

## Rose Inn - sponsored by Run and Become

Redwick: 4m

Tuesday 14-Jun-16 at 19:30

Organised by: Chepstow Harriers

## Race Results

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
1	331	Abed TEWELDEBRHAN	Senior Men	M	Newport Harriers	20:15	1	1
2	314	Tes GOITOM	Senior Men	M	Les Croupiers Rc	20:28	2	2
3	300	Phillip MATTHEWS	MV35	M	Swansea Harriers	20:29	3	1
4	309	Matthew EDMONDS	Senior Men	M	Newport Harriers	20:34	4	3
5	369	Oliver WILLIAMS	Senior Men	M	Les Croupiers Rc	21:05	5	4
6	379	Huw EVANS	MV40	M	Les Croupiers Rc	21:06	6	1
7	305	Jack DUNN	Senior Men	M	Unattached	21:13	7	5
8	415	Darren BISHOP	Senior Men	M	Pontypridd Roadents Ac	21:34	8	6
9	399	Craig WILLIAMS	Senior Men	M	Newport Harriers	21:44	9	7
10	334	Nick TULP	Senior Men	M	Les Croupiers Rc	21:47	10	8
11	358	Paul GRAHAM	Senior Men	M	Pontypridd Roadents Ac	21:51	11	9
12	448	Stephen DAVIES	Senior Men	M	Caldicot Running Club	21:52	12	10
13	364	Doug NICHOLLS	MV35	M	Les Croupiers Rc	22:05	13	2
14	329	Mark JAMES	MV35	M	Cheltenham Harriers	22:19	14	3
15	416	Joshua JONES	Senior Men	M	Griffithstown Harriers	22:38	15	11
16	319	Jack FLEET	Senior Men	M	Forest Of Dean Ac	22:46	16	12
17	404	Edward DONOVAN	MV35	M	Les Croupiers Rc	22:47	17	4
18	429	Andrew BLAIR	MV50	M	Les Croupiers Rc	22:48	18	1
19	442	Jason ROWLEY	MV40	M	Clevedon	22:50	19	2
20	357	Clara EVANS	Senior Ladies	F	Pontypridd Roadents Ac	22:53	1	1
21	320	Marcus BENNETTO	Senior Men	M	Forest Of Dean Ac	23:03	20	13
22	272	Alec CARE	Senior Men	M	San Domenico Rc	23:06	21	14
23	419	Ian OWEN	MV35	M	San Domenico Rc	23:07	22	5
24	360	Matthew HURFORD	MV40	M	Les Croupiers Rc	23:15	23	3
25	349	Martin WILLIAMS	MV50	M	Les Croupiers Rc	23:24	24	2
26	433	Thomas HENRY	Senior Men	M	Lliswerry Runners	23:34	25	15
27	297	Alice TAYLOR	Senior Ladies	F	Spirit Of Monmouth Rc	23:36	2	2
28	256	Jon BELCHER	MV35	M	Lliswerry Runners	23:36	26	6
29	356	Donovan WILLIAMS-HALE	Junior Men	M	Bridgend Ac	23:40	27	1
30	275	Brian DIAS	Senior Men	M	Les Croupiers Rc	23:42	28	16
31	375	Dave RICHARDSON	Senior Men	M	Pont Y Pwl	23:44	29	17
32	367	Laurence POLE	MV40	M	Pontypridd Roadents Ac	23:48	30	4
33	317	Leyton FLEET	MV45	M	Forest Of Dean Ac	23:49	31	1
34	368	Richard PEGLER	MV40	M	Forest Of Dean Ac	23:50	32	5
35	293	Ceri DAVIES	MV40	M	San Domenico Rc	23:52	33	6
36	310	Warren HULSEN	MV40	M	Spirit Of Monmouth Rc	23:53	34	7
37	365	Terry WATKINS	MV40	M	Pont-y-pwl And District Runners	24:00	35	8
38	325	Peter TURNBULL	MV50	M	Les Croupiers Rc	24:02	36	3
39	267	Johnny LAM	MV40	M	San Domenico Rc	24:03	37	9
40	401	Steve DAVIES	MV55	M	Pont-y-pwl And District Runners	24:12	38	1
41	389	Oliver RENNISON	Junior Men	M	Forest Of Dean Ac	24:18	39	2
42	340	Stephen HALE	MV35	M	Severn Ac	24:18	40	7
43	451	Eddie HISCOCKS	MV35	M	Lliswerry Runners	24:23	41	8
44	276	Kevin PLANK	MV45	M	San Domenico Rc	24:28	42	2

