



**LLISWERRY
RUNNERS**
EST. 1983



CLUB CHAMPIONSHIP 2019
⇒ EVENT #6 (Male & Female Split)
⇒ RESULTS

Name	Club	Age Category	Finishing Position (Club Championship)	Finishing Position	Time
Jon Belcher	LLISWERRY RUNNERS	MV40	1	24	00:36:21
Craig Collins	LLISWERRY RUNNERS	MV35	2	31	00:37:07
Lee Drew	LLISWERRY RUNNERS	Male Senior	3	30	00:37:08
Oliver Harris	LLISWERRY RUNNERS	MV35	4	32	00:37:14
Richard Basham	LLISWERRY RUNNERS	MV45	5	35	00:37:37
Michael Richardson	LLISWERRY RUNNERS	MV40	6	65	00:40:51
Chris Potter	LLISWERRY RUNNERS	MV50	7	67	00:40:56
Michael Cleaver	LLISWERRY RUNNERS	MV40	8	70	00:41:04
Andrew Dawe	LLISWERRY RUNNERS	MV50	9	86	00:42:07
Paul Harris	LLISWERRY RUNNERS	MV50	10	103	00:42:41
Jason Pritchard	caerleon running club	MV40	11	108	00:42:49
Kraig Jackson	LLISWERRY RUNNERS	Male Senior	12	136	00:43:40
Paul Adams	caerleon running club	MV40	13	158	00:44:13
Bob Watson	LLISWERRY RUNNERS	MV45	14	160	00:44:25
Mike Pobjoy	LLISWERRY RUNNERS	MV50	15	204	00:45:28
Nigel Foulkes-Nock	LLISWERRY RUNNERS	MV45	16	223	00:46:16
Rhys Pritchard	caerleon running club	Male Senior	17	232	00:46:42
Steve Crowther	LLISWERRY RUNNERS	MV55	18	428	00:47:11
Kevin Russell	LLISWERRY RUNNERS	MV55	19	282	00:47:16
Desmond Jones	LLISWERRY RUNNERS	MV45	20	277	00:47:19
Christian Ford	caerleon running club	Male Senior	21	268	00:47:24
Michael Tittley	LLISWERRY RUNNERS	MV50	22	336	00:47:28
Randal Jones	LLISWERRY RUNNERS	MV55	23	294	00:47:41
Sean Davey	caerleon running club	MV50	24	298	00:47:43
David Proffitt	LLISWERRY RUNNERS	MV65	25	322	00:48:21
Lloyd Williams	LLISWERRY RUNNERS	MV45	26	337	00:48:31
Paul Dursley	LLISWERRY RUNNERS	MV65	27	353	00:48:56
Neil Williams	caerleon running club	MV55	28	371	00:48:57
Mark Breese	LLISWERRY RUNNERS	MV45	29	425	00:49:54
Oliver Hughes	LLISWERRY RUNNERS	MV35	30	421	00:50:12
Christopher Hill	caerleon running club	MV50	31	497	00:51:38
Antony Derrick	caerleon running club	MV45	32	656	00:52:50
Edward McDaid	caerleon running club	MV65	33	580	00:53:04
Craig Musker	LLISWERRY RUNNERS	MV35	34	702	00:54:34
Stephen Houghton	caerleon running club	MV55	35	796	00:56:00
Stuart Salvage	LLISWERRY RUNNERS	MV45	36	727	00:56:06
David Davies	caerleon running club	MV50	37	891	00:57:15
Alex Thomas	LLISWERRY RUNNERS	Male Senior	38	964	00:59:57
Carl Pugh	caerleon running club	MV55	39	1,067	01:00:51
Stuart Dominy	caerleon running club	MV45	40	1,406	01:08:54
Chris Stewart	LLISWERRY RUNNERS	MV50	41	1,526	01:12:08
Dan Hennessy	LLISWERRY RUNNERS	MV45	42	1,544	01:12:42
Emma Wookay	LLISWERRY RUNNERS	Female Senior	1	53	00:39:41
Nicky Collin	LLISWERRY RUNNERS	Female Senior	2	79	00:41:44
Angela Potter	LLISWERRY RUNNERS	FV50	3	165	00:44:28
Lowenna Taylor	caerleon running club	Female Senior	4	176	00:44:37
Rachel Bowen	LLISWERRY RUNNERS	FV40	5	174	00:44:40
