

Rose Inn - sponsored by Run and Become

Redwick: 4m

Tuesday 10-May-16 at 19:30

Organised by: Chepstow Harriers

Race Results: ALL

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
1	94	Carwyn JONES	MV35	M	Cardiff Aac	19:41.02	1	1
2	90	Tes GOITOM	Senior Men	M	Les Croupiers Rc	20:50.69	2	1
3	100	Huw EVANS	MV40	M	Les Croupiers Rc	20:57.18	3	1
4	75	Darren BISHOP	Senior Men	M	Pontypridd Roadents Ac	21:45.43	4	2
5	189	Rhys ANNETT	Senior Men	M	San Domenico Rc	22:20.44	5	3
6	65	Paul GRAHAM	Senior Men	M	Pontypridd Roadents Ac	22:22.49	6	4
7	26	Matthew HURFORD	MV40	M	Les Croupiers Rc	22:23.79	7	2
8	98	Billy HAYTON	Senior Men	M	Pontypridd Roadents Ac	22:32.86	8	5
9	113	Mark JAMES	MV35	M	Cheltenham Harriers	22:48.27	9	2
10	144	Martin NORTON	Senior Men	M	Llisbury Runners	22:53.16	10	6
11	170	Nick TULP	Senior Men	M	Les Croupiers Rc	22:56.85	11	7
12	125	Martin WILLIAMS	MV50	M	Les Croupiers Rc	23:03.52	12	1
13	66	Clara EVANS	Senior Ladies	F	Pontypridd Roadents Ac	23:09.75	1	1
14	177	Keiran BAILEY	Senior Men	M	Raf St Athan	23:14.64	13	8
15	137	Brian DIAS	Senior Men	M	Les Croupiers Rc	23:15.89	14	9
16	110	Steven HARRIS	MV35	M	Forest Of Dean Ac	23:21.64	15	3
17	86	Carys HUGHES	Senior Ladies	F	Les Croupiers Rc	23:28.83	2	2
18	16	Jon BELCHER	MV35	M	Llisbury Runners	23:35.61	16	4
19	99	Marcus BENNETTO	Senior Men	M	Forest Of Dean Ac	23:41.88	17	10
20	155	Laurence POLE	MV40	M	Pontypridd Roadents Ac	23:50.04	18	3
21	111	Richard PEGLER	MV40	M	Forest Of Dean Ac	23:51.91	19	4
22	42	Johnny LAM	MV40	M	San Domenico Rc	23:52.57	20	5
23	55	Alec CARE	Senior Men	M	San Domenico Rc	23:52.85	21	11
24	89	Ceri DAVIES	MV40	M	San Domenico Rc	23:56.64	22	6
25	115	Dafydd CHALLENGER	Senior Men	M	Griffithstown Harriers	24:05.11	23	12
26	199	Paul BRUTON	MV40	M	Llisbury Runners	24:08.49	24	7
27	194	Steve DAVIES	MV55	M	Pont-y-pwl And District Runners	24:09.11	25	1
28	119	Leyton FLEET	MV45	M	Forest Of Dean Ac	24:09.96	26	1
29	20	Jonathan CARTER	MV45	M	Chepstow Harriers	24:12.91	27	2
30	168	Terry WATKINS	MV40	M	Pont-y-pwl And District Runners	24:19.93	28	8
31	74	Caroline JONES	FV35	F	Spirit Of Monmouth Rc	24:28.82	3	1
32	71	Thomas HENRY	Senior Men	M	Llisbury Runners	24:31.77	29	13
33	30	Kevin PLANK	MV45	M	San Domenico Rc	24:32.33	30	3
34	68	Elio LEPORE	MV60	M	Les Croupiers Rc	24:33.58	31	1
35	218	Michael GRIFFITHS	Senior Men	M	Caldicot Running Club	24:36.24	32	14
36	222	Oliver RENISON	Junior Men	M	Forest Of Dean Ac	24:44.46	33	1
