

Gwent Cross Country League 2009-2010

13 February 2010 : Penlan Leisure Centre, Brecon

Senior Men (203 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Griffiths	(23) Carmarthen & District Harriers A.C.	31.17	203
2	A. Davies	(45) Brecon Athletic Club	31.30	202
3	T. Wallis	Bristol and West Athletic Club	31.44	201
4	L. Ladd	(23) Carmarthen & District Harriers A.C.	32.29	200
5	B. Morley	Great Western Runners	32.34	199
6	M. Collins	Cardiff Amateur Athletic Club	32.53	198
7	M. Roberts	(35) Swansea Harriers Athletic Club	33.11	197
8	P. Ryder	Cardiff Amateur Athletic Club	33.16	196
9	D. Woolford	Bristol and West Athletic Club	33.18	195
10	M. Shaw	Brecon Athletic Club	33.32	194
11	S. Paterson	San Domenico Road Runners Club	33.39	193
12	P. Cook	(40) Les Croupiers Running Club	33.52	192
13	A. Lindsay	Wells and Yeovil	34.05	191
14	M. Palser	Les Croupiers Running Club	34.17	190
15	S. Crees	Les Croupiers Running Club	34.19	189
16	M. Harvey	Neath Harriers	34.31	188
17	D. Coales	Team Bath	34.32	187
18	J. Morgan	(23) Newport Harriers Athletic Club	34.35	186
19	P. Richards	(45) Neath Harriers	34.49	185
20	C. Williams	(40) Neath Harriers	35.01	184
21	N. Dukes	Les Croupiers Running Club	35.06	183
22	H. Matthews	Brecon Athletic Club	35.07	182
23	P. Coles	(45) Pontypridd Athletic Club	35.12	181
24	M. Gurmin	(35) Swansea Harriers Athletic Club	35.16	180
25	D. Jones	Team Bath	35.23	179
26	A. Roberts	(23) Taf Running & Orienteering Teams	35.24	178
27	N. Frost	(45) Pontypridd Athletic Club	35.25	177

28	A. Deamer	(40) Wells and Yeovil	35.35	176
29	J. Tugwell	Bristol and West Athletic Club	35.47	175
30	T. Woodhouse	(23) Cardiff University Harriers	35.51	174
31	G. Ward	Westbury Harriers	36.01	173
32	J. Scanlon	Pontypridd Athletic Club	36.07	172
33	C. Harrhy	(40) Lliswerry Runners	36.14	171
34	Phil Crane	(45) Neath Harriers	36.22	170
35	J. Foster	(50) Lliswerry Runners	36.26	169
36	A. Glover	Westbury Harriers	36.29	168
37	J. King	Caerleon Running Club	36.30	167
38	C. Flower	(40) Brecon Athletic Club	36.34	166
39	Peter Crane	(45) Neath Harriers	36.37	165
40	R. Wallis	(50) Westbury Harriers	36.39	164
41	A. Wood	(40) Bridgend Athletic Club	36.45	163
42	C. Bridges	Team Bath	36.57	162
43	R. Bullen	(45) Les Croupiers Running Club	37.04	161
44	T. Bloodworth	(23) Taunton Athletic Club	37.11	160
45	S. Pritchard	Pontypridd Athletic Club	37.13	159
46	D. Wythe	(50) Wells and Yeovil	37.14	158
47	M. McGeoch	(50) Les Croupiers Running Club	37.19	157
48	M. Leathard	Chepstow Harriers	37.21	156
49	J. Morris	Amman Valley Harriers	37.28	155
50	P. Kendrick	(45) Brecon Athletic Club	37.36	154
51	P. Hayes	(50) Taf Running & Orienteering Teams	37.40	153
52	P. Sowerby	(45) Brecon Athletic Club	37.43	152
53	D. Buchanan	San Domenico Road Runners Club	37.45	151
54	K. Ham	(40) Thornbury Running Club	37.47	150
55	R. Self	(45) Les Croupiers Running Club	37.49	149
56	R. Whitehouse	(45) Neath Harriers	37.51	148
57	D. Garner	(23) Cardiff University Harriers	37.53	147
58	R. Hunt	(40) Bridgend Athletic Club	37.58	146
59	P. Osborne	(45) Swansea Harriers Athletic Club	38.05	145
60	A. Baker	(40) Pontypridd Athletic Club	38.08	144
61	J. Blore	(23) Chepstow Harriers	38.12	143
62	T. Hindle	(40) Brecon Athletic Club	38.16	142
63	A. Anderson	(23) Cardiff University Harriers	38.20	141
64	C. Walsh	(35) Port Talbot Harriers & A. C.	38.26	140
65	A. Cleves	(35) Les Croupiers Running Club	38.30	139
66	R. Jones	(50) Les Croupiers Running Club	38.33	138
67	M. Hurford	(35) Les Croupiers Running Club	38.35	137
68	R. Evans	Pontypridd Athletic Club	38.37	136
69	D. Vorres	(45) Griffithstown Harriers A. A. C.	38.39	135

