



# Lliswerry Runners

*Newport's friendly running club.*

---

## 2009 Results

Race Results

=====

Top 3 Awards

Award	Time	Name	Club
1st Male	43.56	Stephen Paterson	San Domenico
2nd Male	44.17	Peter Coles	Pontypridd Roadents
3rd Male	46.16	Calum Cheshire	Chepstow Harriers
1st Female	48.13	Sarah Urwin-Mann	Team Bath
2nd Female	49.10	Natasha Cockram	Cwmbran Harriers
3rd Female	54.14	Leigh Searle	Unattached, (non club)

Category Awards

Award	Pos	Name	Time	Cat	Pos	Club
MS00-1	1	Stephen Paterson	43.56	MS	1	San Domenico
MV40-1	4	Tim Hindle	46.51	MV40	1	Brecon Bounders
MV45-1	2	Peter Coles	44.17	MV45	1	Pontypridd Roadents
MV50-1	33	Phil Meyler	50.48	MV50	1	Pontypridd Roadents
MV55-1	30	Bill Graham	50.29	MV55	1	Bitton R R
MV60-1	76	Malcolm Roberts	54.41	MV60	1	Clevedon A C
MV65-1	no entries					
MV70-1	243	James Johnson	70.24	MV70	1	Unattached, (non club)
MV75-1	no entries					
WS00-1	18	Natasha Cockram	49.10	WS	1	Cwmbran Harriers
WV35-1	9	Sarah Urwin-Mann	48.13	WV35	1	Team Bath
WV40-1	81	Helen Hinsley	55.06	WV40	1	Bitton R R
WV45-1	126	Janet Brown	58.56	WV45	1	Bitton R R
WV50-1	143	Karen Dawkins	59.47	WV50	1	Bitton R R
WV55-1	98	Zina Marchant	56.31	WV55	1	Team Bath
WV60-1	no entries					
WV65-1	307	Valerie Collier	84.03	WV65	1	Bitton R R
WV70-1	no entries					

## Complete List

Pos	Name	Time	Cat	Pos	Club
1	Stephen Paterson	43.56	MS	1	San Domenico
2	Peter Coles	44.17	MV45	1	Pontypridd Roadents
3	Calum Cheshire	46.16	MS	2	Chepstow Harriers
4	Tim Hindle	46.51	MV40	1	Brecon Bounders
5	James King	47.26	MS	3	Caerleon Running Club
6	Lawence Humphreys	48.09	MS	4	Fairwater Runners
7	John Royles	48.11	MV40	2	Unattached, (non club)
8	Simon Lewis	48.11	MV40	3	Bryn Bach RC
9	Sarah Urwin-Mann	48.13	WV35	1	Team Bath
10	Mark Harvey	48.22	MS	5	Chepstow Harriers
11	Edward Donovan	48.26	MS	6	Unattached, (non club)
12	Jerome Edwards	48.27	MS	7	San Domenico
13	Ioan Williams	48.28	MS	8	Gwent Police
14	Rhys Pitman	48.30	MS	9	Pontypridd Roadents
15	Peter Morton	48.34	MS	10	Epsorta
16	Haydn Hartnell	48.36	MV45	2	Islwyn R C
17	Leighton Rawlinson	48.54	MS	11	Unattached, (non club)
18	Natasha Cockram	49.10	WS	1	Cwmbran Harriers
19	Chris Morgan	49.12	MV40	4	Fairwater Runners
20	Ian Hoare	49.17	MV40	5	Bitton R R
21	Clem Clements	49.25	MV45	3	Penarth & Dinas Runners
22	Stuart McIlroy	48.28	MS	12	Les Croupiers
23	Nick Kane	48.37	MV45	4	Bitton R R
24	Ben Pitman	48.51	MS	13	Unattached, (non club)
25	Paul Scott	50.02	MV40	6	Newport & East Wales Tri
26	Matthew Chard	50.06	MS	14	Bryn Bach RC
27	Andrew Palmer (T44)	50.19	MV40	7	Penarth & Dinas Runners
28	Simon Laraway	50.21	MS	15	Bitton R R
29	Steve Hooper	50.24	MV40	8	Pontypridd Roadents
30	Bill Graham	50.29	MV55	1	Bitton R R
31	Ian McDonald	50.35	MV45	5	San Domenico
32	Paul Bruton	50.39	MS	16	Newport & East Wales Tri
33	Phil Meyler	50.48	MV50	1	Pontypridd Roadents

