



# Lliswerry Runners

*Newport's friendly running club.*

## Lliswerry 8 - 2013 Results

### Category Winners

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Kate Roberts	Bridgend AC	FS	00:45:59.95	26	1	00:45:58.85
Emma Wookey	Lliswerry Runners	FS	00:49:07.75	44	2	00:49:04.05
Sally Wilder	San Domenico RRC	FS	00:49:24.75	49	3	00:49:20.80
Gemma Jones	Lliswerry Runners	FS	00:52:31.85	86	4	00:52:27.60
Gabriella Maine	Les Croupiers RC	FS	00:53:36.70	102	5	00:53:28.90
Sara Thomas		FS	00:54:45.70	122	6	00:54:24.40
Sarah Lauder	Lliswerry Runners	FS	00:55:05.65	127	7	00:54:59.85
Samantha Toop	Pont-Y-Pwl And District Runner	FS	00:55:15.00	133	8	00:55:06.05
Jade Wakley	Caerleon RC	FS	00:55:26.20	137	9	00:55:12.85
Louise Howells	Lliswerry Runners	FS	00:56:00.20	150	10	00:55:55.85

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Claire Beatty	Les Croupiers RC	F35	00:54:17.25	112	1	00:54:11.85
Judith Austerberry	Chepstow Harriers	F35	00:56:57.45	170	2	00:56:50.75
Angela Champion	Village Vipers	F35	00:57:22.55	184	3	00:57:15.55
Vickie Woodsford	San Domenico Rrc	F35	00:57:41.00	191	4	00:57:24.65
Malin Falck	Les Croupiers RC	F35	00:59:28.15	232	5	00:59:14.50

Fayme Knight		F35	00:59:33.20	234	6	00:59:01.25
Maria Richards	Pont-Y-Pwl And District Runner	F35	00:59:42.85	239	7	00:59:30.60
Hannah Withers	San Domenico Rrc	F35	01:02:46.10	308	8	01:02:12.55
Catherine Olivant	Brecon AC	F35	01:04:31.35	351	9	01:03:51.00
Sara Morgan	Dragons Running Club	F35	01:04:42.30	355	10	01:04:02.95

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Nicola Gething	Parc Bryn BACH	F40	00:52:03.05	79	1	00:51:58.50
Maria Zubizarreta	Les Croupiers RC	F40	00:53:11.10	98	2	00:53:04.60
Vanessa Lawson	Chepstow Harriers	F40	00:56:34.25	164	3	00:56:27.80
Wendy Owen	San Domenico Rrc	F40	00:57:21.60	183	4	00:57:09.10
Nina Brocklebank	3M Gorseinon RR	F40	00:58:31.15	212	5	00:58:10.40
Catherine Tailby	Les Croupiers RC	F40	00:58:34.05	213	6	00:58:26.10
Andrea Hall	Bitton Road Runners	F40	01:00:46.65	265	7	01:00:17.15
Yvonne Williams	Outdoor Fitness	F40	01:01:07.00	276	8	01:01:00.25
Rebecca Comins	Chepstow Harriers	F40	01:02:32.45	299	9	01:01:49.75
Deb Sauh	The Puxton Bog Monsters	F40	01:03:37.75	331	10	01:03:28.80

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Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Deborah Reed	3M Gorseinon RR	F45	00:54:31.25	117	1	00:54:23.70
Louise Summers	Chepstow Harriers	F45	00:55:53.55	146	2	00:55:48.70
Andrea Hurman	Penarth And Dinas Runners	F45	00:58:59.55	221	3	00:58:25.75
Ruth Treharne	Islwyn RC	F45	01:01:15.70	278	4	01:00:45.30
Louise Evans	Ebbw Vale RC	F45	01:01:34.35	283	5	01:01:02.80
Carolyn Thomas	Dragons Running Club	F45	01:02:23.95	297	6	01:01:49.60
Lizzie Richards	Caerleon RC	F45	01:02:35.80	302	7	01:01:35.95
Julie Lewis	Islwyn RC	F45	01:07:25.00	409	8	01:06:47.95
Amanda Barrington	Penarth And Dinas Runners	F45	01:07:25.30	410	9	01:06:55.20
Jane Rymer	Chepstow Harriers	F45	01:08:17.85	425	10	01:07:32.45

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Fiona Turner		F50	01:00:25.35	252	1	00:59:58.45
Joanne Skilton	San Domenico Rrc	F50	01:00:44.35	263	2	01:00:30.80
Christina Rossiter	Les Croupiers RC	F50	01:06:54.85	395	3	01:06:35.35
Annette Davies	Fetch Everyone	F50	01:08:39.95	431	4	01:07:49.20

