



Lliswerry Runners

Newport's friendly running club.

2012 Results

Full Results

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Top 3 Awards

Award	Time	Name	Club
1st Male	39:22	Dewi Griffiths	Swansea Harriers
2nd Male	42:08	Lewys Hobbs	Swansea Harriers
3rd Male	42:40	Nathaniel Lane	Cardiff A C

1st Female 50:45 Kelly Morgan Pontypridd Roadents
 2nd Female 51:48 Lou Summers Chepstow Harriers
 3rd Female 51:53 Rhian Jinny-Jones Pont-y-pwl and District

Category Awards

Award	Pos	Name	Time	Cat	Pos	Club	
MS00-1	1	Dewi Griffiths	39:22	MS	1	Swansea Harriers	MS00-1
MV40-1	16	Stephen Thomas	45:31	MV40	1	Islwyn R C	MV40-1
MV45-1	9	Peter Coles	44:02	MV45	1	Pontypridd Roadents	MV45-1
MV50-1	26	Steve Davies.	47:02	MV50	1	Pont-y-pwl and District	MV50-1

MV55-1	7 Martin Rees	43:07	MV55	1 Unattached, (non club)	MV55-1
MV60-1	63 Sandy Johnston	50:53	MV60	1 Les Croupiers	MV60-1
MV65-1	228 Clive James	60:19	MV65	1 Midland Masters	MV65-1
MV70-1	145 Brian Gough	55:55	MV70	1 Pontypridd Roadents	MV70-1
MV75-1	496 James Johnson	78:57	MV75	1 Unattached, (non club)	MV75-1
WS00-1	61 Kelly Morgan	50:45	WS	1 Pontypridd Roadents	WS00-1
WV35-1	132 Helen Duffield	55:16	WV35	1 Chepstow Harriers	WV35-1
WV40-1	73 Lou Summers	51:48	WV40	1 Chepstow Harriers	WV40-1
WV45-1	118 Deborah Reed	54:22	WV45	1 3M Gorseinon	WV45-1

WV50-1	95 Jane Coker	53:08	WV50	1 Les Croupiers	WV50-1
WV55-1	308 Jacqui Wynds	64:28	WV55	1 Forest of Dean	WV55-1
WV60-1	323 Margrett Monk	65:40	WV60	1 Parc Bryn Bach	WV60-1
WV65-1	530 Val Collier	87:20	WV65	1 Bitton R R	WV65-1

WV70-1 is missing

Complete List

Pos	Name	Time	Cat	Pos	Club
1	Dewi Griffiths	39:22	MS	1	Swansea Harriers
2	Lewys Hobbs	42:08	MS	2	Swansea Harriers
3	Nathaniel Lane	42:40	MS	3	Cardiff A C
4	Guy Smith	42:44	MS	4	Swansea Harriers
5	Stephen Paterson	43:02	MS	5	Les Croupiers

6 Gareth Thomas	43:06 MS	6 San Domenico
7 Martin Rees	43:07 MV55	1 Unattached, (non club)
8 Kyran Hale	43:30 MS	7 Severn A C
9 Peter Coles	44:02 MV45	1 Pontypridd Roadents
10 Stuart Crees	44:09 MS	8 Les Croupiers
11 Steve Davies	44:35 MS	9 Swansea Harriers
12 Peter Hart	44:37 MS	10 Cardiff University
13 Gareth Green	44:38 MS	11 San Domenico
14 Matty Edmonds	44:55 MS	12 Lliswerry Runners
15 Sean Taylor	45:23 MS	13 Pont-y-pwl and District
16 Stephen Thomas	45:31 MV40	1 Islwyn R C
17 James Elgar	45:33 MS	14 Unattached, (non club)
18 Mike Griffiths	45:37 MS	15 Newport & East Wales Tri
19 Paul Speyer	45:37 MS	16 Brackla Harriers
20 Leighton Rawlinson	45:42 MS	17 Caerleon Running Club
21 Alan Davies.	45:43 MV55	2 Unattached, (non club)
22 Michael Milstead	45:45 MS	18 Unattached, (non club)
23 Laurence Humphreys	45:56 MS	19 Fairwater Runners
24 Andrew Hodgson	46:00 MV40	2 Bridgend A C

25 Eddy Ball	46:53 MV45	2 San Domenico
26 Steve Davies.	47:02 MV50	1 Pont-y-pwl and District
27 Robert Farley	47:51 MS	20 Bitton R R
28 Jack Buckner	47:53 MV50	2 Charnwood AC
29 Geraint Williams	48:05 MS	21 Aberdare Valley AAC
30 Stuart Wadlow	48:10 MS	22 Islwyn R C
31 Matt Hopkins	48:14 MS	23 Les Croupiers
32 Martin Williams	48:18 MV45	3 Les Croupiers
33 Haydn Hartnell	48:25 MV45	4 Islwyn R C
34 Peter Crane	48:30 MV50	3 Neath Harriers
35 Andy Gardiner	48:33 MS	24 San Domenico
36 Miles Thomas	48:42 MS	25 Lliswerry Runners
37 Andrew Dawe	48:44 MV45	5 Lliswerry Runners
38 Mark Whittle	48:46 MS	26 San Domenico
39 Mark Harvey	48:48 MS	27 Chepstow Harriers
40 Anthony Taylor	48:53 MV40	3 Prison Service Sports Ass.
41 Paul Coker	49:07 MV50	4 Les Croupiers
42 Scott Frame	49:10 MS	28 Outdoor Fitness

43	Luke James	49:12 MS	29 Monross Trailblazers
44	Paul Davies	49:13 MV45	6 San Domenico
45	Mark Balch	49:27 MV40	4 Newport & East Wales Tri
46	John Foster	49:31 MV50	5 Lliswerry Runners
47	David Setchfield	49:32 MS	30 Unattached, (non club)
48	Micheal Murphy	49:37 MV55	3 Les Croupiers
49	Richard Hughes	49:38 MS	31 Caerleon Running Club
50	Nick Holliday	49:40 MV50	6 Stroud & District AC
51	Ross Fripp	49:49 MS	32 Pontypridd Roadents
52	Kevin Sparey	49:52 MV55	4 South West Veterans A.C.
53	Gary Brown	49:56 MS	33 Penarth & Dinas Runners
54	Alan Walton	50:06 MV40	5 San Domenico
55	Andrew Darton	50:11 MS	34 Thornbury R C
56	Clem Clement	50:15 MV50	7 Penarth & Dinas Runners
57	Glyn Sansom	50:31 MV45	7 San Domenico
58	Andrew Maclaen	50:33 MV40	6 Unattached, (non club)
59	Keith Thompson	50:34 MV50	8 Rhondda Valley Runners
60	Ray Morgan	50:42 MS	35 Pont-y-pwl and District
61	Kelly Morgan	50:45 WS	1 Pontypridd Roadents

