



Lliswerry Runners

Newport's friendly running club.

2007 Results

Official Results - 30/01/07 12:30

O/A				Cat	
Pos	Name	Time	Cat	Pos	Club
1	Matthew Collins	42:17	MS	1	Cardiff A C
2	Lee Aherne	42:51	MV40	1	Club 69
3	Phil Kibble	43:04	MV40	2	Wiltshire Police
4	Peter Coles	43:17	MV40	3	Pontypridd AAC
5	Stephen Paterson	43:59	MS	2	San Domenico
6	Stephen Thomas	45:00	MS	3	Islwyn R C
7	Jason Scanlon	45:45	MS	4	Pontypridd AAC
8	Nick Frost	45:46	MV45	1	Pontypridd AAC
9	Richie Richards	47:29	MV40	4	Wye Valley Runners
10	Rhys Peters	47:35	MS	5	Unattached, (non club)
11	Chris Taylor	47:50	MV50	1	Bromsgrove and Reddich
12	Damian Williams	47:54	MV40	5	Club 69
13	Mike Bouldstridge	47:55	MS	6	Birchfield Harriers
14	Melanie Ellis	48:14	WV40	1	Shaftsbury Harriers
15	David Hodgins	49:03	MS	7	Unattached, (non club)
16	Alun Williams	49:21	MV40	6	Fairwater Runners

17 James King	49:24 MS	8 Caerleon Running Club
18 Geraint Williams	49:27 MS	9 Pontypridd AAC
19 Phil Meyler	49:32 MV50	2 Pontypridd AAC
20 Chris Meyler	49:41 MS	10 Bridgend A C
21 Andrew Baker	49:44 MV40	7 Pontypridd AAC
22 Chris Morgan	49:53 MS	11 Unattached, (non club)
23 Stephen Edwards	49:56 MS	12 Islwyn R C
24 Craig Fowler	49:58 MV40	8 Pontypridd AAC
25 Ronald Morris	50:04 MV55	1 San Domenico
26 Martin Flowers	50:08 MV50	3 Wye Valley Runners
27 Phil Miles	50:11 MV55	2 Club 69
28 Angela Jones	50:24 WV40	2 Brecon Bounders
29 Alan Walton	50:26 MS	13 San Domenico
30 Keith Thompson	50:32 MV45	2 Islwyn R C
31 Ade White	50:33 MV40	9 Islwyn R C
32 Gareth Creed	50:41 MS	14 Chepstow Harriers
33 Ian McDonald	50:53 MV40	10 San Domenico
34 Peter Rodger	50:59 MV50	4 Griffithstown Harriers
35 Peter Carwardine	51:17 MV45	3 Hereford Couriers
36 P Dawes	51:21 MV40	11 San Domenico
37 David Crane	51:28 MV45	4 Unattached, (non club)
38 Brian Phillips	51:32 MV40	12 Club 69
39 Howard Mason	51:39 MV40	13 Caerleon Running Club
40 Dominic Pascoe	51:42 MS	15 Unattached, (non club)
41 Andy Davies	51:46 MV40	14 Pontypridd Roadents
42 Matthew Taylor	51:59 MS	16 Unattached, (non club)
43 Tom Frost	52:03 MS	17 Avon Valley Runners
44 Eric Davey	52:06 MV55	3 Llanelli
45 Stuart Morrish	52:09 MS	18 Hereford Couriers
46 Thomas Guy	52:12 MS	19 Griffithstown Harriers
47 Michael Bunstn	52:19 MS	20 Islwyn R C
48 Helen Looder	52:21 WV35	1 Islwyn R C
49 Aaron Smith	52:27 MS	21 Cardiff Triathletes
50 Neil Lewis	52:42 MS	22 Unattached, (non club)
51 Darren Morgan	52:46 MS	23 Unattached, (non club)
52 Mike Duggan	53:07 MV40	15 Bitton R R
53 Andrew Spencer	53:18 MV40	16 Fairwater Runners

