

Tintern Trot - sponsored by Coates Physiotherapy Clinics
 Abbey Mill, Tintern: 5.7m (appr)
 Thursday 06-Jul-2017 at 19:30
 Organised by: Chepstow Harriers
 Race Results

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
1	257	Peter RYDER	Senior Men	M	Aberdare	38:14	1	1
2	105	James EVERETT	Senior Men	M	Dursley Running Club	38:32	2	2
3	226	Matt STOTT	Senior Men	M	Mdc	39:01	3	3
4	255	Marcus BENNETTO	Senior Men	M	Forest Of Dean Ac	39:38	4	4
5	250	Richard PURKIS	Senior Men	M	Tewkesbury Triathlon	39:42	5	5
6	290	Paul MURRIN	MV40	M	Chepstow Harriers	40:03	6	1
7	77	David LAWSON	Senior Men	M	Unattached	40:36	7	6
8	229	Richard JACKSON-HOOKINS	Senior Men	M	Penarth And Dinas	40:50	8	7
9	225	Sam JONES	Senior Men	M	Parc Bryn Bach Rc	41:13	9	8
10	263	Martyn WINSER	Senior Men	M	Chepstow Harriers	41:25	10	9
11	308	Benjamin MOON	Senior Men	M	Mdc	41:29	11	10
12	123	Dan SANDFORD	MV40	M	Forest Of Dean Ac	42:16	12	2
13	233	Alun WOOD	Senior Men	M	Mynydd Du	42:23	13	11
14	285	Andrew STEPHENS	MV40	M	Monross Trailblazers	42:40	14	3
15	297	Matt O'KEEFE	Senior Men	M	Unattached	43:00	15	12
16	24	Jack FLEET		M	Forest Of Dean Ac	43:11	16	
17	23	Leyton FLEET	MV45	M	Forest Of Dean Ac	43:16	17	1
18	121	Lee KIBBLE	Senior Men	M	Forest Of Dean Ac	43:27	18	13
19	137	Hopcyn MATTHEWS	Senior Men	M	Unattached	43:38	19	14
20	128	Rory ALDRITT	Senior Men	M	Caldicot Running Club	43:41	20	15
21	330	Matthew CROCKER	MV40	M	Clevedon	43:47	21	4
22	210	Robin PHILLIPS	MV40	M	Westbury Harriers	43:52	22	5
23	319	Andrew SKAILES	MV40	M	Unattached	44:04	23	6
24	253	Dafydd THOMAS	Senior Men	M	Unattached	44:09	24	16
25	268	Nathan REEKS	Senior Men	M	Caldicot Running Club	44:16	25	17
26	299	Jonathan LIKE	Senior Men	M	Pont-y-pwl And District Runners	44:20	26	18
27	178	Luke WILLIAMS	Senior Men	M	San Domenico Rc	44:31	27	19
28	50	Nicholas BENNETT	Senior Men	M	Westbury Harriers	44:54	28	20
29	273	Katie ROBY	Senior Ladies	F	Mdc	44:59	1	1
30	177	Jullian BAILEY-GARD	MV40	M	Westbury Harriers	45:02	29	7
31	322	Emyr ROBERTS	MV40	M	Cardiff Tri Club	45:33	30	8
32	336	James DAVIES	Senior Men	M	Unattached	45:43	31	21
33	17	Stephen THREADGOLD	MV45	M	Unattached	45:50	32	2
34	144	Karl JAMES	MV50	M	Les Croupiers Rc	46:14	33	1
35	205	Ben ROBBINS	Senior Men	M	Unattached	46:16	34	22
36	68	Lynette PORTER	FV50	F	Bitton Road Runners	46:22	2	1
37	313	Richard MATTHEW	MV40	M	Chepstow Harriers	46:26	35	9
38	326	Jonathan CLEDSON	MV50	M	Town And Country Harriers	46:28	36	2
39	222	Rhys J WILLIAMS	MV40	M	Mdc	46:30	37	10
40	172	Richard CRONIN	Senior Men	M	Mdc	46:32	38	23
41	132	Toby DOVEY	Senior Men	M	Unattached	46:32	39	24
42	204	Kevin PLANK	MV45	M	San Domenico Rc	46:34	40	3
43	79	Richard SELF	MV50	M	Les Croupiers Rc	46:41	41	3