34	Stephen Davies	51.00	MV45	6	Griffithstown Harriers
35	Darren Morgan	51.02	MV40	9	Unattached, (non club)
36	Phil Miles	51.11	MV55	2	Bryn Bach RC
37	P Price	51.30	MV40	10	Unattached, (non club)
38	Gethin Parham	51.41	MS	17	Bryn Bach RC
39	Ben Curtis	51.44	MS	18	Islwyn R C
40	Rob Kingdon	51.48	MV40	11	Bitton R R
41	Andy Buchan	51.52	MS	19	Unattached, (non club)
42	Mark Dunscombe	51.54	MV45	7	Sarn Helen, Lampeter
43	Tony Walsh	52.02	MV45	8	Bitton R R
44	Alum Evans	52.03	MV40	12	Unattached, (non club)
45	Colin Rees	52.07	MV45	9	Bryn Bach RC
46	Lee Davies	52.09	MS	20	Pontypridd Roadents
47	Mark Emes	52.10	MV45	10	Bitton R R
48	Edward Morgran	52.13	MV50	2	Taff Ely Triathletes
49	Howard Mason	52.22	MV40	13	Caerleon Running Club
50	Peter Rodger	52.27	MV50	3	Griffithstown Harriers
51	Alan Walton	52.31	MS	21	San Domenico
52	Mike Duggan	52.40	MV40	14	Bitton R R
53	Phillip Waters	52.46	MV50	4	Griffithstown Harriers
54	David Hoole	52.48	MV45	11	Penarth & Dinas Runners
55	Paul Dawes	53.13	MV40	15	San Domenico
56	Luke Malarc	53.19	MS	22	Chepstow Harriers
57	Andy Davies	53.23	MV45	12	Pontypridd Roadents
58	Jamie Seekings	53.25	MS	23	Penarth & Dinas Runners
59	Thomas R Guy	53.29	MS	24	Griffithstown Harriers
60	Gareth Griffiths	53.33	MS	25	Unattached, (non club)
61	Lee Holgate	53.37	MS	26	Bitton R R
62	Ronald Morris	53.41	MV55	3	San Domenico
63	Chris Nellins	53.44	MV55	4	Penarth & Dinas Runners
65	Jason Williams	53.50	MS	27	Unattached, (non club)
66	Ian Jones	53.55	MV45	13	Unattached, (non club)
67	Andrew Brown	54.01	MV50	5	Severn A C
68	Glyn Sansom	54.04	MV45	14	San Domenico
69	Hugh Hughes	54.05	MS	28	Unattached, (non club)
70	Matt Creed	54.13	MS	29	Unattached, (non club)
71	Leigh Searle	54.14	WV35	2	Unattached, (non club)

72	Rob Wilcox	54.17	MV40	16	Penarth & Dinas Runners
73	Patrick Hoare	54.17	MV40	17	Unattached, (non club)
74	Paul Chick	54.19	MS	30	Newport & East Wales Tri
75	Julie Davies	54.37	WV35	3	Griffithstown Harriers
76	Malcolm Roberts	54.41	MV60	1	Clevedon A C
77	Kelly Morgan	54.43	WS	2	Pontypridd Roadents
78	Barrie Dunn	54.55	MV50	6	Bitton R R
79	Terry Welsh	54.56	MV60	2	Bitton R R
80	Nick Walsh	55.01	MS	31	Griffithstown Harriers
81	Helen Hinsley	55.06	WV40	1	Bitton R R
82	Robert Evans	55.07	MV45	15	Ebbw Vale Running Club
83	Peter Thomas	55.09	MV45	16	Caerleon Running Club
84	Peter Hutton	55.17	MV45	17	Chepstow Harriers
85	Craig Collins	55.25	MS	32	St Julians FC
86	Andrew Spencer	55.27	MV45	18	Fairwater Runners
87	Jeremy Alford	55.27	MV40	18	Penarth & Dinas Runners
88	Kim Wehden	55.31	MV45	19	Islwyn R C
89	David Medhurst	55.34	MS	33	Unattached, (non club)
90	Dominic Shields	55.37	MV40	19	San Domenico
91	Mike Thurgood	55.38	MV40	20	Caerleon Running Club
92	Peter Burne	55.51	MS	34	Unattached, (non club)
93	Tony Deacy	56.04	MV50	7	Monmouth Tri Club
94	Stuart Jones	56.14	MS	35	Penarth & Dinas Runners
95	Brian Phillips	56.30	MV45	20	Bryn Bach RC
96	Ronald Shannon	56.30	MV50	8	Bitton R R
97	Paul Harmes	56.30	MV40	21	Unattached, (non club)
98	Zina Marchant	56.31	WV55	1	Team Bath
99	Peter Short	56.33	MV55	5	Forest of Dean
100	Dean Birt	56.35	MS	36	Pontypridd Roadents
101	Abyd Quinn Aziz	56.46	MV50	9	Penarth & Dinas Runners
102	Simon Chaplin	56.48	MS	37	Unattached, (non club)
103	Ray Greenhouse	56.51	MV40	22	Ebbw Vale Running Club
104	Richard Day	56.56	MV45	21	Pontypridd Roadents
105	Jackie Miles	56.58	WV55	2	Bryn Bach RC
106	John Shanahan	57.09	MV50	10	Unattached, (non club)
107	Jim Dobbs	57.16	MV55	6	Islwyn R C
108	Phil Bristow	57.16	MV45	22	Unattached, (non club)

