



Lliswerry Runners

Newport's friendly running club.

2008 Results

Race Results - 29/01/08 08:48

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Top 3 Awards

Award	Time	Name	Club
1st Male	38:31	Dan Robinson	Stroud & District AC
2nd Male	41:10	Carwyn Jones	Cardiff A C
3rd Male	42:18	Daniel Stevens	Cardiff Triathletes
1st Female	48:50	Catherine Dugdale	Swansea Harriers
2nd Female	50:18	Sarah Urwin-Mann	Team Bath
3rd Female	52:33	Ceri-Anne Davies	Pontypridd AAC

Category Awards

Award	Pos	Name	Time	Cat	Pos	Club	

MS00-1	1	Dan Robinson	38:31	MS	1	Stroud & District AC	MS00-1
MV40-1	17	Simon Lewis	48:23	MV40	1	Club 69	MV40-1
MV45-1	5	Peter Coles	43:36	MV45	1	Pontypridd AAC	MV45-1
MV50-1	14	Chris Taylor	47:23	MV50	1	Evesham Vale	MV50-1
MV55-1	31	Ronald Morris	49:45	MV55	1	San Domenico	MV55-1
MV60-1	49	Les Davis	50:48	MV60	1	Severn A C	MV60-1
MV65-1	120	Patrick Slavin	55:52	MV65	1	Bitton R R	MV65-1
MV70-1	165	John Collins	58:02	MV70	1	Swansea Harriers	MV70-1
MV75-1	408	Allen Watts	100:24	MV75	1	Sarn Helen, Lampeter	MV75-1
WS00-1	20	Catherine Dugdale	48:50	WS	1	Swansea Harriers	WS00-1
WV35-1	40	Sarah Urwin-Mann	50:18	WV35	1	Team Bath	WV35-1
WV40-1	79	Helen Hinsley	53:20	WV40	1	Bristol A C	WV40-1
WV45-1	84	Jo Webb	53:29	WV45	1	Bitton R R	WV45-1
WV50-1	241	Linda Hird	63:33	WV50	1	Bitton R R	WV50-1
WV55-1	176	Jacky Austin	58:39	WV55	1	Club 69	WV55-1
WV60-1	is missing						
WV65-1	392	Valerie Collier	83:36	WV65	1	Bitton R R	WV65-1
WV70-1	is missing						

Complete List

Pos	Name	Time	Cat	Pos	Club
1	Dan Robinson	38:31	MS	1	Stroud & District AC
2	Carwyn Jones	41:10	MS	2	Cardiff A C
3	Daniel Stevens	42:18	MS	3	Cardiff Triathletes
4	Stephen Paterson	43:27	MS	4	San Domenico
5	Peter Coles	43:36	MV45	1	Pontypridd AAC
6	Stuart Crees	43:38	MS	5	Les Croupiers
7	Mike Blackmore	43:52	MS	6	Bitton R R
8	Phillip Matthews	43:57	MS	7	Chepstow Harriers
9	Stephen Thomas	44:03	MS	8	Islwyn R C
10	Matthew Gurmin	44:45	MS	9	Abertillery Ach.
11	Philip Crane	45:53	MV45	2	Neath Harriers
12	Richard Wilder	46:21	MS	10	Cardiff Triathletes
13	David Williams	47:12	MS	11	Club 69
14	Chris Taylor	47:23	MV50	1	Evesham Vale
15	Peter Crane	47:27	MV45	3	Neath Harriers
16	Peter Morton	48:15	MS	12	Unattached, (non club)
17	Simon Lewis	48:23	MV40	1	Club 69
18	James King	48:27	MS	13	Caerleon Running Club
19	Ian McDonald	48:39	MV40	2	San Domenico
20	Catherine Dugdale	48:50	WS	1	Swansea Harriers
21	Simon Hill	48:57	MV40	3	Bitton R R
22	Haydn Hartnell	49:12	MV45	4	Islwyn R C
23	Nick Holliday	49:15	MV50	2	Stroud & District AC
24	Andrew Baker	49:17	MV40	4	Pontypridd Roadents
25	Ian Hoare	49:18	MV40	5	Bitton R R
26	Matthew Townsend	49:19	MS	14	Les Croupiers
27	Grant Lewis	49:23	MS	15	Fairwater Runners
28	Dimitri Vorres	49:24	MV45	5	Griffithstown Harriers
29	Bill Graham	49:29	MV50	3	Bitton R R
30	Geraint Williams	49:42	MS	16	Pontypridd Roadents
31	Ronald Morris	49:45	MV55	1	San Domenico
32	Chris Morgan	49:47	MV40	6	Unattached, (non club)
33	Phil Meyler	49:56	MV50	4	Pontypridd AAC