54	Eirwyn Rees	53:20	MV40	17	Unattached, (non club)
55	Andrew Buchanon	53:21	MS	24	Unattached, (non club)
56	James Delawey	53:24	MV50	5	San Domenico
57	Peter Curran	53:25	MV40	18	Unattached, (non club)
58	Ian Jones	53:32	MV45	5	Unattached, (non club)
59	Peter Heath	53:38	MS	25	Chepstow Harriers
60	Terry Welch	53:39	MV55	4	Bitton R R
61	Robin Bereza	53:42	MV55	5	Wye Valley Runners
62	Ian Richards	53:43	MV40	19	Sospan R R
63	Mike Davies	53:47	MV45	6	Caerleon Running Club
64	Damian Jukes	53:48	MS	26	Club 69
65	Chris Blackmore	53:49	MS	27	Cardiff H/Quinns
66	Iban Estefanic	53:50	WS	1	Unattached, (non club)
67	Haydn Hartnell	53:51	MV40	20	Islwyn R C
68	Craig Holland	53:56	MV40	21	Pontypridd Roadents
69	Gerard Cristie	54:00	MV45	7	Les Croupiers
70	Chris Benger	54:03	MS	28	Islwyn R C
71	Mark Perry	54:05	MS	29	Unattached, (non club)
72	Fayme White	54:07	WS	2	Bitton R R
73	Keith Paterson	54:12	MV60	1	San Domenico
74	Peter Shorter	54:16	MV50	6	Forest of Dean
75	Sue Tagg	54:26	WV35	2	Club 69
76	Bryn Griffiths	54:28	MS	30	Unattached, (non club)
77	Darren Stevens	54:40	MS	31	Unattached, (non club)
78	Steve Sanders	54:43	MS	32	Unattached, (non club)
79	Roger Hemming	54:52	MV55	6	Great Western Runners
80	Jamie Seekings	54:56	MS	33	Penarth & Dinas Runners
81	Nicola Haines-Jones	55:02	WV40	3	Neath Harriers
82	Roger Day	55:06	MV55	7	Worcester Tri Club
83	Kelly Morgan	55:08	WS	3	Pontypridd AAC
84	Alex Williams	55:11	MS	34	Road Runners Club
85	Ronald Shannon	55:14	MV45	8	Bitton R R
86	Gareth Jehu	55:22	MS	35	Taff Ely Triathletes
87	Susheel Chumber	55:23	MS	36	Unattached, (non club)
88	Mark Unsworth	55:30	MV45	9	San Domenico
89	Michael Halsall	55:31	MS	37	Unattached, (non club)
90	Michael Hodges	55:33	MV50	7	Unattached, (non club)

91	Simon Laraway	55:35	MS	38	Bitton R R
92	Phillip Thomas	55:43	MV40	22	Brackla Harriers
93	John Wright	55:50	MS	39	Unattached, (non club)
94	Steven Powell	55:52	MS	40	Bitton R R
95	Steve New	55:53	MV40	23	100 Marathon Club
96	Dave Bouldstridge	55:54	MV65	1	Unattached, (non club)
97	John Shanahan	56:04	MV50	8	Mynyddwyr De Cymru
98	Kevin McCarthy	56:07	MV40	24	Road Runners Club
99	Tony Howson	56:07	MS	41	Unattached, (non club)
100	Colin Rees	56:08	MV40	25	Club 69
101	Michael Evans	56:10	MV50	9	Forest of Dean
102	Geoff Houper	56:14	MV55	8	Unattached, (non club)
103	Gareth James	56:16	MS	42	Brackla Harriers
104	Jeffrey Davies	56:18	MV40	26	Unattached, (non club)
105	Dorian Hughes	56:20	MV40	27	Club 69
106	Anne Follan	56:22	WV35	3	Pontypridd AAC
107	Simon Thomas	56:23	MS	43	Unattached, (non club)
108	Anthony Furlong	56:37	MS	44	Unattached, (non club)
109	Dean Birt	56:40	MS	45	Pontypridd AAC
110	Kieran McDonnell	56:45	MV50	10	Unattached, (non club)
111	Peter Welbirg	56:48	MV50	11	Griffithstown Harriers
112	Dennis Collins	56:51	MV40	28	Rhondda Valley Runners
113	Mark Humphries	56:57	MV40	29	Unattached, (non club)
114	Dave Rose	57:11	MV40	30	Brackla Harriers
115	Jacky Austin	57:26	WV50	1	Club 69
116	Stephen Jones	57:34	MV45	10	Islwyn R C
117	Ed Whiting	57:36	MS	46	Cardiff H/Quinns
118	Tony Burt	57:38	MV60	2	Brackla Harriers
119	Nick Darroch	57:39	MV45	11	Brackla Harriers
120	Domonic Shields	57:39	MV40	31	ONS
121	Amy Carwardine	57:40	WS	4	Hereford Couriers
122	Hugh Hughes	57:41	MS	47	Unattached, (non club)
123	Peter Maksimovic	58:01	MV45	12	Unattached, (non club)
124	Andy Thatcher	58:04	MS	48	Bitton R R
125	Derek Rainbird	58:05	MV50	12	Club 69
126	Madeleine Ginns	58:13	WS	5	Penarth & Dinas Runners
127	Simon Marshall	58:15	MS	49	Unattached, (non club)