45	259	Jonathan CARTER	<b>M</b> V45	M	Chepstow Harriers	24:39	43	3
46	284	Gethin POWELL	<b>S</b> enior Men	M	White Rock Runners	24:41	44	18
47	427	Daren SMITH	<b>M</b> V45	M	Forest Of Dean Ac	24:45	45	4
48	264	Rob BEVES	<b>M</b> V50	M	Chepstow Harriers	24:47	46	4
49	295	Nick STOCKER	<b>M</b> V45	M	Bridgend Ac	24:50	47	5
50	324	Ian BIRD	<b>S</b> enior Men	M	Port Talbot Harriers	24:58	48	19
51	413	Mark EVANS	<b>S</b> enior Men	M	Les Croupiers Rc	25:11	49	20
52	410	Christopher JONES	<b>M</b> V55	M	Lliswerry Runners	25:12	50	2
53	374	Liam OSBORNE	<b>S</b> enior Men	M	Pontypridd Roadents Ac	25:14	51	21
54	397	Phil REES	<b>M</b> V50	M	San Domenico Rc	25:15	52	5
55	447	Hywel EDWARDS	<b>M</b> V40	M	Unattached	25:16	53	10
56	292	Steven HOOPER	<b>M</b> V50	M	Pontypridd Roadents Ac	25:21	54	6
57	327	Richard SMITH	<b>M</b> V50	M	Clevedon	25:32	55	7
58	308	Alex CARTER	<b>J</b> unior Men	M	Chepstow Harriers	25:35	56	3
59	405	Mostyn JONES	<b>M</b> V35	M	Caldicot Running Club	25:38	57	9
60	398	Ray GREENHOUSE	<b>M</b> V50	M	Ebbw Vale Rc	25:38	58	8
61	362	Lou SUMMERS	<b>F</b> V45	F	Pont-y-pwl And District Runners	25:39	3	1
62	302	Robert HOOK	<b>M</b> V50	M	Chepstow Harriers	25:43	59	9
63	363	Andrew DICKENS	<b>M</b> V45	M	Pont-y-pwl And District Runners	25:45	60	6
64	285	Niki MORGAN	<b>F</b> V45	F	Chepstow Harriers	25:45	4	2
65	260	Philip HUGHES	<b>S</b> enior Men	M	San Domenico Rc	26:21	61	22
66	414	Jamie BISHOP	<b>S</b> enior Men	M	Pontypridd Roadents Ac	26:27	62	23
67	333	Mick TABOR	<b>M</b> V60	M	Les Croupiers Rc	26:28	63	1
68	330	David JONES	<b>M</b> V45	M	Caldicot Running Club	26:30	64	7
69	328	Gahvin WILLIAMS	<b>M</b> V40	M	Bgac	26:31	65	11
70	315	Lubi MECIAROVA	<b>S</b> enior Ladies	F	Pont-y-pwl And District Runners	26:33	5	3
71	452	Steve CHADWICK	<b>M</b> V40	M	Unattached	26:47	66	12
72	361	Colin WILMOTT	<b>M</b> V55	M	Griffithstown Harriers	26:54	67	3
73	304	Richard DUNN	<b>M</b> V55	M	Unattached	27:00	68	4
74	458	Laura DAVIES	<b>S</b> enior Ladies	F	Lliswerry Runners	27:17	6	4
75	453	Matthew WOOD	<b>M</b> V45	M	Caldicot Running Club	27:18	69	8
76	336	Danielle PHILLIPS	<b>S</b> enior Ladies	F	Parc Bryn Bach Rc	27:23	7	5
77	403	Simon LAMB	<b>M</b> V45	M	San Domenico Rc	27:25	70	9
78	341	Dickie HUDD	<b>M</b> V45	M	Chepstow Harriers	27:25	71	10
79	283	Stephen OWEN	<b>M</b> V60	M	Chepstow Harriers	27:27	72	2
80	246	Alan ROBERTSON	<b>M</b> V60	M	Forest Of Dean Ac	27:29	73	3
81	316	Lisa ERICKSON	<b>F</b> V35	F	Pont-y-pwl And District Runners	27:31	8	1
82	424	Walter LEACH	<b>M</b> V50	M	Forest Of Dean Ac	27:32	74	10
83	342	Johannes MARAIS	<b>S</b> enior Men	M	Unattached	27:45	75	24
84	446	Alex MELLING	<b>S</b> enior Men	M	Unattached	27:46	76	25
85	393	Nick POUNDER	<b>M</b> V40	M	Pontypridd Roadents Ac	27:54	77	13
86	296	Heledd ROBERTS	<b>S</b> enior Ladies	F	San Domenico Rc	27:58	9	6
87	301	James BOYLE	<b>M</b> V50	M	Chepstow Harriers	27:58	78	11
88	450	Rocky BARNETT	<b>M</b> V35	M	Vegan Runners	27:59	79	10
89	440	Carol REES	<b>F</b> V45	F	Les Croupiers Rc	28:00	10	3
90	409	Claire JACOBS	<b>F</b> V40	F	Les Croupiers Rc	28:01	11	1
91	426	Jim STORRAR	<b>M</b> V55	M	Forest Of Dean Ac	28:03	80	5
92	303	Geoff JONES	<b>M</b> V45	M	Pontypridd Roadents Ac	28:04	81	11
93	337	Tim GREEN	<b>M</b> V45	M	Les Croupiers Rc	28:10	82	12
94	449	Marina WRIGHT	<b>F</b> V35	F	Lliswerry Runners	28:21	12	2
95	345	Caroline KNIGHT	<b>S</b> enior Ladies	F	Unattached	28:22	13	7

