

Chepstow Harriers

Rose Inn 4
Tuesday, 8 June 2010. 7:30 pm

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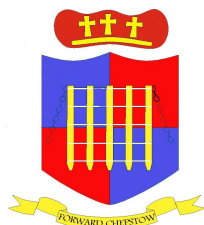


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 Cardiff's Specialist Running Shop

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Position	Time	Name	Club	Category	Race Number
1	0:20:20	HISCOX, Darran	Bridgend AC	MV35	353
2	0:20:56	COLLINS, Matthew	Cardiff AAC	Senior Men	410
3	0:20:57	TULU, Abdi	Newport Harriers	Senior Men	467
4	0:21:51	CREES, Stuart	Les Croupiers	Senior Men	402
5	0:21:57	DONOVAN, Edward	Les Croupiers	Senior Men	437
6	0:22:15	MORGAN, Chris	Fairwater Runners	MV40	422
7	0:22:19	FROST, Nick	Pontypridd Rodents	MV45	396
8	0:22:20	THOMAS, Stephen	Islwyn Running Club	MV40	379
9	0:22:21	DURY, Michael	Islwyn Running Club	Senior Men	383
10	0:22:38	VAN ARKEL, Freek	Forest of Dean A C	Junior Men	415
11	0:22:45	MCILROY, Stuart	Les Croupiers	MV35	430
12	0:22:55	BARNBY, Daryll	Fairwater Runners	Senior Men	418
13	0:23:04	HURFORD, Matt	Les Croupiers	MV35	480
14	0:23:05	PRITCHARD, Steven	Pontypridd Rodents	Senior Men	390
15	0:23:43	CHAMBERLAIN, Garga	Sri Chinmoy AC	MV40	360
16	0:23:46	DAVIES, Jeremy	Neath Harriers	MV45	429
17	0:23:49	HOOPER, Steven	Pontypridd Rodents	MV40	395
18	0:23:54	NICHOLLS, Nathan	Chepstow Harriers	Senior Men	425
19	0:23:55	GOODLAND, Jonathan	Great Western Runners	MV50	435
20	0:23:59	BUTCHER, Joseph	Lliswerry Runners	Senior Men	474
21	0:24:09	CARTER, Laurie	Chepstow Harriers	MV50	470
22	0:24:12	DAWE, Andrew	Lliswerry Runners	MV40	365
23	0:24:17	WINDSOR, Mark	San Domenico	Senior Men	358
24	0:24:18	SANSOM, Glyn	San Domenico	MV45	433
25	0:24:18	EVANS, Alun		MV40	426
26	0:24:19	LOVETT, Brian	San Domenico	MV40	375
27	0:24:26	RAWLINSON, Leighton	Caerleon Running Club	Senior Men	450
28	0:24:29	RUSSELL, Andrew	Les Croupiers	Senior Men	472
29	0:24:29	BRUTON, Paul		MV35	420
30	0:24:31	MEYLER, Phil	Pontypridd Rodents	MV50	348
31	0:24:32	BEECHER, Katie	Les Croupiers	Senior Ladies	403
32	0:24:35	DAVIES, Robert	Islwyn Running Club	MV35	432
33	0:24:39	MORRIS, Ronald	San Domenico	MV60	378
34	0:24:40	HASELHURST, Sally	San Domenico	Senior Ladies	372
35	0:24:53	JOHNSON, Richard	Islwyn Running Club	MV35	376
36	0:24:58	DOBBS, Russell	Islwyn Running Club	MV35	455
37	0:25:00	MURPHY, Michael	Les Croupiers	MV55	458
38	0:25:07	POCKNELL, Justin	Caerleon Running Club	MV40	448
39	0:25:22	JONES, Chris	Lliswerry Runners	MV50	504
40	0:25:32	HERMAN, Sasha	Forest of Dean A C	Junior Men	414
41	0:25:42	WEHDEN, Kim	Islwyn Running Club	MV45	405
42	0:25:47	TABOR, Mick	Les Croupiers	MV55	384
43	0:25:51	OWEN, Stephen	Les Croupiers	MV50	487
44	0:25:52	BACHI, Neil		Senior Men	428
45	0:25:55	DAVIES, Michael	Les Croupiers	MV60	489
46	0:25:56	TURNBULL, Pete	Les Croupiers	MV45	490
47	0:25:57	TOWNSEND, Matthew	Les Croupiers	MV40	404
48	0:26:13	MORGAN, Lloyd	San Domenico	MV35	398
49	0:26:18	SHIELDS, Dominic	San Domenico	MV45	357
50	0:26:22	VAN ARKEL, Fred	Forest of Dean A C	MV45	416
51	0:26:25	SUMMERS, Louise	Chepstow Harriers	LV40	479
52	0:26:36	LEACH, Walter	Forest of Dean A C	MV45	460
53	0:26:37	MCGEOCH-WILLIAMS, Lloyd		Senior Men	427