34 Paul Scott	50:05	MV40	7 Newport & East Wales Tri
35 Dylan Owen	50:09	MV40	8 Les Croupiers
36 Gareth Hall	50:10	MS	17 Newport & East Wales Tri
37 P Dawes	50:12	MV40	9 San Domenico
38 Alun William	50:13	MV40	10 Fairwater Runners
39 Alan Chappell	50:17	MV45	6 Bitton R R
40 Sarah Urwin-Mann	50:18	WV35	1 Team Bath
41 Andrew Palmer T44	50:26	MS	18 Penarth & Dinas Runners
42 Tom Frost	50:28	MS	19 Avon Valley Runners
43 Steven Harris	50:31	MS	20 Chepstow Harriers
44 Philip Hurd	50:34	MV50	5 Islwyn R C
45 Mark Dunscombe	50:35	MV45	7 Sarn Helen, Lampeter
46 Keith Powell	50:37	MV55	2 Cornelly Striders
47 Alan Walton	50:41	MS	21 San Domenico
48 David Rose	50:41	MV40	11 Brackla Harriers
49 Les Davis	50:48	MV60	1 Severn A C
50 Nick Rees	50:50	MV45	8 Les Croupiers
51 Keith Thompson	50:51	MV45	9 Islwyn R C
52 David Frost	50:52	MV40	12 Club 69
53 Gareth Hardman	50:54	MV40	13 Bridgend A C
54 Reg Morris	51:00	MV55	3 Bitton R R
55 Wayne Ellis	999.99	MS	22 Unattached, (non club)
56 Mark Emes	51:06	MV45	10 Bitton R R
57 Phil Adams	51:18	MV45	11 Neath Harriers
58 S Bridges	51:21	MV40	14 Aberdare Valley AAC
59 Mike Davies	51:35	MV45	12 Caerleon Running Club
60 Lee Davies	51:38	MS	23 Pontypridd Roadents
61 Rob Kingdon	51:55	MV40	15 Bitton R R
62 Matt Hopkins	52:01	MS	24 Les Croupiers
63 Richard Hayes	52:09	MS	25 Taff Ely Triathletes
64 Brian Lovett	52:19	MV40	16 San Domenico
65 John Wright	52:24	MS	26 Chepstow Harriers
66 Russel Ball	52:30	MS	27 Club 69
67 Eirwyn Rees	52:32	MV40	17 Unattached, (non club)
68 Ceri-Anne Davies	52:33	WV35	2 Pontypridd AAC
69 Paul Bruton	52:33	MS	28 Newport & East Wales Tri
70 Terry Welsh	52:36	MV55	4 Bitton R R

71	Alun Wyn Evans	52:36	MV40	18	Unattached, (non club)
72	Matt Taylor	52:45	MS	29	Unattached, (non club)
73	Colin Rees	52:52	MV45	13	Club 69
74	mark Perry	52:56	MS	30	Griffithstown Harriers
75	Richard Boon	53:03	MV45	14	Les Croupiers
76	Sam West	53:05	MS	31	Bitton R R
77	Howard Mason	53:09	MV40	19	Caerleon Running Club
78	David Garrick	53:13	MV55	5	Unattached, (non club)
79	Helen Hinsley	53:20	WV40	1	Bristol A C
80	Tim O'Sullivan	53:22	MV45	15	Les Croupiers
81	Tony Walsh	53:24	MV45	16	Bitton R R
82	Mark Searle	53:28	MS	32	Bitton R R
83	Paul Calabrese	53:29	MS	33	Bitton R R
84	Jo Webb	53:29	WV45	1	Bitton R R
85	Brian Phillips	53:32	MV40	20	Club 69
86	Stuart McIlroy	53:34	MS	34	Unattached, (non club)
87	James Davies	53:55	MS	35	Bridgend A C
88	Mark Rawlings	53:57	MS	36	Severn A C
89	Brian Jones	53:58	MV40	21	Griffithstown Harriers
90	Glyn Sansom	53:59	MV45	17	San Domenico
91	Mike Duggan	54:00	MV40	22	Bitton R R
92	Andrew Spencer	54:01	MV40	23	Fairwater Runners
93	Rob Wilcox	54:06	MV40	24	Penarth & Dinas Runners
94	Andrew Davies	54:16	MV40	25	Pontypridd Roadents
95	Stuart Morrish	54:17	MV40	26	Hereford Couriers
96	Anthony Deacy	54:19	MV45	18	Unattached, (non club)
97	Peter Rodger	54:19	MV50	6	Griffithstown Harriers
98	David Proud	54:24	MV40	27	Les Croupiers
99	Paul Chick	54:24	MS	37	Newport & East Wales Tri
100	Nigel Cox	54:28	MS	38	AVS-Tri
101	Barrie Dunn	54:29	MV50	7	Bitton R R
102	Gareth Jehu	54:30	MS	39	Taff Ely Triathletes
103	Graeme Donnan	54:34	MV50	8	Les Croupiers
104	Alex Williams	54:40	MV40	28	Road Runners Club
105	Hugh Hughes	54:44	MS	40	Unattached, (non club)
106	Peter Curran	54:46	MV40	29	Unattached, (non club)
107	Wendy Boon	54:51	WV45	2	Les Croupiers

