

# Gwent Cross Country League 2010-2011

## 12 February 2011 : Penlan Leisure Centre, Brecon

### Senior Men (202 Starters)

Pos	Athlete	Club	Time	Pts
1	R. Gardiner	Aberdare Valley A. A. C.	32.18	202
2	P. Matthews	Swansea Harriers Athletic Club	32.29	201
3	A. Davies	(40) Brecon Athletic Club	33.11	200
4	J. Mills	Cardiff Amateur Athletic Club	33.44	199
5	Luke Watson	(23) Taf Running & Orienteering Teams	34.02	198
6	C. Carpanini	(23) Newport Harriers Athletic Club	34.15	197
7	A. Friend	Cardiff Amateur Athletic Club	34.24	196
8	J. Bancroft	(23) Wells and Yeovil	34.33	195
9	D. Coales	(40) Team Bath	34.36	194
10	J. James	(45) Wells and Yeovil	34.42	193
11	C. Williams	(40) Neath Harriers	34.49	192
12	S. Everington	(35) Westbury Harriers	35.04	191
13	P. Cook	(40) Les Croupiers Running Club	35.15	190
14	A. Glover	Westbury Harriers	35.22	189
15	G. Ward	Westbury Harriers	35.39	188
16	J. Gilling	Wells and Yeovil	35.45	187
17	A. Wiltshire	(23) Wells and Yeovil	35.54	186
18	M. Palser	Les Croupiers Running Club	35.55	185
19	D. Bodman	(23) Pontypridd Athletic Club	35.56	184
20	P. Coles	(45) Pontypridd Athletic Club	35.56	183
21	L. Ladd	(23) Carmarthen & District Harriers A.C.	35.59	182
22	P. Talbot	(40) Neath Harriers	35.59	181
23	A. Roberts	(23) Taf Running & Orienteering Teams	36.05	180
24	P. Griffiths	(40) Neath Harriers	36.08	179
25	D. Jones	Team Bath	36.10	178
26	J. Bromilow	(23) Cardiff University Harriers	36.17	177

27	S. Crees		Les Croupiers Running Club	36.20	176
28	C. Hudson	(23)	Newport Harriers Athletic Club	36.25	175
29	B. Fanshawe	(23)	University of Bath	36.32	174
30	S. Simms	(40)	Griffithstown Harriers A. A. C.	36.32	173
31	M. Richards	(23)	Pembrokeshire Harriers	36.32	172
32	R. Whitham	(23)	Cardiff University Harriers	36.35	171
33	E. Ibrahim (ind)		Cardiff Amateur Athletic Club	36.43	170
34	A. Tulu		Newport Harriers Athletic Club	36.44	169
35	J. Terry		Westbury Harriers	36.45	168
36	M. Lewis		Wells and Yeovil	36.48	167
37	R. Bullen	(50)	Les Croupiers Running Club	36.49	166
38	S. Penny	(40)	Chepstow Harriers	36.50	165
39	M. Evans		Taf Running & Orienteering Teams	37.00	164
40	J. Williams		Llanelli Amateur Athletic Club	37.21	163
41	A. Deamer	(40)	Wells and Yeovil	37.24	162
42	J. Morris		Amman Valley Harriers	37.28	161
43	J. King		Caerleon Running Club	37.38	160
44	R. Whitehouse	(45)	Neath Harriers	37.46	159
45	R. Self	(40)	Les Croupiers Running Club	37.55	158
46	A. Powell		Neath Harriers	38.03	157
47	M. McGeoch	(55)	Les Croupiers Running Club	38.17	156
48	C. Johnson	(45)	Westbury Harriers	38.22	155
49	A. Haq	(23)	Cardiff University Harriers	38.25	154
50	B. Richardson	(50)	Les Croupiers Running Club	38.30	153
51	P. Kendrick	(40)	Brecon Athletic Club	38.36	152
52	R. Phillips		Westbury Harriers	38.37	151
53	L. Rawlinson		Caerleon Running Club	38.42	150
54	B. Moon		Cardiff Harlequins	38.49	149
55	M. Havard	(40)	San Domenico Road Runners Club	38.51	148
56	Jeff Thomas	(40)	Bridgend Athletic Club	38.52	147
57	L. Sandham	(40)	Neath Harriers	38.53	146
58	R. Cook	(23)	University of Bath	38.53	145
59	S. Scholz	(40)	Les Croupiers Running Club	38.56	144
60	A. Maggs	(40)	Team Bath	38.56	143
61	R. Mulvany	(35)	Neath Harriers	38.57	142
62	K. Griffiths	(40)	Taf Running & Orienteering Teams	39.03	141
63	S. Lewis	(45)	Parc Bryn Bach Runners	39.07	140
64	P. Sowerby	(40)	Brecon Athletic Club	39.10	139
65	S. Trommler	(23)	Cardiff University Harriers	39.11	138
66	P. Kellam	(40)	Les Croupiers Running Club	39.12	137

