



# Lliswerry Runners

*Newport's friendly running club.*

## 2004 Results

Lliswerry Runners - Lliswerry 8, 25th January 2004 - Full Results

Pos	Name	Time	Cat	Pos	Club
1	Nick Janvier	42:30	MS	1	Brackla Harriers
2	Mathew Collins	43:00	MS	2	U/A
3	Alun Wood	43:44	MS	3	Brackla Harriers
4	Mark Jennings	44:05	MS	4	Cardiff A C
5	Philip Crane	44:13	MV40	1	Neath Harriers
6	Tim Lewis	44:14	MS	5	Brackla Harriers
7	Chris Meyler	44:15	MS	6	Pontypridd Roadents
8	Mike Evans	44:21	MS	7	T.R.O.T.S.
9	Joe Thomas	44:34	MS	8	Bridgend A C
10	Steve Brace	45:02	MV40	2	Bridgend A C
11	Crispin Flower	45:06	MS	9	Mynyddwyr De Cymru
12	Pete Rowat	45:19	MS	10	Cardiff Triathletes
13	Jason Brown	45:26	MS	11	Islwyn R C
14	Chris Sykes	45:43	MV45	1	Woodstock Harriers
15	Jeff Davies	46:28	MV40	3	Pontypridd Roadents
16	Alun Williams	46:41	MV40	4	Fairwater Runners
17	Phil Adams	46:41	MV40	5	Neath Harriers
18	Mick Tabor	46:53	MV50	1	San Domenico

19	Simon Hill	47:03	MS	12	Bitton R R
20	Clem Clements	47:12	MV40	6	Penarth & Dinas Runners
21	Barry Wilson	47:19	MV50	2	Ludlow Runners
22	Mark Rawlings	47:34	MS	13	Severn A C
23	Ronald Morris	47:38	MV50	3	San Domenico
24	Mike Chandler	48:02	MV50	4	Pontypridd Roadents
25	Peter Davies	48:17	MV50	5	Brackla Harriers
26	Sharon Dixon	48:23	WV35	1	Bristol A C
27	Bill Graham	48:54	MV50	6	Bitton R R
28	Paul Meyler	49:26	MV45	2	Pontypridd Roadents
29	Mark Eager	49:47	MV40	7	Fontygary Tri Club
30	Kevin Crew	49:56	MV40	8	Neath Harriers
31	Craig Ingleson	50:06	MS	14	Caerleon Running Club
32	Phil Miles	50:10	MV50	7	Club 69
33	Rob Kingdom	50:22	MS	15	Bitton R R
34	Gareth Fereday	50:26	MS	16	Newport Harriers
35	Brian Phillips	50:31	MV40	9	Club 69
36	Keith Paterson	50:41	MV60	1	Pegasus R C
37	Angela Jones	50:42	WV35	2	Caerleon Running Club
38	Peter Curran	50:53	MV40	10	U/A
39	Richard Hughes	50:57	MS	17	Caerleon Running Club
40	Howard Mason	51:07	MS	18	Caerleon Running Club
41	Vince Oak	51:09	MV40	11	U/A
42	Andrew Thompson	51:11	MV45	3	Griffithstown Harriers
43	Robert Wilcox	51:13	MS	19	Penarth & Dinas Runners
44	Steven Hooper	51:22	MS	20	Pontypridd Roadents
45	Bill Silto	51:49	MV55	1	Swindon AC
46	Ali Abdi Farah	51:52	MS	21	U/A
47	Paul Cable	51:54	MV40	12	Taff Ely Triathletes
48	Andrew Palmer	51:55	MS	22	Penarth & Dinas Runners
49	Keith Thompson	51:57	MV40	13	U/A
50	Dave Hughes	52:06	MS	23	Brackla Harriers
51	Peter Rodger	52:13	MV45	4	Griffithstown Harriers
52	Paul Ezard	52:29	MS	24	Brackla Harriers
53	Mark Dunscombe	52:31	MV40	14	Sarn Helen, Lampeter
54	Nick Kane	52:47	MV40	15	Bitton R R
55	Michael Woods	52:49	MS	25	U/A