44	217	Jonathan CARTER	MV45	M	Chepstow Harriers	46:44	42	4
45	122	Robert CLARKE	MV40	M	Caldicot Running Club	46:52	43	11

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46	190	John AGGLETON	MV60	M	Mdc	47:02	44	1
47	25	Mark MATHEWS	MV45	M	Forest Of Dean Ac	47:06	45	5
48	270	Howard OWEN	Senior Men	M	Les Croupiers Rc	47:18	46	25
49	201	Richard BEVAN	MV40	M	Monross Trailblazers	47:20	47	12
50	158	Richard SHEEHY	Senior Men	M	Parc Bryn Bach Rc	47:22	48	26
51	60	Terry JEWELL-DAVIES	MV55	M	Westbury Harriers	47:23	49	1
52	318	Sarah BELL	FV40	F	Chepstow Harriers	47:25	3	1
53	239	Mark BUXTON	Senior Men	M	Mdc	47:34	50	27
54	258	Richard PRICE	Senior Men	M	Parc Bryn Bach Rc	47:43	51	28
55	59	Josh DIXON	Senior Men	M	Les Croupiers Rc	47:43	52	29
56	101	Daniel BURGESS	MV40	M	Aberystwyth Ac	47:49	53	13
57	277	Barri EDWARDS	MV45	M	Unattached	47:52	54	6
58	81	Ian MACKLIN	MV45	M	Mdc	47:57	55	7
59	173	James BOYLE	MV50	M	Chepstow Harriers	47:58	56	4
60	200	Chloe WHEELER		F	Forest Of Dean Ac	48:00	4	
61	120	Walter LEACH	MV55	M	Forest Of Dean Ac	48:05	57	2
62	166	Dickie HUDD	MV45	M	Chepstow Harriers	48:13	58	8
63	183	Sally WILDER	Senior Ladies	F	San Domenico Rc	48:40	5	2
64	199	Glyn SANSOM	MV55	M	San Domenico Rc	48:43	59	3
65	207	Cory SHERWIN		M	Forest Of Dean Ac	48:45	60	
66	90	Jeremy HUTCHINSON	MV40	M	Town And Country Harriers	48:48	61	14
67	164	Tim WILDMAN	Senior Men	M	Great Western Runners	48:49	62	30
68	99	Oli SMITH	Senior Men	M	Unattached	48:53	63	31
69	110	Cherry FOWLER	FV45	F	Forest Of Dean Ac	48:54	6	1
70	248	Nicky McWILLIAM	FV40	F	Les Croupiers Rc	48:57	7	2
71	219	Lisa JEFFREY	FV45	F	Chepstow Harriers	48:58	8	2
72	237	David GEORGE	MV60	M	Westbury Harriers	48:59	64	2
73	272	Chris WILLIAMS	MV50	M	Unattached	48:59	65	5
74	316	Sandra CHIPPER	FV45	F	Llswerry Runners	49:20	9	3
75	55	Mark CHANNER	MV45	M	Forest Of Dean Ac	49:21	66	9
76	170	Ceri SHAVE	Senior Men	M	Unattached	49:28	67	32
77	350	Martin CARRUTHERS	MV45	M	Forest Of Dean Ac	49:30	68	10
78	192	Hywel LOVELUCK	MV50	M	Carduro	49:45	69	6
79	145	Jonathan RILEY	Senior Men	M	Town And Country Harriers	49:46	70	33
80	264	Toby GARRATT	Senior Men	M	Chepstow Harriers	49:54	71	34
81	157	Robert HOOK	MV50	M	Chepstow Harriers	49:54	72	7
82	247	Claire BRUCE	Senior Ladies	F	Les Croupiers Rc	49:54	10	3
83	218	Evita GONZALEZ-SAMOCKI	Senior Ladies	F	Westbury Harriers	49:56	11	4
84	315	Simon BLEASE	MV55	M	Brycheiniog	49:57	73	4
85	289	Cameron DUNCAN	Senior Men	M	San Domenico Rc	49:59	74	35
86	58	Laura DAVIES	Senior Ladies	F	Llswerry Runners	50:04	12	5
87	191	Tim REESE	MV50	M	Llswerry Runners	50:18	75	8
88	236	Julie CASHELL	FV40	F	Parc Bryn Bach Rc	50:28	13	3
89	126	Tracie WILLIAMS-ROWE	FV45	F	Llswerry Runners	50:37	14	4
