



Lliswerry Runners

Newport's friendly running club.

2010 Results

Final Results

Top 3 Awards

Award	Time	Name	Club
1st Male	42.33	Stephen Paterson	San Domenico
2nd Male	42:37	Phillip Matthews	Swansea Harriers
3rd Male	44:27	Peter Coles	Pontypridd Roadents
1st Female	47:02	Laura Parsonage	Team Bath
2nd Female	48:22	Natasha Cockram	Cwmbran Harriers
3rd Female	48:57	Gemma Jones	Lliswerry Runners

Category Awards

Award	Pos	Name	Time	Cat	Pos	Club
MS00-1	1	Stephen Paterson	42.33	MS	1	San Domenico
MV40-1	5	Stafan Simms	44:55	MV40	1	Griffithstown Harriers
MV45-1	3	Peter Coles	44:27	MV45	1	Pontypridd Roadents
MV50-1	17	John Foster	46:59	MV50	1	Lliswerry Runners
MV55-1	50	Mick Tabor	49:48	MV55	1	Les Croupiers

MV60-1	61	Ronald Morris	50:30	MV60	1	San Domenico
MV65-1	237	Tony Birt	63.54	MV65	1	Brackla Harriers
MV70-1	317	James Johnson	70.46	MV70	1	Unattached, (non club)
MV75-1	401	Allen Watts	106.48	MV75	1	Sarn Helen, Lampeter
WS00-1	18	Laura Parsonage	47:02	WS	1	Team Bath
WV35-1	108	Julie Davies	54:11	WV35	1	Griffithstown Harriers
WV40-1	53	Helen Wallington	49:59	WV40	1	Southampton Running Club
WV45-1	111	Jackie Stott	54:26	WV45	1	Bitton R R
WV50-1	117	Jane Coker	54:50	WV50	1	Les Croupiers
WV55-1	143	Zina Marchant	56.02	WV55	1	Team Bath
WV60-1	363	Gwyn Howells	75.30	WV60	1	Caerleon Running Club
WV65-1	395	Valerie Collier	84.01	WV65	1	Bitton R R

Complete List

Pos	Name	Time	Cat	Pos	Club
1	Stephen Paterson	42.33	MS	1	San Domenico
2	Phillip Matthews	42:37	MS	2	Swansea Harriers
3	Peter Coles	44:27	MV45	1	Pontypridd Roadents
4	Gareth Thomas	44:52	MS	3	Cardiff Triathletes
5	Stafan Simms	44:55	MV40	1	Griffithstown Harriers
6	Gareth Jenkins	44:59	MS	4	Brackla Harriers
7	Nick Frost	45:02	MV45	2	Pontypridd Roadents
8	Mike Blackmore	45:08	MS	5	Bitton R R
9	Edward Donovan	45:17	MS	6	San Domenico
10	Jason Scanlon	45:28	MS	7	Pontypridd Roadents
11	Jerome Edwards	45:34	MS	8	San Domenico
12	Phil Tugwell	45:48	MS	9	Cornwall A C

13 Philip Crane	46:04 MV45	3 Neath Harriers
14 Daniel Bodman	46:13 MS	10 Pontypridd Roadents
15 Stephen Thomas	46:22 MV40	2 Islwyn R C
16 Chris Morgan	46:32 MV40	3 Fairwater Runners
17 John Foster	46:59 MV50	1 Lliswerry Runners
18 Laura Parsonage	47:02 WS	1 Team Bath
19 Chris Harrhy	47:11 MV40	4 Lliswerry Runners
20 Peter Morton	47:12 MS	11 Unattached, (non club)
21 Leighton Rawlinson	47:19 MS	12 Caerleon Running Club
22 Asley Owen	47:20 MV40	5 Ebbw Vale Running Club
23 James King	47:24 MS	13 Caerleon Running Club
24 Peter Crane	47:28 MV45	4 Neath Harriers
25 Matthew Wells	47:42 MS	14 Brackla Harriers
26 Noel O'Dowd	47:43 MV50	2 Eastleigh RC
27 Andrew Baker	47:44 MV40	6 Pontypridd Roadents
28 Edward Ball	47:46 MV40	7 Rhondda Valley Runners
29 Haydn Hartnell	47:49 MV45	5 Islwyn R C
30 Laurie Carter	47:51 MV50	3 Chepstow Harriers
31 Steve Hooper	48:08 MV40	8 Pontypridd Roadents
32 Steve Davies	48:17 MV50	4 Griffithstown Harriers
33 Lee Morris	48:18 MS	15 Unattached, (non club)
34 Stuart Crees	48:21 MS	16 Les Croupiers
35 Natasha Cockram	48:22 WS	2 Cwmbran Harriers
36 Simon Laraway	48:25 MS	17 Bitton R R
37 Stuart McIlroy	48:29 MS	18 Les Croupiers
38 Lee Smith	48:33 MV40	9 Lliswerry Runners
39 Andrew Palmer	48:52 MV40	10 Penarth & Dinas Runners
40 Gemma Jones	48:57 WS	3 Lliswerry Runners
41 Richard Hayes	49:01 MS	19 Taff Ely Triathletes

