



Lliswerry Runners

Newport's friendly running club.

2005 Results

2005 Lliswerry 8 Mile Road Race

Provisional Race Results @ 23:25 31 Jan 2005

Pos	Name	Time	Cat	Pos	Club
1	Daniel Robinson	39:21	MS	1	Tipton Harriers
2	Matt Collins	42:28	MS	2	Cardiff A C
3	Andrew Jones	42:30	MS	3	Neath Harriers
4	Nick Javier	43:26	MS	4	Brackla Harriers
5	Phil Kibble	43:42	MS	5	Wiltshire Police
6	Matthew Gurmin	43:52	MS	6	Aberdare Valley AAC
7	Joe Thomas	44:18	MS	7	Bridgend A C
8	Jim Lewis	44:47	MS	8	Brackla Harriers
9	Steve Jones	45:19	MS	9	Bridgend A C
10	Mike Evans	45:45	MS	10	T.R.O.T.S.
11	Andrew Lane	45:50	MS	11	UWIC Triathlon Club
12	George Robinson	46:10	MS	12	Stroud & District AC
13	Stephen Paterson	46:14	MS	13	Pegasus R C
14	Mike Chandler	46:36	MV50	1	Pontypridd Roadents
15	Allister Sheffield	46:40	MS	14	Bitton R R
16	Phillip Jenkins	47:07	MV40	1	Bridgend A C
17	Morris Roland	47:15	MV55	1	San Domenico
18	Simon Lewis	47:32	MS	15	Club 69

19	Ieuan Jones	47:37 MS	16	Cardiff Triathletes
20	Phil Adams	47:48 MV40	2	Neath Harriers
21	Peter Davies	48:14 MV50	2	Brackla Harriers
22	Dave Povall	48:39 MS	17	Unattached, (non club)
23	Richard Hughes	48:55 MS	18	Caerleon Running Club
24	Martin Valcic	49:13 MV40	3	Unattached, (non club)
25	James Davies	49:14 MS	19	Pencoed Tri Club
26	Zoe Tucker	49:16 WS	1	Bitton R R
27	Clem Clement	49:26 MV45	1	Penarth & Dinas Runners
28	Rob Kingdon	49:30 MS	20	Bitton R R
29	Simeon Fawcett	49:35 MS	21	Pontypridd Roadents
30	Julian Daives	49:40 MS	22	Pontypridd Roadents
31	Nicola Haines-Jones	50:04 WV35	1	Neath Harriers
32	Mark Emes	50:08 MV40	4	Bitton R R
33	Angela Jones	50:13 WV35	2	Brecon Bounders
34	Phillip Miles	50:19 MV50	3	Club 69
35	Brian Pearce	50:37 MV45	2	Unattached, (non club)
36	Alan Chappell	50:38 MV45	3	Bitton R R
37	Brian Lovett	50:42 MS	23	San Domenico
38	Cornelius Corcoran	50:46 MS	24	Pontypridd Roadents
39	Dave Hughes	50:49 MS	25	Brackla Harriers
40	David Shroll	50:51 MS	26	Newport Harriers
41	Peter Curan	50:54 MV40	5	Unattached, (non club)
42	Keith Thompson	50:56 MV40	6	Islwyn R C
43	Derek Rainbird	51:04 MV50	4	Club 69
44	Kelsham Hanna	51:14 MS	27	Rhayader Runners Club
45	Barrie Buckland	51:15 MV60	1	Unattached, (non club)
46	N Watson	51:17 MV45	4	City of Bath A C
47	Mary James	51:19 WS	2	Corsham Running Club
48	Gavin Haines	51:21 MS	28	Unattached, (non club)
49	Dennis Collins	51:34 MS	29	Rhondda Valley Runners
50	Thomas Guy	51:48 MS	30	Griffithstown Harriers
51	Cari Hamer	51:52 WS	3	Club 69
52	Alan Walton	51:55 MS	31	San Domenico
53	Roger Day	51:59 MV55	2	Unattached, (non club)
54	Andrew Thompson	52:04 MV45	5	Griffithstown Harriers
55	Ade White	52:05 MV40	7	Islwyn R C

