



Lliswerry Runners

Newport's friendly running club.

2003 Results

Summary Results

Senior Men

1.	Mark Roberts	Swansea Harriers	40:27
2.	Mark Jennings	Cardiff AAC	40:29
3.	Nick Janvier	Brackla Harriers	42:02

Vet 40 Men

1.(6)	Gareth Davies	Swansea Harriers	42:27
2.(9)	Stephen Philips	Pembs Harriers	43:38
3.(10)	Nick Frost	Pontypridd Rodents	44:04

Vet 45 Men

1.(32)	Derek Rainbird	Club 69	47:49
2.(33)	Gary Jones	Islwyn RR	47:54
3.(36)	Peter Davies	Fontygary Tri Club	48:38

Vet 50 Men

1.(53)	Bill Silto	Swindon Harriers	50:53
2.(77)	Paul Day	Newport Harriers	52:36
3.(81)	Gerald Hunt	Brackla Harriers	52:47

Vet 55 Men

1.(29)	Les Davies	Severn AC	47:31
2.(65)	Barry Buckland	Unattached	51:45
3.(90)	Keith Paterson	Pegasus	53:47

Vet 60 Men

1.(60)	Patrick Slavin	Bitton Road Runners	51:56
2.(79)	Clive Cooksey	Club 69	52:41
3.(153)	John Pask	Islwyn RR	58:48

Vet 65 Men

1.(152)	Syd Wheeler	Chepstow Harriers	58:43
2.(168)	Allan Smith	3M Gorseinon RRC	60:43
3.(282)	Colin Thompson	Rhondda Runners	104:48

Vet 70 Men

1.(239)	Colin Lloyd	Griffithstown Harriers	68:50
2.(274)	Allen Watts	Sarn Helen	77:38

Team: Cardiff AAC

Mark Jennings (2),
Daniel Carthy (4),
Simon Jones (5),
Simon Type (34)

Senior Women

1.(50)	Dinah Cheverton	Tamar Trotters	50:10	(W35)
2.(76)	Sharon Ford	Brackla Harriers	52:31	
3.(80)	Michelle Greatrex	Unattached	52:45	

Vet 35 Women

1.(66)	Angela Jones	MDC	51:50
2.(101)	Lucy Allen	Unattached	54:41
3.(127)	Kate Rees	Unattached	56:29

Vet 40 Women

1.(92)	Wendy Edwards	Les Croupiers	53:50
2.(94)	Jackie Brace	Bridgend AC	54:03
3.(99)	Sally Curnow	Bitton Road Runners	54:32

Vet 45 Women

1.(88)	Fiona Davies	Bridgend AC	53:45
2.(154)	Toni Britton	Bitton Road Runners	58:50
3.(163)	Shan Jones	Unattached	59:27

Vet 50 Women

1.(144)	Alison Lucas	Bitton Road Runners	58:15
2.(166)	Teresa Munns	Bedford Harriers	59:47
3.(255)	Marilyn Rowson	Les Croupiers	71:39

Vet 55 Women

1.(178)	Shelagh Adkins	Cardiff AAC	61:05
2.(275)	Carol Palmer	Newport Harriers	78:14

Team: Bitton Road Runners Sally Curnow (99),
Nulala Coggins (111),
Beth Davis (121)

Full Listing

Position	Name	Number	Club	Category	Time
1	Mark Roberts	399	Swansea Harriers	SM	40;27
2	Mark Jennings	380	Cardiff AC	SM	40;29
3	Nick Janvier	343	Brackla Harriers	SM	42;02
4	Daniel Carthy	374	Cardiff AC	SM	42;18
5	Simon Jones	390	Cardiff AC	SM	42;25
6	Gareth Davies	412	Swansea Harriers	V40	42;27
7	Alun Wood	342	Brackla Harriers	SM	43;02
8	Matthew Gurmin	371	Abertillery Achilles AC	SM	43;09
9	Stephen Philips	443	Pembs Harriers	V40	43;38

