



Lliswerry Runners

Newport's friendly running club.

2006 Results

2006 Race Results - 29/01/06

Final Results

Pos	Name	Time	Cat	Pos	Club
1	Nigel Leighton	39:58	MS	1	Unattached, (non club)
2	Matthew Collins	43:23	MS	2	Cardiff A C
3	Matthew Gurmin	43:45	MS	3	Abertillery Ach.
4	Alun Wood	44:24	MS	4	Bridgend A C
5	Andrew Chambs	44:26	MS	5	Exeter Harriers
6	Tim Lewis	44:37	MS	6	Bridgend A C
7	Nick Swift	44:39	MS	7	City of Sheffield
8	Stephen Thomas	44:55	MS	8	Islwyn R C
9	Nick Janvier	45:01	MS	9	Bridgend A C
10	Stephen Paterson	45:14	MS	10	Pegasus R C
11	Philip Crane	45:39	MV45	1	Neath Harriers
12	Chris Meyler	46:44	MS	11	Bridgend A C
13	Holly May	46:46	WS	1	City of Bath A C
14	Mike Chandler	44:54	MV50	1	Pontypridd Roadents
15	Stuart Penny	47:21	MV40	1	Chepstow Harriers
16	Simon Spedding	47:53	MV40	2	Hogweed Trotters
17	Peter Crane	48:09	MV40	3	Neath Harriers
18	Simon Lewis	48:11	MS	12	Club 69

19	Jeff Davies	48:32	MV40	4	Pontypridd Roadents
20	Knill Baird Murray	49:01	MV40	5	Penarth & Dinas Runners
21	Geriant Williams	49:11	MS	13	Pontypridd Roadents
22	Stuart Butcher	49:14	MS	14	Army Triathlon
23	Matthew Townsend	49:16	MS	15	Les Croupiers
24	Dinah Cheverton	49:17	WV40	1	Tamar Trotters
25	Kevin Betts	49:44	MV40	6	Fairwater Runners
26	Steven Hooper	49:52	MS	16	Pontypridd Roadents
27	Phil Meyler	49:54	MV50	2	Pontypridd Roadents
28	Jason Brown	50:04	MS	17	Islwyn R C
29	Phil Evans	50:11	MS	18	Unattached, (non club)
30	Richard Hughes	50:16	MS	19	Caerleon Running Club
31	Gavin Stokes	50:34	MS	20	Islwyn R C
32	Paul Ezard	50:35	MS	21	Brackla Harriers
33	Darryn McAtee	50:38	MV45	2	Newport Harriers
34	Angela Jones	50:39	WV35	1	Brecon Bounders
35	Helen Lodder	50:50	WS	2	Islwyn R C
36	Dean House	50:58	MV40	7	Pegasus R C
37	Stephan Edwards	51:03	MS	22	Islwyn R C
38	Keith Thompson	51:13	MV40	8	Islwyn R C
39	Neil Williams	51:18	MV40	9	Unattached, (non club)
40	Martin Valcic	51:21	MV40	10	Islwyn R C
41	Mark Evans	51:26	MV40	11	Bitton R R
42	Tom Collier	51:27	MS	23	Unattached, (non club)
43	Tom Frost	51:30	MS	24	Avon Valley Runners
44	Tony Cottey	51:24	MS	25	Unattached, (non club)
45	N Walsh	51:42	MS	26	Griffithstown Harriers
46	Daman Jukes	51:43	MS	27	Club 69
47	Brian Lovett	51:51	MS	28	San Domenico
48	Howard Mason	51:52	MV40	12	Caerleon Running Club
49	Craig Holland	51:54	MV40	13	Pontypridd Roadents
50	Paul Morris	51:58	MV45	3	Les Croupiers
51	Peter Curran	52:04	MV40	14	Unattached, (non club)
52	Dave Griffiths	52:05	MV40	15	T.R.O.T.S.
53	Peter Rodger	52:09	MV45	4	Griffithstown Harriers
54	John Sinnett	52:11	MV45	5	Pembroke Harriers
55	Matthew Taylor	52:14	MS	29	Unattached, (non club)