56 Lisa Newling	52:07 WS	4 Bitton R R
57 Adrian Taylor	52:10 MV45	6 Hills Plymouth Gazzells
58 Simon Hill	52:11 MS	32 Bitton R R
59 Knill Baird Murry	52:12 MV40	8 Penarth & Dinas Runners
60 D Garlick	52:13 MV50	5 Unattached, (non club)
61 Andy Phillips	52:17 MV40	9 Bitton R R
62 Craig Halland	52:19 MV40	10 Pontypridd Roadents
63 C Gormmey	52:21 MS	33 Griffithstown Harriers
64 Will McAree	52:21 MS	34 Unattached, (non club)
65 Neil Williams	52:23 MV40	11 Unattached, (non club)
66 Joe Wellins	52:24 MS	35 Unattached, (non club)
67 Susannah Bulpin	52:25 WS	5 San Domenico
68 Steve Egan	52:34 MS	36 Unattached, (non club)
69 Michael Davies	52:39 MV40	12 Unattached, (non club)
70 Keith Paterson	52:40 MV60	2 Pegasus R C
71 Tim Edwards	52:41 MS	37 Unattached, (non club)
72 Michael Hodges	52:41 MV50	6 Spa-tans
73 Mike Woods	52:42 MS	38 Unattached, (non club)
74 Tom Duck	52:44 MS	39 Unattached, (non club)
75 Chris Morgan	52:47 MS	40 Caerleon Running Club
76 Andy Mullett	52:49 MV50	7 City of Bath A C
77 Peter Wilson	52:53 MS	41 Malvern Joggers
78 N Watt	52:58 MS	42 Griffithstown Harriers
79 Trevor Twinem	53:05 MV45	7 Bitton R R
80 Jo Webb	53:07 WV45	1 Bitton R R
81 Richard Ellison	53:14 MS	43 Rhayader Runners Club
82 Richard Williams	53:15 MS	44 Unattached, (non club)
83 Gunthorpe David	53:19 MS	45 Cardiff Triathletes
84 Patrick Slavin	53:19 MV60	3 Bitton R R
85 Mike Duggan	53:21 MS	46 Bitton R R
86 Neil Stevens	53:22 MS	47 Unattached, (non club)
87 Tony Burt	53:24 MV60	4 Brackla Harriers
88 Si Williams	53:25 MS	48 Taff Ely Triathletes
89 Tom Frost	53:32 MS	49 Avon Valley Runners
90 Frances Burge	53:41 WS	6 Unattached, (non club)
91 James Wade	53:44 MV40	13 Bitton R R
92 Karl Jeffreys	53:48 MS	50 Unattached, (non club)

93	Chris Martin	53:57	MV45	8	Rhayader Runners Club
94	Tony Deacy	54:04	MV45	9	Unattached, (non club)
95	Gareth Hall	54:08	MS	51	UWIC Triathlon Club
96	Mark Kingdon	54:11	MV40	14	Bitton R R
97	Dean Birt	54:15	MS	52	Pontypridd AAC
98	H Thomas	54:21	MS	53	Unattached, (non club)
99	Paul Ford	54:22	MS	54	Brackla Harriers
100	Neil Williams	54:24	MV40	15	Pontypridd Roadents
101	Steve Crandon	54:40	MV40	16	Unattached, (non club)
102	Andrew Lott	54:52	MV40	17	Unattached, (non club)
103	Steve Force	54:53	MV40	18	Unattached, (non club)
104	Paul Ezard	54:55	MS	55	Brackla Harriers
105	Sharon Ford	55:02	WV35	3	Brackla Harriers
106	Neil Davies	55:03	MV45	10	NYRRC
107	John Reid	55:04	MV45	11	Corsham Running Club
108	Anthony Powell	55:09	MS	56	Brackla Harriers
109	Alun Smith	55:13	MV45	12	Rhondda Valley Runners
110	Mike Ridout	55:13	MV50	8	Brackla Harriers
111	Steve Hill	55:17	MS	57	Unattached, (non club)
112	Barry Morgan	55:40	MS	58	Fairwater Runners
113	Daren McDonnell	55:42	MS	59	Unattached, (non club)
114	Chris Leonard	55:49	MV45	13	Bitton R R
115	Jonathon Smith	55:50	MV40	19	Unattached, (non club)
116	Kate Rees	55:53	WV35	4	Unattached, (non club)
117	Mike James	55:59	MV40	20	Unattached, (non club)
118	Bernie Monk	56:00	MV55	3	Club 69
119	Brian Morgan	56:02	MS	60	Club 69
120	Jo Laity	56:05	WV35	5	Penarth & Dinas Runners
121	Ceri-Anne Davies	56:07	WV35	6	Pontypridd Roadents
122	Becky Harris	56:09	WV35	7	Les Croupiers
123	Clive Cooksley	56:17	MV60	5	Club 69
124	Keith Byant	56:31	MV40	21	Bitton R R
125	Tony Mason	56:38	MV55	4	Bitton R R
126	Lee Phillips	56:41	MS	61	Unattached, (non club)
127	Julie Davies	56:47	WS	7	Griffithstown Harriers
128	Geoff Hooper	56:48	MV55	5	Unattached, (non club)
129	Andrew Blackmore	56:54	MS	62	Unattached, (non club)