Sarah Lauder	LLISWERRY RUNNERS	FV35	6	210	00:45:45
Rachel Avon	LLISWERRY RUNNERS	Female Senior	7	235	00:46:45
Paula Williams	caerleon running club	FV50	8	236	00:46:46
Elizabeth Richards	caerleon running club	FV50	9	295	00:47:30
Tammy Fry	caerleon running club	Female Senior	10	321	00:48:04
Sarah Kembrey	LLISWERRY RUNNERS	FV35	11	317	00:48:05
Charlotte Moran	caerleon running club	FV40	12	331	00:48:20
Emma Maloney	LLISWERRY RUNNERS	Female Senior	13	379	00:49:17
Michelle Johnston	LLISWERRY RUNNERS	FV40	14	436	00:50:29
Leanne Westacott	LLISWERRY RUNNERS	FV45	15	445	00:50:48
Louise Muteham	LLISWERRY RUNNERS	FV35	16	531	00:52:29
Nicola Brann	LLISWERRY RUNNERS	FV45	17	725	00:54:39
Roni Margerison	LLISWERRY RUNNERS	FV40	18	673	00:55:10
Sian Richardson	LLISWERRY RUNNERS	FV40	19	717	00:55:30
Michelle Clabon	caerleon running club	FV55	20	792	00:55:53
Louise Hopkins	LLISWERRY RUNNERS	FV55	21	744	00:56:22
Yangi Vundamina	caerleon running club	FV40	22	772	00:56:40
Lisa Nicholls	LLISWERRY RUNNERS	FV45	23	794	00:56:46
Elizabeth Kenward	LLISWERRY RUNNERS	FV50	24	902	00:56:47
Kathryn Collins	LLISWERRY RUNNERS	Female Senior	25	769	00:56:50
Vanessa Pritchard	caerleon running club	FV40	26	791	00:57:05
Alison Carter	LLISWERRY RUNNERS	FV50	27	905	00:57:11
Claire Morgan-Powell	LLISWERRY RUNNERS	FV40	28	906	00:57:36
Maria English	LLISWERRY RUNNERS	FV40	29	1,001	00:58:55
Liz Davis	LLISWERRY RUNNERS	FV50	30	1,003	00:58:57
Maddy Clabon	caerleon running club	Female Senior	31	968	00:58:57
Vicky Davies	LLISWERRY RUNNERS	FV45	32	953	00:59:46
Bernadette Wilkinson	LLISWERRY RUNNERS	FV50	33	1,028	01:00:05
Gaynor Lugg	LLISWERRY RUNNERS	FV50	34	973	01:00:07
Tracy Strydom	LLISWERRY RUNNERS	FV50	35	982	01:00:13
Julia Groombridge	LLISWERRY RUNNERS	FV50	36	1,073	01:00:34
Ann Lewis	caerleon running club	FV50	37	1,051	01:00:40
Aysima Harper	caerleon running club	FV35	38	1,102	01:00:45
Rachel Ingham	LLISWERRY RUNNERS	Female Senior	39	1,186	01:02:48
Pauline Beckett	caerleon running club	FV55	40	1,284	01:05:54
Jane Derrick	caerleon running club	FV35	41	1,357	01:07:41
Joanne Biddiscombe	caerleon running club	FV45	42	1,423	01:08:07
Chrissi Williams	LLISWERRY RUNNERS	FV40	43	1,429	01:08:29
Tracy Cooper	caerleon running club	FV40	44	1,448	01:09:35
Claire Orford	caerleon running club	FV45	45	1,472	01:10:33
Angela Taylor	LLISWERRY RUNNERS	FV45	46	1,495	01:10:41
Petra Thomas	LLISWERRY RUNNERS	FV50	47	1,496	01:10:41
Gwyneth Howells	caerleon running club	FV65	48	1,463	01:11:26
Hayley Edwards	LLISWERRY RUNNERS	Female Senior	49	1,453	01:11:31
Liz Mounfield	LLISWERRY RUNNERS	FV35	50	1,534	01:12:19
Anna Champs	LLISWERRY RUNNERS	FV40	51	1,541	01:12:37
Bethan Coles	LLISWERRY RUNNERS	Female Senior	52	1,683	01:23:59



CLUB CHAMPIONSHIP 2019
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Jon Belcher	LLISWERRY RUNNERS	MV40	1	24	00:36:21