108	Duncan Down	54:58	MS	41	Unattached, (non club)
109	Fiona Cramp	55:00	WS	2	Bitton R R
110	Damian Heward	55:14	MS	42	Unattached, (non club)
111	Michael bunston	55:20	MS	43	Islwyn R C
112	Peter Thomas	55:30	MV45	19	Caerleon Running Club
113	Luke Evans	55:32	MS	44	Exeter Harriers
114	Richard Jones	55:37	MS	45	Cornelly Striders
115	Craig Holland	55:39	MV40	30	Pontypridd Roadents
116	Denis Murphy	55:44	MV55	6	Les Croupiers
117	Julie Davies	55:44	WV35	3	Griffithstown Harriers
118	Samantha Mulligan	55:45	WS	3	Chepstow Harriers
119	Ben Brookshaw	55:49	MV40	31	Chepstow Harriers
120	Patrick Slavin	55:52	MV65	1	Bitton R R
121	Robert Rees	56:00	MS	46	Unattached, (non club)
122	Peter Short	56:01	MV55	7	Forest of Dean
123	Simon Thomas	56:03	MS	47	Unattached, (non club)
124	Richard Johnson	56:04	MS	48	Islwyn R C
125	Judith Llewellyn	56:08	WV40	2	Chepstow Harriers
126	Peter Hopes	56:12	MV40	32	Bitton R R
127	Peter Hutton	56:15	MV45	20	Chepstow Harriers
128	Marcus Coles	56:17	MS	49	Les Croupiers
129	Andrew Thatcher	56:17	MS	50	Bitton R R
130	Kieron McDonnell	56:26	MV50	9	Unattached, (non club)
131	Michael Halsall	56:28	MS	51	Llanelli
132	Cornelius Corcoran	56:29	MS	52	Pontypridd Roadents
133	Ben Jenkins	56:32	MS	53	Unattached, (non club)
134	Mark Humhries	56:32	MV40	33	Unattached, (non club)
135	Mark Unsworth	56:35	MV45	21	San Domenico
136	Sophie Bennett	56:36	WS	4	San Domenico
137	Malcolm Roberts	56:39	MV55	8	Clevedon A C
138	Mark Kingdom	56:42	MV40	34	Bitton R R
139	Matthew Herbert	56:43	MS	54	Cornelly Striders
140	Steve Pickering	56:55	MV40	35	Unattached, (non club)
141	James Wade	57:00	MV45	22	Bitton R R
142	Roger Day	57:02	MV55	9	Evesham Vale
143	Eric Davey	57:05	MV55	10	Llanelli
144	Jeff Aston	57:07	MV60	2	Les Croupiers

145	Steven Jones	57:09	MS	55	Unattached, (non club)
146	Philip Hoskins	57:16	MV45	23	Unattached, (non club)
147	Caroline Cotterell	57:20	WV35	4	Stroud & District AC
148	Johnny Lam	57:24	MS	56	Unattached, (non club)
149	Barry Morgen	57:33	MS	57	Unattached, (non club)
150	Dominic Shields	57:35	MV40	36	San Domenico
151	Richard Holland	57:37	MS	58	Pontypridd Roadents
152	Chris Sexton	57:40	MV40	37	Ingli Runners
153	Kim Wehden	57:41	MV45	24	Islwyn R C
154	Helen Jones	57:43	WV35	5	Unattached, (non club)
155	Dean Birt	57:44	MS	59	Pontypridd Roadents
156	Michael Thomas	57:45	MV45	25	Unattached, (non club)
157	Ian Haines	57:46	MS	60	Islwyn R C
158	Stephen Cray	57:48	MV45	26	Penarth & Dinas Runners
159	Robert Ford	57:49	MV50	10	Pontypridd Roadents
160	Bill Fear	57:50	MV40	38	Les Croupiers
161	Mark Everson	57:54	MS	61	Unattached, (non club)
162	Keith Paterson	57:55	MV60	3	San Domenico
163	Sharon Andrews	57:57	WV40	3	Bitton R R
164	Geoffrey Hooper	58:00	MV60	4	Unattached, (non club)
165	John Collins	58:02	MV70	1	Swansea Harriers
166	Matt Creed	58:02	MS	62	Unattached, (non club)
167	James Delaney	58:03	MV50	11	San Domenico
168	Michael Sims	58:05	MS	63	Unattached, (non club)
169	James Horner	58:12	MS	64	Les Croupiers
170	Mike Evans	58:14	MV50	12	Forest of Dean
171	Roger Hemming	58:17	MV55	11	Great Western Runners
172	Matt Griffiths	58:18	MS	65	Unattached, (non club)
173	Michael Dix	999.99	MV50	13	Les Croupiers
174	Peter Welbirg	58:29	MV55	12	Griffithstown Harriers
175	Debbie Cockram	58:35	WV40	4	Fairwater Runners
176	Jacky Austin	58:39	WV55	1	Club 69
177	Stephen Alexander	58:42	MV40	39	Les Croupiers
178	Lloyd Morgan	58:55	MS	66	San Domenico
179	Frances Williams	59:00	WV40	5	San Domenico
180	Neil Davies	59:08	MV50	14	NYRRC
181	Abyd Quinn Aziz	59:13	MV50	15	Penarth & Dinas Runners

