

# The Llswerry 8 Mile Road Race - 29th Jan 1995

Position	Name	Time	Cat	in Cat Club	Position	Name	Time	Cat	in Cat Club
1	Steve Knight	40:49	MS	1 Cardiff A C	87	Malcolm Cox	52:51	MV45	10 Griffithstown Harriers
2	M Shaw	41:03	MS	2 Newport Harriers	88	Alan Hulbert	52:55	MV40	14 San Domenico
3	Andrew Rees	42:03	MS	3 Newport Harriers	89	Brian Hancock	52:57	MV40	15 Newport Harriers
4	Mick McGeogh	42:10	MS	4 Les Croupiers	90	Simon Nurse	52:58	MS	58 Les Croupiers
5	Kelvin Turner	42:13	MS	5 Les Croupiers	91	Ken Goodger	53:00	MV40	16 Newport Harriers
6	Delwyn Bainton	42:22	MS	6 Abertillery Ach.	92	Clive James	53:01	MV45	11 Heartbeat Wales
7	Mark Healy	42:48	MS	7 Llswerry Runners	93	Steve Masters	53:04	MS	59 St Athan
8	Philip Owens	43:08	MV40	1 Bridgend A C	94	A.G. Hallett	53:07	MV45	12 Pontypridd Roadents
9	Danny Norton	43:18	MS	8 Rhondda Valley Runners	95	John Farmer	53:10	MS	60 Cornelly Striders
10	Kevin Wilkinson	43:18	MV40	2 San Domenico	96	J Jervis	53:13	MV50	3 Club 69
11	John Foster	43:25	MS	9 Llswerry Runners	97	Ronnie Baldwin	53:14	MV50	4 Rhymney Valley A C
12	James Kilkenny	43:44	MS	10 Shaftsbury Harriers	98	Anthony Moore	53:16	MS	61 San Domenico
13	John Davies	43:50	MS	11 Monmouth A C	99	Mark Halliwell	53:18	MS	62 Risca R R
14	Simon Hunt	44:02	MV40	3 City of Salisbury A C	100	Steven Sheppard	53:27	MS	63 Bitton R R
15	Phillip Clarke	44:13	MS	12 Penarth & Dinas Runners	101	Julie Grail	53:29	WS	4 Bleanavon Joggers
16	Jeff Russell	44:18	MV40	4 Club 69	102	John Mills	53:33	MV40	17 San Domenico
17	Carl Salter	44:23	MS	13 Caerphilly R C	103	Geoff O'Keefe	53:35	MS	64 Neath Harriers
18	Paul Gwilym	44:44	MS	14 Les Croupiers	104	Martin Stone	53:42	MS	65 Caerphilly R C
19	Mark Donnelly	44:48	MS	15 Abertillery Ach.	105	Mark Dunscombe	53:47	MS	66 U/A
20	Elwyn Davies	44:56	MV50	1 Cardiff A C	106	Ray Smith	53:50	MS	67 U/A
21	Hayley Nash	45:17	WS	1 Cardiff A C	107	Kevin Phillips	54:01	MS	68 Neath Harriers
22	John Davies	45:17	MV40	5 Pegasus R C	108	Angharad Mair	54:19	WS	5 Les Croupiers
23	Ronald Morris	45:28	MV45	1 San Domenico	109	Clive Lay	54:21	MS	69 Merthyr R C
24	David Jones	45:32	MS	16 Pontypridd Roadents	110	David Phillips	54:23	MS	70 Forest of Dean
25	Paul Harris	45:39	MS	17 Newport Harriers	111	Andy Wright	54:25	MV40	18 San Domenico
26	Brendan Sullivan	45:48	MS	18 Cardiff A C	112	Dave Ledbury	54:28	MV45	13 Fairwater Runners
27	Stephen Williams	45:51	MS	19 U/A	113	Ian Hewitt	54:29	MV40	19 U/A
28	Tony Carzana	45:52	MV45	2 Pegasus R C	114	Andrew Bassett	54:33	MS	71 Pontypridd Roadents
29	Philip Crane	46:00	MS	20 Caerphilly R C	115	James Thomas	54:34	MS	72 Newport Harriers
30	Chris Lee	46:01	MS	21 Club 69	116	Graham Bullimore	54:39	MV55	2 Newport Harriers
31	Nicholas Gwynne	46:05	MS	22 T.R.O.T.S.	117	Michael Lemkey	54:41	MS	73 U/A
32	Brett Davis	46:11	MS	23 Les Croupiers	118	Ian Haley	54:43	MS	74 Newport Harriers
