

# Gwent Cross Country League 2009-2010

## 6 December 2009 : Hestercombe Gardens, Taunton

### Senior Men (265 Starters)

Pos	Athlete	Club	Time	Pts
1	B. Tickner	Wells and Yeovil	33.54	265
2	R. Buffett	(23) University of Bath	34.47	264
3	A. Davies	(45) Brecon Athletic Club	35.08	263
4	A. Marriot	Wells and Yeovil	35.19	262
5	T. Wallis	Bristol and West Athletic Club	35.26	261
6	O. Jones	Windsor Slough and Eton	35.38	Guest
7	R. Peters	(23) Bristol and West Athletic Club	36.13	260
8	M. Hopkinson	(23) Taunton Athletic Club	36.14	259
9	J. James	(45) Wells and Yeovil	36.25	258
10	J. Emery	(40) Clevedon Athletic Club	36.31	257
11	P. Ryder	Cardiff Amateur Athletic Club	36.40	256
12	E. Haimes	Wells and Yeovil	36.45	255
13	A. Friend	Cardiff Amateur Athletic Club	36.46	254
14	M. Johnson	Cardiff Amateur Athletic Club	37.15	253
15	M. Roberts	(35) Swansea Harriers Athletic Club	37.21	252
16	P. Parry	(40) Bristol and West Athletic Club	37.32	251
17	S. Paterson	San Domenico Road Runners Club	37.34	250
18	D. Green	(23) Bristol University	37.50	249
19	B. Morley	Great Western Runners	37.51	248
20	C. Dodd	(23) Bristol University	37.54	247
21	B. Shepherd	Clevedon Athletic Club	38.01	246
22	M. Harvey	Neath Harriers	38.08	245
23	T. Hawkins	Wells and Yeovil	38.15	244
24	C. Moore	(23) Cardiff University Harriers	38.26	243

25	P. Cook	(40)	Les Croupiers Running Club	38.34	242
26	N. Dukes		Les Croupiers Running Club	38.35	241
27	S. Crees		Les Croupiers Running Club	38.39	240
28	P. Coles	(40)	Pontypridd Athletic Club	38.41	239
29	J. Morgan	(23)	Newport Harriers Athletic Club	38.49	238
30	H. Matthews		Brecon Athletic Club	38.57	237
31	A. Sampson		Team Bath	39.09	236
32	D. Coales		Team Bath	39.10	235
33	P. Griffiths	(40)	Neath Harriers	39.16	234
34	J. Smith	(23)	University of Bath	39.18	233
35	J. Gilling		Wells and Yeovil	39.19	232
36	M. Gurmin	(35)	Swansea Harriers Athletic Club	39.29	231
37	R. Bullen	(45)	Les Croupiers Running Club	39.37	230
38	O. Berry		Taunton Athletic Club	39.38	229
39	S. Penny	(45)	Chepstow Harriers	39.39	228
40	N. Frost	(40)	Pontypridd Athletic Club	39.45	227
41	D. Buchanan		San Domenico Road Runners Club	39.53	226
42	A. Lindsay		Wells and Yeovil	39.54	225
43	S. Francis	(23)	Bristol University	39.55	224
44	D. Bodman	(23)	Aberdare Valley A. A. C.	39.59	223
45	J. Terry		Westbury Harriers	40.00	222
46	J. Scanlon		Pontypridd Athletic Club	40.01	221
47	L. Hiscox		Pontypridd Athletic Club	40.05	220
48	T. Woodhouse	(23)	Cardiff University Harriers	40.09	219
49	A. Roberts	(23)	Taf Running & Orienteering Teams	40.19	218
50	C. Palmer		Westbury Harriers	40.23	217
51	G. Ward		Westbury Harriers	40.24	216
52	P. Talbot	(40)	Neath Harriers	40.31	215
53	M. Lewis		Wells and Yeovil	40.34	214
54	R. Caburn	(40)	Taunton Athletic Club	40.40	213
55	R. Wallis	(50)	Westbury Harriers	40.43	212
56	Phil Crane	(45)	Neath Harriers	40.51	211
57	C. Fraser	(23)	University of Bath	40.52	210
58	D. Jones		Team Bath	41.03	209
59	S. Osborne	(45)	Bridgend Athletic Club	41.04	208
60	P. Horsfall		Thornbury Running Club	41.05	207
61	T. Mellor	(23)	Taunton Athletic Club	41.06	206
62	R. Jones	(50)	Les Croupiers Running Club	41.09	205
63	D. Studley	(23)	Westbury Harriers	41.10	204