62	Colin Traer	50:51 MS	36 Unattached, (non club)
63	Sandy Johnston	50:53 MV60	1 Les Croupiers
64	Andrew Stephens	51:02 MS	37 Monross Trailblazers
65	Gary Burgess	51:05 MV45	8 South West Veterans A.C.
66	Dimitri Vorres	51:07 MV45	9 Pont-y-pwl and District
67	Phil Bristow	51:08 MV50	9 San Domenico
68	James White	51:11 MS	38 San Domenico
69	John O'Shea	51:24 MV55	5 Les Croupiers
70	Alun Evans	51:41 MV45	10 Unattached, (non club)
71	Leyton Fleet	51:44 MV40	7 Forest of Dean
72	Niall Foster	51:47 MS	39 Cardiff Triathletes
73	Lou Summers	51:48 WV40	1 Chepstow Harriers
74	Jon Sliczny	51:51 MS	40 Griffithstown Harriers
75	Tyrone Fowler	51:52 MS	41 Newport Harriers
76	Rhian Jinny-Jones	51:53 WS	2 Pont-y-pwl and District
77	Samuel Marsh	51:56 MS	42 Unattached, (non club)
78	Ed Ashley	52:00 MS	43 Unattached, (non club)
79	Andrew Brassington	52:02 MV45	11 Brecon Bounders

80	Pierre Lacrouts	52:04	MV40	8	Corsham Running Club
81	Neil Williams	52:04	MV50	10	Aberdare Valley AAC
82	Robert Evans	52:06	MV45	12	Ebbw Vale Running Club
83	Ian Hoskins	52:19	MS	44	3M Gorseinon
84	Garry Slater	52:24	MV40	9	Thornbury R C
85	Gareth Beck	52:29	MV45	13	Newport & East Wales Tri
86	Russell Finch	52:34	MV45	14	Spirit of Monmouth RC
87	Dave Lowthian	52:36	MV45	15	Severn A C
88	Joe Butcher	52:39	MS	45	Lliswerry Runners
89	Nicola Gething	52:47	WV40	2	Parc Bryn Bach
90	Robert Witherall	52:49	MS	46	Griffithstown Harriers
91	Julian Boon	52:52	MV40	10	Forest of Dean
92	Richard Sayer	52:54	MV45	16	Unattached, (non club)
93	Phil Meyler	52:57	MV55	6	Pontypridd Roadents
94	Mark Everson	52:58	MV40	11	Batrunners
95	Jane Coker	53:08	WV50	1	Les Croupiers
96	Stephen Morath	53:20	MS	47	Penarth & Dinas Runners
97	Robert Hopkins	53:22	MS	48	Thornbury R C
98	Bleddyn Jones	53:23	MS	49	Newport & East Wales Tri

99	Neil Grant	53:27	MV60	2	Chepstow Harriers
100	Peter Carwardine	53:35	MV50	11	Hereford Couriers
101	Chris Silvester	53:36	MS	50	Pont-y-pwl and District
102	Paul Lewis	53:41	MV45	17	3M Gorseinon
103	Howard Mason	53:42	MV45	18	Caerleon Running Club
104	Gabriella Maine	53:45	WS	3	Porthcawl Runners Life
105	Andrew Miles	53:46	MV50	12	Unattached, (non club)
106	Cornelius Corcoran	54:01	MV40	12	Pontypridd Roadents
107	Ian Warburton	54:03	MV45	19	Penarth & Dinas Runners
108	Gareth Lawrence	54:06	MS	51	Unattached, (non club)
109	Darren Stevens	54:06	MV40	13	Unattached, (non club)
110	Matthew Spear	54:08	MS	52	Unattached, (non club)
111	Gina Hardman	54:09	WV40	3	Bridgend A C
112	Anthony Cullinane	54:12	MV40	14	Pontypridd Roadents
113	Greg Tilston	54:13	MS	53	Unattached, (non club)
114	Gavin Brace	54:14	MS	54	Unattached, (non club)
115	Kim Wehden	54:15	MV45	20	Islwyn R C
116	Chris Nellins	54:15	MV55	7	Penarth & Dinas Runners

117	Gerard Crispie	54:18	MV50	13	Les Croupiers
118	Deborah Reed	54:22	WV45	1	3M Gorseinon
119	Nina Brocklebank	54:24	WV40	4	3M Gorseinon
120	Ian Williams	54:27	MV50	14	Ebbw Vale Running Club
121	Clive Osmond	54:29	MV50	15	Les Croupiers
122	Julian Maine	54:33	MV50	16	Porthcawl Runners Life
123	Stephen Alexander	54:36	MV40	15	Les Croupiers
124	Gavin Summerhill	54:42	MS	55	Unattached, (non club)
125	Thomas Hesslenburg	54:44	MS	56	Cardiff University
126	Claire Beatty	54:45	WS	4	Les Croupiers
127	Alice Johnston	54:51	WS	5	Les Croupiers
128	Stuart Howells	54:56	MV40	16	Slimming World
129	Martin Joyce	54:59	MS	57	Forest of Dean
130	Terry Lewis	55:03	MV50	17	Islwyn R C
131	Phil Miles	55:06	MV60	3	Parc Bryn Bach
132	Helen Duffield	55:16	WV35	1	Chepstow Harriers
133	Paul Donovan	55:20	MV40	17	Pont-y-pwl and District
134	Tim EL-Shawk	55:21	MS	58	Forest of Dean
135	Chris Conway	55:21	MS	59	Penarth & Dinas Runners

136	Craig Collins	55:22 MS	60 Unattached, (non club)
137	Paul Hughes	55:26 MV40	18 Newport & East Wales Tri
138	Peter Curran	55:27 MV45	21 Unattached, (non club)
139	Howard Kent	55:29 MV55	8 Les Croupiers
140	Rhys Cahill	55:30 MS	61 Unattached, (non club)
141	Jeff Davies	55:42 MV60	4 MEIRIONNYDD R C
142	Chris Herdman	55:43 MS	62 Penarth & Dinas Runners
143	Allan Jones	55:51 MV55	9 Brackla Harriers
144	Tom Russell	55:54 MS	63 Mynyddwyr De Cymru
145	Brian Gough	55:55 MV70	1 Pontypridd Roadents
146	Katherine Young	56:04 WS	6 Cardiff University
147	Rob Wilcox	56:05 MV45	22 Penarth & Dinas Runners
148	Kellinu Portelli	56:07 MV45	23 Les Croupiers
149	Alan Mann	56:10 MV50	18 Les Croupiers
150	Brian Phillips	56:11 MV45	24 Parc Bryn Bach
151	Jihad Dabab	56:15 MS	64 Butetown Runners
152	Andrew White	56:16 MV40	19 Bitton R R
153	Jade Gittins	56:17 WS	7 Caerleon Running Club

154	Stuart Keeping	56:18	MV45	25	Unattached, (non club)
155	Rich Phillips	56:18	MV45	26	Thornbury R C
156	Daniel Arthur	56:19	MS	65	Caerleon Running Club
157	Peter Deacon	56:20	MV50	19	Swansea Harriers
158	Mike Evans	56:26	MV55	10	Chepstow Harriers
159	Philip Carter	56:27	MS	66	Unattached, (non club)
160	Lloyd Morgan	56:28	MS	67	San Domenico
161	Catherine Tailby	56:29	WV40	5	Les Croupiers
162	Michael Davies	56:32	MV60	5	Les Croupiers
163	Ken Roberts	56:38	MS	68	Unattached, (non club)
164	Sarah Lauder	56:39	WS	8	Unattached, (non club)
165	Gareth Hart	56:40	MV40	20	Caerleon Running Club
166	Simon Gill	56:46	MS	69	Unattached, (non club)
167	Grahame Viner	56:52	MV50	20	Caerleon Running Club
168	Malcolm Bradley	56:56	MV60	6	Penarth & Dinas Runners
169	Adrian Gwillam	56:57	MV45	27	Fairwater Runners
170	Justin Pocknell	57:02	MV40	21	Caerleon Running Club
171	Phil Booth	57:05	MV45	28	Unattached, (non club)
172	John Scanlan	57:07	MV50	21	Thornbury R C

