

# Gwent Cross Country League 2009-2010

## 6 March 2010 : Blaise Castle, Bristol

### Senior Men (212 Starters)

Pos	Athlete	Club	Time	Pts
1	T. Wallis (ind)	Bristol and West Athletic Club	31.16	212
2	A. Davies	(45) Brecon Athletic Club	31.29	211
3	J. Hatcher	Westbury Harriers	31.50	210
4	P. Matthews	Swansea Harriers Athletic Club	32.47	209
5	B. Morley	Great Western Runners	32.57	208
6	A. Humphries	(23) Cwmbran Harriers	33.04	207
7	J. Emery	(40) Clevedon Athletic Club	33.15	206
8	E. Haines	Wells and Yeovil	33.37	205
9	M. Palser	Les Croupiers Running Club	33.55	204
10	J. Morgan	(23) Newport Harriers Athletic Club	34.05	203
11	P. Cook	(40) Les Croupiers Running Club	34.22	202
12	A. Lindsay	Wells and Yeovil	34.27	201
13	C. Williams	(40) Neath Harriers	34.29	200
14	M. Harvey	Neath Harriers	34.33	199
15	D. Coales	Team Bath	34.35	198
16	S. Crees	Les Croupiers Running Club	34.37	197
17	H. Matthews	Brecon Athletic Club	34.47	196
18	H. Aggleton	Cardiff Harlequins	34.50	195
19	P. Talbot	(40) Neath Harriers	34.59	194
20	N. Dukes	Les Croupiers Running Club	35.16	193
21	J. Gilling	Wells and Yeovil	35.33	192
22	M. Newman	Clevedon Athletic Club	35.35	191
23	Matthew Evans	(23) Neath Harriers	35.36	190
24	P. Coles	(40) Pontypridd Athletic Club	35.37	189

25	A. Roberts	(23)	Taf Running & Orienteering Teams	35.38	188
26	J. Scanlon		Pontypridd Athletic Club	35.42	187
27	G. Ward		Westbury Harriers	35.44	186
28	P. Key		Chippenham Harriers	35.49	185
29	R. Whitham	(23)	Cardiff University Harriers	35.52	184
30	P. Griffiths	(40)	Neath Harriers	36.06	183
31	J. King		Caerleon Running Club	36.07	182
32	R. Matthews		Chepstow Harriers	36.12	181
33	M. Green		Thornbury Running Club	36.19	180
34	L. Rawlinson		Caerleon Running Club	36.23	179
35	J. Foster	(50)	Llisbury Runners	36.24	178
36	Peter Crane	(45)	Neath Harriers	36.26	177
37	A. Deamer	(40)	Wells and Yeovil	36.31	176
38	R. Collinson		Westbury Harriers	36.37	175
39	R. Sage		Les Croupiers Running Club	36.39	174
40	A. Heyes	(40)	Clevedon Athletic Club	36.40	173
41	R. Bullen	(45)	Les Croupiers Running Club	36.42	172
42	C. Flowers	(40)	Brecon Athletic Club	36.44	171
43	R. Wallis	(50)	Westbury Harriers	36.55	170
44	M. Harvey	(23)	Chepstow Harriers	37.00	169
45	A. Glover		Westbury Harriers	37.01	168
46	R. Hunt	(45)	Bridgend Athletic Club	37.02	167
47	M. Leathard		Chepstow Harriers	37.03	166
48	T. Bloodworth	(23)	Taunton Athletic Club	37.12	165
49	D. Bodman		Aberdare Valley A. A. C.	37.19	164
50	P. Hayes	(50)	Taf Running & Orienteering Teams	37.22	163
51	P. Sowerby	(45)	Brecon Athletic Club	37.23	162
52	K. Ham	(40)	Thornbury Running Club	37.25	161
53	G. Robinson		Stroud & District Athletic Club	37.32	160
54	C. Walsh	(35)	Port Talbot Harriers & A. C.	37.37	159
55	M. Hurford	(35)	Les Croupiers Running Club	37.38	158
56	M. McGeoch	(50)	Les Croupiers Running Club	37.38	157
57	D. Buchanan		San Domenico Road Runners Club	37.39	156
58	R. Self	(45)	Les Croupiers Running Club	37.57	155
59	D. Vorres	(40)	Griffithstown Harriers A. A. C.	37.59	154
60	J. Blore	(23)	Chepstow Harriers	38.03	153
61	M. Lewis	(40)	Taunton Athletic Club	38.08	152
62	D. Crane	(50)	Neath Harriers	38.18	151
63	A. Pitt	(45)	Stroud & District Athletic Club	38.20	150

