

Adrian Ellis Memorial Cross CountryRun, Wednesday 4th March 2009**MAIN RACE**

POSITION	NAME	CAT.	Force/Club/Department team
1	Ben Gamble		Staffordshire
2	Simon Lewis	v40	Parc Bryn Bach
3	Kyle Harvey		Fairwater
4	Sarah Simmonds	F	W Mids
5	Dave McMillan	V50	Derbyshire
6	Neil Hunt	V40	W Mids
7	Gethin Parham		Parc Bryn Bach
8	Steve Clews	V50	Prison
9	Colin Rees		Parc Bryn Bach
10	John Diffey	V45	S Wales
11	Paul Walker		Gwent
12	Ken Willis	V50	Northants
13	Tony Price	V45	W Mids
14	Paul Jackson	V40	Gwent
15	Peter Edwards		Fairwater
16	David Smout	V55	Parc Bryn Bach
17	Ian Cooper	V55	W Mids
18	Alan Mcgill	V45	Derbyshire
19	Neil Woodhead		Prison
20	Kevin Spencer	V45	Prison
21	Kerry Price	V50	Gwent
22	Richard Millinson		W Mids
23	Jonathan Williams	V40	Fairwater
24	Michael Williams		Fairwater
25	Mark Churton	V40	Staffordshire
26	Kevin Loftus	V50	Derbyshire
27	John Clemens	V65	Prison
28	Mark Fry	V45	Fairwater
29	Simpn Foster	V45	Gwent
30	Brian Phillips	V45	Parc Bryn Bach
31	Nigel Lee	V50	Prison
32	Richard Williams	V40	Gwent

33	James Hodgson		Gwent
34	Rory Waring	V45	Gwent
35	Roger Mills		Fairwater
36	Graham Whitt		Notts
37	Dean White	V40	Gwent
38	Clive Cooksey	V45	Parc Bryn Bach
39	Gary Woods	V45	Fairwater
40	Matt Griffiths		Gwent
41	Peter Roberts		Griffithstown
42	Brian Jones		Griffithstown
43	Clare Davenport	F	Staffordshire
44	Rob Slade		Gwent
45	Chris Hotch kiss	V55	Prison
46	Colin Prosser		Gwent
47	Clarke Joslyn		Gwent
48	Emma Bayliss	F	Griffithstown
49	Steve New	V40	Gwent
50	Mark Pope		Gwent
51	Rhys Williams		Gwent
52	Anne Marie Evans	F	Parc Bryn Bach
53	James Periam		Gwent
54	Dave Young		Gwent
55	Andy Parker	V60	Staffordshire
56	Andy Davies		Gwent
57	Glyn Jones		W Mids
58	Rob Hart	V	Gwent
59	Rob Young		Gwent
60	Ian Wilkinson	V40	Gwent
61	Mick Hill	V	W Mids

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LADIES RACE

POSITION	NAME	CAT	FORCE/CLUB
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1	Sarah Simmonds		W Mids
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2	Kelly Morgan		S Wales
3	Debbie Cockran	v45	Fairwater
4	Clare Davenport	v35	Staffordshire
5	Emma Bayliss		Griffithstown
6	Anne Marie Evans		Parc Bryn Bach
7	Rose Davies		Parc Bryn Bach
8	Sarah Garland		Gwent
9	Claire Sheppard		Gwent
10	Shelley Baynes		Gwent
11	Emma Brown		Gwent
12	Chris Vorres		Griffithstown

Time
32.07
34.52
35.56
36.26
36.44
37.06
37.49
38.09
38.46
38.57
39.32
39.39
40.04
40.13
40.22
40.39
40.53
41.02
41.39
41.53
41.58
42.08
42.1
42.13
42.15
42.32
42.35
42.4
42.44
42.44
42.47
42.53

43.25
43.44
43.58
44.1
44.15
44.27
44.43
44.55
45.03
45.16
45.4
45.46
45.59
46.31
47.32
47.36
48.26
49.2
49.2
49.53
50.38
50.42
50.5
51.08
51.25
51.49
52.11
52.3
53.44