67	K. Taylor	(50)	Amman Valley Harriers	39.19	136
68	C. Flower	(40)	Brecon Athletic Club	39.24	135
69	J. Godden	(40)	Thornbury Running Club	39.28	134
70	G. Irving	(50)	Swansea Harriers Athletic Club	39.31	133
71	G. Sansom	(45)	San Domenico Road Runners Club	39.33	132
72	R. Wilder	(35)	San Domenico Road Runners Club	39.41	131
73	B. Lovett	(40)	San Domenico Road Runners Club	39.42	130
74	E. Lepore	(55)	Les Croupiers Running Club	39.43	129
75	I. Roberts	(45)	Stroud & District Athletic Club	39.49	128
76	A. Baker	(45)	Pontypridd Athletic Club	39.55	127
77	M. Parkes		Bridgend Athletic Club	40.02	126
78	R. Evans		Pontypridd Athletic Club	40.12	125
79	P. Chan	(40)	Great Western Runners	40.18	124
80	S. Harrhy	(45)	Lliswerry Runners	40.24	123
81	G. Brown		Penarth and Dinas Runners	40.25	122
82	S. Prior	(40)	Wells and Yeovil	40.29	121
83	D. Bowkett	(23)	3M Gorseinon Road Runners	40.32	120
84	M. Lawson	(40)	Chepstow Harriers	40.33	119
85	P. Osborne	(50)	Swansea Harriers Athletic Club	40.34	118
86	R. Samuel	(40)	Cardiff Harlequins	40.35	117
87	M. Davies		Taf Running & Orienteering Teams	40.37	116
88	J. Lam	(35)	San Domenico Road Runners Club	40.38	115
89	J. Potts	(40)	San Domenico Road Runners Club	40.39	114
90	G. Slater	(40)	Thornbury Running Club	40.46	113
91	S. Wadley	(50)	Newport Harriers Athletic Club	40.48	112
92	D. Griffiths	(40)	Newport Harriers Athletic Club	40.50	111
93	M. Davies	(50)	Lliswerry Runners	40.56	110
94	S. Merrick	(40)	Swansea Harriers Athletic Club	40.58	109
95	A. Rees		Neath Harriers	41.00	108
96	D. Hardie	(50)	3M Gorseinon Road Runners	41.02	107
97	P. Rees	(45)	3M Gorseinon Road Runners	41.04	106
98	M. Lewis	(40)	Cwmbran Harriers	41.05	105
99	T. Hesslenberg	(23)	Cardiff University Harriers	41.06	104
100	P. Bristow	(50)	San Domenico Road Runners Club	41.07	103
101	V. Edwards		Cardiff Harlequins	41.11	102
102	J. Aggleton	(50)	Cardiff Harlequins	41.15	101
103	A. Wood	(40)	San Domenico Road Runners Club	41.17	100
104	A. Jones		Les Croupiers Running Club	41.18	99
105	R. Morris	(60)	San Domenico Road Runners Club	41.22	98
106	G. Crispie	(45)	Les Croupiers Running Club	41.27	97

