

Adrian Ellis Memorial Cross Country Run, Wednesday 17th February 2010

MAIN RACE - 4 Laps

POSITION	NAME	CAT.	Force/Club	Time
1	Daryll Banby		Fairwater	33.11
2	Stephan Simms	v40	Griffithstown	33.2
3	Ioan Williams		Gwent Police	33.26
4	Robin Smoult		Lliswerry	34.05
5	James Blore		Chepstow	34.17
6	David Williams		Bryn Bach Parc	34.3
7	Simon Lewis	v40	Bryn Bach Parc	34.47
8	James Heaton		Bryn Bach Parc	35.16
9	Gethin Parham		Bryn Bach Parc	35.55
10	Dimitri Vorres	v45	Griffithstown	36.11
11	Steve Davies	v40	Griffithstown	36.51
12	Ian McDonald	v40	San Dominigo	36.56
13	John Diffey	v40	South Wales Police	38.05
14	Brian Lovett	v40	San Dominigo	38.15
15	Phillip Miles	v40	Bryn Bach Parc	38.52
16	David Smoult	v40	Bryn Bach Parc	39.16
17	Ken Willis	v40	Northants Police	39.55
18	Brian Phillips	v40	Bryn Bach Parc	40.49
19	Katherine Ross		Thornbury	40.59
20	Caroline Morton	v40	Bryn Bach Parc	41.47
21	Chris Rees	v40	Chepstow	42.39
22	Ian Cooper	v60	West Mercia Police	43.23
23	Hywel Morgan		Gwent Police	43.4
24	Tom Russell		Bryn Bach Parc	43.58
25	Dick Finch	v40	Chepstow	44.21
26	Colin Prosser	v40	Gwent Police	44.34
27	Pete Maidstone	v40	Avon & Somerset Police	44.4
28	Anne Marie Evans	v55	Bryn Bach Parc	44.54
29	Rob Hart	v40	Gwent Police	45.31
30	Phil Brown	v40	Avon & Somerset Police	45.34
31	Judy Mills	v45	Avon & Somerset Police	45.58
32	Ton Guy		Griffithstown	46.21

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POSITION	NAME	CAT.	Force/Club	Time
33	Glyn Jones	v65	West Midlands Police	46.54
34	Steve New	v40	Gwent Police	47.4
35	Nick Williams	v40	South Wales Police	48.05
36	Andy Davies		Gwent Police	48.13
37	Graham Bayes	v40	Northants Police	48.23
38	Dave Young		Gwent Police	50.01
39	Pete Thomas		Gwent Police	50.12
40	George Hughes	v60	Gwent Police	52.42

LADIES RACE - 2 Laps

POSITION	NAME	Time	FORCE/CLUB
1	Kelly Morgan	19.45	South Wales Police
2	Lou Summers (v40)	20.14	Chepstow Harriers
3	Katherine Ross	20.36	Thornbury
4	Caroline Morton (v40)	21.14	Bryn Bach Parc
5	Debbie Cockran	21.23	Fairwater
6	Anne Marie Evans (v35)	22.35	Bryn Bach Parc
7	Judy Mills (v45)	23.21	Avon & Somerset Police
8	Christine Vorres	26.2	Griffithstown
9	Frances Williams (v40)	28.37	South Wales Police
10	Emma Sainsbury	28.37	South Wales Police