

Chepstow Harriers

Rose Inn 4

Tuesday, 10 August 2004. 7:30 pm

Position	Time	Name	Club	Category	Race Number
1	0:19:33	GARDINER, Richard	Cardiff AAC	Senior Men	419
2	0:20:32	LEWIS, Daniel	Telford AC	Senior Men	574
3	0:20:33	JENNINGS, Mark	Cardiff AAC	Senior Men	587
4	0:20:48	BAKER, Julian	Les Croupiers	Senior Men	691
5	0:21:27	COLLINS, Matthew	Cardiff AAC	Senior Men	413
6	0:21:42	CRANE, Philip	Neath Harriers	MV40	560
7	0:21:43	MEYLER, Chris	Pontypridd Rodents	Senior Men	568
8	0:22:13	ROWLEY, Justyn	Clevedon AC	Senior Men	472
9	0:22:17	LEWIS, Tim	Brackla Harriers	Senior Men	406
10	0:22:39	ROWLEY, Jason	Clevedon AC	Senior Men	473
11	0:22:42	DURY, Michael	Islwyn	Senior Men	438
12	0:22:57	ROBERTS, Emyr	Core Strength	Senior Men	476
13	0:23:02	HILL, Paul	Pegasus Running Club	Senior Men	697
14	0:23:07	WILLIAMS, Alun	Fairwater Runners	MV40	567
15	0:23:09	MEYLER, Phil	Pontypridd Rodents	MV45	569
16	0:23:12	DAVIES, Peter	Brackla Harriers	MV50	555
17	0:23:13	FEREDAY, Gareth	Newport Harriers	Senior Men	486
18	0:23:14	DAVIES, Gary	Chepstow Harriers	MV45	412
19	0:23:18	HARRIS, Paul	Lliswerry Runners	Senior Men	696
20	0:23:22	HORVATH, Paul	San Domenico	Senior Men	458
21	0:23:24	HEARD, Anneliese	Lliswerry Runners	Senior Ladies	598
22	0:23:41	SMITH, Ian	Forest of Dean A C	MV40	455
23	0:23:58	MORRIS, Ronald	San Domenico	MV50	577
24	0:23:59	CARZANA, Tony	Pegasus Running Club	MV55	414
25	0:24:04	DAVIS, Les	Severn AC	MV60	564
26	0:24:10	COLLINS, Dennis	Rhondda Valley Runners	Senior Men	411
27	0:24:15	MCCLURE, Shaun	Core Strength	Senior Men	451
28	0:24:22	GREEN, Martin	Forest of Dean A C	MV45	425
29	0:24:24	CRISPIE, Gerard	Les Croupiers	MV40	597
30	0:24:27	DELANEY, James	San Domenico	MV45	445
31	0:24:44	PLAIN, John	Les Croupiers	MV55	416
32	0:24:45	RAMSEY, Michael		MV40	450
33	0:24:46	YULE, Helen	Lliswerry Runners	LV35	462
34	0:24:47	PHILLIPS, Robbie	Lliswerry Runners	Junior Men	477
35	0:24:49	FRY, Mark	Fairwater Runners	MV40	571
36	0:24:58	MASON, Howard	Caerleon Running Club	Senior Men	499
37	0:25:26	LEWIS, Paul	MDC	MV45	576
38	0:25:36	ASTON, Jeff	Les Croupiers	MV55	589
39	0:25:39	DONNAN, Graeme	Les Croupiers	MV50	572
40	0:25:41	WOODS, Garry	Fairwater Runners	MV40	692
41	0:25:44	HILL, Terry	Brackla Harriers	Senior Men	690
42	0:25:48	OSMOND, Clive	Les Croupiers	MV40	417
43	0:25:51	HARPER, Charles	Forest of Dean A C	Senior Men	456
44	0:25:57	O'SULLIVAN, Tim	Les Croupiers	MV45	573
45	0:26:01	HILL, Peter	Stratford AC	MV50	558
46	0:26:04	BUNSTON, Michael	Islwyn	Senior Men	435
47	0:26:06	DAVIES, Julian	Pontypridd Rodents	Senior Men	585
48	0:26:10	ROWELL, Aly	Forest of Dean A C	Senior Ladies	578
49	0:26:25	CLISSOLD, Martin	Les Croupiers	MV45	586
50	0:26:28	HARRIS, Rhydwyn	Islwyn	Senior Men	437
51	0:26:30	SANSOM, Glyn		MV40	452
52	0:26:31	POWELL, Mark		Senior Men	575
53	0:26:32	JOHN, Gary	Les Croupiers	MV45	420
54	0:26:40	MANN, Alan	Les Croupiers	MV45	418
55	0:26:50	EZARD, Paul	Brackla Harriers	Senior Men	457
56	0:26:52	LOVETT, Brian	San Domenico	Senior Men	579
57	0:26:55	BROOKS, Clive	Caerleon Running Club	MV50	448
58	0:27:02	BATTERSBY, Nick	Chepstow Harriers	MV40	566
59	0:27:06	FORD, Paul	Brackla Harriers	Senior Men	439
60	0:27:08	TREVAINS, Jonathan	Chepstow Harriers	Senior Men	596
61	0:27:08	JAMES, Matt		Junior Men	480
62	0:27:15	SPOKES, Graeme	Fairwater Runners	Senior Men	599
63	0:27:20	BURT, Tony	Brackla Harriers	MV60	694
64	0:27:21	PROFFITT, David	Newport Harriers	MV50	582
65	0:27:26	TURNER, John	Stratford AC	MV60	557
66	0:27:28	JAMES, John	Severn AC	MV50	563
67	0:27:29	DAVIES, Leighton	Brackla Harriers	Senior Men	562
68	0:27:30	JONES, Gavin	Les Croupiers	Senior Men	594
69	0:27:35	RIDOUT, Mike	Brackla Harriers	MV50	428
70	0:27:39	DIX, Michael	Les Croupiers	MV45	593

