

# Gwent Cross Country League 2008-2009

## 14 February 2009 : Penlan Leisure Centre, Brecon

### Senior Men (203 Starters)

| Pos | Athlete            | Club                                     | Time  | Pts |
|-----|--------------------|--|-------|-----|
| 1   | D. Stevens         | (23) Cardiff Amateur Athletic Club       | 32.41 | 203 |
| 2   | D. Griffiths       | (23) Carmarthen & District Harriers A.C. | 32.55 | 202 |
| 3   | N. Lane            | Cardiff Amateur Athletic Club            | 32.57 | 201 |
| 4   | A.N. Unknown (ind) | Bristol and West Athletic Club           | 33.01 | 200 |
| 5   | A. Davies          | (40) Brecon Athletic Club                | 33.45 | 199 |
| 6   | R. Gardiner        | Cardiff Amateur Athletic Club            | 34.00 | 198 |
| 7   | I. Williams (ind)  | Taf Running & Orienteering Teams         | 34.15 | 197 |
| 8   | A. Humphries       | (23) Cwmbran Harriers                    | 34.24 | 196 |
| 9   | J. Baker           | (40) Les Croupiers Running Club          | 34.30 | 195 |
| 10  | T. Marshall        | (23) Brecon Athletic Club                | 34.40 | 194 |
| 11  | C. Moore           | (23) Cardiff University Harriers         | 35.12 | 193 |
| 12  | P. Ryder           | Cardiff Amateur Athletic Club            | 35.22 | 192 |
| 13  | M. Shaw            | (35) Brecon Athletic Club                | 35.33 | 191 |
| 14  | P. Cook            | (35) Les Croupiers Running Club          | 35.45 | 190 |
| 15  | A.N. Unknown (ind) | Bristol and West Athletic Club           | 35.49 | 189 |
| 16  | P. Coles           | (45) Pontypridd Athletic Club            | 35.59 | 188 |
| 17  | Luke Watson        | (23) Taf Running & Orienteering Teams    | 36.01 | 187 |
| 18  | S. Paterson        | San Domenico Road Runners Club           | 36.09 | 186 |
| 19  | D. Hiscox          | Bridgend Athletic Club                   | 36.13 | 185 |
| 20  | D. Miller          | Great Western Runners                    | 36.15 | 184 |
| 21  | H. Matthews        | Brecon Athletic Club                     | 36.18 | 183 |
| 22  | R. Bullen          | (45) Les Croupiers Running Club          | 36.26 | 182 |
| 23  | S. Crees           | Les Croupiers Running Club               | 36.37 | 181 |
| 24  | J. King            | Caerleon Running Club                    | 36.45 | 180 |