33	Andrew Martin	46:17	MS	24 Penarth & Dinas Runners	119	Gary Evans	54:44	MV45	14 Bleanavon Joggers
34	David Hall	46:29	MS	25 U/A	120	M D Mathews	54:58	MV40	20 U/A
35	Dimitri Vorres	46:37	MS	26 Griffithstown Harriers	121	Mark Lloyd	55:00	MS	75 Fairwater Runners
36	Patrick Kirk	46:38	MS	27 Pegasus R C	122	Mike Davies	55:02	MV40	21 Fredricks
37	Derek Rainbird	46:38	MV40	6 Club 69	123	Gary Merrell	55:05	MS	76 Neath Harriers
38	Steven Hooper	46:51	MS	28 Pontypridd Roadents	124	Martyn Birch	55:07	MS	77 Caerphilly R C
39	A Garrett	46:54	MV55	1 Cardiff A C	125	D. Archer	55:17	MV50	5 U/A
40	Graham Woods	46:55	MS	29 Swindon AC	126	M Hourihan	55:23	MV40	22 Merthyr R C
41	Ray Stevens	47:02	MV45	3 Club 69	127	Guy Chapman	55:24	MV50	6 Heartbeat Wales
42	Paul Belcher	47:06	MV40	7 Les Croupiers	128	Jane Waite	55:25	WS	6 Bleanavon Joggers
43	John Thomas	47:11	MS	30 Neath Harriers	129	John Thomas	55:35	MV40	23 Les Croupiers
44	Gary Jones	47:40	MS	31 U/A	130	Terence Ruck	55:39	MV55	3 U/A
45	David Weston	47:45	MV40	8 Newport Harriers	131	Mel Bailey	55:44	MV45	15 San Domenico
46	Dom Glynn	47:54	MS	32 San Domenico	132	Dave Hughes	55:45	MS	78 Cardiff Triathletes
47	M Evans	47:55	MS	33 Amman Valley Harriers	133	Philip Jenkins	55:52	MS	79 Bridgend A C
48	John Sinnett	47:56	MS	34 Preseli Harriers	134	David Fox	55:52	MS	80 Bridgend A C
49	Lyndon Gwilym	48:18	MS	35 Bleanavon Joggers	135	Lyndon Currie	56:03	MS	81 U/A
50	Phillip Meyler	48:22	MS	36 Beddau A C	136	Ivor Cardwell	56:03	MS	82 U/A
51	David Bainton	48:26	MV45	4 Abertillery Ach.	137	Nigel Baker	56:17	MV45	16 Griffithstown Harriers
52	Richard Sewell	48:37	MS	37 Barry and Vale	138	Steven Evans	56:24	MS	83 Merthyr R C
53	Gary Jones	48:43	MS	38 Griffithstown Harriers	139	Graham Anderson	56:30	MS	84 Army AC
54	Charles Jones	48:43	MV40	9 Cornelly Striders	140	Denis Brenan	56:31	MS	85 Chepstow Harriers
55	David Bastable	48:56	MV45	5 Rhymney Valley A C	141	Neil Edwards	56:32	MS	86 Les Croupiers
56	S Bridges	49:14	MS	39 Cardiff Triathletes	142	Sharon Woods	56:42	WV35	1 Griffithstown Harriers
57	Paul Bassett	49:21	MS	40 Pontypridd Roadents	143	David Miles	56:47	MS	87 Muswell Hill Runners
58	Simon Lewis	49:26	MS	41 Club 69	144	Wyndham Thomas	56:48	MS	88 U/A
59	Giles Davies	49:27	MS	42 Neath Harriers	145	Peter Clements	57:03	MS	89 U/A
60	Roland Sherwood	49:34	MV45	6 T.R.O.T.S.	146	Anthony Gattrell	57:13	MS	90 Newport Harriers
61	Eryl Davies	49:35	WS	2 Bridgend A C	147	Andy Dunscombe	57:16	MS	91 U/A
62	Mike Davies	49:40	MS	43 Pontypridd Roadents	148	Christine Harper	57:19	WV40	1 Risca R R
63	Phillip Miles	49:43	MV40	10 Club 69	149	Glyn Hicks	57:26	MV45	17 U/A
64	A Fidow	49:59	MV40	11 Risca R R	150	Ross Cawley	57:44	MS	92 U/A
65	Denis Gorman	50:20	MS	44 Rhymney Valley A C	151	Nick Pouley	57:44	MS	93 U/A
66	Pat Sullivan	50:27	MS	45 Cardiff Triathletes	152	Brian Adamson	57:51	MV50	7 Bridgend A C
67	Dave Walsh	50:33	MV45	7 Les Croupiers	153	Christophr Bird	57:51	MS	94 Cardiff Triathletes

