

Wednesday 15 July 2009. 7:00 pm

Provisional Results in finish order.

Place	Time	Name	Team	min/ml	No:	Posn
1	0:39:11	MATTHEWS, Phillip	Swansea Harriers	05:35.8	79	1
2	0:41:42	GURMIN, Matthew	Swansea Harriers	05:57.3	138	2
3	0:41:46	THOMAS, Steve	Islwyn Running Club	05:57.9	140	3
4	0:43:03	HUMPHREYS, Laurence	Fairwater Runners	06:08.9	22	4
5	0:43:49	SMOULT, Robin	Llswerry Runners	06:15.5	145	5
6	0:44:10	SIMMS, Stefan	Griffithstown Harriers	06:18.5	118	6
7	0:44:27	HARVEY, Mark	Chepstow	06:20.9	59	7
8	0:44:30	HARRIS, David	Llswerry Runners	06:21.3	80	8
9	0:44:34	BARNBY, Daryll	Fairwater Runners	06:21.9	34	9
10	0:45:38	HARTNELL, Haydn	Islwyn Running Club	06:31.0	50	10
11	0:45:42	JONES, Huw		06:31.6	71	11
12	0:45:52	DAVIES, Steve	Griffithstown Harriers	06:33.0	99	12
13	0:45:57	VORRES, Dimtri	Griffithstown Harriers	06:33.7	119	13
14	0:46:10	PASCOE, Dominic		06:35.6	76	14
15	0:46:46	BENGER, Chris		06:40.7	28	15
16	0:47:07	HARRIS, Paul	Llswerry Runners	06:43.7	78	16
17	0:47:47	WILLIAMS, Alun	Fairwater Runners	06:49.5	33	17
18	0:48:01	SAUNDERS, Mark	Islwyn Running Club	06:51.5	125	18
19	0:48:05	BUTCHER, Joseph	Llswerry Runners	06:52.0	141	19
20	0:48:09	THOMAS, Calvin		06:52.6	101	20
21	0:48:10	GUY, Thomas	Griffithstown Harriers	06:52.7	62	21
22	0:48:15	GITTOES, Marianne	Chepstow	06:53.5	29	22
23	0:48:29	DAWE, Andrew	Llswerry Runners	06:55.5	54	23
24	0:48:43	JONES, Angela	Brecon A.A.C.	06:57.5	157	24
25	0:48:50	BRISTOW, Phil		06:58.5	31	25
26	0:49:00	DIFFEY, John	Les Croupiers	06:59.9	67	26
27	0:49:03	STEVANS, Darren	Merthyr Harriers	07:00.3	107	27
28	0:49:08	HUMPHRIES, Mark		07:01.0	123	28
29	0:49:36	THOMAS, Peter	Caerleon R.C.	07:05.0	103	29
30	0:50:25	BIRCH, Sean		07:12.0	81	30
31	0:50:37	SHORT, Peter	Forest of Dean	07:13.7	144	31
32	0:50:38	WHATLEY, Craig		07:13.9	65	32
33	0:50:39	WHATLEY, Sean		07:14.0	63	33
34	0:50:48	WELSH, Matthew	Griffithstown Harriers	07:15.3	154	34
35	0:50:49	CREED, Matt	Chepstow	07:15.4	95	35
36	0:50:50	SPENCER, Andrew	Fairwater Runners	07:15.6	16	36
37	0:51:02	HATHERALL, Emma		07:17.3	148	37
38	0:51:09	LLOYD, Richard	Fairwater Runners	07:18.3	143	38
39	0:51:19	LOTT, Andrew	Llswerry Runners	07:19.7	61	39
40	0:51:22	RODGER, Peter	Griffithstown Harriers	07:20.2	41	40
41	0:51:27	HARRHY, Steve		07:20.9	97	41
42	0:51:29	SHIELDS, Dominic	San Dominico	07:21.2	35	42
43	0:51:29	WALSH, Nick	Griffithstown Harriers	07:21.2	110	43
44	0:51:32	MASON, Howard	Caerleon R.C.	07:21.6	127	44
45	0:51:35	WILLIAMS, Chris		07:22.0	13	45
46	0:51:36	DAY, Richard	Pontypridd Roadents	07:22.2	20	46
47	0:51:51	SMOUT, David		07:24.3	98	47
48	0:51:57	HUMPHRIES, Kate		07:25.2	124	48
49	0:51:58	BUTCHER, Christian		07:25.3	66	49
50	0:52:19	LYNCH, Geraint		07:28.3	53	50
51	0:52:28	WILLIAMS, Jon		07:29.6	102	51
52	0:52:31	DURSLEY, Paul	Llswerry Runners	07:30.0	55	52
53	0:52:39	BUNSTON, Mike	Islwyn Running Club	07:31.2	100	53
54	0:52:41	PRICE, Kerry	Islwyn Running Club	07:31.4	38	54