Janice Clement	Penarth And Dinas Runners	F50	01:08:57.95	434	5	01:08:22.45
Claire Morgan	Forest Of Dean AC	F50	01:09:45.55	445	6	01:09:02.25
Deborah Evans	Dragons Running Club	F50	01:10:45.95	465	7	01:10:19.15
Amanda Thompson	Les Croupiers RC	F50	01:11:29.95	475	8	01:11:14.80
Mary Trenfield	Caerleon RC	F50	01:14:17.25	506	9	01:13:14.70
Ruth Smith	Penarth Women Runners	F50	01:14:31.05	513	10	01:13:55.45

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
JACKie Green	Forest Of Dean AC	F55	01:06:20.15	384	1	01:05:35.55
JACqui Wynnds	Forest Of Dean AC	F55	01:07:23.15	406	2	01:06:40.25
Andrea Webster		F55	01:07:41.95	415	3	01:06:47.45
Shirley Albrow	Forest Of Dean AC	F55	01:11:13.00	472	4	01:10:28.95
Elaine Jones	Penarth Women Runners	F55	01:13:50.35	498	5	01:13:11.85
Carol Williams	Bitton Road Runners	F55	01:16:22.70	544	6	01:15:34.95
Anne Seymour	Bitton Road Runners	F55	01:18:07.55	559	7	01:17:14.00
Judy Maragna	Penarth And Dinas Runners	F55	01:19:18.65	570	8	01:18:50.85
Elaine Hicks	Islwyn RC	F55	01:26:00.00	602	9	01:25:02.95

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
JACky Miles	Parc Bryn BACH	F60	01:00:44.75	264	1	01:00:34.45
Margrett Monk	Parc Bryn BACH	F60	01:05:50.95	373	2	01:05:24.75
Jane Bayliss	Chepstow Harriers	F60	01:11:53.30	481	3	01:11:08.40
Gwyn Howells	Caerleon RC	F60	01:20:02.90	572	4	01:19:02.75

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Terri Woodford	Penarth Women Runners	F65	01:17:25.15	552	1	01:16:56.35
Valerie Collier	Bitton Road Runners	F65	01:29:56.45	609	2	01:28:57.40
Daphne Austerberry		F65	01:37:12.30	618	3	01:36:22.70

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Phillip Matthews	Swansea Harriers	MS	00:40:49.05	1	1	00:40:48.40
Christopher Carpanini	Newport Harriers	MS	00:41:12.40	2	2	00:41:10.65
Michael Kallenberg	Cardiff AC	MS	00:41:42.65	3	3	00:41:41.75
Richard Gardiner	Aberdare Valley AAC	MS	00:41:46.20	4	4	00:41:43.65

Stephen Paterson	Les Croupiers RC	MS	00:41:55.35	5	5	00:41:53.95
Mark Jennings	Fairwater Runners	MS	00:42:38.45	6	6	00:42:36.85
Matthew Harvey	Neath Harriers	MS	00:42:38.80	7	7	00:42:37.50
Matthew Edmonds	Lliswerry Runners	MS	00:43:09.35	8	8	00:43:08.30
Steve Davies	Swansea Harriers	MS	00:43:33.10	11	9	00:43:30.80
Matthew Collins	Fairwater Runners	MS	00:43:42.80	12	10	00:43:40.25

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Stefan Simms	Fairwater Runners	M40	00:43:29.05	10	1	00:43:26.75
Matthew Gurmin	Swansea Harriers	M40	00:45:16.60	21	2	00:45:15.40
Matthew Hurford	Les Croupiers Running Club	M40	00:45:54.80	25	3	00:45:51.85
Eamonn Kirk	Swansea Harriers	M40	00:46:35.30	31	4	00:46:32.45
Stephen Thomas	Aberdare	M40	00:46:42.70	33	5	00:46:39.25
Alun Jones	Les Croupiers	M40	00:47:33.15	35	6	00:47:28.30
Bernd Kulesa	3M Gorseinon RR	M40	00:47:47.05	37	7	00:47:44.25
Pete Clark	Bitton Road Runners	M40	00:48:42.85	41	8	00:48:36.85
Jason Lammie	Southville RC	M40	00:49:32.95	51	9	00:49:25.40
Geraint Williams	Aberdare	M40	00:50:29.20	59	10	00:50:17.85

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Chris Harrhy	Lliswerry Runners	M45	00:47:20.35	34	1	00:47:16.65
Mark Balch	Newt	M45	00:50:19.30	57	2	00:50:09.70
Andrew Brasington	Brecon AC	M45	00:51:32.95	73	3	00:51:18.95
Mark Carpanini	Newport Harriers	M45	00:51:35.75	74	4	00:51:32.35
Gerard Gormley	Griffithstown Harriers	M45	00:51:55.45	76	5	00:51:35.80
Andrew Dawe	Lliswerry Runners	M45	00:52:13.45	81	6	00:52:09.85
Russell Finch	Spirit of Monmouth	M45	00:53:04.10	95	7	00:52:45.85
Patrcik Hoare	Lliswerry Runners	M45	00:53:08.05	97	8	00:52:58.05
Howard Mason	Caerleon RC	M45	00:53:46.95	105	9	00:53:37.35
Paul Donovan	Pont-Y-Pwl And District Runner	M45	00:54:01.50	109	10	00:53:48.25