56	Mike Gibbs	52:20	MV40	16	Road Runners Club
57	Steve Owen	52:26	MV45	6	Unattached, (non club)
58	Stephen Egan	52:48	MV40	17	Bitton R R
59	Ade White	52:56	MV40	18	Islwyn R C
60	Sally Haselhurst	52:56	WS	3	Unattached, (non club)
61	Chris Morgan	52:59	MS	30	Unattached, (non club)
62	Peter Hutton	53:00	MV45	7	Chepstow Harriers
63	Simon Dodd	53:01	MS	31	Bitton R R
64	Michael Griffin	53:02	MV40	19	Unattached, (non club)
65	Mario Hahnel	53:14	MS	32	Highworth RC
66	Michael Hodges	53:25	MV50	3	Spa-tans
67	Edwin Green	53:27	MS	33	Chepstow Harriers
68	Andrew Lott	53:30	MV40	20	Unattached, (non club)
69	Howard Thomas	53:42	MV40	21	Club 69
70	Russell Dobbs	53:42	MS	34	Islwyn R C
71	Jonathon Davies	53:51	MS	35	Islwyn R C
72	Gerard Crispie	53:52	MV40	22	Les Croupiers
73	Cornelius Lyncororan	53:54	MS	36	Pontypridd Roadents
74	Thomas Guy	53:55	MS	37	Griffithstown Harriers
75	Gareth Creed	53:57	MS	38	Chepstow Harriers
76	Ian Jones	54:06	MV40	23	Unattached, (non club)
77	James Bruce	54:06	MS	39	Pegasus R C
78	Derek Rainbird	54:12	MV50	4	Club 69
79	Stuart Jones	54:13	MS	40	Penarth & Dinas Runners
80	Chris Benger	54:13	MS	41	Islwyn R C
81	Keith Paterson	54:16	MV60	1	Pegasus R C
82	Peter Burne	54:22	MS	42	Mynyddwyr De Cymru
83	Andrew Blackmore	54:26	MS	43	Mynyddwyr De Cymru
84	Susannah Bulpin	54:29	WS	4	San Domenico
85	Lee Williams	54:31	MS	44	Unattached, (non club)
86	Tony Deacy	54:32	MV45	8	Unattached, (non club)
87	Bill Silton	54:34	MV55	1	Swindon AC
88	Sharon Ford	54:41	WV35	2	Brackla Harriers
89	Eirwyn Rees	54:42	MV40	24	Unattached, (non club)
90	Gareth Jehu	54:44	MS	45	Unattached, (non club)
91	Roger Day	54:45	MV55	2	Worcester Tri Club
92	Darren Stevens	55:10	MS	46	Unattached, (non club)

93	Patrick Slavin	55:24	MV65	1	Bitton R R
94	Stephen Bridges	55:29	MV40	25	Taff Ely Triathletes
95	Stephen Jones	55:39	MV45	9	Islwyn R C
96	Jeff Davies	55:41	MV55	3	South West Veterans A.C.
97	Steven Force	55:51	MV40	26	Unattached, (non club)
98	T Jones	55:58	MS	47	Mynyddwyr De Cymru
99	Richard Jones	56:11	MS	48	Unattached, (non club)
100	Nic Biddle	56:15	MV50	5	Forest of Dean
101	Susan Tagg	56:25	WV35	3	Club 69
102	Dominic Shields	56:25	MV40	27	Unattached, (non club)
103	Paul Chick	56:25	MS	49	Risca R R
104	Linda Finch	56:30	WV40	2	Islwyn R C
105	Ian Richards	56:33	MV40	28	Sospan R R
106	Des Owen	56:37	MV55	4	Les Croupiers
107	Debbie Evans	56:39	WV35	4	Penarth & Dinas Runners
108	Stephen Cray	56:47	MV45	10	Penarth & Dinas Runners
109	Mark Rich	56:49	MV40	29	Unattached, (non club)
110	Ian Warburton	56:52	MV40	30	Unattached, (non club)
111	Marcus Coles	56:55	MS	50	Les Croupiers
112	Trish Robson	57:04	WV45	1	Westbury Harriers
113	Declan McManus	57:04	MV50	6	Westbury Harriers
114	Mark Humphries	57:07	MS	51	Unattached, (non club)
116	Sean Birch	57:25	MS	52	Islwyn R C
117	Michael Dix	57:27	MV50	7	Les Croupiers
118	Michael James	57:28	MV40	31	Unattached, (non club)
119	Cath Gardner	57:25	WV35	5	Les Croupiers
120	Ann Follan	57:30	WV35	6	Pontypridd Roadents
121	Mark Perry	57:30	MS	53	Unattached, (non club)
122	M J Bunston	57:45	MS	54	Islwyn R C
123	Neil Hendry	57:47	MV50	8	Penarth & Dinas Runners
124	Colin Rees	57:48	MV40	32	Club 69
125	Stephen Fisher	57:52	MV50	9	Islwyn R C
126	Olly Maciver	57:54	MV40	33	Forest of Dean
127	Chris Moore	57:56	MV45	11	Club 69
128	Robert McGovern	57:58	MS	55	Unattached, (non club)
129	Mandy Peace	57:59	WV40	3	Sospan R R
130	Mike Ridout	58:02	MV50	10	Brackla Harriers

