

Rose Inn Race Series 2009



Points are awarded according to position, in each race. Runners must complete a minimum of three races to qualify for the series, and the best three scores are accumulated. Only those runners who completed at least three races are shown.

Points of interest.

The overall male winner, Richard Gardiner, won on count back after a tie with Michael Johnson.

Also the LV50 winner, Marianne Burridge, won on count back.

For the second year the only competitor to win all 4 races in their category was Brenda Avery.

Michael Johnson, Richard Gardiner, Chris Morgan, Peter Coles, John Plain, John Turner, James Blore, Debbie Marsden, Julie Scholey, and Stephanie Davies won all three races, in their category, that they entered.

Name	Club	May		June		July		August		Total
		Time	Pts	Time	Pts	Time	Pts	Time	Pts	
All Men										
Richard GARDINER	Cardiff AAC	19:43	150	19:41	149	19:19	150			449
Michael JOHNSON	Cardiff AAC			19:20	150	19:29	149	19:56	150	449
Peter COLES	Pontypridd Rodents	21:27	148	21:15	146			21:46	148	442
Calum CHESHIRE	Les Croupiers	21:44	147	21:30	144	21:40	147			438
Jason ROWLEY	Clevedon AC	21:58	143			21:50	146	22:15	146	435
Justyn ROWLEY	Clevedon AC	22:18	142			22:03	145	22:21	145	432
Jerome EDWARDS	San Domenico	22:42	137	22:15	142			23:04	140	419
Chris MORGAN	Fairwater Runners	22:47	136	22:27	138	22:46	142			416
Mark HARVEY	Chepstow Harriers	22:25	141	22:26	139			23:18	133	413
John FOSTER	Llisserry Runners	22:49	135	22:35	137	23:07	137	23:35	132	409
Paul SCOTT	Chepstow Harriers	23:02	134	23:01	134	22:56	139			407
Edward DONOVAN	San Domenico	23:03	133	23:12	132			23:13	137	402
Matt LEATHARD	Chepstow Harriers	24:04	125	23:44	130	23:13	136	23:39	131	397
Steven HOOPER	Pontypridd Rodents	23:50	128	24:20	125	24:06	131			384
John BEAUMONT	Unattached	23:47	129	23:54	129	24:51	125			383
John TERRY	Westbury Harriers	23:36	130	25:28	108	22:49	141			379
Paul BRUTON	Unattached	24:37	120			24:38	128	24:19	126	374
Christopher JONES	Llisserry Runners	24:40	119			24:58	122	24:50	123	364
Andrew RUSSELL	Les Croupiers	25:06	114	24:54	119	24:49	126	25:11	115	360
Michael MURPHY	Les Croupiers	25:32	108	25:01	115	24:57	123	25:14	120	358
Andy DAVIES	Pontypridd Rodents	25:01	115	24:53	120			25:40	116	351
Robert EVANS	Les Croupiers	25:18	111	25:14	112			25:24	118	341
John DIFFEY	Les Croupiers			25:34	105	25:53	117	26:03	114	336
Clive OSMOND	Les Croupiers	25:42	101			26:16	112	26:34	109	322
Dominic SHIELDS	San Domenico	25:39	102	26:11	99	26:13	113	26:46	104	319
Walter LEACH	Forest of Dean A C	25:57	98	26:08	100	25:46	120			318
Richard LLOYD	Fairwater Runners	25:17	112	26:23	96	26:28	109			317
John TURNER	Stratford On Avon AC	25:38	104			26:36	108	27:02	98	310
Peter BURNE	Unattached	27:16	83	26:20	97	27:06	104	26:45	105	306
Chris LEWIS	Hogweed Trotters	26:38	91	25:55	101	26:23	110	27:40	94	305
James DELANEY	San Domenico	28:14	76	27:00	85	27:08	103	26:52	102	290
Tim REESE	Llisserry Runners	26:45	89	26:29	93	26:51	107			289
John PLAIN	Les Croupiers	26:58	86	26:37	90			26:46	103	279
John JAMES	Severn AC	27:36	79	27:22	79	27:57	99	27:43	93	271
Matthew LOCKE	Unattached	27:30	80	27:21	80	27:39	100	27:56	90	270
Jeff ASTON	Les Croupiers			28:07	71	28:26	97	28:22	88	256
Liam ADDY	Unattached	28:07	77	29:03	66	29:13	90	29:25	77	244