64	M. Stalley	(40) Bitton Athletic Club	38.23	Guest
65	T. Jewell-Davies	(45) Westbury Harriers	38.25	149
66	J. Davies	(55) Les Croupiers Running Club	38.28	148
67	A. Anderson	(23) Cardiff University Harriers	38.34	147
68	A. Baker	(40) Pontypridd Athletic Club	38.36	146
69	G. Lynch	Les Croupiers Running Club	38.48	145
70	Jeff Thomas	(40) Bridgend Athletic Club	38.55	144
71	O. Ager	(23) Taunton Athletic Club	39.03	143
72	R. Evans	Pontypridd Athletic Club	39.05	142
73	D. Reynolds	(23) Cardiff University Harriers	39.05	141
74	P. Chan	(40) Great Western Runners	39.12	140
75	G. Sansom	(45) San Domenico Road Runners Club	39.22	139
76	D. Headon	(45) Les Croupiers Running Club	39.25	138
77	A. Shaw	Clevedon Athletic Club	39.26	137
78	S. Wadley	(45) Newport Harriers Athletic Club	39.27	136
79	S. Prior	(40) Wells and Yeovil	39.27	135
80	P. Lewis	(40) 3M Gorseinon Road Runners	39.29	134
81	S. Nurse	(35) Les Croupiers Running Club	39.32	133
82	P. Coker	(50) Les Croupiers Running Club	39.35	132
83	J. Jones	Aberystwyth Athletic Club	39.39	131
84	I. Teed	Chepstow Harriers	39.44	130
85	R. Hooper	(50) Westbury Harriers	39.47	129
86	E. Willingham	Chepstow Harriers	39.49	128
87	K. Roberts	(45) Stroud & District Athletic Club	39.54	127
88	G. Goldsmid	(45) Wells and Yeovil	39.57	126
89	K. Paul	(40) Taunton Athletic Club	40.00	125
90	C. Fraser	(23) University of Bath	40.11	124
91	A. Russell	Les Croupiers Running Club	40.14	123
92	M. Hopkins	Les Croupiers Running Club	40.15	122
93	A. Savery	Thornbury Running Club	40.19	121
94	N. Rees	(50) Les Croupiers Running Club	40.20	120
95	K. Jackson	(45) Dursley & District Athletic Club	40.22	119
96	S. Shields	San Domenico Road Runners Club	40.24	118
97	I. McDonald	(45) San Domenico Road Runners Club	40.29	117
98	M. Sumblar	Great Western Runners	40.30	116
99	T. Tondel	(50) Thornbury Running Club	40.32	115
100	A. Care	(23) Cardiff University Harriers	40.36	114
101	J. Potts	(40) San Domenico Road Runners Club	40.37	113
102	J. Bryan	(40) Thornbury Running Club	40.40	112

