

Provisional 2010 Lliswerry 8 Results

2010 Lliswerry 8 Results

Race Results - 31/01/10 16:18

Provisional Results

Top 3 Awards

Award	Time	Name	Club
1st Male	42:33	Stephen Paterson	San Domenico
2nd Male	42:37	Phillip Matthews	Swansea Harriers
3rd Male	44:27	Peter Coles	Pontypridd Roadents
1st Female	47:02	Laura Parsonage	Team Bath
2nd Female	48:22	Natasha Cockram	Cwmbran Harriers
3rd Female	48:57	Gemma Jones	Lliswerry Runners

Category Awards

Award	Pos	Name	Time	Cat	Pos	Club
MS00-1	1	Stephen Paterson	42.33	MS	1	San Domenico
MV40-1	5	Stafan Simms	44:55	MV40	1	Griffithstown Harriers
MV45-1	3	Peter Coles	44:27	MV45	1	Pontypridd Roadents
MV50-1	17	John Foster	46:59	MV50	1	Lliswerry Runners
MV55-1	50	Mick Tabor	49:48	MV55	1	Les Croupiers
MV60-1	61	Ronald Morris	50:30	MV60	1	San Domenico
MV65-1	237	Tony Birt	63.54	MV65	1	Brackla Harriers
MV70-1	317	James Johnson	70.46	MV70	1	Unattached, (non club)
MV75-1	401	Allen Watts	106.48	MV75	1	Sarn Helen, Lampeter
WS00-1	18	Laura Parsonage	47:02	WS	1	Team Bath
WV35-1	108	Julie Davies	54:11	WV35	1	Griffithstown Harriers
WV40-1	53	Helen Wallington	49:59	WV40	1	Southampton Running Club
WV45-1	111	Jackie Stott	54:26	WV45	1	Bitton R R
WV50-1	117	Jane Coker	54:50	WV50	1	Les Croupiers
WV55-1	143	Zina Marchant	55.02	WV55	1	Team Bath
WV60-1	394	Patricia Harley	83.55	WV60	1	Bitton R R
WV65-1	395	Valerie Collier	84.01	WV65	1	Bitton R R

Complete List

Pos	Name	Time	Cat	Pos	Club
1	Stephen Paterson	42.33	MS	1	San Domenico
2	Phillip Matthews	42:37	MS	2	Swansea Harriers
3	Peter Coles	44:27	MV45	1	Pontypridd Roadents
4	Gareth Thomas	44:52	MS	3	Cardiff Triathletes
5	Stafan Simms	44:55	MV40	1	Griffithstown Harriers
6	Gareth Jenkins	44:59	MS	4	Brackla Harriers
7	Nick Frost	45:02	MV45	2	Pontypridd Roadents
8	Mike Blackmore	45:08	MS	5	Bitton R R
9	Edward Donovan	45:17	MS	6	San Domenico
10	Jason Scanlon	45:28	MS	7	Pontypridd Roadents
11	Jerome Edwards	45:34	MS	8	San Domenico
12	Phil Tugwell	45:48	MS	9	Cornwall A C
13	Philip Crane	46:04	MV45	3	Neath Harriers

14	Daniel Bodman	46:13	MS	10	Pontypridd Roadents
15	Stephen Thomas	46:22	MV40	2	Islwyn R C
16	Chris Morgan	46:32	MV40	3	Fairwater Runners
17	John Foster	46:59	MV50	1	Lliswerry Runners
18	Laura Parsonage	47:02	WS	1	Team Bath
19	Chris Harrhy	47:11	MV40	4	Lliswerry Runners
20	Peter Morton	47:12	MS	11	Unattached, (non club)
21	Leighton Rawlinson	47:19	MS	12	Caerleon Running Club
22	Asley Owen	47:20	MV40	5	Ebbw Vale Running Club
23	James King	47:24	MS	13	Caerleon Running Club
24	Peter Crane	47:28	MV45	4	Neath Harriers
25	Matthew Wells	47:42	MS	14	Brackla Harriers
26	Noel O'Dowd	47:43	MV50	2	Eastleigh RC
27	Andrew Baker	47:44	MV40	6	Pontypridd Roadents
28	Edward Ball	47:46	MV40	7	Rhondda Valley Runners
29	Haydn Hartnell	47:49	MV45	5	Islwyn R C
30	Laurie Carter	47:51	MV50	3	Chepstow Harriers
31	Steve Hooper	48:08	MV40	8	Pontypridd Roadents
32	Steve Davies	48:17	MV50	4	Griffithstown Harriers
33	Lee Morris	48:18	MS	15	Unattached, (non club)
34	Stuart Crees	48:21	MS	16	Les Croupiers
35	Natasha Cockram	48:22	WS	2	Cwmbran Harriers
36	Simon Laraway	48:25	MS	17	Bitton R R
37	Stuart McIlroy	48:29	MS	18	Les Croupiers
38	Lee Smith	48:33	MV40	9	Lliswerry Runners
39	Andrew Palmer	48:52	MV40	10	Penarth & Dinas Runners
40	Gemma Jones	48:57	WS	3	Lliswerry Runners
41	Richard Hayes	48:01	MS	19	Taff Ely Triathletes
42	Paul Scott	48:03	MV40	11	Chepstow Harriers
43	Matt Hurford	49:05	MS	20	Les Croupiers
44	David Crane	49:29	MV50	5	Neath Harriers
45	Paul Speyer	49:31	MS	21	Brackla Harriers
46	Hannah Howard	48:33	WS	4	Eastleigh RC
47	Alun Evans	48:36	MV40	12	Unattached, (non club)
48	Rhodri Evans	49:38	MS	22	Pontypridd AAC
49	Hugh Evans	49:45	MS	23	Penarth & Dinas Runners
50	Mick Tabor	49:48	MV55	1	Les Croupiers
51	Dave Harris	49:51	MV40	13	Lliswerry Runners
52	David Mason	49:55	MS	24	Unattached, (non club)
53	Helen Wallington	49:59	WV40	1	Southampton Running Club
54	Carl Gilmour	50:07	MV40	14	Hay Hotfooters
55	Paul Coker	50:14	MV50	6	Les Croupiers
56	Alistair Wood	50:19	MV40	15	San Domenico
57	Ian McDonald	50:25	MV45	6	San Domenico
58	Alan Walton	50:28	MV40	16	San Domenico
59	Paul Davies	50:28	MV45	7	San Domenico
60	Paul Harris	50:29	MV40	17	Lliswerry Runners
61	Ronald Morris	50:30	MV60	1	San Domenico
62	Paul Bruton	50:32	MS	25	Newport & East Wales Tri
63	Brian Lovett	50:36	MV40	18	San Domenico
64	Alan Every	50:47	MV40	19	Team Bath
65	James Blore	50:52	MS	26	Chepstow Harriers
66	Richard Hughes	50:53	MS	27	Caerleon Running Club
67	John Davies	50:55	MV55	2	Les Croupiers
68	Ian Liddiatt	50:56	MV40	20	Penarth & Dinas Runners
69	Glyn Sansom	51:00	MV45	8	San Domenico
70	Robert Davies	51:10	MS	28	Islwyn R C
71	Sean Taylor	51:16	MS	29	Unattached, (non club)
72	Richard Johnson	51:16	MS	30	Clwb Rhedeg Islwyn
73	David Proud	51:18	MV40	21	Les Croupiers
74	Gary Brown	51:28	MS	31	Penarth & Dinas Runners
75	John Diffey	51:30	MV45	9	Les Croupiers
76	Ian Rogers	51:56	MV45	10	Eastleigh RC
77	Ian Ogilvie	51:57	MV40	22	Brackla Harriers
78	Richard Knight	52:07	MS	32	Chepstow Harriers
79	Andy Creber	52:14	MV50	7	Chepstow Harriers
80	Kelly Morgan	52:17	WS	5	Pontypridd Roadents
81	Alun Jones	52:22	MS	33	Les Croupiers