109	Sally Haselhurst	57.16	WS	3	San Domenico
110	James Delaney	57.17	MV50	11	San Domenico
111	Peter Welbirg	57.26	MV55	7	Griffithstown Harriers
112	James Fletcher	57.29	MV40	23	Unattached, (non club)
113	Kirk Ford	57.43	MS	38	Caerleon Running Club
114	Chris Moore	57.53	MV55	8	Forest of Dean
115	Mark Unsworth	57.57	MV45	23	San Domenico
116	Nina Davies	57.59	WS	4	Bitton R R
117	Terry Lewis	58.04	MV45	24	Islwyn R C
118	Neil Evans	58.28	MS	39	Bitton R R
119	Johnny Lam	58.28	MS	40	Unattached, (non club)
120	Simon Marshall	58.36	MV40	24	Unattached, (non club)
121	Keith Verheyden	58.38	MV45	25	Unattached, (non club)
122	Guy Watkins	58.42	MS	41	Unattached, (non club)
123	Michael Sims	58.46	MS	42	Unattached, (non club)
124	Chris Matthews	58.55	MV45	26	Unattached, (non club)
125	Kate Humphries	58.56	MS	43	Unattached, (non club)
126	Janet Brown	58.56	WV45	1	Bitton R R
127	Debbie Cockram	58.59	WV45	2	Fairwater Runners
128	Mark Picton	59.00	MV45	27	Unattached, (non club)
129	Alison Roberts	59.09	WV55	3	Clevedon A C
130	Peter Hopes	59.11	MV45	28	Bitton R R
131	Wayne Cross	59.16	MV40	25	Unattached, (non club)
132	Mark Pollard	59.24	MV45	29	Unattached, (non club)
133	Andrew Robinson	59.27	MS	44	Taff Ely Triathletes
134	Steve Crandon	59.29	MV40	26	Unattached, (non club)
135	Chris Leonard	59.29	MV50	12	Bitton R R
136	Steven Jones	59.30	MS	45	Unattached, (non club)
137	Helen Jones	59.34	WV35	4	Unattached, (non club)
138	Roger Hemming	59.35	MV55	9	Great Western Runners
139	Roger Mills	59.35	MS	46	Fairwater Runners
140	Steve Stacey	59.42	MV40	27	Bitton R R
141	Michael Dix	59.42	MV50	13	Les Croupiers
142	Steve Hill	59.47	MV45	30	Penarth & Dinas Runners
143	Karen Dawkins	59.47	WV50	1	Bitton R R
145	Paul Bigmore	60.04	MV50	14	Brackla Harriers
146	Peter Carwardine	60.04	MV50	15	Hereford Couriers