10	Nick Frost	419	Pontypridd Rodents	V40	44:04
11	Mike Evans	372	Trots	SM	44:28
12	Phil Westlake	424	Bitton Road Runners	V40	44:47
13	Peter Osborne	471	Swansea Harriers	V40	45:15
14	Phil Kibble	302	Wiltshire Police	SM	45:27
15	Chris Meyler	321	Pontypridd Rodents	SM	45:39
16	Ben Danvers	339	Bristol AC	SM	46:01
17	Joe Thomas	350	Bridgend A C	SM	46:26
18	Simon Hill	307	Bitton Road Runners	SM	46:45
19	Warwick Fortescue	453	Bitton Road Runners	V40	46:49
20	Phil Adams	444	Neath	V40	46:54
21	Paul Harris	381	Newport Harriers	SM	47:01
22	Dimitri Korres	459	Griffithstown Harriers	V40	47:03
23	Ian Spilsbury	315	Penarth & Dinas Runners	SM	47:09
24	John List	338	Bristol AC	SM	47:13
25	Jason Brow	387	Islwyn RR	SM	47:16
26	Tim Lewis	360	Brackla Harriers	SM	47:23
27	Michael Dury	369	Islwyn RR	SM	47:26
28	Simon Lewis	367	Club 69	SM	47:28
29	Les Davies	284	Severn A C	V55	47:31
30	Phillip Jenkins	318	Bridgend A C	SM	47:34
31	Calum Cheshire	353	Chepstow Harriers	SM	47:40
32	Derek Rainbird	464	Club 69	V45	47:49
33	Gary Jones	455	Islwyn RR	V45	47:54
34	Simon Type	395	Cardiff AC	SM	48:30
35	David Rexworthy	410	Bitton Road Runners	V40	48:35
36	Peter Davies	432	Fontygary Tri Club	V45	48:38
37	Mick Sharratt	421	Wiltshire Fire Brigade	V45	48:48
38	Alun Williams	361	Fairwater Runners	SM	48:55
39	B Stadden	463	Bitton Road Runners	V45	48:58
40	Stephen Paterson	396	Pegasus	SM	49:03
41	Bill Graham	435	Bitton Road Runners	V45	49:13
42	Clem Clement	415	Penarth & Dinas Runners	V40	49:21
43	John Sinnett	440	Pembs Harriers	V45	49:22
44	Howard Mason	375	Unattached	SM	49:28
45	Carl Scott	352	Pembs Harriers	SM	49:35
46	Mark Egar	447	Fontygary Tri Club	V40	49:46
47	Phil Meyler	414	Pontypridd Rodents	V45	49:52
48	Adrien Reilly	382	Fairwater Runners	SM	50:01
49	Richard Boon	449	Les Croupiers	V40	50:01
50	Dinah Cheverton	533	Tamar Trotters	W35	50:10
51	Robert Dyde	322	Pembs Harriers	SM	50:36
52	Mark English	357	Chepstow Harriers	SM	50:52
53	Bill Silto	219	Swindon Harriers	V50	50:53