90	235	Andy CREBER	MV55	M	Chepstow Harriers	50:43	76	5

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91	325	Richard COATES	MV40	M	Loose Dogs	50:44	77	15
92	71	Robert GALE	Senior Men	M	Parc Bryn Bach Rc	50:50	78	36
93	18	Simon WILLIAMS	MV50	M	Cwm Ogwr Running Club	50:56	79	9
94	202	James FLETCHER	MV50	M	Monross Trailblazers	51:03	80	10
95	181	Ian BELL	MV55	M	San Domenico Rc	51:07	81	6
96	213	Steve TAYLOR	MV40	M	Unattached	51:28	82	16
97	11	Anneli HENDY	FV45	F	Bitton Road Runners	51:36	15	5
98	186	Jim STORRAR	MV55	M	Forest Of Dean Ac	51:45	83	7
99	104	Debbie STENNER	FV40	F	Forest Of Dean Ac	51:47	16	4
100	314	Ben WATKINS	Senior Men	M	Mynydd Du	51:49	84	37
101	238	Clive OSMOND	MV55	M	Les Croupiers Rc	51:53	85	8
102	49	Max MALPASS	Senior Men	M	North Bristol Triathlon	52:10	86	38
103	224	Sian JONES	Senior Ladies	F	Parc Bryn Bach Rc	52:13	17	6
104	69	Philip HUGHES	Senior Men	M	San Domenico Rc	52:27	87	39
105	254	John PARMINTER	MV50	M	Black Combe Runners	52:30	88	11
106	221	Vanessa LAWSON	FV45	F	Chepstow Harriers	52:32	18	6
107	212	Paul CHRISTIE	MV45	M	Unattached	52:42	89	11
108	320	Cath TAILBY	FV45	F	Penarth And Dinas	52:45	19	7
109	293	Richard HUGHES	MV55	M	Westbury Harriers	52:49	90	9
110	252	Elin STEVENSON	Senior Ladies	F	Eryri Harriers	52:50	20	7
111	331	Liz NOAKES	FV55	F	Town And Country Harriers	52:57	21	1
112	52	Kev RUSSELL	MV55	M	Lliswerry Runners	52:59	91	10
113	64	Paul MASON	MV55	M	Tewkesbury Ac	53:00	92	11
114	161	Catherine ROBERTS	FV45	F	Forest Of Dean Ac	53:21	22	8
115	39	David JONES	MV50	M	Caldicot Running Club	53:32	93	12
116	300	Esther CALDWELL	FV40	F	Chepstow Harriers	53:36	23	5
117	211	Martin BLAKEBROUGH	MV50	M	Spirit Of Monmouth Rc	53:36	94	13
118	174	Matthew CURTIS	MV40	M	Unattached	53:38	95	17
119	138	Peter BROWN	MV65	M	Town And Country Harriers	53:42	96	1
120	93	Daren SMITH	MV50	M	Forest Of Dean Ac	53:42	97	14
121	227	Alasdair GARBUTT	MV45	M	Unattached	53:59	98	12
122	169	Aileen LYONS	Senior Ladies	F	Les Croupiers Rc	54:09	24	8
123	134	Nathaniel SWAIN	Senior Men	M	Unattached	54:18	99	40
124	16	Carl WALSH	MV45	M	Rhondda Valley Runners	54:19	100	13
125	261	Roger MILLS	MV45	M	Fairwater Runners	54:23	101	14
126	103	Chris MUNTON	Senior Men	M	Forest Of Dean Ac	54:26	102	41
127	21	Renske BOUWENS	FV40	F	Monmouth Tri Club	54:28	25	6
128	7	Karl DAVIES	MV55	M	Triks	54:35	103	12
129	147	Ross HOWELLS	Senior Men	M	Unattached	54:37	104	42
130	274	Chris TAYLOR	MV60	M	Mercia Fell Runners	54:52	105	3
131	195	Christine FARR	FV40	F	Mdc	54:56	26	7
132	51	Julie SCHOLEY	FV55	F	Les Croupiers Rc	55:03	27	2
133	160	Lee BROWNING	MV40	M	Unattached	55:08	106	18
134	231	Kerry WHITTON	Senior Ladies	F	Great Western Runners	55:09	28	9