147	Amy Carwardine	60.09	WS	5	Hereford Couriers
148	Shan Aguilar-Stone	60.12	WV50	2	Bitton R R
149	Russell Dobbs	60.12	MS	47	Islwyn R C
150	David Weston	60.15	MV55	10	Unattached, (non club)
151	Amy Edwards	60.25	WS	6	Rhondda Valley Runners
152	Kevin Palmer	60.28	MS	48	Unattached, (non club)
153	Harry Duff	60.29	MV50	16	Unattached, (non club)
154	Ian Nash	60.39	MV40	28	Bitton R R
155	Bernie Monk	61.11	MV60	3	Bryn Bach RC
156	Marc Jones	61.12	MV40	29	Unattached, (non club)
157	David Proffitt	61.19	MV55	11	Newport Harriers
158	David Garlick	61.20	MV55	12	Unattached, (non club)
159	Hywel Daniels	61.29	MS	49	Unattached, (non club)
160	Royston Toon	61.39	MV60	4	Chepstow Harriers
161	Helena Pimm	61.39	WS	7	Griffithstown Harriers
162	Richard Davies	61.44	MV40	30	Newport & East Wales Tri
163	Nicola Price	61.54	WS	8	Caerleon Running Club
164	John Scanlan	62.02	MV50	17	Thornbury R C
165	Liam Davies	62.14	MV50	18	Unattached, (non club)
166	Paul Jenkins	62.27	MV55	13	Unattached, (non club)
167	Caroline Spanton	62.34	WS	9	Unattached, (non club)
168	Jonathon Lee	62.38	MV40	31	Caerleon Running Club
169	Andy Rees	62.40	MV50	19	Unattached, (non club)
170	Emma Hoare	62.41	WV35	5	Bitton R R
171	Adam Pirouet	62.43	MS	50	Caerleon Running Club
172	Wendy Owen	62.45	WV35	6	Unattached, (non club)
173	Richard Hughes	62.58	MS	51	Caerleon Running Club
174	Andrew Hughes	63.01	MS	52	Unattached, (non club)
175	Jane Lewis	63.05	WV40	2	Unattached, (non club)
176	J Ivens	63.05	MV40	32	Unattached, (non club)
178	Kim Williams	63.06	WV50	3	Unattached, (non club)
179	Paul Gillard	63.07	MV45	31	Unattached, (non club)
180	Geoffrey Bayliss	63.10	MV60	5	Chepstow Harriers
181	Nina Brocklebank	63.17	WV35	7	3M Gorseinon
182	Clive Williams	63.18	MV45	32	Unattached, (non club)
183	Karl James	63.19	MS	53	KVFC
184	Karen Silver	63.37	WS	10	Fitness First

185	Peter Tanner	63.38	MV45	33	Great Western Runners
187	Lisa Duggan	63.43	WV40	3	Bitton R R
188	Clive James	63.53	MV60	6	Midland Masters
189	Malcolm Cox	63.55	MV55	14	Griffithstown Harriers
190	Neil Pilliner	63.57	MS	54	Unattached, (non club)
191	Robert Phillips	63.59	MV45	34	Pontypridd Roadents
192	Anne Marie Evans	64.06	WV35	8	Bryn Bach RC
193	John Edwards	64.07	MS	55	Unattached, (non club)
194	Jeanette Jenkins	64.14	WV45	3	Fairwater Runners
195	Clive Denton	64.20	MV40	33	Rhondda Valley Runners
196	Clare Houghton	64.27	WS	11	Penarth & Dinas Runners
197	Chris Hawkins	64.33	MV55	15	Forest of Dean
198	Mike Burns	64.41	MV55	16	San Domenico
199	Alun Lowe	64.45	MV40	34	Unattached, (non club)
200	Maria Williams	64.59	WV35	9	Islwyn R C
201	Sue Mansfield	65.15	WV45	4	Bitton R R
202	Suzanne Carpenter	65.27	WV45	5	Caerleon Running Club
203	Tom Denman	65.32	MS	56	Unattached, (non club)
204	Chris Brown	65.42	MS	57	Bitton R R
205	Richard Bowie	65.50	MV45	35	Epsorta
206	Joanne Davis	65.51	WV40	4	Severn A C
207	Lisa Cleary	66.08	WV40	5	Penarth & Dinas Runners
208	James Hobbs	66.10	MV40	35	Unattached, (non club)
209	Caryl Davies	66.21	WS	12	Sarn Helen, Lampeter
210	Mark Lock	66.26	MV40	36	Bitton R R
211	Chris Lewis	66.34	MV40	37	Unattached, (non club)
212	Jeff Wallace	66.38	MV50	20	Unattached, (non club)
213	Richard Parcell	66.45	MV40	38	Unattached, (non club)
214	Julie Dunn	66.47	WV50	4	Bitton R R
215	Celia Jackson	66.48	WV45	6	Unattached, (non club)
216	John Watt	66.48	MV45	36	Thornbury R C
217	Finola Wilson	66.49	WV35	10	Womens Running Network
218	Pamela Suter	66.54	WV35	11	Abergavenny Striders
219	Laura Doheny	67.03	WV50	5	Abergavenny Striders
220	Michael Barry	67.03	MV60	7	Bitton R R
221	D Colman	67.05	MV40	39	Bitton R R
222	Robert Ward	67.13	MS	58	Caerleon Running Club



