



## Chepstow Harriers

**Rose Inn 4**  
**Tuesday, 14 July 2009. 7:30 pm**

*Sponsored by:*



**Run and Become**  
**Become and Run**  
 Cardiff's Specialist Running Shop

02920 232346 • 12 Wood Street CF10 1ER  
[www.runandbecome.com](http://www.runandbecome.com)

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Position	Time	Name	Club	Category	Race Number
1	0:19:19	GARDINER, Richard	Cardiff AAC	MV35	372
2	0:19:29	JOHNSON, Michael	Cardiff AAC	Senior Men	361
3	0:21:22	SHEPPARD, Billy	Clevedon AC	Senior Men	455
4	0:21:40	CESHIRE, Calum	Les Croupiers	Senior Men	377
5	0:21:50	ROWLEY, Jason	Clevedon AC	Senior Men	369
6	0:22:03	ROWLEY, Justyn	Clevedon AC	Senior Men	368
7	0:22:07	HUMPHREYS, Laurence	Fairwater Runners	Senior Men	342
8	0:22:20	EDMONDS, Matthew		Senior Men	448
9	0:22:46	MORGAN, Chris	Fairwater Runners	MV40	396
10	0:22:49	TERRY, John	Westbury Harriers	Senior Men	386
11	0:22:52	BAKER, Andrew	Pontypridd Rodents	MV40	380
12	0:22:56	SCOTT, Paul	Chepstow Harriers	MV40	358
13	0:23:06	WILLIAMS, Ioan	Gwent Police	Senior Men	349
14	0:23:07	FOSTER, John	Lliswerry Runners	MV50	365
15	0:23:13	LEATHARD, Matt	Chepstow Harriers	Senior Men	362
16	0:23:16	GOODLAND, Jonathan	Bristol & West AC	MV50	400
17	0:23:26	PENNY, Stuart	Chepstow Harriers	MV45	378
18	0:23:38	MARSDEN, Debbie	Westbury Harriers	Senior Ladies	385
19	0:23:49	BARNBY, Daryll	Fairwater Runners	Senior Men	364
20	0:23:56	MCILROY, Stuart	Les Croupiers	MV35	488
21	0:24:06	HOOPER, Steven	Pontypridd Rodents	MV40	388
22	0:24:20	HARRIS, Paul	Lliswerry Runners	MV40	472
23	0:24:21	KNAPP, Nicola	Abertillery AAC	Senior Ladies	440
24	0:24:26	MALARZ, Luke	Chepstow Harriers	Senior Men	356
25	0:24:38	BRUTON, Paul		Senior Men	461
26	0:24:47	BUCKLAND, Gary	Lliswerry Runners	Senior Men	376
27	0:24:49	RUSSELL, Andrew	Les Croupiers	Senior Men	479
28	0:24:51	BEAUMONT, John		Senior Men	492
29	0:24:54	PONECHAL, Andrej		Senior Men	371
30	0:24:57	MURPHY, Mike	Les Croupiers	MV55	478
31	0:24:58	JONES, Christopher	Lliswerry Runners	MV50	450
32	0:25:32	MILES, Phil	Parc Bryn Bach Running Club	MV55	357
33	0:25:46	LEACH, Walter	Forest of Dean A C	MV45	433
34	0:25:48	HOWARD, Gareth	Westbury Harriers	Senior Men	384
35	0:25:52	HARPER, Charles	Forest of Dean A C	MV35	443
36	0:25:53	DIFFEY, John	Les Croupiers	MV45	454
37	0:26:02	HUGH, Justyn		Senior Men	353
38	0:26:11	FORD, Kirk	Caerleon Running Club	Senior Men	352
39	0:26:13	SCOTT, Rob	Les Croupiers	Senior Men	485
40	0:26:13	SHIELDS, Dominic	San Domenico	MV40	354
41	0:26:16	OSMOND, Clive	Les Croupiers	MV45	359
42	0:26:22	WALTON, Alan	San Domenico	MV35	392
43	0:26:23	LEWIS, Chris	Hogweed Trotters	MV35	399
44	0:26:28	LLOYD, Richard	Fairwater Runners	Senior Men	439
45	0:26:36	TURNER, John	Stratford On Avon AC	MV65+	346
46	0:26:51	REESE, Tim	Lliswerry Runners	MV45	381
47	0:27:02	CREBER, Andy	Chepstow Harriers	MV50	444
48	0:27:03	BATTERSBY, Nick	Chepstow Harriers	MV45	487
49	0:27:06	BURNE, Peter		MV35	465
50	0:27:08	DELANEY, James	San Domenico	MV50	432
51	0:27:17	BLORE, James	Chepstow Harriers	Junior Men	467
52	0:27:18	GRANT, Neil	Chepstow Harriers	MV55	469
53	0:27:36	DONOVAN, Martin		MV45	360
54	0:27:39	LOCKE, Matt		MV35	489
55	0:27:57	JAMES, John	Severn AC	MV55	341
56	0:28:04	SCHOLEY, Julie	Les Croupiers	LV45	464
57	0:28:21	PORTER, Richard		MV35	383
58	0:28:24	SUMMERS, Louise	Chepstow Harriers	LV40	481
59	0:28:26	ASTON, Jeff	Les Croupiers	MV60	434
60	0:28:27	EVANS, Michael	Forest of Dean A C	MV50	457
61	0:28:43	BOWEN, Huw		MV35	491
62	0:28:46	JENKINS, Neil	Caerleon Running Club	Senior Men	387
63	0:28:52	BIRD, Tom	Lliswerry Runners	MV45	375
64	0:29:01	STORRAR, James		MV45	435
65	0:29:10	PARCELL, Richard	Lliswerry Runners	MV40	351