Position	Time	Name	Club	Category	Race Number
71	0:27:41	REES, Kate		LV35	453
72	0:27:42	DAVIES, Andrew	Pontypridd Rodents	MV40	583
73	0:27:46	LEDBURY, Dave	Fairwater Runners	MV50	469
74	0:27:52	GOODALL, Kevin		MV45	446
75	0:27:53	THOMAS, James	Brackla Harriers	MV40	430
76	0:27:57	JENKINS, Ben		Senior Men	588
77	0:28:15	GARDENER, Kevin		MV45	436
78	0:28:19	JENKINS, Paul	Griffithstown Harriers	MV50	405
79	0:28:20	DERRICK, Ian Mark	Les Croupiers	Senior Men	426
80	0:28:22	MORGAN, Niki	Chepstow Harriers	LV35	565
81	0:28:38	SEDMOND, Andrew	Les Croupiers	MV45	431
82	0:28:49	WILLS, Ian		Senior Men	695
83	0:28:53	CANTWELL, Berna	Chepstow Harriers	LV40	471
84	0:28:59	WILLIAMSON, Stephen		MV50	410
85	0:29:00	TREHARNE, Keith	Brackla Harriers	MV55	693
86	0:29:04	HILL, Steve	Chepstow Harriers	MV45	441
87	0:29:07	BARRETT, Esther	Chepstow Harriers	Senior Ladies	466
88	0:29:08	GIBBS, Craig	Gileagle Harriers	Senior Men	464
89	0:29:08	SEWELL, Richard	Les Croupiers	MV45	454
90	0:29:13	BUCKLAND, Jenny		LV35	449
91	0:29:13	JONES, Shan	Brackla Harriers	LV45	423
92	0:29:20	MCCARTHY, David	Gileagle Harriers	Senior Men	465
93	0:29:26	JEFFERS, Neil		MV40	459
94	0:29:38	WILLIAMS, Stephen	Les Croupiers	MV45	432
95	0:29:45	WATKINS, Chris	Caerleon Running Club	Senior Men	484
96	0:29:47	EVANS, Pete		MV55	424
97	0:29:48	WILLIAMS, Frances	Les Croupiers	LV35	699
98	0:29:49	OST, Andrew	Chepstow Harriers	Senior Men	443
99	0:29:50	POWELL, Michael	Caerleon Running Club	MV55	482
100	0:29:54	BONERN, Steven	Gileagle Harriers	Senior Men	463
101	0:29:55	GREEN, Jackie	Forest of Dean A C	LV45	407
102	0:29:56	JAMES, Dawn		LV40	479
103	0:29:57	ROBERTS, Jonathan		MV40	595
104	0:30:02	JENKINS, Jeanette	Fairwater Runners	LV40	483
105	0:30:02	HICKS, Glyn	Islwyn	MV50	433
106	0:30:02	HOLLOWAY, Don	Brackla Harriers	MV55	427
107	0:30:08	PHILLIPS, Tony	Griffithstown Harriers	MV45	474
108	0:30:32	JONES, Gareth	Newport Harriers	MV55	580
