

Pontypool 10km Home Run Results 2014								
First name	Last name	Race No.	Gender	Age category	Team name	Finish time	Net time	Overall position
Chris	Carpanini	1	Male	Snr	Swansea	00:33:00	00:32:59	1
Mark	Jones	245	Male	Snr	newport harriers	00:34:39	00:34:38	2
Oliver	Williams	508	Male	Snr	Les Croupiers Cardiff	00:34:51	00:34:51	3
Simon Anthony	Lewis	275	Male	Snr	Aberdare VAAC	00:36:23	00:36:23	4
leighton	rawlinson	391	Male	Snr		00:36:50	00:36:49	5
Matthew	Symes	448	Male	Snr	Pont y Pwl and District Runners	00:37:12	00:37:12	6
Miles	Thomas	458	Male	Snr	Lliswerry Runners	00:37:21	00:37:21	7
Alun	King	259	Male	Snr	Lliswerry Runners	00:37:29	00:37:29	8
Mark	Balch	16	Male	40-49	Usk Runners	00:38:27	00:38:25	9
Dean	Johnson	235	Male	Snr		00:38:40	00:38:36	10
Steve	Davies	97	Male	50-59	Pont y Pwl and District Runners	00:38:44	00:38:42	11
Andrew	Walsh	488	Male	Snr	Griffithstown Harriers	00:39:30	00:39:28	12
Steve	Marsh	296	Male	50-59	Lliswerry Runners	00:39:37	00:39:35	13
Mark	Hurford	216	Male	Snr	Pont y Pwl and District Runners	00:39:44	00:39:39	14
James	Casburn	61	Male	Snr	Caerleon Running Club	00:39:52	00:39:51	15
Brian	Williams	510	Male	Snr	Pont y Pwl and District Runners	00:40:27	00:40:23	16
Alun	Davies	102	Male	Snr		00:40:32	00:40:29	17
Matt	Creed	83	Male	Snr	Lliswerry Runners	00:40:37	00:40:33	18
chris	morris	319	Male	Snr	Lliswerry Runners	00:40:43	00:40:39	19
Daman	Jukes	254	Male	40-49	Parc Bryn Bach Running Club	00:40:47	00:40:47	20
Patrick	Hoare	206	Male	40-49	Lliswerry Runners	00:41:01	00:40:58	21
David	Hazell	195	Male	Snr		00:41:11	00:41:10	22
Paul	Charles	68	Male	Snr		00:41:18	00:41:16	23
nicola	gething	162	Female	40-49	Parc Bryn Bach Running Club	00:41:30	00:41:30	24
Richard	Elgar	127	Male	Snr	Lliswerry Runners	00:41:31	00:41:27	25
James	Pearce	349	Male	Snr	Lliswerry Runners	00:41:38	00:41:34	26
Ricci	Watts	501	Male	Snr		00:41:46	00:41:42	27
Dave	Rennick	399	Male	Snr		00:41:47	00:41:42	28
Andrew	Pearce	348	Male	Snr	Griffithstown Harriers	00:41:48	00:41:45	29
Keith	James	222	Male	40-49	Lliswerry Runners	00:41:51	00:41:43	30
Robert	Evans	134	Male	50-59	Ebbw Vale Running Club	00:42:02	00:41:59	31
Simon	Gill	166	Male	Snr	Lliswerry Runners	00:42:22	00:42:20	32
Brian	Hall	177	Male	40-49		00:42:36	00:42:30	33
Bleddyn	Jones	240	Male	Snr	Lliswerry Runners	00:42:38	00:42:35	34
Ray	Greenhouse	173	Male	40-49	Ebbw Vale Running Club	00:42:47	00:42:44	35
Paul	Chick	71	Male	40-49	Lliswerry Runners	00:42:50	00:42:46	36
Justin	Pocknell	364	Male	40-49	Caerleon Running Club	00:43:05	00:42:54	37
Jonathan	Sliczny	428	Male	Snr	Griffithstown Harriers	00:43:06	00:43:00	38
chris	morgan	312	Male	Snr	Caerleon Running Club	00:43:19	00:43:12	39
kevin	russell	415	Male	50-59	south wales police	00:43:35	00:43:28	40
Nicholas James	Walsh	489	Male	40-49	Griffithstown Harriers	00:43:40	00:43:37	41
Rachel	Matthews	301	Female	Snr	Cardiff AAC	00:43:46	00:43:42	42
Paul	Donovan	111	Male	40-49	Pont y Pwl and District Runners	00:44:12	00:44:08	43
Steven	Lane	267	Male	40-49	Islwyn Running Club	00:44:14	00:44:02	44
phillip	miles	308	Male	60+	Parc Bryn Bach Running Club	00:44:18	00:44:14	45
Mike	Ridd	406	Male	Snr	Lliswerry Runners	00:44:20	00:44:16	46
Ruth	Phillips	357	Female	Snr	Lliswerry Runners	00:44:22	00:44:18	47
Nathan	Kersley	547	Male	Snr		00:44:37	00:44:16	48
Gareth	Sims	426	Male	Snr		00:44:38	00:44:32	49
Jon	Hancock	181	Male	50-59	Usk Runners	00:44:42	00:44:35	50
Oleg	Kostine	264	Male	40-49		00:44:51	00:44:46	51
mike	thurgood	472	Male	40-49	Caerleon Running Club	00:45:08	00:44:53	52
Wayne	Stewart	439	Male	40-49		00:45:11	00:44:54	53

Richard	Rees	393	Male	Snr	Team Richard Rees Personal Trainer	00:45:14	00:45:13	54
Richard	Bowen	40	Male	Snr		00:45:20	00:45:07	55
Mike	Davies	95	Male	50-59	Caerleon Running Club	00:45:21	00:45:10	56
Damian	Caswell	63	Male	40-49	Ebbw Vale Running Club	00:45:32	00:45:29	57
Neil	Stovold	443	Male	Snr	San Domenico RC	00:45:37	00:45:31	58
