

**Sirhowy Challenge**  
**Sirhowy Challenge**

Sunday 17 May 2009. 10:00 am

**Provisional Results for All Competitors in finish order.**

| <i>Place</i> | <i>Time</i> | <i>Name</i>       | <i>Team</i>            | <i>Race Age Category</i> | <i>Pace<br/>min/mile</i> | <i>Race<br/>No</i> | <i>Race<br/>Place</i> |
|--------------|-------------|-------------------|------------------------|--------------------------|--------------------------|--------------------|-----------------------|
| 1            | 1:05:29     | GURMIN, Matthew   | Abertillery A.A.C.     | SENIOR MAN               | 06:32.8                  | 2                  | 1                     |
| 2            | 1:06:38     | LEWIS, Simon      | Parc Bryn Bach Runners | MALE VET                 | 06:39.7                  | 161                | 2                     |
| 3            | 1:08:36     | HARRHY, Chris     | Lliswerry Runners      | MALE VET                 | 06:51.5                  | 168                | 3                     |
| 4            | 1:09:47     | GEORGE, Phillip   | Les Croupiers          | SENIOR MAN               | 06:58.6                  | 153                | 4                     |
| 5            | 1:10:09     | PANHAM, Gethin    | Parc Bryn Bach Runners | SENIOR MAN               | 07:00.8                  | 196                | 5                     |
| 6            | 1:10:19     | EDWARDS, Jerome   | San Dominico           | SENIOR MAN               | 07:01.8                  | 176                | 6                     |
| 7            | 1:10:24     | VORRES, Dimitri   | Griffithstown Harriers | MALE VET                 | 07:02.3                  | 138                | 7                     |
| 8            | 1:10:32     | DAVIES, Steve     | Griffithstown Harriers | MALE SUPERVET            | 07:03.1                  | 157                | 8                     |
| 9            | 1:10:38     | WELLS, Matthew    | Brackla Harriers       | SENIOR MAN               | 07:03.7                  | 129                | 9                     |
| 10           | 1:11:55     | SPEYER, Paul      | Brackla Harriers       | SENIOR MAN               | 07:11.4                  | 151                | 10                    |
| 11           | 1:12:02     | HEELEY, Angela    | San Dominico           | SENIOR FEMALE            | 07:12.1                  | 189                | 11                    |
| 12           | 1:13:20     | TABOR, Mick       | Les Croupiers          | MALE SUPERVET            | 07:19.9                  | 154                | 12                    |
| 13           | 1:14:16     | SAUNDERS, Mark    | Islwyn Running Club    | MALE SUPERVET            | 07:25.5                  | 142                | 13                    |
| 14           | 1:14:42     | EVANS, Dic        | Cardiff A.A.C.         | MALE SUPERVET            | 07:28.1                  | 183                | 14                    |
| 15           | 1:14:56     | REGAN, Daniel     | Ely Runners            | SENIOR MAN               | 07:29.5                  | 172                | 15                    |
| 16           | 1:15:06     | SCOTT, Robin      | Kilbarcham A.A.C.      | MALE SUPERVET            | 07:30.5                  | 192                | 16                    |
| 17           | 1:15:12     | DANIEL, Charles   | Great Western Runners  | MALE SUPERVET            | 07:31.1                  | 191                | 17                    |
| 18           | 1:15:18     | MCDONALD, Ian     | San Dominico           | MALE VET                 | 07:31.7                  | 184                | 18                    |
| 19           | 1:15:48     | BEECHER, Kate     |                        | SENIOR FEMALE            | 07:34.7                  | 152                | 19                    |
| 20           | 1:16:20     | OSMOND, Clive     | Les Croupiers          | MALE VET                 | 07:37.9                  | 128                | 20                    |
| 21           | 1:16:22     | CAVENEY, Terry    | Les Croupiers          | MALE VET                 | 07:38.1                  | 143                | 21                    |
| 22           | 1:16:51     | DAVIES, Andy      | Pontypridd Roadents    | MALE VET                 | 07:41.0                  | 150                | 22                    |
| 23           | 1:17:00     | DIFFY, John       | Les Croupiers          | MALE VET                 | 07:41.9                  | 186                | 23                    |
| 24           | 1:17:01     | DAWES, Paul       | San Dominico           | MALE VET                 | 07:42.0                  | 182                | 24                    |
| 25           | 1:18:05     | O'SHEA, John      | Les Croupiers          | MALE SUPERVET            | 07:48.4                  | 173                | 25                    |
| 26           | 1:18:39     | SHIELDS, Dominic  | San Dominico           | MALE VET                 | 07:51.8                  | 144                | 26                    |
| 27           | 1:19:08     | LEWIS, Alex       |                        | SENIOR MAN               | 07:54.7                  | 169                | 27                    |