135	85	Matt MILKINS	MV45	M	Town And Country Harriers	55:19	107	15

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136	179	Nathan LANDEG	Senior Men	M	Unattached	55:24	108	43
137	265	Andrew HUNT	Senior Men	M	Town And Country Harriers	55:28	109	44
138	75	Barry KNOWLES	MV45	M	Unattached	55:33	110	16
139	335	Jan MORRIS	FV45	F	Chepstow Harriers	55:35	29	9
140	296	Nev TURNER	MV55	M	Forest Of Dean Ac	55:46	111	13
141	53	Simon LAMB	MV45	M	San Domenico Rc	56:04	112	17
142	189	Anna LAWSON	Senior Ladies	F	Unattached	56:05	30	10
143	323	Ian DERRICK	MV45	M	Unattached	56:12	113	18
144	228	Sam EDWARDS	MV55	M	Town And Country Harriers	56:20	114	14
145	74	Andy MORGAN	MV45	M	Forest Of Dean Ac	56:22	115	19
146	92	Melinda RUCK	FV45	F	Forest Of Dean Ac	56:25	31	10
147	153	Mark BAKER	MV45	M	Unattached	56:27	116	20
148	187	Rachel HIPKISS	Senior Ladies	F	Chepstow Harriers	56:33	32	11
149	80	Jeremy CREASEY	MV50	M	Spirit Of Monmouth Rc	56:34	117	15
150	32	Andrew PALMER	Senior Men	M	Ajax Cc	56:34	118	45
151	197	Tosh SIMPKIN	MV45	M	Unattached	56:36	119	21
152	291	Roger TUCKER	MV55	M	Unattached	56:48	120	15
153	184	Jonathan HANCOCK	MV60	M	Usk Runners	56:49	121	4
154	288	Andrew WALL	Senior Men	M	Unattached	56:50	122	46
155	133	Bronwen DANIEL	Senior Ladies	F	Monmouth Tri Club	56:51	33	12
156	287	David WILLIAMS	Senior Men	M	Unattached	56:52	123	47
157	124	Carys DURIE	Senior Ladies	F	Unattached	56:53	34	13
158	338	Jonathan NEVILLE	Senior Men	M	Forest Of Dean Ac	56:57	124	48
159	271	Graham JAMES	MV50	M	Forest Of Dean Ac	57:00	125	16
160	324	Julian BILL	MV45	M	Cardiff Aac	57:04	126	22
161	156	Michael HARRIS	MV60	M	Westbury Harriers	57:13	127	5
162	48	Jeremy DICKSON	MV55	M	Lliswerry Runners	57:19	128	16
163	332	Rory DEUCHAR	Senior Men	M	Chepstow Harriers	57:32	129	49
164	283	Sarah COOK	Senior Ladies	F	Pont-y-pwl And District Runners	57:35	35	14
165	159	Ian PRIME	MV50	M	Congleton Harriers	57:37	130	17
166	72	Caroline BASSETT	Senior Ladies	F	Pegasus Rc	57:38	36	15
167	175	Simon MULCAHY	MV40	M	Frampton Cotterell Harriers	57:42	131	19
168	284	Ross HALE	MV50	M	Unattached	57:53	132	18
169	294	Mark POWELL	MV45	M	Forest Of Dean Ac	57:56	133	23
170	136	Lucy ALLEN	Senior Ladies	F	Unattached	57:57	37	16
171	276	Richard NEWHOUSE	MV45	M	Chepstow Harriers	58:00	134	24
172	267	Elinor PHILLIPS	Senior Ladies	F	Lliswerry Runners	58:03	38	17
173	286	Emma KING	Senior Ladies	F	Spirit Of Monmouth Rc	58:03	39	18
174	94	Chris BARNES	MV50	M	Unattached	58:04	135	19
175	98	David GILES	MV70+	M	Town And Country Harriers	58:06	136	1
176	106	Michelle AMBLIN	FV40	F	Les Croupiers Rc	58:07	40	8
177	280	Paul DAY	MV65	M	Lliswerry Runners	58:09	137	2
178	259	Damian HEWARD	Senior Men	M	Unattached	58:14	138	50