82	Nathan Hartnell	52:26	MS	34	Unattached, (non club)
83	John Morgan	52:28	MV45	11	Brackla Harriers
84	Lou Summers	52:33	WV40	2	Chepstow Harriers
85	Warren Jackson-Hooki	52:35	MS	35	Gosport Road Runners
86	Mike Duggan	52:42	MV40	23	Bitton R R
87	Sonny Davies	52:53	MS	36	Pontypridd Roadents
88	Peter Thomas	52:56	MV45	12	Caerleon Running Club
89	Jonathon Davies	52:56	MV40	24	Islwyn R C
90	Howard Mason	53:05	MV45	13	Caerleon Running Club
91	Matthew Welsh	53:12	MS	37	Griffithstown Harriers
92	James Fletcher	53:17	MV40	25	Unattached, (non club)
93	Chris Nellins	53:17	MV55	3	Penarth & Dinas Runners
94	Neil Jones	53:20	MS	38	Abergavenny Striders
95	David Stubbs	53:21	MV45	14	Unattached, (non club)
96	Hugh Hughes	53:28	MS	39	Unattached, (non club)
97	Emma Wookey	53:28	WS	6	Llisserry Runners
98	Kim Wehden	53:28	MV45	15	Islwyn R C
99	Stephen Owen	53:29	MV50	8	Les Croupiers
100	P Hutton	53:35	MV50	9	Chepstow Harriers
101	Richie Bristow	53:38	MV45	16	San Domenico
102	Gianna Arrighi	53:42	MV40	26	Les Croupiers
103	David Frost	53:48	MV40	27	Parc Bryn Bach
104	Phil Bristow	53:51	MV45	17	San Domenico
105	Barri Edwards	53:56	MV40	28	Unattached, (non club)
106	Carl Williams	54:05	MV40	29	Chepstow Harriers
107	Steve Wallington	54:07	MV50	10	Southampton Running Club
108	Julie Davies	54:11	WV35	1	Griffithstown Harriers
109	Stuart Jones	54:15	MS	40	Penarth & Dinas Runners
110	Peter Short	54:19	MV55	4	Forest of Dean
111	Jackie Stott	54:26	WV45	1	Bitton R R
112	Knill Baird-Murray	54:28	MV45	18	Penarth & Dinas Runners
113	Marcus Coles	54:38	MS	41	Les Croupiers
114	David Rees	54:44	MV55	5	Hay Hotfooters
115	Neil Davies	54:45	MV50	11	NYRRC
116	Dean Birt	54:49	MS	42	Pontypridd Roadents
117	Jane Coker	54:50	WV50	1	Les Croupiers
118	Charlotte Wells	54:53	WS	7	Brackla Harriers
119	Wayne Frewen	54:54	MV50	12	Brackla Harriers
120	Jason Tompkins	54:54	MS	43	Brackla Harriers
121	Eric Davey	54:59	MV60	2	Llanelli
122	Tim Johnson	55:02	MV40	30	Eastleigh RC
123	Phillip Thomas	55:03	MV40	31	Brackla Harriers
124	Peter Hopes	55:05	MV45	19	Bitton R R
125	Ian Williams	55:09	MV45	20	Ebbw Vale Running Club
126	Simon Marshall	55:19	MV40	32	Unattached, (non club)
127	Matthew Mulcahy	55:16	MS	44	Unattached, (non club)
128	Mike Evans	55:21	MV50	13	Forest of Dean
129	Darren Stevens	55:24	MS	45	Unattached, (non club)
130	Clive Osmond	55:27	MV45	21	Les Croupiers
131	Jo Webb	55:28	WV50	2	Bitton R R
132	Ray Greenhouse	55:31	MV40	33	Ebbw Vale Running Club
133	Richard Sater	55:31	MV45	22	Unattached, (non club)
134	Brian Phillips	55:35	MV45	23	Parc Bryn Bach
135	Nick Pounder	55:38	MS	46	Pontypridd Roadents
136	Chris Leonard	54:39	MV50	14	Bitton R R
137	Dominic Shields	54:42	MV40	34	San Domenico
138	Alan Mann	54:44	MV50	15	Les Croupiers
139	Richard Day	54:45	MV45	24	Pontypridd Roadents
140	Michael Davies	54:46	MV55	6	Les Croupiers
141	David Proffitt	54:54	MV55	7	Newport Harriers
142	Tim O'Sullivan	55:01	MV50	16	Les Croupiers
143	Zina Marchant	55:02	WV55	1	Team Bath
144	Richard Bevan	56:02	MS	47	Unattached, (non club)
145	Roger Mills	56:08	MS	48	Fairwater Runners
146	Jim Dobbs	56:13	MV55	8	Islwyn R C
147	Abyd Quinn Aziz	56:15	MV50	17	Penarth & Dinas Runners
148	Steve Stacey	56:19	MV45	25	Bitton R R
149	Tom Frost	56:29	MS	49	Avon Valley Runners