130	Mike Evans	56:58	MV45	14	Forest of Dean
131	Damam Jukes	57:02	WS	8	Club 69
132	Philip Hoskins	57:04	MV40	22	Unattached, (non club)
133	Gareth Jehu	57:06	MS	63	Unattached, (non club)
134	Lynette Porter	57:12	WV40	1	Bitton R R
135	David Weston	57:17	MV50	9	Unattached, (non club)
136	Stephen Cray	57:18	MV45	15	Penarth & Dinas Runners
137	Eirwyn Rees	57:24	MV40	23	Unattached, (non club)
138	David Proffitt	57:27	MV50	10	Newport Harriers
139	James Delandy	57:54	MV45	16	San Domenico
140	Andy Bidmead	58:00	MV50	11	Bitton R R
141	Paul Cann	58:08	MV50	12	Bitton R R
142	Richard Jones	58:18	MS	64	Unattached, (non club)
143	Carla Molinard	58:25	WS	9	UWIC Triathlon Club
144	Peter Thomas	58:26	MV40	24	Caerleon Running Club
145	Neil Hendry	58:29	MV45	17	Penarth & Dinas Runners
146	Shan Jones	58:38	WV45	2	Brackla Harriers
147	Shan Aguilar-Stone	58:39	WV45	3	Bitton R R
148	Gillian Phillips	58:40	WV45	4	Sospan R R
149	Marcus Coles	58:45	MS	65	Unattached, (non club)
150	Paul Davies	58:47	MS	66	Unattached, (non club)
151	Steve Bridges	58:50	MV40	25	Taff Ely Triathletes
152	Mike Grinham	58:54	MS	67	Bitton R R
153	Judi Bowsher	58:54	WV40	2	Brackla Harriers
154	Noel Harris	58:57	MS	68	Les Croupiers
155	Keith Treharne	58:59	MV60	6	Brackla Harriers
156	Martin Sulman	59:00	MS	69	Pegasus R C
157	Kevin Gardener	59:02	MV45	18	Chepstow Harriers
158	Ty Golding	59:17	MS	70	Unattached, (non club)
159	Peter Short	59:28	MV50	13	Unattached, (non club)
160	Nigel Jones	59:30	MV50	14	Mynyddwyr De Cymru
161	Ian Warburton	59:32	MV40	26	Unattached, (non club)
162	Rebecca Townley	59:38	WS	10	Unattached, (non club)
163	Andrew Dawes	59:39	MV40	27	Pontypridd Roadents
164	Royston Toon	59:40	MV55	6	Chepstow Harriers
165	Wayne Bryant	59:43	MS	71	Brackla Harriers
166	Rich Barnes	59:46	MV45	19	Road Runners Club

167	Allison Lucas	59:47	WV50	1	Bitton R R
168	Paul Hughes	59:50	MS	72	Unattached, (non club)
169	Nick Dodridge	59:51	MV40	28	Bitton R R
170	Steve Bull	59:52	MV50	15	Bitton R R
171	Kevin McCarthy	59:56	MV40	29	Unattached, (non club)
172	Martyn Parry	59:58	MV45	20	Dursley & District A/C
173	Swannah Broomfield	60:00	WS	11	Unattached, (non club)
174	Jeff Jervis	60:03	MV60	7	Club 69
175	Dominic O'Connor	60:04	MV40	30	Corsham Running Club
176	Siwan Ewilym	60:05	WS	12	Unattached, (non club)
177	Don Holloway	60:12	MV55	7	Brackla Harriers
178	Steve Birmingham	60:13	MS	73	Brackla Harriers
179	Jacky Austin	60:16	WV50	2	Club 69
180	Emma Gordon	60:26	WS	13	Westbury Harriers
181	Maggie Bromley	60:30	WV45	5	Bitton R R
182	James Brine	60:32	MS	74	Pegasus R C
183	Jeff Harvey	60:35	MV55	8	Aberdare Roadies
184	Peter Welbirg	60:36	MV50	16	Unattached, (non club)
185	Dawn Evans	60:38	WV35	8	Pontypridd AAC
186	Malcolm Cox	60:38	MV55	9	Griffithstown Harriers
187	Melanie Wlaker	60:41	WS	14	Unattached, (non club)
188	Toni Britton	60:42	WV45	6	Bitton R R
189	Natasha Bowen	60:52	WS	15	Unattached, (non club)
190	Jeanette Jenkins	60:59	WV40	3	Fairwater Runners
191	S Bartlett	61:07	MV40	31	Road Runners Club
192	David Mason	61:10	MS	75	Bitton R R
193	Steve Hill	61:26	MV45	21	Chepstow Harriers
194	Robert Ford	61:28	MV50	17	Pontypridd Roadents
195	David Palmer	61:32	MV40	32	Vegetarian C & AC
196	Jeff Wallace	61:33	MV45	22	Unattached, (non club)
197	Neil Pillner	61:38	MS	76	Unattached, (non club)
198	Paul Gillard	61:41	MV45	23	Unattached, (non club)
199	Mike Jones	61:44	MS	77	Unattached, (non club)
200	Alun Lowe	61:45	MS	78	Unattached, (non club)
201	Ken Davies	61:50	MV60	8	Unattached, (non club)
202	Chris Williams	61:56	MV45	24	Road Runners Club
203	Jackie Zajac	61:59	WV35	9	Bitton R R