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Name	Club	May		June		July		August		Total
		Time	Pts	Time	Pts	Time	Pts	Time	Pts	
Tom BIRD	Llisbury Runners	28:26	74	28:59	67	28:52	93			234
Michael DIX	Les Croupiers	29:37	67	27:52	72	29:32	88	29:41	73	233
Neil JENKINS	Caerleon Running Club	29:25	68	29:08	64	28:46	94	29:56	70	232
Liam DAVIES	Unattached			29:21	63	29:30	89	29:22	78	230
Clive CARTER	Llisbury Runners	29:07	71	29:07	65			29:08	79	215
Paul KIRKWOOD	Glenwood Active	30:48	59	28:55	68			28:34	85	212
David MCDONALD	Les Croupiers	30:03	64	29:38	60	30:49	82			206
Andrew TURNER	Stratford On Avon AC	30:22	62			30:46	83	31:32	60	205
Howard ATTWOOD	Llisbury Runners	32:53	50	32:36	49	30:08	84	29:57	69	203
Bryn BURGESS	Llisbury Runners			31:16	55	31:15	81	30:05	67	203
Nick DAVIES	Unattached	31:11	58	31:02	56	32:17	78	31:33	46	192
Robert ANDERSON	Llisbury Runners	32:17	52			31:48	79	31:47	58	189
John FRY	Fairwater Runners			33:18	43	32:30	77	32:43	56	176
Sam STONE	Unattached	33:15	48	32:17	51	34:41	70			169
James HOBBS	Unattached	31:34	57	31:18	54			33:01	54	165
Alan TINSLEY	Caerleon Running Club	34:29	44	34:11	41	33:57	73			158
Simon HUDD	Unattached			34:51	39	34:55	69	34:43	47	155
Stephen WILLIAMSON	Unattached	35:08	41	35:00	38	34:24	71			150
Philip BISHOP	Glenwood Active	33:03	49	33:05	45			33:48	51	145
Alan BLADEN	Les Croupiers			37:32	36	36:22	66	36:39	43	145
Ron HARRIS	Llisbury Runners	44:35	38	43:53	35	45:31	64			137
Rob BROWN	Chepstow Harriers	37:24	39	33:04	46			34:08	50	135

Senior Men

Michael JOHNSON	Cardiff AAC			19:20	50	19:29	50	19:56	50	150
Calum CHESHIRE	Les Croupiers	21:44	49	21:30	46	21:40	48			143
Jason ROWLEY	Clevedon AC	21:58	46			21:50	47	22:15	48	141
Justyn ROWLEY	Clevedon AC	22:18	45			22:03	46	22:21	47	138
Jerome EDWARDS	San Domenico	22:42	41	22:15	45			23:04	43	129
Mark HARVEY	Chepstow Harriers	22:25	44	22:26	43			23:23	39	126
Edward DONOVAN	San Domenico	23:03	40	23:12	41			23:13	41	122
Matt LEATHARD	Chepstow Harriers	24:04	36	23:44	40	23:13	41	23:39	38	119
John TERRY	Westbury Harriers	23:36	38	25:28	34	22:49	43			115
John BEAUMONT	Unattached	23:47	37	23:54	39	24:51	35			111
Paul BRUTON	Unattached	24:37	33			24:38	38	24:19	36	107
Andrew RUSSELL	Les Croupiers	25:06	32	24:54	36	24:49	36	25:11	34	106
Richard LLOYD	Fairwater Runners	25:17	31	26:23	32	26:28	29			92
Neil JENKINS	Caerleon Running Club	29:25	25	29:08	29	28:46	28	29:56	29	86
Andrew TURNER	Stratford On Avon AC	30:22	24			30:46	26	31:32	25	75
Sam STONE	Unattached	33:15	22	32:17	27	34:41	24			73