150 Steve Wellby	56.39	MV45	26 Eastleigh RC
151 Tony Deacy	56.45	MV50	18 Monmouth A C
152 Andrew Hurley	56.47	MS	50 Penarth & Dinas Runners
153 Brian Dias	57.01	MS	51 Cardiff A C
154 James Delaney	57.13	MV50	19 San Domenico
155 Johnny Lamm	57.15	MS	52 Unattached, (non club)
156 Chris Matthews	57.15	MV45	27 Unattached, (non club)
157 Pete Clark	57.15	MV40	35 Bitton R R
158 Kevin Russell	57.25	MV50	20 San Domenico
159 Kirk Ford	57.32	MS	53 Caerleon Running Club
160 Jayne Arnold	57.33	WV35	2 Celtic Tri
161 John Shanahan	57.38	MV50	21 Unattached, (non club)
162 Joseph Ivins	57.49	MS	54 Unattached, (non club)
163 Menna Harris	57.51	WS	8 Unattached, (non club)
164 Steven Selby	57.53	MV45	28 Quantock Harriers
165 John Scanlan	57.55	MV50	22 Thornbury R C
166 Noel Cantrell	58.03	MS	55 Unattached, (non club)
167 Brendan Ridge	58.10	MV50	23 Eastleigh RC
168 Charlotte Johns	58.10	WV40	3 Brackla Harriers
169 Stuart Hines	58.19	MV55	9 Eastleigh RC
170 Tony Phillips	58.19	MV40	36 Eastleigh RC
171 Amy Edwards	58.30	WS	9 Rhondda Valley Runners
172 Ronald Shannon	58.31	MV50	24 Bitton R R
173 Neil Stovold	58.40	MS	56 Unattached, (non club)
174 Gary Burgess	58.45	MV45	29 Unattached, (non club)
175 Neil Edwards	58.49	MV40	37 Unattached, (non club)
176 Malcolm Roberts	58.50	MV60	3 Clevedon A C
177 Clive Denton	58.51	MV40	38 Rhondda Valley Runners
178 Antony Furlong	58.58	MS	57 Penarth & Dinas Runners
179 Simon Marks	59.01	MS	58 Newport & East Wales Tri
180 Gavin Ellis	59.12	MS	59 Real Buzz RC
181 Paul Whittmarsh	59.15	MS	60 Penarth & Dinas Runners
182 David Palmer	59.18	MV45	30 Vegetarian C & AC
183 Libby Lavis	59.19	WV50	3 Brackla Harriers
184 Justin Showell	59.26	MV40	39 Purple Patch Runners
185 Andy Reid	59.34	MV55	10 City of Bath A C
186 Keith James	59.35	MS	61 Unattached, (non club)
187 Richard Bonie	59.36	MV45	31 Fairwater Runners
188 Tim Poole	59.36	MS	62 Unattached, (non club)
189 Debbie Evans	59.39	WV40	4 Penarth & Dinas Runners
190 Paul Bigmore	60.06	MV50	25 Brackla Harriers
191 David Moore	60.12	MS	63 Unattached, (non club)
192 Paul Harmes	60.16	MV40	40 Unattached, (non club)
193 Debbie Cockram	60.16	WV45	2 Fairwater Runners
194 Paul Jenkins	60.18	MV55	11 Unattached, (non club)
195 Allan Jones	60.22	MV55	12 Brackla Harriers
196 Michael Thomas	60.24	MV45	32 Unattached, (non club)
197 Judi Rhys	60.29	WV45	3 Les Croupiers
198 Michael Dix	60.34	MV55	13 Les Croupiers
199 Loretta Daley	60.49	WV40	5 Les Croupiers
200 B Reeves	60.50	MV60	4 Eastleigh RC
201 Paul Arnold	60.57	MV40	41 Celtic Tri
202 Nina Brocklebank	61.01	WV35	3 3M Gorseinon
203 Jim Whitmarsh	61.04	MV50	26 Eastleigh RC
204 Helena Pimm	61.05	WS	10 Griffithstown Harriers
205 Philip Hoskins	61.09	MV45	33 Unattached, (non club)
206 John Sterry	61.13	MV45	34 Worcester Black Pear Joggers
207 James Horner	61.14	MS	64 Les Croupiers
208 Tim Knight	61.27	MS	65 Unattached, (non club)
209 Jonathan Lee	61.30	MV45	35 Caerleon Running Club
210 Brenda Avery	61.32	WV55	2 Chepstow Harriers
211 Mark Potter	61.35	MS	66 Brackla Harriers
212 Terry Dixon	61.42	MV40	42 Monmouth Tri Club
213 Peta Daniels	61.43	WV40	6 Llisserry Runners
214 K Dawkins	61.45	WV50	4 Bitton R R
215 Lee Masters	61.47	MS	67 Hogweed Trotters
216 Wendy Owen	61.56	WV35	4 San Domenico
217 Chris Hawkins	62.06	MV55	14 Forest of Dean