204	Lisa Cleary	62:04	WV40	4	Penarth & Dinas Runners
205	Gareth Jones	62:10	MS	79	Unattached, (non club)
206	Emma Thomas	62:18	WS	16	Unattached, (non club)
207	Simon Marshall	62:21	MS	80	Unattached, (non club)
208	Mark Perry	62:21	MS	81	Unattached, (non club)
209	Andrew Lloyd	62:22	MS	82	Unattached, (non club)
210	Debbie Williams	62:24	WV45	7	Penarth & Dinas Runners
211	Matthew Robins	62:29	MS	83	Unattached, (non club)
212	Tony Herbut	62:34	MV40	33	Unattached, (non club)
213	Lynn Goward	62:34	WV35	10	Unattached, (non club)
214	Kathryn Scott	62:35	WV40	5	Unattached, (non club)
215	Steve Edgell	62:36	MS	84	Unattached, (non club)
216	Chris Watkins	62:39	MS	85	Caerleon Running Club
217	Andrew Matthews	62:39	MV40	34	Unattached, (non club)
218	Michael Powell	62:50	MV55	10	Caerleon Running Club
219	Nic Fluck	62:51	MS	86	Unattached, (non club)
220	Chris Cole	62:59	MS	87	Pontypridd Roadents
221	Marianne Day	63:04	WS	17	Loughborough Students
222	Neil Thomas	63:05	MS	88	Islwyn R C
223	Gavin Paskin	63:08	MV40	35	Wocester Joggers
224	George Laing	63:14	MV45	25	Great Western Runners
225	Marcus Maydon	63:14	MV60	9	Dursley & District A/C
226	Joanne Owen	63:16	WV35	11	Caerleon Running Club
227	Helen Hardwick	63:16	WV35	12	Unattached, (non club)
228	John Scanlan	63:17	MV45	26	Unattached, (non club)
229	Andrew Downie	63:17	MS	89	Unattached, (non club)
230	Jennifer Shepard	63:21	WS	18	Unattached, (non club)
231	Mark Williams	63:22	MS	90	Sospan R R
232	Julian French	63:27	MS	91	Unattached, (non club)
233	Paul Archer	63:28	MS	92	Unattached, (non club)
234	Ian Sullivan	63:33	MV40	36	Unattached, (non club)
235	Steve Stacey	63:35	MV40	37	Unattached, (non club)
236	Eric Bailey	63:50	MV55	11	Chepstow Harriers
237	Syd Wheeler	63:52	MV65	1	Chepstow Harriers
238	Maria Newton	63:53	WS	19	Unattached, (non club)
239	Brian Jenkins	63:54	MV40	38	Visteon
240	Jeff Payne	63:55	MS	93	Unattached, (non club)

241	Natalie Payne	63:56	WS	20	Bitton R R
242	David Wells	64:11	MV50	18	Hogweed Trotters
243	P Miola	64:13	WV35	13	Unattached, (non club)
244	Martin Neville	64:22	MV40	39	Islwyn R C
245	A Lewis	64:34	MS	94	Unattached, (non club)
246	Helen Slaughter	64:36	WV35	14	Unattached, (non club)
247	Lisa Parsons	64:40	WV35	15	Unattached, (non club)
248	Nigel Duck	64:50	MV55	12	Unattached, (non club)
249	Caroline Joll	64:50	WV50	3	Unattached, (non club)
250	Jennifer O'Connor	64:52	WV40	6	Corsham Running Club
251	Margrett Monk	65:01	WV50	4	Club 69
252	Paul Pearson	65:02	MV40	40	Unattached, (non club)
253	James Richardson	65:14	MS	95	Bristol A C
254	Toby Lambert	65:19	MV45	27	Westbury Harriers
255	Stan Weeks	65:19	MV60	10	Unattached, (non club)
256	Alison Hitchen	65:20	WV35	16	Unattached, (non club)
257	Jane Humpage	65:21	WV35	17	Unattached, (non club)
258	Debbie Mitson	65:22	WV35	18	Unattached, (non club)
259	Pauline Brookes	65:26	WS	21	Unattached, (non club)
260	Jane Lewis	65:26	WV35	19	Unattached, (non club)
261	Alex Gethin	65:26	MS	96	Unattached, (non club)
262	Matthew Witherstone	65:37	MS	97	Unattached, (non club)
263	Bill Bewg	65:38	MV60	11	Chepstow Harriers
264	Bob Sperring	65:56	MV45	28	Bitton R R
265	Julie Roche	66:15	WV35	20	Fairwater Runners
266	Annemarie Evans	66:20	WS	22	Club 69
267	Steve Westland	66:21	MV40	41	Unattached, (non club)
268	S Kilbourne	66:37	MV40	42	Unattached, (non club)
269	Kim Howell	66:39	WV45	8	Caerleon Running Club
270	Andrea Reynolds	66:49	WV40	7	Swansea Harriers
271	Ian Hughes	66:50	MS	98	Unattached, (non club)
272	Steve New	66:51	MS	99	Gwent Police
273	Richard Cram	66:52	MS	100	Unattached, (non club)
274	Stephen Enticott	66:52	MS	101	Unattached, (non club)
275	Gareth Jones	66:54	MV45	29	Unattached, (non club)
276	Ben Conick	67:07	MS	102	Unattached, (non club)
277	Pete Waters	67:09	MV60	12	Road Runners Club