179	118	Karen ELVERS	FV45	F	Chepstow Harriers	58:19	41	11
180	143	Sherryl HALL	FV50	F	Forest Of Dean Ac	58:22	42	2

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181	167	Rob HICK	MV55	M	Town And Country Harriers	58:24	139	17
182	14	Paul DURSLEY	MV60	M	Lliswerry Runners	58:26	140	6
183	15	Lucy DOVEY	FV40	F	Cwm Ogwr Running Club	58:31	43	9
184	223	Pietro PAVESE	Senior Men	M	Unattached	58:33	141	51
185	20	Randal JONES	MV55	M	Lliswerry Runners	58:45	142	18
186	54	Nick SLOPER	MV45	M	Chelsea Running Club	59:04	143	25
187	282	Martin SIMMONS	MV55	M	Unattached	59:10	144	19
188	3	Emma TRACEY	Senior Ladies	F	Caldicot Running Club	59:21	44	19
189	262	Richard BOWIE	MV55	M	Fairwater Runners	59:27	145	20
190	8	Steven RICHARDS	MV40	M	Forest Of Dean Ac	59:38	146	20
191	196	Robert BARKER	MV50	M	Tgc	59:43	147	20
192	333	Doug GIBSON	MV50	M	Unattached	59:44	148	21
193	215	Laura HEAPE	FV40	F	Town And Country Harriers	59:57	45	10
194	278	Jennet HOLMES	FV40	F	Pontypridd Roadents Ac	01:00:11	46	11
195	232	Helen WILLIAMS	FV40	F	Parc Bryn Bach Rc	01:00:15	47	12
196	57	Rebecca COX	Senior Ladies	F	Les Croupiers Rc	01:00:17	48	20
197	78	Andy CHISHOLM	MV55	M	Unattached	01:00:24	149	21
198	241	Andrew HARTLEY	Senior Men	M	North Gloucester Orienteering	01:00:27	150	52
199	38	Alan ROBERTSON	MV60	M	Forest Of Dean Ac	01:00:30	151	7
200	40	David WHERRY	Senior Men	M	Caldicot Running Club	01:00:40	152	53
201	37	Daniela GORMLEY	FV45	F	Griffithstown Harriers	01:00:42	49	12
202	256	Graham BENNETTO	MV55	M	Forest Of Dean Ac	01:01:00	153	22
203	198	Ray DAVIES	MV55	M	Aberdare	01:01:01	154	23
204	281	Paul Grainger JONES	MV40	M	Pont-y-pwl And District Runners	01:01:06	155	21
205	151	Mike BERRY	MV40	M	Forest Of Dean Ac	01:01:15	156	22
206	73	Emer BRANGAN	FV40	F	Unattached	01:01:33	50	13
207	206	Berna CANTWELL	FV50	F	Chepstow Harriers	01:01:34	51	3
208	27	Stefanie FRANCIS	FV50	F	Forest Of Dean Ac	01:01:51	52	4
209	28	Brian FRANCIS	MV55	M	Forest Of Dean Ac	01:01:52	157	24
210	214	Robert RICHARD	MV50	M	Town And Country Harriers	01:01:59	158	22
211	56	Adrian FROWEN	MV50	M	Unattached	01:02:05	159	23
212	328	Yvonne WILLIAMS	FV60	F	Penarth And Dinas	01:02:22	53	1
213	203	Matt KIBBLEWHITE	Senior Men	M	Unattached	01:02:27	160	54
214	244	Gary JOHN	MV60	M	Les Croupiers Rc	01:02:43	161	8
215	150	Kate BERRY	FV40	F	Forest Of Dean Ac	01:02:53	54	14
216	100	Wesley HARRIS	Senior Men	M	Caerleon Running Club	01:03:19	162	55
217	266	Nicola JACOBS	Senior Ladies	F	Caerphilly Runners	01:03:20	55	21
218	249	Gareth JONES	MV65	M	Chepstow Harriers	01:03:21	163	3
219	310	Helen TROLLOPE	Senior Ladies	F	Mudstacle	01:03:29	56	22
220	327	Pamela SUTER	FV40	F	Chepstow Harriers	01:03:38	57	15
221	234	Louise CROCKETT	FV50	F	Chepstow Harriers	01:03:44	58	5
