac	30:52	26	1
100	631	Peter SHORT	M V60	M	Forest Of Dean Ac	31:06	74	6
101	461	Vicky FEAR	S enior Ladies	F	Llswerry Runners	31:09	27	13
102	506	Katie JONES	F V35	F	Caldicot Running Club	31:25	28	4
103	487	Loretta DALEY	F V50	F	Les Croupiers Rc	31:31	29	2
104	569	Stuart WRING	M V40	M	Unattached	31:33	75	13
105	582	Holly JENKINS	S enior Ladies	F	Unattached	31:35	30	14
106	588	Fiona CROSS	F V35	F	Fairwater Runners	31:46	31	5
107	558	Rod WYATT	M V40	M	Spirit Of Monmouth Rc	32:23	76	14
108	574	Sian GRIFFITH	F V40	F	Chepstow Harriers	32:28	32	4
109	601	Kristian SINCLAIR	M V35	M	Llswerry Runners	32:33	77	8
110	475	Gemma HEWITT	S enior Ladies	F	Forest Of Dean Ac	32:35	33	15
111	625	Jason RUSSELL	M V35	M	Islwyn Rc	32:44	78	9
112	595	Caroline BEST	S enior Ladies	F	Pontypridd Roadents Ac	32:47	34	16
113	502	Katie HAMER	F V40	F	Parc Bryn Bach Rc	32:56	35	5
114	530	Allan COLDICOTT	M V55	M	Stratford Athletic Club	33:00	79	3
115	542	Samuel JONES	J unior Men	M	Unattached	33:01	80	6
116	483	Brenda AVERY	F V65	F	Chepstow Harriers	33:05	36	1
117	528	Vannessa Jane PEGLER	F V45	F	Forest Of Dean Ac	33:07	37	5
118	627	Graham BINGHAM	M V50	M	Pontypridd Roadents Ac	33:08	81	11
119	498	Geoff MARKEY	M V45	M	Caldicot Running Club	33:28	82	13
120	486	Alan MANN	M V55	M	Les Croupiers Rc	33:49	83	4
121	484	Bretti PAXTON	S enior Ladies	F	Pontypridd Roadents Ac	33:50	38	17
122	581	Michael FAULDS	S enior Men	M	Llswerry Runners	33:54	84	19
123	512	Susan DONOGHUE	F V50	F	Pontypridd Roadents Ac	34:01	39	3
124	493	Denise HADIGATE	F V40	F	Islwyn Rc	34:12	40	6
125	535	John JAMES	M V65	M	Severn Ac	34:24	85	2
126	501	Ian WARNER	M V55	M	Unattached	34:40	86	5
127	529	John FRY	M V70+	M	Fairwater Runners	34:58	87	2
128	508	Sally GILSON	F V40	F	Spirit Of Monmouth Rc	35:34	41	7
129	629	Julia HERBERT	F V40	F	Pontypridd Roadents Ac	35:35	42	8
130	596	Mark DOUGLAS	M V35	M	Rhondda Valley Runners	35:47	88	10
131	606	Sarah CLIFTON	F V35	F	Spirit Of Monmouth Rc	36:02	43	6
132	585	Ian JONES	M V50	M	Chepstow Harriers	36:48	89	12
133	503	Joanne DENDLE	F V45	F	Pontypridd Roadents Ac	36:55	44	6
134	566	Sharla FLEET	F V40	F	Forest Of Dean Ac	37:03	45	9
135	514	Joanna PEARSON	F V45	F	Caldicot Running Club	37:09	46	7
136	576	Amanda THOMPSON	F V55	F	Les Croupiers Rc	37:52	47	3
137	621	Fiona CAMPBELL	F V40	F	Pontypridd Roadents Ac	37:55	48	10
138	547	Monica MASON	F V40	F	Unattached	37:58	49	11
139	526	Andrew KNOTT	M V35	M	Forest Of Dean Ac	38:03	90	11

140	604	Nina HASTINGS	S enior Ladies	F	Caldicot Running Club	38:09	50	18
141	531	Yvonne FORSEY	FV 55	F	Lliswerry Runners	38:20	51	4
142	494	Vicki JONES	FV 40	F	Islwyn Rc	38:31	52	12
143	497	Sarah MARKEY	FV 40	F	Caldicot Running Club	38:42	53	13
144	568	Louise AHERNE	FV 45	F	Lliswerry Runners	38:53	54	8
145	557	Stephen ROGERSON	MV 60	M	Unattached	39:15	91	7
146	519	Jayne JONES	FV 45	F	Islwyn Rc	39:23	55	9
147	490	Maxine RHODES	FV 45	F	Pont-y-pwl And District Runners	39:44	56	10
148	534	Steve NEW	MV 50	M	Caerphilly Runners	40:55	92	13
149	552	Tony HARDY	MV 50	M	Spirit Of Monmouth Rc	41:01	93	14
150	559	Eef VAN GESTEL	MV 40	M	Forest Of Dean Ac	41:37	94	15
151	532	Matthew FORSEY	J unior Men	M	Unattached	42:32	95	7
152	624	Jo GWYNNE	FV 40	F	Pontypridd Roadents Ac	42:55	57	14