42 Paul Scott	49:03 MV40	11 Chepstow Harriers
43 Matt Hurford	49:05 MS	20 Les Croupiers
44 David Crane	49:29 MV50	5 Neath Harriers
45 Paul Speyer	49:31 MS	21 Brackla Harriers
46 Hannah Howard	49:33 WS	4 Eastleigh RC
47 Alun Evans	49:36 MV40	12 Unattached, (non club)
48 Rhodri Evans	49:38 MS	22 Pontypridd Roadents
49 Hugh Evans	49:45 MS	23 Penarth & Dinas Runners
50 Mick Tabor	49:48 MV55	1 Les Croupiers
51 Dave Harris	49:51 MV40	13 Lliswerry Runners
52 David Mason	49:55 MS	24 Unattached, (non club)
53 Helen Wallington	49:59 WV40	1 Southampton Running Club
54 Carl Gilmour	50:07 MV40	14 Hay Hotfooters
55 Paul Coker	50:14 MV50	6 Les Croupiers
56 Alistair Wood	50:19 MV40	15 San Domenico
57 Ian McDonald	50:25 MV45	6 San Domenico
58 Alan Walton	50:28 MV40	16 San Domenico
59 Paul Davies	50:28 MV45	7 San Domenico
60 Paul Harris	50:29 MV40	17 Lliswerry Runners
61 Ronald Morris	50:30 MV60	1 San Domenico
62 Paul Bruton	50:32 MS	25 Newport & East Wales Tri
63 Brian Lovett	50:36 MV40	18 San Domenico
64 Alan Every	50:47 MV40	19 Team Bath
65 James Blore	50:52 MS	26 Chepstow Harriers
66 Richard Hughes	50:53 MS	27 Caerleon Running Club
67 John Davies	50:55 MV55	2 Les Croupiers
68 Ian Liddiatt	50:56 MV40	20 Penarth & Dinas Runners
69 Glyn Sansom	51:00 MV45	8 San Domenico
70 Robert Davies	51:10 MS	28 Islwyn R C

71 Sean Taylor	51:16 MS	29 Unattached, (non club)
72 Richard Johnson	51:16 MS	30 Clwb Rhedeg Islwyn
73 David Proud	51:18 MV40	21 Les Croupiers
74 Gary Brown	51:28 MS	31 Penarth & Dinas Runners
75 John Diffey	51:30 MV45	9 Les Croupiers
76 Ian Rogers	51:56 MV45	10 Eastleigh RC
77 Ian Ogilvie	51:57 MV40	22 Brackla Harriers
78 Richard Knight	52:07 MS	32 Chepstow Harriers
79 Andy Creber	52:14 MV50	7 Chepstow Harriers
80 Kelly Morgan	52:17 WS	5 Pontypridd Roadents
81 Alun Jones	52:22 MS	33 Les Croupiers
82 Nathan Hartnell	52:26 MS	34 Unattached, (non club)
83 John Morgan	52:28 MV45	11 Brackla Harriers
84 Lou Summers	52:33 WV40	2 Chepstow Harriers
85 Warren Jackson-Hooki	52:35 MS	35 Gosport Road Runners
86 Mike Duggan	52:42 MV40	23 Bitton R R
87 Sonny Davies	52:53 MS	36 Pontypridd Roadents
88 Peter Thomas	52:56 MV45	12 Caerleon Running Club
89 Jonathon Davies	52:56 MV40	24 Islwyn R C
90 Howard Mason	53:05 MV45	13 Caerleon Running Club
91 Matthew Welsh	53:12 MS	37 Griffithstown Harriers
92 James Fletcher	53:17 MV40	25 Unattached, (non club)
93 Chris Nellins	53:17 MV55	3 Penarth & Dinas Runners
94 Neil Jones	53:20 MS	38 Abergavenny Striders
95 David Stubbs	53:21 MV45	14 Unattached, (non club)
96 Hugh Hughes	53:28 MS	39 Unattached, (non club)
97 Emma Wookey	53:28 WS	6 Lliswerry Runners
98 Kim Wehden	53:28 MV45	15 Islwyn R C
99 Stephen Owen	53:29 MV50	8 Les Croupiers

100 P Hutton	53:35 MV50	9 Chepstow Harriers
101 Richie Bristow	53:38 MV45	16 San Domenico
102 Gianna Arrighi	53:42 MV40	26 Les Croupiers
103 David Frost	53:48 MV40	27 Parc Bryn Bach
104 Phil Bristow	53:51 MV45	17 San Domenico
105 Barri Edwards	53:56 MV40	28 Unattached, (non club)
106 Carl Williams	54:05 MV40	29 Chepstow Harriers
107 Steve Wallington	54:07 MV50	10 Southampton Running Club
108 Julie Davies	54:11 WV35	1 Griffithstown Harriers
109 Stuart Jones	54:15 MS	40 Penarth & Dinas Runners
110 Peter Short	54:19 MV55	4 Forest of Dean
111 Jackie Stott	54:26 WV45	1 Bitton R R
112 Knill Baird-Murray	54:28 MV45	18 Penarth & Dinas Runners
113 Marcus Coles	54:38 MS	41 Les Croupiers
114 David Rees	54:44 MV55	5 Hay Hotfooters
115 Neil Davies	54:45 MV50	11 NYRRC
116 Dean Birt	54:49 MS	42 Pontypridd Roadents
117 Jane Coker	54:50 WV50	1 Les Croupiers
118 Charlotte Wells	54:53 WS	7 Brackla Harriers
119 Wayne Frewen	54:54 MV50	12 Brackla Harriers
120 Jason Tompkins	54:54 MS	43 Brackla Harriers
121 Eric Davey	54:59 MV60	2 Llanelli
122 Tim Johnson	55:02 MV40	30 Eastleigh RC
123 Phillip Thomas	55:03 MV40	31 Brackla Harriers
124 Peter Hopes	55:05 MV45	19 Bitton R R
125 Ian Williams	55:09 MV45	20 Ebbw Vale Running Club
126 Simon Marshall	55:14 MV40	32 Unattached, (non club)
127 Matthew Mulcahy	55:16 MS	44 Unattached, (non club)
128 Mike Evans	55:21 MV50	13 Forest of Dean

