

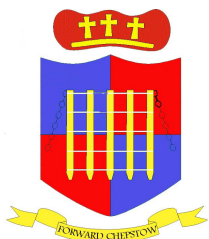
Chepstow Harriers

Rose Inn 4
Tuesday, 11 August 2009. 7:30 pm

Sponsored by:



Position	Time	Name	Club	Category	Race Number
1	0:19:56	JOHNSON, Michael	Cardiff AAC	Senior Men	516
2	0:20:50	COLLINS, Matthew	Cardiff AAC	Senior Men	605
3	0:21:46	COLES, Peter	Pontypridd Rodents	MV45	608
4	0:22:08	MORGAN, Mark	Abertillery AAC	MV35	543
5	0:22:15	ROWLEY, Jason	Clevedon AC	Senior Men	602
6	0:22:21	ROWLEY, Justyn	Clevedon AC	Senior Men	603
7	0:22:22	JENNINGS, Mark	Cardiff AAC	MV35	654
8	0:22:47	NUTT, Jamie	Les Croupiers	Senior Men	633
9	0:22:47	DUKES, Nick	Les Croupiers	Senior Men	640
10	0:22:57	BARNBY, Daryll	Fairwater Runners	Senior Men	560
11	0:23:04	EDWARDS, Jerome	San Domenico	Senior Men	639
12	0:23:06	MCGEOCH, Mick	Les Croupiers	MV50	552
13	0:23:08	HANCOCK, Simon	Clevedon AC	Senior Men	495
14	0:23:13	DONOVAN, Edward	San Domenico	Senior Men	597
15	0:23:14	VAN DER MEULEN, Ruud		Senior Men	599
16	0:23:16	MCILROY, Stuart	Les Croupiers	MV35	642
17	0:23:18	OSMAN, Jon	Eastleigh	MV45	530
18	0:23:23	HARVEY, Mark	Chepstow Harriers	Senior Men	498
19	0:23:35	FOSTER, John	Lliswerry Runners	MV50	527
20	0:23:39	LEATHARD, Matt	Chepstow Harriers	Senior Men	548
21	0:23:41	HARTNELL, Haydn	Islwyn Running Club	MV45	596
22	0:24:02	MARSDEN, Debbie	Westbury Harriers	Senior Ladies	523
23	0:24:05	ROBERTS, Huw	Bridgend AC	MV50	550
24	0:24:07	HARRIS, Steven	Chepstow Harriers	Senior Men	496
25	0:24:08	EMBLING, Jonathan	Bridgend AC	MV50	554
26	0:24:14	KNAPP, Nicola	Abertillery AAC	Senior Ladies	544
27	0:24:19	BRUTON, Paul		Senior Men	580
28	0:24:26	HARRIS, Paul	Lliswerry Runners	MV40	572
29	0:24:43	HURFORD, Matthew	Les Croupiers	MV35	650
30	0:24:50	JONES, Chris	Lliswerry Runners	MV50	510
31	0:25:00	SANSOM, Glyn	San Domenico	MV45	582
32	0:25:02	BEECHER, Katie	Les Croupiers	Senior Ladies	522
33	0:25:11	RUSSELL, Andrew	Les Croupiers	Senior Men	585
34	0:25:14	MURPHY, Michael	Les Croupiers	MV55	637
35	0:25:15	CREED, Matt	Chepstow Harriers	Senior Men	497
36	0:25:24	EVANS, Robert	Les Croupiers	MV55	579
37	0:25:33	THOMAS, Peter	Caerleon Running Club	MV45	607
38	0:25:40	DAVIES, Andy	Pontypridd Rodents	MV45	508
39	0:25:43	CRISPIE, Gerard	Les Croupiers	MV45	586
40	0:25:53	MORGAN, Kelly	Pontypridd Rodents	Senior Ladies	545
41	0:26:03	DIFFEY, John	Les Croupiers	MV45	632
42	0:26:04	DAVIES, Martin	Lliswerry Runners	MV45	534
43	0:26:06	HOARE, Patrick		MV40	577
44	0:26:32	THURGOOD, Mike	Caerleon Running Club	MV40	553
45	0:26:33	HEWARD, Damian		Senior Men	546
46	0:26:34	OSMOND, Clive	Les Croupiers	MV45	499
47	0:26:36	JONES, Alun	Les Croupiers	MV35	521
48	0:26:36	MANN, Alan	Les Croupiers	MV50	502
49	0:26:40	RICHMOND, Mark		MV35	541
50	0:26:45	BURNE, Peter		MV35	525
51	0:26:46	SHIELDS, Dominic	San Domenico	MV40	540
52	0:26:46	PLAIN, John	Les Croupiers	MV60	494
53	0:26:52	DELANEY, James	San Domenico	MV50	622
54	0:26:56	BLORE, James	Chepstow Harriers	Junior Men	620
55	0:26:57	BRACE, Steve	Bridgend AC	MV45	570
56	0:26:59	WRIGHT, John	Chepstow Harriers	MV35	566
57	0:27:01	BLACKMORE, Andrew	Chepstow Harriers	MV40	517
58	0:27:02	TURNER, John	Stratford On Avon AC	MV65	524
59	0:27:03	COHEN, Leo	Chepstow Harriers	Senior Men	612
60	0:27:04	DONNAN, Graeme	Les Croupiers	MV55	535
61	0:27:05	ASHTON, Liz	Les Croupiers	Senior Ladies	515
62	0:27:06	BRACE, Jacqueline	Bridgend AC	LV50	571