37	78	Gethin POWELL	Senior Men	M	White Rock Runners	24:46.11	34	15
38	178	Thomas ELWARD	Senior Men	M	Raf St Athan	24:48.83	35	16
39	41	Richard SELF	MV50	M	Les Croupiers Rc	24:49.91	36	2
40	234	Stuart McILLROY	MV40	M	Les Croupiers Rc	24:51.14	37	9
41	36	Rob BEVES	MV50	M	Chepstow Harriers	24:53.38	38	3
42	181	Dave JAMES	MV55	M	Les Croupiers Rc	24:56.88	39	2
43	117	Katie BEECHER	FV35	F	Les Croupiers Rc	25:06.02	4	2
44	56	Julian BOON	MV45	M	Forest Of Dean Ac	25:09.60	40	4
45	29	Philip HUGHES	Senior Men	M	San Domenico Rc	25:18.80	41	17
46	226	Chris JONES	MV55	M	Llisbury Runners	25:24.14	42	3
47	28	Steven HOOPER	MV50	M	Pontypridd Roadents Ac	25:31.16	43	4
48	101	Daniel REILLY	Senior Men	M	Llisbury Runners	25:36.33	44	18
49	130	Brian LOVETT	MV45	M	San Domenico Rc	25:38.54	45	5
50	202	Stew PAYNE	MV40	M	Caerphilly Runners	25:41.46	46	10
51	84	Robert EVANS	MV60	M	Les Croupiers Rc	25:43.22	47	2

52	176	Rob DAVIES	MV40	M	Llisbury Runners	25:58.04	48	11
53	120	Nick DENNY	MV35	M	Pontypridd Roadents Ac	26:00.58	49	5
54	169	Andy HORLICK	MV40	M	Forest Of Dean Ac	26:01.77	50	12
55	188	Andrew DICKENS	MV45	M	Unattached	26:10.16	51	6
56	95	Kristie O'CONNELL	Senior Ladies	F	Pontypridd Roadents Ac	26:16.21	5	3
57	135	Nick TABOR	MV60	M	Les Croupiers Rc	26:17.69	52	3
58	11	Ian BELL	MV50	M	San Domenico Rc	26:21.35	53	5
59	174	Georgie PRIOR	Senior Ladies	F	Chepstow Harriers	26:22.83	6	4
60	87	Gahvin WILLIAMS	MV40	M	Blaenau Gwent Ac	26:28.50	54	13
61	124	David JONES	MV45	M	Caldicot Running Club	26:35.61	55	7
62	4	Huw GRIFFITHS	Senior Men	M	Bridgend Ac	26:37.00	56	19
63	172	Niki MORGAN	FV45	F	Chepstow Harriers	26:40.14	7	1
64	211	Paul EDWARDS	MV40	M	Unattached	26:44.43	57	14
65	196	Luke DAVIES	Senior Men	M	Pont-y-pwl And District Runners	26:45.94	58	20
66	8	Philip MEYLER	MV60	M	Pontypridd Roadents Ac	26:51.85	59	4
67	206	Christopher GOODWIN	MV35	M	Unattached	26:59.83	60	6
68	76	Jamie BISHOP	Senior Men	M	Pontypridd Roadents Ac	27:04.58	61	21
69	198	Ben JENKINS	Senior Men	M	Griffithstown Harriers	27:06.50	62	22
70	186	Lou SUMMERS	FV45	F	Pont-y-pwl And District Runners	27:14.43	8	2
71	46	Robert FREEMAN	MV40	M	Forest Of Dean Ac	27:16.71	63	15
72	121	Greg NASH	MV40	M	Forest Of Dean Ac	27:18.25	64	16
73	224	Walter LEACH	MV50	M	Forest Of Dean Ac	27:18.93	65	6
74	146	Glen MEEK	MV40	M	Chepstow Harriers	27:23.89	66	17
75	138	Howard KENT	MV60	M	Les Croupiers Rc	27:28.86	67	5