131	Jonathon Davies	58:02	MV40	34	Sospan R R
132	Natasha Bowen	58:09	WS	5	Unattached, (non club)
133	Eric Jones	58:12	MV55	5	Unattached, (non club)
134	Don Holloway	58:17	MV55	6	Brackla Harriers
135	Gair McAdie	58:32	MS	56	Team Deviant
136	Kieron Scott	58:40	MS	57	Unattached, (non club)
137	Susannah Broomfield	58:42	WS	6	Unattached, (non club)
138	Paul Thomas	58:43	MV45	12	Les Croupiers
139	Richard Howe	58:44	MS	58	3M Gorseinon
140	Iestyn Reynoulds	58:44	MS	59	Unattached, (non club)
141	Mike Simms	58:45	MS	60	Unattached, (non club)
142	David Crane	58:51	MV45	13	Unattached, (non club)
143	Chris Matthews	58:52	MV40	35	Unattached, (non club)
144	Andrew Taylor	58:58	MV45	14	Caerleon Running Club
145	Charlotte Johns	59:02	WV35	7	Brackla Harriers
146	Kelly Morgan	59:06	WS	7	Pontypridd Roadents
147	Daniela Woodbridge	59:09	WV35	8	Fairwater Runners
148	Paula Ham	59:09	WS	8	Les Croupiers
149	Mike Woods	59:10	MS	61	Unattached, (non club)
150	Stephen New	59:10	MV40	36	Gwent Police
151	Daniel Wood	59:15	MS	62	Unattached, (non club)
152	M Evans	59:19	MV40	37	Mynyddwyr De Cymru
153	J Shanahan	59:19	MV45	15	Mynyddwyr De Cymru
154	Stuart Keeping	59:28	MV40	38	Unattached, (non club)
155	Mike Lister	59:28	MV50	11	Les Croupiers
156	Jacky Austin	59:31	WV50	1	Club 69
157	Mark Willamson	59:32	MV45	16	Road Runners Club
158	Richard Barnes	59:34	MV45	17	Road Runners Club
159	Royston Toon	59:38	MV55	7	Chepstow Harriers
160	Peter Carwardine	59:44	MV45	18	Hereford Couriers
161	Amy Carwardine	59:45	WS	9	Hereford Couriers
162	Chris Potter	59:46	MV40	39	Unattached, (non club)
163	Rob Steed	59:50	MS	63	Unattached, (non club)
164	Joe Lavric	59:54	MV45	19	Unattached, (non club)
165	Lynn Goward	59:54	WV40	4	Unattached, (non club)
166	Gary Clayton	60:04	MS	64	Unattached, (non club)
167	Simon Biggs	60:15	MV45	20	Unattached, (non club)

168	Keith Treharne	60:23	MV60	2	Brackla Harriers
169	Marc Jones	60:24	MV40	40	Unattached, (non club)
170	Richard Powles	60:27	MS	65	Unattached, (non club)
171	Malcolm Cox	60:29	MV55	8	Griffithstown Harriers
172	Chris Williams	60:32	MV40	41	Unattached, (non club)
173	Alex Williams	60:34	MS	66	Road Runners Club
174	Andrew Palmer	60:34	MS	67	Penarth & Dinas Runners
175	Andy Rees	60:36	MV45	21	Unattached, (non club)
176	Helena McDaid	60:37	WS	10	Unattached, (non club)
177	Stephen Segan	60:40	MV45	22	Pontypridd Roadents
178	Simon Thomas	60:44	MS	68	C I Dragons
179	Andrew Matthews	60:46	MV40	42	Unattached, (non club)
180	Syd Wheeler	60:48	MV65	2	Chepstow Harriers
181	Charles Mayo	60:50	MV45	23	Unattached, (non club)
182	Libby Lavis	61:03	WV45	2	Brackla Harriers
183	James Thomas	61:12	MV40	43	Brackla Harriers
184	Steve Hill	61:12	MV50	12	Chepstow Harriers
185	Paul Clack	61:18	MS	69	Unattached, (non club)
186	Wayne Gutteridge	61:25	MS	70	Unattached, (non club)
187	Dafydd Jones	61:29	MS	71	Unattached, (non club)
188	Joanne Davies	61:33	WS	11	Unattached, (non club)
189	Neil Davies	61:33	MV45	24	NYRRC
190	Brian Jenkins	61:34	MV40	44	Visteon
191	Steve Stacey	61:36	MV40	45	Unattached, (non club)
192	Mandy Jones	61:36	WV45	3	Islwyn R C
193	Sherrie Williamson	61:37	WS	12	Unattached, (non club)
194	Jeff Wallace	61:38	MV45	25	Unattached, (non club)
195	Kate Humphries	61:41	WV35	9	Unattached, (non club)
196	James Browning	61:42	MS	72	Unattached, (non club)
197	Jayne Smith	61:51	WS	13	Bitton R R
198	Paul Gillard	61:52	MV45	26	C I Dragons
199	Ian Henton	62:03	MS	73	Celtic Tri
200	John Weeks	62:08	MV50	13	Islwyn R C
201	Emma Gordon	62:12	WV35	10	Westbury Harriers
202	Keith Lowther	62:12	MV45	27	San Domenico
203	Lisa Dibble	62:14	WS	14	Unattached, (non club)
204	Claire Broome	62:20	WV35	11	Unattached, (non club)

