

Chepstow Harriers

Rose Inn 4
Tuesday, 13 July 2010. 7:30 pm

Sponsored by:

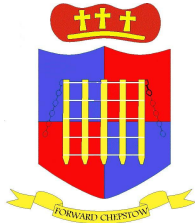


Run and Become
Become and Run
 Cardiff's Specialist Running Shop

02920 232346 • 12 Wood Street CF10 1ER
www.runandbecome.com

<http://www.runandbecome.com/cardiff.html>

Position	Time	Name	Club	Category	Race Number
1	0:20:41	HISCOX, Darran	Bridgend AC	MV35	514
2	0:20:52	PATERSON, Stephen	Les Croupiers	Senior Men	553
3	0:21:21	HISCOX, Daniel	Aberdare AC	Junior Men	515
4	0:22:04	COLES, Peter	Pontypridd Rodents	MV45	561
5	0:22:24	BODMAN, Daniel	Pontypridd Rodents	Junior Men	518
6	0:22:34	SHIELDS, Stephen	San Domenico	Senior Men	580
7	0:22:43	BARNBY, Daryll	Fairwater Runners	Senior Men	557
8	0:23:07	PENNY, Stuart	Chepstow Harriers	MV45	544
9	0:23:15	HISCOCKS, Eddie	Lliswerry Runners	Senior Men	582
10	0:23:42	BUTCHER, Joseph	Lliswerry Runners	Senior Men	621
11	0:23:44	HOOPER, Steven	Pontypridd Rodents	MV40	552
12	0:23:58	STOTT, Matt	Chepstow Harriers	Senior Men	591
13	0:24:01	WINDSOR, Mark	San Domenico	Senior Men	579
14	0:24:18	LEPORE, Elio	Les Croupiers	MV55	588
15	0:24:32	SANSOM, Glyn	San Domenico	MV45	625
16	0:24:33	CARTER, Laurie	Chepstow Harriers	MV50	602
17	0:24:34	HASELHURST, Sally	San Domenico	Senior Ladies	593
18	0:24:38	JOHNSON, Richard	Islwyn Running Club	MV35	548
19	0:24:45	MORRIS, Ronald	San Domenico	MV60	540
20	0:24:48	MEYLER, Phil	Pontypridd Rodents	MV50	516
21	0:24:51	LOVETT, Brian	San Domenico	MV40	537
22	0:24:55	MURPHY, Mike	Les Croupiers	MV55	559
23	0:25:18	SOMERSALL, Dave	Chepstow Harriers	MV40	554
24	0:25:21	PARK, Bob	Kidderminster & Stourbridge AC	MV55	533
25	0:25:29	MASON, Howard	Caerleon Running Club	MV45	630
26	0:25:50	SUMMERS, Louise	Chepstow Harriers	LV40	610
27	0:25:52	O'DUFFY, Libby	Les Croupiers	LV40	560
28	0:25:58	WEHDEN, Kim	Islwyn Running Club	MV45	577
29	0:26:01	SHIELDS, Dominic	San Domenico	MV45	524
30	0:26:02	BACHI, Neil		Senior Men	523
31	0:26:09	JONES, Chris	Lliswerry Runners	MV50	641
32	0:26:12	ROWELL, Aly	Forest of Dean A C	Senior Ladies	614
33	0:26:29	BOON, Richard	Les Croupiers	MV50	551
34	0:26:35	CREED, Matt	Lliswerry Runners	Senior Men	525
35	0:26:38	DELANEY, James	San Domenico	MV50	534
36	0:26:40	LEACH, Walter	Forest of Dean A C	MV45	635
37	0:26:51	CHIDWICK, Sam		Senior Men	600
38	0:26:55	DONOVAN, Edward	Les Croupiers	Senior Men	565
39	0:26:55	BEATTY, Claire	Les Croupiers	Senior Ladies	563
40	0:26:59	LEWIS, Chris	Hogweed Trotters	MV35	541
41	0:27:05	REESE, Tim	Lliswerry Runners	MV45	583
42	0:27:07	DIAS, Brian	Cardiff AAC	Senior Men	536
43	0:27:11	DUFFIELD, Helen	Chepstow Harriers	LV35	629
44	0:27:21	COHEN, Leo	Chepstow Harriers	MV35	595
45	0:27:24	DONNAN, Graeme	Les Croupiers	MV55	527
46	0:27:34	BATTERSBY, Nick	Chepstow Harriers	MV50	526
47	0:27:39	STOTT, Andy	Chepstow Harriers	MV50	589
48	0:27:57	DAVIES, Chris	Lliswerry Runners	MV50	617
49	0:28:01	HART, Gareth	Caerleon Running Club	MV35	627
50	0:28:05	CALWAY, Andrew	Chepstow Harriers	MV45	604
51	0:28:07	SAGE, Kath	Newport Harriers	Senior Ladies	603
52	0:28:19	JOHNS, Karl	Les Croupiers	MV35	550
53	0:28:22	BUCKLAND, Jenny		LV40	599
54	0:28:29	THOMSON, Stewart	Griffithstown Harriers	MV45	650
55	0:28:36	SCHOLEY, Julie	Les Croupiers	LV50	611
56	0:28:37	ATTWOOD, Howard	Lliswerry Runners	MV60	535
57	0:28:38	BURNE, Peter		MV35	539
58	0:28:48	TALBOT, Keran		LV45	607
59	0:28:50	ELSON, Rob	Caerleon Running Club	MV45	637
60	0:28:50	KIRKWOOD, Paul	Glenwood Active	MV55	592
61	0:28:53	ANDERSON, Robert	Lliswerry Runners	MV65	555
62	0:29:32	HARDWELL, Darren	Chepstow Harriers	MV35	609