# The Llswerry 8 Mile Road Race - 29th Jan 1995

in				in			
ition Name	Time	Cat	Cat Club	ition Name	Time	Cat	Cat Club
68 Ron Thomas	50:36	MS	46 Newport Harriers	154 A Bartlett	57:52	MS	95 U/A
69 John Nethercott	50:55	MS	47 Penarth & Dinas Runners	155 Sarah Lewis	58:01	WS	7 Risca R R
70 Mark Jenkins	51:07	MS	48 Caerphilly R C	156 Mike James	58:04	MV40	24 Newport Harriers
71 Dave Fereday	51:15	MV45	8 Newport Harriers	157 Colin Whiteside	58:05	MV55	4 Griffithstown Harriers
72 Norman Carter	51:17	MV45	9 Cardiff Triathletes	158 Allan Fettah	58:10	MS	96 Reebok R C
73 Iain Gray	51:22	MS	49 U/A	159 R.R. Saunders	58:15	MV40	25 U/A
74 John Mullis	51:26	MV50	2 Tipton Harriers	160 Tony Smart	58:20	MS	97 Cardiff Post Office
75 Gareth Fish	51:35	MS	50 U/A	161 Tim Williams	58:22	MV40	26 U/A
76 Shelagh Adkins	51:45	WV45	1 Griffithstown Harriers	162 J Wilson	58:22	MV40	27 Risca R R
77 R Phillips	51:59	MS	51 T.R.O.T.S.	163 Lawrence Llewelly	58:28	MS	98 U/A
78 Darren Stevens	52:06	MS	52 Merthyr R C	164 Alan Balden	58:34	MV55	5 Les Croupiers
79 Keith Whitfield	52:07	MV40	12 Penarth & Dinas Runners	165 Philip Press	58:35	MV40	28 Wyvern Road Runners
80 Paul Baker	52:22	MS	53 Pontypridd Roadents	166 Ruth Bevan	58:39	WV35	2 U/A
81 J Pedder-Roberts	52:30	MS	54 Risca R R	167 Jackie Rees	58:41	WS	8 Risca R R
82 Paul Charles	52:31	MS	55 Fredricks	168 Richard Brown	58:58	MV45	18 Sheen Shufflers
83 Keith Lowther	52:34	MS	56 San Domenico	169 Marilyn Hunt	59:00	WV40	2 City of Salisbury A C
84 Alison Scrivens	52:39	WS	3 Griffithstown Harriers	170 Dave Wybrant	59:10	MV45	19 Newport Harriers
85 Andy Crock	52:40	MV40	13 San Domenico	171 Kay Pritchard	59:22	WV45	2 Les Croupiers
86 Richard Wilder	52:47	MS	57 Cardiff Triathletes	172 Robert Frampton	59:25	MS	99 San Domenico
173 S Hudd	59:26	MS	100 Penarth & Dinas Runners	221 K Bushell	65:24	MV45	22 South West Veterans A.C.
174 Bill Jenkins	59:28	MV60	1 Fairwater Runners	222 Margaret Hodges	65:35	WV35	3 Spa-tans
175 R Bowen	59:35	MV50	8 Griffithstown Harriers	223 Anthony Dobbs	65:37	MS	119 U/A
176 Pete Waters	59:39	MV50	9 U/A	224 Mike Hopkins	65:44	MV40	37 U/A
177 Alun Robertson	59:40	MS	101 Cardiff Post Office	225 Phil Kingston	65:58	MV60	3 Spa-tans
178 Gareth Williams	59:44	MV40	29 U/A	226 P Hardwicke	66:00	MS	120 Bleanavon Joggers
179 Hugh Price	59:45	MV40	30 U/A	227 Robert Hale	66:02	MV50	14 U/A
180 John Robinson	59:50	MV40	31 Bridgend A C	228 R J Williams	66:19	MV60	4 Risca R R
181 Peter Lloyd	59:55	MS	102 Beddau A C	229 Joel Williams	66:33	MS	121 Spa-tans
182 Mathew Gold	60:02	MS	103 U/A	230 Paul Harper	66:51	MV45	23 Risca R R
183 Michael Howells	60:09	MS	104 Bridgend A C	231 Steven Hill	66:59	MS	122 U/A
184 Derek Konderla	60:15	MV40	32 Pontypridd Roadents	232 Lee James	67:40	MS	123 U/A
185 Les Morgan	60:29	MS	105 U/A	233 Philip James	67:40	MS	124 U/A