129 Darren Stevens	55:24 MS	45 Unattached, (non club)
130 Clive Osmond	55:27 MV45	21 Les Croupiers
131 Jo Webb	55:28 WV50	2 Bitton R R
132 Ray Greenhouse	55:31 MV40	33 Ebbw Vale Running Club
133 Richard Sater	55:31 MV45	22 Unattached, (non club)
134 Brian Phillips	55:35 MV45	23 Parc Bryn Bach
135 Nick Pounder	55:38 MS	46 Pontypridd Roadents
136 Chris Leonard	55.39 MV50	14 Bitton R R
137 Dominic Shields	55.42 MV40	34 San Domenico
138 Alan Mann	55.44 MV50	15 Les Croupiers
139 Richard Day	55.45 MV45	24 Pontypridd Roadents
140 Michael Davies	55.46 MV55	6 Les Croupiers
141 David Proffitt	55.54 MV55	7 Newport Harriers
142 Tim O'Sullivan	56.01 MV50	16 Les Croupiers
143 Zina Marchant	56.02 WV55	1 Team Bath
144 Richard Bevan	56.02 MS	47 Unattached, (non club)
145 Roger Mills	56.08 MS	48 Fairwater Runners
146 Jim Dobbs	56.13 MV55	8 Islwyn R C
147 Abyd Quinn Aziz	56.15 MV50	17 Penarth & Dinas Runners
148 Steve Stacey	56.19 MV45	25 Bitton R R
149 Tom Frost	56.29 MS	49 Avon Valley Runners
150 Steve Wellby	56.39 MV45	26 Eastleigh RC
151 Tony Deacy	56.45 MV50	18 Monmouth A C
152 Andrew Hurley	56.47 MS	50 Penarth & Dinas Runners
153 Brian Dias	57.01 MS	51 Cardiff A C
154 James Delaney	57.13 MV50	19 San Domenico
155 Johnny Lamm	57.15 MS	52 Unattached, (non club)
156 Chris Matthews	57.15 MV45	27 Unattached, (non club)
157 Pete Clark	57.15 MV40	35 Bitton R R

158	Kevin Russell	57.25	MV50	20	San Domenico
159	Kirk Ford	57.32	MS	53	Caerleon Running Club
160	Jayne Arnold	57.33	WV35	2	Celtic Tri
161	John Shanahan	57.38	MV50	21	Unattached, (non club)
162	Joseph Ivins	57.49	MS	54	Unattached, (non club)
163	Menna Harris	57.51	WS	8	Unattached, (non club)
164	Steven Selby	57.53	MV45	28	Quantock Harriers
165	John Scanlan	57.55	MV50	22	Thornbury R C
166	Noel Cantrell	58.03	MS	55	Unattached, (non club)
167	Brendan Ridge	58.10	MV50	23	Eastleigh RC
168	Charlotte Johns	58.10	WV40	3	Brackla Harriers
169	Stuart Hines	58.19	MV55	9	Eastleigh RC
170	Tony Phillips	58.19	MV40	36	Eastleigh RC
171	Amy Edwards	58.30	WS	9	Rhondda Valley Runners
172	Ronald Shannon	58.31	MV50	24	Bitton R R
173	Neil Stovold	58.40	MS	56	Unattached, (non club)
174	Gary Burgess	58.45	MV45	29	Unattached, (non club)
175	Neil Edwards	58.49	MV40	37	Unattached, (non club)
176	Malcolm Roberts	58.50	MV60	3	Clevedon A C
177	Clive Denton	58.51	MV40	38	Rhondda Valley Runners
178	Antony Furlong	58.58	MS	57	Penarth & Dinas Runners
179	Simon Marks	59.01	MS	58	Newport & East Wales Tri
180	Gavin Ellis	59.12	MS	59	Real Buzz RC
181	Paul Whittmarsh	59.15	MS	60	Penarth & Dinas Runners
182	David Palmer	59.18	MV45	30	Vegetarian C & AC
183	Libby Lavis	59.19	WV50	3	Brackla Harriers
184	Justin Showell	59.26	MV40	39	Purple Patch Runners
185	Andy Reid	59.34	MV55	10	City of Bath A C
186	Keith James	59.35	MS	61	Unattached, (non club)

187	Richard Bonie	59.36	MV45	31	Fairwater Runners
188	Tim Poole	59.36	MS	62	Unattached, (non club)
189	Debbie Evans	59.39	WV40	4	Penarth & Dinas Runners
190	Paul Bigmore	60.06	MV50	25	Brackla Harriers
191	David Moore	60.12	MS	63	Unattached, (non club)
192	Paul Harmes	60.16	MV40	40	Unattached, (non club)
193	Debbie Cockram	60.16	WV45	2	Fairwater Runners
194	Paul Jenkins	60.18	MV55	11	Unattached, (non club)
195	Allan Jones	60.22	MV55	12	Brackla Harriers
196	Michael Thomas	60.24	MV45	32	Unattached, (non club)
197	Judi Rhys	60.29	WV45	3	Les Croupiers
198	Michael Dix	60.34	MV55	13	Les Croupiers
199	Loretta Daley	60.49	WV40	5	Les Croupiers
200	B Reeves	60.50	MV60	4	Eastleigh RC
201	Paul Arnold	60.57	MV40	41	Celtic Tri
202	Nina Brocklebank	61.01	WV35	3	3M Gorseinon
203	Jim Whitmarsh	61.04	MV50	26	Eastleigh RC
204	Helena Pimm	61.05	WS	10	Griffithstown Harriers
205	Philip Hoskins	61.09	MV45	33	Unattached, (non club)
206	John Sterry	61.13	MV45	34	Worcester Black Pear Joggers
207	James Horner	61.14	MS	64	Les Croupiers
208	Tim Knight	61.27	MS	65	Unattached, (non club)
209	Jonathan Lee	61.30	MV45	35	Caerleon Running Club
210	Brenda Avery	61.32	WV55	2	Chepstow Harriers
211	Mark Potter	61.35	MS	66	Brackla Harriers
212	Terry Dixon	61.42	MV40	42	Monmouth Tri Club
213	Peta Daniels	61.43	WV40	6	Lliswerry Runners
214	K Dawkins	61.45	WV50	4	Bitton R R
215	Lee Masters	61.47	MS	67	Hogweed Trotters

