

# Chepstow Harriers

**Rose Inn 4**  
**Tuesday, 9 August 2011. 7:30 pm**

Sponsored by:  
**Run and Become**  
*Become and Run*  
 Cardiff's Specialist Running Shop  
 02920 23246 • 12 Wood Street CF10 1ER  
 www.runandbecome.com  
<http://www.runandbecome.com/cardiff.ntml>

Position	Time	Name	Club	Category	Race Number
1	0:21:30	PATERSON, Stephen	Les Croupiers	Senior Men	758
2	0:21:44	COLLINS, Matt		Senior Men	754
3	0:21:46	TAYLOR, Sean	Griffithstown Harriers	Senior Men	760
4	0:21:49	COLES, Peter	Pontypridd Rodents	MV45	768
5	0:21:51	ABBOTT, CHRIS		Senior Men	776
6	0:21:53	DONOVAN, Edward	Les Croupiers	Senior Men	771
7	0:21:56	BARNBY, Daryll	Fairwater Runners	Senior Men	748
8	0:21:59	SHIELDS, Stephen	San Domenico	Senior Men	798
9	0:22:02	SMOULT, Robin	Llswerry Runners	MV35	708
10	0:22:41	JEFFERY, Tom	Les Croupiers	Senior Men	767
11	0:22:45	WINDSOR, Mark	San Domenico	Senior Men	799
12	0:22:47	HISCOCKS, Eddie	Llswerry Runners	Senior Men	762
13	0:23:13	HARTNELL, Haydn	Islwyn Running Club	MV45	757
14	0:23:14	RICHMOND, Mark	San Domenico	MV35	793
15	0:23:26	LEWIS, Neil		MV40	714
16	0:23:29	RICHARDS, James	Fairwater Runners	Senior Men	685
17	0:23:39	FARAG, Ben	Les Croupiers	MV45	277
18	0:23:43	GARDENER, Craig	Stroud & District A C	Senior Men	279
19	0:23:44	MCGEOCH, Mick	Les Croupiers	MV55	288
20	0:23:46	DAVIES, Steve	Griffithstown Harriers	MV50	759
21	0:23:47	SMITH, Richard	Clevedon AC	MV45	772
22	0:23:56	SANSOM, Glyn	San Domenico	MV45	733
23	0:24:00	WILDER, Sally	San Domenico	Senior Ladies	298
24	0:24:07	BRUTON, Paul	Llswerry Runners	MV35	736
25	0:24:12	GOODLAND, Jonathan	Bristol & West AC	MV50	717
26	0:24:16	BRUCE, James	Les Croupiers	MV35	292
27	0:24:19	CLEGG, Stuart	Royal Air Force	Junior Men	774
28	0:24:23	COLES, David	Les Croupiers	MV50	275
29	0:24:34	GREEN, Jane	Chepstow Harriers	LV40	692
30	0:24:35	CARTER, Laurie	Chepstow Harriers	MV50	687
31	0:24:47	EVANS, Rhodri	Pontypridd Rodents	MV35	796
32	0:24:50	KING, James	Caerleon Running Club	MV35	678
33	0:25:06	DAVIES, Robert	Islwyn Running Club	MV35	735
34	0:25:08	EVANS, Alun		MV45	690
35	0:25:16	DAVIES, Gary	Chepstow Harriers	MV50	740
36	0:25:18	CREED, Matt	Llswerry Runners	Senior Men	282
37	0:25:25	TAYLOR, Will		Senior Men	766
38	0:25:30	JONES, Brendan	Les Croupiers	MV40	787
39	0:25:36	BEATTY, Claire	Les Croupiers	Senior Ladies	291
40	0:25:54	POLE, Laurence	Pontypridd Rodents	MV35	795
41	0:25:58	LEACH, Walter	Forest of Dean A C	MV45	707
42	0:26:10	JAMES, Keith	Llswerry Runners	MV35	675
43	0:26:13	MAWSON, Guy	San Domenico	MV40	280
44	0:26:14	POCKNELL, Justin	Caerleon Running Club	MV40	726
45	0:26:16	WILLIAMS, David	Les Croupiers	MV45	785
46	0:26:23	LYNCH, Aaron	Llswerry Runners	MV40	287
47	0:26:24	TAYLOR, Rob	Chepstow Harriers	Senior Men	765
48	0:26:31	HARRHY, Steve	Llswerry Runners	MV45	723
49	0:26:32	DIAS, Brian	Cardiff AAC	Senior Men	791
50	0:26:34	SUMMERS, Lou	Chepstow Harriers	LV40	701
51	0:26:36	HARVEY, Mark	Chepstow Harriers	MV45	713
52	0:26:44	DAVIES, Jamie		Junior Men	737
53	0:26:50	LEWIS, Chris	Hogweed Trotters	MV40	716
54	0:26:51	STORRAR, Jim	Forest of Dean A C	MV50	706
55	0:26:54	DELANEY, James	San Domenico	MV55	778
56	0:26:55	DUFFIELD, Helen	Chepstow Harriers	LV35	278
57	0:26:58	REES, Gareth	Les Croupiers	MV45	284
58	0:27:04	HISCOCKS, Andy		Senior Men	764
59	0:27:06	CALWAY, Andrew	Chepstow Harriers	MV45	699
60	0:27:08	FORD, Kirk	Caerleon Running Club	Senior Men	691
61	0:27:09	DAVIES, Chris	Llswerry Runners	MV50	705
62	0:27:11	SHIELDS, Dominic	San Domenico	MV45	285
63	0:27:19	GITTINS, Jade	Caerleon Running Club	Senior Ladies	730
64	0:27:24	HUGHES, Philip	San Domenico	Senior Men	727