173	Dominic Shields	57:12	MV45	29	San Domenico
174	Barri Edwards	57:16	MV40	22	Unattached, (non club)
175	Emma Rees	57:16	WS	9	Unattached, (non club)
176	Rhodri Evans	57:17	MV45	30	Penarth & Dinas Runners
177	Kathryn Vaughan	57:18	WV35	2	Outdoor Fitness
178	Clare Watt	57:20	WV45	2	Thornbury R C
179	Richard Sewell	57:21	MV55	11	Les Croupiers
180	Damian Caswell	57:22	MS	70	Ebbw Vale Running Club
181	Antony Furlong	57:27	MS	71	Penarth & Dinas Runners
182	Mark Wotton	57:33	MV50	22	TEIGNBRIDGE TROTTERS
183	Jamie Norman	57:41	MS	72	Unattached, (non club)
184	Michael Thomas	57:41	MV45	31	Unattached, (non club)
185	Ivor Cardwell	57:44	MV45	32	Unattached, (non club)
186	Samuel Ryall	57:45	MS	73	Mynyddwyr De Cymru
187	Anthony Marsh	57:46	MS	74	Unattached, (non club)
188	Michael Earley	57:46	MV55	12	Unattached, (non club)
189	Peter Hopson	57:47	MV40	23	Unattached, (non club)
190	Louis Day	57:48	MS	75	Unattached, (non club)

191 Glyn Wise	57:57 MS	76 Cardiff University
192 Sarah Kellett	58:00 WS	10 Spirit of Monmouth RC
193 Richard Weber	58:01 MV40	24 South Wales Police AC
194 Lee Davies	58:01 MV45	33 Dragons Running Club
195 Imran James	58:07 MS	77 Unattached, (non club)
196 Wendy Owen	58:07 WV40	6 San Domenico
197 Gary Cuthbert	58:10 MS	78 Ross Running
198 Neil Stovold	58:10 MS	79 Unattached, (non club)
199 Rachel Walsh	58:11 WS	11 South Wales Police AC
200 James Delawny	58:21 MV55	13 San Domenico
201 Andy Davies	58:22 MV45	34 Pontypridd Roadents
202 Matthew Malcahy	58:23 MS	80 Unattached, (non club)
203 Tavis Hurn	58:28 MV40	25 Unattached, (non club)
204 Carl Edwards	58:32 MV40	26 Pontypridd Roadents
205 Stuart Kramer	58:33 MV45	35 Spirit of Monmouth RC
206 Neil Pascoe	58:46 MV50	23 Hereford Tri Club
207 Shaun Collins	58:48 MS	81 Unattached, (non club)
208 Justin Jones	58:53 MV40	27 Pontypridd Roadents
209 Emma Williams	58:57 WS	12 Unattached, (non club)

210	Kevin Russell	59:06	MV50	24	San Domenico
211	Stephen Cray	59:08	MV50	25	Penarth & Dinas Runners
212	Neil Evans	59:12	MV40	28	Bitton R R
213	Amanda Waters	59:16	WS	13	Griffithstown Harriers
214	Owen Evans	59:25	MS	82	Unattached, (non club)
215	Andrea Hurman	59:29	WV45	3	Penarth & Dinas Runners
216	Robert Ford	59:31	MV55	14	Pontypridd Roadents
217	Gareth John	59:33	MV55	15	Les Croupiers
218	Peter Short	59:39	MV55	16	Forest of Dean
219	Clare Williams	59:43	WV35	3	Islwyn R C
220	Dom Hurford	59:46	MS	83	Hogweed Trotters
221	Mike Griffiths.	59:52	MV40	29	Team Deviant
222	Andy Barry	59:55	MV50	26	Unattached, (non club)
223	Nathan Hartnell	59:58	MS	84	Unattached, (non club)
224	Helen Barrett	60:02	WV35	4	South Wales Police AC
225	Paul Bigmore	60:04	MV55	17	Brackla Harriers
226	Owain Pascoe	60:16	MS	85	Wye Valley Runners
227	Jamal Sanani	60:18	MS	86	Butetown Runners

228	Clive James	60:19	MV65	1	Midland Masters
229	Matthew O'Keefe	60:26	MS	87	Unattached, (non club)
230	Chris Leonard	60:30	MV50	27	Bitton R R
231	Louise Howells	60:40	WS	14	Unattached, (non club)
232	Dave Greaves	60:43	MS	88	South Wales Police AC
233	Amy Edwards	60:46	WS	15	Rhondda Valley Runners
234	Simon Morgan	60:47	MV40	30	Dragons Running Club
235	Mark Ward	60:50	MS	89	Spirit of Monmouth RC
236	Noel Harris	60:53	MV45	36	Newport & East Wales Tri
237	Rhys Parfitt	60:56	MS	90	Unattached, (non club)
238	Gareth Rees	60:56	MV45	37	Les Croupiers
239	Rebecca Comins	60:57	WV40	7	Chepstow Harriers
240	Philip Hyatt	60:59	MV50	28	Caerleon Running Club
241	Liam Davies	61:01	MV50	29	Fetch Everyone RC
242	Martyn Jenkins	61:03	MV50	30	Fairwater Runners
243	Andrew Matthews	61:06	MV45	38	Unattached, (non club)
244	Nicola Boycott	61:08	WV35	5	Caerleon Running Club
245	Nud Rehman	61:11	MS	91	Unattached, (non club)
246	John Thomas	61:12	MV45	39	Chepstow Harriers

247	Peter Stunell	61:14 MS	92 Unattached, (non club)
248	Tim Washbrook	61:18 MS	93 Unattached, (non club)
249	Tim Clarke	61:20 MV50	31 Newport & East Wales Tri
250	Sandra Webber	61:21 WV45	4 Thornbury R C
251	Alan Davies	61:22 MV55	18 Usk Running
252	John Rostron	61:25 MS	94 IRC
253	Dave Webster	61:27 MV45	40 Unattached, (non club)
254	Laurence Moore	61:30 MV45	41 Spirit of Monmouth RC
255	Philip Leavy	61:33 MS	95 Unattached, (non club)
256	Steve New	61:39 MV45	42 100 Marathon Club
257	Darren Little	61:43 MV40	31 Unattached, (non club)
258	Andrew Parkes	61:44 MV40	32 TEAM 6
259	Malcolm Cox	61:46 MV60	7 Griffithstown Harriers
260	Peter Roberts	61:48 MV50	32 Griffithstown Harriers
261	Aled Jones	61:49 MV45	43 Unattached, (non club)
262	Michael Pritchard	61:52 MV55	19 Unattached, (non club)
263	Tim Carr	61:58 MV40	33 Westbury Harriers
264	David Cumpstone	62:02 MS	96 Unattached, (non club)