76	1	Alan ROBERTSON	MV60	M	Forest Of Dean Ac	27:33.69	68	6
77	40	Chris MOORE	MV60	M	Forest Of Dean Ac	27:41.94	69	7
78	156	Sherryl HALL	FV45	F	Forest Of Dean Ac	27:45.29	9	3
79	167	Leo COHEN	MV40	M	Chepstow Harriers	27:49.39	70	18
80	152	Colin WILMOTT	MV55	M	Griffithstown Harriers	27:51.14	71	4
81	242	Alex MELLING	Senior Men	M	Unattached	27:55.46	72	23
82	171	Richard DENNANT	MV50	M	Forest Of Dean Ac	28:01.68	73	7
83	57	Simon LAMB	MV45	M	San Domenico Rc	28:04.14	74	8
84	238	Carol REES	FV45	F	Les Croupiers Rc	28:06.75	10	4
85	103	Nick POUNDER	MV40	M	Pontypridd Roadents Ac	28:08.61	75	19
86	85	Christopher ROTHWELL	MV40	M	Pontypridd Roadents Ac	28:19.19	76	20
87	61	David E WILLIAMS	MV50	M	Les Croupiers Rc	28:19.72	77	8
88	225	Jim STORRAR	MV55	M	Forest Of Dean Ac	28:22.69	78	5
89	63	Geoff JONES	MV45	M	Pontypridd Roadents Ac	28:23.46	79	9
90	114	Stacey OSMOND	Senior Ladies	F	Unattached	28:46.93	11	5
91	131	Emma EDWARDS	Senior Ladies	F	Caerphilly Runners	28:48.68	12	6
92	179	Victoria WATKINS	FV35	F	Black Pear Joggers	28:52.21	13	3
93	39	Helen LIPSCOMB	FV35	F	Forest Of Dean Ac	28:55.68	14	4
94	107	Michael ELLISTON	MV45	M	Les Croupiers Rc	28:56.02	80	10
95	235	Michael TITLEY	MV45	M	Llisbury Runners	28:56.69	81	11
96	237	Ruth DEARDS	FV45	F	Les Croupiers Rc	28:57.04	15	5
97	236	Michael TOOK	Senior Men	M	Unattached	28:58.79	82	24
98	161	Jeannette JENKINS	FV55	F	Fairwater Runners	29:01.21	16	1
99	233	Patrick RENNISON	MV50	M	Forest Of Dean Ac	29:04.32	83	9
100	215	Paul SHARP	MV35	M	Chepstow Harriers	29:04.93	84	7
101	223	Mooch WILLIAMS	FV35	F	Chepstow Harriers	29:05.89	17	5
102	132	Claire KULISA	FV35	F	Caerphilly Runners	29:08.83	18	6
103	82	Simon PRITCHARD	MV40	M	Pontypridd Roadents Ac	29:11.88	85	21
104	204	Julie SCHOLEY	FV55	F	Les Croupiers Rc	29:17.39	19	2
105	200	Stephen QUINN	MV40	M	Les Croupiers Rc	29:21.05	86	22
106	241	Jan MORRIS	FV45	F	Chepstow Harriers	29:23.33	20	6
107	134	Malcolm REEKS	MV50	M	Caldicot Running Club	29:33.57	87	10
108	160	Martyn JENKINS	MV55	M	Fairwater Runners	29:39.02	88	6
109	183	Gary JOHN	MV60	M	Les Croupiers Rc	29:43.94	89	8

110	157	Margaret POWLES	FV55	F	Forest Of Dean Ac	29:47.79	21	3
111	15	Rachel BOWEN	FV35	F	Llisbury Runners	29:53.60	22	7
112	62	Andy CREBER	MV55	M	Chepstow Harriers	29:57.66	90	7
113	51	Michelle AMBLIN	FV40	F	Les Croupiers Rc	29:59.80	23	1
114	64	Mike EVANS	MV60	M	Chepstow Harriers	30:08.61	91	9
115	142	David McDONALD	MV45	M	Les Croupiers Rc	30:11.83	92	12
