

Sugar Loaf
Saturday November 1st 2008

Result				
Position	Name	Club	Category	Time
1	Danny Lewis	RAF	MS	38.18
2	Peter Ryder	Brycheiniog	MS	38.20
3	Rob Gordon	Mynydd Du	MS	38.51
4	Hugh Aggleton	MDC	MS	39.59
5	Alistair Sheffield		MS	41.07
6	Tom Gibbs	MDC	MS	41.18
7	Steven Caldwell	Chepstow Harriers	MS	41.30
8	Crispin Flower	Mynydd Du	M40	41.32
9	Simon Lewis		M40	42.39
10	Matthew Franklin	UWE Athletics	Mu23	43.02
11	Mike Fawcett	Wye Valley R	M40	43.31
12	Helen Fines	Calder Valley	FS	43.36
13	Mark Harvey	Chepstow Harriers	Mu23	43.47
14	Kevin Hagley	SWRR	M40	44.11
15	Mark Saunders	MDC	M40	44.45
16	Matthew Lawson	Chepstow Harriers	MS	44.51
17	Grant Lewis	Fairwater	MS	45.32
18	Neil James		M40	45.45
19	Bryan Stadden	Bitton RR	M50	45.48
20	Ivan Teed	Chepstow Harriers	MS	45.57
21	Mike Blackmore		M	46.00
22	Neil Lewis	MDC	M40	46.02
23	D Barber		M	46.10
24	Mick Ligema	Ludlow	M50	46.15
25	Chris Taylor	Mercia	M50	47.08
26	Matt Morris	Brecon Multisport	MS	47.09
27	Gareth Craft	MDC	MS	47.12
28	Simon Blease	Brycheiniog	M40	47.17
29	Gareth Davis		M	47.18
30	Dave Austin	Calder Valley	M	47.26
31	Max Suff	Hereford Couriers	M40	47.30
32	Johnathan Barnes		Mu23	47.32
33	Steven Harris	Chepstow Harriers	MS	47.33
34	John Hartley		MS	48.01
35	Mark Bryant	MDC	M40	48.25
36	Nick Kane		M40	48.41
37	Alan Stone	MDC	M40	48.43
38	Steve Brown	MDC	M50	48.47
39	Paul Tucker		M40	48.48
40	Martin Woodhead	Mynydd Du	M40	48.52

41	Peter Williams	MDC	M50	49.07
42	Steve Herington	Hereford Couriers	M60	49.10
43	Paul Sperrin		M50	49.12
44	James Blore	Chepstow Harriers	Mu23	49.46
45	Andy Creber	Chepstow Harriers	M50	49.53
46	Andy Stott	Chepstow Harriers	M40	50.03
47	Matt Burns		MS	50.07
48	Martin Buck	Unattached	M40	50.10
49	Steve Epstein	Brecon Multisport	MS	50.15
50	Kevin Betts	MDC	M40	50.19
51	Andrew Blackmore	Chepstow Harriers	M40	50.32
52	Steve Littlewood	Hereford Couriers	M50	50.36
53	Phil Holder	Cardiff Harlequins	M	51.19
54	Liz Francis	Chepstow Harriers	F40	51.30
55	Paul Lewis	Fairwater	M50	51.32
56	Nick Battersby	Chepstow Harriers	M40	51.41
57	Lewis Lonsdale		Mu23	52.20
58	John Shanahan	MDC	M50	52.23
59	Paul Satchell		M50	52.27
60	Helen Bennett	MDC	FS	52.30
61	Lisa Newing		F	52.35
62	Mike Harris	MDC	M50	52.36
63	Esther Barrett	Chepstow Harriers	F	52.51
64	Norman Jones	MDC	M40	53.09
65	Gary Gunner	Croft Ambrey	M60	53.10
66	Chris Gurney	SWRR	M40	53.14
67	Martin Lucas	MDC	M50	53.19
68	Kate Auchterlonie		F40	53.26
69	Neil Bachi		MS	53.27
70	Sharon Woods	Mynydd Du	F40	53.35
71	Peter Burne	MDC	M40	53.45
72	Gerry Ashton	Chepstow Harriers	M50	53.59
73	Robert Morris		M50	54.01
74	Sue Ashton	Chepstow Harriers	F50	54.35
75	John Darby	Mynydd Du	M50	54.40
76	John Sweeting	MDC	M60	54.41
77	John Collins	Swansea	M70	54.49
78	409			54.56
79	Chris Fletcher		M	54.58
80	Kevin Barnes		M40	55.13
81	Ellie Salisbury	Eryri	F40	55.27
82	Lou Summers	Chepstow Harriers	F40	55.30
83	Gill Stott	Chepstow Harriers	F50	55.39
84	Mark Kingdon		M40	55.44
85	Dick Finch	Chepstow Harriers	M60	55.59
86	Les Williams	Eryri	M60	56.11

87	Daniela Woodbridge	Griffithstown Harriers	FS	56.50
88	Alan Walters		M	57.45
89	Bill Savage	Chepstow Harriers	M50	57.50
90	Pete Morfey	Cardiff Harlequins	M50	58.23
91	Mark Bigwood		M	58.33
92	Scott Garner		MS	58.34
93	Tanya Howells		FS	58.59
94	Rob West	MDC	M60	59.21
95	Sian Griffith	Chepstow Harriers	FS	59.45
96	Dave Gilbert	MDC	M50	60.02
97	Ian Patton		MS	60.08
98	Gareth Evans	Blaenafon Joggers	M50	60.43
99	Colin Prosser	Chepstow Harriers	M40	64.24
100	Jan Morris	Chepstow Harriers	FS	64.30
101	Geoffrey Bayliss	Chepstow Harriers	M60	64.31
102	Naomi Prosser	Hereford County AC	Fu23	64.32
103	Dave Andrews	Chepstow Harriers	M60	64.45
104	Jennifer Bell	Chepstow Harriers	FS	64.53
105	Berna Cantwell	Chepstow Harriers	F40	64.59
106	Vivian Evans		MS	65.04
107	Syd Wheeler	Chepstow Harriers	M70	65.19
108	Roland Knight		M50	65.50
109	Victor Gretton		M60	66.05
110	Roy Silver		M50	66.20
111	Gareth Buffet	MDC	M50	68.06
112	Jane Bayliss	Chepstow Harriers	F50	70.35
113	Les Pugh	MDC	M60	71.48
114	Ian Payton	MDC	MS	72.40
115	Gareth Jenkins	Chepstow Harriers	M40	80.45