Robert	Bickel	32	Male	40-49		00:45:38	00:45:19	59
Andrew	Worton	524	Male	Snr		00:45:42	00:45:38	60
paul	nowaczek	332	Male	40-49	Islwyn Running Club	00:45:43	00:45:35	61
Jeremy	Creasey	82	Male	40-49	Spirit of Monmouth Running Club	00:45:47	00:45:41	62
simon	downs	114	Male	40-49	East End Road Runners	00:45:57	00:45:53	63
Martyn	Jenkins	226	Male	50-59	Fairwater Runners Cwmbran	00:46:01	00:45:53	64
Peter	Rodger	411	Male	50-59	Caerleon Running Club	00:46:01	00:45:47	65
David	Green	172	Male	40-49	Pegasus	00:46:04	00:45:58	66
Clare	Biddlecombe	33	Female	40-49	San Domenico RC	00:46:11	00:46:04	67
Christopher	Jones	244	Male	50-59	Llisbury Runners	00:46:16	00:46:11	68
Neale	Wood	522	Male	50-59	Llisbury Runners	00:46:19	00:46:04	69
Jonathan	Hughes	215	Male	Snr		00:46:42	00:46:39	70
Matthew	Hill	204	Male	Snr	Team Richard Rees Personal Trainer	00:46:53	00:46:50	71
James	Fitzpatrick	147	Male	Snr		00:47:01	00:46:47	72
Daffydd	Weetman	502	Male	Snr		00:47:03	00:46:58	73
Lyndon	Mcerlaine	548	Male	40-49		00:47:06	00:47:00	74
John	Darlington	92	Male	40-49		00:47:10	00:47:07	75
Jason	Hart	189	Male	Snr		00:47:16	00:47:14	76
Christopher	Jarvis	225	Male	Snr		00:47:18	00:46:31	77
THOMAS	LINK	284	Male	Snr		00:47:23	00:46:52	78
Robert	Nelson	326	Male	40-49	Spirit of Monmouth Running Club	00:47:27	00:47:22	79
Kelly	Felstead	144	Female	Snr		00:47:35	00:47:28	80
Rhys	Doolan	112	Male	Snr	Griffithstown Harriers	00:47:36	00:47:29	81
Neil	James	224	Male	40-49	NEWTS	00:47:45	00:47:42	82
paul	dursley	117	Male	60+	Llisbury Runners	00:47:49	00:47:45	83
Debbie	Cockram	76	Female	50-59	Fairwater Runners Cwmbran	00:47:57	00:47:50	84
Howard	Attwood	12	Male	60+	Llisbury Runners	00:47:58	00:47:52	85
Emma	King	258	Female	Snr	Spirit of Monmouth Running Club	00:48:21	00:48:15	86
ANTHONY	DEACY	109	Male	50-59		00:48:31	00:48:09	87
David	Rowland	414	Male	Snr		00:48:33	00:48:11	88
Louise	Bright	45	Female	Snr	Pont y Pwl and District Runners	00:48:35	00:48:31	89
Tyrone	Broome	46	Male	50-59	Llisbury Runners	00:48:41	00:48:32	90
Scott	Emery	130	Male	Snr		00:48:43	00:48:07	91
Andrew	James	223	Male	40-49	Llisbury Runners	00:49:00	00:48:28	92
Elizabeth	Richards	401	Female	40-49	Caerleon Running Club	00:49:05	00:48:58	93
janet	richards	402	Female	40-49	Llisbury Runners	00:49:08	00:49:02	94
Nick	Davies	96	Male	50-59	Llisbury Runners	00:49:10	00:48:53	95
Adrian	jenkins	231	Male	50-59		00:49:10	00:48:58	96
Ant	Gettins	163	Male	Snr		00:49:35	00:49:23	97
Matthew	Jones	546	Male	Snr		00:49:37	00:49:18	98
Rhys	Parfitt	339	Male	Snr	Pont y Pwl and District Runners	00:49:38	00:49:32	99
Nigel	Foulkes-Nock	151	Male	40-49	Llisbury Runners	00:49:40	00:49:31	100
Ellis	Daniel	90	Male	Snr		00:49:44	00:49:29	101
Greg	Richards	404	Male	Snr		00:49:46	00:49:21	102
Anthony	Davies	100	Male	Snr		00:49:48	00:49:41	103
mike	pritchard	381	Male	50-59		00:49:56	00:49:36	104
Lisa	Amos	6	Female	40-49		00:49:59	00:49:42	105
Richard	Lowcock James	290	Male	Snr	Llisbury Runners	00:50:02	00:49:47	106
Julie	Lewis	363	Female	40-49		00:50:03	00:49:52	107
Owen	Hagger	176	Male	Snr		00:50:05	00:49:58	108
Paul	Graham	73	Male	Snr	PONTYPRIDD ROADENTS	00:50:11	00:49:49	109

Gareth	Williams	509	Male	50-59	Ebbw Vale Running Club	00:50:21	00:50:10	110
Wayne	Cooper	80	Male	40-49	Lliswerry Runners	00:50:29	00:50:21	111
Glyn	Hicks	202	Male	60+	Islwyn Running Club	00:50:37	00:50:03	112
Andrew	Johnson	234	Male	50-59	Lliswerry Runners	00:50:39	00:50:28	113
Nick	Cox	81	Male	Snr		00:50:41	00:50:28	114
Jordan	Kibble	257	Male	Snr	Islwyn Running Club	00:50:44	00:50:28	115
Brian	Moffett	311	Male	60+	Parc Bryn Bach Running Club	00:50:48	00:50:21	116
Christopher	Hill	205	Male	40-49		00:50:50	00:50:34	117
Raven	Timms	405	Female	Snr	Pont y Pwl and District Runners	00:50:55	00:50:44	118
Julian	Williams	513	Male	40-49		00:50:57	00:50:35	119
Lewis	Stephens	437	Male	Snr		00:50:59	00:50:36	120