96	390	Patrick RENNISON	<b>M</b> V50	M	Forest Of Dean Ac	28:26	83	12
97	418	Barry EVANS	<b>M</b> V45	M	Chepstow Harriers	28:34	84	13
98	253	Ian BELL	<b>M</b> V50	M	San Domenico Rc	28:38	85	13
99	457	Ben DAVIES	<b>S</b> enior Men	M	Unattached	28:40	86	26
100	268	Dominic SHIELDS	<b>M</b> V50	M	San Domenico Rc	28:42	87	14
101	428	Mevinda RUCK	<b>F</b> V45	F	Forest Of Dean Ac	28:46	14	4
102	252	Simon HANCOCK	<b>M</b> V35	M	Clevedon	28:50	88	11
103	335	Stacey OSMOND	<b>S</b> enior Ladies	F	Unattached	28:51	15	8
104	370	Jeannette JENKINS	<b>F</b> V55	F	Fairwater Runners	28:57	16	1
105	455	Michael TITVEY	<b>M</b> V45	M	Lliswerry Runners	29:01	89	14
106	346	Simon PRITCHARD	<b>M</b> V40	M	Pontypridd Roadents Ac	29:08	90	14
107	402	Nick DAVIES	<b>M</b> V50	M	Lliswerry Runners	29:11	91	15
108	391	Dennis COLLINS	<b>M</b> V50	M	Rhondda Valley Runners	29:13	92	16
109	298	Jeremy CREASEY	<b>M</b> V45	M	Spirit Of Monmouth Rc	29:15	93	15
110	439	Andrew BARRY	<b>M</b> V50	M	Lliswerry Runners	29:18	94	17
111	248	Helen ANDREWS	<b>F</b> V40	F	Bridgend Ac	29:19	17	2
112	417	Mooch WILLIAMS	<b>F</b> V35	F	Chepstow Harriers	29:24	18	3
113	420	Chris CAREY	<b>M</b> V45	M	Pont-y-pwl And District Runners	29:26	95	16
114	250	Jeremy DICKSON	<b>M</b> V50	M	Lliswerry Runners	29:29	96	18
115	445	Sarah COOTE	<b>S</b> enior Ladies	F	Pont-y-pwl And District Runners	29:31	19	9
116	422	Mike EVANS	<b>M</b> V60	M	Chepstow Harriers	29:31	97	4
117	307	Brian GOUGH	<b>M</b> V70+	M	Pontypridd Roadents Ac	29:43	98	1
118	412	Richard JONES	<b>S</b> enior Men	M	Lliswerry Runners	29:54	99	27
119	262	Peter HEWITT	<b>M</b> V35	M	Forest Of Dean Ac	29:59	100	12
120	371	Martyn JENKINS	<b>M</b> V55	M	Fairwater Runners	30:03	101	6
121	255	Rachel BOWEN	<b>F</b> V35	F	Lliswerry Runners	30:05	20	4
122	279	Howard ATTWOOD	<b>M</b> V65	M	Lliswerry Runners	30:07	102	1
123	386	Gwen RICHARDS	<b>S</b> enior Ladies	F	Pontypridd Roadents Ac	30:17	21	10
124	396	Lolly BURVILL	<b>F</b> V45	F	Les Croupiers Rc	30:20	22	5
125	400	Owen DAVIES	<b>S</b> enior Men	M	Unattached	30:22	103	28
126	290	David JENKINS	<b>M</b> V35	M	Forest Of Dean Ac	30:31	104	13
127	270	Brenda AVERY	<b>F</b> V65	F	Chepstow Harriers	30:44	23	1
128	263	Andy DAVIES	<b>M</b> V50	M	Pontypridd Roadents Ac	30:49	105	19
129	289	Joanne MILLIKEN	<b>F</b> V50	F	Chepstow Harriers	30:56	24	1
130	344	Teresa TRANTER	<b>F</b> V60	F	Forest Of Dean Ac	30:58	25	1
131	454	Bethan POWELL	<b>S</b> enior Ladies	F	Pont-y-pwl And District Runners	31:02	26	11
132	441	Jane ASH	<b>F</b> V40	F	Les Croupiers Rc	31:13	27	3
133	326	Carol HENLEY	<b>F</b> V50	F	Clevedon	31:18	28	2
134	312	Rachel NASH	<b>F</b> V40	F	Forest Of Dean Ac	31:22	29	4
135	306	Andy BRAY	<b>M</b> V55	M	Chepstow Harriers	31:30	106	7
136	354	Fiona CROSS	<b>F</b> V35	F	Fairwater Runners	31:40	30	5
137	436	Daniel NEWTON	<b>M</b> V40	M	Pont-y-pwl And District Runners	31:41	107	15
138	288	Richard MILLIKEN	<b>M</b> V55	M	Chepstow Harriers	31:50	108	8
139	247	Vicky FEAR	<b>S</b> enior Ladies	F	Lliswerry Runners	31:51	31	12
140	406	Katie JONES	<b>F</b> V35	F	Caldicot Running Club	32:02	32	6
141	258	Peter COVINGTON JONES	<b>M</b> V55	M	Forest Of Dean Ac	32:09	109	9
142	274	Loretta DALEY	<b>F</b> V50	F	Les Croupiers Rc	32:14	33	3
143	269	Louise CROCKETT	<b>F</b> V50	F	Chepstow Harriers	32:36	34	4
144	348	Katie HAMMER	<b>F</b> V40	F	Parc Bryn Bach Rc	32:42	35	5
145	311	Caroline BEST	<b>S</b> enior Ladies	F	Pontypridd Roadents Ac	32:43	36	13
146	408	Beccy LOVELL	<b>S</b> enior Ladies	F	Caldicot Running Club	32:50	37	14