|    |                |      |                                    |       |       |
|----|----------------|------|------------------------------------|-------|-------|
| 25 | R. McDonald    | (23) | University of Wales - Swansea      | 36.48 | 179   |
| 26 | N. Frost       | (45) | Pontypridd Athletic Club           | 36.59 | 178   |
| 27 | R. Bevis       |      | Guest                              | 37.00 | Guest |
| 28 | M. Gurmin      | (35) | Abertillery Achilles Athletic Club | 37.04 | 177   |
| 29 | D. Coales      |      | Team Bath                          | 37.16 | 176   |
| 30 | P. Bradshaw    |      | University of Wales Inst. Cardiff  | 37.33 | 175   |
| 31 | A. Deamer      | (40) | Wells and Yeovil                   | 37.52 | 174   |
| 32 | R. Ridley      |      | University of Wales Inst. Cardiff  | 37.56 | 173   |
| 33 | G. Ward        | (23) | Westbury Harriers                  | 37.57 | 172   |
| 34 | S. Penny       | (45) | Chepstow Harriers                  | 37.58 | 171   |
| 35 | N. Dukes       |      | Les Croupiers Running Club         | 38.00 | 170   |
| 36 | R. Hunt        | (45) | Bridgend Athletic Club             | 38.05 | 169   |
| 37 | T. Butt        | (23) | University of Wales - Swansea      | 38.07 | 168   |
| 38 | J. Blore       | (23) | Chepstow Harriers                  | 38.08 | 167   |
| 39 | R. Wilder      | (35) | Les Croupiers Running Club         | 38.09 | 166   |
| 40 | R. Jones       | (45) | Les Croupiers Running Club         | 38.17 | 165   |
| 41 | A. Glover      |      | Westbury Harriers                  | 38.19 | 164   |
| 42 | P. Kendrick    | (45) | Brecon Athletic Club               | 38.27 | 163   |
| 43 | M. Webborn     | (45) | Swansea Harriers Athletic Club     | 38.30 | 162   |
| 44 | D. Davies      | (50) | Brecon Athletic Club               | 38.36 | 161   |
| 45 | M. Harvey      | (23) | Chepstow Harriers                  | 38.41 | 160   |
| 46 | M. McGeoch     | (50) | Les Croupiers Running Club         | 38.48 | 159   |
| 47 | R. Wallis      | (50) | Westbury Harriers                  | 38.57 | 158   |
| 48 | P. Wright      | (45) | Wells and Yeovil                   | 39.05 | 157   |
| 49 | D. Goodger     |      | Newport Harriers Athletic Club     | 39.06 | 156   |
| 50 | T. Hindle      | (40) | Brecon Athletic Club               | 39.12 | 155   |
| 51 | P. Sowerby     | (45) | Brecon Athletic Club               | 39.14 | 154   |
| 52 | L. Hiscox      |      | Pontypridd Athletic Club           | 39.19 | 153   |
| 53 | G. Lynch       |      | Les Croupiers Running Club         | 39.23 | 152   |
| 54 | S. Osborne     | (45) | Bridgend Athletic Club             | 39.30 | 151   |
| 55 | M. Tutesigensi | (23) | Cardiff University Harriers        | 39.33 | 150   |
| 56 | K. Griffiths   | (40) | Taf Running & Orienteering Teams   | 39.38 | 149   |
| 57 | I. Teed        |      | Chepstow Harriers                  | 39.39 | 148   |
| 58 | R. Self        | (45) | Les Croupiers Running Club         | 39.41 | 147   |
| 59 | P. Davies      | (55) | Bridgend Athletic Club             | 39.47 | 146   |
| 60 | P. Osborne     | (40) | Swansea Harriers Athletic Club     | 39.54 | 145   |

|    |                   |      |                                  |       |       |
|----|-------------------|------|----------------------------------|-------|-------|
| 61 | S. Harris         |      | Chepstow Harriers                | 39.56 | 144   |
| 62 | A. Weaver         |      | Port Talbot Harriers & A. C.     | 39.57 | 143   |
| 63 | K. MacIntosh      |      | Port Talbot Harriers & A. C.     | 39.58 | 142   |
| 64 | R. Scott          |      | Les Croupiers Running Club       | 39.59 | 141   |
| 65 | C. Fowler         | (40) | Pontypridd Athletic Club         | 40.05 | 140   |
| 66 | A. Anderson       | (23) | Cardiff University Harriers      | 40.12 | 139   |
| 67 | I. Webb           | (50) | Llanelli Amateur Athletic Club   | 40.13 | 138   |
| 68 | D. Shroll         |      | Neath Harriers                   | 40.14 | 137   |
| 69 | P. Coker          | (50) | Les Croupiers Running Club       | 40.19 | 136   |
| 70 | P. Chan           | (40) | Great Western Runners            | 40.24 | 135   |
| 71 | S. Sheard         |      | Cardiff Amateur Athletic Club    | 40.26 | 134   |
| 72 | B. Pitman         | (23) | Cardiff University Harriers      | 40.28 | 133   |
| 73 | P. Jenkins        | (40) | Bridgend Athletic Club           | 40.42 | 132   |
| 74 | P. Dyson          | (50) | Swansea Harriers Athletic Club   | 40.48 | 131   |
| 75 | S. Hooper         | (45) | Pontypridd Athletic Club         | 40.49 | 130   |
| 76 | G. Dean           | (35) | Guest                            | 40.50 | Guest |
| 77 | E. Lepore         | (50) | Les Croupiers Running Club       | 40.52 | 129   |
| 78 | R. Coombs         | (40) | Taf Running & Orienteering Teams | 40.57 | 128   |
| 79 | J. Wright         |      | Chepstow Harriers                | 41.03 | 127   |
| 80 | D. Griffiths      | (40) | Newport Harriers Athletic Club   | 41.05 | 126   |
| 81 | D. Reynolds       | (23) | Cardiff University Harriers      | 41.08 | 125   |
| 82 | J. Cleall-Harding | (55) | Les Croupiers Running Club       | 41.13 | 124   |
| 83 | T. Jewell-Davies  | (45) | Westbury Harriers                | 41.16 | 123   |
| 84 | C. Johnson        | (40) | Westbury Harriers                | 41.17 | 122   |
| 85 | C. Fulcher        | (40) | Port Talbot Harriers & A. C.     | 41.18 | 121   |
| 86 | K. Taylor         | (45) | Amman Valley Harriers            | 41.20 | 120   |
| 87 | K. Jackson        | (45) | Dursley & District Athletic Club | 41.26 | 119   |
| 88 | M. Davies         |      | Taf Running & Orienteering Teams | 41.28 | 118   |
| 89 | A.N. Unknown      |      | Anonymous Athletic Club          | 41.29 | 117   |
| 90 | R. Marks          | (55) | Sarn Helen Orienteering & R. C.  | 41.30 | 116   |
| 91 | D. Scarborough    | (50) | Bridgend Athletic Club           | 41.31 | 115   |
| 92 | J. Embling        | (50) | Bridgend Athletic Club           | 41.33 | 114   |
| 93 | E. Willingham     |      | Wells and Yeovil                 | 41.38 | 113   |
| 94 | M. Havard         | (40) | San Domenico Road Runners Club   | 41.39 | 112   |
| 95 | J. O'Shea         | (50) | Les Croupiers Running Club       | 41.43 | 111   |
| 96 | A. Baker          | (40) | Pontypridd Athletic Club         | 41.48 | 110   |