| 28           | 1:19:38     | TOWNSEND, Matthew | Les Croupiers          | MALE VET                 | 07:57.7                  | 146                | 28                    |
| 29           | 1:19:38     | DAVIES, Andy      |                        | MALE VET                 | 07:57.7                  | 185                | 29                    |
| 30           | 1:19:39     | THOMAS, Paul      |                        | SENIOR MAN               | 07:57.8                  | 137                | 30                    |
| 31           | 1:19:49     | WOODS, Bethan     | Mynyddu Ddu            | SENIOR FEMALE            | 07:58.8                  | 199                | 31                    |
| 32           | 1:19:49     | WOODS, Adrian     | Mynyddu Ddu            | MALE VET                 | 07:58.8                  | 197                | 32                    |
| 33           | 1:20:00     | WEHDEN, Kim       | Islwyn Running Club    | MALE VET                 | 07:59.9                  | 131                | 33                    |
| 34           | 1:20:12     | CREED, Matt       | Chepstow               | SENIOR MAN               | 08:01.1                  | 175                | 34                    |
| 35           | 1:20:33     | RODGER, Peter     | Griffithstown Harriers | MALE SUPERVET            | 08:03.2                  | 177                | 35                    |
| 36           | 1:20:54     | BUNSTON, Mike     | Islwyn Running Club    | MALE VET                 | 08:05.3                  | 193                | 36                    |
| 37           | 1:21:02     | HARRHY, Steve     |                        | MALE VET                 | 08:06.1                  | 167                | 37                    |
| 38           | 1:21:28     | PRICE, Kerry      | Islwyn Running Club    | MALE SUPERVET            | 08:08.7                  | 174                | 38                    |
| 39           | 1:21:56     | THOMAS, P         | Brackla Harriers       | MALE VET                 | 08:11.5                  | 148                | 39                    |
| 40           | 1:24:29     | WALTON, Alan      | San Dominico           | SENIOR MAN               | 08:26.8                  | 190                | 40                    |
| 41           | 1:24:30     | DAVIES, Michael   | Les Croupiers          | MALE SUPERVET            | 08:26.9                  | 141                | 41                    |
| 42           | 1:24:55     | DOBBS, Jim        | Islwyn Running Club    | MALE SUPERVET            | 08:29.4                  | 135                | 42                    |
| 43           | 1:25:48     | DONNAN, Graeme    | Les Croupiers          | MALE SUPERVET            | 08:34.7                  | 139                | 43                    |
| 44           | 1:25:52     | HASELHURST, Sally | San Dominico           | SENIOR FEMALE            | 08:35.1                  | 145                | 44                    |
| 45           | 1:25:53     | THOMAS, Michael   |                        | MALE VET                 | 08:35.2                  | 195                | 45                    |
| 46           | 1:26:45     | O'SULLIVAN, Tim   |                        | MALE SUPERVET            | 08:40.4                  | 140                | 46                    |
| 47           | 1:27:26     | HUGHES, Arwel     |                        | SENIOR MAN               | 08:44.5                  | 134                | 47                    |
| 48           | 1:28:23     | O'DONNELL, Kevin  |                        | MALE VET                 | 08:50.2                  | 126                | 48                    |
| 49           | 1:28:52     | ROBERTS, Peter    | Griffithstown Harriers | MALE SUPERVET            | 08:53.1                  | 178                | 49                    |
| 50           | 1:29:10     | SUTTON, M         | Griffithstown Harriers | MALE VET                 | 08:54.9                  | 194                | 50                    |
| 51           | 1:29:42     | HISCOX, Ian       |                        | MALE SUPERVET            | 08:58.1                  | 1                  | 51                    |
| 52           | 1:29:53     | SUTTON, Lyndon    | Islwyn Running Club    | MALE SUPERVET            | 08:59.2                  | 181                | 52                    |
| 53           | 1:29:56     | WOODS, Sharon     | Mynyddu Ddu            | FEMALE SUPERVET          | 08:59.5                  | 198                | 53                    |
| 54           | 1:30:10     | DOBBS, Russell    | Islwyn Running Club    | SENIOR MAN               | 09:00.9                  | 136                | 54                    |
| 55           | 1:30:25     | JONES, Gareth     | M.D.C.                 | MALE SUPERVET            | 09:02.4                  | 188                | 55                    |
| 56           | 1:30:52     | SCHOLEY, Julie    | Les Croupiers          | FEMALE SUPERVET          | 09:05.1                  | 3                  | 56                    |
| 57           | 1:31:00     | UAGAI, Viktoria   |                        | SENIOR FEMALE            | 09:05.9                  | 165                | 57                    |