147	321	Neil CHIPPER	<b>M</b> V55	M	Lliswerry Runners	32:52	110	10
148	431	Sian GRIFFITH	<b>F</b> V40	F	Chepstow Harriers	33:00	38	6
149	395	Kristian SINCLAIR	<b>M</b> V35	M	Lliswerry Runners	33:07	111	14
150	377	Alex LEWELLYN	<b>S</b> enior Men	M	Caldicot Running Club	33:10	112	29
151	407	Daige LUFF	<b>S</b> enior Ladies	F	Caldicot Running Club	33:44	39	15
152	278	Geoff MARKEY	<b>M</b> V45	M	Caldicot Running Club	33:46	113	17
153	351	Karen BARNETT	<b>F</b> V45	F	Forest Of Dean Ac	33:48	40	6
154	366	Vannessa PEGLER	<b>F</b> V45	F	Forest Of Dean Ac	33:51	41	7
155	273	Alan MANN	<b>M</b> V55	M	Les Croupiers Rc	34:08	114	11
156	438	Catherine PRITCHARD	<b>S</b> enior Ladies	F	Unattached	34:18	42	16
157	437	Becca GLEDHILL	<b>S</b> enior Ladies	F	Pont-y-pwl And District Runners	34:19	43	17
158	265	Hilary MATHESON	<b>F</b> V60	F	Caldicot Running Club	34:24	44	2
159	372	Vicki JONES	<b>F</b> V40	F	Islwyn Rc	34:24	45	7
160	430	Tim MORHAN	<b>M</b> V45	M	Unattached	34:39	115	18
161	394	Graham BINGHAM	<b>M</b> V50	M	Pontypridd Roadents Ac	34:41	116	20
162	332	John JAMES	<b>M</b> V65	M	Severn Ac	34:42	117	2
163	444	Brigette WIDDER	<b>F</b> V50	F	Lliswerry Runners	34:43	46	5
164	423	Denise HAOIGATE	<b>F</b> V40	F	Islwyn Rc	34:50	47	8
165	382	Ralph DAVEY	<b>M</b> V70+	M	Les Croupiers Rc	35:03	118	2
166	347	Sasha MACKEN	<b>F</b> V40	F	Les Croupiers Rc	35:04	48	9
167	456	Hannah BEVAN	<b>S</b> enior Ladies	F	Lliswerry Runners	35:05	49	18
168	286	Ian WARNER	<b>M</b> V55	M	Unattached	35:17	119	12
169	443	Diane POTTER	<b>F</b> V45	F	Lliswerry Runners	35:24	50	8
170	271	Bretti PAXTON	<b>S</b> enior Ladies	F	Pontypridd Roadents Ac	35:27	51	19
171	261	Donna SHEEN	<b>F</b> V35	F	Forest Of Dean Ac	35:31	52	7
172	318	John FRY	<b>M</b> V70+	M	Fairwater Runners	35:35	120	3
173	294	Ruth ROBERTSON	<b>F</b> V45	F	San Domenico Rc	35:41	53	9
174	459	Sarah WAKEFIELD	<b>F</b> V35	F	Pont-y-pwl And District Runners	35:54	54	8
175	299	Susan DONOGHUE	<b>F</b> V50	F	Pontypridd Roadents Ac	35:55	55	6
176	388	Marb DOUGLAS	<b>M</b> V35	M	Rhondda Valley Runners	36:12	121	15
