

LLiswerry 8 Mile Road Race - Jan 28th 1996

Pos- Race						Pos- Race							
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n	No	Name	Cat	Pos	Time	Club	n	No	Name	Cat	Pos	Time	Club
1	94	Kevin Blake	MS	1	40:22	Cardiff A C	56	113	Ivan Weaver	MS	39	49:19	U/A
2	137	Darran Hiscox	MS	2	40:36	Bridgend A C	57	295	Murray William	MV40	11	49:20	Beddau A C
3	133	Mark Shaw	MS	3	40:47	Newport Harriers	58	80	Glyn Morris	MS	40	49:23	Rhondda Valley Runners
4	107	Greg Newham	MS	4	40:57	Bridgend A C	59	71	S Jones	MS	41	49:36	Pontypridd Roadents
5	20	Richard Szade	MS	5	41:13	Cardiff A C	60	91	Paul Fox	MS	42	49:39	Griffithstown Harriers
6	100	Mark Healy	MS	6	41:23	U/A	61	131	Gareth Jones	MS	43	49:43	Bridgend A C
7	238	James Hill	MS	7	41:27	Newport Harriers	62	119	Simon Lewis	MS	44	49:45	Club 69
8	210	David Davies	MV40	1	41:50	Spa-tans	63	70	M Davies	MS	45	49:54	Pontypridd Roadents
9	152	Rob Jay	MS	8	42:07	Swansea Harriers	64	45	Jonathon Phill	MS	46	49:58	Preseli Harriers
10	249	Mick McGeoch	MV40	2	42:10	Les Croupiers	65	277	Cyw Evans	MV45	5	50:06	Club 69
11	110	Danny Norton	MS	9	42:29	Rhondda Valley Run	66	61	Nick Stuart	MS	47	50:09	San Domenico
12	204	Simon Hunt	MV40	3	43:31	City of Salisbury A C	67	126	Steve Ruck	MS	48	50:13	Les Croupiers
13	125	John Cox	MS	10	43:40	Barry and Vale	68	288	Adrian Sheeh	MV45	6	50:20	Newport Harriers
14	55	Paul Bennett	MS	11	43:43	Cardiff A C	69	296	Norman Willia	MV45	7	50:26	Beddau A C
15	122	Philip Crane	MS	12	43:51	Caerphilly R C	70	264	Michael Houril	MV40	12	50:31	Merthyr R C
16	129	Carl Salter	MS	13	43:53	Caerphilly R C	71	262	J W Ebdon	MV40	13	50:32	U/A
17	86	Chris Sykes	MS	14	44:20	Swindon Road Runn	72	46	Martin Dyde	MS	49	50:36	Preseli Harriers
18	132	Julian Baker	MS	15	44:41	Pegasus R C	73	142	Steven Bridge	MS	50	50:38	Cardiff Triathletes
19	121	Chris Davies	MS	16	44:56	Bridgend A C	74	257	K Medcraft	MV45	8	50:43	Rhondda Valley Runners
20	275	Jeff Russell	MV45	1	45:13	Club 69	75	37	Philip Hurd	MS	51	50:47	Rhymney Valley A C
21	95	Dom Glynn	MS	17	45:18	San Domenico	76	237	Paul Day	MV40	14	50:48	Newport Harriers
22	246	John Davies	MV40	4	45:18	Pegasus R C	77	123	Michael Dury	MS	52	50:53	Islwyn R C
23	98	Paul Harris	MS	18	45:25	Newport Harriers	78	407	Debbie Phillip	WS	2	50:57	Preseli Harriers
24	28	Stephen Williar	MS	19	45:28	U/A	79	53	Martin Stone	MS	53	51:02	Caerphilly R C
25	19	Dave Povall	MS	20	45:43	Newport Harriers	80	76	Norman Jones	MS	54	51:08	Mynyddwyr De Cymru
26	62	Paul Mussa	MV40	5	45:44	Les Croupiers	81	255	Steve Lawles	MV45	9	51:15	Newport Harriers
27	220	David Weston	MV40	6	45:44	Newport Harriers	82	294	Colin Coombe	MV45	10	51:16	Beddau A C
28	221	Rowland Morris	MV45	2	45:49	San Domenico	83	235	Dave Fereday	MV45	11	51:28	Newport Harriers
29	273	Elwyn Davies	MV50	1	45:51	Cardiff A C	84	81	Owen Rogers	MS	55	51:31	San Domenico
30	69	Steve Hooper	MS	21	45:55	Pontypridd Roadents	85	108	Albert Tatlock	MS	56	51:32	Merthyr R C