Craig Collins	LLISWERRY RUNNERS	MV35	2	31	00:37:07
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Oliver Harris	LLISWERRY RUNNERS	MV35	4	32	00:37:14
Richard Basham	LLISWERRY RUNNERS	MV45	5	35	00:37:37
Emma Wookey	LLISWERRY RUNNERS	Female Senior	6	53	00:39:41
Michael Richardson	LLISWERRY RUNNERS	MV40	7	65	00:40:51
Chris Potter	LLISWERRY RUNNERS	MV50	8	67	00:40:56
Michael Cleaver	LLISWERRY RUNNERS	MV40	9	70	00:41:04
Nicky Collin	LLISWERRY RUNNERS	Female Senior	10	79	00:41:44
Andrew Dawe	LLISWERRY RUNNERS	MV50	11	86	00:42:07
Paul Harris	LLISWERRY RUNNERS	MV50	12	103	00:42:41
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Sarah Lauder	LLISWERRY RUNNERS	FV35	21	210	00:45:45
Nigel Foulkes-Hock	LLISWERRY RUNNERS	MV45	22	223	00:46:16
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Michael Titley	LLISWERRY RUNNERS	MV50	30	336	00:47:28
Elizabeth Richards	caerleon running club	FV50	31	295	00:47:30
Randal Jones	LLISWERRY RUNNERS	MV55	32	294	00:47:41
Sean Davey	caerleon running club	MV50	33	298	00:47:43
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Stephen Houghton	caerleon running club	MV55	55	796	00:56:00
Stuart Salvage	LLISWERRY RUNNERS	MV45	56	727	00:56:06
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David Davies	caerleon running club	MV50	64	891	00:57:15
Claire Morgan-Powell	LLISWERRY RUNNERS	FV40	65	906	00:57:36
Maria English	LLISWERRY RUNNERS	FV40	66	1,001	00:58:55
Liz Davis	LLISWERRY RUNNERS	FV50	67	1,003	00:58:57
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Gaynor Lugg	LLISWERRY RUNNERS	FV50	72	973	01:00:07
Tracy Strydom	LLISWERRY RUNNERS	FV50	73	982	01:00:13
Julia Groombridge	LLISWERRY RUNNERS	FV50	74	1,073	01:00:34
Ann Lewis	caerleon running club	FV50	75	1,051	01:00:40
Aysima Harper	LLISWERRY RUNNERS	FV35	76	1,102	01:00:45
Carl Pugh	caerleon running club	MV55	77	1,067	01:00:51
Rachel Ingham	LLISWERRY RUNNERS	Female Senior	78	1,186	01:02:48
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Joanne Biddiscombe	caerleon running club	FV45	81	1,423	01:08:07
Chrissi Williams	LLISWERRY RUNNERS	FV40	82	1,429	01:08:29
Stuart Dominy	caerleon running club	MV45	83	1,406	01:08:54
Tracy Cooper	caerleon running club	FV40	84	1,448	01:09:35
Claire Orford	caerleon running club	FV45	85	1,472	01:10:33
Angela Taylor	LLISWERRY RUNNERS	FV45	86	1,495	01:10:41
Petra Thomas	LLISWERRY RUNNERS	FV50	87	1,496	01:10:41
Gwyneth Howells	caerleon running club	FV65	88	1,463	01:11:26
Hayley Edwards	LLISWERRY RUNNERS	Female Senior	89	1,453	01:11:31
Chris Stewart	LLISWERRY RUNNERS	MV50	90	1,526	01:12:08
Liz Mounfield	LLISWERRY RUNNERS	FV35	91	1,534	01:12:19
Anna Champs	LLISWERRY RUNNERS	FV40	92	1,541	01:12:37
Dan Hennessy	LLISWERRY RUNNERS	MV45	93	1,544	01:12:42
Bethan Coles	LLISWERRY RUNNERS	Female Senior	94	1,683	01:23:59