

**East Wales Road
Championship
2009**

Sponsored By Run and Become

Senior Ladies		Griff 10k	Scenic Drive 7	Brecon 10	Elan Valley 10	Total Pts
M Gittoes	Chepstow	49	50	50		149
N Price	Caerleon		49	49		98
N Cockram	Cwmbran	50				50
G Jones	Lliswerry	48				48
N Bogue	Lliswerry	47				47
H Pimm	Griffithstown	46				46
C Watkins	Griffithstown	45				45
Masters 35						
J Davies	Griffithstown	50		50		100
N Morgan	Chepstow		49	49		98
L Summers	Chepstow		48	48		96
R Treharne	Islwyn	47	46			93
A Jones	Brecon		50			50
J Richards	Griffithstown	49				49
D Woodbridge	Griffithstown	48				48
K Payne	Caerleon			47		47
A-M Evans	Parc B Bach		47			47
R Burgess	Lliswerry			46		46
E Wood	Caerleon	46				46
J Roche	Fairwater		45			45
Masters 45						
D Cockram	Fairwater	50	50			100
J Jenkins	Fairwater	49		48		97
H Thomas	Caerleon		47	49		96
M Evans	Prestegine			50		50
K Howell	Caerleon		49			49
D Matthews	Islwyn		48			48
Masters 55+						
G Howells	Caerleon	48	50	48		146
B Avery	Chepstow	50		49		99
S Ashton	Chepstow			50		50
J Bayliss	Chepstow	49				49