55	0:52:43	PREECE, Andrew		07:31.7	147	55
56	0:53:04	WADE, Ian	Chepstow	07:34.7	111	56
57	0:53:09	SAVAGE, Bill	Chepstow	07:35.4	57	57
58	0:53:24	DUGGAN, Rob		07:37.6	96	58
59	0:53:38	BROWN, Richard		07:39.6	158	59
60	0:53:53	WHATLEY, Martin		07:41.7	64	60
61	0:54:00	SIMS, Mike		07:42.7	70	61
62	0:54:08	WERTHERM, Tony	Ebbw Vale R.C.	07:43.9	24	62
63	0:54:10	WOODS, Garry	Fairwater Runners	07:44.2	39	63
64	0:54:13	FINCH, Dick	Chepstow	07:44.6	60	64
65	0:54:17	DOBBS, Jim	Islwyn Running Club	07:45.2	159	65
66	0:54:21	RUSSELL, Tom	Parc Bryn Bach Runners	07:45.7	131	66
67	0:54:22	PARKER, Neill	Islwyn Running Club	07:45.9	129	67
68	0:54:28	COOKSEY, Clive	Parc Bryn Bach Runners	07:46.7	30	68
69	0:54:31	WILLIAMS, Stephen	Lliswerry Runners	07:47.2	37	69
70	0:54:41	LEWIS, Terry	Islwyn Running Club	07:48.6	32	70
71	0:54:48	PALMER, David	Vegetarian Cycling & A.C.	07:49.6	117	71
72	0:54:55	COCKRAM, Debbie	Fairwater Runners	07:50.6	83	72
73	0:54:59	BEVAN, Richard		07:51.2	93	73
74	0:55:07	BEDWELL, Alice	Islwyn Running Club	07:52.3	126	74
75	0:55:15	RUSSELL, Kevin	South Wales Police	07:53.4	133	75
76	0:55:29	MEREDITH, Matthew		07:55.4	92	76
77	0:55:35	MORGAN, Niki	Chepstow	07:56.3	112	77
78	0:55:59	LEAR, Matthew		07:59.7	52	78
79	0:56:01	SUMMERS, Lou	Chepstow	08:00.0	115	79
80	0:56:04	STOTT, Gill	Chepstow	08:00.4	116	80
81	0:56:28	GWYNNE-HAMER, Darren		08:03.9	69	81
82	0:56:35	STACEY, Richard		08:04.9	109	82
83	0:56:37	LEWIS, Dan		08:05.2	153	83
84	0:56:42	WALTERS, Jozef		08:05.9	72	84
85	0:56:51	LYNCH, Geoffrey		08:07.2	49	85
86	0:57:15	HOLAWAY, Jason		08:10.6	152	86
87	0:57:16	COLMAN, Neil		08:10.7	151	87
88	0:57:26	PRICE, Nicole	Caerleon R.C.	08:12.2	132	88
89	0:57:30	MORGAN, Hywel		08:12.7	44	89
90	0:57:45	WRIGHT, Mark		08:14.9	121	90
91	0:57:45	JAMES, Clinton	Islwyn Running Club	08:14.9	89	91
92	0:57:47	BOWE, Richard	Fairwater Runners	08:15.2	10	92
93	0:58:00	DANIELS, Peta	Lliswerry Runners	08:17.0	77	93
94	0:58:01	COLLIER, Ross		08:17.2	36	94
95	0:58:29	EVANS, Annemarie	Parc Bryn Bach Runners	08:21.2	42	95
96	0:58:34	HART, Robert		08:21.9	45	96
97	0:58:38	ROGER, Fawke	Islwyn Running Club	08:22.4	94	97
98	0:58:49	CARTER, Clive	Lliswerry Runners	08:24.0	139	98
99	0:59:07	BRAY, Andy	Chepstow	08:26.6	58	99
100	0:59:17	BAYLISS, G	Chepstow	08:28.0	12	100
101	0:59:33	DAVIES, Kevin		08:30.3	160	101
102	0:59:47	DAVIES, Jonathan		08:32.3	46	102
103	1:00:13	WATSON, Bob		08:36.0	84	103
104	1:00:17	HOWELLS, Kim	Caerleon R.C.	08:36.6	128	104
105	1:00:19	DIXON, Colin	Islwyn Running Club	08:36.9	56	105
106	1:00:22	DAVIES, Conner		08:37.3	47	106
107	1:00:24	GRIFFITHS, Gavin	Bro Dysynni A.C.	08:37.6	18	107
108	1:00:32	PHILLIPS, Tony	Griffithstown Harriers	08:38.7	149	108
109	1:00:43	ATTWOOD, Howard		08:40.3	27	109
110	1:01:05	EDWARDS, Tracey	Rhonnda Valley Runners	08:43.4	14	110
111	1:01:06	TIMMS, Andrew		08:43.6	21	111