278	Craig Jones	67:13	MS	103	Unattached, (non club)
279	Stuart Ballinger	67:13	MS	104	Unattached, (non club)
280	Terr Waisa	67:22	MS	105	Fairwater Runners
281	Clare Green	67:28	WV35	21	San Domenico
282	Nick Oughton	67:30	MS	106	Unattached, (non club)
283	Gareth Haires	67:35	MS	107	Unattached, (non club)
284	Ed Easton	67:37	MS	108	Unattached, (non club)
285	Cecillia Thomas	67:40	WV50	5	Unattached, (non club)
286	Gavin Williams	67:42	MS	109	Unattached, (non club)
287	Rob Owens	67:48	MV60	13	Unattached, (non club)
288	Gwyn Howells	67:59	MV55	13	Caerleon Running Club
289	John Fry	68:07	MV60	14	Fairwater Runners
290	Julie Hunt	68:11	WV35	22	Unattached, (non club)
291	Oditte White	68:22	WV45	9	Sospan R R
292	Lowri Randell	68:22	WS	23	Sospan R R
293	Janice Clement	68:23	WV45	10	Penarth & Dinas Runners
294	Jonathan Hoskins	69:05	MS	110	Unattached, (non club)
295	Wilf Williams	69:18	MS	111	Unattached, (non club)
296	Gareth Small	69:31	MS	112	Unattached, (non club)
297	Lisa Hapgood	69:31	WS	24	Unattached, (non club)
298	Adrian Hedgley	69:44	MV45	30	Rhayader Runners Club
299	Ian Warner	69:50	MV45	31	Unattached, (non club)
300	Mark Baker	70:44	MS	113	Bitton R R
301	Owen Coxall	70:57	MS	114	Unattached, (non club)
302	Peter James	71:04	MV45	32	Caerleon Running Club
303	Robert Drew	71:07	MS	115	Unattached, (non club)
304	Gareth Pearce	71:14	MS	116	Unattached, (non club)
305	Rita Kingdon	71:20	WS	25	Unattached, (non club)
306	Mark Donovan	71:20	MV45	33	Unattached, (non club)
307	Rhiannon Davies	71:23	WS	26	Unattached, (non club)
308	Brian Cox	71:40	MV55	14	Unattached, (non club)
309	Jason Morrissey	71:54	MV40	43	Unattached, (non club)
310	Manjula Bray	72:11	WV35	23	Unattached, (non club)
311	P Clark	72:16	MV50	19	Unattached, (non club)
312	Racheal Stickler	72:20	WS	27	Unattached, (non club)
313	Anna Boffey	72:26	WS	28	Unattached, (non club)
314	Joanna Hendry	72:42	WV35	24	Penarth & Dinas Runners

315	Monica Busse	73:07	WS	29	Unattached, (non club)
316	Sian Brown	73:34	WV45	11	Unattached, (non club)
317	Jayne Evans	73:44	WV35	25	Unattached, (non club)
318	Rhianmarie Hollister	73:45	WS	30	Unattached, (non club)
319	Philip Huxley	73:50	MV45	34	Unattached, (non club)
320	Chris Marks	74:06	MS	117	Unattached, (non club)
321	Suzie Shepard	74:15	WV35	26	Chepstow Harriers
322	Sue Hewitt	74:30	WV45	12	Bitton R R
323	Anne Roberts	74:37	WV50	6	Unattached, (non club)
324	Val Collier	74:53	WV60	1	Bitton R R
325	Craig Robb	74:58	MS	118	Unattached, (non club)
326	Paul Warburton	76:34	MV55	15	Rhondda Valley Runners
327	Debra Fry	76:37	WS	31	Unattached, (non club)
328	Sarah Angel	76:39	WV35	27	Unattached, (non club)
329	Denise Evans	77:02	WV40	8	Forest of Dean
330	Neil Robertson	77:07	MS	119	Unattached, (non club)
331	Tracey Huxley	77:12	WV40	9	Unattached, (non club)
332	Carolyn Phillips	77:12	WS	32	Unattached, (non club)
333	Donna Thatcher	77:17	WS	33	Bitton R R
334	Leanne Fakande	77:24	WS	34	Unattached, (non club)
335	Olugbenga Fakande	77:29	MV45	35	Unattached, (non club)
336	Dilys Morris Jones	78:14	WV45	13	Unattached, (non club)
337	Ann Lewis	78:14	WV35	28	Unattached, (non club)
338	Mark Griffiths	78:15	MV40	44	Unattached, (non club)
339	David Tapper	78:19	MV55	16	Islwyn R C
340	Ruth Graham	78:25	WS	35	Unattached, (non club)
341	Michael Isaac	79:07	MS	120	Unattached, (non club)
342	Jane Chappelle	79:15	WV40	10	Unattached, (non club)
343	Karen Price	79:56	WV35	29	Unattached, (non club)
344	Nigel Williams	80:02	MV40	45	Unattached, (non club)
345	Sue Shannon-Jones	81:32	WV50	7	Womens Running Network
346	Allen Watts	81:50	MV70	1	Sarn Helen, Lampeter
347	Wayne Hoskins	81:57	MV45	36	Unattached, (non club)
348	Pauline Rees	82:11	WV45	14	Unattached, (non club)
349	Helen Cahill	82:21	WV45	15	Unattached, (non club)
350	Mary Davies	82:27	WV45	16	Unattached, (non club)
351	Patrizia Donovan	86:14	WV45	17	Unattached, (non club)