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Peter Coles	Pontypridd Roadents AC	M50	00:44:48.45	19	1	00:44:44.25
Steve Davies	Pont-Y-Pwl And District Runner	M50	00:48:52.00	42	2	00:48:48.10
Hayden Hartnell	Islwyn RC	M50	00:49:28.65	50	3	00:49:24.70

Glyn Sansom	San Domenico Rrc	M50	00:50:32.10	60	4	00:50:28.50
Mike Mcbeth	Southville RC	M50	00:50:59.15	64	5	00:50:51.00
Phil Bristow	San Domenico Rrc	M50	00:51:22.15	70	6	00:51:13.00
Clem Clement	Penarth And Dinas Runners	M50	00:52:22.05	82	7	00:52:10.70
Tony Walsh	Bitton Road Runners	M50	00:52:28.35	83	8	00:52:12.90
Neil Williams	Aberdare	M50	00:52:32.05	87	9	00:52:24.05
Robert Evans	Ebbw Vale RC	M50	00:52:35.65	88	10	00:52:27.65

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Martin Rees	Les Croupiers RC	M55	00:43:22.15	9	1	00:43:20.70
Laurie Carter	Chepstow Harriers	M55	00:51:31.20	72	2	00:51:26.85
John Davies	San Domenico Rrc	M55	00:52:35.95	89	3	00:52:29.75
Colin Wilmott	Griffithstown Harriers	M55	00:53:56.70	108	4	00:53:41.20
Terry OBrien		M55	00:55:01.25	125	5	00:54:30.35
Nick Holliday	Stroud And District AC	M55	00:55:07.90	128	6	00:54:43.10
Barrie Dunn	Bitton Road Runners	M55	00:55:49.80	145	7	00:55:21.35
James Delaney	San Domenico Rrc	M55	00:56:13.50	156	8	00:56:01.85
Alan Robertson	Forest Of Dean AC	M55	00:57:06.10	175	9	00:56:24.90
Peter Carwardine	Hereford Couriers	M55	00:58:25.15	209	10	00:58:05.95

#### Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Phil Miles	Parc Bryn BACH	M60	00:52:53.85	92	1	00:52:46.65
Howard Kent	Les Croupiers RC	M60	00:52:57.20	93	2	00:52:51.40
Neil Grant	Chepstow Harriers	M60	00:53:55.00	107	3	00:53:50.60
Malcolm Bradley	Penarth And Dinas Runners	M60	00:56:26.70	160	4	00:56:16.70
Paul Furlong	Penarth And Dinas Runners	M60	01:01:57.70	288	5	01:01:41.45
Malcolm Cox	Griffithstown Harriers	M60	01:03:12.20	317	6	01:02:42.90
Malcolm Roberts	Clevedon AC	M60	01:03:19.10	322	7	01:02:59.00
David Boucher		M60	01:03:48.55	336	8	01:02:56.30
Keith Hopkins		M60	01:04:19.05	348	9	01:03:48.15
Chris Hawkins	Forest Of Dean AC	M60	01:05:54.05	376	10	01:05:09.35

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Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Clive James	Midland Masters AC	M65	01:02:19.50	296	1	01:02:11.25
Jeffrey Aston	Les Croupiers RC	M65	01:02:39.40	305	2	01:02:28.25

Ralph Davey	Les Croupiers RC	M65	01:05:12.20	359	3	01:04:45.40
Keith Paterson	San Domenico RRC	M65	01:07:47.65	416	4	01:06:44.95
Geoff Bayliss	Chepstow Harriers	M65	01:09:41.45	444	5	01:09:04.05
Anthony Carzana	Pegasus Rc (Cardiff)	M65	01:13:19.25	493	6	01:12:55.90
John Fry	Fairwater Runners	M65	01:20:58.80	576	7	01:19:57.00
David Phillips	Pembrokeshire Harriers	M65	01:21:41.45	583	8	01:21:18.55
Brian Cox		M65	01:27:09.50	606	9	01:26:12.85

Category Top 10

Name	Club	Cat	Gun Time	O/A	Cat	Chip Time
Brian Gough	Pontypridd Roadents AC	M70	00:57:50.05	197	1	00:57:41.20
Bill Bewg	Chepstow Harriers	M70	01:11:50.85	479	2	01:11:06.95
Terry Vickery		M70	01:15:25.30	532	3	01:14:33.60
Syd Wheeler	Chepstow Harriers	M70	01:15:50.60	536	4	01:15:11.05