205	Brenda Avery	62:24	WV55	1	Unattached, (non club)
206	Victoria John	62:38	WS	15	Pontypridd Roadents
207	Pascel Miola	62:45	MS	74	Unattached, (non club)
208	Alun Powell	62:50	MS	75	Unattached, (non club)
209	M McGowan	62:52	MV40	46	Unattached, (non club)
210	Sue Neal	62:55	WV55	2	Les Croupiers
211	Bob Stephenson	62:57	MV60	3	Unattached, (non club)
212	Mark Sharwood	62:59	MS	76	Unattached, (non club)
213	Andrw Sedgmond	63:02	MV50	14	Les Croupiers
214	Jeff Jervis	63:05	MV65	3	Club 69
215	Larry Burford	63:07	MV40	47	Pegasus R C
216	Clare Mitchell	63:11	WS	16	Unattached, (non club)
217	Adrian Read	63:13	MS	77	Unattached, (non club)
218	Marrienne Day	63:16	WS	17	Worcester Tri Club
219	Julie Roche	63:17	WV35	12	Fairwater Runners
220	Keith Vermeyden	63:19	MV45	28	Unattached, (non club)
221	Gerald Cooper	63:23	MV45	29	Unattached, (non club)
222	Robert Brain	63:25	MV45	30	Islwyn R C
223	Steve Birmingham	63:55	MS	78	Brackla Harriers
224	Nina Preece	63:55	WS	18	Chard Road Running Club
225	Mark Griffiths	63:58	MV40	48	Unattached, (non club)
226	David Webster	64:01	MV40	49	Unattached, (non club)
228	Julian French	64:04	MV40	50	Unattached, (non club)
229	Helen Slaughter	64:05	WV35	13	Unattached, (non club)
230	Gavin Williams	64:09	MS	79	Unattached, (non club)
231	Ester Roberts	64:11	WS	19	Penarth & Dinas Runners
232	Neil Thomas	64:12	MS	80	Islwyn R C
233	Ceri Underwood	64:21	WV35	14	Griffithstown Harriers
234	Chris Cowburn	64:30	MV40	51	Unattached, (non club)
235	Mike Burns	64:39	MV55	9	San Domenico
236	Jacqui Perriman	64:39	WV45	4	Bitton R R
237	Terry Welch	64:42	MV55	10	Bitton R R
238	Joanne Peacock	64:42	WV40	5	Caerleon Running Club
239	Glyn Hicks	64:43	MV55	11	Islwyn R C
240	Roger Fawke	64:44	MV50	15	Islwyn R C
241	Diane Ezard	64:55	WV35	15	Unattached, (non club)
242	Richard Adams	65:07	MV45	31	Westbury Harriers

243	M Monk	65:10	WV55	3	Club 69
244	Elsbeth Jarman	65:18	WV40	6	Unattached, (non club)
245	Linda O'Shanghnessy	65:28	WS	20	Westbury Harriers
246	Paul Blamore	65:30	MV50	16	Brackla Harriers
247	Kirsten Tucker	65:31	WS	21	3M Gorseinon
248	Gordon Robbins	65:32	MV55	12	Bitton R R
249	John Doolan	65:32	MV40	52	Unattached, (non club)
250	Clare Sinkinson	65:37	WS	22	Unattached, (non club)
251	Michael Powell	65:48	MV55	13	Caerleon Running Club
252	Sally Hopkins	65:53	WS	23	Unattached, (non club)
253	Christy Hopkins	65:53	MS	81	Unattached, (non club)
254	Emma Thomas	65:59	WS	24	Unattached, (non club)
255	Jenny Clark	66:02	WS	25	Team Deviant
256	Stephen Bartlett	66:02	MV40	53	Road Runners Club
257	Bev Warburton	66:04	WV40	7	Unattached, (non club)
258	Kath Jervis	66:19	WV45	5	Club 69
259	Owen Coxall	66:20	MS	82	Unattached, (non club)
260	B Hewitt-Thomas	66:25	MS	83	Unattached, (non club)
261	Bethan Williams	66:31	WS	26	Unattached, (non club)
262	Kelly Gipson	66:44	WV35	16	Unattached, (non club)
263	Julian Williams	66:44	MS	84	Unattached, (non club)
264	Mark Donovan	66:52	MV50	17	Unattached, (non club)
265	Vicki Cummings	66:54	WV35	17	Unattached, (non club)
266	Chris Cole	67:12	MS	85	Pontypridd Roadents
267	Teca Phillips	67:17	WV45	6	Penarth & Dinas Runners
268	Paul Jones	67:23	MS	86	Islwyn R C
269	Andrew Saunders	67:24	MS	87	Unattached, (non club)
270	Ian Warner	67:32	MV45	32	Unattached, (non club)
271	Chris Williams	67:37	MV45	33	Unattached, (non club)
272	Neal Pugh	67:43	MS	88	Unattached, (non club)
273	Alison Morgan	67:56	WV40	8	Unattached, (non club)
274	Justin Aylett	68:13	MS	89	Unattached, (non club)
275	Malcolm Parker	68:13	MV60	4	Islwyn R C
276	Mick Curry	68:20	MV45	34	Road Runners Club
277	James Johnson	68:28	MV65	4	Unattached, (non club)
278	Jason Morrisey	68:33	MV40	54	Unattached, (non club)
279	Kevin Chidwick	68:38	MV40	55	Unattached, (non club)