116	232	Bethan POWELL	Senior Ladies	F	Pont-y-pwl And District Runners	30:13.74	24	7
117	5	Jeremy DICKSON	MV50	M	Llisbury Runners	30:17.52	93	11
118	43	Dominic SHIELDS	MV50	M	San Domenico Rc	30:21.75	94	12
119	240	Richard MILLIKEN	MV55	M	Chepstow Harriers	30:23.11	95	8
120	53	Jeremy CREASEY	MV45	M	Spirit Of Monmouth Rc	30:26.49	96	13
121	83	Neil FITZGERALD	MV45	M	Pontypridd Roadents Ac	30:28.13	97	14
122	243	David JENKINS	MV35	M	Forest Of Dean Ac	30:29.27	98	8
123	239	Joanne MILLIKEN	FV50	F	Chepstow Harriers	30:31.89	25	1
124	116	Roseann CHARLES	Senior Ladies	F	Griffithstown Harriers	30:35.39	26	8
125	38	Tim BUCKLEY	MV45	M	Chepstow Harriers	30:45.13	99	15
126	143	Lolly BURVILL	FV45	F	Les Croupiers Rc	30:45.72	27	7
127	212	Elizabeth STOKES	FV40	F	Griffithstown Harriers	30:49.04	28	2
128	133	Sara WILLIAMS	FV40	F	Caerphilly Runners	30:56.35	29	3
129	187	Emma WILLIAMS	FV45	F	Unattached	31:02.97	30	8
130	221	Sarah ROGERSON	Senior Ladies	F	Unattached	31:03.50	31	9
131	165	Paul JENKINS	MV60	M	Unattached	31:08.02	100	10
132	19	Peter COVINGTON JONES	MV55	M	Forest Of Dean Ac	31:08.71	101	9
133	184	Jane ASH	FV40	F	Les Croupiers Rc	31:11.94	32	4
134	106	Gwen RICHARDS	Senior Ladies	F	Pontypridd Roadents Ac	31:13.69	33	10
135	228	Toni ASHWORTH	FV40	F	Chepstow Harriers	31:15.08	34	5
136	148	Teresa TRANTER	FV60	F	Unattached	31:16.10	35	1
137	145	Kate BURKE	FV35	F	Forest Of Dean Ac	31:16.85	36	8
138	45	Brenda AVERY	FV65	F	Chepstow Harriers	31:18.82	37	1
139	67	James DELANEY	MV60	M	San Domenico Rc	31:22.86	102	11
140	201	Mark DUDDRIDGE	Senior Men	M	Islwyn Rc	31:24.96	103	25
141	151	Rachel NASH	FV40	F	Forest Of Dean Ac	31:25.60	38	6
142	102	Richie MANN	Senior Men	M	Unattached	31:25.97	104	26
143	139	Neil SIDNEY	MV45	M	Llisbury Runners	31:30.14	105	16
144	59	Loretta DALEY	FV50	F	Les Croupiers Rc	31:32.25	39	2
145	164	Calum VENNARD	Senior Men	M	Les Croupiers Rc	31:34.46	106	27
146	18	Kevin FOWLER	MV55	M	Pegasus Rc	31:36.29	107	10
147	27	Jemma SEDGMOND	Senior Ladies	F	Les Croupiers Rc	31:37.30	40	11
148	14	Elinor PHILLIPS	Senior Ladies	F	Llisbury Runners	31:39.52	41	12
149	191	Rachel KENNEDY	FV45	F	Llisbury Runners	31:44.16	42	9
150	185	Fiona CROSS	FV35	F	Fairwater Runners	31:53.04	43	9
151	214	Janet RICHARDS	FV50	F	Llisbury Runners	31:54.05	44	3
152	79	Katie JONES	FV35	F	Caldicot Running Club	31:54.89	45	10
153	72	Paul WATTS	MV55	M	Llisbury Runners	31:59.50	108	11