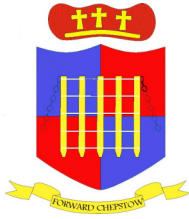


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Position	Time	Name	Club	Category	Race Number
65	0:27:28	LAWSON, Vanessa	Chepstow Harriers	LV35	274
66	0:27:34	COHEN, Leo	Chepstow Harriers	MV35	702
67	0:27:38	O'SULLIVAN, Tim	Les Croupiers	MV50	744
68	0:27:39	JOHNSON, Chris	Royal Air Force	Senior Men	773
69	0:27:53	BURNE, Peter		MV35	753
70	0:27:55	WEEKS, John		MV55	797
71	0:27:56	WILLIAMS, Stephen	Llswerry Runners	MV50	782
72	0:27:57	BOWIE, Richard	Fairwater Runners	MV45	719
73	0:28:04	WOOD, Neale	Llswerry Runners	MV50	682
74	0:28:07	EVANS, Marc	San Domenico	MV35	728
75	0:28:16	ANDERSON, Robert	Llswerry Runners	MV70+	747
76	0:28:20	MAJER, Andrew	Gwent Police	MV50	711
77	0:28:21	HORLER, Steven	Chepstow Harriers	MV40	693
78	0:28:24	SKILTON, Joanne	San Domenico	LV50	297
79	0:28:25	WASHBROOK, Tim		Senior Men	790
80	0:28:30	MANN, Alan	Les Croupiers	MV50	788
81	0:28:38	GOODWIN, Christopher	Chepstow Harriers	Senior Men	700
82	0:28:41	LYNCH, Graham	Llswerry Runners	MV60	286
83	0:28:42	FALCH, Malin	Les Croupiers	LV35	296
84	0:28:47	ATTWOOD, Howard	Llswerry Runners	MV60	769
85	0:28:52	DAVIES, Andy	Pontypridd Rodents	MV45	289
86	0:28:54	BUCKLAND, Jenny	Outdoor Fitness	LV40	718
87	0:29:04	SCHOLEY, Julie	Les Croupiers	LV50	697
88	0:29:07	WALES, Sue	Pontypridd Rodents	LV45	299
89	0:29:13	CARZANA, Tony	Pegasus Running Club	MV60	792
90	0:29:30	RICHARDS, Janet	Griffithstown Harriers	LV45	710
91	0:29:34	JENKINS, Jeanette	Fairwater Runners	LV50	721
92	0:29:40	JAMES, John	Severn AC	MV60	281
93	0:29:50	MACHIN, Frances	Les Croupiers	LV35	295
94	0:29:55	ASTON, Jeff	Les Croupiers	MV60	761
95	0:29:59	DAVIES, Liam	FERC	MV50	676
96	0:29:59	THOMAS, Chris	Racing Club Jackman	Senior Men	738
97	0:30:04	DAVIES, Andrew	Village Vipers	Senior Men	683
98	0:30:05	MORGAN, Roger	Forest of Dean A C	MV55	780
99	0:30:08	BIRD, Tom	Llswerry Runners	MV45	779
100	0:30:12	TAYLOR, Andrew	Caerleon Running Club	MV50	725
101	0:30:13	TURNBULL, Vanessa		LV45	681
102	0:30:14	DALEY, Loretta	Les Croupiers	LV45	789
103	0:30:23	ROCHE, Julie	Fairwater Runners	LV40	722
104	0:30:24	RAWLINSON, Jennifer	Caerleon Running Club	Senior Ladies	688
105	0:30:27	JENKINS, Martyn	Fairwater Runners	MV50	715
106	0:30:36	AVERY, Brenda	Chepstow Harriers	LV60+	686
107	0:30:53	JONES, Sian	Caerleon Running Club	Senior Ladies	755
108	0:31:06	PRICE, Ian	Caerleon Running Club	MV40	729
109	0:31:09	FEREDAY, David	Newport Harriers	MV60	763
110	0:31:13	DUNCAN, Stuart		MV50	290
111	0:31:18	DAVIES, Emma	Spirit of Monmouth	LV35	742
112	0:31:20	BROOME, Tyrone	Gwent Police	MV45	746
113	0:31:22	WAITE, Kelly	Islwyn Running Club	Senior Ladies	756
114	0:31:24	DAVIES, Annette	FERC	LV50	677
115	0:31:27	RACKHAM, Amy	Caerleon Running Club	Senior Ladies	689
116	0:31:32	BURGESS, Bryn	Llswerry Runners	MV50	752
117	0:31:38	WILKINSON, Bernadette	San Domenico	LV45	724
118	0:31:41	HARVEY, Paul	Islwyn Running Club	Senior Men	749
119	0:31:59	LAFON, Chloe		Senior Ladies	800
120	0:32:04	DANIELS, Peta	Llswerry Runners	LV45	712
121	0:32:08	DAVIES, Nicky	Racing Club Jackman	MV45	739
122	0:32:11	ABBOTT, Julia		Junior Ladies	777
123	0:32:47	PASCOE, Gary		MV50	276