128	Keith Treharne	58:17	MV60	3	Brackla Harriers
129	Julie Davies	58:19	WV35	4	Griffithstown Harriers
130	Mandy Jones	58:22	WV45	1	Islwyn R C
131	Barry Morgan	58:29	MS	50	Fairwater Runners
132	David Browning	58:35	MV65	2	Road Runners Club
133	Chris Leonard	58:37	MV45	13	Bitton R R
134	Mike Sims	58:39	MS	51	Unattached, (non club)
135	Leighton Davies	58:41	MS	52	Brackla Harriers
136	Joe Lavric	58:45	MV45	14	Unattached, (non club)
137	Mark Picton	58:45	MV40	32	Unattached, (non club)
138	Clare Hall	58:51	WS	6	Griffithstown Harriers
139	Janet Brown	58:52	WV45	2	Bitton R R
140	Jeff Jervis	58:52	MV65	3	Club 69
141	Noel Harris	58:59	MV40	33	Unattached, (non club)
142	Alun Smith	59:03	MV45	15	Rhondda Valley Runners
143	Paul Davies	59:07	MS	53	Unattached, (non club)
144	Rebecca Harris	59:10	WV35	5	Unattached, (non club)
145	Stuart Keeping	59:17	MV40	34	Unattached, (non club)
146	Neale Wood	59:18	MV45	16	Unattached, (non club)
147	Richard Howe	59:24	MS	54	Unattached, (non club)
148	Bernie Monk	59:26	MV60	4	Club 69
149	Richard Llewellyn	59:33	MV40	35	Unattached, (non club)
150	David Weston	59:34	MV55	9	Unattached, (non club)
151	Eric Jones	59:47	MV55	10	Unattached, (non club)
152	M James	59:48	MV45	17	Unattached, (non club)
153	Charlotte Johns	59:48	WV40	4	Brackla Harriers
154	Lynn Goward	59:49	WV40	5	Vellace Vipers
155	Andrew Matthews	60:04	MV40	36	Unattached, (non club)
156	John Pask	60:09	MV65	4	Islwyn R C
157	Clive Spencer	60:13	MV55	11	Worcester AC
158	Gareth Jones	60:16	MS	55	Unattached, (non club)
159	Steve Bailey	60:17	MS	56	Unattached, (non club)
160	Peter Roberts	60:26	MV45	18	Griffithstown Harriers
161	Clive James	60:28	MV60	5	Midland Masters
162	Steve Hill	60:31	MV40	37	Penarth & Dinas Runners
163	Richard Vaughan	60:32	MS	57	Unattached, (non club)
164	Gareth Jones	60:32	MV55	12	Newport Harriers

165	Michael Dix	60:32	MV50	13	Les Croupiers
166	Steve Stacey	60:34	MV40	38	Bitton R R
167	John Scanlan	60:41	MV45	19	Thornbury R C
168	Neil Davies	60:41	MV45	20	Unattached, (non club)
169	Kieron Scott	60:46	MS	58	Unattached, (non club)
170	Melanie Simmons	60:47	WV35	6	Westbury Harriers
171	Graham Bennetto	60:48	MV45	21	Unattached, (non club)
172	Paul Harmes	60:49	MV40	39	Unattached, (non club)
173	Paul York	60:52	MS	59	Unattached, (non club)
174	Marianne Day	60:56	WS	7	Unattached, (non club)
175	Brenda Avery	60:57	WV55	1	Unattached, (non club)
176	Mark Sharwood	61:01	MS	60	Unattached, (non club)
177	Chris Matthews	61:01	MV40	40	Unattached, (non club)
178	Liam Gallagher	61:03	MS	61	Unattached, (non club)
179	Libby Lavis	61:09	WV45	3	Brackla Harriers
180	Steve Hole	61:10	MV40	41	Unattached, (non club)
181	Debbie James	61:17	WV35	7	Chepstow Harriers
182	Wayne Preece	61:18	MV50	14	Unattached, (non club)
183	James Thomas	61:23	MV40	42	Brackla Harriers
184	Anthony Kavanagh	61:24	MV60	6	Cornelly Striders
185	Selwyn Williams	61:24	MV50	15	Unattached, (non club)
186	Keith Verheyden	61:25	MV45	22	Unattached, (non club)
187	Adam Abraham	61:26	MS	62	Les Croupiers
188	Tony Mason	61:32	MV60	7	Bitton R R
189	Paul Furlong	61:44	MV55	13	Unattached, (non club)
190	Amanda John	61:51	WV40	6	Amman Valley Harriers
191	K Woolley	61:55	WS	8	Unattached, (non club)
192	Danellia Woodbridge	61:55	WV35	8	Fairwater Runners
193	Anne Evans	61:58	WV35	9	Club 69
194	Gavin Williams	62:02	MS	63	Unattached, (non club)
195	Ian Childs	62:05	MS	64	Unattached, (non club)
196	Ross Shepherd	62:17	MS	65	Unattached, (non club)
197	Mark Halliwell	62:19	MV45	23	Brackla Harriers
198	Melissa Whiting	62:19	WS	9	Unattached, (non club)
199	Keith Norville	62:24	MV45	24	Unattached, (non club)
200	Andrew Potter	62:24	MV40	43	Unattached, (non club)
201	Gareth Evans	62:26	MV60	8	Blaenavon Joggers