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**Provisional Results for All Competitors in finish order.**

| <i>Place</i> | <i>Time</i> | <i>Name</i>         | <i>Team</i>            | <i>Race Age Category</i> | <i>Pace<br/>min/mile</i> | <i>Race<br/>No</i> | <i>Race<br/>Place</i> |
|--------------|-------------|---------------------|------------------------|--------------------------|--------------------------|--------------------|-----------------------|
| 58           | 1:32:08     | LEWIS, Jane         |                        | FEMALE VET               | 09:12.7                  | 163                | 58                    |
| 59           | 1:32:08     | SPANTON, Caroline   |                        | SENIOR FEMALE            | 09:12.7                  | 164                | 59                    |
| 60           | 1:32:45     | DALLIMORE, Caroline | Les Croupiers          | FEMALE SUPERVET          | 09:16.4                  | 127                | 60                    |
| 61           | 1:35:23     | JONES, Allan        | Brackla Harriers       | MALE SUPERVET            | 09:32.1                  | 149                | 61                    |
| 62           | 1:35:39     | PARCELL, Richard    |                        | MALE VET                 | 09:33.7                  | 159                | 62                    |
| 63           | 1:35:39     | LOWE, Alun          |                        | MALE VET                 | 09:33.7                  | 160                | 63                    |
| 64           | 1:37:14     | PILLINER, Neil      |                        | SENIOR MAN               | 09:43.2                  | 4                  | 64                    |
| 65           | 1:38:34     | WATSON, Bob         |                        | SENIOR MAN               | 09:51.2                  | 171                | 65                    |
| 66           | 1:38:53     | EDWARDS, Tracy      | Rhonnda Valley Runners | FEMALE VET               | 09:53.1                  | 162                | 66                    |
| 67           | 1:42:09     | PARSONS, Rhion      |                        | SENIOR FEMALE            | 10:12.7                  | 170                | 67                    |
| 68           | 1:46:19     | HOBBS, James        |                        | MALE VET                 | 10:37.7                  | 132                | 68                    |
| 69           | 1:47:24     | MORRIS, Steven      |                        | SENIOR MAN               | 10:44.2                  | 5                  | 69                    |
| 70           | 1:49:50     | GATES, David        |                        | MALE VET                 | 10:58.8                  | 187                | 70                    |
| 71           | 1:50:11     | JENSEN, Linda       | Les Croupiers          | FEMALE SUPERVET          | 11:00.9                  | 155                | 71                    |
| 72           | 1:50:12     | MEISTER, Uta        |                        | FEMALE VET               | 11:01.0                  | 156                | 72                    |
| 73           | 1:52:12     | JONES, Rod          | Les Croupiers          | MALE SUPERVET            | 11:13.0                  | 158                | 73                    |
| 74           | 1:55:10     | ROWE, Clive         | Islwyn Running Club    | MALE VET                 | 11:30.8                  | 179                | 74                    |
| 75           | 1:57:53     | SANDOR, Antal       |                        | MALE VET                 | 11:47.1                  | 166                | 75                    |
| 76           | 1:58:28     | HEADON, Dawn        |                        | SENIOR FEMALE            | 11:50.6                  | 6                  | 76                    |
| 77           | 1:58:46     | HOWELLS, LIZ        |                        | FEMALE VET               | 11:52.4                  | 130                | 77                    |
| 78           | 1:58:47     | LEWIS, Julie        | Islwyn Running Club    | FEMALE VET               | 11:52.5                  | 180                | 78                    |

There were 78 finishers in the All Competitors category.

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