54	Ian Hoare	324	Bitton Road Runners	SM	51;03
55	Richard Hughes	377	Newport Phenix CC	SM	51;13
56	Kevin Rawlings	348	Bitton Road Runners	SM	51;14
57	Peter RodGer	470	Griffithstown Harriers	V45	51;15
58	Tim Older	400	Unattached	V40	51;19
59	Paul Leonard	430	Bitton Road Runners	V40	51;31
60	Patrick Slavin	218	Bitton Road Runners	V60	51;36
61	Paul Williams	347	San Domenico RRC	SM	51;37
62	Chris McCabe	359	Brackla Harriers	SM	51;39
63	Chris Morgan	376	Unattached	SM	51;44
64	Mike Humphries	327	Unattached	SM	51;44
65	Barry Buckland	273	Unattached	V55	51;45
66	Angela Jones	571	MDC	W35	51;50
67	David Bulley	433	Bitton Road Runners	V45	51;52
68	Mick Learoyd	467	Brackla Harriers	V40	52;00
69	Andrew Spencer	330	Griffithstown Harriers	SM	52;10
70	Kevin Crew	445	Aberdare Roadies	V40	52;10
71	Leighton Davies	358	Brackla Harriers	SM	52;12
72	Barry Morgan	384	Fairwater Runners	SM	52;17
73	Stephen Edwards	474	Unattached	V40	52;17
74	Robert Wilcox	316	Penarth & Dinas Runners	SM	52;18
75	Paul Ezard	311	Brackla Harriers	SM	52;21
76	Sharon Ford	519	Brackla Harriers	WS	52;31
77	Paul Day	267	Newport Harriers	V50	52;36
78	Brian Phillips	398	Club 69	SM	52;39
79	Clive Cooksey	282	Club 69	V60	52;41
80	Michelle Greatrex	541	Unattached	WS	52;45
81	Gerald Hunt	262	Brackla Harriers	V50	52;47
82	John Murray	383	Unattached	SM	52;49
83	Mark Uzzell	328	Swindon Harriers	SM	52;50
84	Keith Thompson	451	Unattached	V40	53;11
85	Alun Smith	475	Rhondda Runners	V40	53;14
86	Roger Hemming	269	Great Western Runners	V50	53;23
87	Gwyn Greenslade	452	Unattached	V45	53;25
88	Fiona Davies	509	Bridgend A C	W45	53;45
89	Dan Redfern	391	Penarth & Dinas Runners	SM	53;47
90	Keith Paterson	290	Pegasus	V55	53;47
91	Keith Sawyer	217	Bitton Road Runners	V50	53;50
92	Wendy Edwards	550	Les Croupiers	W40	53;50
93	Mark Halliwell	429	Brackla Harriers	V45	53;52
94	Jackie Brace	559	Bridgend A C	W40	54;03
95	Steve Corbett	213	Bitton Road Runners	V55	54;05
96	Neil Williams	442	Unattached	V40	54;13
97	Karl Jeffreys	354	San Domenico RRC	SM	54;27

98	P Padley	431	Unattached	V40	54;29
99	Sally Curnow	516	Bitton Road Runners	W40	54;32
100	Brian Lovett	333	San Domenico RRC	SM	54;40
101	Lucy Allen	557	Unattached	W35	54;41
102	Nick Cane	366	Bitton Road Runners	SM	55;00
103	Lawrence Llewellyn	441	Chepstow Harriers	V40	55;01
104	Michael Blinston	392	Islwyn RR	SM	55;02
105	Ronald Shannon	408	Bitton Road Runners	V40	55;03
106	Barrie Dunn	403	Bitton Road Runners	V45	55;08
107	Gary Clayton	312	Unattached	SM	55;18
108	Martin Dyde	417	Pembs Harriers	V40	55;20
109	John Spirteri	389	Penarth & Dinas Runners	SM	55;23
110	Roger Coggins	263	Bitton Road Runners	V55	55;25
111	Nuala Coggins	522	Bitton Road Runners	W40	55;25
112	Stephen Jones	462	Rhondda Runners	V40	55;30
113	John James	264	Severn A C	V50	55;39
114	Paul Calabrese	325	Kingswood Tri Club	SM	55;46
115	Ray Davies	458	Aberdare Roadies	V40	55;51
116	James Wade	409	Bitton Road Runners	V40	56;01
117	Steve New	300	Gwent Police	SM	56;01
118	Chris Williams	320	Unattached	SM	56;02
119	Stephen Williams	362	Brackla Harriers	SM	56;11
120	Michael Day	308	Bitton Road Runners	SM	56;15
121	Beth Davis	507	Bitton Road Runners	WS	56;17
122	Martin Liddington	309	Bitton Road Runners	SM	56;17
123	Anthony Moore	427	San Domenico RRC	V45	56;23
124	Richard Hale	287	Axe Valley	V50	56;25
125	Rhydwyn Harris	368	Islwyn RR	SM	56;26
126	Vincent Oak	426	Unattached	V40	56;28
127	Kate Rees	572	Unattached	W35	56;29
128	Richard Sewell	425	Unattached	V45	56;30
129	Nigel Baker	268	Griffithstown Harriers	V55	56;32
130	Clive Lay	461	Merthyr Harriers	V45	56;44
131	Stephen Katchi	314	Les Croupiers	SM	56;50
132	Stephen Edwards	373	Risca Road Runners	SM	56;57
133	Rob Duggin	592	Unattached	SM	56;58
134	Neil Hendry	405	Penarth & Dinas Runners	V45	57;00
135	Howard Harnett	365	Abertillery AC	SM	57;12
136	Gareth Jones	292	Newport Harriers	V55	57;25
137	Neil Styles	388	Unattached	SM	57;29
138	Clive Mast	334	Unattached	SM	57;32
139	Andrew Godwin	466	Unattached	V40	57;42
140	Mike Heare	450	Islwyn RR	V40	57;44
141	Robert Harrhy	436	Unattached	V45	57;45