202	Rhys John	62:40	MS	66	Unattached, (non club)
203	Ron Morgan	63:00	MV60	9	Unattached, (non club)
204	Esther Roberts	63:02	WS	10	Penarth & Dinas Runners
205	Stephen Pemberton	63:06	MS	67	Unattached, (non club)
206	Jeff Wallace	63:10	MV45	25	Unattached, (non club)
207	Ed Stevens	63:11	MS	68	Hogweed Trotters
208	Don Holloway	63:15	MV55	14	Brackla Harriers
209	Janet Richards	63:17	WV40	7	Griffithstown Harriers
210	Sian Chicken	63:21	WV35	10	Unattached, (non club)
211	Keith Lowther	63:27	MV45	26	San Domenico
212	Micheal Powell	63:39	MV55	15	Caerleon Running Club
213	Neil Thomas	63:42	MS	69	Islwyn R C
214	David Gascoigne	63:47	MV40	44	Unattached, (non club)
215	Mark Williams	64:02	MV40	45	Sospan R R
216	Tom Denman	64:02	MS	70	Unattached, (non club)
217	Sally Zeru	64:14	WV35	11	Fairwater Runners
218	Erika Neininger	64:17	WS	11	Unattached, (non club)
219	Andrea Williams	64:24	WS	12	Road Runners Club
220	V Fitzpatrick	64:28	WS	13	Unattached, (non club)
221	Stuart Ballinger	64:42	MS	71	Unattached, (non club)
222	Bob Watson	64:48	MS	72	Unattached, (non club)
223	Kris Nuttall	64:50	MS	73	Unattached, (non club)
224	Craig Bunce	64:53	MS	74	Unattached, (non club)
225	Alastair Crothers	64:55	MS	75	Unattached, (non club)
226	K Williams	65:04	WV50	2	Unattached, (non club)
227	Bryn Burgess	65:14	MV45	27	Unattached, (non club)
228	Lloyd Morgan	65:15	MS	76	San Domenico
229	Susan Smith	65:16	WV40	8	Penarth & Dinas Runners
230	Chris Cole	65:18	MV40	46	Pontypridd Roadents
231	Mark Barrell	65:20	MS	77	Unattached, (non club)
232	John Doolan	65:22	MV40	47	Unattached, (non club)
233	Lisa Duggan	65:25	WV35	12	Unattached, (non club)
234	Julia French	65:30	WV40	9	Unattached, (non club)
235	Richard Brooks	65:31	MS	78	Unattached, (non club)
236	Robert Gay	65:33	MV50	16	Unattached, (non club)
237	Richard Ellwood	65:33	MS	79	Unattached, (non club)
238	Barbara Watts	65:34	WV45	4	Griffithstown Harriers

239	Helen Falsini	65:38	WV40	10	Cardiff A C
240	Joanne Owen	65:49	WV40	11	Caerleon Running Club
241	Elaine Ferguson	65:51	WS	14	Cardiff Triathletes
242	Julie Roche	65:52	WV35	13	Fairwater Runners
243	Tim Jones	65:52	MS	80	Cardiff Triathletes
244	Stephen Bartlett	66:01	MV45	28	Road Runners Club
245	Helen Thomas	66:03	WV45	5	Caerleon Running Club
246	Margrett Monk	66:04	WV55	2	Club 69
247	Clare Sinkinson	66:06	WS	15	Unattached, (non club)
248	Beverley Warburton	66:07	WV40	12	Unattached, (non club)
249	Pascal Miola	66:16	MS	81	Unattached, (non club)
250	Tudor Davies	66:22	MV40	48	Unattached, (non club)
251	Ian Hughes	66:40	MV40	49	Unattached, (non club)
252	Joanne Davies	66:42	WS	16	Swansea University
253	Robert Ward	66:47	MS	82	Caerleon Running Club
254	Ian Warner	66:51	MV45	29	Unattached, (non club)
255	Bethan Williams	66:53	WS	17	Unattached, (non club)
256	David Colman	66:55	MV40	50	Bitton R R
257	Julian Webb	66:56	MS	83	Unattached, (non club)
258	Joanne Powell	67:01	WS	18	Unattached, (non club)
259	Bob Sperring	67:02	MV50	17	Bitton R R
260	Jo Lord	67:03	WV40	13	Hay Hotfooters
261	Kim Pope	67:03	WV45	6	Bitton R R
262	Christophr Williams	67:06	MV50	18	Unattached, (non club)
263	Richard Chivers	67:06	MS	84	Unattached, (non club)
264	N Brocklebank	67:11	WV35	14	Womens Running Network
265	Becky Taylor	67:19	WS	19	Griffithstown Harriers
266	Gerard Newman	67:32	MV50	19	Stroud & District AC
267	Chris Brown	67:37	MS	85	Bitton R R
268	Andrew Samuel	67:43	MS	86	Unattached, (non club)
269	Paul Evans	67:43	MS	87	Unattached, (non club)
270	Blair Lundie	67:44	MV55	16	Islwyn R C
271	Rhydwyn Harris	67:44	MS	88	Islwyn R C
272	Andrea Reynolds	68:00	WV40	14	Essex Harriers
273	Ronnie Cunningham	68:09	WS	20	Unattached, (non club)
274	Paul Skinner	68:11	MS	89	Unattached, (non club)
275	Alison Kibblewhite	68:17	WV35	15	Unattached, (non club)