109	0:30:55	CLARK, Andrea	Llisbury Runners	LV35	591
110	0:31:07	EISTONE, Emma	Stratford-on-Avon	Senior Ladies	559
111	0:31:10	BEWG, Bill	Chepstow Harriers	MV60	200
112	0:31:15	MORRIS, Jan	Newport Harriers	LV35	485
113	0:31:25	WILLIAMS, Nicola	Les Croupiers	Senior Ladies	698
114	0:31:41	FEREDAY, David		MV55	581
115	0:31:48	GILBERT-JONES, Paul	Chepstow Harriers	Senior Men	415
116	0:31:54	GIBSON, Spencer	Llisbury Runners	Junior Men	488
117	0:31:59	OWEN, Joanne	Caerleon Running Club	LV35	481
118	0:32:04	HOWELL, Kim	Caerleon Running Club	LV45	440
119	0:32:16	CHERRY, Ann	East Cheshire Harriers	LV45	556
120	0:32:27	BRAY, Andy	Chepstow Harriers	MV45	461
121	0:32:30	HOWELLS, Gwyn	Caerleon Running Club	LV50	489
122	0:32:35	BAYLISS, Jane	Chepstow Harriers	LV50	554
123	0:32:38	FLANAGAN, Nigel		Senior Men	470
124	0:32:57	MORGAN, Catherine	Maesteg	Senior Ladies	429
125	0:33:02	RICHARDS, Janet	Griffithstown Harriers	LV35	201
126	0:33:34	SIMPKIN, Tosh		Senior Men	409
127	0:34:13	IMM, Novia	Griffithstown Harriers	Senior Ladies	475
128	0:34:14	HOUGH, Sue	Chepstow Harriers	Senior Ladies	442
129	0:34:14	GIBSON, Claire	Chepstow Harriers	Senior Ladies	422
130	0:34:30	FLAHERTY, Gerard		Senior Men	460
131	0:34:31	GREEN, Clare	San Domenico	LV35	447
132	0:34:36	PASCOE, John	Brackla Harriers	MV65+	561
133	0:34:51	HARNETT, Max	Fairwater Runners	MV65+	408
134	0:35:17	REGULSKI, Brett		MV40	434
135	0:35:33	BURRIDGE, Marianne	Fairwater Runners	LV45	202
136	0:35:35	MASTERS, Anne	Chepstow Harriers	LV55+	444
137	0:35:47	FEAR, Vicky	Llisbury Runners	Senior Ladies	467
138	0:35:48	LEE, Catherine		Senior Ladies	478
139	0:36:56	ANDERSON, Keith	Llisbury Runners	MV40	487
140	0:36:57	DAVIES, Julia	Llisbury Runners	LV45	468
141	0:37:50	JAMES, Kath	Chepstow Harriers	LV40	204
142	0:39:14	MCCARTHY, Phil		Senior Men	590
143	0:39:44	PARAGREEN, Norman	Stratford AC	MV65+	570
144	0:41:00	PRICE, Jackie	Chepstow Harriers	LV45	203