56	Chris Lee	52:57	MS	26	Club 69
57	Gavin Gittins	52:57	MS	27	U/A
58	Barrie Dunn	52:59	MV45	5	Bitton R R
59	Rowland Shannon	53:09	MV45	6	Bitton R R
60	Andrew Spencer	53:10	MV40	16	Griffithstown Harriers
61	Martin Liddington	53:13	MV40	17	Bitton R R
62	Tony Birt	53:13	MV60	2	Brackla Harriers
63	Michael Johnson	53:16	MS	28	U/A
64	Chris Martin	53:22	MS	29	Hogweed Trotters
65	Tony Deacy	53:23	MV45	7	U/A
66	Steve Corbett	53:24	MV55	2	Bitton R R
67	Ray Williams	53:28	MV45	8	Dursley & District A/C
68	Mark Halliwell	53:33	MV45	9	Brackla Harriers
69	Dan Redfern	53:36	MS	30	Penarth & Dinas Runners
70	Peter Wilson	53:36	MS	31	Malvern Joggers
71	Sharon Ford	53:44	WS	1	Brackla Harriers
72	Ade White	53:44	MS	32	Islwyn R C
73	Gary Woods	53:49	MV40	18	Fairwater Runners
74	Andrew Taylor	54:04	MV45	10	Caerleon Running Club
75	C Holland	54:10	MS	33	Pontypridd Roadents
76	Mark Powell	54:18	MS	34	U/A
77	Derek Rainbird	54:24	MV50	8	Club 69
78	Chris Martin	54:25	MV45	11	Rhayader Runners Club
79	Tom Thomas	54:51	MS	35	Caerleon Running Club
80	Paul Ford	54:56	MS	36	Brackla Harriers
81	Patrick Slavin	55:00	MV60	3	Bitton R R
82	Dave Rose	55:03	MS	37	Brackla Harriers
83	Neil Williams	55:14	MV40	19	U/A
84	Terry Hill	55:20	MS	38	Brackla Harriers
85	Alan Robertson	55:24	MV45	12	U/A
86	Stephen Cray	55:27	MV45	13	Penarth & Dinas Runners
87	Mike Ridout	55:32	MV50	9	Brackla Harriers
88	Tim Brooke	55:32	MS	39	U/A
89	Richard Wall	55:38	MV40	20	Hereford Couriers
90	Gary Jones	55:49	MS	40	U/A
91	Jennifer Hogbin	55:50	WS	2	Womens Running Network
92	Roger Hemming	55:53	MV50	10	Great Western Runners

93	Steven Powell	55:56	MS	41	Bitton R R
94	Chris Leonard	56:05	MV45	14	Bitton R R
95	David Weston	56:05	MV50	11	Newport Harriers
96	Ed Whiting	56:06	MS	42	U/A
97	Colin Rees	56:08	MV40	21	Club 69
98	Gerrard Gormley	56:13	MS	43	Griffithstown Harriers
99	Claire McCreery	56:22	WV40	1	Bitton R R
100	John Gilham	56:24	MV50	12	Bitton R R
101	Patrick Hoare	56:26	MS	44	Chepstow Harriers
102	Neil Williams	56:30	MV40	22	Pontypridd Roadents
103	I Cardwell	56:38	MS	45	Newport Harriers
104	Andy Evans	56:41	MV40	23	U/A
105	Tom Frost	56:42	MS	46	U/A
106	Jeff Jervis	56:52	MV60	4	Club 69
107	Paul Leonard	56:57	MV40	24	Bitton R R
108	Allison Lucas	57:00	WV50	1	Bitton R R
109	Andrew Lott	57:03	MV40	25	U/A
110	G Sansom	57:03	MV40	26	U/A
111	Nigel Jones	57:05	MV50	13	Caerleon Running Club
112	T R Guy	57:06	MS	47	Griffithstown Harriers
113	Sarah Swaysland	57:10	WS	3	U/A
114	Mark Donavan	57:15	MV40	27	U/A
115	Lucy Atkins	57:19	WS	4	Pontypridd Roadents
116	M James	57:21	MV40	28	U/A
117	Susan Cann	57:28	WV45	1	Bitton R R
118	David Christmas	57:39	MV45	15	Bitton R R
119	Cath Kear	57:51	WS	5	Caerleon Running Club
120	S Lockwood	57:51	MV45	16	Newport Harriers
121	Rebecca Harris	57:55	WV35	3	U/A
122	Stephen New	57:55	MS	48	Gwent Police
123	Phil Rees	58:05	MS	49	U/A
124	Tony Mason	58:16	MV55	3	Bitton R R
125	Natalie Martin	58:19	WS	6	Bitton R R
126	Don Holloway	58:21	MV50	14	Brackla Harriers
127	Neil Hendry	58:26	MV45	17	Penarth & Dinas Runners
128	Andrew Davies	58:29	MV40	29	Pontypridd Roadents
129	Tony Phillips	58:35	MV45	18	Griffithstown Harriers