70	M. Havard	(40)	San Domenico Road Runners Club	38.44	134
71	P. Speyer		Brackla Harriers	38.46	133
72	S. Harris		Chepstow Harriers	38.47	132
73	L. Smith	(40)	Llisbury Runners	38.54	131
74	M. Bown		Team Bath	38.56	130
75	M. Tabor	(55)	Les Croupiers Running Club	38.59	129
76	Jeff Thomas	(40)	Bridgend Athletic Club	39.07	128
77	P. Chan	(40)	Great Western Runners	39.08	127
78	K. Griffiths	(45)	Taf Running & Orienteering Teams	39.09	126
79	G. Irving	(50)	Swansea Harriers Athletic Club	39.10	125
80	S. Nurse	(35)	Les Croupiers Running Club	39.15	124
81	R. Watkins	(40)	Thornbury Running Club	39.22	123
82	P. Lewis	(40)	3M Gorseinon Road Runners	39.23	122
83	J. Jones		Aberystwyth Athletic Club	39.24	121
84	R. Samuel		Cardiff Harlequins	39.25	120
85	S. Scholz	(35)	Les Croupiers Running Club	39.27	119
86	D. Thomas	(23)	Swansea Harriers Athletic Club	39.29	118
87	D. Reynolds	(23)	Cardiff University Harriers	39.32	117
88	G. Sansom	(45)	San Domenico Road Runners Club	39.33	116
89	S. Prior	(40)	Wells and Yeovil	39.34	115
90	D. Griffiths	(40)	Newport Harriers Athletic Club	39.44	114
91	A. Wood	(40)	San Domenico Road Runners Club	39.47	113
92	B. Richardson	(50)	Les Croupiers Running Club	39.49	112
93	S. Glynn		Carmarthen & District Harriers A.C.	40.02	111
94	I. McDonald	(45)	San Domenico Road Runners Club	40.14	110
95	R. Bowen	(60)	Neath Harriers	40.16	109
96	K. Jackson	(45)	Dursley & District Athletic Club	40.20	108
97	O. Sims		Brecon Athletic Club	40.28	107
98	M. Tutesigensi	(23)	Cardiff University Harriers	40.32	106
99	J. O'Shea	(50)	Les Croupiers Running Club	40.36	105
100	A. Smith		Cardiff Harlequins	40.55	104
101	P. Miles	(55)	Parc Bryn Bach Runners	40.56	103
102	D. Stansfield	(45)	Wells and Yeovil	40.57	102
103	J. Embling	(50)	Bridgend Athletic Club	41.00	101
104	I. Ogilvie	(40)	Brackla Harriers	41.07	100
105	C. Blackmore		Cardiff Harlequins	41.17	99
106	D. McAtee	(45)	Newport Harriers Athletic Club	41.24	98
107	L. Morgan	(35)	San Domenico Road Runners Club	41.32	97
108	R. Morris	(60)	San Domenico Road Runners Club	41.33	96
109	R. Withers	(40)	Pembrokeshire Harriers	41.35	95
110	S. Childs		Aberystwyth Athletic Club	41.37	94
111	R. Sandles	(40)	3M Gorseinon Road Runners	41.38	93