Dean	Stitfall	440	Male	Snr		00:51:01	00:50:31	121
David	Gates	159	Male	50-59	Lliswerry Runners	00:51:02	00:50:28	122
Brenda	Avery	13	Female	60+	Chepstow Harriers	00:51:04	00:50:59	123
David	Mather	300	Male	40-49	Spirit of Monmouth Running Club	00:51:06	00:50:47	124
Dave	Timson	473	Male	40-49	Pont y Pwl and District Runners	00:51:06	00:51:00	125
Tim	Washbrook	492	Male	Snr		00:51:12	00:51:00	126
Ian	Jones	246	Male	Snr		00:51:13	00:50:54	127
nathan	meehan	305	Male	Snr		00:51:14	00:50:38	128
martin	pring	379	Male	Snr	team pring	00:51:15	00:51:11	129
Anthony	Watkins	495	Male	40-49		00:51:22	00:51:10	130
Nikki	Taylor	452	Male	Snr	Team Richard Rees Personal Trainer	00:51:42	00:51:39	131
Neil	Williams	511	Male	50-59	Usk Runners	00:51:46	00:51:28	132
Joanne	Johnson	236	Female	50-59		00:51:57	00:51:45	133
Peter	Short	544	Male	60+		00:52:00	00:51:48	134
Alun	Jeremiah	232	Male	Snr		00:52:02	00:51:24	135
Jeanette	Jenkins	227	Female	50-59	Fairwater Runners Cwmbran	00:52:05	00:51:59	136
Leigh	Beach	23	Male	Snr		00:52:06	00:51:41	137
Amberley	Morgan	316	Female	Snr	Pont y Pwl and District Runners	00:52:07	00:51:52	138
Karen	Payne	347	Female	40-49	Caerleon Running Club	00:52:08	00:52:01	139
David	Brown	48	Male	40-49		00:52:09	00:51:44	140
Gill	Bennett	28	Female	50-59	Team Richard Rees Personal Trainer	00:52:16	00:51:46	141
andrew	cockeram	75	Male	40-49	Lliswerry Runners	00:52:18	00:51:45	142
Ceri	Jenkins	228	Female	Snr	Lliswerry Runners	00:52:18	00:52:06	143
Heidi	Davies	116	Female	Snr	Pont y Pwl and District Runners	00:52:20	00:52:14	144
Sophie	Irvine	218	Female	Snr		00:52:20	00:52:03	145
Andrew	Ralph	388	Male	50-59	Lliswerry Runners	00:52:23	00:51:51	146
CRAIG	FUSSELL	154	Male	40-49		00:52:25	00:52:01	147
Richard	Hazell	196	Male	Snr		00:52:32	00:52:30	148
Angharad	Williams	516	Female	Snr		00:52:33	00:52:25	149
Emma	Morgan	317	Female	Snr	Pont y Pwl and District Runners	00:52:35	00:52:30	150
Helen	Warrender	491	Female	40-49		00:52:35	00:52:30	151
Chris	Parry	344	Male	Snr		00:52:37	00:52:07	152
Sarah	Hook	208	Female	Snr		00:52:38	00:52:28	153
Rachel	Gaisford	155	Female	40-49		00:52:39	00:52:22	154
Nathan	Evans	140	Male	Snr		00:52:40	00:52:05	155
David	Lewis	281	Male	40-49		00:52:41	00:52:19	156
Robert	Anderson	7	Male	60+	Lliswerry Runners	00:52:49	00:52:43	157
Sandra	Hustin	217	Female	40-49	Team Richard Rees Personal Trainer	00:52:53	00:52:37	158
Ruth	Ovey	337	Female	40-49	Lliswerry Runners	00:52:59	00:52:49	159
Sinead	Thompson	170	Female	Snr		00:53:02	00:52:30	160
Ray	Ellingham	128	Male	50-59	Lliswerry Runners	00:53:05	00:52:57	161
Carl	Lewis	279	Male	Snr		00:53:10	00:52:49	162
KENNETH	OLIVER	336	Male	50-59	Islwyn Running Club	00:53:11	00:52:55	163
Adam	Watkins	499	Male	Snr		00:53:16	00:52:40	164
Martyn	Jones	242	Male	40-49	Lliswerry Runners	00:53:25	00:53:09	165

daniel	parry	345	Male	Snr		00:53:33	00:52:57	166
Lucie	Jenkins	229	Female	Snr	Team Richard Rees Personal Trainer	00:53:34	00:53:06	167
Nadine	Donovan	110	Female	40-49	Pont y Pwl and District Runners	00:53:38	00:53:34	168
michael	bonnett	37	Male	50-59	Lliswerry Runners	00:53:43	00:53:11	169
david	evans	141	Male	40-49		00:53:48	00:53:12	170
Alison	Sheedy	422	Female	40-49	Lliswerry Runners	00:53:51	00:53:45	171
Angharrafd	Williams	514	Female	Snr		00:53:55	00:53:35	172
Gayle	Sheppard	423	Female	40-49		00:53:59	00:53:38	173
Alan	Fishwick	146	Male	40-49	Lliswerry Runners	00:54:00	00:53:26	174
Owen	Hewlett	201	Male	Snr		00:54:03	00:53:34	175
Darren	Samuel	416	Male	40-49	Pont y Pwl and District Runners	00:54:07	00:53:51	176
Carl	Hawkes	191	Male	Snr		00:54:12	00:53:33	177
David	Westley	503	Male	50-59	Lliswerry Runners	00:54:15	00:53:44	178
Nicholas	Gale	156	Male	Snr		00:54:22	00:53:53	179
Delyth	Murray Lines	325	Female	Snr		00:54:24	00:54:07	180
Chris	Day	108	Male	Snr		00:54:28	00:54:12	181
Ruth	Bishop	36	Female	50-59		00:54:35	00:54:24	182
Claire	Duckerhan	320	Female	Snr		00:54:41	00:54:15	183