216 Wendy Owen	61.56 WV35	4 San Domenico
217 Chris Hawkins	62.06 MV55	14 Forest of Dean
218 Gareth John	62.28 MV55	15 Les Croupiers
219 Andrew Taylor	62.29 MV50	27 Caerleon Running Club
220 John Ivin	62.37 MV45	36 Unattached, (non club)
221 Paul Furlong	62.39 MV60	5 Penarth & Dinas Runners
222 John Weeks	62.42 MV50	28 Unattached, (non club)
223 David Weston	62.56 MV55	16 Unattached, (non club)
224 Liam Davies	62.57 MV50	29 Unattached, (non club)
225 Chris Moore	63.06 MV55	17 Forest of Dean
226 Aled Jones	63.09 MV40	43 Unattached, (non club)
227 Nicola James	63.10 WS	11 Penarth & Dinas Runners
228 Stephanie Davies	63.10 WS	12 Pontypridd Roadents
229 Jane Phillips	63.12 WV50	5 Bitton R R
230 Lisa Cleary	63.22 WV45	4 Penarth & Dinas Runners
231 Lisa Duggan	63.24 WS	13 Bitton R R
232 Alison Roberts	63.28 WV55	3 Clevedon A C
233 Grahame Viner	63.35 MV50	30 Unattached, (non club)
234 Donna Matthews	63.36 WV45	5 Islwyn R C
235 Robert Rudge	63.37 MS	68 Bitton R R
236 Andrew White	63.37 MV40	44 Bitton R R
237 Tony Birt	63.54 MV65	1 Brackla Harriers
238 Kevin Barton	63.55 MV55	18 Unattached, (non club)
239 Kathy Johnson	64.04 WV40	7 Eastleigh RC
240 Charles Free	64.07 MV55	19 Eastleigh RC
241 Tony Phillips	64.12 MV50	31 Griffithstown Harriers
242 Tom Court	64.18 MS	69 Unattached, (non club)
243 Martin Donovan	64.24 MV45	37 Unattached, (non club)
244 Conner Davies	64.28 MS	70 Islwyn R C

245 Kim Pope	64.30	WV50	6 Bitton R R
246 Beverley Warburton	64.40	WV45	6 Unattached, (non club)
247 John Watt	64.42	MV45	38 Thornbury R C
248 Richard Davies	64.44	MV45	39 Newport & East Wales Tri
249 John Farmer	64.51	MV50	32 Cornelly Striders
250 Marc Yeoman	64.52	MS	71 Unattached, (non club)
251 Chris Morgan	64.59	MV40	45 Les Croupiers
252 Andrea Starritt	65.03	WV40	8 Brackla Harriers
253 Leigh Evans	65.03	MS	72 Unattached, (non club)
254 Paul Dibden	65.06	MV55	20 Eastleigh RC
255 Tracy Edwards	65.06	WV40	9 Rhondda Valley Runners
256 Robert Philips	65.07	MV45	40 Pontypridd Roadents
257 Geoff Bayliss	65.07	MV60	6 Chepstow Harriers
258 Ruth Treharne	65.12	WV45	7 Islwyn R C
259 Tim Washbrook	65.20	MS	73 Unattached, (non club)
260 Michael Halsall	65.22	MS	74 Llanelli
261 Barry Cornelius	65.31	MV60	7 Headington Road Runners
262 Glyn Hicks	65.49	MV60	8 Islwyn R C
263 Helen Thomas	65.53	WV45	8 Caerleon Running Club
264 Malcolm Cox	66.00	MV60	9 Griffithstown Harriers
265 Sarah Jenkins	66.07	WS	14 Unattached, (non club)
266 Matthew Mahoney	66.12	MS	75 Unattached, (non club)
267 Geoff Baxter	66.12	MS	76 Unattached, (non club)
268 Keith Treharne	66.19	MV65	2 Brackla Harriers
269 Jane Standerwick	66.24	WV45	9 Unattached, (non club)
270 Craig Jones	66.25	MS	77 Unattached, (non club)
271 Finola Wilson	66.36	WV40	10 Womens Running Network
272 Bob Watson	66.37	MS	78 Fetch Everyone Running Club
273 Annette Davies	66.41	WV45	10 Unattached, (non club)

274	Jeff Wallace	66.46	MV50	33	Unattached, (non club)
275	Debbie Jones	66.48	WS	15	Pontypridd Roadents
276	Sharon Phillips	66.48	WS	16	Pontypridd Roadents
277	Chris Cotton	66.59	MS	79	Unattached, (non club)
278	Lyn Evans	67.02	MV50	34	Unattached, (non club)
279	Delyth Murray-Lines	67.08	WS	17	Unattached, (non club)
280	Thomas Guy	67.09	MS	80	Griffithstown Harriers
281	Elsbeth Jarman	67.12	WV45	11	Abergavenny Striders
282	Shona Douglas	67.20	WS	18	Islwyn R C
283	Karen Payne	67.26	WV35	5	Caerleon Running Club
284	Declan Fahy	67.26	MS	81	Eastleigh RC
285	Kelly Gipson	67.27	WV40	11	Team Deviant
286	Frances Williams	67.27	WV40	12	San Domenico
287	Rhian Clayton	67.29	WS	19	Islwyn R C
288	Steven Kilbourne	67.34	MV45	41	Unattached, (non club)
289	Gary Bird	67.39	MV45	42	Unattached, (non club)
290	Ray Ellingham	67.40	MV45	43	San Domenico
291	Emily Luke	67.51	WS	20	Penarth & Dinas Runners
292	Maggie Norgate	67.57	WV45	12	Eastleigh RC
293	Steve Hill	67.58	MV45	44	Penarth & Dinas Runners
294	Clem Clement	67.59	MV50	35	Penarth & Dinas Runners
295	Carol Lowrey	67.59	WV50	7	Bitton R R
296	Caroline Jones	68.23	WV35	6	Womens Running Network
297	Yvonne Brindley	68.32	WV40	13	Newport & East Wales Tri
298	Mike Watkins	68.37	MV45	45	Muller Running Club
299	Mandy Beer	68.58	WV45	13	Womens Running Network
300	Richard Reed	68.59	MV55	21	Eastleigh RC
301	Kristian Shearan	69.02	MS	82	Brackla Harriers
302	Vicki Hopkins	69.02	WV50	8	Unattached, (non club)