352	Mandy Baker	86:24	WS	36	Bitton R R
353	Sian Coxall	86:52	WS	37	San Domenico
354	Zaffy Thomas	91:06	WV45	18	Unattached, (non club)
355	Eleanor Lane	91:17	WS	38	Unattached, (non club)
356	Graham Johnson	95:01	MV55	17	Serpentine R C
357	M Darlington	101:19	WV55	1	Unattached, (non club)
358	Christina Bromage	101:29	WV55	2	Unattached, (non club)

Top 10 within each Category

Entry No	Name	Cat	Position O/A	Cat	Time	Club
68	Daniel Robinson	MS	1	1	39:21	Tipton Harriers
356	Matt Collins	MS	2	2	42:28	Cardiff A C
234	Andrew Jones	MS	3	3	42:30	Neath Harriers
278	Nick Javier	MS	4	4	43:26	Brackla Harriers
45	Phil Kibble	MS	5	5	43:42	Wiltshire Police
338	Matthew Gurmin	MS	6	6	43:52	Aberdare Valley AAC
200	Joe Thomas	MS	7	7	44:18	Bridgend A C
262	Jim Lewis	MS	8	8	44:47	Brackla Harriers
169	Steve Jones	MS	9	9	45:19	Bridgend A C
265	Mike Evans	MS	10	10	45:45	T.R.O.T.S.
387	Phillip Jenkins	MV40	16	1	47:07	Bridgend A C
232	Phil Adams	MV40	20	2	47:48	Neath Harriers
354	Martin Valcic	MV40	24	3	49:13	Unattached, (non club)
221	Mark Emes	MV40	32	4	50:08	Bitton R R
148	Peter Curan	MV40	41	5	50:54	Unattached, (non club)
217	Keith Thompson	MV40	42	6	50:56	Islwyn R C
105	Ade White	MV40	55	7	52:05	Islwyn R C
392	Knill Baird Murry	MV40	59	8	52:12	Penarth & Dinas Runners
67	Andy Phillips	MV40	61	9	52:17	Bitton R R
196	Craig Halland	MV40	62	10	52:19	Pontypridd Roadents
191	Clem Clement	MV45	27	1	49:26	Penarth & Dinas Runners
375	Brian Pearce	MV45	35	2	50:37	Unattached, (non club)