melissa	pearce	351	Female	40-49		00:54:42	00:54:22	184
stuart	Gillfillan	165	Male	Snr		00:54:48	00:54:00	185
Kate	Kelynack	255	Female	Snr	Pont y Pwl and District Runners	00:55:00	00:54:44	186
CLAIRE	PRING	380	Female	Snr	team pring	00:55:06	00:55:03	187
Linda	Spillane	432	Female	60+	N.E.W.T	00:55:11	00:55:02	188
Stephen	Locke	288	Male	40-49		00:55:22	00:55:15	189
Steve	Hilinans	55	Male	50-59		00:55:25	00:55:05	190
leanne	Phillips	356	Female	40-49	Lliswerry Runners	00:55:26	00:55:08	191
Chris	Watkins	496	Male	Snr		00:55:27	00:55:00	192
EDWARD	TIMSON	474	Male	50-59		00:55:49	00:55:19	193
Richard	Street	444	Male	50-59		00:55:55	00:55:39	194
Rebecca	Jenkins	230	Female	Snr		00:55:58	00:55:53	195
Chris	Ashton	11	Male	50-59		00:56:01	00:55:31	196
Gareth	Pearce	350	Male	40-49	Lliswerry Runners	00:56:07	00:55:52	197
Ian	Wills	519	Male	40-49		00:56:12	00:55:48	198
Mark	Yuille	530	Male	40-49		00:56:15	00:56:02	199
Carl	Roberts	408	Male	Snr	Pont y Pwl and District Runners	00:56:16	00:56:10	200
Sian	Matthews	302	Female	Snr		00:56:22	00:56:14	201
Nathan	Potter	368	Male	Snr	Lliswerry Runners	00:56:25	00:56:06	202
Shanell	Mitchell	122	Female	Snr	Lliswerry Runners	00:56:30	00:56:21	203
David	Kempton	256	Male	50-59		00:56:30	00:56:17	204
Elisha	Pike	362	Female	Snr		00:56:33	00:56:24	205
Chris	Chouls	72	Male	40-49	Lliswerry Runners	00:56:37	00:56:05	206
Laura	Parsons	346	Female	Snr		00:56:42	00:56:30	207
Jon	Lewis	282	Male	Snr		00:56:50	00:56:38	208
Cathy	Turner	477	Female	40-49		00:56:52	00:56:45	209
Cathy	Gould	171	Female	Snr		00:56:54	00:56:44	210
Pete	Mitchell	310	Male	Snr		00:56:56	00:56:40	211
Nicola	Murray	324	Female	40-49	Lliswerry Runners	00:56:59	00:56:27	212
Michelle	Shapland	421	Female	40-49	Lliswerry Runners	00:57:09	00:57:00	213
Bethan	Powell	373	Female	Snr		00:57:16	00:56:59	214
Melonie	Senior	420	Female	40-49	Islwyn Running Club	00:57:18	00:56:44	215
Ceri	Crewe	84	Female	40-49		00:57:19	00:57:04	216
Steve	Tucker	476	Male	40-49		00:57:24	00:56:43	217
Cara	Gates	160	Female	40-49	Lliswerry Runners	00:57:29	00:56:57	218
Christopher	Leigh	274	Male	Snr		00:57:31	00:57:01	219
Rhydwyn	Harris	187	Male	40-49	Islwyn Running Club	00:57:38	00:57:04	220
Natalie	Elgar	126	Female	Snr	Lliswerry Runners	00:57:40	00:57:30	221

Simon	Parkes	342	Male	Snr		00:57:51	00:57:33	222
Dirk	Schmaljohann	418	Male	40-49		00:57:51	00:57:25	223
Sarah	Gibbs	164	Female	Snr		00:57:54	00:57:35	224
Zoe	Elver	129	Female	40-49	Pont y Pwl and District Runners	00:57:56	00:57:52	225
Bethan	flanagan	149	Female	Snr		00:58:01	00:57:51	226
Fiona	Cross	86	Female	Snr	Pont y Pwl and District Runners	00:58:02	00:57:46	227
Nick	Jackson	221	Male	40-49	Lliswerry Runners	00:58:03	00:57:31	228
Lucy	Cochrane	74	Female	Snr	Pont y Pwl and District Runners	00:58:05	00:57:57	229
Caroline	Davies	98	Female	Snr		00:58:08	00:57:59	230
Catherine	Dawe	107	Female	40-49		00:58:20	00:57:56	231
Sarah	Williams	518	Female	Snr		00:58:24	00:58:02	232
Robert	Prowse	384	Male	40-49		00:58:27	00:57:54	233
Julie	Burchell	53	Female	40-49		00:58:28	00:58:03	234
Clare	Anderson	8	Female	40-49		00:58:29	00:58:06	235
Rachel	Vernall	480	Female	40-49		00:58:31	00:58:01	236
Karen	Lewis	277	Female	40-49		00:58:32	00:58:21	237
Allun	Thomas	463	Male	40-49		00:58:42	00:58:19	238
Elizabeth	Watkins	497	Female	Snr		00:58:45	00:58:17	239
Kathleen	Jervis	233	Female	50-59	Parc Bryn Bach Running Club	00:58:53	00:58:27	240
Clive	COOKSEY	79	Male	60+	Parc Bryn Bach Running Club	00:58:54	00:58:27	241
James	Wagstaff	483	Male	Snr		00:58:54	00:58:19	242
Ian	Telfer	457	Male	50-59		00:59:04	00:58:52	243
Harry	Baker	15	Male	50-59		00:59:07	00:58:54	244
Janeann	Hammond	179	Female	40-49		00:59:10	00:58:31	245
David	Hammond	180	Male	40-49		00:59:10	00:58:32	246
John	Johnston	237	Male	40-49		00:59:20	00:58:53	247
Linda	Thomas	468	Female	40-49		00:59:28	00:59:14	248
hayley	edwards	123	Female	Snr	Lliswerry Runners	00:59:34	00:59:25	249