182	Andy Matthews	59:15	MV40	40	Unattached, (non club)
183	Garry Woods	59:17	MV45	27	Fairwater Runners
184	Craig Harris	59:33	MS	67	Newport Velodrome
185	Richard Hammond	59:36	MV40	41	Rhondda Valley Runners
186	Amy Edwards	59:36	WS	5	Rhondda Valley Runners
187	Rod Smith	59:38	MV50	16	Fitness First
188	Steve Hole	59:40	MV45	28	Unattached, (non club)
189	Mark Picton	59:42	MV40	42	Unattached, (non club)
190	Malcolm Bradley	59:42	MV55	13	COLAPS
191	Chris Leonard	59:54	MV45	29	Bitton R R
192	Joe Lavric	60:02	MV45	30	Unattached, (non club)
193	Julia Ferguson	60:05	WV35	6	Pontypridd AAC
194	Dennis Collins	60:07	MV40	43	Rhondda Valley Runners
195	Paul Harmes	60:07	MV40	44	Unattached, (non club)
196	Paul Gillard	60:10	MV45	31	Unattached, (non club)
197	Steve Hill	60:11	MV45	32	Penarth & Dinas Runners
198	Eric Jones	60:12	MV60	5	Unattached, (non club)
199	Clive Cox	60:14	MV50	17	Unattached, (non club)
200	Neil Hendry	60:18	MV50	18	Penarth & Dinas Runners
201	John Durbin	60:21	MS	68	Unattached, (non club)
202	Gerald Gormley	60:22	MV40	45	Griffithstown Harriers
203	Simon Jenkins	60:32	MV45	33	Unattached, (non club)
204	Jonathan Samuel	60:55	MS	69	Unattached, (non club)
205	Jonathan Wagenaar	60:55	MS	70	Unattached, (non club)
206	Clive Denton	61:02	MV40	46	Rhondda Valley Runners
207	Clare Simkinson	61:04	WS	6	Unattached, (non club)
208	Clive James	61:06	MV60	6	Midland Masters
209	Karen Dawkins	61:06	WV45	3	Bitton R R
210	Simon Vass	60:19	MV40	47	Unattached, (non club)
211	Kathleen Cardwell	60:20	WS	7	Unattached, (non club)
212	Ivor Cardwell	60:20	MV40	48	Unattached, (non club)
213	Emma Rawlings	60:22	WS	8	Severn A C
214	Royston Toon	60:22	MV55	14	Chepstow Harriers
215	Emma Thomas	60:24	WS	9	Epsorta
216	Robert Phillips	61:35	MV45	34	Pontypridd Roadents
217	David Weston	61:40	MV55	15	Unattached, (non club)
218	John Farmer	61:41	MV50	19	Cornelly Striders

219	Stephen Lockwood	60:43	MV50	20	Unattached, (non club)
220	Paul Jenkins	60:57	MV55	16	Unattached, (non club)
221	Emma Griffiths	62:05	WS	10	Unattached, (non club)
222	Rachel Allen	62:13	WS	11	Unattached, (non club)
223	Steve New	62:13	MV40	49	100 Marathon Club
224	Joanne Davis	62:15	WV35	7	Severn A C
225	Andrew Taylor	62:19	MV50	21	Caerleon Running Club
226	Claire Spick	62:21	WV45	4	Bitton R R
227	Steve Stacey	62:46	MV40	50	Bitton R R
228	Tony Mason	62:46	MV60	7	South West Veterans A.C.
229	Harry Duff	62:53	MV50	22	Unattached, (non club)
230	Kirk Ford	62:59	MS	71	Unattached, (non club)
231	Victoria Fitzpatrick	63:00	WS	12	Unattached, (non club)
232	Michael Powell	63:06	MV55	17	Caerleon Running Club
233	Andrew Davies	63:09	MS	72	Unattached, (non club)
234	Marianne Day	63:10	WS	13	Evesham Vale
235	Janet Brown	63:23	WV45	5	Bitton R R
236	Helen Thomas	63:25	WV45	6	Caerleon Running Club
237	Clive Williams	63:27	MV45	35	Unattached, (non club)
238	Richard Davies	63:29	MV40	51	Dylans & Celtic Manor
239	Stella Rudd	63:30	WS	14	Epsorta
240	Andrea Reynolds	63:32	WV40	6	Swansea Harriers
241	Linda Hird	63:33	WV50	1	Bitton R R
242	Chris Brown	63:34	MS	73	Bitton R R
243	Bob Watson	63:42	MS	74	Unattached, (non club)
244	Andrew Hughes	63:47	MS	75	Unattached, (non club)
245	Kim Pope	63:49	WV45	7	Bitton R R
246	Paul Bigmore	63:54	MV50	23	Brackla Harriers
247	P Colman	64:06	MV40	52	Bitton R R
248	John Ivins	64:06	MV40	53	Living Well
249	Jane Phillips	64:06	WV50	2	Bitton R R
250	Alyson Melhuish	64:12	WV45	8	Bitton R R
251	Brian Harris	64:23	MV65	2	Unattached, (non club)
252	Peter Roberts	64:52	MV50	24	Griffithstown Harriers
253	Margrett Monk	64:52	WV55	2	Club 69
254	Bernie Monk	64:54	MV60	8	Club 69
255	Jo Morgan	64:57	WS	15	Unattached, (non club)