218	Gareth John	62.28	MV55	15	Les Croupiers
219	Andrew Taylor	62.29	MV50	27	Caerleon Running Club
220	John Ivin	62.37	MV45	36	Unattached, (non club)
221	Paul Furlong	62.39	MV60	5	Penarth & Dinas Runners
222	John Weeks	62.42	MV50	28	Unattached, (non club)
223	David Weston	62.56	MV55	16	Unattached, (non club)
224	Liam Davies	62.57	MV50	29	Unattached, (non club)
225	Chris Moore	63.06	MV55	17	Forest of Dean
226	Aled Jones	63.09	MV40	43	Unattached, (non club)
227	Nicola James	63.10	WS	11	Penarth & Dinas Runners
228	Stephanie Davies	63.10	WS	12	Pontypridd Roadents
229	Jane Phillips	63.12	WV50	5	Bitton R R
230	Lisa Cleary	63.22	WV45	4	Penarth & Dinas Runners
231	Lisa Duggan	63.24	WS	13	Bitton R R
232	Alison Roberts	63.28	WV55	3	Clevedon A C
233	Grahame Viner	63.35	MV50	30	Unattached, (non club)
234	Donna Matthews	63.36	WV45	5	Islwyn R C
235	Robert Rudge	63.37	MS	68	Bitton R R
236	Andrew White	63.37	MV40	44	Bitton R R
237	Tony Birt	63.54	MV65	1	Brackla Harriers
238	Kevin Barton	63.55	MV55	18	Unattached, (non club)
239	Kathy Johnson	64.04	WV40	7	Eastleigh RC
240	Charles Free	64.07	MV55	19	Eastleigh RC
241	Tony Phillips	64.12	MV50	31	Griffithstown Harriers
242	Tom Court	64.18	MS	69	Unattached, (non club)
243	Martin Donovan	64.24	MV45	37	Unattached, (non club)
244	Conner Davies	64.28	MS	70	Islwyn R C
245	Kim Pope	64.30	WV50	6	Bitton R R
246	Beverley Warburton	64.40	WV45	6	Unattached, (non club)
247	John Watt	64.42	MV45	38	Thornbury R C
248	Richard Davies	64.44	MV45	39	Newport & East Wales Tri
249	John Farmer	64.51	MV50	32	Cornelly Striders
250	Marc Yeoman	64.52	MS	71	Unattached, (non club)
251	Chris Morgan	64.59	MV40	45	Les Croupiers
252	Andrea Starritt	65.03	WV40	8	Brackla Harriers
253	Leigh Evans	65.03	MS	72	Unattached, (non club)
254	Paul Dibden	65.06	MV55	20	Eastleigh RC
255	Tracy Edwards	65.06	WV40	9	Rhondda Valley Runners
256	Robert Philips	65.07	MV45	40	Pontypridd Roadents
257	Geoff Bayliss	65.07	MV60	6	Chepstow Harriers
258	Ruth Treharne	65.12	WV45	7	Islwyn R C
259	Tim Washbrook	65.20	MS	73	Unattached, (non club)
260	Michael Halsall	65.22	MS	74	Llanelli
261	Barry Cornelius	65.31	MV60	7	Headington Road Runners
262	Glyn Hicks	65.49	MV60	8	Islwyn R C
263	Helen Thomas	65.53	WV45	8	Caerleon Running Club
264	Malcolm Cox	66.00	MV60	9	Griffithstown Harriers
265	Sarah Jenkins	66.07	WS	14	Unattached, (non club)
266	Matthew Mahoney	66.12	MS	75	Unattached, (non club)
267	Geoff Baxter	66.12	MS	76	Unattached, (non club)
268	Keith Treharne	66.19	MV65	2	Brackla Harriers
269	Jane Standerwick	66.24	WV45	9	Unattached, (non club)
270	Craig Jones	66.25	MS	77	Unattached, (non club)
271	Finola Wilson	66.36	WV40	10	Womens Running Network
272	Bob Watson	66.37	MS	78	Fetch Everyone Running Club
273	Annette Davies	66.41	WV45	10	Unattached, (non club)
274	Jeff Wallace	66.46	MV50	33	Unattached, (non club)
275	Debbie Jones	66.48	WS	15	Pontypridd Roadents
276	Sharon Phillips	66.48	WS	16	Pontypridd Roadents
277	Chris Cotton	66.59	MS	79	Unattached, (non club)
278	Lyn Evans	67.02	MV50	34	Unattached, (non club)
279	Delyth Murray-Lines	67.08	WS	17	Unattached, (non club)
280	Thomas Guy	67.09	MS	80	Griffithstown Harriers
281	Elsbeth Jarman	67.12	WV45	11	Abergavenny Striders
282	Shona Douglas	67.20	WS	18	Islwyn R C
283	Karen Payne	67.26	WV35	5	Caerleon Running Club
284	Declan Fahy	67.26	MS	81	Eastleigh RC
285	Kelly Gipson	67.27	WV40	11	Team Deviant

