

Chepstow Harriers' Club Championship 2007

Month Bonus
Race Marathon
Distance 26.2 miles
Category C

Men's Championship

Mean 59.31%

<i>Pos</i>	<i>Name</i>	<i>Time</i>	<i>Age %</i>	<i>Place Pts</i>	<i>Bonus Pts</i>	<i>Total Pts</i>	<i>FPP</i>	<i>Age</i>
1	Gareth Jones	03:24:02	61.44%	17	17	34	37	37
2	Nick Davis	02:57:28	70.63%	20	13.5	33.5	40	40
3	Gareth Creed	03:17:39	63.42%	19	4.5	23.5	39	39
4	Ian Wade	03:32:34	58.97%	16	6.5	22.5	36	36
5	Andy Ost	03:19:05	62.96%	18	3.5	21.5	38	38
6	Nick Battersby	03:39:25	57.13%	15	4.5	19.5	35	35
7	Mike Smith	03:43:31	56.08%	14	4.5	18.5	34	34
8	Bill Bewg	04:05:42	51.02%	10	8	18	30	30
9	Luke Malarz	03:47:54	55.00%	13	0	13	33	33
10	Matthew Lawson	04:02:08	51.77%	12	0	12	32	32
11	Craig Dun	04:02:27	51.70%	11	0	11	31	31
12	Brett Regulski	04:19:50	48.24%	9	0	9	29	29
13	Royston Toon	04:19:57	48.22%	8	0	8	28	28
14	Colin Parry	05:17:12	39.52%	7	0	7	27	27
15	Syd Wheeler	05:37:20	37.16%	6	0	6	26	26
16	John Sterry	06:00:29	34.77%	5	0	5	25	25

Ladies' Championship

Mean 60.90%

<i>Pos</i>	<i>Name</i>	<i>Time</i>	<i>Age %</i>	<i>Place Pts</i>	<i>Bonus Pts</i>	<i>Total Pts</i>	<i>FPP</i>	<i>AgeR</i>
1	Glen Jackson	03:57:33	79.26%	18	18	36	38	40
2	Debbie James	03:38:50	65.90%	20	4.5	24.5	40	39
3	Helen Duffield	03:43:39	63.28%	19	2	21	39	37
4	Elisabeta Battersby	04:16:32	62.42%	16	1.5	17.5	36	36
5	Claire Gibson	04:09:07	57.03%	17	0	17	37	33
6	Sue Ashton	04:22:13	64.27%	14	3	17	34	38
7	Bev Meek-Welsh	04:19:52	60.12%	15	0	15	35	35
8	Natasha Williams	04:33:58	53.33%	13	0	13	33	31
9	Gill Ellis	04:42:51	55.24%	12	0	12	32	32
10	Lesley Sterry	04:56:22	50.52%	11	0	11	31	30
11	Anne Masters	05:08:00	58.56%	10	0	10	30	34

Notes:

This category covers a wide range of marathons - from the World Record Berlin course, through the crowded streets of London and heat of Florida to off-road and mountainous courses all over Europe. Some runs were made, not as individual efforts, but to help or guide round other runners, which of course affects performance.

Great performances from Gareth Jones and Glen Jackson and a special mention to Nick Davis for being the only Harrier to break the magic 3 hour barrier this year, achieving over 70% in the process and appearing in the Welsh National Rankings for Senior Men.