MV35

Richard GARDINER	Cardiff AAC	19:43	50	19:41	50	19:19	50			150
Chris LEWIS	Hogweed Trotters	26:38	45	25:55	46	26:23	46	27:40	42	137
Peter BURNE	Unattached	27:16	44	26:20	45	27:06	45	26:45	44	134
Matthew LOCKE	Unattached	27:30	43	27:21	43	27:39	44	27:56	41	130
Liam ADDY	Unattached	28:07	42	29:03	41	29:13	41	29:25	39	124
Nick DAVIES	Unattached	31:11	39	31:02	37	32:17	40	31:33	37	116

MV40

Chris MORGAN	Fairwater Runners	22:47	50	22:27	50	22:46	50			150
Paul SCOTT	Chepstow Harriers	23:02	49	23:01	48	22:56	48			145
Steven HOOPER	Pontypridd Rodents	23:50	48	24:20	44	24:06	47			139
Dominic SHIELDS	San Domenico	25:39	41	26:11	39	26:13	45	26:46	46	132
David MCDONALD	Les Croupiers	30:03	38	29:38	36	30:49	41			115
James HOBBS	Unattached	31:34	36	31:18	35			33:01	40	111
Simon HUDD	Unattached			34:51	34	34:55	39	34:43	38	111

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Name	Club	May		June		July		August		Total
		Time	Pts	Time	Pts	Time	Pts	Time	Pts	
MV45										
Peter COLES	Pontypridd Rodents	21:27	50	21:15	50			21:46	50	150
Andy DAVIES	Pontypridd Rodents	25:01	48	24:53	47			25:40	45	140
John DIFFEY	Les Croupiers			25:34	44	25:53	48	26:03	44	136
Clive OSMOND	Les Croupiers	25:42	46			26:16	47	26:34	42	135
Walter LEACH	Forest of Dean A C	25:57	44	26:08	42	25:46	49			135
Tim REESE	Llisbury Runners	26:45	41	26:29	40	26:51	46			127
Tom BIRD	Llisbury Runners	28:26	39	28:59	33	28:52	43			115
Philip BISHOP	Glenwood Active	33:03	34	33:05	30			33:48	35	99
MV50										
John FOSTER	Llisbury Runners	22:49	50	22:35	50	23:07	50	23:35	49	150
Christopher JONES	Llisbury Runners	24:40	47			24:58	48	24:50	46	141
James DELANEY	San Domenico	28:14	43	27:00	45	27:08	46	26:52	44	135
Michael DIX	Les Croupiers	29:37	41	27:52	40	29:32	43	29:41	37	124
Clive CARTER	Llisbury Runners	29:07	42	29:07	39			29:08	39	120
Liam DAVIES	Unattached			29:21	38	29:30	44	29:22	38	120
Bryn BURGESS	Llisbury Runners			31:16	37	31:15	42	30:05	36	115
Alan TINSLEY	Caerleon Running Club	34:29	38	34:11	35	33:57	41			114
MV55										
Michael MURPHY	Les Croupiers	25:32	49	25:01	49	24:57	50	25:14	50	149
Robert EVANS	Les Croupiers	25:18	50	25:14	47			25:24	49	146
John JAMES	Severn AC	27:36	42	27:22	45	27:57	47	27:43	47	139
Howard ATTWOOD	Llisbury Runners	32:53	39	32:36	43	30:08	46	29:57	44	133
Paul KIRKWOOD	Glenwood Active	30:48	40	28:55	44			28:34	45	129
Stephen WILLIAMSON	Unattached	35:08	38	35:00	42	34:24	45			125
MV60										
John PLAIN	Les Croupiers	26:58	50	26:37	50			26:46	50	150
Jeff ASTON	Les Croupiers			28:07	48	28:26	50	28:22	48	146
John FRY	Fairwater Runners			33:18	45	32:30	48	32:43	45	138
Rob BROWN	Chepstow Harriers	37:24	47	33:04	46			34:08	44	137
MV65										
John TURNER	Stratford On Avon AC	25:38	50			26:36	50	27:02	50	150
Robert ANDERSON	Llisbury Runners	32:17	49			31:48	49	31:47	49	147
MV70+										
Ron HARRIS	Llisbury Runners	44:35	50	43:53	49	45:31	49			148
Junior Men										
James BLORE	Chepstow Harriers	23:58	50			27:17	50	26:56	50	150