282	Alan Chappell	MV45	36	3	50:38	Bitton R R
357	N Watson	MV45	46	4	51:17	City of Bath A C
273	Andrew Thompson	MV45	54	5	52:04	Griffithstown Harriers
224	Adrian Taylor	MV45	57	6	52:10	Hills Plymouth Gazzells
172	Trevor Twinem	MV45	79	7	53:05	Bitton R R
318	Chris Martin	MV45	93	8	53:57	Rhayader Runners Club
316	Tony Deacy	MV45	94	9	54:04	Unattached, (non club)
242	Neil Davies	MV45	106	10	55:03	NYRRC
199	Mike Chandler	MV50	14	1	46:36	Pontypridd Roadents
227	Peter Davies	MV50	21	2	48:14	Brackla Harriers
69	Phillip Miles	MV50	34	3	50:19	Club 69
320	Derek Rainbird	MV50	43	4	51:04	Club 69
343	D Garlick	MV50	60	5	52:13	Unattached, (non club)
237	Michael Hodges	MV50	72	6	52:41	Spa-tans
355	Andy Mullett	MV50	76	7	52:49	City of Bath A C
150	Mike Ridout	MV50	110	8	55:13	Brackla Harriers
288	David Weston	MV50	135	9	57:17	Unattached, (non club)
287	David Proffitt	MV50	138	10	57:27	Newport Harriers
10	Morris Roland	MV55	17	1	47:15	San Domenico
212	Roger Day	MV55	53	2	51:59	Unattached, (non club)
171	Bernie Monk	MV55	118	3	56:00	Club 69
166	Tony Mason	MV55	125	4	56:38	Bitton R R
73	Geoff Hooper	MV55	128	5	56:48	Unattached, (non club)
236	Royston Toon	MV55	164	6	59:40	Chepstow Harriers
139	Don Holloway	MV55	177	7	60:12	Brackla Harriers
233	Jeff Harvey	MV55	183	8	60:35	Aberdare Roadies
389	Malcolm Cox	MV55	186	9	60:38	Griffithstown Harriers
397	Michael Powell	MV55	218	10	62:50	Caerleon Running Club
225	Barrie Buckland	MV60	45	1	51:15	Unattached, (non club)
334	Keith Paterson	MV60	70	2	52:40	Pegasus R C
116	Patrick Slavin	MV60	84	3	53:19	Bitton R R
184	Tony Burt	MV60	87	4	53:24	Brackla Harriers
213	Clive Cooksley	MV60	123	5	56:17	Club 69
156	Keith Treharne	MV60	155	6	58:59	Brackla Harriers

186	Jeff Jervis	MV60	174	7	60:03	Club 69
229	Ken Davies	MV60	201	8	61:50	Unattached, (non club)
59	Marcus Maydon	MV60	225	9	63:14	Dursley & District A/C
110	Stan Weeks	MV60	255	10	65:19	Unattached, (non club)
337	Syd Wheeler	MV65	237	1	63:52	Chepstow Harriers
87	Allen Watts	MV70	346	1	81:50	Sarn Helen, Lampeter
144	Zoe Tucker	WS	26	1	49:16	Bitton R R
132	Mary James	WS	47	2	51:19	Corsham Running Club
161	Cari Hamer	WS	51	3	51:52	Club 69
261	Lisa Newling	WS	56	4	52:07	Bitton R R
386	Susannah Bulpin	WS	67	5	52:25	San Domenico
97	Frances Burge	WS	90	6	53:41	Unattached, (non club)
33	Julie Davies	WS	127	7	56:47	Griffithstown Harriers
19	Damam Jukes	WS	131	8	57:02	Club 69
269	Carla Molinard	WS	143	9	58:25	UWIC Triathlon Club
267	Rebecca Townley	WS	162	10	59:38	Unattached, (non club)
312	Nicola Haines-Jones	WV35	31	1	50:04	Neath Harriers
346	Angela Jones	WV35	33	2	50:13	Brecon Bounders
302	Sharon Ford	WV35	105	3	55:02	Brackla Harriers
402	Kate Rees	WV35	116	4	55:53	Unattached, (non club)
403	Jo Laity	WV35	120	5	56:05	Penarth & Dinas Runners
133	Ceri-Anne Davies	WV35	121	6	56:07	Pontypridd Roadents
296	Becky Harris	WV35	122	7	56:09	Les Croupiers
401	Dawn Evans	WV35	185	8	60:38	Pontypridd AAC
93	Jackie Zajac	WV35	203	9	61:59	Bitton R R
147	Lynn Goward	WV35	213	10	62:34	Unattached, (non club)
194	Lynette Porter	WV40	134	1	57:12	Bitton R R
28	Judi Bowsher	WV40	153	2	58:54	Brackla Harriers
390	Jeanette Jenkins	WV40	190	3	60:59	Fairwater Runners
107	Lisa Cleary	WV40	204	4	62:04	Penarth & Dinas Runners
54	Kathryn Scott	WV40	214	5	62:35	Unattached, (non club)
142	Jennifer O'Connor	WV40	250	6	64:52	Corsham Running Club

326	Andrea Reynolds	WV40	270	7	66:49	Swansea Harriers
88	Denise Evans	WV40	329	8	77:02	Forest of Dean
163	Tracey Huxley	WV40	331	9	77:12	Unattached, (non club)
15	Jane Chappelle	WV40	342	10	79:15	Unattached, (non club)
281	Jo Webb	WV45	80	1	53:07	Bitton R R
323	Shan Jones	WV45	146	2	58:38	Brackla Harriers
32	Shan Aguilar-Stone	WV45	147	3	58:39	Bitton R R
245	Gillian Phillips	WV45	148	4	58:40	Sospan R R
103	Maggie Bromley	WV45	181	5	60:30	Bitton R R
13	Toni Britton	WV45	188	6	60:42	Bitton R R
301	Debbie Williams	WV45	210	7	62:24	Penarth & Dinas Runners
374	Kim Howell	WV45	269	8	66:39	Caerleon Running Club
249	Oditte White	WV45	291	9	68:22	Sospan R R
190	Janice Clement	WV45	293	10	68:23	Penarth & Dinas Runners
153	Allison Lucas	WV50	167	1	59:47	Bitton R R
70	Jacky Austin	WV50	179	2	60:16	Club 69
127	Caroline Joll	WV50	249	3	64:50	Unattached, (non club)
170	Margrett Monk	WV50	251	4	65:01	Club 69
310	Cecillia Thomas	WV50	285	5	67:40	Unattached, (non club)
152	Anne Roberts	WV50	323	6	74:37	Unattached, (non club)
324	Sue Shannon-Jones	WV50	345	7	81:32	Womens Running Network
57	M Darlington	WV55	357	1	101:19	Unattached, (non club)
56	Christina Bromage	WV55	358	2	101:29	Unattached, (non club)
128	Val Collier	WV60	324	1	74:53	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time