222	102	Emma HOARE	FV45	F	Bitton Road Runners	01:03:51	59	13
223	10	Tracy WARD	FV40	F	Bitton Road Runners	01:03:51	60	16
224	209	Vanessa PEGLER	FV45	F	Forest Of Dean Ac	01:04:25	61	14
225	329	Ellen SUGDEN	FV40	F	Pegasus Rc	01:04:28	62	17

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226	349	Benjamin ANNEAR	Senior Men	M	Goodeym	01:04:45	164	56
227	162	Chris MEDCALF	MV40	M	San Domenico Rc	01:04:45	165	23
228	317	Shaun DAVIES	Senior Men	M	Unattached	01:04:45	166	57
229	86	Ben JOZEFIAK	Senior Men	M	Eryri Harriers	01:04:45	167	58
230	84	Nigel ADAMS	MV50	M	Penarth And Dinas	01:05:04	168	24
231	337	Anna HELSING	FV50	F	Penarth And Dinas	01:05:09	63	6
232	279	Sharon LANFEAR	FV40	F	Unattached	01:05:13	64	18
233	12	Alison WHERRY-ALIMO	FV45	F	Bitton Road Runners	01:05:30	65	15
234	135	Andrew KNOTT	Senior Men	M	Forest Of Dean Ac	01:05:40	169	59
235	91	Martin ADAMS	Senior Men	M	Forest Of Dean Ac	01:05:41	170	60
236	149	Liselette ADAMS	FV40	F	Forest Of Dean Ac	01:05:42	66	19
237	251	Paul WHITE	MV45	M	Caldicot Running Club	01:05:44	171	26
238	182	Chloe POWLES	Senior Ladies	F	Forest Of Dean Ac	01:06:27	67	23
239	260	Linda PHILLIPS	FV40	F	Westbury Harriers	01:07:09	68	20
240	114	Paul ALLEN	MV45	M	Unattached	01:07:33	172	27
241	246	Caroline NIGHTINGALE	FV50	F	Vegan Runners	01:07:59	69	7
242	245	Gary BODMAN	MV50	M	Les Croupiers Rc	01:08:00	173	25
243	41	Katie JONES	Senior Ladies	F	Caldicot Running Club	01:08:23	70	24
244	208	Jack HAYES		M	Unattached	01:08:39	174	
245	292	Kay RIDGWELL	FV55	F	Westbury Harriers	01:08:47	71	3
246	5	Vicky SIMS	Senior Ladies	F	Unattached	01:09:18	72	25
247	230	Samantha JELLEY	FV40	F	Unattached	01:09:20	73	21
248	109	Sian KNIGHT	FV60	F	Unattached	01:09:24	74	2
249	220	Robert PROWSE	MV50	M	Unattached	01:09:36	175	26
250	180	Karen CHADWELL	FV45	F	Les Croupiers Rc	01:09:46	75	16
251	312	Matthew PRICE	MV40	M	Unattached	01:09:57	176	24
252	298	Lloyd WHEELER	Senior Men	M	Unattached	01:10:12	177	61
253	154	Mary BAKER	FV45	F	Unattached	01:10:21	76	17
254	168	Carolyn DENT	FV50	F	Town And Country Harriers	01:10:43	77	8
255	82	Andrea ETHERIDGE	FV45	F	Unattached	01:10:45	78	18
256	13	Suzanne PETERS	FV50	F	Forest Of Dean Ac	01:10:48	79	9
257	240	Dave HARTLEY	MV65	M	North Gloucester Orienteering	01:11:14	178	4
258	119	Caroline RICKARDS	Senior Ladies	F	Forest Of Dean Ac	01:11:39	80	26
259	321	Graham TAYLOR	MV60	M	Unattached	01:11:54	179	9
260	22	Debbie WOODWARD	FV45	F	Forest Of Dean Ac	01:11:56	81	19
261	29	Rhys LEWIS	MV40	M	Parc Bryn Bach Rc	01:12:30	180	25
262	295	Kate POWELL	FV45	F	Forest Of Dean Ac	01:12:34	82	20
263	146	Cheryl NOLAN	Senior Ladies	F	Town And Country Harriers	01:12:46	83	27