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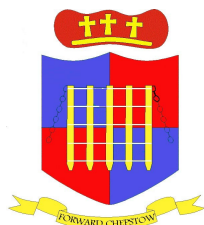


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Position	Time	Name	Club	Category	Race Number
54	0:26:43	BURNE, Peter		MV35	423
55	0:26:45	REESE, Tim	Lliswerry Runners	MV45	399
56	0:26:52	DELANEY, James	San Domenico	MV50	387
57	0:27:04	ROWELL, Aly	Forest of Dean A C	Senior Ladies	463
58	0:27:08	BEATTY, Claire	Les Croupiers	Senior Ladies	352
59	0:27:20	DAVIS, Leslie	Severn AC	MV65	367
60	0:27:24	MANN, Alan	Les Croupiers	MV50	381
61	0:27:27	LINE, Andrew	Islwyn Running Club	Senior Men	496
62	0:27:37	CHIPPER, Sandra	Lliswerry Runners	LV35	507
63	0:27:38	DONNAN, Graeme	Les Croupiers	MV55	486
64	0:27:40	CALWAY, Andrew	Chepstow Harriers	MV45	438
65	0:27:41	LEWIS, Chris	Hogweed Trotters	MV35	436
66	0:27:45	SCHOLEY, Julie	Les Croupiers	LV50	500
67	0:27:52	LAWSON, Vanessa	Chepstow Harriers	LV35	346
68	0:28:02	ASHTON, Gerry	Chepstow Harriers	MV55	359
69	0:28:12	REES, Chris	Chepstow Harriers	MV45	345
70	0:28:14	UNSWORTH, Mark	San Domenico	MV45	459
71	0:28:19	TOOK, Michael		Senior Men	431
72	0:28:19	FLETCHER, Adam	Islwyn Running Club	Senior Men	409
73	0:28:20	HUTCHINSON, Ian		MV40	469
74	0:28:25	ADDY, Liam		MV35	462
75	0:28:28	PARK, Lynne	Forest of Dean A C	LV45	369
76	0:28:33	DAVIES, Chris	Lliswerry Runners	MV50	476
77	0:28:34	LOCKE, Matthew		MV35	461
78	0:28:40	DAVIES, Andy	Pontypridd Rodents	MV45	349
79	0:28:43	HART, Gareth	Caerleon Running Club	MV35	443
80	0:28:43	STORRAR, James	Forest of Dean A C	MV50	468
81	0:28:47	ASTON, Jeff	Les Croupiers	MV60	397
82	0:28:49	ATTWOOD, Howard	Lliswerry Runners	MV60	400
83	0:29:01	SUMMERS, Robert	Chepstow Harriers	MV40	483
84	0:29:09	WESTON, David		MV55	411
85	0:29:18	HAWKINS, David		MV35	493
86	0:29:22	DONOVAN, Martin	Lliswerry Runners	MV50	364
87	0:29:30	AVERY, Brenda	Chepstow Harriers	LV55	498
88	0:29:31	THWAITES, Mark		MV45	351
89	0:29:33	ELSON, Rob	Caerleon Running Club	MV45	505
90	0:29:34	MANLEY, David		Senior Men	424
91	0:29:36	TALBOT, Keran		LV45	503
92	0:29:38	SILVERTON, Ed	Sri Chinmoy AC	MV40	361
93	0:29:39	DANIELS, Peta	Lliswerry Runners	LV40	457
94	0:29:40	JENKINS, Paul		MV55	407
95	0:29:45	DAVIES, Stephanie	Pontypridd Rodents	Junior Ladies	350
96	0:29:54	HUGHES, Philip	San Domenico	Senior Men	482
97	0:29:57	LOVELUCK-EDWARDS, Graham	Chepstow Harriers	MV40	419
98	0:30:02	BROOME, Tyrone	Prison Service UK	MV45	481
99	0:30:05	LLOYD, Chris	Islwyn Running Club	Senior Men	408
100	0:30:12	BIRD, Tom	Lliswerry Runners	MV45	501
101	0:30:16	HOBBS, James		MV40	394
102	0:30:21	JAMES, John	Severn AC	MV60	347
103	0:30:25	BURGESS, Bryn	Lliswerry Runners	MV50	447
104	0:30:34	TAYLOR, Andrew	Caerleon Running Club	MV50	456



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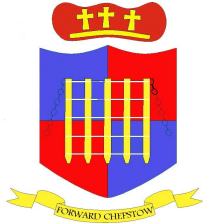