107	M. Murphy	(55) Les Croupiers Running Club	41.31	96
108	P. Miles	(55) Parc Bryn Bach Runners	41.32	95
109	H. Mason	(45) Caerleon Running Club	41.33	94
110	D. Smout	(60) Parc Bryn Bach Runners	41.34	93
111	L. Richards	Newport Harriers Athletic Club	41.45	92
112	K. Jackson	(50) Dursley & District Athletic Club	41.50	91
113	M. Hooper	(23) Les Croupiers Running Club	41.54	90
114	D. McAtee	(50) Newport Harriers Athletic Club	42.07	89
115	A. Blair	(45) Les Croupiers Running Club	42.10	88
116	H. Carpenter	(55) Neath Harriers	42.11	87
117	G. Torrington	(40) Westbury Harriers	42.19	86
118	P. Hawkins	(50) Great Western Runners	42.20	85
119	R. Williams	(45) Westbury Harriers	42.25	84
120	A. Walton	(40) San Domenico Road Runners Club	42.42	83
121	A. Anderson	(23) Cardiff University Harriers	42.44	82
122	C. Nellins	(50) Penarth and Dinas Runners	42.45	81
123	D. Stanfield	(45) Wells and Yeovil	42.46	80
124	H. Kent	(55) Les Croupiers Running Club	42.50	79
125	A. Mason	(50) Les Croupiers Running Club	42.51	78
126	T. Jefferies	(65) Westbury Harriers	42.58	77
127	S. Arnold	(40) Wells and Yeovil	43.01	76
128	C. Osmond	(50) Les Croupiers Running Club	43.04	75
129	P. Walters	(50) Taf Running & Orienteering Teams	43.07	74
130	S. Shields	San Domenico Road Runners Club	43.09	73
131	M. Hopkins	(45) Westbury Harriers	43.12	72
132	I. McDonald	(45) San Domenico Road Runners Club	43.13	71
133	D. Shields	(45) San Domenico Road Runners Club	43.15	70
134	N. Langridge	(55) Thornbury Running Club	43.23	69
135	E. Davey	(60) Llanelli Amateur Athletic Club	43.32	68
136	E. Cummings	(40) Bridgend Athletic Club	43.35	67
137	A. Stott	(50) Chepstow Harriers	43.43	66
138	J. Diffey	(40) Les Croupiers Running Club	43.52	65
139	J. Delaney	(55) San Domenico Road Runners Club	43.54	64
140	N. Grant	(50) Chepstow Harriers	43.58	63
141	J. Hargreaves	(55) Great Western Runners	44.05	62
142	G. John	(50) Les Croupiers Running Club	44.12	61
143	R. Taylor	Chepstow Harriers	44.13	60
144	A. Perkins	(60) Port Talbot Harriers & A. C.	44.21	59
145	L. Davies	(35) Pontypridd Athletic Club	44.25	58
146	D. Proffitt	(55) Newport Harriers Athletic Club	44.32	57

