

Gwent Cross Country League 2008-2009

14 March 2009 : United Counties Showground, Carmarthen

Senior Men (172 Starters)

Pos	Athlete	Club	Time	Pts
1	D. Griffiths	(23) Carmarthen & District Harriers A.C.	26.53	172
2	A. Davies	(40) Brecon Athletic Club	27.08	171
3	C. Discombe	Les Croupiers Running Club	27.18	170
4	Nathan Hardee	(23) Newport Harriers Athletic Club	28.02	169
5	S. Dalgliesh	(23) Westbury Harriers	28.09	168
6	C. Moore	(23) Cardiff University Harriers	28.24	167
7	M. Shaw	(35) Brecon Athletic Club	28.35	166
8	P. Ryder	Cardiff Amateur Athletic Club	28.40	165
9	J. Baker	(40) Les Croupiers Running Club	28.43	164
10	S. Paterson	San Domenico Road Runners Club	28.47	163
11	P. Coles	(45) Pontypridd Athletic Club	28.53	162
12	L. Ladd	(23) Carmarthen & District Harriers A.C.	29.13	161
13	P. Cook	(35) Les Croupiers Running Club	29.23	160
14	S. Crees	Les Croupiers Running Club	29.37	159
15	L. Aherne	(40) Les Croupiers Running Club	29.41	158
16	M. Gurmin	Abertillery Achilles Athletic Club	29.44	157
17	H. Matthews	Brecon Athletic Club	29.48	156
18	N. Dukes	Les Croupiers Running Club	29.55	155
19	N. Frost	(45) Pontypridd Athletic Club	30.05	154
20	G. Fereday	Newport Harriers Athletic Club	30.11	153
21	A. Wood	(40) Bridgend Athletic Club	30.16	152
22	P. George	Les Croupiers Running Club	30.20	151
23	T. Bloodworth	(23) University of Wales Inst. Cardiff	30.23	150
24	R. Hunt	(45) Bridgend Athletic Club	30.25	149
25	M. Harvey	(23) Chepstow Harriers	30.28	148
26	T. Hindle	(40) Brecon Athletic Club	30.31	147
27	R. Bullen	(45) Les Croupiers Running Club	30.35	146
28	G. Ward	(23) Westbury Harriers	30.51	145
29	J. Foster	(50) Lliswerry Runners	30.56	144
30	M. McGeoch	(50) Les Croupiers Running Club	31.02	143

31	H. Jones	(23) Aberdare Valley A. A. C.	31.04	142
32	J. Blore	(23) Chepstow Harriers	31.08	141
33	R. Jones	(45) Les Croupiers Running Club	31.09	140
34	D. Davies	(50) Brecon Athletic Club	31.10	139
35	S. Penny	(45) Chepstow Harriers	31.13	138
36	R. Wallis	(50) Westbury Harriers	31.16	137
37	D. Bodman	(23) Aberdare Valley A. A. C.	31.18	136
38	P. Osborne	(45) Swansea Harriers Athletic Club	31.24	135
39	L. Sandham	Neath Harriers	31.29	134
40	G. Lynch	Les Croupiers Running Club	31.31	133
41	R. Self	(40) Les Croupiers Running Club	31.42	132
42	M. Tutesigensi	(23) Cardiff University Harriers	31.51	131
43	P. Sowerby	(40) Brecon Athletic Club	31.54	130
44	I. Teed	Chepstow Harriers	31.55	129
45	A. Weaver	Port Talbot Harriers & A. C.	31.58	128
46	P. Jenkins	(40) Bridgend Athletic Club	32.09	127
47	C. Walsh	Port Talbot Harriers & A. C.	32.13	126
48	D. Harris	Les Croupiers Running Club	32.16	125
49	C. Johnson	(40) Westbury Harriers	32.18	124
50	A. Baker	(40) Pontypridd Athletic Club	32.23	123
51	D. Reynolds	(23) Cardiff University Harriers	32.28	122
52	P. Davies	(55) Bridgend Athletic Club	32.35	121
53	R. Coombs	(40) Taf Running & Orienteering Teams	32.39	120
54	P. Kendrick	(45) Brecon Athletic Club	32.43	119
55	D. Griffiths	(40) Newport Harriers Athletic Club	32.46	118
56	R. Scott	Les Croupiers Running Club	32.51	117
57	E. Lepore	(50) Les Croupiers Running Club	32.56	116
58	C. Fulcher	(40) Port Talbot Harriers & A. C.	33.00	115
59	E. Willingham	Wells and Yeovil	33.02	114
60	D. Evans	(60) Cardiff Amateur Athletic Club	33.04	113
61	A. Anderson	(23) Cardiff University Harriers	33.05	112
62	R. Powell	Brecon Athletic Club	33.16	111
63	P. Dyson	(50) Swansea Harriers Athletic Club	33.18	110
64	P. Chan	(40) Great Western Runners	33.19	109
65	D. Scarborough	(50) Bridgend Athletic Club	33.21	108
66	S. Wadley	(45) Newport Harriers Athletic Club	33.23	107