130	Martin Williams	58:38	MV40	30	Gwent Police
131	Mark Purnell	58:43	MS	50	Bitton R R
132	John Griffiths	58:43	MV40	31	U/A
133	Clive Spencer	58:47	MV55	4	Worcester AC
134	Paul Colman	58:52	MV40	32	Pembroke Harriers
135	Judi Bowsher	58:58	WV40	2	Brackla Harriers
136	Andy Barnes	58:59	MV45	19	U/A
137	Mandy Jones	59:02	WV40	3	Islwyn R C
138	Stephen Jones	59:02	MV45	20	Islwyn R C
139	Keith Treharne	59:13	MV55	5	Brackla Harriers
140	Royston Toon	59:20	MV55	6	Chepstow Harriers
141	Dave Curton	59:32	MV45	21	U/A
142	Ian Henton	59:38	MS	51	U/A
143	Steve Hill	59:42	MS	52	U/A
144	Julie Davies	59:42	WS	7	Griffithstown Harriers
145	Alex Smith	59:44	MS	53	U/A
146	Swannah Broomfield	59:45	WS	8	U/A
147	Arran Horrex	59:48	MS	54	Newport Harriers
148	Lyndon Evans	59:55	MV50	15	SFA Allstars
149	Michael Powell	60:03	MV50	16	Caerleon Running Club
150	James Thomas	60:08	MV40	33	U/A
151	Ronald Morgan	60:09	MV60	5	U/A
152	Geraint Davies	60:10	MS	55	Griffithstown Harriers
153	Ian Haines	60:33	MS	56	U/A
154	Keith Lowther	60:37	MV45	22	San Domenico
155	D Woodbridge	60:38	WS	9	Fairwater Runners
156	John Ivins	60:41	MS	57	U/A
157	Brian Jenkins	60:44	MV40	34	U/A
158	Noel Harris	60:47	MS	58	U/A
159	Jeonette Jenkins	61:07	WV40	4	Fairwater Runners
160	David Browning	61:10	MV60	6	Fairwater Runners
161	Bernie Monk	61:13	MV55	7	Club 69
162	Stuart Conick	61:16	MV50	17	U/A
163	Stuart Keeping	61:20	MV40	35	U/A
164	Jeff Wallace	61:22	MV45	23	U/A
165	Jacky Austin	61:25	WV50	2	Club 69
166	John Mullis	61:31	MV60	7	Tipton Harriers