147	R. Whitcombe	(50)	Wells and Yeovil	44.34	56
148	P. Evans		Brecon Athletic Club	44.38	55
149	C. Herdman		Penarth and Dinas Runners	44.44	54
150	L. McGeoch-Williams		Les Croupiers Running Club	44.53	53
151	A. Ulyet	(23)	Cardiff University Harriers	45.02	52
152	S. Davies	(40)	Port Talbot Harriers & A. C.	45.03	51
153	J. Magee	(35)	Les Croupiers Running Club	45.08	50
154	D. Osborne	(40)	Brecon Athletic Club	45.14	49
155	R. Wilcox	(40)	Penarth and Dinas Runners	45.21	48
156	D. Davies	(60)	Neath Harriers	45.28	47
157	J. Barnes	(23)	Wye Valley Runners	45.31	Guest
158	C. Walters	(60)	Taf Running & Orienteering Teams	45.38	46
159	C. Davies	(35)	San Domenico Road Runners Club	45.47	45
160	U. Kumari	(55)	Swansea Harriers Athletic Club	46.00	44
161	M. Davies	(60)	Les Croupiers Running Club	46.08	43
162	D. West	(45)	3M Gorseinon Road Runners	46.22	42
163	S. Pearce		Newport Harriers Athletic Club	46.32	41
164	S. Thomson	(45)	Griffithstown Harriers A. A. C.	46.34	40
165	S. Davey	(45)	Caerleon Running Club	46.38	39
166	R. Hobbs	(60)	Dursley & District Athletic Club	46.41	38
167	M. Bradley	(60)	Penarth and Dinas Runners	46.52	37
168	R. Phillips		Taf Running & Orienteering Teams	47.01	36
169	M. Bennett	(60)	Great Western Runners	47.08	35
170	D.E. Williams	(45)	Les Croupiers Running Club	47.19	34
171	N. Pringle	(50)	Lliswerry Runners	47.22	33
172	P. Hughes		San Domenico Road Runners Club	47.26	32
173	T. Fenton	(50)	Great Western Runners	47.52	31
174	G. Trueman	(60)	Stroud & District Athletic Club	47.59	30
175	G. Ashton	(50)	Chepstow Harriers	48.21	29
176	A. Holling	(55)	Port Talbot Harriers & A. C.	48.26	28
177	P. Roberts	(50)	Griffithstown Harriers A. A. C.	48.28	27
178	A. Dunscombe	(45)	Pontypridd Athletic Club	48.41	26
179	D. James		Brecon Athletic Club	48.43	25
180	G. Bodman	(45)	Les Croupiers Running Club	48.49	24
181	M. Halsall		Llanelli Amateur Athletic Club	49.00	23
182	J. Aston	(60)	Les Croupiers Running Club	49.03	22
183	H. Evans	(50)	Llanelli Amateur Athletic Club	49.16	21
184	B. Mogford	(50)	Amman Valley Harriers	49.23	20
185	P. Mainstone	(55)	Thornbury Running Club	49.48	19
186	R. Evans	(40)	Penarth and Dinas Runners	50.05	18

187	D. Hughes	(40)	Bridgend Athletic Club	50.17	17
188	M. James	(65)	Les Croupiers Running Club	50.24	16
189	J. Hurford	(50)	Great Western Runners	50.30	15
190	C. Bennett	(55)	Great Western Runners	50.37	14
191	G. Jones	(50)	Bridgend Athletic Club	50.41	13
192	A. Taylor	(50)	Caerleon Running Club	51.12	12
193	R. Davey	(65)	Les Croupiers Running Club	52.36	11
194	J. Davies	(60)	Port Talbot Harriers & A. C.	53.59	10
195	N. Chipper	(50)	Lliswerry Runners	54.29	9
196	P. Holder	(50)	Cardiff Harlequins	54.33	8
197	S. Selwyn	(40)	Thornbury Running Club	59.39	7
198	I. Swanson	(60)	Port Talbot Harriers & A. C.	67.06	6

## Gwent Cross Country League 2010-2011

### 12 February 2011 : Penlan Leisure Centre, Brecon

#### Senior Women (120 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Rees	Cardiff Amateur Athletic Club	21.21	120
2	K. Roberts	(23) Bridgend Athletic Club	21.31	119
3	D. Marsden	Westbury Harriers	21.40	118
4	M. Gittoes	Chepstow Harriers	22.18	117
5	A. Thomas	(40) Taf Running & Orienteering Teams	22.27	116
6	E. Loveland	(23) Cardiff Amateur Athletic Club	22.38	115
7	S. Wilder	San Domenico Road Runners Club	22.40	114
8	J. Manners	(23) Guest	22.44	Guest
9	A. Lewis	Wells and Yeovil	22.45	113
10	T. Chick	Westbury Harriers	22.49	112
11	R. Pierce	Team Bath	22.50	111
12	A. Davies	(23) University of Bath	22.51	110
13	L. Manson	(35) Clevedon Athletic Club	22.55	109