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Name	Club	May		June		July		August		Total
		Time	Pts	Time	Pts	Time	Pts	Time	Pts	
All Ladies										
Debbie MARSDEN	Westbury Harriers			23:47	100	23:38	100	24:02	100	300
Nicola KNAPP	Abertillery AAC	24:35	100	24:11	99	24:21	99	24:14	99	298
Louise SUMMERS	Chepstow Harriers	28:09	95	28:29	93	28:24	97	28:47	91	285
Sally HASELHURST	San Domenico	28:28	93	27:35	96			27:27	94	283
Julie SCHOLEY	Les Croupiers			27:53	95	28:04	98	28:52	90	283
Brenda AVERY	Chepstow Harriers	30:04	89	30:19	88	30:43	94	31:45	81	271
Maria WILLIAMS	Islwyn Running Club			29:54	89	29:47	96	29:50	86	271
Peta DANIELS	Liswerry Runners	30:36	86	30:23	87	30:12	95	30:05	85	268
Janet RICHARDS	Griffithstown Harriers	30:33	87	30:52	86			31:04	83	256
Coleen BIRCH	Islwyn Running Club	31:39	80	31:28	83	32:03	92	31:49	80	255
Jade GITTINS	Caerleon Running Club	34:56	66			31:08	93	30:33	84	243
Annette DAVIES	Unattached			33:21	75	32:49	90	33:18	77	242
Donna MATTHEWS	Islwyn Running Club	32:21	77	32:26	80			31:55	79	236
Helen THOMAS	Caerleon Running Club	32:40	75	32:06	82			32:14	78	235
Angela TIPPING	Liswerry Runners	33:51	70	34:19	72	32:31	91			233
Jacqueline JONES	Islwyn Running Club	33:30	73			33:27	85	33:58	74	232
Vicky FEAR	Liswerry Runners	33:10	74	33:03	76	36:00	77	35:34	67	227
Gwyneth HOWELLS	Caerleon Running Club	33:33	72	34:25	71	34:20	82	36:53	60	225
Gill MURPHY	Les Croupiers	35:22	63	34:28	69	34:27	81	34:56	69	219
Karen ELVERS	Chepstow Harriers			34:27	70	34:01	83	35:49	64	217
Deborah HAY-HARRIS	Liswerry Runners	35:02	64	36:12	62	33:36	84			210
Alison SHEEDY	Liswerry Runners	34:41	67	34:57	67			33:48	75	209
Paula JAMES	Pontypridd Rodents			36:17	61	34:58	80	35:51	63	204
Abbi PRICE	Liswerry Runners	35:41	61	36:41	60	37:03	74	38:26	55	195
Charmine SMIKLE	Liswerry Runners	35:43	60	36:10	63			35:35	66	189
Hannah LONGFORD	Liswerry Runners			41:08	54	38:34	69	37:20	59	182
Yvonne FORSEY	Liswerry Runners	37:00	51	37:59	55	40:07	68	38:26	54	177
Christine LEWIS	Liswerry Runners	37:50	50	37:55	56	40:46	67			173
Ros BURGESS	Liswerry Runners	41:44	47	42:00	53	41:22	66	42:29	50	169
Marianne BURRIDGE	Fairwater Runners	36:52	52	37:46	57			37:55	58	167
Paula HODDINOTT	Caerleon Running Club	36:48	53	37:11	59			38:34	53	165
Senior Ladies										
Debbie MARSDEN	Westbury Harriers			23:47	50	23:38	50	24:02	50	150
Nicola KNAPP	Abertillery AAC	24:35	50	24:11	49	24:21	49	24:14	49	148
Sally HASELHURST	San Domenico	28:28	46	27:35	46			27:27	45	137
Jade GITTINS	Caerleon Running Club	34:56	40			31:08	48	30:33	43	131
Angela TIPPING	Liswerry Runners	33:51	41	34:19	41	32:31	47			129
Vicky FEAR	Liswerry Runners	33:10	42	33:03	42	36:00	42	35:34	39	126
Abbi PRICE	Liswerry Runners	35:41	38	36:41	38	37:03	40	38:26	34	116
Charmine SMIKLE	Liswerry Runners	35:43	37	36:10	39			35:35	38	114
Hannah LONGFORD	Liswerry Runners			41:08	36	38:34	38	37:20	35	109
LV35										
Maria WILLIAMS	Islwyn Running Club			29:54	50	29:47	50	29:50	48	148
Coleen BIRCH	Islwyn Running Club	31:39	47	31:28	48	32:03	49	31:49	47	144
Jacqueline JONES	Islwyn Running Club	33:30	46			33:27	48	33:58	46	140
Karen ELVERS	Chepstow Harriers			34:27	46	34:01	47	35:49	45	138
Paula JAMES	Pontypridd Rodents			36:17	44	34:58	46	35:51	44	134
LV40										
Louise SUMMERS	Chepstow Harriers	28:09	49	28:29	50	28:24	50	28:47	49	149
Peta DANIELS	Liswerry Runners	30:36	47	30:23	49	30:12	49	30:05	47	145
Janet RICHARDS	Griffithstown Harriers	30:33	48	30:52	48			31:04	46	142
Alison SHEEDY	Liswerry Runners	34:41	40	34:57	44			33:48	45	129
Ros BURGESS	Liswerry Runners	41:44	35	42:00	42	41:22	45	42:29	40	127
Paula HODDINOTT	Caerleon Running Club	36:48	36	37:11	43			38:34	41	120