142	Dave Christmas	407	Bitton Road Runners	V45	58;00
143	Don Holloway	215	Unattached	V50	58;01
144	Allison Lucas	503	Bitton Road Runners	W50	58;15
145	Steve Lockwood	416	Newport Harriers	V45	58;16
146	Andrew Taylor	465	Unattached	V45	58;17
147	Juliette Davy	566	Brackla Harriers	W40	58;23
148	Paul Ford	323	Brackla Harriers	SM	58;24
149	Neil Williams	329	Unattached	SM	58;28
150	David Curzon	411	Unattached	V45	58;31
151	Geraint Davies	331	Penarth & Dinas Runners	SM	58;39
152	Syd Wheeler	288	Chepstow Harriers	V65	58;43
153	John Pask	285	Islwyn RR	V60	58;48
154	Toni Britton	504	Bitton Road Runners	W45	58;50
155	Tony Mason	274	Bitton Road Runners	V55	58;54
156	Frances Williams	551	Les Croupiers	W35	58;56
157	Adrian Dale	349	Unattached	SM	58;59
158	Royston Toon	276	Chepstow Harriers	V50	59;02
159	Neil	591	Unattached	SM	59;13
160	Dave Rose	386	Brackla Harriers	SM	59;14
161	Andrew Holden	319	Les Croupiers	SM	59;24
162	Cath Kear	558	Unattached	WS	59;25
163	Shan Jones	553	Unattached	W45	59;27
164	Tim Jackson	469	Unattached	V40	59;41
165	Gary Coultart	303	Bitton Road Runners	SM	59;42
166	Teresa Munns	547	Bedford Harriers	W50	59;47
167	Lyndon Evans	291	SFA	V50	60;11
168	Allan Smith	265	3M Gorseinon RRC	V65	60;43
169	John Mullis	272	Tipton Harriers	V55	60;46
170	Chris Conn	473	Rhondda Runners	V45	60;47
171	Glyn Hicks	286	Islwyn RR	V50	60;49
172	David Miles	394	Unattached	SM	60;52
173	Julie Wassell	537	Penarth & Dinas Runners	WS	60;52
174	Mandy Jones	546	Islwyn RR	W40	60;55
175	Stephen Jones	439	Islwyn RR	V45	60;55
176	Tudor Jones	456	Unattached	V40	60;59
177	Steve Sewell	402	Unattached	V40	61;01
178	Shelagh Adkins	560	Cardiff AC	W55	61;05
179	Gareth Elliot	355	Pembs Harriers	SM	61;07
180	Clare Hall	573	Unattached	WS	61;13
181	Cynthia Greenslade	552	Newport Harriers	W45	61;28
182	Toby Lambert	460	Unattached	V40	61;35
183	Neil Thomas	370	Hengoed Road Runners	SM	61;37
184	Natalle Maktin	540	Bitton Road Runners	WS	61;40
185	Helen Slaughter	565	Unattached	WS	61;57