14	S. Haikala	(35)	Brecon Athletic Club	23.06	108
15	L. O'Duffy	(40)	Les Croupiers Running Club	23.14	107
16	V. McConnell	(45)	Bristol and West Athletic Club	23.28	106
17	A. Hurford	(45)	Bristol and West Athletic Club	23.38	105
18	M. Watson	(45)	Taf Running & Orienteering Teams	23.49	104
19	S. Pinkham	(45)	Port Talbot Harriers & A. C.	23.58	103
20	K. Britten	(35)	Clevedon Athletic Club	24.04	102
21	B. Stearn	(23)	Cardiff University Harriers	24.05	101
22	Z. Dixon		Westbury Harriers	24.07	100
23	L. Summers	(35)	Chepstow Harriers	24.23	99
24	E. Jones		Taf Running & Orienteering Teams	24.26	98
25	L. Davies		Cardiff Amateur Athletic Club	24.27	97
26	J. Phillips	(40)	Llanelli Amateur Athletic Club	24.29	96
27	E. Smith		Westbury Harriers	24.31	95
28	C. Hudgell		Les Croupiers Running Club	24.45	94
29	F. Etherington		Thornbury Running Club	24.47	93
30	C. Tailby	(40)	Les Croupiers Running Club	24.53	92
31	Caroline Jones	(50)	Taf Running & Orienteering Teams	24.58	91
32	K. Winstone	(23)	Westbury Harriers	24.58	90
33	S. Chipper	(35)	Lliswerry Runners	25.01	89
34	B. McInnes		Thornbury Running Club	25.03	88
35	J. Plumbley		Thornbury Running Club	25.03	87
36	M. Thomas		Taf Running & Orienteering Teams	25.06	86
37	D. Cleary		Westbury Harriers	25.08	85
38	H. Jessop		Les Croupiers Running Club	25.09	84
39	V. Lawson	(35)	Chepstow Harriers	25.11	83
40	K. Prior	(35)	Wells and Yeovil	25.16	82
41	E. Oughton	(40)	Great Western Runners	25.22	81
42	C. Cleathero		Taf Running & Orienteering Teams	25.30	80
43	R. Rowland	(45)	Thornbury Running Club	25.41	79
44	L. Cleary	(45)	Penarth and Dinas Runners	25.43	78
45	L. Eynon	(50)	Taf Running & Orienteering Teams	25.47	77
46	J. Becker	(35)	Les Croupiers Running Club	25.54	76
47	N. Laws	(35)	Brecon Athletic Club	26.04	75
48	A-M. Harris	(40)	Parc Bryn Bach Runners	26.05	74
49	A. Hurman	(35)	Penarth and Dinas Runners	26.06	73
50	F. Davies	(55)	Pontypridd Athletic Club	26.14	72
51	F. Evans	(23)	Amman Valley Harriers	26.21	71
52	C. Brambley-Tucker	(40)	Port Talbot Harriers & A. C.	26.34	70
53	C. Cassidy		Parc Bryn Bach Runners	26.40	69