1	Brackla Harriers	72	4	Nick Javier	MS	43:26
			8	Jim Lewis	MS	44:47
			21	Peter Davies	MV50	48:14
			39	Dave Hughes	MS	50:49

2=Pontypridd Roadents	111	14	Mike Chandler	MV50	46:36
		29	Simeon Fawcett	MS	49:35
		30	Julian Daives	MS	49:40
		38	Cornelius Corcoran	MS	50:46
2=Bitton R R	111	15	Allister Sheffield	MS	46:40
		28	Rob Kingdon	MS	49:30
		32	Mark Emes	MV40	50:08
		36	Alan Chappell	MV45	50:38
4 Club 69	213	18	Simon Lewis	MS	47:32
		34	Phillip Miles	MV50	50:19
		43	Derek Rainbird	MV50	51:04
		118	Bernie Monk	MV55	56:00

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time

1	Bitton R R	162	26	Zoe Tucker	WS	49:16
			56	Lisa Newling	WS	52:07
			80	Jo Webb	WV45	53:07
2	Club 69	361	51	Cari Hamer	WS	51:52
			131	Damam Jukes	WS	57:02
			179	Jacky Austin	WV50	60:16
3	Brackla Harriers	404	105	Sharon Ford	WV35	55:02
			146	Shan Jones	WV45	58:38
			153	Judi Bowsher	WV40	58:54
4	Penarth & Dinas Runn	534	120	Jo Laity	WV35	56:05
			204	Lisa Cleary	WV40	62:04
			210	Debbie Williams	WV45	62:24

Awards

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Entry No	Name	Cat	Position		Time	Club
			O/A	Cat		

Senior Men						
68	Daniel Robinson	MS	1	1	39:21	Tipton Harriers
356	Matt Collins	MS	2	2	42:28	Cardiff A C
234	Andrew Jones	MS	3	3	42:30	Neath Harriers
MV40						
387	Phillip Jenkins	MV40	16	1	47:07	Bridgend A C
232	Phil Adams	MV40	20	2	47:48	Neath Harriers
354	Martin Valcic	MV40	24	3	49:13	Unattached, (non club)
MV45						
191	Clem Clement	MV45	27	1	49:26	Penarth & Dinas Runners
MV50						
199	Mike Chandler	MV50	14	1	46:36	Pontypridd Roadents
MV55						
10	Morris Roland	MV55	17	1	47:15	San Domenico
MV60						
225	Barrie Buckland	MV60	45	1	51:15	Unattached, (non club)
MV65						
337	Syd Wheeler	MV65	237	1	63:52	Chepstow Harriers
MV70						
87	Allen Watts	MV70	346	1	81:50	Sarn Helen, Lampeter
Senior Women						
144	Zoe Tucker	WS	26	1	49:16	Bitton R R
312	Nicola Haines-Jones	WV35	31	1	50:04	Neath Harriers
346	Angela Jones	WV35	33	2	50:13	Brecon Bounders

WV35
 302 Sharon Ford WV35 105 3 55:02 Brackla Harriers
 402 Kate Rees WV35 116 4 55:53 Unattached, (non club)
 403 Jo Laity WV35 120 5 56:05 Penarth & Dinas Runners

WV40
 194 Lynette Porter WV40 134 1 57:12 Bitton R R

WV45
 281 Jo Webb WV45 80 1 53:07 Bitton R R

WV50
 153 Allison Lucas WV50 167 1 59:47 Bitton R R

WV55
 57 M Darlington WV55 357 1 101:19 Unattached, (non club)

WV60
 128 Val Collier WV60 324 1 74:53 Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Brackla Harriers	72	4	Nick Javier	MS	43:26
			8	Jim Lewis	MS	44:47
			21	Peter Davies	MV50	48:14
			39	Dave Hughes	MS	50:49

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Bitton R R	162	26	Zoe Tucker	WS	49:16
			56	Lisa Newling	WS	52:07
			80	Jo Webb	WV45	53:07

Liswerry Runners, Newport's Friendly running Club.