Chepstow Harriers

Rose Inn 4
Tuesday, 13 July 2010. 7:30 pm

Sponsored by:



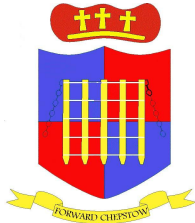
Run and Become
Become and Run
 Cardiff's Specialist Running Shop

02920 232346 • 12 Wood Street CF10 1ER

www.runandbecome.com

<http://www.runandbecome.com/cardiff.html>

Position	Time	Name	Club	Category	Race Number
63	0:29:34	DAVIES, Liam	FERC	MV50	648
64	0:29:48	WESTON, David		MV55	562
65	0:29:54	ITALIANO, Peter		Senior Men	570
66	0:29:58	AVERY, Brenda	Chepstow Harriers	LV55	640
67	0:30:03	GITTINS, Jade	Caerleon Running Club	Senior Ladies	598
68	0:30:06	TAYLOR, Andrew	Caerleon Running Club	MV50	636
69	0:30:07	CASEY, Stephen	Glenwood Active	Senior Men	643
70	0:30:19	PEARCE, Gareth	Lliswerry Runners	MV40	628
71	0:30:21	DAVIES, Stephanie	Pontypridd Rodents	Junior Ladies	517
72	0:30:23	DAVIES, Andy	Pontypridd Rodents	MV45	529
73	0:30:25	MCCALL, Allan	Chepstow Harriers	MV40	549
74	0:30:29	WILLOCK, Andy	Chepstow Harriers	MV50	613
75	0:30:34	HOBBS, James		MV40	556
76	0:30:55	POLLARD, Samuel		Senior Men	576
77	0:30:58	HYATT, Philip	Caerleon Running Club	MV50	571
78	0:31:03	RICHARDS, Janet	Griffithstown Harriers	LV45	649
79	0:31:05	MACHIN, Frances	Les Croupiers	Senior Ladies	564
80	0:31:06	FINCH, Lauren	Chepstow Harriers	Senior Ladies	605
81	0:31:13	WYNDS, Jacqui	Forest of Dean A C	LV55	615
82	0:31:14	SMITH, Jonathan		MV50	590
83	0:31:16	BURGESS, Bryn	Lliswerry Runners	MV50	546
84	0:31:19	HALE, Andrea		LV40	644
85	0:31:20	CARTER, Clive	Lliswerry Runners	MV50	639
86	0:31:38	AUSTERBERRY, Judith	Chepstow Harriers	LV35	547
87	0:31:50	GREEN, Jackie	Forest of Dean A C	LV50	531
88	0:31:57	BRAY, Andy	Chepstow Harriers	MV50	519
89	0:32:01	WATSON, Shirley		LV45	608
90	0:32:04	HAVERS, Roberta	Chepstow Harriers	Senior Ladies	543
91	0:32:09	HOUSE, Claire	San Domenico	LV35	542
92	0:33:02	DAVIES, Andrew		Senior Men	646
93	0:33:10	DAVIES, Annette	FERC	LV45	647
94	0:33:24	ROGAN, Rhys		Junior Men	575
95	0:33:31	MURPHY, Gill	Les Croupiers	LV55	558
96	0:33:46	JONES, Sian	Caerleon Running Club	Senior Ladies	626
97	0:33:50	WILDIN, Kerry-Ann	Chepstow Harriers	Senior Men	632
98	0:33:51	SHEEDY, Alison	Lliswerry Runners	LV45	634
99	0:33:52	WARNER, Ian		MV50	638
100	0:34:00	MORGAN, Roger	Forest of Dean A C	MV55	521