103	R. Bowen	(60)	Neath Harriers	40.40	111
104	J. O'Shea	(50)	Les Croupiers Running Club	40.43	110
105	P. Manning	(50)	Stroud & District Athletic Club	41.00	109
106	D. McAtee	(45)	Newport Harriers Athletic Club	41.00	108
107	J. Pocknell	(40)	Caerleon Running Club	41.02	107
108	P. Lidgett	(40)	Chepstow Harriers	41.06	106
109	P. Murphy	(50)	Great Western Runners	41.10	105
110	D. Griffiths	(40)	Newport Harriers Athletic Club	41.12	104
111	A. Wood	(40)	San Domenico Road Runners Club	41.13	103
112	G. Torrington	(35)	Westbury Harriers	41.14	102
113	A. Jones		Les Croupiers Running Club	41.17	101
114	K. Watts	(40)	Wells and Yeovil	41.20	100
115	S. Broome	(35)	Neath Harriers	41.23	99
116	H. Carpenter	(55)	Neath Harriers	41.24	98
117	S. Arnold	(40)	Wells and Yeovil	41.27	97
118	J. Diffey	(40)	Les Croupiers Running Club	41.44	96
119	S. Harrhy	(45)	Llisbury Runners	41.46	95
120	R. Morris	(60)	San Domenico Road Runners Club	41.47	94
121	C. Harrhy	(40)	Llisbury Runners	41.49	93
122	G. Jehu	(40)	Aberdare Valley A. A. C.	41.52	92
123	S. Pearce		Newport Harriers Athletic Club	42.01	91
124	T. Caveney	(50)	Les Croupiers Running Club	42.06	90
125	S. Merrick	(40)	Swansea Harriers Athletic Club	42.10	89
126	C. Osmond	(45)	Les Croupiers Running Club	42.13	88
127	A. Smith		Cardiff Harlequins	42.14	87
128	D. Shields	(45)	San Domenico Road Runners Club	42.15	86
129	J. Embling	(50)	Bridgend Athletic Club	42.16	85
130	J. Bailey-Gard (sen)	(55)	Westbury Harriers	42.18	84
131	K. Taylor	(45)	Amman Valley Harriers	42.19	83
132	D. Smout	(60)	Parc Bryn Bach Runners	42.22	82
133	M. Townsend	(40)	Les Croupiers Running Club	42.27	81
134	D. Bowen		Guest	42.42	Guest
135	P. Hawkins	(45)	Great Western Runners	42.52	80
136	B. Dias		Cardiff Amateur Athletic Club	42.57	79
137	P. Chadwick	(50)	Wells and Yeovil	42.59	78
138	M. Murphy	(55)	Les Croupiers Running Club	43.03	77
139	T. Jefferies	(65)	Westbury Harriers	43.04	76
140	J. Hughes		Stroud & District Athletic Club	43.07	75
141	N. Langridge	(55)	Thornbury Running Club	43.10	74

142	M. Davies	(50)	Llisbury Runners	43.13	73
143	J. Hargreaves	(50)	Great Western Runners	43.18	72
144	A. Lloyd		Amman Valley Harriers	43.22	71
145	R. Bloss	(40)	Westbury Harriers	43.23	70
146	D. Osborne	(45)	Brecon Athletic Club	43.35	69
147	R. Whitcombe	(50)	Wells and Yeovil	43.41	68
148	G. Cole		Wells and Yeovil	43.42	67
149	B. O'Leary	(40)	Amman Valley Harriers	43.50	66
150	G. Trueman	(55)	Stroud & District Athletic Club	44.03	65
151	A. Mason	(50)	Les Croupiers Running Club	44.04	64
152	D. Wythe	(50)	Wells and Yeovil	44.27	63
153	R. Fowler	(60)	Amman Valley Harriers	44.30	62
154	I. Carpenter	(55)	Wells and Yeovil	44.32	61
155	H. Mason	(40)	Caerleon Running Club	44.34	60
156	N. Tatnell	(50)	Les Croupiers Running Club	44.42	59
157	D. Proffitt	(55)	Newport Harriers Athletic Club	44.44	58
158	E. Davey	(60)	Llanelli Amateur Athletic Club	44.51	57
159	B. Mogford	(45)	Amman Valley Harriers	44.55	56
160	M. Davies	(60)	Les Croupiers Running Club	44.57	55
161	C. Rees	(45)	Chepstow Harriers	44.58	54
162	S. Thorn	(40)	Thornbury Running Club	45.07	53
163	C. Corcoran		Pontypridd Athletic Club	45.15	52
164	R. Summers	(40)	Chepstow Harriers	45.44	51
165	G. Jenkins	(40)	Amman Valley Harriers	45.52	50
166	K.Y. Tang		University of Bath	45.53	49
167	P. Meyler	(50)	Pontypridd Athletic Club	46.02	48
168	A. Bridge		Wells and Yeovil	46.05	47
169	R. Hobbs	(60)	Dursley & District Athletic Club	46.06	46
170	J. Tuck	(40)	Wells and Yeovil	46.13	45
171	M. Harris	(55)	Westbury Harriers	46.16	44
172	A. Pate	(45)	Wells and Yeovil	46.18	43
173	I. Morris	(45)	Taf Running & Orienteering Teams	46.19	42
174	J. Clune	(60)	Thornbury Running Club	46.23	41
175	M. Roberts	(60)	Clevedon Athletic Club	46.32	40
176	T. Fenton	(50)	Great Western Runners	46.35	39
177	T. Holling	(50)	Port Talbot Harriers & A. C.	46.38	38
178	P. Holder	(50)	Cardiff Harlequins	46.41	37
179	I. Trussler	(50)	Chippenham Harriers	46.47	36
180	J. Rees	(45)	Pembrokeshire Harriers	46.51	35