303 Richard Shand	69.07 MS	83 Unattached, (non club)
304 Jane Truscott	69.13 WV40	14 Monmouth Leisure Centre
305 Stella Sturgess	69.16 WV35	7 Penarth & Dinas Runners
306 Janice Clement	69.16 WV50	9 Penarth & Dinas Runners
307 Richard Brown	69.26 MV60	10 Sheen Shufflers
308 Rhian Bowen	69.38 WS	21 Unattached, (non club)
309 James Thomas	69.39 MV45	46 Brackla Harriers
310 Robert Smith	69.44 MV45	47 Unattached, (non club)
311 Charmine Smikle	69.45 WS	22 Lliswerry Runners
312 Jenny Astall	69.48 WV35	8 Eastleigh RC
313 Keith Norville	69.50 MV50	36 Unattached, (non club)
314 Stella Symons	70.03 WV45	14 Fairwater Runners
315 Gareth Pearce	70.09 MV40	46 Unattached, (non club)
316 Kelly Waite	70.30 WS	23 Islwyn R C
317 James Johnson	70.46 MV70	1 Unattached, (non club)
318 Bill Bewg	70.56 MV65	3 Chepstow Harriers
319 Claire House	71.05 WV35	9 San Domenico
320 Tina Lavelle	71.15 WV50	10 Hay Hotfooters
321 Rhys Miller	71.15 MS	84 Unattached, (non club)
322 Andrea Webster	71.34 WV50	11 Unattached, (non club)
323 Kelly Caple	71.38 WS	24 Unattached, (non club)
324 Leah Jones	71.44 WV40	15 Quantock Harriers
325 Jane Bayliss	71.51 WV55	4 Chepstow Harriers
326 Justine Case	71.58 WV35	10 Penarth & Dinas Runners
327 Matthew Wall	71.59 MS	85 Unattached, (non club)
328 Patricia Jones	72.05 WV55	5 Brackla Harriers
329 Anna Helsing	72.12 WV45	15 Penarth & Dinas Runners
330 Gareth Jones	72.20 MV50	37 Unattached, (non club)
331 Stephen Jones	72.25 MV45	48 Unattached, (non club)

332 Nigel Jones	72.30 MV55	22 Llanelli
333 Rebecca Reynolds	72.46 WS	25 Fairwater Runners
334 Philip Keith	72.46 MV40	47 Penarth & Dinas Runners
335 Pascal Miola	72.46 MV40	48 Unattached, (non club)
336 Nicola Poole	72.52 WV35	11 Unattached, (non club)
337 Helen Nash	72.59 WS	26 Unattached, (non club)
338 Julie Gething	73.08 WV35	12 Womens Running Network
339 James Hobbs	73.20 MV40	49 Unattached, (non club)
340 Helen Williams	73.21 WS	27 Islwyn R C
341 Carl Morris	73.26 MS	86 Unattached, (non club)
342 Ian Warner	73.29 MV50	38 Unattached, (non club)
343 Peter Clark	73.30 MV55	23 Unattached, (non club)
344 Tracey Turri	73.33 WV40	16 Sole Sisters
345 Debbie Jenkins	73.35 WV40	17 Caerleon Running Club
346 Alistair Pitt	73.36 MV40	50 Parc Bryn Bach
347 Tim Carr	73.38 MV40	51 Unattached, (non club)
348 Sarah Dawes-Clark	73.48 WV35	13 Les Croupiers
349 Paula Davies	73.50 WV35	14 Islwyn R C
350 Christoph Williams	73.53 MV50	39 Unattached, (non club)
351 Gary Phillips	73.59 MV55	24 Bitton R R
352 Marc Jones	74.05 MV40	52 Unattached, (non club)
353 Jaime Norman	74.08 MS	87 Unattached, (non club)
354 Irfon Glyn	74.09 MS	88 Unattached, (non club)
355 Matt Iles	74.11 MS	89 Bitton R R
356 Bernadette Davies	74.12 WV35	15 Caerleon Running Club
357 Elly Edmunds	74.12 WV35	16 Unattached, (non club)
358 Dan Matthews	74.26 MS	90 Unattached, (non club)
359 Lorraine Reed	74.36 WV45	16 Eastleigh RC
360 Robbie Hyde	74.57 MS	91 Newport & East Wales Tri

361 Hayley Stanners	75.24 WS	28 Unattached, (non club)
362 Julie Bircher	75.28 WV35	17 Griffithstown Harriers
363 Gwyn Howells	75.30 WV60	1 Caerleon Running Club
364 Simon Hudd	75.32 MV40	53 Unattached, (non club)
365 Wendy Rees	75.41 WV45	17 Griffithstown Harriers
366 Jim McCulloch	75.41 MV50	40 Penarth & Dinas Runners
367 Peter Shanley	75.56 MV40	54 Unattached, (non club)
368 Leona Shanley	75.56 WV40	18 Rhondda Valley Runners
369 Frances Barnes	76.20 WV40	19 Womens Running Network
370 Jenny Hughes	76.21 WV45	18 Womens Running Network
371 Sharon Blore	76.21 WV50	12 Chepstow Harriers
372 Rachel Power	76.38 WV35	18 Unattached, (non club)
373 Anne Jenner	76.38 WV45	19 Chepstow Harriers
374 Jackie Webb	76.57 WV45	20 Chepstow Harriers
375 Heather Davies	77.04 WV45	21 Bitton R R
376 Sue O'Dowd	77.44 WV50	13 Eastleigh RC
377 Tricia Cottnam	78.00 WV45	22 Penarth & Dinas Runners
378 Clare Milner	78.16 WV55	6 Hay Hotfooters
379 Graham Singer	78.23 MV55	25 Unattached, (non club)
380 Les Ainscough	78.24 MV45	49 Caerleon Running Club
381 Paula James	78.36 WV35	19 Pontypridd Roadents
382 Brian Cox	79.07 MV60	11 Unattached, (non club)
383 Sarah Stevens	79.32 WS	29 Penarth & Dinas Runners
384 Debbie Dewey	80.16 WV35	20 Bitton R R
385 Tracey Havelot	80.31 WV40	20 Griffithstown Harriers
386 Olugbenga Fakande	81.32 MV50	41 Unattached, (non club)
387 Jane White	81.40 WV40	21 Unattached, (non club)
388 Lisa Ekman	81.48 WV35	21 Brackla Harriers
389 Neil Price	81.55 MV60	12 Islwyn R C