265	Alex Ulyet	62:02 MS	97 Cardiff University
266	Rachel Harris	62:05 WS	16 Penarth & Dinas Runners
267	Marc Jones	62:09 MV45	44 Unattached, (non club)
268	Tim England	62:15 MV45	45 Unattached, (non club)
269	Steve Goodfellow	62:29 MV45	46 Unattached, (non club)
270	Michael Elliston	62:30 MV40	34 Unattached, (non club)
271	Martyn Brown	62:31 MV45	47 Unattached, (non club)
272	Joshua Davies	62:34 MS	98 Penarth & Dinas Runners
273	Peta Daniels	62:35 WV45	5 Lliswerry Runners
274	Paul Furlong	62:40 MV60	8 Penarth & Dinas Runners
275	Rod Perons	62:44 MV45	48 Les Croupiers
276	Roger Morgan	62:48 MV55	20 Forest of Dean
277	Mark Sutton	62:52 MV50	33 Griffithstown Harriers
278	Andrew Hughes	62:55 MV40	35 Unattached, (non club)
279	Noel Cantrell	62:58 MS	99 Unattached, (non club)
280	Rob Symons	63:02 MV45	49 Unattached, (non club)
281	David McDonald	63:03 MV40	36 Les Croupiers
282	Esme Doyle	63:04 WV45	6 Spirit of Monmouth RC
283	Michelle Greatrex	63:09 WV35	6 South Wales Police AC

284	Caroline Cotterell	63:10	WV40	8	Stroud & District AC
285	Loretta Daley	63:11	WV45	7	Les Croupiers
286	Nick Read	63:14	MV40	37	Unattached, (non club)
287	Natalie Hern	63:17	WV40	9	Griffithstown Harriers
288	Richard Davies	63:18	MV45	50	Newport & East Wales Tri
289	Liz Richards	63:20	WV45	8	Caerleon Running Club
290	Mark Thomas	63:22	MV45	51	Dragons Running Club
291	Rob Davies	63:23	MV40	38	Unattached, (non club)
292	Alison Sheedy	63:24	WV45	9	Lliswerry Runners
293	Gary Bowen-Thomson	63:33	MV40	39	Unattached, (non club)
294	Simon Dews	63:34	MS	100	Unattached, (non club)
295	Ian Price	63:35	MV40	40	Caerleon Running Club
296	Chris Adams	63:41	MS	101	Tata Steel Multisport Club
297	Emma King	63:47	WS	17	Spirit of Monmouth RC
298	Daniel Reynolds	63:48	MS	102	Unattached, (non club)
299	David Cross	63:49	MV55	21	Ebbw Vale Running Club
300	Kelly Gipson	63:54	WV40	10	Team Deviant
301	Martin Wood	64:03	MS	103	Hogweed Trotters

302	Elizabeth Stokes	64:07	WV35	7	Griffithstown Harriers
303	Helen Mann	64:11	WS	18	Unattached, (non club)
304	Rebecca Harris	64:15	WV40	11	Newport & East Wales Tri
305	Lee James	64:17	MV40	41	Spirit of Monmouth RC
306	Jim Holland	64:19	MV40	42	Unattached, (non club)
307	Yvonne Williams	64:26	WV40	12	Unattached, (non club)
308	Jacqui Wynds	64:28	WV55	1	Forest of Dean
309	Denise Evans	64:30	WV45	10	Chepstow Harriers
310	Ray Ellingham	64:38	MV50	34	San Domenico
311	Jackie Green	64:57	WV50	2	Forest of Dean
312	Glyn Hicks	65:04	MV60	9	Islwyn R C
313	Yvonne Williams.	65:05	WV55	2	Penarth & Dinas Runners
314	Christophr Thomas	65:08	MV50	35	Ebbw Vale Running Club
315	Anthony Gettins	65:13	MS	104	Unattached, (non club)
316	Adam Abraham	65:16	MS	105	Unattached, (non club)
317	Stephen Job	65:18	MV40	43	Unattached, (non club)
318	Graham James	65:19	MV45	52	Forest of Dean
319	Nicola Poole	65:24	WV35	8	Les Croupiers
320	John Martin	65:27	MV50	36	Unattached, (non club)

321	Tracy Burton	65:33	WS	19	Unattached, (non club)
322	Louise Howson	65:39	WV35	9	Caerleon Running Club
323	Margrett Monk	65:40	WV60	1	Parc Bryn Bach
324	Eryl Powell	65:45	WV35	10	Unattached, (non club)
325	Elaine Rees	65:45	WV40	13	Unattached, (non club)
326	Sarah Dodd	65:49	WV35	11	Unattached, (non club)
327	Mike Baker	65:50	MV50	37	Spirit of Monmouth RC
328	Andrew Sheldon	65:58	MS	106	Rhondda Valley Runners
329	Tony Brown	66:00	MV45	53	Unattached, (non club)
330	Katie Cree	66:03	WS	20	Caerleon Running Club
331	Barry Griffiths	66:07	MV45	54	Unattached, (non club)
332	Amy Rackham	66:08	WS	21	Caerleon Running Club
333	Daniel Morgan	66:09	MV50	38	Ebbw Vale Running Club
334	Fiona Drysdale	66:14	WV40	14	Unattached, (non club)
335	Christophr Williams	66:16	MV55	22	Unattached, (non club)
336	Daniel Payton	66:17	MS	107	Unattached, (non club)
337	Amanda Barrington	66:18	WV45	11	Penarth & Dinas Runners
338	Dave Webb	66:19	MS	108	Unattached, (non club)

339	Elspeth Jarman	66:21	WV50	3	Unattached, (non club)
340	Keri Homer	66:22	WS	22	Ebbw Vale Running Club
341	Patricia Jones	66:27	WV55	3	Brackla Harriers
342	Chris Lewis	66:28	MV45	55	Unattached, (non club)
343	Nicola Beck	66:29	WS	23	Lliswerry Runners
344	Paul Shepherd	66:29	MS	109	Unattached, (non club)
345	Derek Gough	66:30	MV45	56	Unattached, (non club)
346	Carolyn Thomas	66:31	WV45	12	Dragons Running Club
347	Rebecca Cantrell	66:36	WV35	12	Unattached, (non club)
348	Nick Cox	66:37	MS	110	Unattached, (non club)
349	David Evans	66:39	MV45	57	Unattached, (non club)
350	John Conway	66:40	MV40	44	Hogweed Trotters
351	Spiro Stathakis	66:43	MS	111	Unattached, (non club)
352	Roaxanne Welham	66:45	WS	24	Unattached, (non club)
353	Ruth Treharne	66:45	WV45	13	Islwyn R C
354	Melissa Mould	66:47	WS	25	Forest of Dean
355	John Ivins	66:49	MV45	58	Unattached, (non club)
356	Stephen Wood	66:52	MS	112	Pegasus R C
357	Jason Morris	66:54	MV40	45	Unattached, (non club)

358	Paddy Maloney	66:56	MV45	59	Pont-y-pwl and District
359	Sarah Lavender	67:03	WS	26	Unattached, (non club)
360	Andrea Higgins	67:03	WV55	4	Unattached, (non club)
361	Kelly Waite	67:05	WS	27	Islwyn R C
362	TOny Kear	67:19	MV45	60	Caerleon Running Club
363	Mirko Barth	67:24	MV50	39	Unattached, (non club)
364	Annette Davies	67:34	WV50	4	Fetch Everyone RC
365	Emilly Luke	67:35	WS	28	Penarth & Dinas Runners
366	Claire Morgan	67:35	WV50	5	Forest of Dean
367	Robert Price	67:36	MV40	46	Cynon Valley Dragons
368	Nicola Gray	67:39	WV40	15	San Domenico
369	Lee Rossiter	67:41	MV40	47	Unattached, (non club)
370	Tim Spencer	67:42	MS	113	Unattached, (non club)
371	Gary Bird	67:44	MV45	61	Unattached, (non club)
372	Zoe Stephens Kedzio	67:47	WV35	13	Unattached, (non club)
373	Louise Ward	67:48	WS	29	Dragons Running Club
374	Stephen Morgan	67:49	MV40	48	Unattached, (non club)
375	Donna Hunkin	67:50	WV35	14	Dragons Running Club