256	Nicholas Edwards	65:04	MV45	36	Wells City Harriers
257	Shona Dunlop	65:04	WS	16	Caerleon Running Club
258	Simon Biggs	999.99	MV45	37	Unattached, (non club)
259	Neil Rutter	65:21	MV45	38	Unattached, (non club)
260	Sam Stone	65:26	MS	76	Newport Velodrome
261	Laura Doheny	65:36	WV45	9	Abergavenny Striders
262	Lisa Stone	65:36	WS	17	Caerleon Running Club
263	Lisa Duggan	65:40	WV35	8	Bitton R R
264	Jeanette Jenkins	65:42	WV45	10	Fairwater Runners
265	Nina Brocklebank	65:45	WV35	9	Womens Running Network
266	Tom Denman	65:46	MS	77	Unattached, (non club)
267	Alasdair Marshall	65:46	MS	78	Unattached, (non club)
268	Alison Croad	65:47	WS	18	Unattached, (non club)
269	Craig Jones	65:48	MS	79	Unattached, (non club)
270	Stephen Bartlett	66:04	MV45	39	Road Runners Club
271	David Williams	66:06	MV50	25	Unattached, (non club)
272	Nigel Jenkins	66:10	MV40	54	Caerleon Running Club
273	Ron Morgan	66:18	MV60	9	Unattached, (non club)
274	Barry Evans	66:22	MV40	55	Unattached, (non club)
275	Karen Hurd	66:27	WV45	11	Islwyn R C
276	Michael Collier	66:31	MV40	56	Bitton R R
277	Bob Sperring	66:31	MV50	26	Bitton R R
278	Julie Roche	66:32	WV35	10	Fairwater Runners
279	Toni Britton	66:37	WV50	3	Bitton R R
280	Jeff Wallace	66:51	MV45	40	Unattached, (non club)
281	Julie Lewis	67:30	WV40	7	Islwyn R C
282	Pauline Rees	67:37	WV50	4	Unattached, (non club)
283	Jennifer Cann	67:40	WV45	12	Epsorta
284	Jonathan Lee	67:45	MV40	57	Caerleon Running Club
285	Hywel Daniels	67:55	MS	80	Unattached, (non club)
286	Paul Davies	62:59	MV55	18	Penarth & Dinas Runners
287	John Edwards	68:01	MS	81	Pontypridd Roadents
288	Bethan William	68:06	WS	19	Unattached, (non club)
289	Janice Clement	68:11	WV45	13	Penarth & Dinas Runners
290	Sue Shannon-Jones	68:11	WV55	3	Womens Running Network
291	Chris Lewis	68:18	MV40	58	Unattached, (non club)
292	Anna Maguire	68:24	WS	20	Swindon AC

293	Gareth Holyfield	68:25	MV40	59	Abergavenny Striders
294	Jackie Zajac	68:28	WV40	8	Bitton R R
295	Kath Jarvis	68:36	WV50	5	Club 69
296	Kim Howell	68:39	MV50	27	Caerleon Running Club
297	Nicola Ingerfield	68:44	WS	21	Epsorta
298	Hannah Herbert-Evans	68:47	WS	22	Unattached, (non club)
299	Joanne Down	68:55	WS	23	Unattached, (non club)
300	Kate Rowlands	69:00	WS	24	Islwyn R C
301	Barry James	69:04	MV55	19	Unattached, (non club)
302	Finola Wilson	69:18	WV35	11	Womens Running Network
303	Paul Melhuish	69:19	MS	82	Unattached, (non club)
304	Ruth Treharne	69:22	WV40	9	Islwyn R C
305	Colleen Bevan	69:31	WV40	10	Unattached, (non club)
306	James Hobbs	69:34	MV40	60	Unattached, (non club)
307	Mary Richards	69:37	WS	25	Unattached, (non club)
308	Robert Ward	69:41	MS	83	Caerleon Running Club
309	Sam Mills	69:52	MS	84	Unattached, (non club)
310	Berwyn Lloyd	69:54	MV45	41	Unattached, (non club)
311	Gerard Newman	70:14	MV50	28	Stroud & District AC
312	Toby Damon	70:18	MS	85	Unattached, (non club)
313	Sarah Dodd	70:18	WS	26	Unattached, (non club)
314	Jackie Loader	70:23	WV35	12	Bitton R R
315	Lynne Parry	70:27	WS	27	Unattached, (non club)
316	Emily Luke	70:33	WS	28	Penarth & Dinas Runners
317	Gwyn Howells	70:36	WV55	4	Caerleon Running Club
318	Ian Warner	70:39	MV45	42	Unattached, (non club)
319	Caroline Jones	70:39	WV35	13	Womens Running Network
320	Jacqui Perriman	70:50	WV45	14	Bitton R R
321	Wendy Roberts	70:57	WV40	11	Chepstow Harriers
322	Sian Brown	71:08	WV50	6	Unattached, (non club)
323	Richard Chivers	71:32	MS	86	Unattached, (non club)
324	Eirian Thornton	71:41	WV45	15	Westbury Harriers
325	Stephen Chadwick	71:44	MS	87	Unattached, (non club)
326	Julie Gething	71:47	WV35	14	Womens Running Network
327	Marc Jones	71:53	MV40	61	Unattached, (non club)
328	Graham Singer	71:53	MV50	29	Unattached, (non club)
329	Elly Edmunds	71:57	WV35	15	Unattached, (non club)