67	T. Jewell-Davies	(45) Westbury Harriers	33.24	106
68	J. Cleall-Harding	(55) Les Croupiers Running Club	33.28	105
69	P. Kellam	(40) Les Croupiers Running Club	33.29	104
70	J. Wright	Chepstow Harriers	33.30	103
71	R. Thompson	(45) Pembrokeshire Harriers	33.32	102
72	C. Fowler	(40) Pontypridd Athletic Club	33.35	101
73	D. Hughes	(40) Bridgend Athletic Club	33.39	100
74	K. Jackson	(45) Dursley & District Athletic Club	33.42	99
75	J. Embling	(50) Bridgend Athletic Club	33.43	98
76	S. Prior	Wells and Yeovil	33.45	97
77	S. Johnston	(55) Les Croupiers Running Club	33.47	96
78	H. Carpenter	(55) Neath Harriers	33.51	95
79	D. McAtee	(45) Newport Harriers Athletic Club	33.55	94
80	Jeff Thomas	(40) Bridgend Athletic Club	34.00	93
81	S. Pearce	Newport Harriers Athletic Club	34.03	92
82	B. Tyrrell	(50) Thornbury Running Club	34.04	91
83	K. Bray	(50) Fairwater Runners	34.06	90
84	A. Haq	(23) Cardiff University Harriers	34.07	89
85	R. Marks	(55) Sarn Helen Orienteering & R. C.	34.12	88
86	M. Haswell	Llanelli Amateur Athletic Club	34.20	87
87	C. Blackmore	Cardiff Harlequins	34.22	86
88	M. Leathard	Chepstow Harriers	34.26	85
89	P. Meyler	(50) Pontypridd Athletic Club	34.35	84
90	G. Jehu	(40) Aberdare Valley A. A. C.	34.36	83
91	M. Hopkins	Les Croupiers Running Club	34.38	82
92	S. Arnold	(40) Wells and Yeovil	34.40	81
93	M. Medhurst	(40) Newport Harriers Athletic Club	34.41	80
94	L. Davies	Pontypridd Athletic Club	34.50	79
95	D. Hardie	(50) 3M Gorseinon Road Runners	34.57	78
96	D. Bowkett	(23) 3M Gorseinon Road Runners	34.59	77
97	R. Samuel	Cardiff Harlequins	35.00	76
98	G. Torrington	(35) Westbury Harriers	35.14	75
99	R. Davis	(50) Bridgend Athletic Club	35.22	74
100	H. Evans	(60) Amman Valley Harriers	35.26	73
101	G. Colvin	(40) 3M Gorseinon Road Runners	35.27	72
102	M. Barber	(45) Westbury Harriers	35.29	71

