



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 |

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|-------------------|--------------------------------|-----|-------------|-----|----|-------------|
| 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 |

Category Top 10

| 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 |

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|-----------------|---------------------------|-----|-------------|-----|----|-------------|
| 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 Wynds | 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 |

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|------------------|-------------------|----|-------------|----|----|-------------|
| 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 |

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|---------------|---------------------------|-----|-------------|----|----|-------------|
| 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 |

Category Top 10

| 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 |

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|-----------------|------------------------|-----|-------------|-----|---|-------------|
| 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 |