

Gwent Cross Country League 2008-2009

14 February 2009 : Penlan Leisure Centre, Brecon

Senior Men (203 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Stevens	(23) Cardiff Amateur Athletic Club	32.41	203
2	D. Griffiths	(23) Carmarthen & District Harriers A.C.	32.55	202
3	N. Lane	Cardiff Amateur Athletic Club	32.57	201
4	A.N. Unknown (ind)	Bristol and West Athletic Club	33.01	200
5	A. Davies	(40) Brecon Athletic Club	33.45	199
6	R. Gardiner	Cardiff Amateur Athletic Club	34.00	198
7	I. Williams (ind)	Taf Running & Orienteering Teams	34.15	197
8	A. Humphries	(23) Cwmbran Harriers	34.24	196
9	J. Baker	(40) Les Croupiers Running Club	34.30	195
10	T. Marshall	(23) Brecon Athletic Club	34.40	194
11	C. Moore	(23) Cardiff University Harriers	35.12	193
12	P. Ryder	Cardiff Amateur Athletic Club	35.22	192
13	M. Shaw	(35) Brecon Athletic Club	35.33	191
14	P. Cook	(35) Les Croupiers Running Club	35.45	190
15	A.N. Unknown (ind)	Bristol and West Athletic Club	35.49	189
16	P. Coles	(45) Pontypridd Athletic Club	35.59	188
17	Luke Watson	(23) Taf Running & Orienteering Teams	36.01	187
18	S. Paterson	San Domenico Road Runners Club	36.09	186
19	D. Hiscox	Bridgend Athletic Club	36.13	185
20	D. Miller	Great Western Runners	36.15	184
21	H. Matthews	Brecon Athletic Club	36.18	183
22	R. Bullen	(45) Les Croupiers Running Club	36.26	182
23	S. Crees	Les Croupiers Running Club	36.37	181
24	J. King	Caerleon Running Club	36.45	180

25	R. McDonald	(23)	University of Wales - Swansea	36.48	179
26	N. Frost	(45)	Pontypridd Athletic Club	36.59	178
27	R. Bevis		Guest	37.00	Guest
28	M. Gurmin	(35)	Abertillery Achilles Athletic Club	37.04	177
29	D. Coales		Team Bath	37.16	176
30	P. Bradshaw		University of Wales Inst. Cardiff	37.33	175
31	A. Deamer	(40)	Wells and Yeovil	37.52	174
32	R. Ridley		University of Wales Inst. Cardiff	37.56	173
33	G. Ward	(23)	Westbury Harriers	37.57	172
34	S. Penny	(45)	Chepstow Harriers	37.58	171
35	N. Dukes		Les Croupiers Running Club	38.00	170
36	R. Hunt	(45)	Bridgend Athletic Club	38.05	169
37	T. Butt	(23)	University of Wales - Swansea	38.07	168
38	J. Blore	(23)	Chepstow Harriers	38.08	167
39	R. Wilder	(35)	Les Croupiers Running Club	38.09	166
40	R. Jones	(45)	Les Croupiers Running Club	38.17	165
41	A. Glover		Westbury Harriers	38.19	164
42	P. Kendrick	(45)	Brecon Athletic Club	38.27	163
43	M. Webborn	(45)	Swansea Harriers Athletic Club	38.30	162
44	D. Davies	(50)	Brecon Athletic Club	38.36	161
45	M. Harvey	(23)	Chepstow Harriers	38.41	160
46	M. McGeoch	(50)	Les Croupiers Running Club	38.48	159
47	R. Wallis	(50)	Westbury Harriers	38.57	158
48	P. Wright	(45)	Wells and Yeovil	39.05	157
49	D. Goodger		Newport Harriers Athletic Club	39.06	156
50	T. Hindle	(40)	Brecon Athletic Club	39.12	155
51	P. Sowerby	(45)	Brecon Athletic Club	39.14	154
52	L. Hiscox		Pontypridd Athletic Club	39.19	153
53	G. Lynch		Les Croupiers Running Club	39.23	152
54	S. Osborne	(45)	Bridgend Athletic Club	39.30	151
55	M. Tutesigensi	(23)	Cardiff University Harriers	39.33	150
56	K. Griffiths	(40)	Taf Running & Orienteering Teams	39.38	149
57	I. Teed		Chepstow Harriers	39.39	148
58	R. Self	(45)	Les Croupiers Running Club	39.41	147
59	P. Davies	(55)	Bridgend Athletic Club	39.47	146
60	P. Osborne	(40)	Swansea Harriers Athletic Club	39.54	145