376	Matthew Nicholls	67:51 MS	114 Unattached, (non club)
377	Barry Evans	67:53 MV40	49 Chepstow Harriers
378	Richard Pearson	67:56 MV45	62 Brackla Harriers
379	Tammy Raz-Nick	67:57 WV35	15 Brackla Harriers
380	James Hobbs	68:17 MV40	50 Unattached, (non club)
381	Jane Rymer	68:20 WV45	14 Chepstow Harriers
382	Sarah Pryor	68:30 WV35	16 Unattached, (non club)
383	Tom Roberts	68:30 MV40	51 Unattached, (non club)
384	Bernadette Jones	68:51 WV40	16 Pontypridd Roadents
385	Terry O'Brien	68:52 MV55	23 Unattached, (non club)
386	Deborah Evans	69:07 WV50	6 Dragons Running Club
387	Bernie Monk	69:07 MV65	2 Parc Bryn Bach
388	Delyth Murry-Lines	69:22 WV35	17 Unattached, (non club)
389	John Kiernan	69:32 MV40	52 Unattached, (non club)
390	Alex Leadley	69:38 WS	30 Lliswerry Runners
391	Sian Jones.	69:41 WS	31 Caerleon Running Club
392	Andrea Jones	69:41 WV40	17 Dragons Running Club
393	Rachel Phillips	69:43 WV40	18 Chepstow Harriers
394	Jeremy Creasey	69:45 MV45	63 Spirit of Monmouth RC

395	Richard Brown	69:48	MV60	10	Sheen Shufflers
396	Buffy Parker	69:55	WV35	18	Lliswerry Runners
397	Catherine Powell	70:01	WV40	19	Unattached, (non club)
398	Gillian Murphy	70:01	WV55	5	Les Croupiers
399	Maggie Smart	70:02	WV40	20	Unattached, (non club)
400	Lloyd Bridges	70:17	MV40	53	Unattached, (non club)
401	Sue Webster	70:32	WV45	15	Unattached, (non club)
402	Steffan Thould	70:40	MS	115	Unattached, (non club)
403	David McCarthy	70:43	MV40	54	Unattached, (non club)
404	Alexandra Burnett	70:45	WS	32	Ebbw Vale Running Club
405	Danielle Rayner	70:52	WS	33	Penarth & Dinas Runners
406	Kelly Felstead	71:04	WS	34	Unattached, (non club)
407	Tom Riddington	71:07	MS	116	Chepstow Harriers
408	Lyn Evans	71:12	MV50	40	Penarth & Dinas Runners
409	Rachel Jenkins	71:17	WV35	19	Newport & East Wales Tri
410	Gareth Holyfield	71:18	MV45	64	Unattached, (non club)
411	Ian Warner	71:21	MV50	41	Unattached, (non club)
412	Steve Hole	71:21	MV45	65	Unattached, (non club)

413	Charles Woodham	71:26	MV55	24	Bitton R R
414	Philip Warman	71:29	MS	117	Dragons Running Club
415	Claire Date	71:33	WV35	20	Unattached, (non club)
416	Karen Payne	71:36	WV35	21	Caerleon Running Club
417	Sara Morgan	71:36	WS	35	Outdoor Fitness
418	Sara Morgan.	71:48	WV35	22	Dragons Running Club
419	Andrea Goodfellow	71:49	WV40	21	Womens Running Network
420	Trish Gale	71:57	WV45	16	Unattached, (non club)
421	Jane Harvey	72:01	WV35	23	Unattached, (non club)
422	Arthur Turner	72:03	MV55	25	Unattached, (non club)
423	Simon Hocking	72:06	MS	118	Unattached, (non club)
424	Dave Kempton	72:11	MV50	42	Unattached, (non club)
425	Helen Gwilliam	72:13	WV40	22	Fairwater Runners
426	Jennifer Rawlinson	72:21	WS	36	Caerleon Running Club
427	Bill Bewg	72:22	MV70	2	Chepstow Harriers
428	Amanda Thompson	72:27	WV50	7	Les Croupiers
429	Teresa Jeffries	72:32	WV45	17	Dragons Running Club
430	Maria Berrett	72:36	WV50	8	Dragons Running Club
431	Chris Gentle	72:37	MV40	55	Brackla Harriers

432	Suzie Shepherd	72:38	WV40	23	Chepstow Harriers
433	Nigel Jenkins	72:39	MV45	66	Caerleon Running Club
434	Janice Clement	72:51	WV50	9	Penarth & Dinas Runners
435	Lewis Bott	72:55	MS	119	Unattached, (non club)
436	Dave Britton	73:10	MV45	67	Unattached, (non club)
437	Summer Nicholls	73:14	WS	37	Unattached, (non club)
438	Jane Chappelle	73:19	WV45	18	Unattached, (non club)
439	Joanna Margretts	73:33	WS	38	Unattached, (non club)
440	Dylan James	73:33	MS	120	Unattached, (non club)
441	Carys Davies	73:38	WV40	24	Les Croupiers
442	Andrew Cadmore	73:39	MV40	56	Unattached, (non club)
443	Elaine Hiscox	73:42	WV35	24	Dragons Running Club
444	Sarah Perons	73:57	WV50	10	Les Croupiers
445	Elaine Sutherland	73:58	WS	39	Pontypridd Roadents
446	Angela Bowkett	73:59	WV45	19	Forest of Dean
447	Eleanor Turner	74:04	WS	40	Unattached, (non club)
448	Gareth Phelps	74:06	MV40	57	Unattached, (non club)
449	Nadine Donovan	74:13	WV35	25	Pont-y-pwl and District

450	Niamh Maguire	74:17	WS	41	Caerleon Running Club
451	Wendy Lawrence	74:22	WV55	6	Forest of Dean
452	Kathryn Thomas	74:23	WV45	20	Chepstow Harriers
453	Tanya Forehead	74:23	WV35	26	Chepstow Harriers
454	Anna Helsing	74:25	WV45	21	Penarth & Dinas Runners
455	Simon Rowlands	74:26	MV45	68	Unattached, (non club)
456	Paul Overfield	74:30	MS	121	Unattached, (non club)
457	Peter Clark	74:38	MV55	26	Unattached, (non club)
458	Debbie Jenkins	74:40	WV45	22	Caerleon Running Club
459	Andrew Booth	74:53	MV50	43	Road Runners Club
460	Gwyneth Howells	75:12	WV60	2	Caerleon Running Club
461	Kelly Marsh	75:16	WS	42	Unattached, (non club)
462	Shree Mann	75:17	WV45	23	Fairwater Runners
463	Ceri Jones	75:20	WV40	25	Newport & East Wales Tri
464	Catherine Llewellyn	75:21	WV45	24	Unattached, (non club)
465	Celine Norman	75:21	WV35	27	Unattached, (non club)
466	Nicole Davies	75:23	WS	43	Griffithstown Harriers
467	Wendy Rees	75:24	WV45	25	Griffithstown Harriers
468	Claire Sutton	75:28	WV45	26	Griffithstown Harriers