112	A. Russell	Les Croupiers Running Club	41.40	92
113	S. Merrick	(40) Swansea Harriers Athletic Club	41.45	91
114	M. Harvey	(23) Chepstow Harriers	41.47	90
115	S. Arnold	(40) Wells and Yeovil	41.48	89
116	P. Meyler	(50) Pontypridd Athletic Club	41.55	88
117	L. Watson	(45) Taf Running & Orienteering Teams	42.02	87
118	P. Holder	(50) Cardiff Harlequins	42.07	86
119	S. Harrhy	(45) Lliswerry Runners	42.10	85
120	C. Ashworth	(55) Dursley & District Athletic Club	42.12	84
121	R. Davis	(50) Bridgend Athletic Club	42.12	83
122	S. Pearce	Newport Harriers Athletic Club	42.16	82
123	G. Colvin	(45) 3M Gorseinon Road Runners	42.25	81
124	D. Shields	(45) San Domenico Road Runners Club	42.27	80
125	P. Chadwick	(50) Wells and Yeovil	42.30	79
126	S. Broome	(35) Neath Harriers	42.31	78
127	G. Jehu	(40) Aberdare Valley A. A. C.	42.35	77
128	D. Smout	(60) Parc Bryn Bach Runners	42.39	76
129	S. Matchett	(40) Pembrokeshire Harriers	42.41	75
130	M. Davies	(50) Lliswerry Runners	42.41	74
131	A. Haq	(23) Cardiff University Harriers	42.45	73
132	C. Osmond	(45) Les Croupiers Running Club	42.47	72
133	B. Phillips	(45) Parc Bryn Bach Runners	42.55	71
134	M. Murphy	(55) Les Croupiers Running Club	42.56	70
135	D. Proffitt	(55) Newport Harriers Athletic Club	42.58	69
136	J. Hargreaves	(55) Great Western Runners	42.59	68
137	M. Haswell	Llanelli Amateur Athletic Club	43.05	67
138	D. Thomas	3M Gorseinon Road Runners	43.11	66
139	E. Davey	(60) Llanelli Amateur Athletic Club	43.16	65
140	T. Jefferies	(65) Westbury Harriers	43.24	64
141	G. Cole	Wells and Yeovil	43.26	63
142	J. Matthews	(23) Chepstow Harriers	43.29	62
143	R. Sewell	(50) Les Croupiers Running Club	43.32	61
144	B. O'Leary	(40) Amman Valley Harriers	43.35	60
145	A. Mason	(50) Les Croupiers Running Club	43.37	59
146	D. Osborne	(45) Brecon Athletic Club	43.42	58
147	J. Jones	Carmarthen & District Harriers A.C.	43.44	57
148	G. Trueman	(55) Stroud & District Athletic Club	43.56	56
149	M. Hopkins	(45) Westbury Harriers	44.06	55
150	R. Whitcombe	(50) Wells and Yeovil	44.12	54
151	M. Wilcox	(60) Great Western Runners	44.18	53
152	A. Bunney	(40) Aberdare Valley A. A. C.	44.20	52
153	R. Fowler	(60) Amman Valley Harriers	44.28	51