286	Frances Williams	67.27	WV40	12	San Domenico
287	Rhian Clayton	67.29	WS	19	Islwyn R C
288	Steven Kilbourne	67.34	MV45	41	Unattached, (non club)
289	Gary Bird	67.39	MV45	42	Unattached, (non club)
290	Ray Ellingham	67.40	MV45	43	San Domenico
291	Emily Luke	67.51	WS	20	Penarth & Dinas Runners
292	Maggie Norgate	67.57	WV45	12	Eastleigh RC
293	Steve Hill	67.58	MV45	44	Penarth & Dinas Runners
294	Clem Clement	67.59	MV50	35	Penarth & Dinas Runners
295	Carol Lowrey	67.59	WV50	7	Bitton R R
296	Caroline Jones	68.23	WV35	6	Womens Running Network
297	Yvonne Brindley	68.32	WV40	13	Newport & East Wales Tri
298	Mike Watkins	68.37	MV45	45	Muller Running Club
299	Mandy Beer	68.58	WV45	13	Womens Running Network
300	Richard Reed	68.59	MV55	21	Eastleigh RC
301	Kristian Shearan	69.02	MS	82	Brackla Harriers
302	Vicki Hopkins	69.02	WV50	8	Unattached, (non club)
303	Richard Shand	69.07	MS	83	Unattached, (non club)
304	Jane Truscott	69.13	WV40	14	Monmouth Leisure Centre
305	Stella Sturgess	69.16	WV35	7	Penarth & Dinas Runners
306	Janice Clement	69.16	WV50	9	Penarth & Dinas Runners
307	Richard Brown	69.26	MV60	10	Sheen Shufflers
308	Rhian Bowen	69.38	WS	21	Unattached, (non club)
309	James Thomas	69.39	MV45	46	Brackla Harriers
310	Robert Smith	69.44	MV45	47	Unattached, (non club)
311	Charmine Smikle	69.45	WS	22	Llisserry Runners
312	Jenny Astall	69.48	WV35	8	Eastleigh RC
313	Keith Norville	69.50	MV50	36	Unattached, (non club)
314	Stella Symons	70.03	WV45	14	Fairwater Runners
315	Gareth Pearce	70.09	MV40	46	Unattached, (non club)
316	Kelly Waite	70.30	WS	23	Islwyn R C
317	James Johnson	70.46	MV70	1	Unattached, (non club)
318	Bill Bewg	70.56	MV65	3	Chepstow Harriers
319	Claire House	71.05	WV35	9	San Domenico
320	Tina Lavelle	71.15	WV50	10	Hay Hotfooters
321	Rhys Miller	71.15	MS	84	Unattached, (non club)
322	Andrea Webster	71.34	WV50	11	Unattached, (non club)
323	Kelly Caple	71.38	WS	24	Unattached, (non club)
324	Leah Jones	71.44	WV40	15	Quantock Harriers
325	Jane Bayliss	71.51	WV55	4	Chepstow Harriers
326	Justine Case	71.58	WV35	10	Penarth & Dinas Runners
327	Matthew Wall	71.59	MS	85	Unattached, (non club)
328	Patricia Jones	72.05	WV55	5	Brackla Harriers
329	Anna Helsing	72.12	WV45	15	Penarth & Dinas Runners
330	Gareth Jones	72.20	MV50	37	Unattached, (non club)
331	Stephen Jones	72.25	MV45	48	Unattached, (non club)
332	Nigel Jones	72.30	MV55	22	Llanelli
333	Rebecca Reynolds	72.46	WS	25	Fairwater Runners
334	Philip Keith	72.46	MV40	47	Penarth & Dinas Runners
335	Pascal Miola	72.46	MV40	48	Unattached, (non club)
336	Nicola Poole	72.52	WV35	11	Unattached, (non club)
337	Helen Nash	72.59	WS	26	Unattached, (non club)
338	Julie Gething	73.08	WV35	12	Womens Running Network
339	James Hobbs	73.20	MV40	49	Unattached, (non club)
340	Helen Williams	73.21	WS	27	Islwyn R C
341	Carl Morris	73.26	MS	86	Unattached, (non club)
342	Ian Warner	73.29	MV50	38	Unattached, (non club)
343	Peter Clark	73.30	MV55	23	Unattached, (non club)
344	Tracey Turri	73.33	WV40	16	Sole Sisters
345	Debbie Jenkins	73.35	WV40	17	Caerleon Running Club
346	Alistair Pitt	73.36	MV40	50	Parc Bryn Bach
347	Tim Carr	73.38	MV40	51	Unattached, (non club)
348	Sarah Dawes-Clark	73.48	WV35	13	Les Croupiers
349	Paula Davies	73.50	WV35	14	Islwyn R C
350	Christophr Williams	73.53	MV50	39	Unattached, (non club)
351	Gary Phillips	73.59	MV55	24	Bitton R R
352	Marc Jones	74.05	MV40	52	Unattached, (non club)
353	Jaime Norman	74.08	MS	87	Unattached, (non club)

