

## **Chepstow Harriers**

### **5k training night time trials**

**Thursday 19th November 09**

Any errors or omissions please email "[web at chepstowharriers.org.uk](mailto:web@chepstowharriers.org.uk)"

1	Richard Knight	18:03
2	Kath Matthews	18:55
3	Paul Lidgett	19:06
4	Lou Summers	20:24
5	Leo Cohen	21:11
6	Neil Grant	21:17
7	Helen Duffield	21:25
8	Rob Summers	21:31
9	Chirs Rees	21:54
10	Glyn Walker	22:19
11	Jan Morries	22:31
12	Laurence Llewellyn	23:10
13	Nick Davies	23:58
14	Nyembezi Nyirongo	24:07
15	Geoff Bayliss	24:17
16	Dan Holland	24:38
17	Nick Higgins	25:21
18	Geoff Cram	25:59
19	Karen Elvers	26:10
20	Jane Bayliss	26:27
21	Sharon Blore	27:46
22	Colin Prosser	27:49
23	Jackie Webb	28:40
24	Michelle Campbell	29:40

1,16 & 24 are all new club members - well done.