181	P. Morfey	(50)	Cardiff Harlequins	46.55	34
182	R. Bown	(50)	Pontypridd Athletic Club	47.02	33
183	J. Griffiths (ind)	(40)	Cardiff Harlequins	47.11	32
184	J. Wilson	(60)	Westbury Harriers	47.26	31
185	P. Mainstone	(55)	Thornbury Running Club	47.31	30
186	G. Ashton	(55)	Chepstow Harriers	47.39	29
187	S. Gray	(40)	Weston Athletic Club	47.40	28
188	N. Pringle	(50)	Lliswerry Runners	47.44	27
189	R. Anthony	(55)	Taf Running & Orienteering Teams	47.55	26
190	B. Moffett	(60)	Taf Running & Orienteering Teams	47.55	25
191	M. Bennett	(55)	Great Western Runners	48.09	24
192	C. Anthony	(60)	Port Talbot Harriers & A. C.	48.28	23
193	J. Hurford	(55)	Great Western Runners	49.02	22
194	C. Bennett	(55)	Great Western Runners	49.19	21
195	D. Hughes	(40)	Bridgend Athletic Club	49.25	20
196	J. Aston	(60)	Les Croupiers Running Club	49.37	19
197	D. Whalan	(40)	Westbury Harriers	49.41	18
198	H. Brown	(60)	Les Croupiers Running Club	49.46	17
199	D. Finch	(60)	Chepstow Harriers	50.07	16
200	A. Bray	(50)	Chepstow Harriers	50.22	15
201	M. Halsall		Llanelli Amateur Athletic Club	51.47	14
202	R. Davey	(60)	Les Croupiers Running Club	52.13	13
203	S. Williams	(50)	Les Croupiers Running Club	53.40	12
204	N. Hale	(50)	Thornbury Running Club	53.56	11
205	J. Davies	(60)	Port Talbot Harriers & A. C.	54.37	10
206	N. Chipper	(50)	Lliswerry Runners	55.23	9
207	I. Swanson	(55)	Port Talbot Harriers & A. C.	57.32	8
208	G. Bishop	(70)	Thornbury Running Club	58.11	7

## Gwent Cross Country League 2009-2010

### 6 March 2010 : Blaise Castle, Bristol

Senior Women (125 Starters)