354	Irfon Glyn	74.09	MS	88	Unattached, (non club)
355	Matt Iles	74.11	MS	89	Bitton R R
356	Bernadette Davies	74.12	WV35	15	Caerleon Running Club
357	Elly Edmunds	74.12	WV35	16	Unattached, (non club)
358	Dan Matthews	74.26	MS	90	Unattached, (non club)
359	Lorraine Reed	74.36	WV45	16	Eastleigh RC
360	Robbie Hyde	74.57	MS	91	Newport & East Wales Tri
361	Hayley Stanners	75.24	WS	28	Unattached, (non club)
362	Julie Bircher	75.28	WV35	17	Griffithstown Harriers
363	Gwyn Howells	75.30	MV60	11	Caerleon Running Club
364	Simon Hudd	75.32	MV40	53	Unattached, (non club)
365	Wendy Rees	75.41	WV45	17	Griffithstown Harriers
366	Jim McCulloch	75.41	MV50	40	Penarth & Dinas Runners
367	Peter Shanley	75.56	MV40	54	Unattached, (non club)
368	Leona Shanley	75.56	WV40	18	Rhondda Valley Runners
369	Frances Barnes	76.20	WV40	19	Womens Running Network
370	Jenny Hughes	76.21	WV45	18	Womens Running Network
371	Sharon Blore	76.21	WV50	12	Chepstow Harriers
372	Rachel Power	76.38	WV35	18	Unattached, (non club)
373	Anne Jenner	76.38	WV45	19	Chepstow Harriers
374	Jackie Webb	76.57	WV45	20	Chepstow Harriers
375	Heather Davies	77.04	WV45	21	Bitton R R
376	Sue O'Dowd	77.44	WV50	13	Eastleigh RC
377	Tricia Cottnam	78.00	WV45	22	Penarth & Dinas Runners
378	Clare Milner	78.16	WV55	6	Hay Hotfooters
379	Graham Singer	78.23	MV55	25	Unattached, (non club)
380	Les Ainscough	78.24	MV45	49	Caerleon Running Club
381	Paula James	78.36	WV35	19	Pontypridd Roadents
382	Brian Cox	79.07	MV60	12	Unattached, (non club)
383	Sarah Stevens	79.32	WS	29	Penarth & Dinas Runners
384	Debbie Dewey	80.16	WV35	20	Bitton R R
385	Tracey Havelot	80.31	WV40	20	Griffithstown Harriers
386	Olugbenga Fakande	81.32	MV50	41	Unattached, (non club)
387	Jane White	81.40	WV40	21	Unattached, (non club)
388	Lisa Ekman	81.48	WV35	21	Brackla Harriers
389	Neil Price	81.55	MV60	13	Islwyn R C
390	Joanne Gamba	82.50	WS	30	Les Croupiers
391	Hannah Davies	82.50	WS	31	Les Croupiers
392	Chris Lock	83.27	MV50	42	Unattached, (non club)
393	Lesley Sterry	83.27	WV45	23	Worcester Black Pear Joggers
394	Patricia Harley	83.55	WV60	1	Bitton R R
395	Valerie Collier	84.01	WV65	1	Bitton R R
396	Anne Griffiths	84.03	WV45	24	Unattached, (non club)
397	Sian Ackland	84.58	WV40	22	Brackla Harriers
398	Suzanne Abbott	84.59	WS	32	Crystal Palace Fun Runners
399	Sarah Bracken	87.46	WV40	23	Unattached, (non club)
400	Jane Harvey Hill	89.26	WV35	22	Quantock Harriers
401	Allen Watts	106.48	MV75	1	Sarn Helen, Lampeter

Top 10 within each Category

Entry No	Name	Cat	Position		Time	Club
			O/A	Cat		
450	Stephen Paterson	MS	1	1	42:33	San Domenico
636	Phillip Matthews	MS	2	2	42:37	Swansea Harriers
649	Gareth Thomas	MS	4	3	44:52	Cardiff Triathletes
404	Gareth Jenkins	MS	6	4	44:59	Brackla Harriers
583	Mike Blackmore	MS	8	5	45:08	Bitton R R
407	Edward Donovan	MS	9	6	45:17	San Domenico
588	Jason Scanlon	MS	10	7	45:28	Pontypridd Roadents
813	Jerome Edwards	MS	11	8	45:34	San Domenico
784	Phil Tugwell	MS	12	9	45:48	Cornwall A C
788	Daniel Bodman	MS	14	10	46:13	Pontypridd Roadents
498	Stafan Simms	MV40	5	1	44:55	Griffithstown Harriers
423	Stephen Thomas	MV40	15	2	46:22	Islwyn R C
569	Chris Morgan	MV40	16	3	46:32	Fairwater Runners

584	Chris Harrhy	MV40	19	4	47:11	Llisserry Runners
615	Asley Owen	MV40	22	5	47:20	Ebbw Vale Running Club
593	Andrew Baker	MV40	27	6	47:44	Pontypridd Roadents
675	Edward Ball	MV40	28	7	47:46	Rhondda Valley Runners
419	Steve Hooper	MV40	31	8	48:08	Pontypridd Roadents
638	Lee Smith	MV40	38	9	48:33	Llisserry Runners
487	Andrew Palmer	MV40	39	10	48:52	Penarth & Dinas Runners
699	Peter Coles	MV45	3	1	44:27	Pontypridd Roadents
604	Nick Frost	MV45	7	2	45:02	Pontypridd Roadents
598	Philip Crane	MV45	13	3	46:04	Neath Harriers
600	Peter Crane	MV45	24	4	47:28	Neath Harriers
470	Haydn Hartnell	MV45	29	5	47:49	Islwyn R C
839	Ian McDonald	MV45	57	6	50:25	San Domenico
630	Paul Davies	MV45	59	7	50:28	San Domenico
560	Glyn Sansom	MV45	69	8	51:00	San Domenico
458	John Diffey	MV45	75	9	51:30	Les Croupiers
542	Ian Rogers	MV45	76	10	51:56	Eastleigh RC
558	John Foster	MV50	17	1	46:59	Llisserry Runners
546	Noel O'Dowd	MV50	26	2	47:43	Eastleigh RC
530	Laurie Carter	MV50	30	3	47:51	Chepstow Harriers
658	Steve Davies	MV50	32	4	48:17	Griffithstown Harriers
601	David Crane	MV50	44	5	49:29	Neath Harriers
575	Paul Coker	MV50	55	6	50:14	Les Croupiers
724	Andy Creber	MV50	79	7	52:14	Chepstow Harriers
663	Stephen Owen	MV50	99	8	53:29	Les Croupiers
775	P Hutton	MV50	100	9	53:35	Chepstow Harriers
625	Steve Wallington	MV50	107	10	54:07	Southampton Running Club
467	Mick Tabor	MV55	50	1	49:48	Les Croupiers
787	John Davies	MV55	67	2	50:55	Les Croupiers
414	Chris Nellins	MV55	93	3	53:17	Penarth & Dinas Runners
441	Peter Short	MV55	110	4	54:19	Forest of Dean
778	David Rees	MV55	114	5	54:44	Hay Hotfooters
447	Michael Davies	MV55	140	6	54.46	Les Croupiers
536	David Proffitt	MV55	141	7	54.54	Newport Harriers
468	Jim Dobbs	MV55	146	8	56.13	Islwyn R C
550	Stuart Hines	MV55	169	9	58.19	Eastleigh RC
692	Andy Reid	MV55	185	10	59.34	City of Bath A C
628	Ronald Morris	MV60	61	1	50:30	San Domenico
603	Eric Davey	MV60	121	2	54:59	Llanelli
507	Malcolm Roberts	MV60	176	3	58.50	Clevedon A C
553	B Reeves	MV60	200	4	60.50	Eastleigh RC
523	Paul Furlong	MV60	221	5	62.39	Penarth & Dinas Runners
433	Geoff Bayliss	MV60	257	6	65.07	Chepstow Harriers
486	Barry Cornelius	MV60	261	7	65.31	Headington Road Runners
832	Glyn Hicks	MV60	262	8	65.49	Islwyn R C
626	Malcolm Cox	MV60	264	9	66.00	Griffithstown Harriers
443	Richard Brown	MV60	307	10	69.26	Sheen Shufflers
401	Tony Birt	MV65	237	1	63.54	Brackla Harriers
418	Keith Treharne	MV65	268	2	66.19	Brackla Harriers
690	Bill Bewg	MV65	318	3	70.56	Chepstow Harriers
592	James Johnson	MV70	317	1	70.46	Unattached, (non club)
426	Allen Watts	MV75	401	1	106.48	Sarn Helen, Lampeter
495	Laura Parsonage	WS	18	1	47:02	Team Bath
732	Natasha Cockram	WS	35	2	48:22	Cwmbran Harriers
754	Gemma Jones	WS	40	3	48:57	Llisserry Runners
491	Hannah Howard	WS	46	4	48:33	Eastleigh RC
816	Kelly Morgan	WS	80	5	52:17	Pontypridd Roadents
664	Emma Wookey	WS	97	6	53:28	Llisserry Runners
695	Charlotte Wells	WS	118	7	54:53	Brackla Harriers
535	Menna Harris	WS	163	8	57.51	Unattached, (non club)