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Position	Time	Name	Club	Category	Race Number
66	0:29:13	ADDY, Liam		MV35	493
67	0:29:30	DAVIES, Liam		MV50	471
68	0:29:32	DIX, Michael	Les Croupiers	MV50	397
69	0:29:37	SUMMERS, Robert	Chepstow Harriers	MV40	482
70	0:29:47	WILLIAMS, Maria	Islwyn Running Club	LV35	347
71	0:29:48	LOWE, Alun	Lliswerry Runners	MV40	350
72	0:29:53	MANLEY, David		Senior Men	445
73	0:30:08	ATTWOOD, Howard	Lliswerry Runners	MV55	367
74	0:30:12	DANIELS, Peta	Lliswerry Runners	LV40	473
75	0:30:43	AVERY, Brenda	Chepstow Harriers	LV55+	486
76	0:30:46	TURNER, Andrew	Stratford On Avon AC	Senior Men	345
77	0:30:49	MCDONALD, David	Les Croupiers	MV40	382
78	0:31:08	GITTINS, Jade	Caerleon Running Club	Senior Ladies	389
79	0:31:15	BURGESS, Bryn	Lliswerry Runners	MV50	395
80	0:31:25	ANDREWS, Dave	Chepstow Harriers	MV60	484
81	0:31:48	ANDERSON, Robert	Lliswerry Runners	MV65+	370
82	0:32:03	BIRCH, Coleen	Islwyn Running Club	LV35	437
83	0:32:17	DAVIES, Nick		MV35	344
84	0:32:30	FRY, John	Fairwater Runners	MV60	355
85	0:32:31	TIPPING, Angela	Lliswerry Runners	Senior Ladies	474
86	0:32:49	DAVIES, Annette		LV45	470
87	0:32:56	JENKINS, Sarah	Chepstow Harriers	Senior Ladies	452
88	0:33:04	FORSEY, Tomas		Senior Men	374
89	0:33:08	RACKHAM, Amy	Newport Harriers	Senior Ladies	483
90	0:33:09	MUNDY, Claire	Chepstow Harriers	Senior Ladies	453
91	0:33:13	HAVERS, Roberta	Chepstow Harriers	Senior Ladies	462
92	0:33:18	EVANS, Barry		MV40	447
93	0:33:27	JONES, Jacqueline	Islwyn Running Club	LV35	438
94	0:33:35	BEWG, Bill	Chepstow Harriers	MV65+	339
95	0:33:36	HAY-HARRIS, Deborah	Lliswerry Runners	LV45	458
96	0:33:57	TINSLEY, Alan	Caerleon Running Club	MV50	340
97	0:34:01	ELVERS, Karen	Chepstow Harriers	LV35	480
98	0:34:02	WARNER, Ian		MV50	451
99	0:34:20	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	390
100	0:34:24	WILLIAMSON, Stephen		MV55	466
101	0:34:27	MURPHY, Gill	Les Croupiers	LV55+	477
102	0:34:41	STONE, Sam		Senior Men	475
103	0:34:55	HUDD, Simon		MV40	449
104	0:34:56	KILEY, Jeremy		MV45	343
105	0:34:58	JAMES, Paula	Pontypridd Rodents	LV35	379
106	0:35:25	JONES, Garry	Chepstow Harriers	MV40	363
107	0:35:38	WILCOX, Helen		LV40	476
108	0:35:41	LOCKE, Geraldine		LV35	490
109	0:36:00	FEAR, Vicky	Lliswerry Runners	Senior Ladies	391
110	0:36:15	MORGAN, Louise		LV40	446
111	0:36:22	BLADEN, Alan	Les Croupiers	MV65+	431
112	0:36:32	PROCTOR, Katie		Senior Ladies	442
113	0:37:03	PRICE, Abbi	Lliswerry Runners	Senior Ladies	393
114	0:37:18	EVANS, Denise	Forest of Dean A C	LV40	456
115	0:37:26	MOULTON, Jayne	Lliswerry Runners	LV45	366
116	0:37:54	GILES, Hayley		Senior Ladies	348
117	0:38:02	VAN POETSCH, Luda		LV45	459
118	0:38:11	JENKINS, Gareth	Chepstow Harriers	MV40	398
119	0:38:34	LONGFORD, Hannah	Lliswerry Runners	Senior Ladies	463
120	0:40:07	FORSEY, Yvonne	Lliswerry Runners	LV50	373
121	0:40:46	LEWIS, Chris	Lliswerry Runners	LV45	468
122	0:41:22	BURGESS, Ros	Lliswerry Runners	LV40	394
123	0:42:01	MORGAN, Janet	Lliswerry Runners	LV50	441
124	0:45:31	HARRIS, Ron	Lliswerry Runners	MV65+	460