31	75	Derek Rainbird	MS	22	46:03	Club 69	86	49	Chris Meyler	MS	57	51:42	Beddau A C
32	209	Alan Garrett	MV55	1	46:12	Cardiff A C	87	151	Jeff Lewis	MS	58	51:47	San Domenico
33	409	Hayley Nash	WS	1	46:12	Newport Harriers	88	261	John Thomas	MV40	15	51:51	Les Croupiers
34	54	Koen Van Parij	MS	23	46:17	Preseli Harriers	89	278	Kelvin Smith	MV40	16	52:10	Caerphilly R C
35	59	John Sinnett	MS	24	46:40	Preseli Harriers	90	115	Robert Thornt	MS	59	52:12	Merthyr R C
36	276	Phil Miles	MV40	7	46:44	Club 69	91	148	Alan Scott	MS	60	52:17	Chippenham Harriers
37	58	Philip Westlake	MS	25	46:56	U/A	92	259	John Mills	MV40	17	52:29	San Domenico
38	83	Colin Plumb	MS	26	47:05	Werrington Joggers	93	93	Mark Dunsco	MS	61	52:36	U/A
39	112	Peter Hammon	MS	27	47:16	Rhondda Valley Run	94	127	Leigh James	MS	62	52:40	Les Croupiers
40	134	Dean House	MS	28	47:32	Pegasus R C	95	269	John Griffiths	MV40	18	52:44	Cardiff H/Quinns
41	226	Philip Meyler	MV40	8	47:41	Beddau A C	96	44	Ian Haley	MS	63	52:45	Newport Harriers
42	266	Mick Tabor	MV40	9	47:50	San Domenico	97	149	Andrew Davie	MS	64	52:48	Pontypridd AAC
43	136	James Hayhurs	MS	29	47:51	U/A	98	265	M Reilly	MV40	19	52:50	Barry and Vale
44	253	Bill Stilo	MV45	3	47:59	Swindon Road Runn	99	280	Terry Hamer	MV40	20	52:50	Barry and Vale
45	103	Andrew Martin	MS	30	48:00	Penarth & Dinas Run	100	227	Malcolm Cox	MV45	12	52:57	Griffithstown Harriers
46	35	Nigel Clement	MS	31	48:08	Penarth & Dinas Run	101	38	Graham Dean	MS	65	53:00	U/A
47	215	Barrie Parham	MV45	4	48:24	Griffithstown Harriers	102	96	Keith Lowther	MS	66	53:05	San Domenico
48	124	Huw Jones	MS	32	48:32	U/A	103	239	Keith Whitfiel	MV40	21	53:06	Penarth & Dinas Runners
49	41	Adam Jones	MS	33	48:36	Caerphilly R C	104	68	Kevin William	MS	67	53:06	Sospan R R
50	111	Dennis Collins	MS	34	49:03	Rhondda Valley Run	105	141	Andy Silk	MS	68	53:07	Chepstow Harriers
51	144	Stuart Hancock	MS	35	49:07	Clevedon A C	106	283	M Teg Jones	MV45	13	53:10	Bridgend A C
52	118	Matthew Freer	MS	36	49:08	Preseli Harriers	107	99	A M Fettah	MS	69	53:15	San Domenico
53	77	Jeffrey Hanson	MS	37	49:11	Beddau A C	108	97	N Edwards	MS	70	53:19	Les Croupiers
54	233	Clive Harrison	MV40	10	49:15	Penarth & Dinas Run	109	423	Shelagh Adkir	WV45	1	53:19	Cardiff A C
55	36	Philip Adams	MS	38	49:18	Aberdare Valley AAC	110	128	Peter Rodger	MS	71	53:20	Griffithstown Harriers
111	21	Leslie Unswortl	MV40	22	53:21	Avon Valley Runners	166	92	Neil Crosby	MS	98	58:34	Rhondda Valley Runners

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itio			Cat				itio			Cat			
n	No	Name	Cat	s	e	Club	n	No	Name	Cat	Pos	Time	Club
112	56	Ron Thomas	MS	72	53:25	Newport Harriers	167	272	L Pugh	MV45	21	58:41	Blaenavon Joggers
113	289	D Bowning	MV55	2	53:33	Reebok R C	168	40	Richard Stace	MS	99	58:53	U/A
114	104	Ian McPherson	MS	73	53:36	Headington Road Ru	169	287	Rolf Knight	MV45	22	58:55	South Wales Constabulary
115	52	Michael James	MS	74	53:44	U/A	170	67	A D Marchant	MS	100	59:07	Sun Alliance A.C.