276	Ruth Jolliffe	68:18	WV35	16	Unattached, (non club)
277	Tony Hall	68:26	MV55	17	Unattached, (non club)
278	Steph Bishop	68:34	WS	21	Bitton R R
279	Barry Hopper	68:54	MV60	10	Instinctive Sports Plymouth
280	Terry Lewis	68:58	MV45	30	Unattached, (non club)
281	Paul Davies	69:02	MV55	18	Unattached, (non club)
282	Tina Lavelle	69:12	WV45	7	Hay Hotfooters
283	Laura Griffiths	69:12	WS	22	Unattached, (non club)
284	Morgan Taylor	69:12	MS	90	Unattached, (non club)
285	Steve Payne	69:21	MS	91	Unattached, (non club)
286	Rob Kilgour	69:21	MV40	51	Unattached, (non club)
287	James Johnson	69:37	MV70	1	Unattached, (non club)
288	Noelle Waters	69:37	WV45	8	Unattached, (non club)
289	Emily Luke	69:48	WS	23	Penarth & Dinas Runners
290	Eric Meredith	69:52	MV60	11	Blaenavon Joggers
291	Jackie Loader	69:55	WV35	17	Bitton R R
292	Les Ainscough	69:59	MV45	31	Caerleon Running Club
293	Kath Jervis	70:07	WV45	9	Club 69
294	Julia Frost	70:09	WS	24	Unattached, (non club)
295	Coleen Birch	70:09	WS	25	Islwyn R C
296	Nigel Griffiths	70:19	MV40	52	Unattached, (non club)
297	Georgina Gilbert	70:22	WS	26	Unattached, (non club)
298	Mike Burns	70:30	MV55	19	San Domenico
299	Emma Powell	70:33	WV35	18	Westbury Harriers
300	Sharon Hemming	70:49	WV45	10	Great Western Runners
301	Jonathon Evans	70:50	MS	92	Unattached, (non club)
302	Kevin Chidwick	71:07	MV40	53	Unattached, (non club)
303	Richard Brown	71:10	MV55	20	Sheen Shufflers
304	Denise Evans	71:24	WV40	15	Forest of Dean
305	Rebecca Chamings	71:38	WS	27	Unattached, (non club)
306	Jacqui Vickery	71:39	WV40	16	Unattached, (non club)
307	Carol Lowry	71:45	WV50	3	Unattached, (non club)
308	Martin Woon	71:58	MV40	54	Hogweed Trotters
309	Ruth Wright	71:58	WV35	19	Unattached, (non club)
310	Nigel Jenkins	72:02	MV40	55	Caerleon Running Club
311	Deborah Jenkins	72:02	WV40	17	Caerleon Running Club
312	Sian Brown	72:02	WV50	4	Unattached, (non club)

313	Mathew Wall	72:04	MS	93	Unattached, (non club)
314	Dan Matthews	72:04	MS	94	Unattached, (non club)
315	Anne Roberts	72:09	WV50	5	Unattached, (non club)
316	Pauline Rees	72:23	WV50	6	Unattached, (non club)
317	Jafar Ghalamkary	72:26	MV45	32	Unattached, (non club)
319	Gareth Holyfield	72:39	MV40	56	Unattached, (non club)
320	David Morgan	72:43	MV55	21	Hogweed Trotters
321	Steven Mock	73:05	MS	95	Unattached, (non club)
322	Anne Bowen	73:14	WV60	1	Swansea Harriers
323	Brian Cox	73:26	MV60	12	Unattached, (non club)
324	Gweneth Howells	73:27	WV55	3	Caerleon Running Club
325	Peter Clark	73:28	MV50	20	Unattached, (non club)
326	Mandy Bees	73:30	WV45	11	Womens Running Network
327	Mark Jones	73:31	MV40	57	Unattached, (non club)
328	Elly Edmunds	73:32	WV35	20	Unattached, (non club)
329	Louise Howson	73:33	WS	28	Unattached, (non club)
330	Les Pugh	73:35	MV60	13	Blaenavon Joggers
331	Rachel Phillips	73:42	WV35	21	Bitton R R
332	Annette Whitchurch	73:49	WV50	7	Bitton R R
333	Finola Wilson	73:51	WV35	22	Womens Running Network
334	Shaun Emms	74:15	MV65	5	Hay Hotfooters
335	Beatrix Bowen	74:22	WV50	8	Unattached, (non club)
336	Dai Morris	74:24	MV45	33	Unattached, (non club)
337	Huw Griffiths	74:28	MV45	34	Unattached, (non club)
338	Joanna Hendry	74:30	WV35	23	Penarth & Dinas Runners
339	Pamela Clancy	74:33	WV50	9	Unattached, (non club)
340	David Holley	74:41	MS	96	Unattached, (non club)
341	Katheryn Sweetman	74:52	WS	29	Running 4 Women
342	David Phillips	74:57	MV60	14	Pembroke Harriers
343	Steve Madden	75:13	MV40	58	Unattached, (non club)
344	Claire Milner	75:16	WV50	10	Hay Hotfooters
345	Richard Lewis	75:18	MS	97	Newport & East Wales Tri
346	Nicola Ingerfield	75:20	WS	30	Unattached, (non club)
347	Helen McDaid	75:22	WV35	24	Womens Running Network
348	Olugbenga Fakande	75:36	MV45	35	Unattached, (non club)
349	Vivienne Brace	75:38	WV45	12	Unattached, (non club)
350	Kate Blackwell	75:40	WS	31	Unattached, (non club)