186 Peter Morgan	60:31	MS	106 Cardiff Post Office	234 Roy Reed	68:00	MV45	24 Caerphilly R C
187 Richard Glover	60:44	MS	107 Gloucester Police	235 Allen Watts	68:18	MV60	5 U/A
188 Judith Llewelyn	60:47	WS	9 U/A	236 Norman Howells	68:23	MV50	15 U/A
189 Gordon Lovell	60:49	MV60	2 Kingswood Tri Club	237 Ann Whitfield	68:44	WV35	4 Penarth & Dinas Runners
190 Brian Davies	60:52	MS	108 Forest of Dean	238 Janice Clement	68:44	WV35	5 Penarth & Dinas Runners
191 Peter Bradley	61:06	MV45	20 U/A	239 Glyn Saunders	68:47	MS	125 U/A
192 Kelvin Smith	61:15	MV40	33 Caerphilly R C	240 Colin Jenkins	68:50	MV55	10 Bleanavon Joggers
193 W.N. Clare	61:17	MV55	6 Spa-tans	241 John Bye	69:08	MV40	38 U/A
194 N Thomas	61:19	MS	109 Hengoed R R	242 John Howell	69:12	MV55	11 Rhondda Valley Runners
195 Bill Bainbridge	61:24	MV40	34 Fredricks	243 Phil Fennell	69:44	MS	126 U/A
196 B Mainwaring	61:36	MV50	10 Rhondda Valley Runners	244 B. Gregory	69:49	MV40	39 Police A A
197 Brian Sullivan	61:40	MV50	11 U/A	245 Chris Woods	70:00	MV45	25 U/A
198 David Gostelow	62:13	MV45	21 U/A	246 Allan Swales	70:07	MV60	6 Griffithstown Harriers
199 Alan Thomas	62:16	MV55	7 Les Croupiers	247 Terry Gormley	70:47	MS	127 U/A
200 Ted Goodreid	62:21	MV50	12 Risca R R	248 David Lawrence	71:32	MV40	40 U/A
201 Kathryn McDermott	62:23	WV40	3 U/A	249 Colin Thompson	71:59	MV55	12 Rhondda Valley Runners
202 G. Underdown	62:29	MV40	35 Cardiff Post Office	250 T A Lambert	73:01	MS	128 U/A
203 J Keen	62:32	MS	110 Bleanavon Joggers	251 Kevin Saunders	73:01	MS	129 U/A
204 Brian Mills	62:35	MS	111 Presteigne Pacers	252 Roger Groves	73:04	MV55	13 U/A
205 Steve Hill	62:54	MS	112 Chepstow Harriers	253 Judith Lewis	73:21	WV40	5 Penarth & Dinas Runners
206 Pat Shepard	63:01	WV45	3 South West Veterans A.C.	254 M Woodfield	73:21	MS	130 Penarth & Dinas Runners
207 John Smith	63:07	MV55	8 100 Marathon Club	255 Alistair Pickup	73:27	MS	131 U/A
208 Margrett Monk	63:07	WV40	4 Club 69	256 David Shannon	73:30	MV45	26 U/A
209 John Squire	63:14	MV50	13 U/A	257 P Bone	73:37	MV40	41 U/A
210 B Dunscombe	63:38	MV55	9 U/A	258 Peter Morgan	73:37	MV45	27 Les Croupiers
211 Stacy Hughes	63:39	WS	10 Bleanavon Joggers	259 Ken Gooding	73:39	MV55	14 Police A A
212 Catherine Plumb	63:40	WS	11 Werrington Joggers	260 David Lewis	73:39	MV45	28 Police A A
213 Colin Plumb	63:40	MS	113 Werrington Joggers	261 Carole Lawrence	75:05	WV35	6 U/A
214 J Williams	63:46	MS	114 U/A	262 Patricia Sherwood	75:17	WV45	4 T.R.O.T.S.
215 Chris Walsh	63:55	MS	115 U/A	263 Linda Press	77:33	WV40	6 U/A
216 C Laing	64:06	MS	116 U/A	264 I Sellers	77:49	MV45	29 U/A
217 Gary Wilcox	64:07	MS	117 Griffithstown Harriers	265 Robert Townsend	78:10	MS	132 U/A
218 Anthony Green	64:14	MS	118 U/A	266 Brian Davies	78:48	MS	133 U/A
219 Roger Grew	64:48	MV40	36 U/A	267 Kay Hale	78:55	WV45	5 U/A
220 Rhian Thomas	65:08	WS	12 Les Croupiers	268 A.A. Lambert	79:08	MV60	7 Bitton R R