|     |                      |      |                                |       |     |
|-----|----------------------|------|--------------------------------|-------|-----|
| 97  | D. Hardie            | (50) | 3M Gorseinon Road Runners      | 41.52 | 109 |
| 98  | M. Lethard           |      | Chepstow Harriers              | 41.53 | 108 |
| 99  | D. McAtee            | (45) | Newport Harriers Athletic Club | 41.55 | 107 |
| 100 | A. Russell           |      | Les Croupiers Running Club     | 41.57 | 106 |
| 101 | M. Herbert           |      | Bridgend Athletic Club         | 41.58 | 105 |
| 102 | R. Thompson          | (45) | Pembrokeshire Harriers         | 42.04 | 104 |
| 103 | P. Meyler            | (55) | Pontypridd Athletic Club       | 42.06 | 103 |
| 104 | S. Prior             |      | Wells and Yeovil               | 42.07 | 102 |
| 105 | M. Hopkins           |      | Les Croupiers Running Club     | 42.08 | 101 |
| 106 | S. Johnston          | (55) | Les Croupiers Running Club     | 42.13 | 100 |
| 107 | G. Moore (ind)       |      | San Domenico Road Runners Club | 42.16 | 99  |
| 108 | C. Blackmore         |      | Cardiff Harlequins             | 42.18 | 98  |
| 109 | B. Tyrrell           | (50) | Thornbury Running Club         | 42.31 | 97  |
| 110 | M. Harper            |      | Brecon Athletic Club           | 42.34 | 96  |
| 111 | M. Hadden            | (23) | Cardiff University Harriers    | 42.38 | 95  |
| 112 | C. Osmond            | (45) | Les Croupiers Running Club     | 42.40 | 94  |
| 113 | K. Grey              | (50) | Fairwater Runners              | 42.42 | 93  |
| 114 | D. Stanfield         | (45) | Wells and Yeovil               | 42.46 | 92  |
| 115 | H. Mason             | (40) | Caerleon Running Club          | 42.47 | 91  |
| 116 | S. Wadley            | (45) | Newport Harriers Athletic Club | 42.56 | 90  |
| 117 | M. Medhurst          | (40) | Newport Harriers Athletic Club | 42.57 | 89  |
| 118 | D. Hughes            | (40) | Bridgend Athletic Club         | 42.59 | 88  |
| 119 | S. Pearce            |      | Newport Harriers Athletic Club | 43.10 | 87  |
| 120 | Jeff Thomas          | (40) | Bridgend Athletic Club         | 43.13 | 86  |
| 121 | L. Richards          |      | Newport Harriers Athletic Club | 43.19 | 85  |
| 122 | M. Davies            | (45) | Lliswerry Runners              | 43.23 | 84  |
| 123 | J. Bailey-Gard (sen) | (55) | Westbury Harriers              | 43.25 | 83  |
| 124 | P. Holder            | (45) | Cardiff Harlequins             | 43.42 | 82  |
| 125 | C. Walsh             |      | Port Talbot Harriers & A. C.   | 43.52 | 81  |
| 126 | A. Perkins           | (55) | Port Talbot Harriers & A. C.   | 43.55 | 80  |
| 127 | G. Cole              |      | Wells and Yeovil               | 43.56 | 79  |
| 128 | D. Bowkett           | (23) | 3M Gorseinon Road Runners      | 43.57 | 78  |
| 129 | H. Evans             | (60) | Amman Valley Harriers          | 43.58 | 77  |
| 130 | J. Hargreaves        | (55) | Great Western Runners          | 43.59 | 76  |
| 131 | T. Jefferies         | (60) | Westbury Harriers              | 44.04 | 75  |
| 132 | B. Mogford           | (45) | Amman Valley Harriers          | 44.23 | 74  |

