



Chepstow Harriers

Rose Inn 4
Tuesday, 9 June 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/cardiff.ntml>

Position	Time	Name	Club	Category	Race Number
1	0:19:20	JOHNSON, Michael	Cardiff AAC	Senior Men	324
2	0:19:41	GARDINER, Richard	Cardiff AAC	MV35	266
3	0:20:18	COLLINS, Matthew	Cardiff AAC	Senior Men	240
4	0:20:52	PATERSON, Stephen	San Domenico	Senior Men	261
5	0:21:15	COLES, Peter	Pontypridd Rodents	MV45	295
6	0:21:17	CREES, Stuart	Les Croupiers	Senior Men	208
7	0:21:30	CHESHIRE, Calum	Les Croupiers	Senior Men	276
8	0:21:49	FROST, Nick	Pontypridd Rodents	MV45	245
9	0:22:15	EDWARDS, Jerome	San Domenico	Senior Men	325
10	0:22:18	HUMPHREYS, Laurence	Fairwater Runners	Senior Men	260
11	0:22:19	PITMAN, Rhys	Pontypridd Rodents	MV35	242
12	0:22:26	HARVEY, Mark	Chepstow Harriers	Senior Men	294
13	0:22:27	MORGAN, Chris	Fairwater Runners	MV40	225
14	0:22:35	FOSTER, John	Llswerry Runners	MV50	246
15	0:22:43	HARRHY, Chris	Llswerry Runners	MV40	189
16	0:22:56	LYNCH, Gareth	Les Croupiers	Senior Men	233
17	0:23:01	SCOTT, Paul	Chepstow Harriers	MV40	183
18	0:23:11	BAKER, Andrew	Pontypridd Rodents	MV40	236
19	0:23:12	DONOVAN, Edward	San Domenico	Senior Men	287
20	0:23:20	PENNY, Stuart	Chepstow Harriers	MV45	250
21	0:23:44	LEATHARD, Matt	Chepstow Harriers	Senior Men	215
22	0:23:47	MARSDEN, Debbie	Westbury Harriers	Senior Ladies	173
23	0:23:54	BEAUMONT, John		Senior Men	299
24	0:24:03	LIDGETT, Paul	Chepstow Harriers	MV40	302
25	0:24:09	GRIFFITHS, Dave	Newport Harriers	MV40	274
26	0:24:11	KNAPP, Nicola	Abertillery AAC	Senior Ladies	293
27	0:24:16	KNIGHT, Richard		Senior Men	188
28	0:24:20	HOOPER, Steven	Pontypridd Rodents	MV40	231
29	0:24:28	MEYLER, Phil	Pontypridd Rodents	MV50	194
30	0:24:34	GREEN, Edwin	Chepstow Harriers	MV40	332
31	0:24:44	PRITCHARD, Steven		Senior Men	237
32	0:24:51	TOWNSEND, Matthew	Les Croupiers	MV40	296
33	0:24:53	DAVIES, Andy	Pontypridd Rodents	MV45	193
34	0:24:54	RUSSELL, Andrew	Les Croupiers	Senior Men	211
35	0:24:56	MILES, Phil	Parc Bryn Bach Running Club	MV55	199
36	0:24:59	BIRCH, Sean		MV40	263
37	0:25:00	JONES, Toby	Llswerry Runners	Senior Men	284
38	0:25:01	MURPHY, Mike	Les Croupiers	MV55	252
39	0:25:10	BROWN, Andrew	Severn AC	MV50	185
40	0:25:13	MORRIS, Ronald	San Domenico	MV55	175
41	0:25:14	EVANS, Robert	Les Croupiers	MV55	197
42	0:25:20	COOKE, Michael	Glenwood Active	MV45	200
43	0:25:25	HARPER, Charles	Forest of Dean A C	MV35	279
44	0:25:27	O'SHEA, John	Les Croupiers	MV50	213
45	0:25:28	TERRY, John	Westbury Harriers	Senior Men	172
46	0:25:28	PONECHAL, Andrej		Senior Men	255
47	0:25:31	SPENCER, Andrew	Fairwater Runners	MV45	179
48	0:25:34	DIFFEY, John	Les Croupiers	MV45	315
49	0:25:37	BEECHER, Katie	Les Croupiers	Senior Ladies	209
50	0:25:41	SAWYERS, Shayne	Les Croupiers	MV35	271
51	0:25:48	THOMAS, Peter	Caerleon Running Club	MV45	306
52	0:25:51	RYAN, Chris	Llswerry Runners	MV40	226
53	0:25:55	LEWIS, Chris	Hogweed Trotters	MV35	316
54	0:26:08	LEACH, Walter	Forest of Dean A C	MV45	281
55	0:26:11	SHIELDS, Dominic	San Domenico	MV40	204
56	0:26:15	WEHDEN, Kim	Islwyn Running Club	MV45	321
57	0:26:20	BURNE, Peter		MV35	229
58	0:26:23	LLOYD, Rich	Fairwater Runners	Senior Men	265
59	0:26:24	BUCKLAND, Gary	Llswerry Runners	Senior Men	243
60	0:26:25	KENT, Howard	Les Croupiers	MV55	300
61	0:26:29	REESE, Tim	Llswerry Runners	MV45	178
62	0:26:30	BLACKMORE, Andrew	Chepstow Harriers	MV40	285
63	0:26:32	POLLARD, Mark		MV45	235
64	0:26:37	PLAIN, John	Les Croupiers	MV60	177
65	0:26:41	POLLARD, Joanne	Chepstow Harriers	Senior Ladies	338