Emma	Gassor	158	Female	Snr		00:59:35	00:59:18	250
janet	evans	136	Female	40-49	Usk Runners	00:59:52	00:59:29	251
Kerrie	Carpenter	58	Female	Snr		01:00:11	00:59:55	252
Tracey	Harmon	186	Female	Snr		01:00:11	01:00:01	253
Clifford	Perry	354	Male	Snr	Pont y Pwl and District Runners	01:00:14	00:59:34	254
Philip	Bishop	35	Male	50-59		01:00:19	01:00:08	255
Hywel	Jones	249	Male	40-49		01:00:19	00:59:47	256
Mark	Nicol	331	Male	40-49		01:00:19	00:59:56	257
Sharon	Boote	38	Female	40-49		01:00:21	01:00:11	258
Nerys	Chaplin	64	Female	Snr	Spirit of Monmouth Running Club	01:00:25	00:59:54	259
Hayley	Parker	341	Female	Snr		01:00:27	00:59:47	260
Alan	Cromack	85	Male	40-49		01:00:28	01:00:04	261
Vicky	Watkins	498	Female	Snr		01:00:38	01:00:15	262
rebecca	phillips	359	Female	Snr		01:00:39	01:00:17	263
Sharon	Hanne	184	Female	40-49		01:00:48	01:00:22	264
Karen	Penny	353	Female	40-49	Lliswerry Runners	01:00:54	01:00:30	265
Ruth	Price	378	Female	40-49		01:01:00	01:00:38	266
Rachel	Matthews	303	Female	Snr		01:01:05	01:00:44	267
David	Wilkie	505	Male	Snr		01:01:05	01:00:42	268
Gemma	King	261	Female	Snr		01:01:06	01:00:28	269
Diane	Potter	369	Female	40-49	Lliswerry Runners	01:01:11	01:00:52	270
Sian	Moseley	322	Female	Snr		01:01:19	01:00:45	271
Laura	pritchard	382	Female	Snr		01:01:42	01:01:25	272
Nicola	Brann	41	Female	40-49		01:01:45	01:01:30	273
Samantha	Hawksworth	193	Female	Snr	Pont y Pwl and District Runners	01:01:46	01:01:38	274
andrew	thomas	467	Male	40-49		01:01:51	01:01:37	275
Katie	Allen	5	Female	40-49		01:01:53	01:01:45	276
Harvey	Jones	239	Male	40-49	Black Pear Joggers	01:01:55	01:01:41	277

Russell	Carter	59	Male	40-49	Usk Runners	01:01:57	01:01:33	278
Rachel	Carter	60	Female	40-49	Usk Runners	01:01:57	01:01:33	279
Trish	Edwards	124	Female	40-49	Usk Runners	01:01:57	01:01:33	280
Penny	Chapman	66	Female	40-49	Team Richard Rees Personal Trainer	01:02:01	01:01:32	281
Debbie	Cumming	87	Female	50-59	Caerleon Running Club	01:02:02	01:01:51	282
Hannah	Tattersall	451	Female	Snr		01:02:03	01:01:24	283
Vicky	Fear	143	Female	Snr	Lliswerry Runners	01:02:04	01:01:36	284
Lucy	England	131	Female	40-49		01:02:05	01:01:55	285
christine	lawrence	270	Female	40-49		01:02:06	01:01:55	286
Marc	Taylor	455	Male	Snr		01:02:07	01:01:24	287
Steve	Bartlett	20	Male	40-49		01:02:08	01:01:45	288
Jo	Daviss	105	Female	40-49		01:02:11	01:02:03	289
pamela	flanagan	148	Female	40-49		01:02:11	01:02:04	290
Simon	Conlin	78	Male	Snr		01:02:14	01:01:40	291
SOPHIE	SUTTON	446	Female	40-49		01:02:15	01:01:58	292
KARON	QUIRKE	386	Female	40-49		01:02:16	01:01:57	293
Kay	Morgan	315	Female	Snr	Pont y Pwl and District Runners	01:02:19	01:02:12	294
lynda	dursley	118	Female	50-59	Lliswerry Runners	01:02:21	01:02:02	295
kate	palfrey	338	Female	Snr	Fairwater Runners Cwmbran	01:02:27	01:01:56	296
Mark	Horton	210	Male	50-59		01:02:47	01:02:03	297
Greg	Price	377	Male	40-49		01:02:47	01:02:02	298
Rhian	Brown	49	Female	Snr		01:02:52	01:02:24	299
eric	brann	42	Male	60+		01:03:03	01:02:48	300
YVONNE	FORSEY	150	Female	50-59	Lliswerry Runners	01:03:08	01:02:55	301
Lynette	Hawkins	192	Female	Snr		01:03:18	01:02:42	302
john	charlton	70	Male	40-49		01:03:35	01:03:10	303
Malcolm	Evans	139	Male	40-49		01:03:36	01:03:12	304
Stephanie	Harvey	190	Female	Snr		01:03:39	01:03:24	305
Emma	Young	528	Female	Snr		01:03:39	01:03:12	306
Nick	Young	529	Male	Snr		01:03:39	01:03:13	307
Robert	Davey	93	Male	50-59		01:03:44	01:02:56	308
anthony	lawrence	269	Male	40-49		01:03:44	01:03:34	309
connor	beck	26	Male	Snr	Lliswerry Runners	01:03:47	01:03:26	310
rhiannon	beck	25	Female	Snr	Lliswerry Runners	01:03:48	01:03:27	311
Anna	Parry	343	Female	Snr		01:04:04	01:03:34	312
George	Satchwell	549	Male	Snr		01:04:12	01:03:59	313
Nick	Watcher	493	Male	Snr		01:04:13	01:03:50	314
Claire	Broome	47	Female	Snr		01:04:14	01:03:51	315
Catrin	Thomas	545	Female	Snr		01:04:14	01:03:50	316