469	Greg Mears	75:35	MV45	69	Unattached, (non club)
470	David Phillips	75:36	MV65	3	Pembroke Harriers
471	Alexandra Pritchard	75:38	WS	44	Emlyn Runners
472	Helen Welch	75:43	WV40	26	Pontypridd Roadents
473	Mary Goodwin	75:53	WV40	27	Unattached, (non club)
474	Robert Clarke	75:54	MV40	58	Black Pear Joggers
475	Geraint Thomas	75:59	MS	122	Unattached, (non club)
476	Annie Perry	76:01	WS	45	Unattached, (non club)
477	Sheila Hartnett	76:13	WV40	28	Unattached, (non club)
478	Alan Wilcox	76:13	MV40	59	Hogweed Trotters
479	Jan Sidoli	76:14	WV45	27	Ebbw Vale Running Club
480	Steven Millard	76:20	MV50	44	Unattached, (non club)
481	Sian Jones	76:43	WS	46	Outdoor Fitness
482	Lynda Williams	76:44	WV40	29	Unattached, (non club)
483	Nick Condran	77:03	MV40	60	Unattached, (non club)
484	Liz Morgan	77:16	WV35	28	San Domenico
485	Peter Shanley	77:24	MV45	70	Unattached, (non club)
486	Anne Masters	77:26	WV60	3	Chepstow Harriers

487	Becka Lane	77:27	WV35	29	Chepstow Harriers
488	Sarah Stevens	77:31	WS	47	Penarth & Dinas Runners
489	Nicholas Llewellyn	77:37	MS	123	Dragons Running Club
490	David James	77:58	MV40	61	Unattached, (non club)
491	Leona Shanley	78:19	WV40	30	Rhondda Valley Runners
492	David Massey	78:20	MS	124	Petts Wood Runners
493	Laura Batchelder	78:34	WS	48	Unattached, (non club)
494	Sian Brown	78:40	WV55	7	Unattached, (non club)
495	Lucy Scaccia	78:57	WS	49	Dragons Running Club
496	James Johnson	78:57	MV75	1	Unattached, (non club)
497	Paul Warburton	79:06	MV60	11	Rhondda Valley Runners
498	Emma Fitzmaurice	79:10	WS	50	Unattached, (non club)
499	Bethan Morgan	79:30	WV35	30	Petts Wood Runners
500	Paula Hoddinot	79:39	WV40	31	Caerleon Running Club
501	Margaret Chandler	79:55	WV40	32	Hogweed Trotters
502	Kathleen Cardwell	80:03	WS	51	Cardiff University
503	Julia Patrick	80:22	WV35	31	Unattached, (non club)
504	Richard Lawrence	80:23	MV45	71	Unattached, (non club)
505	Lisa Hanwood	80:27	WV40	33	Unattached, (non club)

506	Kay Nellins	80:30	WV55	8	Womens Running Network
507	Yvonne James	80:36	WV55	9	Spirit of Monmouth RC
508	Judith North	80:48	WV45	28	Unattached, (non club)
509	Natalie Hayes	80:48	WS	52	Unattached, (non club)
510	Anne Roberts	80:54	WV55	10	Unattached, (non club)
511	Jos Andrews	80:54	WV50	11	Unattached, (non club)
512	Helen Cahill	80:54	WV35	32	Unattached, (non club)
513	Karina Wood	81:05	WS	53	Unattached, (non club)
514	Rhian Kerton	81:11	WS	54	Unattached, (non club)
515	Dewi Felstead	81:12	MS	125	Unattached, (non club)
516	Brian Cox	81:46	MV65	4	Unattached, (non club)
517	Mohammed Dabab	81:54	MS	126	Butetown Runners
518	Diane Williams	82:16	WS	55	Dragons Running Club
519	Graham Singer	82:25	MV55	27	Unattached, (non club)
520	Andrew Owen	82:56	MV45	72	Unattached, (non club)
521	Kathryn Mahoney	83:06	MS	127	Unattached, (non club)
522	Stephen Collins	83:07	MV50	45	Unattached, (non club)
523	Nick Jackson	83:40	MV45	73	Unattached, (non club)

524	Olugbenga Fakande	84:42	MV50	46	Unattached, (non club)
525	Anne Jenner	85:09	WV50	12	Chepstow Harriers
526	Gill Ellis	86:22	WV50	13	Chepstow Harriers
527	Jessica Jones	86:30	WV35	33	Unattached, (non club)
528	Laura Churchill	86:32	WV35	34	Unattached, (non club)
529	Sarah Coward	86:32	WV40	34	Wellingborough & Dist AC
530	Val Collier	87:20	WV65	1	Bitton R R
531	Rachel Williams	92:02	WV40	35	Unattached, (non club)
532	Lesley Bigmore	94:28	WV50	14	Brackla Harriers
533	Marianne Burridge	98:21	WV50	15	Fairwater Runners
534	Kathryn Richards	100:41	WV35	35	Lliswerry Runners

Top 10 within each Category

Entry			Position			
No	Name	Cat	O/A	Cat	Time	Club

454	Dewi Griffiths	MS	1	1	39:22	Swansea Harriers
413	Lewys Hobbs	MS	2	2	42:08	Swansea Harriers

302	Nathaniel Lane	MS	3	3	42:40	Cardiff A C
558	Guy Smith	MS	4	4	42:44	Swansea Harriers
105	Stephen Paterson	MS	5	5	43:02	Les Croupiers
543	Gareth Thomas	MS	6	6	43:06	San Domenico
401	Kyran Hale	MS	8	7	43:30	Severn A C
356	Stuart Crees	MS	10	8	44:09	Les Croupiers
357	Steve Davies	MS	11	9	44:35	Swansea Harriers
536	Peter Hart	MS	12	10	44:37	Cardiff University
118	Stephen Thomas	MV40	16	1	45:31	Islwyn R C
354	Andrew Hodgson	MV40	24	2	46:00	Bridgend A C
175	Anthony Taylor	MV40	40	3	48:53	Prison Service Sports Ass.
314	Mark Balch	MV40	45	4	49:27	Newport & East Wales Tri
368	Alan Walton	MV40	54	5	50:06	San Domenico
196	Andrew Maclaen	MV40	58	6	50:33	Unattached, (non club)
427	Leyton Fleet	MV40	71	7	51:44	Forest of Dean
171	Pierre Lacrouts	MV40	80	8	52:04	Corsham Running Club
389	Garry Slater	MV40	84	9	52:24	Thornbury R C

469	Julian Boon	MV40	91	10	52:52	Forest of Dean
311	Peter Coles	MV45	9	1	44:02	Pontypridd Roadents
421	Eddy Ball	MV45	25	2	46:53	San Domenico
405	Martin Williams	MV45	32	3	48:18	Les Croupiers
94	Haydn Hartnell	MV45	33	4	48:25	Islwyn R C
166	Andrew Dawe	MV45	37	5	48:44	Lliswerry Runners
384	Paul Davies	MV45	44	6	49:13	San Domenico
91	Glyn Sansom	MV45	57	7	50:31	San Domenico
156	Gary Burgess	MV45	65	8	51:05	South West Veterans A.C.
450	Dimitri Vorres	MV45	66	9	51:07	Pont-y-pwl and District
578	Alun Evans	MV45	70	10	51:41	Unattached, (non club)
434	Steve Davies.	MV50	26	1	47:02	Pont-y-pwl and District
474	Jack Buckner	MV50	28	2	47:53	Charnwood AC
476	Peter Crane	MV50	34	3	48:30	Neath Harriers
274	Paul Coker	MV50	41	4	49:07	Les Croupiers
152	John Foster	MV50	46	5	49:31	Lliswerry Runners
26	Nick Holliday	MV50	50	6	49:40	Stroud & District AC