61	S. Harris		Chepstow Harriers	39.56	144
62	A. Weaver		Port Talbot Harriers & A. C.	39.57	143
63	K. MacIntosh		Port Talbot Harriers & A. C.	39.58	142
64	R. Scott		Les Croupiers Running Club	39.59	141
65	C. Fowler	(40)	Pontypridd Athletic Club	40.05	140
66	A. Anderson	(23)	Cardiff University Harriers	40.12	139
67	I. Webb	(50)	Llanelli Amateur Athletic Club	40.13	138
68	D. Shroll		Neath Harriers	40.14	137
69	P. Coker	(50)	Les Croupiers Running Club	40.19	136
70	P. Chan	(40)	Great Western Runners	40.24	135
71	S. Sheard		Cardiff Amateur Athletic Club	40.26	134
72	B. Pitman	(23)	Cardiff University Harriers	40.28	133
73	P. Jenkins	(40)	Bridgend Athletic Club	40.42	132
74	P. Dyson	(50)	Swansea Harriers Athletic Club	40.48	131
75	S. Hooper	(45)	Pontypridd Athletic Club	40.49	130
76	G. Dean	(35)	Guest	40.50	Guest
77	E. Lepore	(50)	Les Croupiers Running Club	40.52	129
78	R. Coombs	(40)	Taf Running & Orienteering Teams	40.57	128
79	J. Wright		Chepstow Harriers	41.03	127
80	D. Griffiths	(40)	Newport Harriers Athletic Club	41.05	126
81	D. Reynolds	(23)	Cardiff University Harriers	41.08	125
82	J. Cleall-Harding	(55)	Les Croupiers Running Club	41.13	124
83	T. Jewell-Davies	(45)	Westbury Harriers	41.16	123
84	C. Johnson	(40)	Westbury Harriers	41.17	122
85	C. Fulcher	(40)	Port Talbot Harriers & A. C.	41.18	121
86	K. Taylor	(45)	Amman Valley Harriers	41.20	120
87	K. Jackson	(45)	Dursley & District Athletic Club	41.26	119
88	M. Davies		Taf Running & Orienteering Teams	41.28	118
89	A.N. Unknown		Anonymous Athletic Club	41.29	117
90	R. Marks	(55)	Sarn Helen Orienteering & R. C.	41.30	116
91	D. Scarborough	(50)	Bridgend Athletic Club	41.31	115
92	J. Embling	(50)	Bridgend Athletic Club	41.33	114
93	E. Willingham		Wells and Yeovil	41.38	113
94	M. Havard	(40)	San Domenico Road Runners Club	41.39	112
95	J. O'Shea	(50)	Les Croupiers Running Club	41.43	111
96	A. Baker	(40)	Pontypridd Athletic Club	41.48	110

97	D. Hardie	(50)	3M Gorseinon Road Runners	41.52	109
98	M. Lethard		Chepstow Harriers	41.53	108
99	D. McAtee	(45)	Newport Harriers Athletic Club	41.55	107
100	A. Russell		Les Croupiers Running Club	41.57	106
101	M. Herbert		Bridgend Athletic Club	41.58	105
102	R. Thompson	(45)	Pembrokeshire Harriers	42.04	104
103	P. Meyler	(55)	Pontypridd Athletic Club	42.06	103
104	S. Prior		Wells and Yeovil	42.07	102
105	M. Hopkins		Les Croupiers Running Club	42.08	101
106	S. Johnston	(55)	Les Croupiers Running Club	42.13	100
107	G. Moore (ind)		San Domenico Road Runners Club	42.16	99
108	C. Blackmore		Cardiff Harlequins	42.18	98
109	B. Tyrrell	(50)	Thornbury Running Club	42.31	97
110	M. Harper		Brecon Athletic Club	42.34	96
111	M. Hadden	(23)	Cardiff University Harriers	42.38	95
112	C. Osmond	(45)	Les Croupiers Running Club	42.40	94
113	K. Grey	(50)	Fairwater Runners	42.42	93
114	D. Stanfield	(45)	Wells and Yeovil	42.46	92
115	H. Mason	(40)	Caerleon Running Club	42.47	91
116	S. Wadley	(45)	Newport Harriers Athletic Club	42.56	90
117	M. Medhurst	(40)	Newport Harriers Athletic Club	42.57	89
118	D. Hughes	(40)	Bridgend Athletic Club	42.59	88
119	S. Pearce		Newport Harriers Athletic Club	43.10	87
120	Jeff Thomas	(40)	Bridgend Athletic Club	43.13	86
121	L. Richards		Newport Harriers Athletic Club	43.19	85
122	M. Davies	(45)	Lliswerry Runners	43.23	84
123	J. Bailey-Gard (sen)	(55)	Westbury Harriers	43.25	83
124	P. Holder	(45)	Cardiff Harlequins	43.42	82
125	C. Walsh		Port Talbot Harriers & A. C.	43.52	81
126	A. Perkins	(55)	Port Talbot Harriers & A. C.	43.55	80
127	G. Cole		Wells and Yeovil	43.56	79
128	D. Bowkett	(23)	3M Gorseinon Road Runners	43.57	78
129	H. Evans	(60)	Amman Valley Harriers	43.58	77
130	J. Hargreaves	(55)	Great Western Runners	43.59	76
131	T. Jefferies	(60)	Westbury Harriers	44.04	75
132	B. Mogford	(45)	Amman Valley Harriers	44.23	74