223	Barry James	67.18	MV55	17	Unattached, (non club)
224	Nigel L Jones	67.24	MV50	21	Llanelli
225	Julie Archer	66.25	WV40	6	Womens Running Network
226	Bob Sperring	67.31	MV50	22	Bitton R R
227	Caroline Jones	67.33	WV35	12	Womens Running Network
228	Gary Bird	67.33	MV45	37	Unattached, (non club)
229	Tracy Burton	67.50	WS	13	Chepstow Harriers
230	Ruth Treharne	68.01	WV40	7	Islwyn R C
231	Julie Roche	68.01	WV40	8	Fairwater Runners
232	Peter Clark	68.07	MV50	23	Unattached, (non club)
233	Rob Smith	68.58	MV45	38	Marroitt, Cardiff
234	Helen Thomas	69.11	WV45	7	Caerleon Running Club
235	Ian Warner	69.23	MV50	24	Unattached, (non club)
236	Steve Hole	69.23	MV45	39	Unattached, (non club)
237	Stephen Bartlett	69.31	MV45	40	Road Runners Club
238	Paul Glover	69.31	MV45	41	Unattached, (non club)
239	Gareth Pearce	69.32	MV40	40	Unattached, (non club)
241	Andrea Hale	69.50	WV40	9	JJB Sports
242	Gareth Jones	70.19	MV50	25	Unattached, (non club)
243	James Johnson	70.24	MV70	1	Unattached, (non club)
244	Donna Matthews	70.25	WV45	8	Islwyn R C
245	Paul Evans	70.49	MS	59	Unattached, (non club)
246	Rachel Stichler	71.02	WV35	13	Unattached, (non club)
248	Peter Cottnam	71.41	MV45	42	Penarth & Dinas Runners
249	Rachel Jenkins	71.45	WV35	14	Newport & East Wales Tri
250	Jason White	71.52	MV40	41	Unattached, (non club)
251	Ian Willis	71.52	MV40	42	Unattached, (non club)
252	Anna Helsing	71.58	WV45	9	Penarth & Dinas Runners
254	Jane Bayliss	72.20	MV55	18	Chepstow Harriers
255	Gwyneth Howells	72.32	WV55	4	Caerleon Running Club
256	Les Ainscough	72.32	MV45	43	Caerleon Running Club
257	Nigel Jenkins	72.48	MS	60	Caerleon Running Club
258	Debbie Jenkins	72.48	WV40	10	Caerleon Running Club
259	John Lewsey	72.49	MV40	43	Unattached, (non club)
260	Colin Spence	73.04	MV55	19	Unattached, (non club)
261	Helen Wolsey	73.21	WV45	10	Womens Running Network
262	Akbar Ali	73.31	MS	61	Caerleon Running Club

264	Carl Haines	73.39	MV50	26	Unattached, (non club)
265	Stephen Morgan	73.48	MS	62	Unattached, (non club)
266	Allison Collier	74.13	WV35	15	Bitton R R
267	Sian Clwyd Roberts	74.30	WS	14	Womens Running Network
268	Marc Yeoman	74.45	MS	63	Unattached, (non club)
269	Heather Smith	74.45	WV35	16	Unattached, (non club)
270	Jan Thomas	74.45	WV40	11	Unattached, (non club)
271	Gerard Newman	75.00	MV50	27	Stroud & District AC
272	Sharon Hemming	75.06	WV45	11	Great Western Runners
273	Jenny Hughes	75.24	WV40	12	Womens Running Network
274	Frances Barnes	75.24	WV40	13	Womens Running Network
275	Sarah Jenkins	75.42	WS	15	Unattached, (non club)
276	Marianne Burridge	76.06	WV50	6	Fairwater Runners
277	Paula James	76.14	WV35	17	Pontypridd Roadents
278	Claire Gibson	76.18	WV35	18	Chepstow Harriers
279	Richard Lewis	76.18	MS	64	Newport & East Wales Tri
280	Niki Donovan	76.22	WS	16	Holme Pierrepont
281	Michael Flanagan	76.27	MS	65	Unattached, (non club)
282	Liz Morgan	76.40	WS	17	San Domenico
283	Karen Chadwell	77.02	WV35	19	Womens Running Network
284	Cath Morgan	77.02	WV45	12	Womens Running Network
285	Janice Clement	77.32	WV50	7	Penarth & Dinas Runners
286	Jennifer Karne	77.32	WV40	14	Unattached, (non club)
287	Stephen Madden	77.34	MV40	44	Unattached, (non club)
288	Frances Sloan	77.41	WV45	13	Unattached, (non club)
289	Mary Davies	77.48	WV50	8	Unattached, (non club)
290	Jackie Zajac	78.02	WV40	15	Bitton R R
291	Anne Roberts	78.03	WV50	9	Unattached, (non club)
292	Beatrix Bown	78.09	WV50	10	Unattached, (non club)
293	Eryl Powell	78.42	WV35	20	Unattached, (non club)
294	Manjula Bray	78.46	WV40	16	Unattached, (non club)
295	Jennifer Smith	79.36	WV35	21	Unattached, (non club)
296	Maria Jones	79.36	WV35	22	Unattached, (non club)
297	Hayley Sanders	80.20	WV35	23	Unattached, (non club)
298	Paula Hoddinott	80.24	WV40	17	Caerleon Running Club
299	Emily Wood	80.24	WS	18	Caerleon Running Club
300	Charlotte Kent	80.31	WV35	24	Unattached, (non club)