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105	0:30:37	PROSSER, Colin	Chepstow Harriers	MV45	488
106	0:30:41	DAVEY, Paul	San Domenico	MV50	371
107	0:30:44	DUNLOP, Shona	Caerleon Running Club	Senior Ladies	449
108	0:30:47	MCCALL, Allan		MV40	413
109	0:30:55	LOCKWOOD, Stephen		MV50	363
110	0:31:06	HOWELL, Kim	Caerleon Running Club	LV50	491
111	0:31:10	DAVIES, Nick	Chepstow Harriers	MV35	393
112	0:31:14	DAVIS, Joanne	Severn AC	LV40	366
113	0:31:17	BASINI, Paulo		MV40	421
114	0:31:19	RICHARDS, Liz	Caerleon Running Club	LV40	451
115	0:31:21	HARRIS, Rhydwyn	Islwyn Running Club	MV40	380
116	0:31:24	MAUGHAN, Matt		Senior Men	475
117	0:31:26	MAXWELL, Chloe	Islwyn Running Club	Senior Ladies	494
118	0:31:32	DALEY, Loretta	Les Croupiers	LV40	382
119	0:31:33	GREEN, Jackie	Forest of Dean A C	LV50	370
120	0:31:37	MCCUE, Gillian	Les Croupiers	Senior Ladies	439
121	0:31:44	HAVERS, Roberta	Chepstow Harriers	Senior Ladies	391
122	0:31:47	HALE, Andrea		LV40	445
123	0:32:03	WATSON, Shirley		LV45	502
124	0:32:15	TURNER, Steve		MV50	392
125	0:32:18	YOUNG, Darren	Islwyn Running Club	Senior Men	362
126	0:32:20	CARRERA, Sonia		Senior Ladies	506
127	0:32:21	WYNDS, Jacqui	Forest of Dean A C	LV55	473
128	0:32:33	AUSTERBERRY, Judith	Chepstow Harriers	LV35	406
129	0:32:43	SHEEDY, Alison	Lliswerry Runners	LV45	484
130	0:32:52	HOUSE, Claire	San Domenico	LV35	373
131	0:32:53	WARNER, Ian		MV50	417
132	0:32:54	BEWG, Bill	Chepstow Harriers	MV65	508
133	0:32:57	WAITE, Kelly	Islwyn Running Club	Senior Ladies	495
134	0:33:25	MELLING, Alex		Senior Men	374
135	0:33:30	BELL, Jenni		LV35	485
136	0:33:44	MORGAN, Claire	Forest of Dean A C	LV45	355
137	0:33:44	MORGAN, Rogers	Forest of Dean A C	MV55	356
138	0:33:45	FOREHEAD, Tanya	Chepstow Harriers	LV35	442
139	0:34:04	JOHNSON, Clare	Les Croupiers	LV60+	440
140	0:34:30	BATTERSBY, Elisabeta	Chepstow Harriers	LV50	510
141	0:34:33	FRY, John	Fairwater Runners	MV65	444
142	0:34:51	CONROY, Annie	Les Croupiers	LV60+	499
143	0:35:07	FORSEY, Yvonne	Lliswerry Runners	LV50	385
144	0:35:13	STAMP, Tracey		LV35	454
145	0:35:16	RUSSELL, Jacqui		LV45	453
146	0:35:27	SMITHSON, Julie		LV40	452
147	0:35:37	ELVERS, Karen	Chepstow Harriers	LV35	471
148	0:36:00	HOWELL, Steve		MV55	492
149	0:36:07	WILLIAMSON, Stephen		MV55	497
150	0:36:15	FEAR, Vicky	Lliswerry Runners	Senior Ladies	388
151	0:36:27	JENKINS, Debbie	Caerleon Running Club	LV40	412
152	0:37:28	HISCOX, Elaine		LV35	354



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153	0:37:35	THOMAS, Cathryn	Chepstow Harriers	LV40	441
154	0:37:54	FLANAGAN, Michael		Senior Men	478
155	0:38:03	BLADEN, Alan	Les Croupiers	MV70+	377
156	0:38:28	PHILLIPS, Jack	Lliswerry Runners	Senior Men	401
157	0:38:50	DAVIES, Julia	Lliswerry Runners	LV50	477
158	0:39:14	REDMAN, Anna	Lliswerry Runners	LV45	386
159	0:39:47	PARKER, Elizabeth	Lliswerry Runners	LV35	509
160	0:40:07	ANDERSON, Edward		Senior Men	466
161	0:40:26	PUGSLEY, Helen		LV35	511
162	0:40:27	DAVIES, Andrew		Senior Men	512
163	0:40:40	BURGESS, Ros	Lliswerry Runners	LV40	446
164	0:43:15	JACKSON, Celia		LV50	465
165	0:45:47	HILL, Sue	Lliswerry Runners	LV55	389
166	0:47:40	HARRIS, Ron	Lliswerry Runners	MV70+	434