351	Sara Murray	75:43	WS	32	Great Western Runners
352	Nigel Williams	75:51	MV45	36	Unattached, (non club)
353	Barabara Griffiths	75:55	WV40	18	Unattached, (non club)
354	Steven Walsh	76:04	MS	98	Unattached, (non club)
355	Stephen Egan	76:15	MV45	37	Bitton R R
356	Laura Waters	76:33	WS	33	Unattached, (non club)
357	Andrew Crawford	76:33	MS	99	Unattached, (non club)
358	Roger Howell	76:45	MV60	15	Penarth & Dinas Runners
359	Jane Chapelle	77:17	WV40	19	Unattached, (non club)
360	Lesley Alexander	77:53	MV45	38	Brackla Harriers
361	Linda Burnell	77:54	WV40	20	Islwyn R C
362	Molly Melhuish	78:19	WS	34	Unattached, (non club)
363	Tony Brown	78:32	MV50	21	Bitton R R
364	Frances Barnes	79:06	WV35	25	Womens Running Network
365	Jenny Hughes	79:07	WV40	21	Womens Running Network
366	Derek Bunkin	79:09	MV55	22	Bitton R R
367	Karen Morgan	79:10	WS	35	Unattached, (non club)
368	Peter Regan	79:45	MV40	59	Unattached, (non club)
369	Janet Bagwell	80:05	WV35	26	Unattached, (non club)
370	Eleri Davey	80:05	WV35	27	Unattached, (non club)
371	Marianne Burridge	80:19	WV45	13	Fairwater Runners
372	Stephen Chandler	80:20	MS	100	Hogweed Trotters
373	Alison Strong	80:37	WS	36	Unattached, (non club)
374	Mary Davies	80:37	WV50	11	Unattached, (non club)
375	Rhian Taylor	80:54	WS	37	Unattached, (non club)
376	Valerie Collier	81:05	WV60	2	Bitton R R
377	Prudence Melhuish	81:13	WS	38	Unattached, (non club)
378	Allyson Thomas	81:34	WV35	28	Unattached, (non club)
379	Sarah Smiles	81:38	WS	39	Brackla Harriers
380	Claire Jones	81:39	WS	40	Unattached, (non club)
381	Sue Lloyd	81:59	WV50	12	Fairwater Runners
382	Pat Stanley	82:54	WV50	13	Brackla Harriers
383	Sue Hewitt	84:22	WV50	14	Bitton R R
384	Sarah Watkins	85:18	WS	41	Unattached, (non club)
385	Carol Palmer	85:39	WV60	3	Newport Harriers
386	Linda Clark	85:39	WV40	22	Unattached, (non club)
387	Rose Chivers	85:47	WV50	15	Sole Sisters

388	Stephanie Every	87:20	WV50	16	Sole Sisters
389	Diane George	87:45	WV50	17	Pink Panther Ladies RC
390	Lynda Edwards	87:58	WV45	14	Pink Panther Ladies RC
391	Sarah Bracken	90:55	WV35	29	Unattached, (non club)
392	Suzie Clarke	92:39	WV35	30	Unattached, (non club)
393	Allen Watts	94:21	MV70	2	Sarn Helen, Lampeter
394	Linda Scott	95:59	WV45	15	Pink Panther Ladies RC
395	Arthur Phillips	96:00	MV70	3	Unattached, (non club)
396	Shirley Rose	99:53	WV40	23	Unattached, (non club)

Top 10 within each Category

Entry No	Name	Cat	O/A	Position Cat	Time	Club
399	Matthew Collins	MS	1	1	42:17	Cardiff A C
58	Stephen Paterson	MS	5	2	43:59	San Domenico
59	Stephen Thomas	MS	6	3	45:00	Islwyn R C
326	Jason Scanlon	MS	7	4	45:45	Pontypridd AAC
93	Rhys Peters	MS	10	5	47:35	Unattached, (non club)
398	Mike Bouldstridge	MS	13	6	47:55	Birchfield Harriers
141	David Hodgins	MS	15	7	49:03	Unattached, (non club)
372	James King	MS	17	8	49:24	Caerleon Running Club
53	Geraint Williams	MS	18	9	49:27	Pontypridd AAC
39	Chris Meyler	MS	20	10	49:41	Bridgend A C
332	Lee Aherne	MV40	2	1	42:51	Club 69
87	Phil Kibble	MV40	3	2	43:04	Wiltshire Police
292	Peter Coles	MV40	4	3	43:17	Pontypridd AAC
261	Richie Richards	MV40	9	4	47:29	Wye Valley Runners
302	Damian Williams	MV40	12	5	47:54	Club 69
223	Alun Williams	MV40	16	6	49:21	Fairwater Runners
227	Andrew Baker	MV40	21	7	49:44	Pontypridd AAC
73	Craig Fowler	MV40	24	8	49:58	Pontypridd AAC
404	Ade White	MV40	31	9	50:33	Islwyn R C
394	Ian McDonald	MV40	33	10	50:53	San Domenico