64	R. Sage		Les Croupiers Running Club	41.11	203
65	S. Pritchard		Pontypridd Athletic Club	41.12	202
66	D. Wythe	(50)	Wells and Yeovil	41.15	201
67	C. Kiely	(23)	University of Bath	41.25	200
68	S. Hollier	(55)	Clevedon Athletic Club	41.41	199
69	Peter Crane	(45)	Neath Harriers	41.42	198
70	M. Leathard		Chepstow Harriers	41.47	197
71	T. Bloodworth	(23)	Taunton Athletic Club	41.48	196
72	J. Foster	(50)	Llisbury Runners	41.57	195
73	M. Harvey	(23)	Chepstow Harriers	42.03	194
74	P. Hayes	(50)	Taf Running & Orienteering Teams	42.04	193
75	M. Emery	(23)	University of Bath	42.05	192
76	M. McGeoch	(50)	Les Croupiers Running Club	42.06	191
77	A. Anderson	(23)	Cardiff University Harriers	42.07	190
78	S. Davies		Pontypridd Athletic Club	42.10	189
79	K. Griffiths	(45)	Taf Running & Orienteering Teams	42.16	188
80	A. White		Bristol University	42.17	187
81	G. Robinson		Stroud & District Athletic Club	42.18	186
82	L. Rawlinson		Caerleon Running Club	42.19	185
83	R. Knight		Chepstow Harriers	42.20	184
84	M. Hurford	(35)	Les Croupiers Running Club	42.23	183
85	K. Ham	(40)	Thornbury Running Club	42.24	182
86	S. Adams		Westbury Harriers	42.32	181
87	A. Baker	(40)	Pontypridd Athletic Club	42.36	180
88	M. Evans		Amman Valley Harriers	42.42	179
89	J. King		Caerleon Running Club	42.47	178
90	N. Somerville	(40)	Wells and Yeovil	42.52	177
91	M. Brown		Team Bath	42.53	176
92	G. Lynch		Les Croupiers Running Club	42.55	175
93	P. Jenkins	(45)	Bridgend Athletic Club	42.58	174
94	M. Hopkins		Les Croupiers Running Club	43.01	173
95	R. Evans		Pontypridd Athletic Club	43.02	172
96	C. Bridges		Team Bath	43.03	171
97	C. Johnson	(40)	Westbury Harriers	43.04	170
98	A. Ballance	(45)	Westbury Harriers	43.05	169
99	J. Bailey-Gard (jnr)		Westbury Harriers	43.08	168
100	K. Taylor	(45)	Amman Valley Harriers	43.14	167
101	S. Watkins		Bristol University	43.16	166
102	S. Wilson	(40)	Swansea Harriers Athletic Club	43.19	165

103	L. Carter	(50) Chepstow Harriers	43.20	164
104	C. Hudson	(23) University of Bath	43.21	163
105	O. Ager	(23) Taunton Athletic Club	43.22	162
106	R. Cook	(23) University of Bath	43.27	161
107	M. Tabor	(55) Les Croupiers Running Club	43.28	160
108	R. Self	(45) Les Croupiers Running Club	43.39	159
109	D. Garner	(23) Cardiff University Harriers	43.41	158
110	C. Walsh	(35) Port Talbot Harriers & A. C.	43.47	157
111	Jeff Thomas	(40) Bridgend Athletic Club	43.48	156
112	J. Walker	(23) Taunton Athletic Club	43.49	155
113	G. Slater	(40) Thornbury Running Club	43.50	154
114	J. Cleall-Harding	(55) Les Croupiers Running Club	43.55	153
115	P. Chan	(40) Great Western Runners	43.56	152
116	S. Prior	(40) Wells and Yeovil	44.02	151
117	S. Sheard	Cardiff Amateur Athletic Club	44.03	150
118	J. Morris	Great Western Runners	44.04	149
119	S. Wadley	(45) Newport Harriers Athletic Club	44.05	148
120	P. Sowerby	(45) Brecon Athletic Club	44.06	147
121	G. Irving	(50) Swansea Harriers Athletic Club	44.11	146
122	S. Johnston	(60) Les Croupiers Running Club	44.12	145
123	T. Bailey	Great Western Runners	44.15	144
124	T. Tondel	(50) Thornbury Running Club	44.16	143
125	T. Jewell-Davis	(45) Westbury Harriers	44.17	142
126	T. Hutchison	(55) Team Bath	44.18	141
127	A. Pitt	(45) Stroud & District Athletic Club	44.22	140
128	G. Sansom	(45) San Domenico Road Runners Club	44.34	139
129	I. McDonald	(45) San Domenico Road Runners Club	44.38	138
130	J. Potts	(40) San Domenico Road Runners Club	44.39	137
131	K. Jackson	(40) Dursley & District Athletic Club	44.40	136
132	S. Shields	San Domenico Road Runners Club	44.41	135
133	S. Hughes	Carmarthen & District Harriers A.C.	44.42	134
134	J. Jones	Aberystwyth Athletic Club	44.44	133
135	J. Blore	(23) Chepstow Harriers	44.45	132
136	C. Attwood	(50) Westbury Harriers	44.46	131
137	R. Cowland	Thornbury Running Club	44.48	130
138	R. Samuel	Cardiff Harlequins	44.55	129
139	D. Reynolds	(23) Cardiff University Harriers	44.57	128
140	G. Goldsmid	(40) Wells and Yeovil	45.03	127
141	M. Davies	Taf Running & Orienteering Teams	45.09	126