154	J. Delaney	(50) San Domenico Road Runners Club	44.29	50
155	T. Fenton	(50) Great Western Runners	44.30	49
156	J. Magee	(35) Les Croupiers Running Club	44.31	48
157	N. Tatnell	(50) Les Croupiers Running Club	44.38	47
158	D. Finch	(60) Chepstow Harriers	44.40	46
159	M. Davies	(60) Les Croupiers Running Club	44.41	45
160	G. John	(50) Les Croupiers Running Club	44.57	44
161	J. Rees	(40) Pembrokeshire Harriers	45.00	43
162	P. Wright	(50) Wells and Yeovil	45.02	42
163	M. Harris	(55) Westbury Harriers	45.04	41
164	T. Holling	(50) Port Talbot Harriers & A. C.	45.09	40
165	A.N. Unknown	Anonymous Athletic Club	45.27	39
166	G. Donnan	(55) Les Croupiers Running Club	45.32	38
167	K. Taylor	(45) Amman Valley Harriers	45.34	37
168	B. Mogford	(45) Amman Valley Harriers	45.44	36
169	A. Lloyd	Amman Valley Harriers	45.56	35
170	D.E. Williams	(45) Les Croupiers Running Club	46.00	34
171	C. Rees	(45) Chepstow Harriers	46.11	33
172	C. Walters	(60) Taf Running & Orienteering Teams	46.14	32
173	P. Morfey	(50) Cardiff Harlequins	46.16	31
174	C. Bennett	(55) Great Western Runners	46.20	30
175	J. Clune	(60) Thornbury Running Club	46.29	29
176	R. Hobbs	(65) Dursley & District Athletic Club	46.31	28
177	A. Jones	(50) Brackla Harriers	47.02	27
178	M. Bennett	(55) Great Western Runners	47.11	26
179	P. Mainstone	(50) Thornbury Running Club	47.23	25
180	I. Morris	(45) Taf Running & Orienteering Teams	47.43	24
181	A. Dunscombe	(40) Pontypridd Athletic Club	47.44	23
182	P. Bigmore	(50) Brackla Harriers	47.48	22
183	J. Wilson	(60) Westbury Harriers	47.53	21
184	J. Thomas	(40) Brackla Harriers	47.55	20
185	N. Pringle	(50) Lliswerry Runners	48.02	19
186	C. Anthony	(60) Port Talbot Harriers & A. C.	48.06	18
187	A. Perkins	(55) Port Talbot Harriers & A. C.	48.12	17
188	H. Brown	(60) Les Croupiers Running Club	48.26	16
189	A. Taylor	(50) Caerleon Running Club	49.10	15
190	A. Bray	(50) Chepstow Harriers	49.25	14
191	R. Bown	(50) Pontypridd Athletic Club	49.35	13
192	G. Bodman	(45) Les Croupiers Running Club	49.45	12
193	D. Hughes	(40) Bridgend Athletic Club	49.48	11
194	S. Williams	(50) Les Croupiers Running Club	50.12	10
195	J. Aston	(60) Les Croupiers Running Club	51.25	9

196	J. Davies	(60) Port Talbot Harriers & A. C.	54.22	8
197	S. Selwyn	(40) Thornbury Running Club	54.49	7
198	R. Davey	(60) Les Croupiers Running Club	55.02	6
199	I. Swanson	(55) Port Talbot Harriers & A. C.	58.49	5
200	M. Ashton	(65) Lliswerry Runners	60.24	4

Gwent Cross Country League 2009-2010

13 February 2010 : Penlan Leisure Centre, Brecon

Senior Women (117 Starters)