101	0:34:00	MORGAN, Claire	Forest of Dean A C	LV45	520
102	0:34:24	BEARDMORE, Marie Anne	Lliswerry Runners	Senior Ladies	567
103	0:34:45	JONES, Charlotte		Senior Ladies	642
104	0:34:47	HOWELLS, Gwyneth	Caerleon Running Club	LV60+	620
105	0:34:48	RUSSELL, Jacqui		LV45	624
106	0:34:49	JONES, Garry	Chepstow Harriers	MV40	594
107	0:34:50	FOREHEAD, Tanya	Chepstow Harriers	LV35	573
108	0:34:56	FEAR, Vicky	Lliswerry Runners	Senior Ladies	566
109	0:34:59	PHILLIPS, Rachel	Chepstow Harriers	LV40	586
110	0:35:00	SMITHSON, Julie		LV40	623
111	0:35:02	ELVERS, Karen	Chepstow Harriers	LV35	597
112	0:35:06	STAMP, Tracey		LV35	622
113	0:35:16	FRY, John	Fairwater Runners	MV65	581
114	0:35:20	JENKINS, Debbie	Caerleon Running Club	LV40	587
115	0:35:25	CONROY, Annie	Les Croupiers	LV60+	612
116	0:35:31	HAY-HARRIS, Deborah	Lliswerry Runners	LV50	522
117	0:35:38	WILKINSON, Bernadette	San Domenico	LV45	578
118	0:36:09	ANDREWS, Jess	Chepstow Harriers	Junior Ladies	568
119	0:36:21	THOMAS, Kathryn	Chepstow Harriers	LV40	572



Chepstow Harriers

Rose Inn 4
Tuesday, 13 July 2010. 7:30 pm

Sponsored by:



Run and Become
Become and Run
 Cardiff's Specialist Running Shop

02920 232346 • 12 Wood Street CF10 1ER
www.runandbecome.com

<http://www.runandbecome.com/cardiff.html>

Position	Time	Name	Club	Category	Race Number
120	0:36:30	DAVIES, Nicky		MV45	633
121	0:36:50	HISCOX, Elaine	Aberdare AC	LV35	513
122	0:37:02	BISHOP, Philip	Glenwood Active	MV50	606
123	0:37:28	PUGSLEY, Helen		LV35	645
124	0:37:37	BLADEN, Alan	Les Croupiers	MV70+	538
125	0:37:44	GREGORY, John		MV55	528
126	0:37:50	PARKER, Elizabeth	Lliswerry Runners	LV35	631
127	0:37:52	LANE, Becca	Chepstow Harriers	LV35	584
128	0:37:54	DAVIES, Julia	Lliswerry Runners	LV50	616
129	0:38:27	GAY, Julia	Chepstow Harriers	LV40	601
130	0:38:34	WEBB, Jackie	Chepstow Harriers	LV45	585
131	0:39:21	VINER, Rachel	Caerleon Running Club	Senior Ladies	619
132	0:39:22	VINER, Grahme	Caerleon Running Club	MV50	618
133	0:40:00	TURNER, Tony		MV60	530
134	0:40:05	REDMAN, Anna	Lliswerry Runners	LV45	596
135	0:41:45	BURGESS, Ros	Lliswerry Runners	LV40	545
136	0:46:08	HILL, Sue	Lliswerry Runners	LV55	569
137	0:48:18	HARRIS, Ron	Lliswerry Runners	MV70+	574