Rose Inn Race Series 2009

Name	Club	May		June		July		August		Total
		Time	Pts	Time	Pts	Time	Pts	Time	Pts	
LV45										
Julie SCHOLEY	Les Croupiers			27:53	50	28:04	50	28:52	50	150
Donna MATTHEWS	Islwyn Running Club	32:21	49	32:26	47			31:55	48	144
Helen THOMAS	Caerleon Running Club	32:40	47	32:06	48			32:14	47	142
Annette DAVIES	Unattached			33:21	46	32:49	49	33:18	46	141
Deborah HAY-HARRIS	Lliswerry Runners	35:02	46	36:12	43	33:36	48			137
Christine LEWIS	Lliswerry Runners	37:50	44	37:55	42	40:46	45			131
LV50										
Marianne BURRIDGE	Fairwater Runners	36:52	49	37:46	48			37:55	49	146
Yvonne FORSEY	Lliswerry Runners	37:00	48	37:59	47	40:07	50	38:26	48	146
LV55										
Brenda AVERY	Chepstow Harriers	30:04	50	30:19	50	30:43	50	31:45	50	150
Gwyneth HOWELLS	Caerleon Running Club	33:33	49	34:25	48	34:20	49	36:53	47	146
Gill MURPHY	Les Croupiers	35:22	47	34:28	47	34:27	48	34:56	48	143
LV60+										
Junior Ladies										
Stephanie DAVIES	Pontypridd Rodents	30:53	50	31:42	50			29:46	50	150