116	87	Paul Archer	MS	75	53:50	U/A	171	89	Wyndham Thc	MS	101	59:16	U/A
117	150	Gareth Fish	MS	76	53:53	U/A	172	293	Jeff Parkhouse	MV50	4	59:27	Cardiff Triathletes
118	65	Michael Halsall	MS	77	53:54	U/A	173	217	Roger Bradley	MV50	5	59:45	Lordshill Road Runners
119	292	L Hughes	MV45	14	53:56	Mercury	174	258	Stuart James	MV40	32	59:48	U/A
120	29	Alan Haycox	MS	78	53:56	Cardiff Post Office	175	285	Glyn Hicks	MV45	23	60:03	U/A
121	216	Arthur Toomer	MV60	1	54:03	Veterans A C	176	31	Kerry Williams	MS	102	60:04	Pontypridd Wheelers
122	138	Robert Greenfi	MS	79	54:06	Mercury	177	147	Anthony Gree	MS	103	60:08	U/A
123	114	Paul Charles	MS	80	54:14	Fredricks	178	203	Richard Brown	MV45	24	60:13	Sheen Shufflers
124	135	Ivor Cardwell	MS	81	54:16	U/A	179	30	Paul Elley	MS	104	60:13	U/A
125	279	J Jervis	MV55	3	54:19	Club 69	180	228	David Gostelo	MV45	25	60:22	U/A
126	260	Mike Barry	MV45	15	54:27	Bitton R R	181	427	Jacqueline Wi	WV35	2	60:27	Brecon Bounders
127	224	David Bracey	MV40	23	54:28	U/A	182	425	Stacey Hughe	WS	4	60:35	Blaenavon Joggers
128	25	D Gough	MS	82	54:30	U/A	183	140	C Wreford	MS	105	60:46	U/A
129	145	Malcolm Towns	MS	83	54:36	Griffithstown Harriers	184	139	P Hughes	MS	106	60:46	U/A
130	205	Clive Webber	MV40	24	54:40	Cardiff Triathletes	185	252	Edward Good	MV50	6	61:21	Risca R R
131	146	Steven Mitchell	MS	84	54:43	U/A	186	66	A J Baker	MS	107	61:22	Sun Alliance A.C.
132	116	T A Lambert	MS	85	54:51	Sun Alliance A.C.	187	421	Louise Dennis	WS	5	61:29	Headington Road Runners
133	243	Michael Hickm	MV40	25	54:59	Penarth & Dinas Run	188	201	Linda Unswor	WV35	3	61:36	Avon Valley Runners
134	57	David Evans	MS	86	55:07	U/A	189	102	C Butler	MS	108	61:56	Aberdare Valley AAC
135	33	Stephen White	MS	87	55:18	U/A	190	297	Billy Jenkins	MV60	2	62:03	Fairwater Runners
136	27	Mark Halliwell	MS	88	55:30	Risca R R	191	212	B Brayford	MV45	26	62:46	Penarth & Dinas Runners
137	256	David Archer	MV50	2	55:36	U/A	192	206	Tony Morgan	MV40	33	62:48	U/A
138	247	James Ross	MV40	26	55:44	Preseli Harriers	193	105	Lyndon Currie	MS	109	62:55	Monsanto
139	270	Bill Bainbridge	MV45	16	55:58	Fredricks	194	63	Dave Clement	MS	110	63:03	Les Croupiers
140	413	Sue Neal	WV45	2	56:10	Les Croupiers	195	42	Robert Framp	MS	111	63:12	San Domenico
141	263	Royston Toon	MV45	17	56:12	Chepstow Harriers	196	416	David Phillips	MV50	7	63:15	Massey Fergusson RR Club
142	268	George Laine	MV40	27	56:18	U/A	197	101	Mansel Jones	MS	112	63:18	U/A
143	60	Charles Wood	MS	89	56:23	Preseli Harriers	198	214	John Smith	MV55	7	63:18	100 Marathon Club
144	130	Simon Wilding	MS	90	56:25	Caerphilly R C	199	284	Pete Waters	MV50	8	63:38	U/A
145	254	Brian Hancock	MV40	28	56:26	Newport Harriers	200	72	Julian Herridg	MS	113	63:45	U/A