154	97	Graham BENNETTO	MV55	M	Forest Of Dean Ac	32:02.21	109	12
155	245	Sam WATERS	Senior Men	M	Unattached	32:04.10	110	28
156	31	Graeme DONNAN	MV60	M	Les Croupiers Rc	32:07.10	111	12
157	213	Louise RIXON	FV40	F	Unattached	32:12.38	46	7
158	10	Bernadette WILKINSON	FV50	F	San Domenico Rc	32:14.39	47	4
159	230	Nicola Louise CROCKET	FV50	F	Chepstow Harriers	32:24.30	48	5
160	217	Andrew KETTER	MV45	M	Unattached	32:25.83	112	17
161	154	Lisa BATEMAN	FV45	F	Llisbury Runners	32:26.47	49	10
162	50	Hayley HARVEY	FV45	F	Chepstow Harriers	32:31.46	50	11
163	153	Neil CHIPPER	MV55	M	Llisbury Runners	32:43.49	113	13
164	219	Rachel CRATCHLEY	Senior Ladies	F	Unattached	32:54.83	51	13
165	166	David FEREDAY	MV65	M	Newport Harriers	33:00.94	114	1
166	159	Roger MORGAN	MV60	M	Forest Of Dean Ac	33:01.68	115	13
167	21	Katie HAMER	FV40	F	Parc Bryn Bach Rc	33:04.44	52	8

168	149	Ian JAMES	MV60	M	Forest Of Dean Ac	33:06.69	116	14
169	136	Kristian SINCLAIR	MV35	M	Llisbury Runners	33:08.43	117	9
170	244	Rob SUMMERS	MV60	M	Unattached	33:13.29	118	15
171	108	Gemma HEWITT	Senior Ladies	F	Forest Of Dean Ac	33:14.08	53	14
172	88	Damian COLLINS	Senior Men	M	Unattached	33:17.61	119	29
173	2	Vicky FEAR	Senior Ladies	F	Llisbury Runners	33:33.49	54	15
174	205	Sian GRIFFITHS	FV40	F	Chepstow Harriers	33:43.86	55	9
175	162	Vannessa Jane PEGLER	FV45	F	Forest Of Dean Ac	33:47.77	56	12
176	158	Claire MORGAN	FV50	F	Forest Of Dean Ac	33:50.74	57	6
177	163	Karen BARNETT	FV45	F	Forest Of Dean Ac	33:58.86	58	13
178	105	Graham BINGHAM	MV50	M	Pontypridd Roadents Ac	34:00.46	120	13
179	190	Lucy DAVIES	FV35	F	Chepstow Harriers	34:08.74	59	11
180	81	Caroline BEST	Senior Ladies	F	Pontypridd Roadents Ac	34:10.10	60	16
181	203	Vicki JONES	FV40	F	Islwyn Rc	34:20.33	61	10
182	37	Hilary MATHESON	FV60	F	Caldicot Running Club	34:28.68	62	2
183	192	Tim MORGAN	MV45	M	Unattached	34:35.04	121	18
184	24	Geoff MARKEY	MV45	M	Caldicot Running Club	34:38.61	122	19
185	60	Joel WILLIAMS	Senior Men	M	Unattached	34:43.10	123	30
186	229	Daniel PAYTON	MV35	M	Unattached	34:43.75	124	10
187	227	Paolo RAIMONDO	MV35	M	Unattached	34:52.66	125	11
188	12	Nicholas HARRIS	MV45	M	Les Croupiers Rc	34:56.07	126	20
189	197	Lyndsay POULSON	Senior Ladies	F	Pont-y-pwl And District Runners	35:13.86	63	17
190	58	Alan MANN	MV55	M	Les Croupiers Rc	35:33.61	127	14
191	112	John JAMES	MV65	M	Severn Ac	35:37.08	128	2
192	22	Ian WARNER	MV55	M	Unattached	35:52.04	129	15
193	147	John FRY	MV70+	M	Fairwater Runners	36:00.39	130	1