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Position	Time	Name	Club	Category	Race Number
124	0:33:11	WILLIAMS, Paul	Spirit of Monmouth	MV40	743
125	0:33:17	PEARCE, Gareth	Llswerry Runners	MV40	696
126	0:33:23	MORGAN, Claire	Forest of Dean A C	LV45	781
127	0:33:27	WYBRANT, David	Llswerry Runners	MV60	783
128	0:33:32	THOMAS, Gwen	Les Croupiers	LV35	784
129	0:33:46	WARNER, Ian		MV50	741
130	0:33:49	BEWG, Bill	Chepstow Harriers	MV70+	283
131	0:34:20	PALMER, David	Gwent Police	MV45	745
132	0:34:23	TINSLEY, Alan	Caerleon Running Club	MV50	293
133	0:34:42	SELF, Dean		Senior Men	750
134	0:35:07	FORSEY, Yvonne	Llswerry Runners	LV50	770
135	0:35:21	LOVE, Phil	Maindy Runners	MV45	786
136	0:35:31	CONROY, Annie	Les Croupiers	LV60+	698
137	0:35:36	ELVERS, Karen	Chepstow Harriers	LV35	694
138	0:35:45	CLANCY, Helen	Chepstow Harriers	LV40	734
139	0:35:58	HOWELLS, Gwyneth	Caerleon Running Club	LV60+	709
140	0:36:04	VINER, Rachel	Caerleon Running Club	Senior Ladies	680
141	0:36:05	VINER, Grahame	Caerleon Running Club	MV50	679
142	0:36:11	PASCOE, John	Millenium, Torrevieja	MV70+	794
143	0:36:55	FEAR, Vicky	Llswerry Runners	Senior Ladies	731
144	0:37:11	WILLIAMSON, Stephen		MV55	695
145	0:37:25	PRICE, Abbi		Senior Ladies	732
146	0:40:32	BLADEN, Alan	Les Croupiers	MV70+	720
147	0:40:44	BURGESS, Ros	Llswerry Runners	LV45	751
148	0:40:46	DAVIES, Julia	Llswerry Runners	LV50	704
149	0:41:48	GOODMAN, Heather		LV45	703