235	Nick Frost	MV45	8	1	45:46	Pontypridd AAC
209	Keith Thompson	MV45	30	2	50:32	Islwyn R C
182	Peter Carwardine	MV45	35	3	51:17	Hereford Couriers
200	David Crane	MV45	37	4	51:28	Unattached, (non club)
296	Ian Jones	MV45	58	5	53:32	Unattached, (non club)
275	Mike Davies	MV45	63	6	53:47	Caerleon Running Club
451	Gerard Cristie	MV45	69	7	54:00	Les Croupiers
19	Ronald Shannon	MV45	85	8	55:14	Bitton R R
268	Mark Unsworth	MV45	88	9	55:30	San Domenico
297	Stephen Jones	MV45	116	10	57:34	Islwyn R C
250	Chris Taylor	MV50	11	1	47:50	Bromsgrove and Reddich
38	Phil Meyler	MV50	19	2	49:32	Pontypridd AAC
245	Martin Flowers	MV50	26	3	50:08	Wye Valley Runners
276	Peter Rodger	MV50	34	4	50:59	Griffithstown Harriers
195	James Delawey	MV50	56	5	53:24	San Domenico
64	Peter Shorter	MV50	74	6	54:16	Forest of Dean
283	Michael Hodges	MV50	90	7	55:33	Unattached, (non club)
177	John Shanahan	MV50	97	8	56:04	Mynyddwyr De Cymru
169	Michael Evans	MV50	101	9	56:10	Forest of Dean
323	Kieran McDonnell	MV50	110	10	56:45	Unattached, (non club)
191	Ronald Morris	MV55	25	1	50:04	San Domenico
82	Phil Miles	MV55	27	2	50:11	Club 69
260	Eric Davey	MV55	44	3	52:06	Llanelli
45	Terry Welch	MV55	60	4	53:39	Bitton R R
246	Robin Bereza	MV55	61	5	53:42	Wye Valley Runners
269	Roger Hemming	MV55	79	6	54:52	Great Western Runners
210	Roger Day	MV55	82	7	55:06	Worcester Tri Club
49	Geoff Houper	MV55	102	8	56:14	Unattached, (non club)
345	David Weston	MV55	150	9	59:34	Unattached, (non club)
100	Eric Jones	MV55	151	10	59:47	Unattached, (non club)
63	Keith Paterson	MV60	73	1	54:12	San Domenico
180	Tony Burt	MV60	118	2	57:38	Brackla Harriers
14	Keith Treharne	MV60	128	3	58:17	Brackla Harriers
166	Bernie Monk	MV60	148	4	59:26	Club 69

187	Clive James	MV60	161	5	60:28	Midland Masters
31	Anthony Kavanagh	MV60	184	6	61:24	Cornelly Striders
264	Tony Mason	MV60	188	7	61:32	Bitton R R
248	Gareth Evans	MV60	201	8	62:26	Blaenavon Joggers
346	Ron Morgan	MV60	203	9	63:00	Unattached, (non club)
279	Barry Hopper	MV60	279	10	68:54	Instinctive Sports Plymouth
380	Dave Bouldstridge	MV65	96	1	55:54	Unattached, (non club)
384	David Browning	MV65	132	2	58:35	Road Runners Club
256	Jeff Jervis	MV65	140	3	58:52	Club 69
343	John Pask	MV65	156	4	60:09	Islwyn R C
71	Shaun Emms	MV65	334	5	74:15	Hay Hotfooters
452	James Johnson	MV70	287	1	69:37	Unattached, (non club)
186	Allen Watts	MV70	393	2	94:21	Sarn Helen, Lampeter
409	Arthur Phillips	MV70	395	3	96:00	Unattached, (non club)
460	Iban Estefanic	WS	66	1	53:50	Unattached, (non club)
243	Fayme White	WS	72	2	54:07	Bitton R R
281	Kelly Morgan	WS	83	3	55:08	Pontypridd AAC
183	Amy Carwardine	WS	121	4	57:40	Hereford Couriers
228	Madeleine Ginns	WS	126	5	58:13	Penarth & Dinas Runners
135	Clare Hall	WS	138	6	58:51	Griffithstown Harriers
212	Marianne Day	WS	174	7	60:56	Unattached, (non club)
47	K Woolley	WS	191	8	61:55	Unattached, (non club)
257	Melissa Whiting	WS	198	9	62:19	Unattached, (non club)
55	Esther Roberts	WS	204	10	63:02	Penarth & Dinas Runners
168	Helen Looder	WV35	48	1	52:21	Islwyn R C
117	Sue Tagg	WV35	75	2	54:26	Club 69
379	Anne Follan	WV35	106	3	56:22	Pontypridd AAC
13	Julie Davies	WV35	129	4	58:19	Griffithstown Harriers
226	Rebecca Harris	WV35	144	5	59:10	Unattached, (non club)
327	Melanie Simmons	WV35	170	6	60:47	Westbury Harriers
92	Debbie James	WV35	181	7	61:17	Chepstow Harriers
40	Danellia Woodbridge	WV35	192	8	61:55	Fairwater Runners
231	Anne Evans	WV35	193	9	61:58	Club 69