54	J. Scholey	(50)	Les Croupiers Running Club	26.44	68
55	Y. Bullen	(45)	Les Croupiers Running Club	26.46	67
56	W. Owen	(40)	San Domenico Road Runners Club	27.00	66
57	C. Turnbull		Great Western Runners	27.05	65
58	P. Williams	(50)	Port Talbot Harriers & A. C.	27.13	64
59	K. Jones	(35)	Neath Harriers	27.17	63
60	S. Thomas	(23)	Cardiff University Harriers	27.18	62
61	S. Davies	(35)	Thornbury Running Club	27.24	61
62	H. Eve	(40)	Swansea Harriers Athletic Club	27.30	60
63	J. Richards	(40)	Griffithstown Harriers A. A. C.	27.31	59
64	H. Johnson	(35)	Westbury Harriers	27.37	58
65	C. Hayes	(40)	Barry & Vale Harriers A. A. C.	27.57	57
66	J. Mills	(50)	Thornbury Running Club	27.59	56
67	D. Howells	(40)	Barry & Vale Harriers A. A. C.	28.08	55
68	C. Dallimore	(55)	Les Croupiers Running Club	28.17	54
69	G. Smith	(45)	Swansea Harriers Athletic Club	28.32	53
70	J. Ash	(35)	Les Croupiers Running Club	28.34	52
71	A. Rowell	(55)	Taf Running & Orienteering Teams	28.38	51
72	J. Skilton	(50)	San Domenico Road Runners Club	28.41	50
73	L. Underwood	(23)	University of Bath	28.42	49
74	A. Bushell (ind)	(40)	Thornbury Running Club	28.43	48
75	S. Tucker	(35)	Westbury Harriers	28.45	47
76	L. Williams		3M Gorseinon Road Runners	28.49	46
77	J. Austerberry	(35)	Chepstow Harriers	28.50	45
78	G. Edwards	(45)	Les Croupiers Running Club	29.02	44
79	A. James	(60)	Les Croupiers Running Club	29.08	43
80	A.N. Unknown		Anonymous Athletic Club	29.09	42
81	L. Steel	(45)	Brecon Athletic Club	29.16	41
82	C. House	(35)	San Domenico Road Runners Club	29.19	40
83	Y. Williams	(55)	Penarth and Dinas Runners	29.49	39
84	J. Rawlinson		Caerleon Running Club	29.59	38
85	B. Havers		Chepstow Harriers	30.15	37
86	J. Nurse	(35)	Les Croupiers Running Club	30.38	36
87	D. Veck	(40)	3M Gorseinon Road Runners	30.39	35
88	B. Wilkinson	(45)	San Domenico Road Runners Club	30.57	34
89	S. Flanagan	(23)	Cardiff University Harriers	31.00	33
90	T. Rossiter	(50)	Les Croupiers Running Club	31.15	32
91	S. Neal	(55)	Les Croupiers Running Club	31.18	31
92	C. Hurdidge	(55)	3M Gorseinon Road Runners	31.22	30
93	C. Lansdown	(45)	Thornbury Running Club	31.54	29



94	E. Page	(45) Sarn Helen Orienteering & R. C.	32.07	28
95	L. Rees	(50) 3M Gorseinon Road Runners	32.26	27
96	V. Clare	(50) Lliswerry Runners	32.35	26
97	C. Johnson	(65) Les Croupiers Running Club	32.38	25
98	G. Dafydd	(50) Les Croupiers Running Club	32.39	24
99	R. Davies	(55) Great Western Runners	32.48	23
100	E. Luke	Penarth and Dinas Runners	33.09	22
101	F. Sharpe	(50) 3M Gorseinon Road Runners	33.27	21
102	G. Murphy	(55) Les Croupiers Running Club	33.30	20
103	E. Noonan	(45) Westbury Harriers	33.32	19
104	G. Howells	(60) Caerleon Running Club	33.41	18
105	C. Vorres	(50) Griffithstown Harriers A. A. C.	33.45	17
106	M. Thomson	(50) Brecon Athletic Club	34.04	16
107	J. Maragna	(55) Penarth and Dinas Runners	34.28	15
108	S. Mogford	Amman Valley Harriers	34.37	14
109	E. Diosi	(35) Pontypridd Athletic Club	34.46	13
110	H. Welch	(35) Pontypridd Athletic Club	35.15	12
111	P. Thomas	(65) Taf Running & Orienteering Teams	35.26	11
112	L. Owens	(55) 3M Gorseinon Road Runners	35.29	10
113	E. Arwyn	(55) Les Croupiers Running Club	35.40	9
114	A. Mogford	(45) Amman Valley Harriers	36.18	8
115	P. Parr	(55) Great Western Runners	37.22	7
116	A. Neal	(50) Les Croupiers Running Club	38.04	6
117	R. Fitzgerald	(60) Amman Valley Harriers	39.41	5
118	A. Butler	(65) Great Western Runners	42.25	4