Lee	Iwona	220	Female	Snr		01:04:27	01:03:43	317
Hywel	Butts	57	Male	Snr		01:04:31	01:04:02	318
Phillip	Rawlings	390	Male	Snr		01:04:32	01:03:57	319
Katherine	Bevan	31	Female	Snr		01:04:37	01:04:19	320
Ted	Powell	372	Male	Snr		01:04:41	01:04:05	321
Ashby	Ashman	65	Male	Snr	Team Richard Rees Personal Trainer	01:04:47	01:04:17	322
Kath	Morton-Smith	321	Female	40-49		01:04:53	01:04:28	323
donna	hewitt	199	Female	Snr		01:05:01	01:04:47	324
jason	hewitt	200	Male	Snr		01:05:01	01:04:47	325
Andrew	Chappell	67	Male	40-49		01:05:03	01:04:29	326
Stephen	Collarfd	77	Male	40-49		01:05:04	01:04:44	327
Alison	Martin	298	Female	Snr		01:05:05	01:04:48	328
Sarah	Harding	185	Female	Snr		01:05:08	01:04:47	329
Kate	Joseph	253	Female	Snr		01:05:13	01:04:55	330
Isabelle	Thomissen	469	Female	Snr	Lliswerry Runners	01:05:22	01:04:54	331
Elizabeth	Lott	289	Female	Snr		01:05:27	01:04:50	332
Philip	Davies	99	Male	Snr		01:05:36	01:05:04	333

Amy Clare	Davis	104	Female	Snr		01:05:36	01:05:04	334
Catherine	Ealey-Fitzgerald	120	Female	40-49		01:05:38	01:05:13	335
Hayley	Pierce	361	Female	Snr	Pont y Pwl and District Runners	01:05:39	01:05:18	336
Chris	Silvester	425	Male	Snr	Pont y Pwl and District Runners	01:05:39	01:05:18	337
Maxine	Rhodes	400	Female	40-49		01:05:40	01:05:26	338
simon	Ealey-Fitzgerald	119	Male	40-49		01:05:50	01:05:25	339
Victoria	Browne	51	Female	Snr		01:05:54	01:05:32	340
Darren	Gingell	167	Male	40-49		01:05:59	01:05:22	341
justin	lewis	278	Male	40-49		01:06:02	01:05:39	342
Carla	Bertie	30	Female	Snr		01:06:21	01:05:53	343
Jane	Lewis	283	Female	40-49		01:06:32	01:05:53	344
Natalie	Thomas	460	Female	Snr		01:06:53	01:06:44	345
Amanda	Bennett	29	Female	Snr		01:06:58	01:06:15	346
Lyndsay	Poulsom	370	Female	Snr		01:06:59	01:06:44	347
rebecca	robins	410	Female	Snr		01:06:59	01:06:39	348
Jill	Wallace	486	Female	Snr		01:07:00	01:06:44	349
Victoria	Powell	374	Female	Snr		01:07:03	01:06:35	350
Suzanne	Davidson	94	Female	Snr		01:07:10	01:06:31	351
MARCUS	LAFGREN	266	Male	50-59		01:07:24	01:07:08	352
Simon	little	285	Male	Snr		01:07:32	01:06:48	353
Huw	Lloyd	287	Male	Snr		01:07:49	01:07:08	354
GILL	HIETT	203	Female	50-59		01:08:09	01:07:51	355
karen	williams	515	Female	40-49		01:08:10	01:07:30	356
Richard	Kopec	263	Male	50-59		01:08:11	01:07:29	357
Gillian	Handley	182	Female	50-59	Lliswerry Runners	01:08:12	01:08:03	358
Kerry	Peat	352	Female	50-59		01:08:28	01:07:42	359
William	Lewis	276	Male	50-59		01:08:43	01:08:31	360
Kate	Waters	494	Female	Snr	Lliswerry Runners	01:08:46	01:08:37	361
Sarah	Price	376	Female	Snr		01:08:53	01:08:14	362
Nick	Hanne	183	Male	40-49		01:08:54	01:08:28	363
Donna	Mason	299	Female	Snr		01:08:55	01:08:46	364
Simon	Browne	52	Male	Snr		01:08:58	01:08:35	365
Calum	Jones	250	Male	Snr		01:09:14	01:08:36	366
Sian	Charles	69	Female	Snr		01:09:18	01:08:42	367
Tracey	Burns	56	Female	Snr		01:09:31	01:09:17	368
Rachael	Godwin	168	Female	Snr		01:09:31	01:08:53	369
Paul	French	153	Male	Snr		01:09:32	01:08:52	370
Phoebe	Williams	512	Female	40-49		01:09:35	01:09:21	371
Jade	Lewis	280	Female	Snr		01:09:37	01:09:24	372
Vicky	Vidler	481	Female	Snr		01:09:40	01:09:02	373
Naomi	Rowe	413	Female	40-49	Team Richard Rees Personal Trainer	01:09:43	01:09:09	374
Emily	Bransom	43	Female	Snr		01:09:47	01:09:10	375
helen	swain	447	Male	Snr		01:10:01	01:09:20	376
Paula	Wallace	487	Female	40-49		01:10:18	01:09:39	377
Claire	Barter	19	Female	Snr		01:10:27	01:10:07	378
Racheal	Netherway	329	Female	40-49	Lliswerry Runners	01:10:36	01:10:22	379
Celia	Marsh	297	Female	Snr	Lliswerry Runners	01:10:37	01:10:18	380
Helen	Lloyd	286	Female	Snr		01:10:48	01:10:06	381
Sharon	Duggan	115	Female	40-49		01:10:52	01:10:39	382
Laura	Rendell	397	Female	Snr		01:11:04	01:10:54	383
Samantha	Standerwick	433	Female	40-49		01:11:09	01:10:33	384
Denise	Wood	243	Female	50-59	Lliswerry Runners	01:11:20	01:10:36	385
Kirsty	Edwards	121	Female	Snr	Lliswerry Runners	01:11:54	01:11:44	386