98	Clem Clement	MV50	56	7	50:15	Penarth & Dinas Runners
147	Keith Thompson	MV50	59	8	50:34	Rhondda Valley Runners
425	Phil Bristow	MV50	67	9	51:08	San Domenico
426	Neil Williams	MV50	81	10	52:04	Aberdare Valley AAC
565	Martin Rees	MV55	7	1	43:07	Unattached, (non club)
371	Alan Davies.	MV55	21	2	45:43	Unattached, (non club)
220	Micheal Murphy	MV55	48	3	49:37	Les Croupiers
160	Kevin Sparey	MV55	52	4	49:52	South West Veterans A.C.
365	John O'Shea	MV55	69	5	51:24	Les Croupiers
226	Phil Meyler	MV55	93	6	52:57	Pontypridd Roadents
69	Chris Nellins	MV55	116	7	54:15	Penarth & Dinas Runners
460	Howard Kent	MV55	139	8	55:29	Les Croupiers
497	Allan Jones	MV55	143	9	55:51	Brackla Harriers
397	Mike Evans	MV55	158	10	56:26	Chepstow Harriers
550	Sandy Johnston	MV60	63	1	50:53	Les Croupiers
93	Neil Grant	MV60	99	2	53:27	Chepstow Harriers

89	Phil Miles	MV60	131	3	55:06	Parc Bryn Bach
395	Jeff Davies	MV60	141	4	55:42	MEIRIONNYDD R C
281	Michael Davies	MV60	162	5	56:32	Les Croupiers
185	Malcolm Bradley	MV60	168	6	56:56	Penarth & Dinas Runners
84	Malcolm Cox	MV60	259	7	61:46	Griffithstown Harriers
79	Paul Furlong	MV60	274	8	62:40	Penarth & Dinas Runners
53	Glyn Hicks	MV60	312	9	65:04	Islwyn R C
23	Richard Brown	MV60	395	10	69:48	Sheen Shufflers
78	Clive James	MV65	228	1	60:19	Midland Masters
276	Bernie Monk	MV65	387	2	69:07	Parc Bryn Bach
71	David Phillips	MV65	470	3	75:36	Pembroke Harriers
508	Brian Cox	MV65	516	4	81:46	Unattached, (non club)
319	Brian Gough	MV70	145	1	55:55	Pontypridd Roadents
44	Bill Bewg	MV70	427	2	72:22	Chepstow Harriers
366	James Johnson	MV75	496	1	78:57	Unattached, (non club)

332	Kelly Morgan	WS	61	1	50:45	Pontypridd Roadents
339	Rhian Jinny-Jones	WS	76	2	51:53	Pont-y-pwl and District
411	Gabriella Maine	WS	104	3	53:45	Porthcawl Runners Life
355	Claire Beatty	WS	126	4	54:45	Les Croupiers
549	Alice Johnston	WS	127	5	54:51	Les Croupiers
335	Katherine Young	WS	146	6	56:04	Cardiff University
555	Jade Gittins	WS	153	7	56:17	Caerleon Running Club
279	Sarah Lauder	WS	164	8	56:39	Unattached, (non club)
172	Emma Rees	WS	175	9	57:16	Unattached, (non club)
487	Sarah Kellett	WS	192	10	58:00	Spirit of Monmouth RC
144	Helen Duffield	WV35	132	1	55:16	Chepstow Harriers
209	Kathryn Vaughan	WV35	177	2	57:18	Outdoor Fitness
522	Clare Williams	WV35	219	3	59:43	Islwyn R C
526	Helen Barrett	WV35	224	4	60:02	South Wales Police AC
556	Nicola Boycott	WV35	244	5	61:08	Caerleon Running Club
530	Michelle Greatrex	WV35	283	6	63:09	South Wales Police AC
310	Elizabeth Stokes	WV35	302	7	64:07	Griffithstown Harriers

234	Nicola Poole	WV35	319	8	65:24	Les Croupiers
35	Louise Howson	WV35	322	9	65:39	Caerleon Running Club
309	Eryl Powell	WV35	324	10	65:45	Unattached, (non club)
361	Lou Summers	WV40	73	1	51:48	Chepstow Harriers
74	Nicola Gething	WV40	89	2	52:47	Parc Bryn Bach
539	Gina Hardman	WV40	111	3	54:09	Bridgend A C
409	Nina Brocklebank	WV40	119	4	54:24	3M Gorseinon
373	Catherine Tailby	WV40	161	5	56:29	Les Croupiers
463	Wendy Owen	WV40	196	6	58:07	San Domenico
383	Rebecca Comins	WV40	239	7	60:57	Chepstow Harriers
472	Caroline Cotterell	WV40	284	8	63:10	Stroud & District AC
231	Natalie Hern	WV40	287	9	63:17	Griffithstown Harriers
322	Kelly Gipson	WV40	300	10	63:54	Team Deviant
396	Deborah Reed	WV45	118	1	54:22	3M Gorseinon
503	Clare Watt	WV45	178	2	57:20	Thornbury R C
195	Andrea Hurman	WV45	215	3	59:29	Penarth & Dinas Runners
375	Sandra Webber	WV45	250	4	61:21	Thornbury R C

241	Peta Daniels	WV45	273	5	62:35	Lliswerry Runners
424	Esme Doyle	WV45	282	6	63:04	Spirit of Monmouth RC
140	Loretta Daley	WV45	285	7	63:11	Les Croupiers
515	Liz Richards	WV45	289	8	63:20	Caerleon Running Club
237	Alison Sheedy	WV45	292	9	63:24	Lliswerry Runners
398	Denise Evans	WV45	309	10	64:30	Chepstow Harriers
275	Jane Coker	WV50	95	1	53:08	Les Croupiers
459	Jackie Green	WV50	311	2	64:57	Forest of Dean
537	Elsbeth Jarman	WV50	339	3	66:21	Unattached, (non club)
36	Annette Davies	WV50	364	4	67:34	Fetch Everyone RC
33	Claire Morgan	WV50	366	5	67:35	Forest of Dean
244	Deborah Evans	WV50	386	6	69:07	Dragons Running Club
177	Amanda Thompson	WV50	428	7	72:27	Les Croupiers
245	Maria Berrett	WV50	430	8	72:36	Dragons Running Club
99	Janice Clement	WV50	434	9	72:51	Penarth & Dinas Runners
267	Sarah Perons	WV50	444	10	73:57	Les Croupiers

56	Jacqui Wynds	WV55	308	1	64:28	Forest of Dean
21	Yvonne Williams.	WV55	313	2	65:05	Penarth & Dinas Runners
496	Patricia Jones	WV55	341	3	66:27	Brackla Harriers
129	Andrea Higgins	WV55	360	4	67:03	Unattached, (non club)
110	Gillian Murphy	WV55	398	5	70:01	Les Croupiers
232	Wendy Lawrence	WV55	451	6	74:22	Forest of Dean
582	Sian Brown	WV55	494	7	78:40	Unattached, (non club)
70	Kay Nellins	WV55	506	8	80:30	Womens Running Network
131	Yvonne James	WV55	507	9	80:36	Spirit of Monmouth RC
221	Anne Roberts	WV55	510	10	80:54	Unattached, (non club)
277	Margrett Monk	WV60	323	1	65:40	Parc Bryn Bach
446	Gwyneth Howells	WV60	460	2	75:12	Caerleon Running Club
14	Anne Masters	WV60	486	3	77:26	Chepstow Harriers
64	Val Collier	WV65	530	1	87:20	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time