330	Martin Collins	72:04	MV40	62	Wells City Harriers
331	Jafar Ghalamkary	72:15	MV45	43	Unattached, (non club)
332	Rob Smith	72:20	MV45	44	Unattached, (non club)
333	Moira Martin	72:21	WV35	16	Caerleon Running Club
334	Bernard Stevens	72:21	MV60	10	Unattached, (non club)
335	Sue Mansfield	72:37	WV40	12	Bitton R R
336	Clive Francis	72:38	MV45	45	Newport Velodrome
337	Peter Clark	73:09	MV50	30	Unattached, (non club)
338	Blair Lundie	73:14	WV55	5	Islwyn R C
339	Kelly Williams	73:14	WS	29	Islwyn R C
341	John Fry	73:30	MV60	11	Fairwater Runners
342	Les Ainscough	73:33	MV45	46	Caerleon Running Club
343	Deborah Jenkins	999.99	WV40	13	Caerleon Running Club
344	Anne Roberts	73:47	WV50	7	Unattached, (non club)
345	Steven Walsh	73:50	MS	88	Unattached, (non club)
346	Jane Chappelle	73:50	WV40	14	Unattached, (non club)
347	Joanne Davies	73:51	WS	30	Unattached, (non club)
348	Philip Lerwale	74:02	MV40	63	Unattached, (non club)
349	Jenny Edwards	74:20	WS	31	Caerleon Running Club
350	Richard Leyshon	74:20	MS	89	Newport Velodrome
351	Pamela Clancy	74:26	WV50	8	Unattached, (non club)
352	Claire Symonds	74:54	WS	32	Newport Velodrome
353	John Pask	74:58	MV65	3	Islwyn R C
354	Catherine Llewellyn	75:08	WV40	15	Unattached, (non club)
355	Paula James	75:12	WV35	17	Pontypridd Roadents
356	Jim McCulloch	75:13	MV50	31	Penarth & Dinas Runners
357	Wendy Rees	75:19	WV45	16	Griffithstown Harriers
358	Nick Limburn	75:42	MV40	64	Unattached, (non club)
359	Neil Lewis	75:51	MV45	47	Mumbles Milers RRC
360	Gareth Pearce	75:54	MV40	65	Unattached, (non club)
361	Tracey Huxley	75:55	WV40	16	Unattached, (non club)
362	Kim Kear	75:55	WV40	17	Unattached, (non club)
363	Liam Gallagher	76:27	MS	90	Unattached, (non club)
364	Marianne Burrridge	76:33	WV45	17	Fairwater Runners
365	Liz Lovell	76:39	WV40	18	Womens Running Network
366	Fran Barnes	76:51	WV40	19	Womens Running Network
367	Jenny Hughes	76:58	WV40	20	Womens Running Network

368	Liz Hope	76:58	WV40	21	Womens Running Network
369	Jayne Trew	76:58	WV45	18	Womens Running Network
370	Tracey Probert	76:59	WV35	18	Unattached, (non club)
371	Steve Madden	76:59	MV40	66	Unattached, (non club)
372	Karen Morgan	77:17	WV35	19	Unattached, (non club)
373	Joanna Hendry	77:33	WV35	20	Penarth & Dinas Runners
374	Anthony Jones	77:38	MV45	48	Unattached, (non club)
375	Claire Haase	77:42	WV45	19	Dylans & Celtic Manor
376	Alison Sheedy	77:42	WV40	22	Dylans & Celtic Manor
377	Julie Knight	77:44	WV40	23	Unattached, (non club)
378	Leanne Fakande	77:48	WV35	21	Unattached, (non club)
379	Brian Cox	77:53	MV60	12	Unattached, (non club)
380	Sam Holmes	77:55	MS	91	Unattached, (non club)
381	Caroline Shears	77:55	WV40	24	Otium Gym, Bristol
382	Olugbenga Fakande	78:34	MS	92	Unattached, (non club)
383	Donna Thatcher	79:49	WV35	22	Bitton R R
384	Gary Taylor	80:06	MS	93	Mumbles Milers RRC
385	Rose-Marie Wells	80:39	WV35	23	Parkway Health Club
386	John Doolan	81:03	MV40	67	Unattached, (non club)
387	Fiona Neill	81:06	WV40	25	Mumbles Milers RRC
388	Liz Morgan	81:07	WS	33	San Domenico
389	Steven Wadley	81:11	MV45	49	Newport Harriers
390	Steven Morgan	81:22	MS	94	Unattached, (non club)
391	Derek Bunkin	83:20	MV60	13	Bitton R R
392	Valerie Collier	83:36	WV65	1	Bitton R R
393	Rachael Carter	?:??	WV35	24	Bitton R R
394	Dawn Bishop	84:02	WV40	26	Caerleon Running Club
395	Neil Price	84:08	MV55	20	Islwyn R C
396	Sue Hewitt	84:57	WV50	9	Bitton R R
397	Linda Clark	85:01	WV40	27	Unattached, (non club)
398	Amelia Day	85:08	WS	34	Bitton R R
399	Rayana Adams (Blind)	85:37	WV35	25	Newport Velodrome
400	Rose Milosevic	87:15	WV50	10	Parkway Health Club
401	Kate Deverell	87:28	WS	35	Unattached, (non club)
402	Debbie Dewey	89:45	WV35	26	Bitton R R
403	Abby Paget	89:45	WS	36	Bitton R R
404	Perpetua Rebelo	92:41	WS	37	Unattached, (non club)

405	Martin Kitchener	95:03	MV40	68	Unattached,	(non club)
406	Hayley Jones	95:03	WS	38	Unattached,	(non club)
407	Lorna Cima	96:44	WV50	11	Unattached,	(non club)
408	Allen Watts	100:24	MV75	1	Sarn Helen,	Lampeter
409	Lesley Bigmore	115:12	WV45	20	Unattached,	(non club)