|     |               |      |                                  |       |    |
|-----|---------------|------|----------------------------------|-------|----|
| 133 | S. Alexander  | (40) | Les Croupiers Running Club       | 44.24 | 73 |
| 134 | G. Sansom     | (45) | San Domenico Road Runners Club   | 44.25 | 72 |
| 135 | Les Watson    | (45) | Taf Running & Orienteering Teams | 44.29 | 71 |
| 136 | M. Hopkins    | (40) | Westbury Harriers                | 44.33 | 70 |
| 137 | P. Chadwick   | (50) | Wells and Yeovil                 | 44.39 | 69 |
| 138 | J. Forshew    | (40) | Les Croupiers Running Club       | 44.43 | 68 |
| 139 | R. Sewell     | (50) | Les Croupiers Running Club       | 44.48 | 67 |
| 140 | A.N. Unknown  |      | Anonymous Athletic Club          | 44.50 | 66 |
| 141 | D. Smout      | (55) | Parc Bryn Bach Runners           | 44.55 | 65 |
| 142 | G. Colvin     | (45) | 3M Gorseinon Road Runners        | 44.56 | 64 |
| 143 | J. Delaney    | (50) | San Domenico Road Runners Club   | 44.57 | 63 |
| 144 | M. Halsall    |      | Llanelli Amateur Athletic Club   | 44.58 | 62 |
| 145 | C. Walters    | (60) | Taf Running & Orienteering Teams | 45.04 | 61 |
| 146 | A. Mann       | (50) | Les Croupiers Running Club       | 45.08 | 60 |
| 147 | D. Shields    | (40) | San Domenico Road Runners Club   | 45.11 | 59 |
| 148 | D. Rainbird   | (50) | Parc Bryn Bach Runners           | 45.18 | 58 |
| 149 | M. Davies     | (55) | Les Croupiers Running Club       | 45.19 | 57 |
| 150 | R. Withers    | (40) | Pembrokeshire Harriers           | 45.28 | 56 |
| 151 | D. Osborne    | (45) | Brecon Athletic Club             | 45.32 | 55 |
| 152 | U. Kumari     | (55) | Swansea Harriers Athletic Club   | 45.38 | 54 |
| 153 | E. Davey      | (55) | Llanelli Amateur Athletic Club   | 45.45 | 53 |
| 154 | J. Clune      | (60) | Thornbury Running Club           | 45.47 | 52 |
| 155 | M. Murphy     | (50) | Les Croupiers Running Club       | 45.48 | 51 |
| 156 | B. Phillips   | (45) | Parc Bryn Bach Runners           | 46.00 | 50 |
| 157 | T. O'Sullivan | (45) | Les Croupiers Running Club       | 46.07 | 49 |
| 158 | S. Davies     | (40) | Port Talbot Harriers & A. C.     | 46.11 | 48 |
| 159 | D. James      |      | Amman Valley Harriers            | 46.14 | 47 |
| 160 | G. Trueman    | (55) | Stroud & District Athletic Club  | 46.21 | 46 |
| 161 | M. Harris     | (55) | Westbury Harriers                | 46.31 | 45 |
| 162 | I. Morris     | (45) | Taf Running & Orienteering Teams | 46.45 | 44 |
| 163 | T. Fenton     | (45) | Great Western Runners            | 46.47 | 43 |
| 164 | J. Rees       | (40) | Pembrokeshire Harriers           | 46.52 | 42 |
| 165 | G. Jehu       |      | Aberdare Valley A. A. C.         | 46.56 | 41 |
| 166 | R. Fowler     | (60) | Amman Valley Harriers            | 46.59 | 40 |
| 167 | C. Ashworth   | (50) | Dursley & District Athletic Club | 47.11 | 39 |
| 168 | N. Tatnell    | (50) | Les Croupiers Running Club       | 47.16 | 38 |