390	Joanne Gamba	82.50	WS	30	Les Croupiers
391	Hannah Davies	82.50	WS	31	Les Croupiers
392	Chris Lock	83.27	MV50	42	Unattached, (non club)
393	Lesley Sterry	83.27	WV45	23	Worcester Black Pear Joggers
394	Patricia Harley	83.55	WV60	2	Bitton R R
395	Valerie Collier	84.01	WV65	1	Bitton R R
396	Anne Griffiths	84.03	WV45	24	Unattached, (non club)
397	Sian Ackland	84.58	WV40	22	Brackla Harriers
398	Suzanne Abbott	84.59	WS	32	Crystal Palace Fun Runners
399	Sarah Bracken	87.46	WV40	23	Unattached, (non club)
400	Jane Harvey Hill	89.26	WV35	22	Quantock Harriers
401	Allen Watts	106.48	MV75	1	Sarn Helen, Lampeter

Top 10 within each Category

Entry No	Name	Cat	Position O/A	Cat	Time	Club
450	Stephen Paterson	MS	1	1	42.33	San Domenico
636	Phillip Matthews	MS	2	2	42:37	Swansea Harriers
649	Gareth Thomas	MS	4	3	44:52	Cardiff Triathletes
404	Gareth Jenkins	MS	6	4	44:59	Brackla Harriers
583	Mike Blackmore	MS	8	5	45:08	Bitton R R
407	Edward Donovan	MS	9	6	45:17	San Domenico
588	Jason Scanlon	MS	10	7	45:28	Pontypridd Roadents
813	Jerome Edwards	MS	11	8	45:34	San Domenico
784	Phil Tugwell	MS	12	9	45:48	Cornwall A C
788	Daniel Bodman	MS	14	10	46:13	Pontypridd Roadents

498	Stafan Simms	MV40	5	1	44:55	Griffithstown Harriers
423	Stephen Thomas	MV40	15	2	46:22	Islwyn R C
569	Chris Morgan	MV40	16	3	46:32	Fairwater Runners
584	Chris Harrhy	MV40	19	4	47:11	Lliswerry Runners
615	Asley Owen	MV40	22	5	47:20	Ebbw Vale Running Club
593	Andrew Baker	MV40	27	6	47:44	Pontypridd Roadents
675	Edward Ball	MV40	28	7	47:46	Rhondda Valley Runners
419	Steve Hooper	MV40	31	8	48:08	Pontypridd Roadents
638	Lee Smith	MV40	38	9	48:33	Lliswerry Runners
487	Andrew Palmer	MV40	39	10	48:52	Penarth & Dinas Runners
699	Peter Coles	MV45	3	1	44:27	Pontypridd Roadents
604	Nick Frost	MV45	7	2	45:02	Pontypridd Roadents
598	Philip Crane	MV45	13	3	46:04	Neath Harriers
600	Peter Crane	MV45	24	4	47:28	Neath Harriers
470	Haydn Hartnell	MV45	29	5	47:49	Islwyn R C
839	Ian McDonald	MV45	57	6	50:25	San Domenico
630	Paul Davies	MV45	59	7	50:28	San Domenico
560	Glyn Sansom	MV45	69	8	51:00	San Domenico
458	John Diffey	MV45	75	9	51:30	Les Croupiers
542	Ian Rogers	MV45	76	10	51:56	Eastleigh RC
558	John Foster	MV50	17	1	46:59	Lliswerry Runners
546	Noel O'Dowd	MV50	26	2	47:43	Eastleigh RC
530	Laurie Carter	MV50	30	3	47:51	Chepstow Harriers
658	Steve Davies	MV50	32	4	48:17	Griffithstown Harriers
601	David Crane	MV50	44	5	49:29	Neath Harriers
575	Paul Coker	MV50	55	6	50:14	Les Croupiers
724	Andy Creber	MV50	79	7	52:14	Chepstow Harriers