301	Tricia Cottnam	80.59	WV45	14	Penarth & Dinas Runners
302	Anna Redman	81.12	WV45	15	Unattached, (non club)
303	Ashley Nash-Collier	82.54	MS	66	Unattached, (non club)
304	Olugbenga Fakande	83.34	MV45	44	Unattached, (non club)
306	Brian Cox	83.55	MV60	8	Unattached, (non club)
307	Valerie Collier	84.03	WV65	1	Bitton R R
308	Julie Knight	84.32	WV40	18	Unattached, (non club)
309	David Tapper	85.37	MV60	9	Islwyn R C
310	Lesley Bigmore	90.40	WV50	11	Unattached, (non club)
311	Julie Morgan	91.06	WV35	25	Fairwater Runners
312	David Braithwaite	95.45	MV55	20	Unattached, (non club)

Top 10 within each Category

Entry		Position				Time	Club
No	Name	Cat	O/A	Cat			
-----							
544	Stephen Paterson	MS	1	1	43.56	San Domenico	
782	Calum Cheshire	MS	3	2	46.16	Chepstow Harriers	
746	James King	MS	5	3	47.26	Caerleon Running Club	
613	Lawence Humphreys	MS	6	4	48.09	Fairwater Runners	
783	Mark Harvey	MS	10	5	48.22	Chepstow Harriers	
766	Edward Donovan	MS	11	6	48.26	Unattached, (non club)	
772	Jerome Edwards	MS	12	7	48.27	San Domenico	
685	Ioan Williams	MS	13	8	48.28	Gwent Police	
763	Rhys Pitman	MS	14	9	48.30	Pontypridd Roadents	
704	Peter Morton	MS	15	10	48.34	Epsorta	
820	Tim Hindle	MV40	4	1	46.51	Brecon Bounders	
799	John Royles	MV40	7	2	48.11	Unattached, (non club)	
654	Simon Lewis	MV40	8	3	48.11	Bryn Bach RC	
661	Chris Morgan	MV40	19	4	49.12	Fairwater Runners	
566	Ian Hoare	MV40	20	5	49.17	Bitton R R	
723	Paul Scott	MV40	25	6	50.02	Newport & East Wales Tri	
639	Andrew Palmer (T44)	MV40	27	7	50.19	Penarth & Dinas Runners	
590	Steve Hooper	MV40	29	8	50.24	Pontypridd Roadents	
798	Darren Morgan	MV40	35	9	51.02	Unattached, (non club)	

707	P Price	MV40	37	10	51.30	Unattached, (non club)
741	Peter Coles	MV45	2	1	44.17	Pontypridd Roadents
776	Haydn Hartnell	MV45	16	2	48.36	Islwyn R C
586	Clem Clements	MV45	21	3	49.25	Penarth & Dinas Runners
598	Nick Kane	MV45	23	4	48.37	Bitton R R
751	Ian McDonald	MV45	31	5	50.35	San Domenico
721	Stephen Davies	MV45	34	6	51.00	Griffithstown Harriers
572	Mark Dunscombe	MV45	42	7	51.54	Sarn Helen, Lampeter
563	Tony Walsh	MV45	43	8	52.02	Bitton R R
627	Colin Rees	MV45	45	9	52.07	Bryn Bach RC
556	Mark Emes	MV45	47	10	52.10	Bitton R R
626	Phil Meyler	MV50	33	1	50.48	Pontypridd Roadents
719	Edward Morgran	MV50	48	2	52.13	Taff Ely Triathletes
792	Peter Rodger	MV50	50	3	52.27	Griffithstown Harriers
787	Phillip Waters	MV50	53	4	52.46	Griffithstown Harriers
713	Andrew Brown	MV50	67	5	54.01	Severn A C
509	Barrie Dunn	MV50	78	6	54.55	Bitton R R
618	Tony Deacy	MV50	93	7	56.04	Monmouth Tri Club
567	Ronald Shannon	MV50	96	8	56.30	Bitton R R
593	Abyd Quinn Aziz	MV50	101	9	56.46	Penarth & Dinas Runners
781	John Shanahan	MV50	106	10	57.09	Unattached, (non club)
657	Bill Graham	MV55	30	1	50.29	Bitton R R
730	Phil Miles	MV55	36	2	51.11	Bryn Bach RC
570	Ronald Morris	MV55	62	3	53.41	San Domenico
678	Chris Nellins	MV55	63	4	53.44	Penarth & Dinas Runners
615	Peter Short	MV55	99	5	56.33	Forest of Dean
652	Jim Dobbs	MV55	107	6	57.16	Islwyn R C
610	Peter Welbirg	MV55	111	7	57.26	Griffithstown Harriers
533	Chris Moore	MV55	114	8	57.53	Forest of Dean
718	Roger Hemming	MV55	138	9	59.35	Great Western Runners
779	David Weston	MV55	150	10	60.15	Unattached, (non club)
575	Malcolm Roberts	MV60	76	1	54.41	Clevedon A C
558	Terry Welsh	MV60	79	2	54.56	Bitton R R