Pos	Athlete	Club	Time	Pts
1	E. Wimshurst	(23) Bristol and West Athletic Club	18.12	125
2	A. Beynon-Thomas	(23) Carmarthen & District Harriers A.C.	18.49	124
3	R. Golding	Westbury Harriers	18.56	123
4	B. Strange	(23) Cardiff Amateur Athletic Club	18.59	122
5	K. Roberts	(23) Bridgend Athletic Club	19.06	121
6	C. Blew	Taunton Athletic Club	19.10	120
7	A. Thomas	(40) Taf Running & Orienteering Teams	19.11	119
8	V. Plume	(23) Westbury Harriers	19.12	118
9	Caryl Jones	(23) Taf Running & Orienteering Teams	19.14	117
10	K. Beecher	Les Croupiers Running Club	19.14	116
11	M. Gittoes	Chepstow Harriers	19.16	115
12	D. Marsden	Westbury Harriers	19.30	114
13	C. Gaughan	(23) Cardiff Amateur Athletic Club	19.38	113
14	L. Woodfinden	(23) Cardiff University Harriers	19.40	112
15	L. O'Duffy	(40) Les Croupiers Running Club	19.41	111
16	J. Moore	(45) Wells and Yeovil	19.47	110
17	L. Ferguson	(23) University of Bath	19.55	109
18	M. Watson	(45) Taf Running & Orienteering Teams	20.03	108
19	H. Marshall	Aberystwyth Athletic Club	20.06	107
20	V. Tester	Bristol and West Athletic Club	20.10	106
21	V. McConnell	(50) Clevedon Athletic Club	20.17	105
22	J. Fifield	Stroud & District Athletic Club	20.29	104
23	M. Zubizarreta	(40) Les Croupiers Running Club	20.32	103
24	A. Hurford	(45) Bristol and West Athletic Club	20.37	102
25	K. George	Clevedon Athletic Club	20.40	101
26	S. Haikala	(40) Brecon Athletic Club	21.01	100
27	B. Stearn	(23) Cardiff University Harriers	21.04	99
28	J. Coker	(50) Les Croupiers Running Club	21.07	98
29	D. Cleary	Westbury Harriers	21.13	97
30	S. Pinkham	(45) Port Talbot Harriers & A. C.	21.15	96
31	K. Murray	(35) Taf Running & Orienteering Teams	21.17	95
32	Z. Dixon	Westbury Harriers	21.20	94
33	L. Summers	(40) Chepstow Harriers	21.23	93

34	C. Ross		Thornbury Running Club	21.24	92
35	L. Barker	(23)	Brecon Athletic Club	21.28	91
36	S. Jones		Westbury Harriers	21.29	90
37	M. Bowen-Rees	(45)	Taf Running & Orienteering Teams	21.37	89
38	Caroline Jones	(45)	Taf Running & Orienteering Teams	21.49	88
39	E. Gonzalez		Westbury Harriers	21.58	87
40	K. Prior	(35)	Wells and Yeovil	21.59	86
41	R. Sampson-Geroski	(23)	University of Bath	22.00	85
42	W. Tippett	(45)	Westbury Harriers	22.01	84
43	A. Saxena	(55)	Newport Harriers Athletic Club	22.02	83
44	C. Tailby	(35)	Les Croupiers Running Club	22.07	82
45	R. Loudon	(40)	Newport Harriers Athletic Club	22.08	81
46	S. Chipper	(35)	Llisbury Runners	22.11	80
47	J. Wadsworth	(50)	Thornbury Running Club	22.31	79
48	E. Oughton	(40)	Great Western Runners	22.38	78
49	T. Chick		Westbury Harriers	22.47	77
50	J. Tucker	(35)	Les Croupiers Running Club	22.48	76
51	D. Barcham	(40)	Clevedon Athletic Club	22.49	75
52	H. Stacey		Westbury Harriers	22.50	74
53	H. Jessop		Les Croupiers Running Club	22.52	73
54	M. Thomas	(23)	Taf Running & Orienteering Teams	22.53	72
55	H. Williams	(45)	Taf Running & Orienteering Teams	23.01	71
56	F. Evans	(23)	Amman Valley Harriers	23.02	70
57	K. Robertson	(35)	Westbury Harriers	23.13	69
58	L. Miskell	(35)	3M Gorseinon Road Runners	23.23	68
59	J. Scholey	(50)	Les Croupiers Running Club	23.28	67
60	C. Hughes		Aberystwyth Athletic Club	23.29	66
61	L. Benton		University of Bath	23.32	65
62	M. Parrott	(45)	Thornbury Running Club	23.33	64
63	N. Law	(40)	Brecon Athletic Club	23.35	63
64	V. Lawson	(35)	Chepstow Harriers	23.39	62
65	J. Hall	(45)	Les Croupiers Running Club	23.43	61
66	J. Belassie		Great Western Runners	23.52	60
67	A. James	(60)	Les Croupiers Running Club	23.59	59
68	H. Marriott		Clevedon Athletic Club	24.01	58
69	C. Dallimore	(55)	Les Croupiers Running Club	24.11	57
70	H. Johnson	(35)	Westbury Harriers	24.16	56
71	B. Tucker	(40)	Brecon Athletic Club	24.19	55
72	M. Thompson	(55)	Team Bath	24.22	54