194	141	Denise HADIGATE	FV40	F	Islwyn Rc	36:04.13	64	11
195	52	Joanne DENDLE	FV45	F	Pontypridd Roadents Ac	36:05.43	65	14
196	123	Gemma REEKS	Senior Ladies	F	Caldicot Running Club	36:10.47	66	18
197	122	Gemma BEBB	Senior Ladies	F	Pontypridd Roadents Ac	36:21.00	67	19
198	173	Stuart BALL	MV35	M	Les Croupiers Rc	36:27.97	131	12
199	175	Karen CHADWELL	FV45	F	Les Croupiers Rc	36:28.54	68	15
200	49	Bretti PAXTON	Senior Ladies	F	Pontypridd Roadents Ac	36:31.69	69	20
201	104	Fiona CAMPBELL	FV40	F	Pontypridd Roadents Ac	36:33.21	70	12
202	216	Sam STONE	MV35	M	Unattached	36:58.50	132	13
203	126	Andy REEKS	MV55	M	Caldicot Running Club	37:03.43	133	16
204	25	Amanda THOMPSON	FV55	F	Les Croupiers Rc	37:26.21	71	4
205	118	Leah MORRIS	Senior Ladies	F	Pontypridd Roadents Ac	37:32.13	72	21
206	91	Ruth ROBERTSON	FV45	F	Unattached	37:36.32	73	16
207	220	Stephen ROGERSON	MV60	M	Unattached	38:16.24	134	16
208	80	Nick JACKSON	MV50	M	Llisbury Runners	38:24.38	135	14
209	73	Tim WRIGHT	MV50	M	Llisbury Runners	38:25.08	136	15
210	129	Joanna PEARSON	FV45	F	Caldicot Running Club	38:31.83	74	17
211	47	Amanda RAMSHAW	FV40	F	Chepstow Harriers	38:37.52	75	13
212	70	Caysha JACOB	Senior Ladies	F	Pontypridd Roadents Ac	38:38.19	76	22
213	180	Ian JONES	MV50	M	Chepstow Harriers	38:43.08	137	16
214	96	Geoff CRAM	MV65	M	Chepstow Harriers	38:47.13	138	3
215	69	Helen WELCH	FV40	F	Pontypridd Roadents Ac	38:49.69	77	14
216	127	Claire GREENGRASS	FV35	F	Chepstow Harriers	38:56.77	78	12
217	150	Bev JAMES	FV55	F	Forest Of Dean Ac	39:00.79	79	5
218	195	Denise CUER	FV45	F	Newport Harriers	39:25.69	80	18
219	23	Sarah MARKEY	FV40	F	Caldicot Running Club	40:00.21	81	15
220	193	Louise AHERNE	FV45	F	Llisbury Runners	40:04.94	82	19
221	231	Keith ANDERSON	MV50	M	Llisbury Runners	40:05.96	139	17
222	209	Kelly LEECH	FV35	F	Forest Of Dean Ac	40:06.63	83	13
223	210	Caroline SMITH	FV35	F	Unattached	40:07.24	84	14
224	208	Nigel BROWN	MV55	M	Unattached	40:07.85	140	17
225	128	Catherine PHILLIPS	FV35	F	Chepstow Harriers	40:33.99	85	15

226	92 Jo GWYNNE	F V40	F	Pontypridd Roadents Ac	42:07.86	86	16
227	182 Elaine HOPEBELL	F V45	F	Unattached	42:42.46	87	20
228	109 Julia HERBERT	F V40	F	Pontypridd Roadents Ac	43:15.33	88	17
229	140 Angela PRICE	F V40	F	Islwyn Rc	46:23.69	89	18
230	77 Sarah BOOTHBY	S enior Ladies	F	Pontypridd Roadents Ac	49:27.54	90	23
231	93 Diane DAVIES	F V60	F	Pontypridd Roadents Ac	59:56.91	91	3