653	Bernie Monk	MV60	155	3	61.11	Bryn Bach RC
605	Royston Toon	MV60	160	4	61.39	Chepstow Harriers
530	Geoffrey Bayliss	MV60	180	5	63.10	Chepstow Harriers
689	Clive James	MV60	188	6	63.53	Midland Masters
701	Michael Barry	MV60	220	7	67.03	Bitton R R
759	Brian Cox	MV60	306	8	83.55	Unattached, (non club)
588	David Tapper	MV60	309	9	85.37	Islwyn R C
726	James Johnson	MV70	243	1	70.24	Unattached, (non club)
584	Natasha Cockram	WS	18	1	49.10	Cwmbran Harriers
762	Kelly Morgan	WS	77	2	54.43	Pontypridd Roadents
733	Sally Haselhurst	WS	109	3	57.16	San Domenico
592	Nina Davies	WS	116	4	57.59	Bitton R R
710	Amy Carwardine	WS	147	5	60.09	Hereford Couriers
603	Amy Edwards	WS	151	6	60.25	Rhondda Valley Runners
784	Helena Pimm	WS	161	7	61.39	Griffithstown Harriers
788	Nicola Price	WS	163	8	61.54	Caerleon Running Club
690	Caroline Spanton	WS	167	9	62.34	Unattached, (non club)
813	Karen Silver	WS	184	10	63.37	Fitness First
501	Sarah Urwin-Mann	WV35	9	1	48.13	Team Bath
754	Leigh Searle	WV35	71	2	54.14	Unattached, (non club)
634	Julie Davies	WV35	75	3	54.37	Griffithstown Harriers
577	Helen Jones	WV35	137	4	59.34	Unattached, (non club)
565	Emma Hoare	WV35	170	5	62.41	Bitton R R
528	Wendy Owen	WV35	172	6	62.45	Unattached, (non club)
521	Nina Brocklebank	WV35	181	7	63.17	3M Gorseinon
694	Anne Marie Evans	WV35	192	8	64.06	Bryn Bach RC
624	Maria Williams	WV35	200	9	64.59	Islwyn R C
520	Finola Wilson	WV35	217	10	66.49	Womens Running Network
502	Helen Hinsley	WV40	81	1	55.06	Bitton R R
691	Jane Lewis	WV40	175	2	63.05	Unattached, (non club)
540	Lisa Duggan	WV40	187	3	63.43	Bitton R R
711	Joanne Davis	WV40	206	4	65.51	Severn A C
614	Lisa Cleary	WV40	207	5	66.08	Penarth & Dinas Runners