|     |              |      |                                  |       |       |
|-----|--------------|------|----------------------------------|-------|-------|
| 169 | G. Vyner     | (40) | 3M Gorseinon Road Runners        | 47.29 | 37    |
| 170 | J. Aston     | (60) | Les Croupiers Running Club       | 47.47 | 36    |
| 171 | K. Barnes    | (40) | Hereford Couriers                | 47.55 | Guest |
| 172 | D. Proffitt  | (55) | Newport Harriers Athletic Club   | 48.04 | 35    |
| 173 | M. Rabaiotti | (45) | Port Talbot Harriers & A. C.     | 48.08 | 34    |
| 174 | S. Merrick   | (40) | Swansea Harriers Athletic Club   | 48.12 | 33    |
| 175 | P. Evans     |      | Brecon Athletic Club             | 48.20 | 32    |
| 176 | M. Bennett   | (55) | Great Western Runners            | 48.34 | 31    |
| 177 | P. Roberts   | (50) | Griffithstown Harriers A. A. C.  | 48.42 | 30    |
| 178 | T. Holling   | (50) | Port Talbot Harriers & A. C.     | 48.56 | 29    |
| 179 | N. Pringle   | (45) | Lliswerry Runners                | 49.02 | 28    |
| 180 | M. Dix       | (50) | Les Croupiers Running Club       | 49.18 | 27    |
| 181 | P. Morfey    | (50) | Cardiff Harlequins               | 49.24 | 26    |
| 182 | A. Bunney    |      | Aberdare Valley A. A. C.         | 49.27 | 25    |
| 183 | R. Hobbs     | (60) | Dursley & District Athletic Club | 49.33 | 24    |
| 184 | C. Bennett   | (55) | Great Western Runners            | 49.36 | 23    |
| 185 | B. Dias      |      | Cardiff University Harriers      | 49.37 | 22    |
| 186 | R. Cockwell  |      | Cardiff Harlequins               | 50.02 | 21    |
| 187 | D. Finch     | (60) | Chepstow Harriers                | 50.05 | 20    |
| 188 | R. Summers   |      | Chepstow Harriers                | 50.40 | 19    |
| 189 | S. Williams  | (50) | Les Croupiers Running Club       | 50.55 | 18    |
| 190 | J. Davies    | (60) | Port Talbot Harriers & A. C.     | 51.22 | 17    |
| 191 | S.G. Lewis   | (60) | Les Croupiers Running Club       | 52.28 | 16    |
| 192 | G. Jenkins   | (40) | Amman Valley Harriers            | 52.57 | 15    |
| 193 | R. Ward      |      | Caerleon Running Club            | 53.14 | 14    |
| 194 | R. Davey     | (65) | Les Croupiers Running Club       | 53.41 | 13    |
| 195 | H. Jones     | (50) | Taf Running & Orienteering Teams | 55.03 | 12    |
| 196 | R. Bowie     | (45) | Newport Harriers Athletic Club   | 56.19 | 11    |
| 197 | I. Swanson   | (55) | Port Talbot Harriers & A. C.     | 58.31 | 10    |

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