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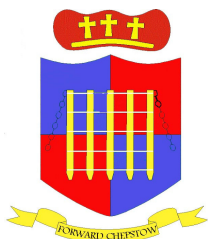


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Position	Time	Name	Club	Category	Race Number
63	0:27:07	HOOK, Robert		MV45	539
64	0:27:27	HASELHURST, Sally	San Domenico	Senior Ladies	538
65	0:27:40	LEWIS, CHRIS	Hogweed Trotters	MV35	625
66	0:27:43	JAMES, John	Severn AC	MV55	506
67	0:27:49	DUFFIELD, Helen	Chepstow Harriers	LV35	549
68	0:27:51	CARZANA, Tony	Pegasus Running Club	MV60	542
69	0:27:53	MCENTEE, Kevin	Chepstow Harriers	MV50	635
70	0:27:56	LOCKE, Matt		MV35	587
71	0:28:09	DALEY, Loretta	Les Croupiers	LV40	503
72	0:28:15	PROFFITT, David	Newport Harriers	MV55	556
73	0:28:22	ASTON, Jeff	Les Croupiers	MV60	561
74	0:28:25	SEWELL, Richard	Les Croupiers	MV50	645
75	0:28:29	LEWIS, Richard		MV35	567
76	0:28:34	KIRKWOOD, Paul	Glenwood Active	MV55	592
77	0:28:38	DAVIES, Chris	Lliswerry Runners	MV50	624
78	0:28:43	ROGERS, Mark	Glenwood Active	MV45	589
79	0:28:47	SUMMERS, Louise	Chepstow Harriers	LV40	629
80	0:28:50	COLLINS, Dennis	Rhondda Valley Runners	MV40	649
81	0:28:52	SCHOLEY, Julie	Les Croupiers	LV45	631
82	0:28:53	TOPALIAN, Jennifer	Les Croupiers	Senior Ladies	514
83	0:29:00	BUCKLAND, Jenny		LV40	636
84	0:29:02	EVANS, MIKE	Forest of Dean A C	MV50	565
85	0:29:07	PARCELL, Richard	Lliswerry Runners	MV40	512
86	0:29:08	CARTER, Clive	Lliswerry Runners	MV50	644
87	0:29:22	DAVIES, Liam		MV50	653
88	0:29:25	ADDY, Liam		MV35	588
89	0:29:25	HAWKINS, David		MV35	519
90	0:29:35	GOODWIN, Christopher	Chepstow Harriers	Senior Men	518
91	0:29:37	COLLIER, Ross		Senior Men	501
92	0:29:41	DIX, Michael	Les Croupiers	MV50	559
93	0:29:44	THOMSON, Stewart	Griffithstown Harriers	MV45	610
94	0:29:46	DAVIES, Stephanie	Pontypridd Rodents		509
95	0:29:47	LOWE, Alun	Lliswerry Runners	MV40	513
96	0:29:49	LAWSON, Vanessa	Chepstow Harriers	LV35	618
97	0:29:50	WILLIAMS, Maria	Islwyn Running Club	LV35	504
98	0:29:56	JENKINS, Neil	Caerleon Running Club	Senior Men	536
99	0:29:57	ATTWOOD, Howard	Lliswerry Runners	MV55	529
100	0:30:01	RONBET, Clovis		Senior Men	604
101	0:30:05	BURGESS, Bryn	Lliswerry Runners	MV50	533
102	0:30:05	DANIELS, Peta	Lliswerry Runners	LV40	573
103	0:30:25	SUMMERS, Robert	Chepstow Harriers	MV40	630
104	0:30:27	BOWIE, Richard	Fairwater Runners	MV45	647
105	0:30:33	GITTINS, Jade	Caerleon Running Club	Senior Ladies	611
106	0:30:37	TOOK, Michael		Senior Men	641
107	0:30:37	DAVIES, John	Port Talbot Harriers	MV60	511
108	0:30:55	JAMES, Clive	Midland Masters AC	MV60	551
109	0:31:04	RICHARDS, Janet	Griffithstown Harriers	LV40	609
110	0:31:10	WASHBROOK, Tim		Senior Men	500
111	0:31:24	CANTWELL, Berna	Chepstow Harriers	LV45	626
112	0:31:32	TURNER, Andrew	Stratford On Avon AC	Senior Men	526
113	0:31:33	DAVIES, Nick		MV35	621
114	0:31:45	AVERY, Brenda	Chepstow Harriers	LV55+	643
115	0:31:47	ANDERSON, Robert	Lliswerry Runners	MV65	507
116	0:31:49	BIRCH, Coleen	Islwyn Running Club	LV35	594
117	0:31:55	MATTHEWS, Donna	Islwyn Running Club	LV45	505
118	0:32:14	THOMAS, Helen	Caerleon Running Club	LV45	606
119	0:32:41	FOSTER, Adam		Junior Men	528
120	0:32:43	FRY, John	Fairwater Runners	MV60	537