264	26	Karen BARNETT	FV45	F	Forest Of Dean Ac	01:13:02	84	21
265	309	Michelle BROWN	Senior Ladies	F	Unattached	01:13:31	85	28
266	216	Lindsay DOVEY	Senior Ladies	F	Unattached	01:13:31	86	29
267	311	Rachael ROGERS	FV45	F	Unattached	01:13:31	87	22
268	269	Steve NEW	MV50	M	Caerphilly Runners	01:13:33	181	27
269	31	Bev JAMES	FV55	F	Forest Of Dean Ac	01:14:01	88	4
270	188	John-Paul PIPER	Senior Men	M	Unattached	01:15:16	182	62

Tintern Trot - sponsored by Coates Physiotherapy Clinics
 Abbey Mill, Tintern: 5.7m (appr)
 Thursday 06-Jul-2017 at 19:30
 Organised by: Chepstow Harriers
 Race Results

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
271	139	Alison COLE	FV40	F	Unattached	01:15:35	89	22
272	140	James FAWCETT	MV45	M	Unattached	01:15:37	183	28
273	129	Nicola DERRICK	FV45	F	Westbury Harriers	01:15:39	90	23
274	141	Kelly McGUFFIE	Senior Ladies	F	Unattached	01:15:46	91	30
275	142	Joanne PALMER	FV45	F	Unattached	01:15:46	92	24
276	275	Kate BARNES	FV50	F	Unattached	01:16:12	93	10
277	9	Rosie CREW	Senior Ladies	F	Bitton Road Runners	01:16:15	94	31
278	125	Ruth KEELEY	FV45	F	Bitton Road Runners	01:16:16	95	25
279	165	Michele SILSBURY-BASEY	FV40	F	Bitton Road Runners	01:16:28	96	23
280	83	Valerie CLARE	FV60	F	Lliswerry Runners	01:17:08	97	3
281	33	Rachel PALMER	Senior Ladies	F	Fleet Feet Pdx	01:17:43	98	32
282	67	Karl GWILLIAM	MV45	M	Trail Running Association	01:18:03	184	29
283	111	Mike KING	MV65	M	Nailsea Rc	01:18:24	185	5
284	47	Rachel KENNEDY	FV45	F	Lliswerry Runners	01:18:59	99	26
285	117	Morwenna PHILLIPS	Senior Ladies	F	Lliswerry Runners	01:20:38	100	33
286	155	Richard NUELL	MV65	M	Portishead Rc	01:20:54	186	6
287	43	Lisa NICHOLLS	FV45	F	Lliswerry Runners	01:21:16	101	27
288	87	Megan SMITH	FV45	F	Lliswerry Runners	01:21:43	102	28
289	6	Elizabeth JONES	FV45	F	Islwyn Rc	01:21:44	103	29
290	44	Sonja BREESE	FV45	F	Lliswerry Runners	01:22:07	104	30
291	148	Julia GROOMBRIDGE	FV50	F	Lliswerry Runners	01:22:19	105	11
292	193	Desmond JONES	MV40	M	Lliswerry Runners	01:22:22	187	26
293	66	Chloe MASON	Senior Ladies	F	Unattached	01:23:05	106	34
294	242	Gerry BLAKE	MV45	M	Brecon Ac	01:23:28	188	30
295	243	Penny MAISEY	FV45	F	Unattached	01:23:57	107	31
296	89	Philip COLE	MV60	M	Unattached	01:24:20	189	10
297	97	Andy JARRETT	MV50	M	Kingsway Runners	01:24:21	190	28
298	65	Karen MASON	FV50	F	Tewkesbury Ac	01:24:39	108	12
299	63	Amanda THOMPSON	FV55	F	Les Croupiers Rc	01:26:03	109	5
300	176	Karen MARSHALL	FV50	F	Forest Of Dean Ac	01:26:44	110	13
301	96	Wendy CHENG	FV60	F	Unattached	01:27:51	111	4
302	30	Nicola LEWIS	FV40	F	Parc Bryn Bach Rc	01:29:18	112	24
303	334	Paul WILLIAMS	MV60	M	Lliswerry Runners	01:33:53	191	11
304	95	Daphne AUSTERBERRY	FV70+	F	Chepstow Harriers	01:46:49	113	1