186	Sarah Swaysland	502	Unattached	WS	62;01
187	Rob Leering	420	Unattached	V45	62;30
188	Ken Smith	281	Unattached	V60	62;40
189	Andrew Ezard	590	Unattached	SM	62;43
190	Jim Diamond	283	Lincoln Wellington	V55	62;53
191	Richard Brown	220	Sheen Shufflers	V50	62;57
192	Andrew Jones	337	Unattached	SM	63;31
193	Stan Weeks	275	Unattached	V60	63;40
194	Sandra Brown	548	Severn A C	W40	63;40
195	Susannah Broomfield	510	Unattached	WS	63;44
196	Jonathan Evans	326	Unattached	SM	63;45
197	Mike Parfitt	422	Lamdad A A	V40	63;56
198	Chris Cowburn	472	Unattached	V40	64;09
199	Paul Rees	345	Unattached	SM	64;17
200	Michael Williams	313	Unattached	SM	64;18
201	Mike Mvgridge	289	Chepstow Harriers	V55	64;20
202	Charles Wood	448	Pembs Harriers	V45	64;24
203	Janet Richards	521	Griffithstown Harriers	W35	64;46
204	Jannette Jenkins	562	Fairwater Runners	W40	64;53
205	Kristian Nutall	336	Unattached	SM	65;02
206	Dave Brown	346	Unattached	SM	65;10
207	Emma Hoare	520	Bitton Road Runners	WS	65;22
208	Maria Shepperd	544	Unattached	W35	65;58
209	Paul Shepperd	434	Unattached	V40	65;58
210	Ian Hughes	340	Unattached	SM	66;30
211	Noel Harris	341	Unattached	SM	66;30
212	Sharon Hemming	539	Great Western Runners	W40	66;36
213	Marcelle Mackay	554	Taf Ely Tri	WS	66;38
214	John Snook	293	Aberdare Roadies	V50	66;48
215	Christopher Williams	454	Road Runners Club	V45	66;51
216	Stephen Hadley	363	Unattached	SM	66;54
217	Christian Adams	364	Unattached	SM	66;54
218	Debbie Griffin	542	Bitton Road Runners	WS	67;13
219	S Westhead	351	Unattached	SM	67;24
220	Beverly Warburton	515	Unattached	W40	67;33
221	Andrea Collins	532	Unattached	WS	67;33
222	Ros Edmands	513	Unattached	W40	67;41
223	Karen Hurd	555	Taff Ely Tri	W40	67;44
224	Rebecca Harris	543	Unattached	W35	67;47
225	Tony Kear	397	Unattached	SM	67;47
226	Kath James	570	Club 69	W45	67;52
227	J Gervis	294	Club 69	V60	67;52
228	David Beman	223	Lamdad A A	V50	67;52
229	Robert Carr	446	Unattached	V40	67;53