142	P. Lewis	(40)	3M Gorseinon Road Runners	45.10	125
143	A. Wood	(40)	San Domenico Road Runners Club	45.15	124
144	P. Lidgett	(40)	Chepstow Harriers	45.16	123
145	S. Barnes	(40)	Cotswold All Runners	45.30	Guest
146	P. Duma		Great Western Runners	45.36	122
147	E. Tickner	(50)	Wells and Yeovil	45.37	121
148	S. Hooper	(40)	Pontypridd Athletic Club	45.42	120
149	B. Tyrrell	(50)	Thornbury Running Club	45.47	119
150	S. Scholz	(35)	Les Croupiers Running Club	45.54	118
151	R. Morris	(60)	San Domenico Road Runners Club	45.56	117
152	P. Mason		Great Western Runners	46.15	116
153	P. Dyson	(50)	Swansea Harriers Athletic Club	46.18	115
154	T. Caveney	(50)	Les Croupiers Running Club	46.19	114
155	A. Jones		Les Croupiers Running Club	46.25	113
156	T. Jefferies	(65)	Westbury Harriers	46.33	112
157	A. Russell		Les Croupiers Running Club	46.45	111
158	H. Carpenter	(55)	Neath Harriers	46.47	110
159	A. Every	(40)	Team Bath	46.48	109
160	K. Dunn		Westbury Harriers	46.50	108
161	S. Merrick	(40)	Swansea Harriers Athletic Club	46.54	107
162	S. Arnold	(40)	Wells and Yeovil	47.08	106
163	C. Blackmore		Cardiff Harlequins	47.12	105
164	M. Murphy	(55)	Les Croupiers Running Club	47.13	104
165	S. Broome	(35)	Neath Harriers	47.14	103
166	P. Court		Westbury Harriers	47.18	102
167	S. Glynn		Carmarthen & District Harriers A.C.	47.26	101
168	D. McAtee	(45)	Newport Harriers Athletic Club	47.30	100
169	J. Bailey-Gard (snr)	(55)	Westbury Harriers	47.31	99
170	R. Appleby	(40)	Yeovil Town Road Runners	47.35	Guest
171	G. Torrington	(35)	Westbury Harriers	47.38	98
172	D. Proffitt	(55)	Newport Harriers Athletic Club	47.39	97
173	L. Watson	(45)	Taf Running & Orienteering Teams	47.46	96
174	J. O'Shea	(50)	Les Croupiers Running Club	47.50	95
175	P. Bristow	(45)	San Domenico Road Runners Club	47.53	94
176	J. Hargreaves	(55)	Great Western Runners	47.56	93
177	S. Harrhy	(45)	Llisbury Runners	47.57	92
178	R. Whitcombe	(50)	Wells and Yeovil	48.02	91
179	H. Mason	(40)	Caerleon Running Club	48.05	90
180	J. Cox	(60)	Langport Runners	48.08	Guest