177	392	Fiona CAMPBELL	<b>F</b> V40	F	Pontypridd Roadents Ac	36:15	56	10
178	281	Joanne DENDLE	<b>F</b> V45	F	Pontypridd Roadents Ac	36:21	57	10
179	380	Ella WILLIAMS	<b>S</b> enior Ladies	F	Cdf Runners	36:28	58	20
180	387	Julia HERBERT	<b>F</b> V40	F	Pontypridd Roadents Ac	36:31	59	11
181	434	Gemma REEKS	<b>S</b> enior Ladies	F	Caldicot Running Club	36:32	60	21
182	323	Leah MORRIS	<b>S</b> enior Ladies	F	Pontypridd Roadents Ac	36:40	61	22
183	384	Jeff ASTON	<b>M</b> V65	M	Les Croupiers Rc	36:47	122	3
184	343	Stephen ROGERSON	<b>M</b> V60	M	Unattached	37:00	123	5
185	435	Frances NEWTON	<b>F</b> V40	F	Pont-y-pwl And District Runners	37:03	62	12
186	353	Kirsty McGOWAN	<b>S</b> enior Ladies	F	Les Croupiers Rc	37:04	63	23
187	280	Yvonne FORSEY	<b>F</b> V55	F	Lliswerry Runners	37:13	64	2
188	355	David McDONALD	<b>M</b> V45	M	Les Croupiers Rc	37:29	124	19
189	352	Kelly CROFTS	<b>F</b> V35	F	Les Croupiers Rc	37:29	65	9
190	421	Jayne JONES	<b>F</b> V45	F	Islwyn Rc	37:35	66	11
191	432	Joanna PEARSON	<b>F</b> V45	F	Caldicot Running Club	37:52	67	12
192	359	Amanda THOMPSON	<b>F</b> V55	F	Les Croupiers Rc	38:27	68	3
193	350	Steve HAMMER	<b>M</b> V40	M	Parc Bryn Bach Rc	39:12	125	16
194	313	Bev JAMES	<b>F</b> V55	F	Forest Of Dean Ac	39:23	69	4
195	322	Nick JACKSON	<b>M</b> V50	M	Lliswerry Runners	39:25	126	21
196	385	Helen WELCH	<b>F</b> V40	F	Pontypridd Roadents Ac	39:42	70	13
197	381	Sian DAVID	<b>S</b> enior Ladies	F	Cdf Runners	40:04	71	24

198	291	Denise CUER	<b>F</b> V45	F	Newport Harriers	40:11	72	13
199	411	Louise AHERNE	<b>F</b> V45	F	Lliswerry Runners	40:24	73	14
200	425	Allyson EDMONDS	<b>F</b> V45	F	Lliswerry Runners	41:25	74	15
201	378	Jo GWYNNE	<b>F</b> V40	F	Pontypridd Roadents Ac	41:32	75	14
202	277	Sarah MARKEY	<b>F</b> V40	F	Caldicot Running Club	41:40	76	15
203	376	Peter COMPTON	<b>M</b> V45	M	Forest Of Dean Ac	41:58	127	20
204	338	Sarah BOOTHBY	<b>S</b> enior Ladies	F	Pontypridd Roadents Ac	47:40	77	25
205	339	Kerry JONES	<b>F</b> V35	F	Pontypridd Roadents Ac	49:43	78	10