663	Stephen Owen	MV50	99	8	53:29	Les Croupiers
775	P Hutton	MV50	100	9	53:35	Chepstow Harriers
625	Steve Wallington	MV50	107	10	54:07	Southampton Running Club
467	Mick Tabor	MV55	50	1	49:48	Les Croupiers
787	John Davies	MV55	67	2	50:55	Les Croupiers
414	Chris Nellins	MV55	93	3	53:17	Penarth & Dinas Runners
441	Peter Short	MV55	110	4	54:19	Forest of Dean
778	David Rees	MV55	114	5	54:44	Hay Hotfooters
447	Michael Davies	MV55	140	6	55.46	Les Croupiers
536	David Proffitt	MV55	141	7	55.54	Newport Harriers
468	Jim Dobbs	MV55	146	8	56.13	Islwyn R C
550	Stuart Hines	MV55	169	9	58.19	Eastleigh RC
692	Andy Reid	MV55	185	10	59.34	City of Bath A C
628	Ronald Morris	MV60	61	1	50:30	San Domenico
603	Eric Davey	MV60	121	2	54:59	Llanelli
507	Malcolm Roberts	MV60	176	3	58.50	Clevedon A C
553	B Reeves	MV60	200	4	60.50	Eastleigh RC
523	Paul Furlong	MV60	221	5	62.39	Penarth & Dinas Runners
433	Geoff Bayliss	MV60	257	6	65.07	Chepstow Harriers
486	Barry Cornelius	MV60	261	7	65.31	Headington Road Runners
832	Glyn Hicks	MV60	262	8	65.49	Islwyn R C
626	Malcolm Cox	MV60	264	9	66.00	Griffithstown Harriers
443	Richard Brown	MV60	307	10	69.26	Sheen Shufflers
401	Tony Birt	MV65	237	1	63.54	Brackla Harriers
418	Keith Treharne	MV65	268	2	66.19	Brackla Harriers
690	Bill Bewg	MV65	318	3	70.56	Chepstow Harriers

592	James Johnson	MV70	317	1	70.46	Unattached, (non club)
426	Allen Watts	MV75	401	1	106.48	Sarn Helen, Lampeter
495	Laura Parsonage	WS	18	1	47:02	Team Bath
732	Natasha Cockram	WS	35	2	48:22	Cwmbran Harriers
754	Gemma Jones	WS	40	3	48:57	Lliswerry Runners
491	Hannah Howard	WS	46	4	49:33	Eastleigh RC
816	Kelly Morgan	WS	80	5	52:17	Pontypridd Roadents
664	Emma Wookey	WS	97	6	53:28	Lliswerry Runners
695	Charlotte Wells	WS	118	7	54:53	Brackla Harriers
535	Menna Harris	WS	163	8	57.51	Unattached, (non club)
672	Amy Edwards	WS	171	9	58.30	Rhondda Valley Runners
793	Helena Pimm	WS	204	10	61.05	Griffithstown Harriers
674	Julie Davies	WV35	108	1	54:11	Griffithstown Harriers
461	Jayne Arnold	WV35	160	2	57.33	Celtic Tri
721	Nina Brocklebank	WV35	202	3	61.01	3M Gorseinon
538	Wendy Owen	WV35	216	4	61.56	San Domenico
456	Karen Payne	WV35	283	5	67.26	Caerleon Running Club
720	Caroline Jones	WV35	296	6	68.23	Womens Running Network
409	Stella Sturgess	WV35	305	7	69.16	Penarth & Dinas Runners
492	Jenny Astall	WV35	312	8	69.48	Eastleigh RC
434	Claire House	WV35	319	9	71.05	San Domenico
835	Justine Case	WV35	326	10	71.58	Penarth & Dinas Runners
623	Helen Wallington	WV40	53	1	49:59	Southampton Running Club
570	Lou Summers	WV40	84	2	52:33	Chepstow Harriers

559	Charlotte Johns	WV40	168	3	58.10	Brackla Harriers
815	Debbie Evans	WV40	189	4	59.39	Penarth & Dinas Runners
648	Loretta Daley	WV40	199	5	60.49	Les Croupiers
751	Peta Daniels	WV40	213	6	61.43	Lliswerry Runners
511	Kathy Johnson	WV40	239	7	64.04	Eastleigh RC
694	Andrea Starritt	WV40	252	8	65.03	Brackla Harriers
547	Tracy Edwards	WV40	255	9	65.06	Rhondda Valley Runners
529	Finola Wilson	WV40	271	10	66.36	Womens Running Network
580	Jackie Stott	WV45	111	1	54:26	Bitton R R
733	Debbie Cockram	WV45	193	2	60.16	Fairwater Runners
706	Judi Rhys	WV45	197	3	60.29	Les Croupiers
666	Lisa Cleary	WV45	230	4	63.22	Penarth & Dinas Runners
711	Donna Matthews	WV45	234	5	63.36	Islwyn R C
430	Beverley Warburton	WV45	246	6	64.40	Unattached, (non club)
693	Ruth Treharne	WV45	258	7	65.12	Islwyn R C
795	Helen Thomas	WV45	263	8	65.53	Caerleon Running Club
457	Jane Standerwick	WV45	269	9	66.24	Unattached, (non club)
499	Annette Davies	WV45	273	10	66.41	Unattached, (non club)
574	Jane Coker	WV50	117	1	54:50	Les Croupiers
591	Jo Webb	WV50	131	2	55:28	Bitton R R
705	Libby Lavis	WV50	183	3	59.19	Brackla Harriers
631	K Dawkins	WV50	214	4	61.45	Bitton R R
477	Jane Phillips	WV50	229	5	63.12	Bitton R R
480	Kim Pope	WV50	245	6	64.30	Bitton R R
475	Carol Lowrey	WV50	295	7	67.59	Bitton R R
624	Vicki Hopkins	WV50	302	8	69.02	Unattached, (non club)
544	Janice Clement	WV50	306	9	69.16	Penarth & Dinas Runners

448	Tina Lavelle	WV50	320	10	71.15	Hay Hotfooters
519	Zina Marchant	WV55	143	1	56.02	Team Bath
402	Brenda Avery	WV55	210	2	61.32	Chepstow Harriers
506	Alison Roberts	WV55	232	3	63.28	Clevedon A C
432	Jane Bayliss	WV55	325	4	71.51	Chepstow Harriers
576	Patricia Jones	WV55	328	5	72.05	Brackla Harriers
436	Clare Milner	WV55	378	6	78.16	Hay Hotfooters
608	Gwyn Howells	WV60	363	1	75.30	Caerleon Running Club
485	Patricia Harley	WV60	394	2	83.55	Bitton R R
501	Valerie Collier	WV65	395	1	84.01	Bitton R R