1	Swansea Harriers	7	1	Dewi Griffiths	MS	39:22
			2	Lewys Hobbs	MS	42:08
			4	Guy Smith	MS	42:44
2	San Domenico	44	6	Gareth Thomas	MS	43:06
			13	Gareth Green	MS	44:38
			25	Eddy Ball	MV45	46:53
3	Les Croupiers	46	5	Stephen Paterson	MS	43:02
			10	Stuart Crees	MS	44:09
			31	Matt Hopkins	MS	48:14
4	Islwyn R C	79	16	Stephen Thomas	MV40	45:31
			30	Stuart Wadlow	MS	48:10
			33	Haydn Hartnell	MV45	48:25
5	Lliswerry Runners	87	14	Matty Edmonds	MS	44:55
			36	Miles Thomas	MS	48:42
			37	Andrew Dawe	MV45	48:44
6	Pont-y-pwl and Distr	101	15	Sean Taylor	MS	45:23
			26	Steve Davies.	MV50	47:02

		60 Ray Morgan	MS	50:42
7 Newport & East Wales	148	18 Mike Griffiths	MS	45:37
		45 Mark Balch	MV40	49:27
		85 Gareth Beck	MV45	52:29
8 Pontypridd Roadents	153	9 Peter Coles	MV45	44:02
		51 Ross Fripp	MS	49:49
		93 Phil Meyler	MV55	52:57
9 Caerleon Running Clu	172	20 Leighton Rawlinson	MS	45:42
		49 Richard Hughes	MS	49:38
		103 Howard Mason	MV45	53:42
10 Penarth & Dinas Runn	205	53 Gary Brown	MS	49:56
		56 Clem Clement	MV50	50:15
		96 Stephen Morath	MS	53:20
11 Thornbury R C	236	55 Andrew Darton	MS	50:11
		84 Garry Slater	MV40	52:24
		97 Robert Hopkins	MS	53:22
12 Forest of Dean	291	71 Leyton Fleet	MV40	51:44
		91 Julian Boon	MV40	52:52

		129	Martin Joyce	MS	54:59
13	Chepstow Harriers	296	39 Mark Harvey	MS	48:48
			99 Neil Grant	MV60	53:27
			158 Mike Evans	MV55	56:26
14	Cardiff University	328	12 Peter Hart	MS	44:37
			125 Thomas Hesslenburg	MS	54:44
			191 Glyn Wise	MS	57:57
15	Ebbw Vale Running Cl	382	82 Robert Evans	MV45	52:06
			120 Ian Williams	MV50	54:27
			180 Damian Caswell	MS	57:22
16	Brackla Harriers	387	19 Paul Speyer	MS	45:37
			143 Allan Jones	MV55	55:51
			225 Paul Bigmore	MV55	60:04
17	Bitton R R	391	27 Robert Farley	MS	47:51
			152 Andrew White	MV40	56:16
			212 Neil Evans	MV40	59:12
18	Griffithstown Harrie	423	74 Jon Sliczny	MS	51:51
			90 Robert Witherall	MS	52:49
			259 Malcolm Cox	MV60	61:46

19	Fairwater Runners	434	23	Laurence Humphreys	MS	45:56
			169	Adrian Gwillam	MV45	56:57
			242	Martyn Jenkins	MV50	61:03
20	Spirit of Monmouth R	526	86	Russell Finch	MV45	52:34
			205	Stuart Kramer	MV45	58:33
			235	Mark Ward	MS	60:50
21	Parc Bryn Bach	668	131	Phil Miles	MV60	55:06
			150	Brian Phillips	MV45	56:11
			387	Bernie Monk	MV65	69:07
22	Dragons Running Club	718	194	Lee Davies	MV45	58:01
			234	Simon Morgan	MV40	60:47
			290	Mark Thomas	MV45	63:22
23	Hogweed Trotters	871	220	Dom Hurford	MS	59:46
			301	Martin Wood	MS	64:03
			350	John Conway	MV40	66:40
24	Rhondda Valley Runne	884	59	Keith Thompson	MV50	50:34
			328	Andrew Sheldon	MS	65:58
			497	Paul Warburton	MV60	79:06

25	Butetown Runners	895	151	Jihad Dabab	MS	56:15
			227	Jamal Sanani	MS	60:18
			517	Mohammed Dabab	MS	81:54

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
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1	Les Croupiers	348	95	Jane Coker	WV50	53:08
			126	Claire Beatty	WS	54:45
			127	Alice Johnston	WS	54:51
2	Chepstow Harriers	444	73	Lou Summers	WV40	51:48
			132	Helen Duffield	WV35	55:16
			239	Rebecca Comins	WV40	60:57
3	Caerleon Running Clu	686	153	Jade Gittins	WS	56:17
			244	Nicola Boycott	WV35	61:08
			289	Liz Richards	WV45	63:20
4	South Wales Police A	706	199	Rachel Walsh	WS	58:11
			224	Helen Barrett	WV35	60:02
			283	Michelle Greatrex	WV35	63:09

5	Spirit of Monmouth R	771	192 Sarah Kellett	WS	58:00
			282 Esme Doyle	WV45	63:04
			297 Emma King	WS	63:47
6	Penarth & Dinas Runn	794	215 Andrea Hurman	WV45	59:29
			266 Rachel Harris	WS	62:05
			313 Yvonne Williams.	WV55	65:05
7	Griffithstown Harrie	802	213 Amanda Waters	WS	59:16
			287 Natalie Hern	WV40	63:17
			302 Elizabeth Stokes	WV35	64:07
8	Pontypridd Roadents	890	61 Kelly Morgan	WS	50:45
			384 Bernadette Jones	WV40	68:51
			445 Elaine Sutherland	WS	73:58
9	Lliswerry Runners	908	273 Peta Daniels	WV45	62:35
			292 Alison Sheedy	WV45	63:24
			343 Nicola Beck	WS	66:29
10	Islwyn R C	933	219 Clare Williams	WV35	59:43
			353 Ruth Treharne	WV45	66:45
			361 Kelly Waite	WS	67:05

11 Forest of Dean	973	308 Jacqui Wynds	WV55 64:28
		311 Jackie Green	WV50 64:57
		354 Melissa Mould	WS 66:47
12 San Domenico	1048	196 Wendy Owen	WV40 58:07
		368 Nicola Gray	WV40 67:39
		484 Liz Morgan	WV35 77:16
13 Outdoor Fitness	1075	177 Kathryn Vaughan	WV35 57:18
		417 Sara Morgan	WS 71:36
		481 Sian Jones	WS 76:43
14 Dragons Running Club	1094	346 Carolyn Thomas	WV45 66:31
		373 Louise Ward	WS 67:48
		375 Donna Hunkin	WV35 67:50
15 Newport & East Wales	1176	304 Rebecca Harris	WV40 64:15
		409 Rachel Jenkins	WV35 71:17
		463 Ceri Jones	WV40 75:20
16 Ebbw Vale Running Club	1223	340 Keri Homer	WS 66:22
		404 Alexandra Burnett	WS 70:45
		479 Jan Sidoli	WV45 76:14
17 Brackla Harriers	1252	341 Patricia Jones	WV55 66:27

		379 Tammy Raz-Nick	WV35 67:57
		532 Lesley Bigmore	WV50 94:28
18 Fairwater Runners	1420	425 Helen Gwilliam	WV40 72:13
		462 Shree Mann	WV45 75:17
		533 Marianne Burridge	WV50 98:21

Lliswerry Runners, Newport's Friendly running Club.