597	Julie Archer	WV40	225	6	66.25	Womens Running Network
631	Ruth Treharne	WV40	230	7	68.01	Islwyn R C
538	Julie Roche	WV40	231	8	68.01	Fairwater Runners
819	Andrea Hale	WV40	241	9	69.50	JJB Sports
623	Debbie Jenkins	WV40	258	10	72.48	Caerleon Running Club
601	Janet Brown	WV45	126	1	58.56	Bitton R R
585	Debbie Cockram	WV45	127	2	58.59	Fairwater Runners
594	Jeanette Jenkins	WV45	194	3	64.14	Fairwater Runners
665	Sue Mansfield	WV45	201	4	65.15	Bitton R R
801	Suzanne Carpenter	WV45	202	5	65.27	Caerleon Running Club
642	Celia Jackson	WV45	215	6	66.48	Unattached, (non club)
749	Helen Thomas	WV45	234	7	69.11	Caerleon Running Club
683	Donna Matthews	WV45	244	8	70.25	Islwyn R C
760	Anna Helsing	WV45	252	9	71.58	Penarth & Dinas Runners
682	Helen Wolsey	WV45	261	10	73.21	Womens Running Network
560	Karen Dawkins	WV50	143	1	59.47	Bitton R R
633	Shan Aguilar-Stone	WV50	148	2	60.12	Bitton R R
620	Kim Williams	WV50	178	3	63.06	Unattached, (non club)
539	Julie Dunn	WV50	214	4	66.47	Bitton R R
742	Laura Doheny	WV50	219	5	67.03	Abergavenny Striders
535	Marianne Burridge	WV50	276	6	76.06	Fairwater Runners
587	Janice Clement	WV50	285	7	77.32	Penarth & Dinas Runners
656	Mary Davies	WV50	289	8	77.48	Unattached, (non club)
568	Anne Roberts	WV50	291	9	78.03	Unattached, (non club)
591	Beatrice Bown	WV50	292	10	78.09	Unattached, (non club)
523	Zina Marchant	WV55	98	1	56.31	Team Bath
731	Jackie Miles	WV55	105	2	56.58	Bryn Bach RC
576	Alison Roberts	WV55	129	3	59.09	Clevedon A C
756	Gwyneth Howells	WV55	255	4	72.32	Caerleon Running Club
612	Valerie Collier	WV65	307	1	84.03	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	San Domenico	44	1	Stephen Paterson	MS	43.56
			12	Jerome Edwards	MS	48.27
			31	Ian McDonald	MV45	50.35
2	Pontypridd Roadents	45	2	Peter Coles	MV45	44.17
			14	Rhys Pitman	MS	48.30
			29	Steve Hooper	MV40	50.24
3	Chepstow Harriers	69	3	Calum Cheshire	MS	46.16
			10	Mark Harvey	MS	48.22
			56	Luke Malarc	MS	53.19
4	Bryn Bach RC	70	8	Simon Lewis	MV40	48.11
			26	Matthew Chard	MS	50.06
			36	Phil Miles	MV55	51.11
5	Bitton R R	71	20	Ian Hoare	MV40	49.17
			23	Nick Kane	MV45	48.37
			28	Simon Laraway	MS	50.21
6	Penarth & Dinas Runn	102	21	Clem Clements	MV45	49.25
			27	Andrew Palmer (T44)	MV40	50.19
			54	David Hoole	MV45	52.48
7	Fairwater Runners	111	6	Lawence Humphreys	MS	48.09
			19	Chris Morgan	MV40	49.12
			86	Andrew Spencer	MV45	55.27
8	Newport & East Wales	131	25	Paul Scott	MV40	50.02
			32	Paul Bruton	MS	50.39
			74	Paul Chick	MS	54.19
9	Griffithstown Harrie	137	34	Stephen Davies	MV45	51.00
			50	Peter Rodger	MV50	52.27
			53	Phillip Waters	MV50	52.46

10	Caerleon Running Clu	137	5	James King	MS	47.26
			49	Howard Mason	MV40	52.22
			83	Peter Thomas	MV45	55.09

11	Islwyn R C	143	16	Haydn Hartnell	MV45	48.36
			39	Ben Curtis	MS	51.44
			88	Kim Wehden	MV45	55.31

12	Forest of Dean	410	99	Peter Short	MV55	56.33
			114	Chris Moore	MV55	57.53
			197	Chris Hawkins	MV55	64.33

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
-----						
1	Bitton R R	323	81	Helen Hinsley	WV40	55.06
			116	Nina Davies	WS	57.59
			126	Janet Brown	WV45	58.56
2	Fairwater Runners	552	127	Debbie Cockram	WV45	58.59
			194	Jeanette Jenkins	WV45	64.14
			231	Julie Roche	WV40	68.01
3	Caerleon Running Clu	599	163	Nicola Price	WS	61.54
			202	Suzanne Carpenter	WV45	65.27
			234	Helen Thomas	WV45	69.11
4	Penarth & Dinas Runn	655	196	Clare Houghton	WS	64.27
			207	Lisa Cleary	WV40	66.08
			252	Anna Helsing	WV45	71.58



5	Womens Running Netwo	669	217	Finola Wilson	WV35	66.49
			225	Julie Archer	WV40	66.25
			227	Caroline Jones	WV35	67.33
6	Islwyn R C	674	200	Maria Williams	WV35	64.59
			230	Ruth Treharne	WV40	68.01
			244	Donna Matthews	WV45	70.25

---

Liswerry Runners, Newport's Friendly running Club.