280	Glenda Roberts	68:46	WV50	2	Aberstwyth
281	Gwyneth Howells	68:59	WV55	4	Caerleon Running Club
282	Sian Brown	69:01	WV45	7	Unattached, (non club)
283	David Phillips	69:05	MV60	5	Pembroke Harriers
284	Julie Bennetto	69:13	WV40	9	Unattached, (non club)
285	Graham Bennetto	69:13	MV45	35	Unattached, (non club)
286	Simon Smith	69:14	MS	90	Unattached, (non club)
287	Stephen Chandler	69:26	MS	91	Hogweed Trotters
288	Mike Richards	69:27	MV60	6	Neath Harriers
289	Stan Weeks	69:29	MV65	5	Unattached, (non club)
290	Peter Clark	69:37	MV50	18	Unattached, (non club)
291	Caroline Heal	69:38	WS	27	Bitton R R
292	Steve Casey	69:40	MS	92	Unattached, (non club)
293	Blair Lundie	69:45	MV50	19	Islwyn R C
294	Melissa Coles	69:47	WS	28	Pontypridd Roadents
295	Richard Brown	69:49	MV55	14	Sheen Shufflers
296	Gary Merrell	69:53	MV50	20	Neath Harriers
297	Petra Mitchard	69:57	WV40	10	Forest of Dean
298	Stella Rudd	70:00	WS	29	Unattached, (non club)
299	Carl Garbett	70:03	MS	93	Unattached, (non club)
300	Joanne Powell	70:15	WS	30	Unattached, (non club)
301	Craig Robb	70:21	MS	94	Unattached, (non club)
302	Barry James	70:29	MV55	15	Unattached, (non club)
303	Gareth Pearce	70:31	MS	95	Unattached, (non club)
304	Janice Clements	70:34	WV45	8	Penarth & Dinas Runners
305	Carol Lowrey	70:47	WV45	9	Unattached, (non club)
306	Ian Viveash	70:57	MV40	56	Unattached, (non club)
307	Nina Biddle	71:05	WV40	11	Forest of Dean
308	Julie Hunt	71:11	WV35	18	Unattached, (non club)
309	Dan Matthews	71:17	MS	96	Unattached, (non club)
310	John Payne	71:24	MV40	57	Unattached, (non club)
311	Robert Ward	71:58	MS	97	Caerleon Running Club
312	Martin Wood	72:06	MV40	58	Hogweed Trotters
313	Colin Lloyd	72:10	MV70	1	Griffithstown Harriers
314	Ceri Wilson	72:15	WV40	12	Unattached, (non club)
315	Cecilia Thomas	72:22	WV50	3	Unattached, (non club)
316	Stephanie Bishop	72:33	WS	31	Bitton R R