230	Stella Sturgess	523	Unattached	WS	68;25
231	Barry Dare	216	Unattached	V50	68;26
232	George Lewis	476	Great Western Runners	V45	68;26
233	Glyn Dando	295	Brackla Harriers	V50	68;31
234	Stephen Hughes	438	Unattached	V40	68;35
235	Oliver Jenner	344	Unattached	SM	68;40
236	Eryl Tottle	306	Risca Road Runners	SM	68;45
237	Sarah Sansom	529	Unattached	WS	68;46
238	Martin Neville	423	Unattached	V40	68;48
239	Colin Lloyd	277	Griffithstown Harriers	V70	68;50
240	Lorraine Dyde	517	Pembs Harriers	W45	68;52
241	Jane Dakin	526	Brackla Harriers	W35	68;56
242	Linda Evens	527	Brackla Harriers	W40	69;22
243	Sarah Mears	500	Bitton Road Runners	WS	69;51
244	Mike Kear	379	Unattached	SM	69;59
245	Colin Rose	278	Unattached	V55	70;06
246	Gordon Robins	214	Bitton Road Runners	V55	70;07
247	Colin Thomas	271	Unattached	V55	70;21
248	Paul O'Neil	437	Unattached	V40	70;26
249	Max Morris	280	3M Gorseinon RRC	V60	70;30
250	Denise Evans	512	Unattached	W35	71;02
251	Michael Evans	413	Unattached	V45	71;02
252	J Ghalamkary	428	Unattached	V40	71;19
253	Ceri Underwood	563	Griffithstown Harriers	WS	71;31
254	Genny Houston	564	Griffithstown Harriers	W35	71;31
255	Marilyn Rowson	556	Les Croupiers	W50	71;39
256	Anita Westlake	534	Bitton Road Runners	W40	71;41
257	Richard Harrison	593	Unattached	SM	72;03
258	Lorna Toon	549	Chepstow Harriers	W50	72;13
259	Jim Drewett	356	Unattached	SM	72;30
260	Jackie Bressington	505	Bitton Road Runners	W35	72;42
261	Steve Hitchmon	468	Unattached	V45	73;52
262	Tarnya Beecroft	535	Unattached	WS	74;00
263	Paulene Charlett	545	Pembs Harriers	W40	74;02
264	Kevin McCarthy	393	Unattached	SM	74;02
265	Joanna Dutch	501	Penarth & Dinas Runners	WS	74;21
266	Catherine Chabert	531	Unattached	W45	74;33
267	Sue Graves	536	Cardiff AAC	W50	74;42
268	Ann Peploe	525	Brackla Harriers	W40	75;07
269	Peter Clark	457	Unattached	V45	75;12
270	Jonathan Lee	385	Unattached	SM	75;40
271	Marianne Burr ridge	561	Fairwater Runners	W40	75;43
272	Rachel Davies	518	Bitton Road Runners	WS	75;52
273	Kevin Gregory	301	Unattached	SM	77;32

274	Allen Watts	266	Sarn Helen	V70	77;38
275	Carol Palmer	538	Newport Harriers	W55	78;14
276	Wendy Hopkinson	567	Unattached	W35	79;08
277	Tacey Huxsley	569	Unattached	W35	79;08
278	Kim Jamers	568	Unattached	W35	79;08
279	C Gorno	574	Unattached	W40	82;47
280	Sara Ward-Booth	530	Unattached	WS	83;07
281	Kerry Harrison	528	Unattached	WS	83;07
282	Colin Thompson	279	Rhondda Runners	V65	104;48
DNF	Matt Wictome	305	Brackla Harriers	SM	
DNF	Christopher Downs	310	Swansea Harriers	SM	
DNF	Darran Hiscox	378	Swansea Harriers	SM	
DNF	Stuart Butcher	317	Unattached	SM	
DNF	Phil Rees	332	Unattached	SM	
DNF	Philip Thomas	335	Unattached	SM	
DNF	Simmon Lund	304	Woodstock Harriers	SM	
DNF	C. C. Dunn	404	Bitton Road Runners	V40	
DNF	John Colins	418	Cardiff Post Office R C	V40	
DNF	Ken Haddow	401	Carnethy Hill Runners	V40	
DNF	R. P. Spearing	406	Bitton Road Runners	V45	
DNF	Stuart Davidson	261	Brackla Harriers	V50	
DNF	Keith Treharne	221	Brackla Harriers	V55	
DNF	David Reynolds	270	Unattached	V55	
DNF	Albert Lambert	222	Bitton Road Runners	V70	
DNF	Venessa Hawkins	506	Bitton Road Runners	W40	
DNF	Janice Clement	514	Penarth & Dinas Runners	W40	
DNF	Libby Lavis	524	Brackla Harriers	W45	
DNF	Joanna Prichard	508	Les Croupiers	WS	
DNF	Elizabeth Dunn	511	Unattached	WS	

Llswerry Runners, Newport's Friendly running Club.