133	S. Alexander	(40)	Les Croupiers Running Club	44.24	73
134	G. Sansom	(45)	San Domenico Road Runners Club	44.25	72
135	Les Watson	(45)	Taf Running & Orienteering Teams	44.29	71
136	M. Hopkins	(40)	Westbury Harriers	44.33	70
137	P. Chadwick	(50)	Wells and Yeovil	44.39	69
138	J. Forshew	(40)	Les Croupiers Running Club	44.43	68
139	R. Sewell	(50)	Les Croupiers Running Club	44.48	67
140	A.N. Unknown		Anonymous Athletic Club	44.50	66
141	D. Smout	(55)	Parc Bryn Bach Runners	44.55	65
142	G. Colvin	(45)	3M Gorseinon Road Runners	44.56	64
143	J. Delaney	(50)	San Domenico Road Runners Club	44.57	63
144	M. Halsall		Llanelli Amateur Athletic Club	44.58	62
145	C. Walters	(60)	Taf Running & Orienteering Teams	45.04	61
146	A. Mann	(50)	Les Croupiers Running Club	45.08	60
147	D. Shields	(40)	San Domenico Road Runners Club	45.11	59
148	D. Rainbird	(50)	Parc Bryn Bach Runners	45.18	58
149	M. Davies	(55)	Les Croupiers Running Club	45.19	57
150	R. Withers	(40)	Pembrokeshire Harriers	45.28	56
151	D. Osborne	(45)	Brecon Athletic Club	45.32	55
152	U. Kumari	(55)	Swansea Harriers Athletic Club	45.38	54
153	E. Davey	(55)	Llanelli Amateur Athletic Club	45.45	53
154	J. Clune	(60)	Thornbury Running Club	45.47	52
155	M. Murphy	(50)	Les Croupiers Running Club	45.48	51
156	B. Phillips	(45)	Parc Bryn Bach Runners	46.00	50
157	T. O'Sullivan	(45)	Les Croupiers Running Club	46.07	49
158	S. Davies	(40)	Port Talbot Harriers & A. C.	46.11	48
159	D. James		Amman Valley Harriers	46.14	47
160	G. Trueman	(55)	Stroud & District Athletic Club	46.21	46
161	M. Harris	(55)	Westbury Harriers	46.31	45
162	I. Morris	(45)	Taf Running & Orienteering Teams	46.45	44
163	T. Fenton	(45)	Great Western Runners	46.47	43
164	J. Rees	(40)	Pembrokeshire Harriers	46.52	42
165	G. Jehu		Aberdare Valley A. A. C.	46.56	41
166	R. Fowler	(60)	Amman Valley Harriers	46.59	40
167	C. Ashworth	(50)	Dursley & District Athletic Club	47.11	39
168	N. Tatnell	(50)	Les Croupiers Running Club	47.16	38

169	G. Vyner	(40)	3M Gorseinon Road Runners	47.29	37
170	J. Aston	(60)	Les Croupiers Running Club	47.47	36
171	K. Barnes	(40)	Hereford Couriers	47.55	Guest
172	D. Proffitt	(55)	Newport Harriers Athletic Club	48.04	35
173	M. Rabaiotti	(45)	Port Talbot Harriers & A. C.	48.08	34
174	S. Merrick	(40)	Swansea Harriers Athletic Club	48.12	33
175	P. Evans		Brecon Athletic Club	48.20	32
176	M. Bennett	(55)	Great Western Runners	48.34	31
177	P. Roberts	(50)	Griffithstown Harriers A. A. C.	48.42	30
178	T. Holling	(50)	Port Talbot Harriers & A. C.	48.56	29
179	N. Pringle	(45)	Lliswerry Runners	49.02	28
180	M. Dix	(50)	Les Croupiers Running Club	49.18	27
181	P. Morfey	(50)	Cardiff Harlequins	49.24	26
182	A. Bunney		Aberdare Valley A. A. C.	49.27	25
183	R. Hobbs	(60)	Dursley & District Athletic Club	49.33	24
184	C. Bennett	(55)	Great Western Runners	49.36	23
185	B. Dias		Cardiff University Harriers	49.37	22
186	R. Cockwell		Cardiff Harlequins	50.02	21
187	D. Finch	(60)	Chepstow Harriers	50.05	20
188	R. Summers		Chepstow Harriers	50.40	19
189	S. Williams	(50)	Les Croupiers Running Club	50.55	18
190	J. Davies	(60)	Port Talbot Harriers & A. C.	51.22	17
191	S.G. Lewis	(60)	Les Croupiers Running Club	52.28	16
192	G. Jenkins	(40)	Amman Valley Harriers	52.57	15
193	R. Ward		Caerleon Running Club	53.14	14
194	R. Davey	(65)	Les Croupiers Running Club	53.41	13
195	H. Jones	(50)	Taf Running & Orienteering Teams	55.03	12
196	R. Bowie	(45)	Newport Harriers Athletic Club	56.19	11
197	I. Swanson	(55)	Port Talbot Harriers & A. C.	58.31	10

□