Men's team results

Pos	Team	Pts	Pos	Name	Cat	Time

1	Pontypridd Roadents	20	3	Peter Coles	MV45	44:27
			7	Nick Frost	MV45	45:02
			10	Jason Scanlon	MS	45:28
2	San Domenico	21	1	Stephen Paterson	MS	42.33
			9	Edward Donovan	MS	45:17
			11	Jerome Edwards	MS	45:34
3	Lliswerry Runners	74	17	John Foster	MV50	46:59
			19	Chris Harrhy	MV40	47:11
			38	Lee Smith	MV40	48:33
4	Brackla Harriers	76	6	Gareth Jenkins	MS	44:59
			25	Matthew Wells	MS	47:42

		45 Paul Speyer	MS	49:31
5 Neath Harriers	81	13 Philip Crane	MV45	46:04
		24 Peter Crane	MV45	47:28
		44 David Crane	MV50	49:29
6 Caerleon Running Clu	110	21 Leighton Rawlinson	MS	47:19
		23 James King	MS	47:24
		66 Richard Hughes	MS	50:53
7 Les Croupiers	114	34 Stuart Crees	MS	48:21
		37 Stuart McIlroy	MS	48:29
		43 Matt Hurford	MS	49:05
8 Islwyn R C	114	15 Stephen Thomas	MV40	46:22
		29 Haydn Hartnell	MV45	47:49
		70 Robert Davies	MS	51:10
9 Griffithstown Harrie	128	5 Stafan Simms	MV40	44:55
		32 Steve Davies	MV50	48:17
		91 Matthew Welsh	MS	53:12
10 Bitton R R	130	8 Mike Blackmore	MS	45:08
		36 Simon Laraway	MS	48:25
		86 Mike Duggan	MV40	52:42
11 Chepstow Harriers	137	30 Laurie Carter	MV50	47:51
		42 Paul Scott	MV40	49:03
		65 James Blore	MS	50:52
12 Penarth & Dinas Runn	156	39 Andrew Palmer	MV40	48:52
		49 Hugh Evans	MS	49:45
		68 Ian Liddiatt	MV40	50:56
13 Eastleigh RC	224	26 Noel O'Dowd	MV50	47:43
		76 Ian Rogers	MV45	51:56
		122 Tim Johnson	MV40	55:02
14 Ebbw Vale Running Cl	279	22 Asley Owen	MV40	47:20

		125	Ian Williams	MV45	55:09
		132	Ray Greenhouse	MV40	55:31
15	Fairwater Runners	348	16 Chris Morgan	MV40	46:32
			145 Roger Mills	MS	56.08
			187 Richard Bonie	MV45	59.36
16	Forest of Dean	455	110 Peter Short	MV55	54:19
			128 Mike Evans	MV50	55:21
			217 Chris Hawkins	MV55	62.06
17	Newport & East Wales	489	62 Paul Bruton	MS	50:32
			179 Simon Marks	MS	59.01
			248 Richard Davies	MV45	64.44
18	Parc Bryn Bach	583	103 David Frost	MV40	53:48
			134 Brian Phillips	MV45	55:35
			346 Alistair Pitt	MV40	73.36
19	Llanelli	713	121 Eric Davey	MV60	54:59
			260 Michael Halsall	MS	65.22
			332 Nigel Jones	MV55	72.30

Women's team results

Pos	Team	Pts	Pos	Name	Cat	Time
1	Lliswerry Runners	350	40	Gemma Jones	WS	48:57
			97	Emma Wookey	WS	53:28
			213	Peta Daniels	WV40	61.43
2	Bitton R R	456	111	Jackie Stott	WV45	54:26
			131	Jo Webb	WV50	55:28
			214	K Dawkins	WV50	61.45
3	Brackla Harriers	469	118	Charlotte Wells	WS	54:53
			168	Charlotte Johns	WV40	58.10

		183 Libby Lavis	WV50	59.19
4 Les Croupiers	513	117 Jane Coker	WV50	54:50
		197 Judi Rhys	WV45	60.29
		199 Loretta Daley	WV40	60.49
5 Eastleigh RC	577	46 Hannah Howard	WS	49:33
		239 Kathy Johnson	WV40	64.04
		292 Maggie Norgate	WV45	67.57
6 Pontypridd Roadents	583	80 Kelly Morgan	WS	52:17
		228 Stephanie Davies	WS	63.10
		275 Debbie Jones	WS	66.48
7 Chepstow Harriers	619	84 Lou Summers	WV40	52:33
		210 Brenda Avery	WV55	61.32
		325 Jane Bayliss	WV55	71.51
8 Penarth & Dinas Runn	646	189 Debbie Evans	WV40	59.39
		227 Nicola James	WS	63.10
		230 Lisa Cleary	WV45	63.22
9 Griffithstown Harrie	674	108 Julie Davies	WV35	54:11
		204 Helena Pimm	WS	61.05
		362 Julie Bircher	WV35	75.28
10 Islwyn R C	774	234 Donna Matthews	WV45	63.36
		258 Ruth Treharne	WV45	65.12
		282 Shona Douglas	WS	67.20
11 Rhondda Valley Runne	794	171 Amy Edwards	WS	58.30
		255 Tracy Edwards	WV40	65.06
		368 Leona Shanley	WV40	75.56
12 San Domenico	821	216 Wendy Owen	WV35	61.56
		286 Frances Williams	WV40	67.27
		319 Claire House	WV35	71.05
13 Fairwater Runners	840	193 Debbie Cockram	WV45	60.16

	314 Stella Symons	WV45	70.03
	333 Rebecca Reynolds	WS	72.46
14 Womens Running Netwo 866	271 Finola Wilson	WV40	66.36
	296 Caroline Jones	WV35	68.23
	299 Mandy Beer	WV45	68.58
15 Caerleon Running Clu 891	263 Helen Thomas	WV45	65.53
	283 Karen Payne	WV35	67.26
	345 Debbie Jenkins	WV40	73.35