Top 10 within each Category

Entry No	Name	Cat	Position O/A	Cat	Time	Club
237	Dan Robinson	MS	1	1	38:31	Stroud & District AC
422	Carwyn Jones	MS	2	2	41:10	Cardiff A C
340	Daniel Stevens	MS	3	3	42:18	Cardiff Triathletes
285	Stephen Paterson	MS	4	4	43:27	San Domenico
287	Stuart Crees	MS	6	5	43:38	Les Croupiers
201	Mike Blackmore	MS	7	6	43:52	Bitton R R
372	Phillip Matthews	MS	8	7	43:57	Chepstow Harriers
121	Stephen Thomas	MS	9	8	44:03	Islwyn R C
518	Matthew Gurmin	MS	10	9	44:45	Abertillery Ach.
341	Richard Wilder	MS	12	10	46:21	Cardiff Triathletes
382	Simon Lewis	MV40	17	1	48:23	Club 69
403	Ian McDonald	MV40	19	2	48:39	San Domenico
427	Simon Hill	MV40	21	3	48:57	Bitton R R
307	Andrew Baker	MV40	24	4	49:17	Pontypridd Roadents
292	Ian Hoare	MV40	25	5	49:18	Bitton R R
326	Chris Morgan	MV40	32	6	49:47	Unattached, (non club)
322	Paul Scott	MV40	34	7	50:05	Newport & East Wales Tri
365	Dylan Owen	MV40	35	8	50:09	Les Croupiers
373	P Dawes	MV40	37	9	50:12	San Domenico
337	Alun William	MV40	38	10	50:13	Fairwater Runners
103	Peter Coles	MV45	5	1	43:36	Pontypridd AAC
338	Philip Crane	MV45	11	2	45:53	Neath Harriers
339	Peter Crane	MV45	15	3	47:27	Neath Harriers
455	Haydn Hartnell	MV45	22	4	49:12	Islwyn R C

487	Dimitri Vorres	MV45	28	5	49:24	Griffithstown Harriers
145	Alan Chappell	MV45	39	6	50:17	Bitton R R
193	Mark Dunscombe	MV45	45	7	50:35	Sarn Helen, Lampeter
261	Nick Rees	MV45	50	8	50:50	Les Croupiers
305	Keith Thompson	MV45	51	9	50:51	Islwyn R C
300	Mark Emes	MV45	56	10	51:06	Bitton R R
283	Chris Taylor	MV50	14	1	47:23	Evesham Vale
397	Nick Holliday	MV50	23	2	49:15	Stroud & District AC
165	Bill Graham	MV50	29	3	49:29	Bitton R R
124	Phil Meyler	MV50	33	4	49:56	Pontypridd AAC
304	Philip Hurd	MV50	44	5	50:34	Islwyn R C
472	Peter Rodger	MV50	97	6	54:19	Griffithstown Harriers
291	Barrie Dunn	MV50	101	7	54:29	Bitton R R
184	Graeme Donnan	MV50	103	8	54:34	Les Croupiers
360	Kieron McDonnell	MV50	130	9	56:26	Unattached, (non club)
286	Robert Ford	MV50	159	10	57:49	Pontypridd Roadents
301	Ronald Morris	MV55	31	1	49:45	San Domenico
348	Keith Powell	MV55	46	2	50:37	Cornelly Striders
250	Reg Morris	MV55	54	3	51:00	Bitton R R
210	Terry Welsh	MV55	70	4	52:36	Bitton R R
477	David Garrick	MV55	78	5	53:13	Unattached, (non club)
317	Denis Murphy	MV55	116	6	55:44	Les Croupiers
523	Peter Short	MV55	122	7	56:01	Forest of Dean
243	Malcolm Roberts	MV55	137	8	56:39	Clevedon A C
281	Roger Day	MV55	142	9	57:02	Evesham Vale
318	Eric Davey	MV55	143	10	57:05	Llanelli
333	Les Davis	MV60	49	1	50:48	Severn A C
254	Jeff Aston	MV60	144	2	57:07	Les Croupiers
289	Keith Paterson	MV60	162	3	57:55	San Domenico
139	Geoffrey Hooper	MV60	164	4	58:00	Unattached, (non club)
192	Eric Jones	MV60	198	5	60:12	Unattached, (non club)
328	Clive James	MV60	208	6	61:06	Midland Masters
312	Tony Mason	MV60	228	7	62:46	South West Veterans A.C.
262	Bernie Monk	MV60	254	8	64:54	Club 69