181	P. Jakeman	(60)	Yeovil Town Road Runners	48.15	Guest
182	P. Chadwick	(50)	Wells and Yeovil	48.26	89
183	A. Penhalligan	(40)	St. Johns on the Hillx	48.28	88
184	C. Watts		Wells and Yeovil	48.29	87
185	M. Washburn		Weston Athletic Club	48.30	86
186	P. Meyler	(50)	Pontypridd Athletic Club	48.43	85
187	M. Davies	(50)	Lliswerry Runners	48.46	84
188	B. Mogford	(45)	Amman Valley Harriers	48.47	83
189	C. Ashworth	(50)	Dursley & District Athletic Club	48.48	82
190	C. Osmond	(45)	Les Croupiers Running Club	48.53	81
191	U. Kumari	(55)	Swansea Harriers Athletic Club	48.54	80
192	D. Osborne	(45)	Brecon Athletic Club	49.08	79
193	D. Davies	(60)	Neath Harriers	49.16	78
194	D. Shields	(40)	San Domenico Road Runners Club	49.21	77
195	P. Holder	(40)	Cardiff Harlequins	49.28	76
196	G. Wise	(23)	Cardiff University Harriers	49.30	75
197	R. Sewell	(50)	Les Croupiers Running Club	49.31	74
198	R. Day	(40)	Pontypridd Athletic Club	49.34	73
199	E. Davey	(50)	Llanelli Amateur Athletic Club	49.38	72
200	G. Trueman	(55)	Stroud & District Athletic Club	49.57	71
201	K. Corcoran	(45)	Swansea Harriers Athletic Club	50.00	70
202	R. Withers	(40)	Pembrokeshire Harriers	50.08	69
203	G. Cole		Wells and Yeovil	50.09	68
204	R. Fowler	(60)	Amman Valley Harriers	50.26	67
205	K. McEntee (ind)	(50)	Chepstow Harriers	50.27	66
206	J. Jones		Carmarthen & District Harriers A.C.	50.28	65
207	J. Thorpe	(40)	Great Western Runners	50.32	64
208	N. Tatnell	(50)	Les Croupiers Running Club	50.47	63
209	S. Pearce		Newport Harriers Athletic Club	50.48	62
210	J. Hurford	(50)	Great Western Runners	50.50	61
211	B. O'Leary	(40)	Amman Valley Harriers	51.03	60
212	J. Plain	(60)	Les Croupiers Running Club	51.05	59
213	R. Summers	(40)	Chepstow Harriers	51.08	58
214	P. Wright	(50)	Wells and Yeovil	51.09	57
215	R. Hopkins		Thornbury Running Club	51.10	56
216	M. Harris	(55)	Westbury Harriers	51.16	55
217	I. Morris	(45)	Taf Running & Orienteering Teams	51.24	54
218	A. Bunney	(40)	Aberdare Valley A. A. C.	51.26	53
219	T. Fenton	(50)	Great Western Runners	51.31	52

220	M. Halsall	Llanelli Amateur Athletic Club	51.33	51
221	M. Clash	(55) Pembrokeshire Harriers	51.39	50
222	B. Jones	(40) Les Croupiers Running Club	51.40	49
223	R. Bloss	(40) Westbury Harriers	51.48	48
224	M. Davies	(55) Les Croupiers Running Club	52.04	47
225	B. Dias	Cardiff Amateur Athletic Club	52.15	46
226	M. Bennett	(55) Great Western Runners	52.24	45
227	J. Aston	(60) Les Croupiers Running Club	52.31	44
228	G. Ashton	(50) Chepstow Harriers	52.40	43
229	M. Adams	(60) Bristol and West Athletic Club	52.44	42
230	N. Pringle	(50) Lliswerry Runners	52.45	41
231	P. Mainstone	(50) Thornbury Running Club	52.46	40
232	R. Hobbs	(60) Dursley & District Athletic Club	52.51	39
233	T. Jones	(50) Celtic Tri Club	53.25	38
234	B. Hall	(40) Weston Athletic Club	53.42	37
235	G. Jenkins	(40) Amman Valley Harriers	53.55	36
236	J. Wilson	(60) Westbury Harriers	53.56	35
237	D. Finch	(65) Chepstow Harriers	54.09	34
238	P. Morfey	(50) Cardiff Harlequins	54.12	33
239	A. Lloyd	Amman Valley Harriers	54.37	32
240	A. Bray	(50) Chepstow Harriers	54.40	31
241	A. Haq	(23) Cardiff University Harriers	54.52	30
242	D. Hughes	(40) Bridgend Athletic Club	55.11	29
243	T. Holling	(50) Port Talbot Harriers & A. C.	55.26	28
244	C. Bennett	(55) Great Western Runners	56.34	27
245	H. Brown	(60) Les Croupiers Running Club	57.22	26
246	H. Jones	(50) Taf Running & Orienteering Teams	58.16	25
247	S. Williams	(50) Les Croupiers Running Club	58.40	24
248	G. Bayliss	(60) Chepstow Harriers	59.08	23
249	J. Davies	(60) Port Talbot Harriers & A. C.	60.53	22
250	D. Davies	(60) Les Croupiers Running Club	61.00	21
251	R. Davey	(60) Les Croupiers Running Club	61.36	20
252	I. Swanson	(55) Port Talbot Harriers & A. C.	63.07	19
253	G. Bishop	(70) Thornbury Running Club	63.27	18
254	S. Richards	Wells and Yeovil	65.38	17