255	Sian Chicken	WV35	210	10	63:21	Unattached, (non club)
65	Melanie Ellis	WV40	14	1	48:14	Shaftsbury Harriers
293	Angela Jones	WV40	28	2	50:24	Brecon Bounders
389	Nicola Haines-Jones	WV40	81	3	55:02	Neath Harriers
306	Charlotte Johns	WV40	153	4	59:48	Brackla Harriers
34	Lynn Goward	WV40	154	5	59:49	Vellace Vipers
151	Amanda John	WV40	190	6	61:51	Amman Valley Harriers
11	Janet Richards	WV40	209	7	63:17	Griffithstown Harriers
41	Susan Smith	WV40	229	8	65:16	Penarth & Dinas Runners
328	Julia French	WV40	234	9	65:30	Unattached, (non club)
175	Helen Falsini	WV40	239	10	65:38	Cardiff A C
298	Mandy Jones	WV45	130	1	58:22	Islwyn R C
142	Janet Brown	WV45	139	2	58:52	Bitton R R
312	Libby Lavis	WV45	179	3	61:09	Brackla Harriers
385	Barbara Watts	WV45	238	4	65:34	Griffithstown Harriers
403	Helen Thomas	WV45	245	5	66:03	Caerleon Running Club
18	Kim Pope	WV45	261	6	67:03	Bitton R R
17	Tina Lavelle	WV45	282	7	69:12	Hay Hotfooters
251	Noelle Waters	WV45	288	8	69:37	Unattached, (non club)
230	Kath Jervis	WV45	293	9	70:07	Club 69
270	Sharon Hemming	WV45	300	10	70:49	Great Western Runners
83	Jacky Austin	WV50	115	1	57:26	Club 69
295	K Williams	WV50	226	2	65:04	Unattached, (non club)
128	Carol Lowry	WV50	307	3	71:45	Unattached, (non club)
172	Sian Brown	WV50	312	4	72:02	Unattached, (non club)
116	Anne Roberts	WV50	315	5	72:09	Unattached, (non club)
147	Pauline Rees	WV50	316	6	72:23	Unattached, (non club)
85	Annette Whitchurch	WV50	332	7	73:49	Bitton R R
78	Beatrix Bowen	WV50	335	8	74:22	Unattached, (non club)
126	Pamela Clancy	WV50	339	9	74:33	Unattached, (non club)
50	Claire Milner	WV50	344	10	75:16	Hay Hotfooters
44	Brenda Avery	WV55	175	1	60:57	Unattached, (non club)
167	Margrett Monk	WV55	246	2	66:04	Club 69

376	Gweneth Howells	WV55	324	3	73:27	Caerleon Running Club
77	Anne Bowen	WV60	322	1	73:14	Swansea Harriers
155	Valerie Collier	WV60	376	2	81:05	Bitton R R
76	Carol Palmer	WV60	385	3	85:39	Newport Harriers

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Pontypridd AAC	37	4	Peter Coles	MV40	43:17
			7	Jason Scanlon	MS	45:45
			8	Nick Frost	MV45	45:46
			18	Geraint Williams	MS	49:27
2	Club 69	79	2	Lee Aherne	MV40	42:51
			12	Damian Williams	MV40	47:54
			27	Phil Miles	MV55	50:11
			38	Brian Phillips	MV40	51:32
3	Islwyn R C	90	6	Stephen Thomas	MS	45:00
			23	Stephen Edwards	MS	49:56
			30	Keith Thompson	MV45	50:32
			31	Ade White	MV40	50:33
4	San Domenico	92	5	Stephen Paterson	MS	43:59
			25	Ronald Morris	MV55	50:04
			29	Alan Walton	MS	50:26
			33	Ian McDonald	MV40	50:53

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Club 69	383	75	Sue Tagg	WV35	54:26
			115	Jacky Austin	WV50	57:26
			193	Anne Evans	WV35	61:58
2	Bitton R R	472	72	Fayme White	WS	54:07
			139	Janet Brown	WV45	58:52
			261	Kim Pope	WV45	67:03

3	Islwyn R C	473	48 Helen Looder	WV35	52:21
			130 Mandy Jones	WV45	58:22
			295 Coleen Birch	WS	70:09
4	Griffithstown Harrie	476	129 Julie Davies	WV35	58:19
			138 Clare Hall	WS	58:51
			209 Janet Richards	WV40	63:17

Llswerry Runners, Newport's Friendly running Club.