672	Amy Edwards	WS	171	9	58.30	Rhondda Valley Runners
793	Helena Pimm	WS	204	10	61.05	Griffithstown Harriers
674	Julie Davies	WV35	108	1	54:11	Griffithstown Harriers
461	Jayne Arnold	WV35	160	2	57.33	Celtic Tri
721	Nina Brocklebank	WV35	202	3	61.01	3M Gorseinon
538	Wendy Owen	WV35	216	4	61.56	San Domenico
456	Karen Payne	WV35	283	5	67.26	Caerleon Running Club
720	Caroline Jones	WV35	296	6	68.23	Womens Running Network
409	Stella Sturgess	WV35	305	7	69.16	Penarth & Dinas Runners
492	Jenny Astall	WV35	312	8	69.48	Eastleigh RC
434	Claire House	WV35	319	9	71.05	San Domenico
835	Justine Case	WV35	326	10	71.58	Penarth & Dinas Runners
623	Helen Wallington	WV40	53	1	49:59	Southampton Running Club
570	Lou Summers	WV40	84	2	52:33	Chepstow Harriers
559	Charlotte Johns	WV40	168	3	58.10	Brackla Harriers
815	Debbie Evans	WV40	189	4	59.39	Penarth & Dinas Runners
648	Loretta Daley	WV40	199	5	60.49	Les Croupiers
751	Peta Daniels	WV40	213	6	61.43	Llisserry Runners
511	Kathy Johnson	WV40	239	7	64.04	Eastleigh RC
694	Andrea Starritt	WV40	252	8	65.03	Brackla Harriers
547	Tracy Edwards	WV40	255	9	65.06	Rhondda Valley Runners
529	Finola Wilson	WV40	271	10	66.36	Womens Running Network
580	Jackie Stott	WV45	111	1	54:26	Bitton R R
733	Debbie Cockram	WV45	193	2	60.16	Fairwater Runners
706	Judi Rhys	WV45	197	3	60.29	Les Croupiers
666	Lisa Cleary	WV45	230	4	63.22	Penarth & Dinas Runners
711	Donna Matthews	WV45	234	5	63.36	Islwyn R C
430	Beverley Warburton	WV45	246	6	64.40	Unattached, (non club)
693	Ruth Treharne	WV45	258	7	65.12	Islwyn R C
795	Helen Thomas	WV45	263	8	65.53	Caerleon Running Club
457	Jane Standerwick	WV45	269	9	66.24	Unattached, (non club)
499	Annette Davies	WV45	273	10	66.41	Unattached, (non club)
574	Jane Coker	WV50	117	1	54:50	Les Croupiers
591	Jo Webb	WV50	131	2	55:28	Bitton R R
705	Libby Lavis	WV50	183	3	59.19	Brackla Harriers
631	K Dawkins	WV50	214	4	61.45	Bitton R R
477	Jane Phillips	WV50	229	5	63.12	Bitton R R
480	Kim Pope	WV50	245	6	64.30	Bitton R R
475	Carol Lowrey	WV50	295	7	67.59	Bitton R R
624	Vicki Hopkins	WV50	302	8	69.02	Unattached, (non club)
544	Janice Clement	WV50	306	9	69.16	Penarth & Dinas Runners
448	Tina Lavelle	WV50	320	10	71.15	Hay Hotfooters
519	Zina Marchant	WV55	143	1	55.02	Team Bath
402	Brenda Avery	WV55	210	2	61.32	Chepstow Harriers
506	Alison Roberts	WV55	232	3	63.28	Clevedon A C
432	Jane Bayliss	WV55	325	4	71.51	Chepstow Harriers
576	Patricia Jones	WV55	328	5	72.05	Brackla Harriers
436	Clare Milner	WV55	378	6	78.16	Hay Hotfooters
485	Patricia Harley	WV60	394	1	83.55	Bitton R R
501	Valerie Collier	WV65	395	1	84.01	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Pontypridd Roadents	20	3	Peter Coles	MV45	44:27
			7	Nick Frost	MV45	45:02
			10	Jason Scanlon	MS	45:28
2	San Domenico	21	1	Stephen Paterson	MS	42:33
			9	Edward Donovan	MS	45:17
			11	Jerome Edwards	MS	45:34