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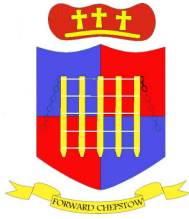


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Position	Time	Name	Club	Category	Race Number
66	0:26:47	DAVEY, Sean	Caerleon Running Club	MV45	307
67	0:26:53	COHEN, Leo	Chepstow Harriers	Senior Men	230
68	0:26:56	BATTERSBY, Nick	Chepstow Harriers	MV45	304
69	0:26:58	CREBER, Andy	Chepstow Harriers	MV50	317
70	0:27:00	DELANEY, James	San Domenico	MV50	216
71	0:27:02	JONES, Alun	Les Croupiers	MV35	278
72	0:27:03	SHANAHAN, John		MV50	227
73	0:27:05	O'SULLIVAN, Tim	Les Croupiers	MV50	319
74	0:27:16	DAVIES, Mike	Caerleon Running Club	MV50	288
75	0:27:21	LOCKE, Matthew		MV35	207
76	0:27:22	JAMES, John	Severn AC	MV55	180
77	0:27:23	LEE, Jonathan	Caerleon Running Club	MV40	297
78	0:27:23	DONOVAN, Martin		MV45	238
79	0:27:34	WILLIAMSON, Stephen	Lliswerry Runners	MV50	224
80	0:27:35	HASELHURST, Sally	San Domenico	Senior Ladies	201
81	0:27:44	DALLOW, Andy	Forest of Dean A C	MV45	186
82	0:27:46	CARZANA, Tony	Pegasus Running Club	MV60	291
83	0:27:49	TILKE, Warren	Pontypridd Rodents	MV35	191
84	0:27:52	DIX, Michael	Les Croupiers	MV50	210
85	0:27:53	SCHOLEY, Julie	Les Croupiers	LV45	311
86	0:27:57	COCKRAM, Debbie	Fairwater Runners	LV45	310
87	0:28:07	ASTON, Jeff	Les Croupiers	MV60	214
88	0:28:23	CORBETT, Steve	Portishead RC	MV60	184
89	0:28:29	SUMMERS, Louise	Chepstow Harriers	LV40	301
90	0:28:30	STOTT, Gill	Chepstow Harriers	LV50	270
91	0:28:37	STORRAR, James		MV45	280
92	0:28:55	KIRKWOOD, Paul	Glenwood Active	MV55	283
93	0:28:59	BIRD, Tom	Lliswerry Runners	MV45	244
94	0:29:03	ADDY, Liam		MV35	298
95	0:29:07	CARTER, Clive	Lliswerry Runners	MV50	232
96	0:29:08	JENKINS, Neil	Caerleon Running Club	Senior Men	290
97	0:29:19	HOPKINS, Rhian	Pontypridd Rodents	Senior Ladies	190
98	0:29:21	DAVIES, Liam		MV50	334
99	0:29:28	PRICE, Nicola	Caerleon Running Club	Senior Ladies	318
100	0:29:29	THOMSON, Stewart	Griffithstown Harriers	MV45	221
101	0:29:30	HAWKINS, David		MV35	247
102	0:29:38	MCDONALD, David	Les Croupiers	MV40	181
103	0:29:54	WILLIAMS, Maria	Islwyn Running Club	LV35	176
104	0:29:56	O'DRISCOLL, Chris	Chepstow Harriers	MV35	336
105	0:29:57	FOSTER, Christopher	Chepstow Harriers	MV35	239
106	0:30:19	AVERY, Brenda	Chepstow Harriers	LV55+	337
107	0:30:23	DANIELS, Peta	Lliswerry Runners	LV40	303
108	0:30:52	RICHARDS, Janet	Griffithstown Harriers	LV40	217
109	0:30:55	TURNER, Steve		MV45	223
110	0:31:02	DAVIES, Nick		MV35	196
111	0:31:05	JOHNSON, Hayley		LV35	323
112	0:31:16	BURGESS, Bryn	Lliswerry Runners	MV50	259
113	0:31:18	HOBBS, James		MV40	228
114	0:31:25	TREHARNE, Ruth	Islwyn Running Club	LV40	320
115	0:31:28	BIRCH, Coleen	Islwyn Running Club	LV35	262
116	0:31:32	MANLEY, David		Senior Men	313
117	0:31:36	WATSON, Bob		MV35	249
118	0:31:42	DAVIES, Stephanie	Pontypridd Rodents		192
119	0:32:06	THOMAS, Helen	Caerleon Running Club	LV45	305
120	0:32:15	MUNDY, Claire	Chepstow Harriers	Senior Ladies	218
121	0:32:17	STONE, Sam		Senior Men	264
122	0:32:24	BAKER, Chris		Senior Men	312
123	0:32:26	MATTHEWS, Donna	Islwyn Running Club	LV45	322
124	0:32:27	BAYLISS, Jane	Chepstow Harriers	LV55+	174
125	0:32:36	ATTWOOD, Howard	Lliswerry Runners	MV55	182