146	236	Max Harnett	MV55	4	56:29	Fairwater Runners	201	244	Dennis Whitin	MV55	8	63:48	Heartbeat Wales
147	73	Tony Smart	MS	91	56:34	Cardiff Post Office	202	213	G Lovell	MV60	3	63:52	Kingswood Tri Club
148	424	Loretta Daley	WS	3	56:44	Griffithstown Harriers	203	120	Nick McLain	MS	114	63:54	U/A
149	88	S M Hudd	MS	92	56:48	Penarth & Dinas Run	204	106	Roy Powell	MS	115	63:56	U/A
150	298	K H Goodier	MV40	29	56:56	Newport Harriers	205	417	Ann Couzens	WS	6	64:04	Bitton R R
151	274	R Bowen	MV50	3	57:02	Griffithstown Harriers	206	418	Pauline Calde	WV45	3	64:06	Bitton R R
152	32	Kevin Baker	MS	93	57:02	U/A	207	207	C O Otley	MV40	34	64:06	U/A
153	74	Alun Robertsor	MS	94	57:07	Cardiff Post Office	208	26	S Fry	MS	116	64:11	U/A
154	47	John Lott	MS	95	57:13	Cardiff A C	209	23	Philip Johns	MS	117	64:25	U/A
155	426	Margaret Wiser	WV35	1	57:20	U/A	210	408	Gaynor Hayes	WS	7	64:39	Cardiff A C
156	234	Mel Bailey	MV45	18	57:23	San Domenico	211	48	Adrian Murphy	MS	118	64:39	Cardiff A C
157	286	Mike Cushion	MV55	5	57:33	U/A	212	143	Patrick Plachr	MS	119	64:55	U/A
158	301	Syd Wheeler	MV55	6	57:36	Chepstow Harriers	213	153	Dean Pippin	MS	120	65:10	U/A
159	302	A Casburn	MV45	19	57:38	U/A	214	211	Roger Whinne	MV40	35	65:24	U/A
160	90	James Thomas	MS	96	57:45	Newport Harriers	215	406	Iris Winney	WS	8	65:24	U/A
161	109	G Thomas	MS	97	58:00	Fredricks	216	219	Bryan Jones	MV50	9	65:44	U/A
162	281	Malcolm Baldw	MV40	30	58:14	Ipswich Jaffa	217	414	Catherine Plui	WS	9	65:45	Werrington Joggers
163	401	Marilyn Hunt	WV40	1	58:18	City of Salisbury A C	218	84	Andrew Davie	MS	121	65:46	U/A
164	282	Roger Parker	MV45	20	58:29	Hereford Couriers	219	39	James Drewe	MS	122	65:59	U/A
165	225	Brian Mills	MV40	31	58:32	100 Marathon Club	220	241	G Underdown	MV40	36	66:32	Cardiff Post Office
221	403	Janice Clemen	WV35	4	66:40	Penarth & Dinas Run	232	291	T C Wood	MV60	5	69:49	Risca R R
222	117	Kevin Summer	MS	123	67:09	Sun Alliance A.C.	233	248	Allen Watts	MV60	6	69:55	Sarn Heles

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itio			Cat				itio			Cat			
n	No	Name	Cat	s	e	Club	n	No	Name	Cat	Pos	Time	Club
223	242	Brinley Mainwa	MV50	10	67:25	Rhondda Valley Run	234	404	Karen Bodea	WV35	6	70:24	U/A
224	422	Alison Wodtha	WV35	5	67:40	Bitton R R	235	223	Zappy Thoma	MV40	38	70:29	Cardiff A C
225	232	Allan Swales	MV60	4	67:44	Griffithstown Harriers	236	240	Roger Groves	MV55	10	72:02	U/A
226	290	Colin Jenkins	MV55	9	67:48	Blaenavon Joggers	237	410	Vanessa Hopl	WS	10	72:18	Cardiff Post Office
227	34	Gary Williams	MS	124	68:27	U/A	238	420	Tina Clement	WS	11	72:35	Merthyr R C
228	271	Brian John	MV45	27	68:43	U/A	239	402	Sandra Hale	WS	12	76:19	U/A
229	299	Mick Hansford	MV45	28	68:48	Les Croupiers	240	419	Glenda Jones	WS	13	78:14	Merthyr R C