73	W. Owen	(35)	San Domenico Road Runners Club	24.33	53
74	J. Ash	(35)	Les Croupiers Running Club	24.40	52
75	D. Eyre	(45)	3M Gorseinon Road Runners	24.41	51
76	J. Foster	(45)	Clevedon Athletic Club	24.42	50
77	E. Heyes	(50)	Clevedon Athletic Club	24.56	49
78	S. Stagg	(35)	Thornbury Running Club	24.57	48
79	A. Roberts	(50)	Clevedon Athletic Club	25.03	47
80	Y. Bullen	(45)	Les Croupiers Running Club	25.06	46
81	A. James	(40)	Carmarthen & District Harriers A.C.	25.13	45
82	A. Rowell	(50)	Taf Running & Orienteering Teams	25.14	44
83	C. Hayes	(35)	Barry & Vale Harriers A. A. C.	25.17	43
84	L. Hodgets	(23)	Westbury Harriers	25.19	42
85	R. Booth		Great Western Runners	25.20	41
86	M. Phillips	(35)	Amman Valley Harriers	25.26	40
87	A. Bull	(45)	Westbury Harriers	25.30	39
88	D. Howells	(35)	Barry & Vale Harriers A. A. C.	25.38	38
89	A. Hatcher		Westbury Harriers	25.41	37
90	S. McGladdery	(45)	Great Western Runners	25.50	36
91	F. Williams	(45)	San Domenico Road Runners Club	26.05	35
92	J. Nurse	(35)	Les Croupiers Running Club	26.10	34
93	M. Palmer	(55)	Westbury Harriers	26.29	33
94	C. Hurdidge	(55)	3M Gorseinon Road Runners	26.37	32
95	T. Johnson	(40)	Thornbury Running Club	26.41	31
96	L. Smith	(23)	Westbury Harriers	26.43	30
97	R. Havers		Chepstow Harriers	26.46	29
98	J. Townsend	(55)	Stroud & District Athletic Club	26.52	28
99	V. Clare	(50)	Llisbury Runners	27.17	27
100	J. Mogford		Amman Valley Harriers	27.26	26
101	F. Sainty		Clevedon Athletic Club	27.33	25
102	R. Davies	(55)	Great Western Runners	27.34	24
103	F. Sharpe	(50)	3M Gorseinon Road Runners	27.42	23
104	L. O'Shaugnessy	(35)	Westbury Harriers	27.47	22
105	C. Johnson	(60)	Les Croupiers Running Club	27.56	21
106	S. Neal	(55)	Les Croupiers Running Club	28.14	20
107	A.N. Unknown		Clevedon Athletic Club	28.23	19
108	S. Mogford		Amman Valley Harriers	28.47	18
109	C. Lansdown	(40)	Thornbury Running Club	29.10	17
110	G. Howells	(60)	Caerleon Running Club	29.32	16
111	E. Noonan	(45)	Westbury Harriers	29.52	15

112	J. Manners	(50) Clevedon Athletic Club	29.59	14
113	A. Mogford	(45) Amman Valley Harriers	30.06	13
114	P. Thomas	(65) Taf Running & Orienteering Teams	30.17	12
115	K Jones	(35) Parc Bryn Bach Runners	30.25	11
116	G. Murphy	(55) Les Croupiers Running Club	30.41	10
117	P. Parr	(55) Great Western Runners	30.47	9
118	A. Neal	(50) Les Croupiers Running Club	32.17	8
119	R. Fitzgerald	(60) Amman Valley Harriers	32.25	7
120	S. Jenkins	(40) Amman Valley Harriers	32.33	6
121	E. Arwyn	(55) Les Croupiers Running Club	32.55	5
122	A. James	(45) Amman Valley Harriers	33.09	4
123	K. Phillips	(40) Les Croupiers Running Club	33.25	3
124	A. Butler	(65) Great Western Runners	35.56	2