julie	boulton	39	Female	50-59	Team Richard Rees Personal Trainer	01:12:10	01:11:39	387
andrew	parker	340	Male	40-49		01:12:32	01:12:05	388
Kim	Rennick	398	Female	Snr		01:12:44	01:12:16	389

Andrea	Reeves	396	Female	40-49	Team Richard Rees Personal Trainer	01:13:13	01:12:42	390
Carl	Elliot	50	Male	60+		01:14:06	01:13:23	391
Roni	Margerison	295	Female	Snr	Lliswerry Runners	01:14:06	01:13:22	392
Alison	O'Dwyer	334	Female	40-49		01:14:14	01:13:34	393
Konstantina	Kyriakidou	265	Female	Snr		01:14:16	01:13:35	394
Anita	Sellick	419	Female	Snr		01:14:57	01:14:48	395
Ceri	Jones	247	Female	Snr		01:15:24	01:15:03	396
Lisa	Rees	395	Female	Snr		01:15:24	01:15:03	397
Victoria	Powell	550	Female	Snr		01:15:24	01:15:02	398
Margaret	Hughes	213	Female	40-49		01:15:41	01:15:01	399
Sara	Wakefield	484	Female	Snr	Pont y Pwl and District Runners	01:16:23	01:16:02	400
Lorna	Wilson	520	Female	Snr		01:16:29	01:16:12	401
Rebecca	Jones	238	Female	40-49	Black Pear Joggers	01:16:46	01:16:32	402
Christine	Taylor	453	Female	50-59		01:17:05	01:16:24	403
Georgia	Satchwell	417	Female	Snr	Black Pear Joggers	01:17:36	01:17:07	404
Aled	Turner	479	Male	Snr		01:17:38	01:17:02	405
Sian	Evans	138	Female	Snr		01:17:45	01:17:16	406
Belinda	Fraser	309	Female	50-59	Parc Bryn Bach Running Club	01:17:46	01:17:04	407
Mari	Tamlyn	449	Female	50-59		01:17:47	01:17:05	408
Nicky	Tamlyn	450	Male	Snr		01:17:47	01:17:04	409
rachael	edwards	125	Female	40-49		01:19:29	01:18:49	410
Leonie	Roberts	407	Female	40-49		01:20:18	01:19:41	411
Richard	Tonkin	475	Male	Snr	Spirit of Monmouth Running Club	01:20:27	01:20:08	412
Gillian	Rees	394	Female	Snr		01:21:03	01:20:21	413
Anouska	Beaumont	24	Female	Snr		01:21:04	01:20:22	414
Sian	Jones	241	Female	Snr	Lliswerry Runners	01:21:14	01:20:38	415
Lynne	Pollitt	365	Female	60+		01:22:12	01:21:28	416
Donna	Ensor	132	Female	Snr		01:22:31	01:21:57	417
Dean	Ensor	133	Male	40-49		01:22:31	01:21:58	418
Kelly	Preston	375	Female	Snr		01:23:48	01:23:28	419
Tania	Ansell	9	Female	Snr	None	01:24:05	01:23:54	420
James	Ansell	10	Male	Snr		01:24:06	01:23:54	421
Alison	Turner	478	Female	40-49		01:25:12	01:24:36	422
Lyn	Ackerman	2	Female	40-49	The fab forties	01:26:52	01:26:25	423
Joanne	Worley	523	Female	40-49	The fab forties	01:26:52	01:26:25	424
sian	thomas	465	Female	40-49		01:27:52	01:27:08	425
Alun	thomas	466	Male	50-59		01:27:57	01:27:12	426
Kelly	Wilkins	506	Female	Snr		01:31:30	01:30:46	427
Julie	Jones	251	Female	40-49		01:42:24	01:41:59	428
Linda	O-Gormon	335	Female	40-49	The fab forties	01:42:24	01:41:58	429
Kathryn	York	526	Female	Snr		01:42:55	01:42:17	430
Paul	Law	161	Male	60+		01:42:56	01:42:20	431
Julie	Williams	517	Female	40-49		01:43:25	01:43:03	432
Alan	Watts	500	Male	80+		01:48:53	01:48:53	433

Gender position	Start Split Time	Finish Split Time
1	00:00:01	00:32:58
2	00:00:01	00:34:37
3	00:00:00	00:34:51
4	00:00:00	00:36:23
5	00:00:00	00:36:48
6	00:00:00	00:37:12
7	00:00:00	00:37:21
8	00:00:00	00:37:29
9	00:00:02	00:38:24
10	00:00:03	00:38:35
11	00:00:01	00:38:41
12	00:00:02	00:39:27
13	00:00:02	00:39:34
14	00:00:04	00:39:38
15	00:00:01	00:39:50
16	00:00:03	00:40:22
17	00:00:02	00:40:28
18	00:00:03	00:40:32
19	00:00:03	00:40:38
20	00:00:00	00:40:47
21	00:00:02	00:40:57
22	00:00:01	00:41:09
23	00:00:02	00:41:15
1	00:00:00	00:41:30
24	00:00:03	00:41:26
25	00:00:04	00:41:33
26	00:00:04	00:41:41
27	00:00:05	00:41:41
28	00:00:03	00:41:44
29	00:00:08	00:41:42
30	00:00:02	00:41:58
31	00:00:02	00:42:19
32	00:00:06	00:42:29
33	00:00:03	00:42:34
34	00:00:02	00:42:43
35	00:00:04	00:42:45
36	00:00:10	00:42:53
37	00:00:06	00:42:59
38	00:00:06	00:43:11
39	00:00:07	00:43:27
40	00:00:02	00:43:36
2	00:00:04	00:43:41
41	00:00:03	00:44:07
42	00:00:12	00:44:01
43	00:00:03	00:44:13
44	00:00:04	00:44:15
3	00:00:03	00:44:17
45	00:00:20	00:44:15
46	00:00:06	00:44:31
47	00:00:06	00:44:34
48	00:00:04	00:44:46
49	00:00:14	00:44:52
50	00:00:17	00:44:53