317	Paula Kennedy	72:33	WV35	19	Unattached, (non club)
318	Bryn Williams	72:45	MS	98	Unattached, (non club)
319	Annette Whitchurch	72:48	WV50	4	Bitton R R
320	Huw Griffiths	72:54	MV45	36	Unattached, (non club)
321	Barbara Griffiths	73:40	WV40	13	Unattached, (non club)
322	J Baker	73:43	MV55	16	Unattached, (non club)
323	Tracy Fowler	73:57	WV35	20	Unattached, (non club)
324	Denise Evans	74:05	WV40	14	Forest of Dean
325	Pauline Rees	75:16	WV45	10	Unattached, (non club)
326	Andrea Reynolds	75:23	WV40	15	Swansea Harriers
327	Emma Davies	75:23	WS	32	Unattached, (non club)
328	Alan Bladen	75:36	MV70	2	Les Croupiers
329	Lorna Toon	75:45	WV50	5	Chepstow Harriers
330	Frank Broderick	76:00	MS	99	Unattached, (non club)
331	Matthew Fincher	76:06	MS	100	Sospan R R
332	Coleen Birch	76:13	WS	33	Islwyn R C
333	Susan Webster	76:38	WV40	16	Unattached, (non club)
334	Molly Melhuish	77:06	WS	34	Unattached, (non club)
335	Olugbenga Fakande	77:06	MV45	37	Unattached, (non club)
336	Linda van Poetsh	77:29	WV40	17	Unattached, (non club)
337	Anne Roberts	77:34	WV50	6	Unattached, (non club)
338	Sue Parsons	77:43	WV40	18	Unattached, (non club)
339	Steve Walsh	77:48	MS	101	Unattached, (non club)
340	Sue Hewitt	77:48	WV50	7	Bitton R R
341	Judy Hill	77:55	WV50	8	Chepstow Harriers
342	Tracey Ezard	77:58	WS	35	Brackla Harriers
343	Marianne Burridge	78:14	WV45	11	Fairwater Runners
344	Dilys Morris-Jones	78:26	WV45	12	Unattached, (non club)
345	Robert Gay	78:32	MV45	38	Unattached, (non club)
346	Valerie Collier	78:58	WV60	1	Bitton R R
347	Philip Caple	78:59	MV40	59	Unattached, (non club)
348	Catherine Llewellyn	79:11	WV40	19	Unattached, (non club)
349	Brian Cox	79:12	MV55	17	Unattached, (non club)
350	Kirti Odedra	79:14	WS	36	Unattached, (non club)
351	Sarah Bracken	79:18	WV35	21	Unattached, (non club)
352	Ruth Wright	79:20	WV35	22	Unattached, (non club)
353	Anna Toon	79:29	WS	37	Unattached, (non club)

354	Louise Howson	79:38	WS	38	Unattached, (non club)
355	Tracey Huxley	79:38	WV40	20	Unattached, (non club)
356	Kim Kear	79:38	WV40	21	Unattached, (non club)
357	Ron Hiscock	80:39	MV65	6	Wotton Bassett Hounds
358	Melanie Wing	80:40	WV35	23	Street Runners
359	Declan Ward	80:53	MS	102	Unattached, (non club)
360	Sinaed Mage	80:53	WS	39	Unattached, (non club)
361	Vernon Coles	81:24	MV55	18	Unattached, (non club)
362	Allyson Thomas	82:10	WV35	24	Unattached, (non club)
363	Jennifer Walker	82:16	WV35	25	WRN Swansea
364	Helen McDaid	82:16	WV35	26	WRN Swansea
365	Sian Coxall	82:54	WS	40	San Domenico
366	Pam Thomas	83:27	WV50	9	Mynyddwyr De Cymru
367	Prudence Melhuish	86:42	WS	41	Unattached, (non club)
368	Carol Palmer	86:46	WV55	5	Newport Harriers
369	Jim Brown	86:46	MV70	3	Wotton Bassett Hounds
370	Sheena Davies	87:17	WV50	10	Team Deviant
371	Heather Thomas	87:17	WV40	22	Team Deviant
372	Gail Edwards	91:14	WV35	27	Unattached, (non club)
373	Allen Watts	92:12	MV70	4	Sarn Helen, Lampeter
374	Lisa Fletcher	98:07	WV40	23	Unattached, (non club)

Top 10 within each Category

Entry		Position			
No	Name	Cat	O/A	Cat	Time Club
496	Nigel Leighton	MS	1	1	39:58 Unattached, (non club)
748	Matthew Collins	MS	2	2	43:23 Cardiff A C
731	Matthew Gurmin	MS	3	3	43:45 Abertillery Ach.
649	Alun Wood	MS	4	4	44:24 Bridgend A C
756	Andrew Chambs	MS	5	5	44:26 Exeter Harriers
672	Tim Lewis	MS	6	6	44:37 Bridgend A C
574	Nick Swift	MS	7	7	44:39 City of Sheffield
517	Stephen Thomas	MS	8	8	44:55 Islwyn R C
648	Nick Janvier	MS	9	9	45:01 Bridgend A C
562	Stephen Paterson	MS	10	10	45:14 Pegasus R C