103	M. Hopkins	(40)	Westbury Harriers	35.31	70
104	M. Davies	(45)	Llisbury Runners	35.33	69
105	P. Chadwick	(50)	Wells and Yeovil	35.34	68
106	R. Withers	(40)	Pembrokeshire Harriers	35.35	67
107	K. Taylor	(45)	Amman Valley Harriers	35.37	66
108	J. Bailey-Gard (sen)	(55)	Westbury Harriers	35.38	65
109	M. Townsend	(40)	Les Croupiers Running Club	35.39	64
110	J. Hargreaves	(55)	Great Western Runners	35.43	63
111	G. Sansom	(45)	San Domenico Road Runners Club	35.47	62
112	A. Perkins	(55)	Port Talbot Harriers & A. C.	35.52	61
113	P. Holder	(45)	Cardiff Harlequins	35.55	60
114	D. Shields	(40)	San Domenico Road Runners Club	35.56	59
115	M. Davies	(55)	Les Croupiers Running Club	35.58	58
116	N. Langridge	(55)	Thornbury Running Club	36.00	57
117	C. Walters	(60)	Taf Running & Orienteering Teams	36.02	56
118	D. Rainbird	(50)	Parc Bryn Bach Runners	36.10	55
119	D. Thomas		3M Gorseinon Road Runners	36.14	54
120	G. Cole		Wells and Yeovil	36.17	53
121	B. Mogford	(45)	Amman Valley Harriers	36.19	52
122	D. Smout	(55)	Parc Bryn Bach Runners	36.22	51
123	S. Alexander	(40)	Les Croupiers Running Club	36.28	50
124	G. Howe	(50)	3M Gorseinon Road Runners	36.34	49
125	A. Mason	(45)	Les Croupiers Running Club	36.36	48
126	J. Clune	(60)	Thornbury Running Club	36.38	47
127	U. Kumari	(55)	Swansea Harriers Athletic Club	36.40	46
128	R. Fowler	(60)	Amman Valley Harriers	36.46	45
129	S. Brace	(50)	Bridgend Athletic Club	36.55	44
130	R. Whitcombe	(50)	Wells and Yeovil	37.01	43
131	J. Rees	(40)	Pembrokeshire Harriers	37.04	42
132	G. Trueman	(55)	Stroud & District Athletic Club	37.08	41
133	D. Osborne	(45)	Brecon Athletic Club	37.13	40
134	M. Davies		Taf Running & Orienteering Teams	37.22	39
135	G. Waters	(55)	Swansea Harriers Athletic Club	37.30	38
136	N. Tatnell	(50)	Les Croupiers Running Club	37.42	37
137	G. Crump	(45)	Bristol and West Athletic Club	37.44	36
138	I. Morris	(45)	Taf Running & Orienteering Teams	37.48	35

139	M. Harris	(55) Westbury Harriers	38.00	34
140	A. Bunney	(40) Aberdare Valley A. A. C.	38.10	33
141	E. Davey	(50) Llanelli Amateur Athletic Club	38.23	32
142	S. Merrick	(40) Swansea Harriers Athletic Club	38.25	31
143	N. Pringle	(45) Lliswerry Runners	38.27	30
144	A. Smith	Cardiff Harlequins	38.31	29
145	B. Dias	Cardiff University Harriers	38.35	28
146	J. Aston	(60) Les Croupiers Running Club	38.39	27
147	K. Barnes	(45) Hereford Couriers	38.45	Guest
148	J. Cooper	(50) Taf Running & Orienteering Teams	38.53	26
149	D. Proffitt	(55) Newport Harriers Athletic Club	39.00	25
150	T. Holling	(50) Port Talbot Harriers & A. C.	39.27	24
151	C. Bennett	(55) Great Western Runners	39.33	23
152	M. Bennett	(55) Great Western Runners	39.36	22
153	S. Bendle	(45) Swansea Harriers Athletic Club	39.41	21
154	S. Davidson	(55) Bridgend Athletic Club	39.54	20
155	R. Hobbs	(60) Dursley & District Athletic Club	40.07	19
156	J. Davies	(60) Port Talbot Harriers & A. C.	40.17	18
157	N. Chipper	(45) Lliswerry Runners	40.28	17
158	R. Cockwell	Cardiff Harlequins	40.37	16
159	P. Mainstone	(55) Thornbury Running Club	40.45	15
160	C. Goodwin	Chepstow Harriers	40.49	14
161	A. Bray	(45) Bridgend Athletic Club	41.21	13
162	G. Jenkins	(40) Amman Valley Harriers	41.28	12
163	P. Morfey	(50) Cardiff Harlequins	41.36	11
164	S. Williams	(50) Les Croupiers Running Club	41.50	10
165	D. Williams	(23) Aberdare Valley A. A. C.	42.19	9
166	J. Hurford	(50) Great Western Runners	43.25	8
167	D. Finch	(60) Chepstow Harriers	43.54	7
168	R. Donne	(45) 3M Gorseinon Road Runners	44.21	6
169	M. Hodges	(55) Taf Running & Orienteering Teams	44.58	5
170	I. Swanson	(55) Port Talbot Harriers & A. C.	45.21	4
171	G. Wright	(55) Les Croupiers Running Club	48.53	3