167	Jim Diamond	61:38	MV55	8	Lincoln Wellington AC
168	Jennifer Steer	61:41	WV35	4	U/A
169	Toby Lambert	61:41	MV45	24	Weston A C
170	Ros Edmonds	61:43	WV40	5	Pontypridd Roadents
171	Stephen Hill	62:03	MV45	25	Chepstow Harriers
172	Claire Spick	62:04	WV40	6	Bitton R R
173	Leith Bryant	62:06	MV40	36	Bitton R R
174	Syd Wheeler	62:28	MV65	1	Chepstow Harriers
175	Gary Coultart	62:40	MS	59	Bitton R R
176	Jackie Farland	62:42	WV40	7	U/A
177	Martyn New	62:42	MV40	37	U/A
178	Jill Colman	63:02	WV35	5	Pembroke Harriers
179	Lynn Goward	63:06	WV35	6	U/A
180	Helen Hardwick	63:07	WV35	7	U/A
181	John Scanlan	63:07	MV45	26	U/A
182	Mike Parfitt	63:13	MV40	38	Alf Tupper Triathlon Club!
183	Mike Burns	63:15	MV50	18	San Domenico
184	Suzanne Carpenter	63:20	WV40	8	Caerleon Running Club
185	Carl Seaman	63:28	MS	60	Rhondda Valley Runners
186	Pat Sheppard	63:33	WV55	1	Bitton R R
187	Mair West	63:36	WS	10	Griffithstown Harriers
188	Marcus Maydon	63:37	MV60	8	Dursley & District A/C
189	C Woodham	63:45	MV45	27	Bitton R R
190	John Harries	63:54	MS	61	U/A
191	Simon Biggs	64:04	MV40	39	U/A
192	Geoffrey Bayliss	64:08	MV55	9	Chepstow Harriers
193	Craig Jones	64:11	MS	62	U/A
194	S Bridges	64:12	MS	63	Taff Ely Triathletes
195	Brenda Avery	64:16	WV50	3	U/A
196	Mel Bailey	64:30	MV50	19	San Domenico
197	Mel Williams	64:39	WV40	9	Dursley & District A/C
198	Ian Hughes	64:43	MS	64	U/A
199	Christine Weaver	64:49	WS	11	U/A
200	Julian French	64:53	MS	65	U/A
201	Joannen Jones	64:58	WS	12	Caerleon Running Club
202	Pete Waters	64:58	MV60	9	Pontypridd Roadents
203	Leigh James	65:05	MV45	28	Rhondda Valley Runners

204	Margrett Monk	65:09	WV50	4	Club 69
205	Stan Weeks	65:12	MV60	10	U/A
206	Marie Morse	65:16	WS	13	Pontypridd Roadents
207	Janice Clements	65:20	WV45	2	Penarth & Dinas Runners
208	Jane Hollomby	65:24	WS	14	Bitton R R
209	Sharon Hemming	65:24	WV40	10	Great Western Runners
210	Barry Dare	65:31	MV50	20	U/A
211	Wilf Williams	65:33	MS	66	U/A
212	Helga Warren	65:35	WV35	8	U/A
213	Kathryn Scott	65:43	WV40	11	U/A
214	Melissa Whiting	65:43	WS	15	U/A
215	Maouche	65:45	MS	67	Chepstow Harriers
216	Richard Brown	66:02	MV50	21	Sheen Shufflers
217	L Bridges	66:02	MS	68	U/A
218	Mike Kear	66:11	MS	69	Caerleon Running Club
219	Ian Willis	66:18	MS	70	U/A
220	Alison Kibblewhite	66:20	WV35	9	U/A
221	Hannah Howells	66:20	WS	16	Caerleon Running Club
222	Gwyn Howells	66:25	MV50	22	Caerleon Running Club
223	Tony Kear	66:29	MS	71	Caerleon Running Club
224	Kim Howell	66:29	WV45	3	Caerleon Running Club
225	Andy Mathews	66:41	MS	72	U/A
226	Debbie Otley	66:47	WV40	12	Pontypridd Roadents
227	Martin Neville	66:48	MV40	40	Islwyn R C
228	S Richards	66:50	WV35	10	Griffithstown Harriers
229	Steve Stacey	66:58	MS	73	U/A
230	Stella Sturgess	66:58	WS	17	Penarth & Dinas Runners
231	Mathew Robins	66:58	MS	74	U/A
232	Andrew Jones	67:16	MS	75	Westbury Harriers
233	Nina Burczyk	67:33	WS	18	U/A
234	David Beman	67:50	MV55	10	Alf Tupper Triathlon Club!
235	Tim Wilkins	68:02	MS	76	U/A
236	Jane Bayliss	68:25	WV50	5	Chepstow Harriers
237	Colin Rose	68:30	MV55	11	U/A
238	Elsbeth Jarman	68:33	WV40	13	U/A
239	Andrea Collins	68:41	WS	19	U/A
240	James Johnson	68:49	MV65	2	U/A