3	Llisswerry Runners	74	17 John Foster	MV50	46:59
			19 Chris Harrhy	MV40	47:11
			38 Lee Smith	MV40	48:33
4	Brackla Harriers	76	6 Gareth Jenkins	MS	44:59
			25 Matthew Wells	MS	47:42
			45 Paul Speyer	MS	49:31
5	Neath Harriers	81	13 Philip Crane	MV45	46:04
			24 Peter Crane	MV45	47:28
			44 David Crane	MV50	49:29
6	Caerleon Running Clu	110	21 Leighton Rawlinson	MS	47:19
			23 James King	MS	47:24
			66 Richard Hughes	MS	50:53
7	Les Croupiers	114	34 Stuart Crees	MS	48:21
			37 Stuart McIlroy	MS	48:29
			43 Matt Hurford	MS	49:05
8	Islwyn R C	114	15 Stephen Thomas	MV40	46:22
			29 Haydn Hartnell	MV45	47:49
			70 Robert Davies	MS	51:10
9	Griffithstown Harrie	128	5 Stafan Simms	MV40	44:55
			32 Steve Davies	MV50	48:17
			91 Matthew Welsh	MS	53:12
10	Bitton R R	130	8 Mike Blackmore	MS	45:08
			36 Simon Laraway	MS	48:25
			86 Mike Duggan	MV40	52:42
11	Chepstow Harriers	137	30 Laurie Carter	MV50	47:51
			42 Paul Scott	MV40	48:03
			65 James Blore	MS	50:52
12	Penarth & Dinas Runn	156	39 Andrew Palmer	MV40	48:52
			49 Hugh Evans	MS	49:45
			68 Ian Liddiatt	MV40	50:56
13	Eastleigh RC	224	26 Noel O'Dowd	MV50	47:43
			76 Ian Rogers	MV45	51:56
			122 Tim Johnson	MV40	55:02
14	Ebbw Vale Running Cl	279	22 Asley Owen	MV40	47:20
			125 Ian Williams	MV45	55:09
			132 Ray Greenhouse	MV40	55:31
15	Fairwater Runners	348	16 Chris Morgan	MV40	46:32
			145 Roger Mills	MS	56.08
			187 Richard Bonie	MV45	59.36
16	Forest of Dean	455	110 Peter Short	MV55	54:19
			128 Mike Evans	MV50	55:21
			217 Chris Hawkins	MV55	62.06
17	Newport & East Wales	489	62 Paul Bruton	MS	50:32
			179 Simon Marks	MS	59.01
			248 Richard Davies	MV45	64.44
18	Parc Bryn Bach	583	103 David Frost	MV40	53:48
			134 Brian Phillips	MV45	55:35
			346 Alistair Pitt	MV40	73.36
19	Llanelli	713	121 Eric Davey	MV60	54:59
			260 Michael Halsall	MS	65.22
			332 Nigel Jones	MV55	72.30

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Llisswerry Runners	350	40	Gemma Jones	WS	48:57
			97	Emma Wookey	WS	53:28
			213	Peta Daniels	WV40	61.43
2	Bitton R R	456	111	Jackie Stott	WV45	54:26
			131	Jo Webb	WV50	55:28
			214	K Dawkins	WV50	61.45
3	Brackla Harriers	469	118	Charlotte Wells	WS	54:53
			168	Charlotte Johns	WV40	58.10
			183	Libby Lavis	WV50	59.19
4	Les Croupiers	513	117	Jane Coker	WV50	54:50
			197	Judi Rhys	WV45	60.29
			199	Loretta Daley	WV40	60.49
5	Eastleigh RC	577	46	Hannah Howard	WS	48:33

		239	Kathy Johnson	WV40	64.04
		292	Maggie Norgate	WV45	67.57
6	Pontypridd Roadents	583	80 Kelly Morgan	WS	52:17
			228 Stephanie Davies	WS	63.10
			275 Debbie Jones	WS	66.48
7	Chepstow Harriers	619	84 Lou Summers	WV40	52:33
			210 Brenda Avery	WV55	61.32
			325 Jane Bayliss	WV55	71.51
8	Penarth & Dinas Runn	646	189 Debbie Evans	WV40	59.39
			227 Nicola James	WS	63.10
			230 Lisa Cleary	WV45	63.22
9	Griffithstown Harrie	674	108 Julie Davies	WV35	54:11
			204 Helena Pimm	WS	61.05
			362 Julie Bircher	WV35	75.28
10	Islwyn R C	774	234 Donna Matthews	WV45	63.36
			258 Ruth Treharne	WV45	65.12
			282 Shona Douglas	WS	67.20
11	Rhondda Valley Runne	794	171 Amy Edwards	WS	58.30
			255 Tracy Edwards	WV40	65.06
			368 Leona Shanley	WV40	75.56
12	San Domenico	821	216 Wendy Owen	WV35	61.56
			286 Frances Williams	WV40	67.27
			319 Claire House	WV35	71.05
13	Fairwater Runners	840	193 Debbie Cockram	WV45	60.16
			314 Stella Symons	WV45	70.03
			333 Rebecca Reynolds	WS	72.46
14	Womens Running Netwo	866	271 Finola Wilson	WV40	66.36
			296 Caroline Jones	WV35	68.23
			299 Mandy Beer	WV45	68.58
15	Caerleon Running Clu	891	263 Helen Thomas	WV45	65.53
			283 Karen Payne	WV35	67.26
			345 Debbie Jenkins	WV40	73.35

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