# The Lliswerry 8 Mile Road Race - 29th Jan 1995

Position	Name	Time	Cat	in Cat Club	Pos- ition Name	Time	Cat	in Cat Club
----------	------	------	-----	----------------	--------------------	------	-----	----------------

## 1995 Lliswerry 8 Mile Road Race - Event Summary

### Senior Men

1	Steve Knight	40:49	1	Cardiff A C
2	M Shaw	41:03	2	Newport Harriers
3	Andrew Rees	42:03	3	Newport Harriers

### Male Vet 40

1	Philip Owens	43:08	8	Bridgend A C
2	Kevin Wilkinson	43:18	10	San Domenico
3	Simon Hunt	44:02	14	City of Salisbury A C

### Male Vet 45

1	Ronald Morris	45:28	23	San Domenico
2	Tony Carzana	45:52	28	Pegasus R C
3	Ray Stevens	47:02	41	Club 69

### Male Vet 50

1	Elwyn Davies	44:56	20	Cardiff A C
2	John Mullis	51:26	74	Tipton Harriers
3	J Jervis	53:13	96	Club 69

### Male Vet 55

1	A Garrett	46:54	39	Cardiff A C
2	Graham Bullimore	54:39	116	Newport Harriers
3	Terence Ruck	55:39	130	U/A

### Male Vet 60

1	Bill Jenkins	59:28	174	Fairwater Runners
2	Gordon Lovell	60:49	189	Kingswood Tri Club
3	Phil Kingston	65:58	225	Spa-tans

### Male Team Result

1	Les Croupiers	59 points	Mick McGeogh (4), Kelvin Turner (5) Paul Gwilym (18), Brett Davis (32)
2	Newport Harriers	75 points	M Shaw (2), Andrew Rees (3) Paul Harris (25), David Weston (45)
3	Cardiff AC	86 points	Steve Knight (1), Elwyn Davies (20) Brendan Sullivan (26), A Garrett (39)

### Senior Women

1	Hayley Nash	45:17	21	Cardiff A C
2	Eryl Davies	49:35	61	Bridgend A C
3	Alison Scrivens	52:39	84	Griffithstown Harriers

### Female Vet 35

1	Sharon Woods	56:42	142	Griffithstown Harriers
2	Ruth Bevan	58:39	166	U/A
3	Margaret Hodges	65:35	222	Spa-tans

### Female Vet 40

1	Christine Harper	57:19	148	Risca R R
2	Marilyn Hunt	59:00	169	City of Salisbury A C
3	Kathryn McDermod	62:23	201	U/A

### Female Vet 45

1	Shelagh Adkins	51:45	76	Griffithstown Harriers
2	Kay Pritchard	59:22	171	Les Croupiers
3	Pat Shepard	63:01	206	South West Veterans A.C.

### Female Vet 50

No Entries, maybe next year?

### Female Team Result

1	Griffithstown Harriers	302 points	Shelagh Adkins (76), Alison Scrivens (84), Sharon Woods
2	Bleanavon Joggers	440 points	Julie Grail (101), Jane Waite (128), Stacey Hughes (211)
3	Risca R R	470 points	Christine Harper (148), Sarah Lewis (155), Jackie Rees (155)