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Position	Time	Name	Club	Category	Race Number
121	0:32:50	TAYLOR, Andrew	Caerleon Running Club	MV50	615
122	0:33:01	HOBBS, James		MV40	558
123	0:33:18	DAVIES, Annette		LV45	652
124	0:33:31	WYNDY, Jacqui	Forest of Dean A C	LV55+	593
125	0:33:38	BEWG, Bill	Chepstow Harriers	MV65	613
126	0:33:45	KILEY, Jeremy		MV45	557
127	0:33:48	BISHOP, Philip	Glenwood Active	MV45	578
128	0:33:48	SHEEDY, Alison	Lliswerry Runners	LV40	547
129	0:33:58	JONES, Jacqueline	Islwyn Running Club	LV35	595
130	0:34:06	JORDAN, Pamela		Senior Ladies	656
131	0:34:08	BROWN, Rob	Chepstow Harriers	MV60	619
132	0:34:09	HETTINGA, Aggie		Senior Ladies	598
133	0:34:19	EVANS, Barry		MV40	583
134	0:34:19	JONES, Garry	Chepstow Harriers	MV40	623
135	0:34:43	HUDD, Simon		MV40	627
136	0:34:47	DAVIES, Nick		MV45	576
137	0:34:51	PROCTOR, Katie		Senior Ladies	655
138	0:34:52	THOMAS, Jan	Glenwood Active	LV40	575
139	0:34:56	MURPHY, Gillian	Les Croupiers	LV55+	638
140	0:35:00	POWELL, Catherine		LV40	646
141	0:35:04	MUGRIDGE, Mike	Chepstow Harriers	MV65	628
142	0:35:34	FEAR, Vicky	Lliswerry Runners	Senior Ladies	616
143	0:35:35	SMIKLE, Charmine	Lliswerry Runners	Senior Ladies	634
144	0:35:39	ROSSITER, Eloise	Lliswerry Runners	Senior Ladies	581
145	0:35:49	ELVERS, Karen	Chepstow Harriers	LV35	651
146	0:35:51	JAMES, Paula	Pontypridd Rodents	LV35	600
147	0:35:52	ROGERS, Abigail	Glenwood Active	LV35	590
148	0:36:24	JONES, Charlotte	Swansea Harriers	Senior Ladies	569
149	0:36:35	LENNON, Ben		MV40	584
150	0:36:39	BLADEN, Alan	Les Croupiers	MV70+	531
151	0:36:53	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	591
152	0:37:20	LONGFORD, Hannah	Lliswerry Runners	Senior Ladies	563
153	0:37:55	BURRIDGE, Marianne	Fairwater Runners	LV50	648
154	0:38:03	EVANS, Denise	Forest of Dean A C	LV40	564
155	0:38:22	WOODFORD, Carol	Lliswerry Runners	LV45	562
156	0:38:26	PRICE, Abbi	Lliswerry Runners	Senior Ladies	617
157	0:38:26	FORSEY, Yvonne	Lliswerry Runners	LV50	574
158	0:38:34	HODDINOTT, Paula	Caerleon Running Club	LV40	555
159	0:39:24	WOOD, Emily	Caerleon Running Club	LV35	601
160	0:40:24	GITTINS, Sharon	Lliswerry Runners	LV45	614
161	0:42:29	BURGESS, Ros	Lliswerry Runners	LV40	532
162	0:44:31	JONES, Alison		LV45	568