241	Helen Warrender	68:49	WV35	11	Caerleon Running Club
242	Les Pugh	68:54	MV55	12	Mynyddwyr De Cymru
243	Emma Ridgill	69:09	WS	20	Penarth & Dinas Runners
244	Michael Collier	69:24	MV40	41	Bitton R R
245	Colin Lloyd	69:26	MV70	1	Griffithstown Harriers
246	Anne Jaques	69:27	WV45	4	U/A
247	Clare Green	69:41	WV35	12	San Domenico
248	Sara Beatiie	70:02	WV40	14	Trull Troggers
249	Beverley Warburton	70:20	WV40	15	U/A
250	Louise Kevv	70:22	WV35	13	U/A
251	Clare Bairstow	70:56	WV40	16	U/A
252	Catherine Chabert	71:03	WV45	5	U/A
253	Bryn Williams	71:04	MS	77	U/A
254	Jane Fox	71:16	WV45	6	U/A
255	Rachel Maharg	71:20	WS	21	U/A
256	Julia Churton	71:25	WV45	7	U/A
257	K Spiller	71:26	WV35	14	U/A
258	Lesley Standen	71:41	WV40	17	Chepstow Harriers
259	Ruth Graham	71:50	WS	22	U/A
260	Steve Hitchman	72:01	MV45	29	U/A
261	Kevin McCarthy	72:09	MS	78	U/A
262	Sarah Clark	73:08	WS	23	Caerleon Running Club
263	Marianne Burridge	73:29	WV45	8	Fairwater Runners
264	Helen Trollope	73:30	WS	24	U/A
265	Joanna Hendry	74:00	WS	25	Penarth & Dinas Runners
266	Linda Davies	74:35	WV45	9	U/A
267	Carol Jones	74:46	WV55	2	Caerleon Running Club
268	Graham Underwood	75:18	MV50	23	U/A
269	David Kay	75:22	MV50	24	U/A
270	Gareth Pearce	75:25	MS	79	U/A
271	C Gorno	75:56	MV40	42	U/A
272	Carol Palmer	76:28	WV55	3	Newport Harriers
273	Liz Mallen	76:30	WV35	15	U/A
274	Clare Farrell	76:48	MS	80	U/A
275	Tracey Huxley	77:24	WV40	18	U/A
276	Kim Kear	76:39	WV35	16	Caerleon Running Club
277	Kath Jervis	78:14	WV45	10	Club 69



278	T Boobyer	78:22	WS	26	WRN Burnham on sea
279	Rhys Jones	78:46	MV40	43	U/A
280	Jane Chappelle	80:02	WV40	19	U/A
281	Alison Durstonston	80:16	WV40	20	Caerleon Running Club
282	Manjula Bray	80:51	WV35	17	U/A
283	Julie Morgan	80:51	WS	27	Fairwater Runners
284	Phil Price	83:09	MV40	44	U/A
285	Shirley Rose	83:10	WV35	18	Brackla Harriers
286	Allen Watts	83:10	MV70	2	Sarn Helen, Lampeter
287	Rosemary Cole	84:45	WV50	6	U/A
288	Mandy Baker	86:30	WS	28	Bitton R R
289	Mark Baker	96:30	MS	81	Bitton R R
290	Graham Johnson	88:52	MV50	25	Serpentine R C