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Position	Time	Name	Club	Category	Race Number
126	0:32:40	HARDY, Pauline	Chepstow Harriers	LV50	195
127	0:32:47	COLLIER, Ross		Senior Men	205
128	0:32:48	PARSONS, Rhion		LV35	202
129	0:32:56	WASHBROOK, Tim		Senior Men	206
130	0:33:03	FEAR, Vicky	Lliswerry Runners	Senior Ladies	328
131	0:33:04	BROWN, Rob	Chepstow Harriers	MV60	275
132	0:33:05	BISHOP, Philip	Glenwood Active	MV45	286
133	0:33:15	FRANCIS, Clive		MV45	289
134	0:33:18	FRY, John	Fairwater Runners	MV60	198
135	0:33:21	DAVIES, A		LV45	333
136	0:33:30	THOMAS, Jan	Glenwood Active	LV40	282
137	0:33:34	WARNER, Ian		MV50	277
138	0:34:03	JACK, Gillian		LV40	248
139	0:34:11	TINSLEY, Alan	Caerleon Running Club	MV50	241
140	0:34:19	TIPPING, Angela	Lliswerry Runners	Senior Ladies	331
141	0:34:25	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	254
142	0:34:27	ELVERS, Karen	Chepstow Harriers	LV35	335
143	0:34:28	MURPHY, Gill	Les Croupiers	LV55+	251
144	0:34:29	BLORE, Sharon	Chepstow Harriers	LV45	268
145	0:34:29	BLORE, David		MV45	267
146	0:34:51	HUDD, Simon		MV40	222
147	0:34:57	SHEEDY, Alison	Lliswerry Runners	LV40	256
148	0:35:00	WILLIAMSON, Stephen		MV55	309
149	0:35:03	JONES, Haidee	Chepstow Harriers	LV35	273
150	0:35:19	JONES, Garry	Chepstow Harriers	MV40	292
151	0:35:34	EDMONDS, Kelly	Lliswerry Runners	Senior Ladies	329
152	0:35:51	WEBB, Jackie	Chepstow Harriers	LV45	272
153	0:36:10	SMIKLE, Charmine	Lliswerry Runners	Senior Ladies	314
154	0:36:12	HAY-HARRIS, Deborah	Lliswerry Runners	LV45	234
155	0:36:17	JAMES, Paula	Pontypridd Rodents	LV35	212
156	0:36:41	PRICE, Abbi	Lliswerry Runners	Senior Ladies	330
157	0:37:11	HODDINOTT, Paula	Caerleon Running Club	LV40	253
158	0:37:23	PULFORD, Jane	Chepstow Harriers	Senior Ladies	219
159	0:37:32	BLADEN, Alan	Les Croupiers	MV65+	203
160	0:37:46	BURRIDGE, Marianne	Fairwater Runners	LV50	326
161	0:37:55	LEWIS, Chris	Lliswerry Runners	LV45	220
162	0:37:59	FORSEY, Yvonne	Lliswerry Runners	LV50	308
163	0:41:08	LONGFORD, Hannah	Lliswerry Runners	Senior Ladies	257
164	0:42:00	BURGESS, Ros	Lliswerry Runners	LV40	258
165	0:43:00	HILL, Sue	Lliswerry Runners	LV55+	327
166	0:43:53	HARRIS, Ron	Lliswerry Runners	MV65+	269