Pos	Athlete	Club	Time	Pts
1	K. Roberts	(23) Bridgend Athletic Club	22.11	117
2	N. Knapp	Swansea Harriers Athletic Club	22.19	116
3	B. Strange	(23) Cardiff Amateur Athletic Club	22.28	115
4	C. Blew	(23) Taunton Athletic Club	22.40	114
5	K. Beecher	Les Croupiers Running Club	22.46	113
6	A. Thomas	(40) Taf Running & Orienteering Teams	23.01	112
7	R. Golding	Westbury Harriers	23.11	111
8	M. Gittoes	Chepstow Harriers	23.17	110
9	M. Watson	(45) Taf Running & Orienteering Teams	23.22	109
10	L. Woodfinden	(23) Cardiff University Harriers	23.24	108
11	R. Pierce	(23) Team Bath	23.39	107
12	H. Marshall	Aberystwyth Athletic Club	23.50	106
13	V. Tester	Bristol and West Athletic Club	23.59	105
14	M. Zubizarreta	(40) Les Croupiers Running Club	24.03	104
15	V. Brann	(23) Bristol and West Athletic Club	24.07	103
16	A. Hurford	(45) Bristol and West Athletic Club	24.10	102
17	S. Haikala	(40) Brecon Athletic Club	24.31	101
18	S. Davies	(45) Croft Ambrey	24.40	100
19	L. Summers	(40) Chepstow Harriers	24.54	99
20	B. Stearn	(23) Cardiff University Harriers	24.56	98
21	S. Harris	Chepstow Harriers	24.58	97

22	K. Murray	(35)	Taf Running & Orienteering Teams	25.00	96
23	S. Pinkham	(45)	Port Talbot Harriers & A. C.	25.04	95
24	K. Prior	(35)	Wells and Yeovil	25.05	94
25	D. Cleary		Westbury Harriers	25.13	93
26	M. Bowen-Rees	(45)	Taf Running & Orienteering Teams	25.19	92
27	V. Jones		Westbury Harriers	25.22	91
28	Caroline Jones	(45)	Taf Running & Orienteering Teams	25.33	90
29	H. Pretty	(23)	University of Wales Inst. Cardiff	25.35	89
30	C. Ross		Thornbury Running Club	25.40	88
31	A. Saxena	(55)	Newport Harriers Athletic Club	25.43	87
32	C. Tailby	(35)	Les Croupiers Running Club	25.44	86
33	S. Jones		Westbury Harriers	25.45	85
34	A. Jones	(40)	Brecon Athletic Club	25.50	84
35	L. Eynon	(45)	Taf Running & Orienteering Teams	25.55	83
36	K. Bates	(35)	Port Talbot Harriers & A. C.	25.56	82
37	L. Smith		Westbury Harriers	25.57	81
38	D. Reed	(40)	3M Gorseinon Road Runners	26.06	80
39	T. Loftus	(23)	Cardiff University Harriers	26.11	79
40	W. Tippett	(45)	Westbury Harriers	26.24	78
41	S. Chipper	(35)	Llisbury Runners	26.26	77
42	R. Loudon	(40)	Newport Harriers Athletic Club	26.31	76
43	C. Moseley		Port Talbot Harriers & A. C.	26.43	75
44	C. Johns	(35)	Brackla Harriers	26.50	74
45	S. Thorne		Westbury Harriers	26.54	73
46	F. Evans	(23)	Amman Valley Harriers	26.57	72
47	R. Rowland	(45)	Thornbury Running Club	27.00	71
48	H. Williams	(45)	Taf Running & Orienteering Teams	27.10	70
49	J. Tucker	(35)	Les Croupiers Running Club	27.20	69
50	T. Chick		Westbury Harriers	27.22	68
51	L. Miskell	(35)	3M Gorseinon Road Runners	27.24	67
52	P. Sole	(23)	University of Wales Inst. Cardiff	27.28	66
53	D. Eyre	(45)	3M Gorseinon Road Runners	27.29	65
54	N. Law	(35)	Brecon Athletic Club	27.34	64
55	S. Tucker	(35)	Westbury Harriers	27.39	63
56	L. Ashton		Les Croupiers Running Club	27.44	62
57	K. Robertson	(35)	Westbury Harriers	27.45	61
58	S. Ashton	(55)	Chepstow Harriers	27.51	60
59	J. Scholey	(50)	Les Croupiers Running Club	27.54	59
60	C. Sandles	(40)	3M Gorseinon Road Runners	27.55	58
61	A. James	(60)	Les Croupiers Running Club	27.56	57
62	L. Lavis	(45)	Brackla Harriers	28.00	56
63	P. Williams	(50)	Port Talbot Harriers & A. C.	28.05	55