230	300	Pete Morgan	MV50	11	69:04	Les Croupiers	241	411	Carole Lawrer	WV35	7	79:15	U/A
231	245	David Lawrenc	MV40	37	69:42	U/A	242	267	Albert Lamber	MV60	7	83:48	Bitton R R

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Pos- Race itio				Cat				Pos- Race itio				Cat			
n	No	Name	Cat	s	e	Club	n	No	Name	Cat	Pos	Time	Club		
Summary															
Senior Men							Senior Women								
1	94	Kevin Blake	MS	1	40:22	Cardiff A C	33	409	Hayley Nash	WS	1	46:12	Newport Harriers		
2	137	Darran Hiscox	MS	2	40:36	Bridgend A C	78	407	Debbie Phillip	WS	2	50:57	Preseli Harriers		
3	133	Mark Shaw	MS	3	40:47	Newport Harriers	148	424	Loretta Daley	WS	3	56:44	Griffithstown Harriers		
4	107	Greg Newhams	MS	4	40:57	Bridgend A C	182	425	Stacey Hughe	WS	4	60:35	Blaenavon Joggers		
Men Vet 40							Women Vet 35								
8	210	David Davies	MV40	1	41:50	Spa-tans	155	426	Margaret Wise	WV35	1	57:20	U/A		
10	249	Mick McGeoch	MV40	2	42:10	Les Croupiers	181	427	Jacline Wildin	WV35	2	60:27	Brecon Bounders		
12	204	Simon Hunt	MV40	3	43:31	City of Salisbury A C	188	201	Linda Unswor	WV35	3	61:36	Avon Valley Runners		
Men Vet 45							Women Vet 40								
20	275	Jeff Russell	MV45	1	45:13	Club 69	163	401	Marilyn Hunt	WV40	1	58:18	City of Salisbury A C		
28	221	Rowland Morris	MV45	2	45:49	San Domenico									
44	253	Bill Stilo	MV45	3	47:59	Swindon Road Runners									
Men Vet 50							Women Vet 45								
29	273	Elwyn Davies	MV50	1	45:51	Cardiff A C	109	423	Shelagh Adkir	WV45	1	53:19	Cardiff A C		
137	256	David Archer	MV50	2	55:36	U/A	140	413	Sue Neal	WV45	2	56:10	Les Croupiers		
151	274	R Bowen	MV50	3	57:02	Griffithstown Harriers	206	418	Pauline Calder	WV45	3	64:06	Bitton R R		
Men Vet 55							Notes								
32	209	Alan Garrett	MV55	1	46:12	Cardiff A C	Sue Neal (WV45) was awarded 3rd Senior Women								
113	289	D Bowning	MV55	2	53:33	Reebok R C									
125	279	J Jervis	MV55	3	54:19	Club 69									
Men Vet 60															
121	216	Arthur Toomer	MV60	1	54:03	Veterans A C									
190	297	Billy Jenkins	MV60	2	62:03	Fairwater Runners									
202	213	G Lovell	MV60	3	63:52	Kingswood Tri Club									
Clubs - Men							Clubs - Women								
pts							pts								
1	Cardiff						49	1	Bitton R R						635
	Kevin Blake	1	MS					Ann Couzens	205	WS					
	Richard Szade	5	MS					Pauline Calder	206	WV45					
	Paul Bennett	14	MS					Alison Woddham	224	WV35					
	Elwyn Davies	29	MV50												
2	Newport						58								
	Mark Shaw	3	MS												
	James Hill	7	MS												
	Pall Harris	23	MS												
	Dave Povall	25	MS												
3	Bridgend						86								
	Darran Hiscox	2	MS												
	Greg Newhams	4	MS												
	Chris Davies	19	MS												
	Gareth Jones	61	MS												