679	Stuart Penny	MV40	15	1	47:21	Chepstow Harriers
688	Simon Spedding	MV40	16	2	47:53	Hogweed Trotters
625	Peter Crane	MV40	17	3	48:09	Neath Harriers
412	Jeff Davies	MV40	19	4	48:32	Pontypridd Roadents
741	Knill Baird Murray	MV40	20	5	49:01	Penarth & Dinas Runners
696	Kevin Betts	MV40	25	6	49:44	Fairwater Runners
585	Dean House	MV40	36	7	50:58	Pegasus R C
619	Keith Thompson	MV40	38	8	51:13	Islwyn R C
603	Neil Williams	MV40	39	9	51:18	Unattached, (non club)
744	Martin Valcic	MV40	40	10	51:21	Islwyn R C
623	Philip Crane	MV45	11	1	45:39	Neath Harriers
567	Darryn McAtee	MV45	33	2	50:38	Newport Harriers
614	Paul Morris	MV45	50	3	51:58	Les Croupiers
747	Peter Rodger	MV45	53	4	52:09	Griffithstown Harriers
763	John Sinnett	MV45	54	5	52:11	Pembroke Harriers
613	Steve Owen	MV45	57	6	52:26	Unattached, (non club)
666	Peter Hutton	MV45	62	7	53:00	Chepstow Harriers
702	Tony Deacy	MV45	86	8	54:32	Unattached, (non club)
440	Stephen Jones	MV45	95	9	55:39	Islwyn R C
555	Stephen Cray	MV45	108	10	56:47	Penarth & Dinas Runners
608	Mike Chandler	MV50	14	1	44:54	Pontypridd Roadents
534	Phil Meyler	MV50	27	2	49:54	Pontypridd Roadents
652	Michael Hodges	MV50	66	3	53:25	Spa-tans
671	Derek Rainbird	MV50	78	4	54:12	Club 69
639	Nic Biddle	MV50	100	5	56:15	Forest of Dean
724	Declan McManus	MV50	113	6	57:04	Westbury Harriers
687	Michael Dix	MV50	117	7	57:27	Les Croupiers
509	Neil Hendry	MV50	123	8	57:47	Penarth & Dinas Runners
694	Stephen Fisher	MV50	125	9	57:52	Islwyn R C
505	Mike Ridout	MV50	130	10	58:02	Brackla Harriers
638	Bill Silton	MV55	87	1	54:34	Swindon AC
605	Roger Day	MV55	91	2	54:45	Worcester Tri Club
537	Jeff Davies	MV55	96	3	55:41	South West Veterans A.C.

615	Des Owen	MV55	106	4	56:37	Les Croupiers
414	Eric Jones	MV55	133	5	58:12	Unattached, (non club)
500	Don Holloway	MV55	134	6	58:17	Brackla Harriers
510	Royston Toon	MV55	159	7	59:38	Chepstow Harriers
527	Malcolm Cox	MV55	171	8	60:29	Griffithstown Harriers
433	Mike Burns	MV55	235	9	64:39	San Domenico
465	Terry Welch	MV55	237	10	64:42	Bitton R R
470	Keith Paterson	MV60	81	1	54:16	Pegasus R C
654	Keith Treharne	MV60	168	2	60:23	Brackla Harriers
423	Bob Stephenson	MV60	211	3	62:57	Unattached, (non club)
454	Malcolm Parker	MV60	275	4	68:13	Islwyn R C
545	David Phillips	MV60	283	5	69:05	Pembroke Harriers
595	Mike Richards	MV60	288	6	69:27	Neath Harriers
531	Patrick Slavin	MV65	93	1	55:24	Bitton R R
682	Syd Wheeler	MV65	180	2	60:48	Chepstow Harriers
786	Jeff Jervis	MV65	214	3	63:05	Club 69
602	James Johnson	MV65	277	4	68:28	Unattached, (non club)
681	Stan Weeks	MV65	289	5	69:29	Unattached, (non club)
458	Ron Hiscock	MV65	357	6	80:39	Wotton Bassett Hounds
788	Colin Lloyd	MV70	313	1	72:10	Griffithstown Harriers
452	Alan Bladen	MV70	328	2	75:36	Les Croupiers
459	Jim Brown	MV70	369	3	86:46	Wotton Bassett Hounds
600	Allen Watts	MV70	373	4	92:12	Sarn Helen, Lampeter
526	Holly May	WS	13	1	46:46	City of Bath A C
568	Helen Lodder	WS	35	2	50:50	Islwyn R C
711	Sally Haselhurst	WS	60	3	52:56	Unattached, (non club)
665	Susannah Bulpin	WS	84	4	54:29	San Domenico
782	Natasha Bowen	WS	132	5	58:09	Unattached, (non club)
522	Susannah Broomfield	WS	137	6	58:42	Unattached, (non club)
419	Kelly Morgan	WS	146	7	59:06	Pontypridd Roadents
584	Paula Ham	WS	148	8	59:09	Les Croupiers
461	Amy Carwardine	WS	161	9	59:45	Hereford Couriers
701	Helena McDauid	WS	176	10	60:37	Unattached, (non club)