51	00:00:00	00:45:12
52	00:00:13	00:45:06
53	00:00:10	00:45:09
54	00:00:02	00:45:28
55	00:00:05	00:45:30
56	00:00:19	00:45:18
57	00:00:03	00:45:37
58	00:00:08	00:45:34
59	00:00:05	00:45:40
60	00:00:04	00:45:52
61	00:00:07	00:45:52
62	00:00:14	00:45:46
63	00:00:06	00:45:57
4	00:00:06	00:46:03
64	00:00:05	00:46:10
65	00:00:15	00:46:03
66	00:00:02	00:46:38
67	00:00:03	00:46:49
68	00:00:13	00:46:46
69	00:00:05	00:46:57
70	00:00:05	00:46:59
71	00:00:02	00:47:06
72	00:00:02	00:47:13
73	00:00:47	00:46:30
74	00:00:30	00:46:51
75	00:00:05	00:47:21
5	00:00:07	00:47:27
76	00:00:07	00:47:28
77	00:00:03	00:47:41
78	00:00:04	00:47:44
6	00:00:06	00:47:49
79	00:00:06	00:47:51
7	00:00:06	00:48:14
80	00:00:21	00:48:08
81	00:00:22	00:48:10
8	00:00:04	00:48:30
82	00:00:09	00:48:31
83	00:00:35	00:48:06
84	00:00:31	00:48:27
9	00:00:07	00:48:57
10	00:00:06	00:49:01
85	00:00:16	00:48:52
86	00:00:12	00:48:57
87	00:00:12	00:49:22
88	00:00:18	00:49:17
89	00:00:05	00:49:31
90	00:00:08	00:49:30
91	00:00:14	00:49:28
92	00:00:25	00:49:20
93	00:00:06	00:49:40
94	00:00:20	00:49:35
11	00:00:16	00:49:41
95	00:00:14	00:49:46
12	00:00:10	00:49:51
96	00:00:07	00:49:57
97	00:00:21	00:49:48

98	00:00:11	00:50:09
99	00:00:07	00:50:20
100	00:00:34	00:50:02
101	00:00:11	00:50:27
102	00:00:13	00:50:27
103	00:00:16	00:50:27
104	00:00:26	00:50:20
105	00:00:15	00:50:33
13	00:00:10	00:50:43
106	00:00:21	00:50:34
107	00:00:23	00:50:35
108	00:00:30	00:50:30
109	00:00:33	00:50:27
14	00:00:05	00:50:58
110	00:00:18	00:50:46
111	00:00:05	00:50:59
112	00:00:12	00:50:59
113	00:00:18	00:50:53
114	00:00:36	00:50:37
115	00:00:03	00:51:10
116	00:00:12	00:51:09
117	00:00:03	00:51:38
118	00:00:18	00:51:27
15	00:00:12	00:51:44
119	00:00:12	00:51:47
120	00:00:37	00:51:23
16	00:00:05	00:51:58
121	00:00:24	00:51:40
17	00:00:15	00:51:51
18	00:00:07	00:52:00
122	00:00:24	00:51:43
19	00:00:30	00:51:45
123	00:00:32	00:51:44
20	00:00:11	00:52:05
21	00:00:05	00:52:13
22	00:00:17	00:52:02
124	00:00:31	00:51:50
125	00:00:24	00:52:00
126	00:00:01	00:52:29
23	00:00:07	00:52:24
24	00:00:04	00:52:29
25	00:00:04	00:52:29
127	00:00:30	00:52:06
26	00:00:10	00:52:27
27	00:00:16	00:52:21
128	00:00:35	00:52:04
129	00:00:21	00:52:18
130	00:00:06	00:52:42
28	00:00:16	00:52:36
29	00:00:10	00:52:48
30	00:00:31	00:52:29
131	00:00:08	00:52:56
132	00:00:20	00:52:48
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135	00:00:16	00:53:08

136	00:00:35	00:52:56
31	00:00:28	00:53:05
32	00:00:04	00:53:33
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33	00:00:06	00:53:44
34	00:00:20	00:53:34
35	00:00:20	00:53:37
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40	00:00:15	00:54:43
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42	00:00:08	00:55:01
147	00:00:07	00:55:14
148	00:00:19	00:55:04
43	00:00:17	00:55:07
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156	00:00:05	00:56:09
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157	00:00:18	00:56:05
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47	00:00:08	00:56:23
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48	00:00:11	00:56:29
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50	00:00:10	00:56:43
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52	00:00:08	00:56:59
53	00:00:17	00:56:58
54	00:00:33	00:56:43
55	00:00:15	00:57:03
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56	00:00:32	00:56:56
163	00:00:29	00:57:00
164	00:00:34	00:57:03
57	00:00:09	00:57:29

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59	00:00:04	00:57:51
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63	00:00:08	00:57:58
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65	00:00:21	00:58:01
168	00:00:32	00:57:53
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92	00:00:14	01:01:29
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182	00:00:13	01:01:36
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