112	1:01:07	TREHARNE, Ruth	Islwyn Running Club	08:43.7	2	112
113	1:01:12	DAVIES, Alun		08:44.4	23	113
114	1:01:17	SUTTON, Lyndon	Islwyn Running Club	08:45.1	19	114
115	1:01:18	BIRCH, Coleen	Islwyn Running Club	08:45.3	82	115
116	1:02:02	DOUGLAS, Shona	Islwyn Running Club	08:51.6	150	116
117	1:02:18	PALMER, Richard		08:53.9	1	117
118	1:02:38	NEW, Steve	100 Marathon Club	08:56.7	43	118
119	1:02:40	MATTHEWS, Donna	Islwyn Running Club	08:57.0	74	119
120	1:02:52	BUTTS, Philip		08:58.7	4	120
121	1:03:27	SELDON, Gary	Islwyn Running Club	09:03.7	108	121
122	1:03:50	THOMAS, Helen	Caerleon R.C.	09:07.0	104	122
123	1:04:14	WALTERS, Sally		09:10.4	114	123
124	1:04:16	DARKE, Victoria		09:10.7	86	124
125	1:04:44	KING, Emma		09:14.7	91	125
126	1:04:58	ROCHE, Julie	Fairwater Runners	09:16.7	15	126
127	1:05:27	NELSON, Alun		09:20.9	9	127
128	1:05:46	CLAYTON, Rhian	Islwyn Running Club	09:23.6	136	128
129	1:06:02	, Helen		09:25.9	122	129
130	1:06:14	JOHNSON, James		09:27.6	40	130
131	1:06:53	EDWARDS, Catharyn		09:33.1	90	131
132	1:06:58	MORRIS, Steven		09:33.9	156	132
133	1:07:01	JEREMY, Ashdown		09:34.3	25	133
134	1:07:05	PAYTON, Peter	Islwyn Running Club	09:34.9	75	134
135	1:07:51	LEAR, Jason		09:41.4	51	135
136	1:08:05	MELHUIISH, Paul		09:43.4	73	136
137	1:08:26	BAKER, Kathleen		09:46.4	113	137
138	1:09:35	SINGER, Graham		09:56.3	17	138
139	1:09:35	LLEWELLYN, Catherine	Merthyr Harriers	09:56.3	106	139
140	1:09:39	KOSKINEN, Helena		09:56.8	130	140
141	1:09:42	HEADON, Dawn		09:57.3	155	141
142	1:09:50	WEALE, Kelly	Islwyn Running Club	09:58.4	135	142
143	1:10:07	MILTON, Lisa	Avon and Somerset Police	10:00.8	8	143
144	1:10:12	BROWN, Richard	Sheen Shufflers	10:01.6	68	144
145	1:10:24	RICHARDSON, Pat	Islwyn Running Club	10:03.3	134	145
146	1:10:44	HOLMES, James		10:06.1	26	146
147	1:11:02	BUTTS, Jackie		10:08.7	5	147
148	1:11:07	PUGH, Les		10:09.4	48	148
149	1:12:53	ROWE, Clive	Islwyn Running Club	10:24.6	85	149
150	1:13:56	HUGHES, George		10:33.6	120	150
151	1:15:23	HOWELLS, Gwyn	Caerleon R.C.	10:46.0	142	151
152	1:17:25	BURRIDGE, Marianne	Fairwater Runners	11:03.4	105	152
153	1:19:50	HOWELLS, Liz		11:24.1	6	153
154	1:20:30	OSBORN, Jessica		11:29.8	88	154
155	1:20:30	WOOD, Ged		11:29.8	87	155
156	1:21:17	WILLIAMS, Helen	Islwyn Running Club	11:36.5	137	156