428	Ron Morgan	MV60	273	9	66:18	Unattached, (non club)
362	Bernard Stevens	MV60	334	10	72:21	Unattached, (non club)
131	Patrick Slavin	MV65	120	1	55:52	Bitton R R
473	Brian Harris	MV65	251	2	64:23	Unattached, (non club)
405	John Pask	MV65	353	3	74:58	Islwyn R C
378	John Collins	MV70	165	1	58:02	Swansea Harriers
280	Allen Watts	MV75	408	1	100:24	Sarn Helen, Lampeter
431	Catherine Dugdale	WS	20	1	48:50	Swansea Harriers
230	Fiona Cramp	WS	109	2	55:00	Bitton R R
277	Samantha Mulligan	WS	118	3	55:45	Chepstow Harriers
375	Sophie Bennett	WS	136	4	56:36	San Domenico
204	Amy Edwards	WS	186	5	59:36	Rhondda Valley Runners
483	Clare Simkinson	WS	207	6	61:04	Unattached, (non club)
379	Kathleen Cardwell	WS	211	7	60:20	Unattached, (non club)
335	Emma Rawlings	WS	213	8	60:22	Severn A C
162	Emma Thomas	WS	215	9	60:24	Epsortta
467	Emma Griffiths	WS	221	10	62:05	Unattached, (non club)
205	Sarah Urwin-Mann	WV35	40	1	50:18	Team Bath
141	Ceri-Anne Davies	WV35	68	2	52:33	Pontypridd AAC
420	Julie Davies	WV35	117	3	55:44	Griffithstown Harriers
398	Caroline Cotterell	WV35	147	4	57:20	Stroud & District AC
157	Helen Jones	WV35	154	5	57:43	Unattached, (non club)
175	Julia Ferguson	WV35	193	6	60:05	Pontypridd AAC
336	Joanne Davis	WV35	224	7	62:15	Severn A C
195	Lisa Duggan	WV35	263	8	65:40	Bitton R R
244	Nina Brocklebank	WV35	265	9	65:45	Womens Running Network
369	Julie Roche	WV35	278	10	66:32	Fairwater Runners
209	Helen Hinsley	WV40	79	1	53:20	Bristol A C
394	Judith Llewellyn	WV40	125	2	56:08	Chepstow Harriers
188	Sharon Andrews	WV40	163	3	57:57	Bitton R R
274	Debbie Cockram	WV40	175	4	58:35	Fairwater Runners

404	Frances Williams	WV40	179	5	59:00	San Domenico
196	Andrea Reynolds	WV40	240	6	63:32	Swansea Harriers
206	Julie Lewis	WV40	281	7	67:30	Islwyn R C
106	Jackie Zajac	WV40	294	8	68:28	Bitton R R
465	Ruth Treharne	WV40	304	9	69:22	Islwyn R C
181	Colleen Bevan	WV40	305	10	69:31	Unattached, (non club)
144	Jo Webb	WV45	84	1	53:29	Bitton R R
395	Wendy Boon	WV45	107	2	54:51	Les Croupiers
225	Karen Dawkins	WV45	209	3	61:06	Bitton R R
166	Claire Spick	WV45	226	4	62:21	Bitton R R
238	Janet Brown	WV45	235	5	63:23	Bitton R R
268	Helen Thomas	WV45	236	6	63:25	Caerleon Running Club
179	Kim Pope	WV45	245	7	63:49	Bitton R R
248	Alyson Melhuish	WV45	250	8	64:12	Bitton R R
408	Laura Doheny	WV45	261	9	65:36	Abergavenny Striders
484	Jeanette Jenkins	WV45	264	10	65:42	Fairwater Runners
233	Linda Hird	WV50	241	1	63:33	Bitton R R
107	Jane Phillips	WV50	249	2	64:06	Bitton R R
122	Toni Britton	WV50	279	3	66:37	Bitton R R
474	Pauline Rees	WV50	282	4	67:37	Unattached, (non club)
260	Kath Jarvis	WV50	295	5	68:36	Club 69
187	Sian Brown	WV50	322	6	71:08	Unattached, (non club)
197	Anne Roberts	WV50	344	7	73:47	Unattached, (non club)
252	Pamela Clancy	WV50	351	8	74:26	Unattached, (non club)
128	Sue Hewitt	WV50	396	9	84:57	Bitton R R
190	Rose Milosevic	WV50	400	10	87:15	Parkway Health Club
446	Jacky Austin	WV55	176	1	58:39	Club 69
263	Margrett Monk	WV55	253	2	64:52	Club 69
222	Sue Shannon-Jones	WV55	290	3	68:11	Womens Running Network
132	Gwyn Howells	WV55	317	4	70:36	Caerleon Running Club
102	Blair Lundie	WV55	338	5	73:14	Islwyn R C
140	Valerie Collier	WV65	392	1	83:36	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
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Running Clubs

1	Bitton R R	53	7	Mike Blackmore	MS	43:52
			21	Simon Hill	MV40	48:57
			25	Ian Hoare	MV40	49:18
2	San Domenico	54	4	Stephen Paterson	MS	43:27
			19	Ian McDonald	MV40	48:39
			31	Ronald Morris	MV55	49:45
3	Les Croupiers	67	6	Stuart Crees	MS	43:38
			26	Matthew Townsend	MS	49:19
			35	Dylan Owen	MV40	50:09

Fitness Clubs

1	Newport Velodrome	780	184	Craig Harris	MS	59:33
			260	Sam Stone	MS	65:26
			336	Clive Francis	MV45	72:38

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
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Running Club

1	Bitton R R	356	84	Jo Webb	WV45	53:29
			109	Fiona Cramp	WS	55:00
			163	Sharon Andrews	WV40	57:57
2	Chepstow Harriers	564	118	Samantha Mulligan	WS	55:45
			125	Judith Llewellyn	WV40	56:08
			321	Wendy Roberts	WV40	70:57
3	San Domenico	703	136	Sophie Bennett	WS	56:36
			179	Frances Williams	WV40	59:00
			388	Liz Morgan	WS	81:07

Fitness Club

1 Epsorta

737 215 Emma Thomas
239 Stella Rudd
283 Jennifer Cann

WS 60:24
WS 63:30
WV45 67:40

Lliswerry Runners, Newport's Friendly running Club.