Top 3 within each Category

Entry No	Name	Cat	Position O/A	Cat	Time	Club
642	Nick Janvier	MS	1	1	42:30	Brackla Harriers
670	Mathew Collins	MS	2	2	43:00	U/A
640	Alun Wood	MS	3	3	43:44	Brackla Harriers
787	Philip Crane	MV40	5	1	44:13	Neath Harriers
808	Steve Brace	MV40	10	2	45:02	Bridgend A C
742	Jeff Davies	MV40	15	3	46:28	Pontypridd Roadents
700	Chris Sykes	MV45	14	1	45:43	Woodstock Harriers
702	Paul Meyler	MV45	28	2	49:26	Pontypridd Roadents
785	Andrew Thompson	MV45	42	3	51:11	Griffithstown Harriers
744	Mick Tabor	MV50	18	1	46:53	San Domenico
724	Barry Wilson	MV50	21	2	47:19	Ludlow Runners
705	Ronald Morris	MV50	23	3	47:38	San Domenico

733	Bill Silto	MV55	45	1	51:49	Swindon AC
727	Steve Corbett	MV55	66	2	53:24	Bitton R R
781	Tony Mason	MV55	124	3	58:16	Bitton R R
805	Keith Paterson	MV60	36	1	50:41	Pegasus R C
701	Tony Birt	MV60	62	2	53:13	Brackla Harriers
779	Patrick Slavin	MV60	81	3	55:00	Bitton R R
825	Syd Wheeler	MV65	174	1	62:28	Chepstow Harriers
763	James Johnson	MV65	240	2	68:49	U/A
798	Colin Lloyd	MV70	245	1	69:26	Griffithstown Harriers
709	Allen Watts	MV70	286	2	83:10	Sarn Helen, Lampeter
935	Sharon Ford	WS	71	1	53:44	Brackla Harriers
930	Jennifer Hogbin	WS	91	2	55:50	Womens Running Network
932	Sarah Swaysland	WS	113	3	57:10	U/A
931	Sharon Dixon	WV35	26	1	48:23	Bristol A C
965	Angela Jones	WV35	37	2	50:42	Caerleon Running Club
964	Rebecca Harris	WV35	121	3	57:55	U/A
956	Claire McCreery	WV40	99	1	56:22	Bitton R R
934	Judi Bowsher	WV40	135	2	58:58	Brackla Harriers
961	Mandy Jones	WV40	137	3	59:02	Islwyn R C
951	Susan Cann	WV45	117	1	57:28	Bitton R R
903	Janice Clements	WV45	207	2	65:20	Penarth & Dinas Runners
972	Kim Howell	WV45	224	3	66:29	Caerleon Running Club
906	Allison Lucas	WV50	108	1	57:00	Bitton R R
958	Jacky Austin	WV50	165	2	61:25	Club 69
944	Brenda Avery	WV50	195	3	64:16	U/A
950	Pat Sheppard	WV55	186	1	63:33	Bitton R R
913	Carol Jones	WV55	267	2	74:46	Caerleon Running Club
945	Carol Palmer	WV55	272	3	76:28	Newport Harriers

## Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Brackla Harriers	35	1	Nick Janvier	MS	42:30
			3	Alun Wood	MS	43:44
			6	Tim Lewis	MS	44:14
			25	Peter Davies	MV50	48:17
2	Pontypridd Roadents	74	7	Chris Meyler	MS	44:15
			15	Jeff Davies	MV40	46:28
			24	Mike Chandler	MV50	48:02
			28	Paul Meyler	MV45	49:26
3	Bitton R R	133	19	Simon Hill	MS	47:03
			27	Bill Graham	MV50	48:54
			33	Rob Kingdom	MS	50:22
			54	Nick Kane	MV40	52:47

## Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Bitton R R	324	99	Claire McCreery	WV40	56:22
			108	Allison Lucas	WV50	57:00
			117	Susan Cann	WV45	57:28
2	Caerleon Running Clu	340	37	Angela Jones	WV35	50:42
			119	Cath Kear	WS	57:51
			184	Suzanne Carpenter	WV40	63:20
3	Pontypridd Roadents	491	115	Lucy Atkins	WS	57:19
			170	Ros Edmonds	WV40	61:43
			206	Marie Morse	WS	65:16