668	Angela Jones	WV35	34	1	50:39	Brecon Bounders
675	Sharon Ford	WV35	88	2	54:41	Brackla Harriers
468	Susan Tagg	WV35	101	3	56:25	Club 69
651	Debbie Evans	WV35	107	4	56:39	Penarth & Dinas Runners
583	Cath Gardner	WV35	119	5	57:25	Les Croupiers
807	Ann Follan	WV35	120	6	57:30	Pontypridd Roadents
676	Charlotte Johns	WV35	145	7	59:02	Brackla Harriers
695	Daniela Woodbridge	WV35	147	8	59:09	Fairwater Runners
669	Kate Humphries	WV35	195	9	61:41	Unattached, (non club)
474	Emma Gordon	WV35	201	10	62:12	Westbury Harriers
547	Dinah Cheverton	WV40	24	1	49:17	Tamar Trotters
469	Linda Finch	WV40	104	2	56:30	Islwyn R C
765	Mandy Peace	WV40	129	3	57:59	Sospan R R
487	Lynn Goward	WV40	165	4	59:54	Unattached, (non club)
586	Joanne Peacock	WV40	238	5	64:42	Caerleon Running Club
746	Elsbeth Jarman	WV40	244	6	65:18	Unattached, (non club)
445	Bev Warburton	WV40	257	7	66:04	Unattached, (non club)
754	Alison Morgan	WV40	273	8	67:56	Unattached, (non club)
443	Julie Bennetto	WV40	284	9	69:13	Unattached, (non club)
539	Petra Mitchard	WV40	297	10	69:57	Forest of Dean
717	Trish Robson	WV45	112	1	57:04	Westbury Harriers
658	Libby Lavis	WV45	182	2	61:03	Brackla Harriers
439	Mandy Jones	WV45	192	3	61:36	Islwyn R C
466	Jacqui Perriman	WV45	236	4	64:39	Bitton R R
558	Kath Jervis	WV45	258	5	66:19	Club 69
706	Teca Phillips	WV45	267	6	67:17	Penarth & Dinas Runners
565	Sian Brown	WV45	282	7	69:01	Unattached, (non club)
457	Janice Clements	WV45	304	8	70:34	Penarth & Dinas Runners
494	Carol Lowrey	WV45	305	9	70:47	Unattached, (non club)
710	Pauline Rees	WV45	325	10	75:16	Unattached, (non club)
463	Jacky Austin	WV50	156	1	59:31	Club 69
627	Glenda Roberts	WV50	280	2	68:46	Aberstwyth
789	Cecilia Thomas	WV50	315	3	72:22	Unattached, (non club)

415	Annette Whitchurch	WV50	319	4	72:48	Bitton R R
511	Lorna Toon	WV50	329	5	75:45	Chepstow Harriers
497	Anne Roberts	WV50	337	6	77:34	Unattached, (non club)
553	Sue Hewitt	WV50	340	7	77:48	Bitton R R
698	Judy Hill	WV50	341	8	77:55	Chepstow Harriers
590	Pam Thomas	WV50	366	9	83:27	Mynyddwyr De Cymru
784	Sheena Davies	WV50	370	10	87:17	Team Deviant
506	Brenda Avery	WV55	205	1	62:24	Unattached, (non club)
418	Sue Neal	WV55	210	2	62:55	Les Croupiers
503	M Monk	WV55	243	3	65:10	Club 69
691	Gwyneth Howells	WV55	281	4	68:59	Caerleon Running Club
490	Carol Palmer	WV55	368	5	86:46	Newport Harriers
516	Valerie Collier	WV60	346	1	78:58	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time

1	Bridgend A C	31	4	Alun Wood	MS	44:24
			6	Tim Lewis	MS	44:37
			9	Nick Janvier	MS	45:01
			12	Chris Meyler	MS	46:44
2	Pontypridd Roadents	80	14	Mike Chandler	MV50	44:54
			19	Jeff Davies	MV40	48:32
			21	Geriant Williams	MS	49:11
			26	Steven Hooper	MS	49:52
3	Islwyn R C	104	8	Stephen Thomas	MS	44:55
			28	Jason Brown	MS	50:04
			31	Gavin Stokes	MS	50:34
			37	Stephan Edwards	MS	51:03
4	Pegasus R C	204	10	Stephen Paterson	MS	45:14
			36	Dean House	MV40	50:58
			77	James Bruce	MS	54:06
			81	Keith Paterson	MV60	54:16

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Islwyn R C	331	35	Helen Lodder	WS	50:50
			104	Linda Finch	WV40	56:30
			192	Mandy Jones	WV45	61:36
2	Brackla Harriers	415	88	Sharon Ford	WV35	54:41
			145	Charlotte Johns	WV35	59:02
			182	Libby Lavis	WV45	61:03
3	Pontypridd Roadents	472	120	Ann Follan	WV35	57:30
			146	Kelly Morgan	WS	59:06
			206	Victoria John	WS	62:38
4	Les Croupiers	477	119	Cath Gardner	WV35	57:25
			148	Paula Ham	WS	59:09
			210	Sue Neal	WV55	62:55

Llswerry Runners, Newport's Friendly running Club.