64	W. Owen	(35) San Domenico Road Runners Club	28.06	54
65	J. Hall	(45) Les Croupiers Running Club	28.17	53
66	B. Tucker	(40) Brecon Athletic Club	28.31	52
67	H. Johnson	(35) Westbury Harriers	28.34	51
68	V. Lawson	(35) Chepstow Harriers	28.38	50
69	C. Dallimore	(50) Les Croupiers Running Club	28.41	49
70	J. Mills	(50) Thornbury Running Club	28.44	48
71	Y. Bullen	(45) Les Croupiers Running Club	28.58	47
72	S. Olivant	(35) Brecon Athletic Club	29.07	46
73	A. James	(40) Carmarthen & District Harriers A.C.	29.08	45
74	A. Rowell	(50) Taf Running & Orienteering Teams	29.10	44
75	L. Feeney	(23) Cardiff University Harriers	29.15	43
76	J. Ash	(35) Les Croupiers Running Club	29.20	42
77	J. Oakley	(40) Port Talbot Harriers & A. C.	29.22	41
78	S. Stagg	(35) Thornbury Running Club	29.24	40
79	S. Adkins	(60) Caerleon Running Club	29.44	39
80	C. Davies	(23) Sarn Helen Orienteering & R. C.	29.53	38
81	A. Starritt	(35) Brackla Harriers	29.59	37
82	J. Nurse	(35) Les Croupiers Running Club	30.06	36
83	F. Williams	(40) San Domenico Road Runners Club	30.12	35
84	A. Bushell	(35) Thornbury Running Club	30.24	34
85	M. Palmer	(55) Westbury Harriers	30.37	33
86	C. Hurdidge	(55) 3M Gorseinon Road Runners	30.51	32
87	M. Reynolds	(45) Swansea Harriers Athletic Club	30.53	31
88	C. House	(35) San Domenico Road Runners Club	31.33	30
89	F. Sharpe	(50) 3M Gorseinon Road Runners	31.49	29
90	T. Johnson	(35) Thornbury Running Club	31.54	28
91	B. Havers	Chepstow Harriers	32.04	27
92	V. Clare	(50) Lliswerry Runners	32.25	26
93	J. Mogford	Amman Valley Harriers	32.37	25
94	C. Johnson	(60) Les Croupiers Running Club	32.43	24
95	R. Davies	(55) Great Western Runners	32.52	23
96	K. Jones	(35) Parc Bryn Bach Runners	33.04	22
97	S. Neal	(55) Les Croupiers Running Club	33.34	21
98	G. Howells	(60) Caerleon Running Club	33.58	20
99	K. Evans	(55) Brackla Harriers	34.05	19
100	P. Jones	(45) Brackla Harriers	34.07	18
101	C. Lansdown	(35) Thornbury Running Club	34.30	17
102	S. Osborn	(35) Guest	34.46	Guest
103	S. Mogford	Amman Valley Harriers	34.48	16
104	E. Morgan	(35) San Domenico Road Runners Club	35.35	15
105	A. Mogford	(40) Amman Valley Harriers	35.36	14

106	M. Rowson	(60) Les Croupiers Running Club	36.00	13
107	P. Parr	(55) Great Western Runners	36.14	12
108	E. Arwyn	(55) Les Croupiers Running Club	36.58	11
109	A. Neal	(50) Les Croupiers Running Club	37.03	10
110	S. Ackland	(35) Brackla Harriers	37.18	9
111	K. Phillips	(40) Les Croupiers Running Club	38.05	8
112	R. Fitzgerald	(60) Amman Valley Harriers	38.56	7
113	S. Jenkins	(40) Amman Valley Harriers	39.38	6
114	A. Butler	(65) Great Western Runners	43.09	5
115	S. Bennett	(60) Great Western Runners	49.01	4
116	S. Myers	(55) Great Western Runners	49.02	3