

# The 1994 Lliswerry 8 Mile Road Race

## Senior Men

1	Tony Graham	39.54	Newport Harriers
2	Paul Richards	40.30	Swansea Harriers
3	Phil Cook	40.47	Barry and Vale
4	Mark Healy	41.00	Newport Harriers
5	Danny Norton	42.88	Rhondda Valley Runners
6	David Povall	42.48	Newport Harriers
7	Mark Dowden	42.58	Clevedon A C
8	Chris Slowley	43.18	Bristol A C
9	Mark Mussa	44.06	Heartbeat Wales
10	Ieuan Jones	44.08	Cardiff Triathletes

## Male Vet 40

1	John Davies	44.10	Pegasus R C
2	R Morris	45.12	San Domenico
3	Mike Chandler	45.16	Caerphilly R C
4	David Weston	46.05	Newport Harriers
5	John Crutcher	46.25	Bridgend A C
6	Ian Kirkpatrick	46.31	Sospan R R
7	Kevin Fulthorpe	47.27	Cardiff A C
8	Martin Lawrence	48.06	Hengoed R R
9	Dave Walsh	48.35	Les Croupiers
10	Phillip Miles	49.21	Club 69

## Male Vet 45

1	Tony Carzana	45.45	Pegasus R C
2	David Bastable	46.40	Rhymney Valley A C
3	Bill Silto	47.46	Swindon R R
4	Francis Stevens	49.29	Pegasus R C
5	Roy Lemmer	51.04	Cardiff A C
6	Clive James	51.10	Heartbeat Wales
7	Doug Dixon	51.19	RAF Locking
8	Robert Masson	52.34	U/A
9	Barry Slocombe	52.35	Kingswood Tri Club
10	Roger Pierson	52.37	Les Croupiers

## Male Vet 50

1	Ron Morgan	48.45	Newport Harriers
2	Barrie Buckland	48.54	Rhondda Valley Runners
3	John Chapman	51.01	Pegasus R C
4	A Johnson	51.35	Griffithstown Harriers
5	Tony Pesticcio	51.37	San Domenico
6	Ronnie Baldwin	52.58	Rhymney Valley A C
7	Alan Bladen	53.03	Les Croupiers
8	Graham Bullimore	53.28	Newport Harriers
9	J Jervis	54.20	Club 69
10	Colin Whiteside	55.00	Griffithstown Harriers

## Male Vet 60

1	Nigel Stuart-Thorn	51.27	South West Veterans A.C.
2	John Meredith	53.01	Fairwater Runners
3	Colin Lloyd	55.00	Griffithstown Harriers
4	Doug Whiting	56.41	Westbury Harriers
5	Gwyn Davies	57.14	Bridgend A C
6	Frank Copping	60.08	Ipswich Jaffa
7	Phil Kingston	61.29	Spartans
8	Allan Swales	67.14	Griffithstown Harriers

**405 Total Entries**  
**362 Total Finishers**  
**0 Retirements**

## Senior Women

1	Lynch	47.44	Newport Harriers
2	Beccy Cameron	49.44	Bridgend A C
3	Alison Scivens	51.16	Griffithstown Harriers
4	Angharad Mair	52.45	Les Croupiers
5	M Blue	53.26	Bitton Ferry R R
6	Clare Knox	53.57	Cardiff Triathletes
7	Sharon Woods	54.53	Griffithstown Harriers
8	Amanda Vowles	55.30	Chepstow Harriers
9	Gaynor Ambler	56.01	San Domenico
10	Judith Llewellyn	60.45	U/A

## Women Vet 35

1	Joanna Thompson	44.11	City of Bath A C
2	Trudi Thomson	46.37	B.T. Pitreavie
3	Melanie Carter	56.21	Penarth & Dinas Runners
4	Margaret Rabaiotti	57.35	Penarth & Dinas Runners
5	Kathryn McDermot	60.47	U/A
6	B Watts	61.30	Gwent Police
7	Helen Davies	62.52	U/A
8	Jacqueline Wilding	66.23	Brecon Bounders
9	Dawn Teague	70.40	Forest of Dean
10	Janice Clement	71.18	Penarth & Dinas Runners

## Women Vet 40

1	Sue Neal	54.36	Les Croupiers
2	Sue Symonds	57.53	Monmouth A C
3	Elizabeth Hughes	62.56	Neath Harriers
4	Sally Smith	63.39	Great Western Runners
5	Janet Smith	63.49	Monmouth A C
6	Val Aston	68.49	Les Croupiers

## Women Vet 45

1	Shelagh Adkins	51.45	Griffithstown Harriers
2	Kay Pritchard	57.39	Les Croupiers
3	Pat Sheppard	59.38	U/A
4	Jo Wright	67.54	U/A
5	Anne Donald	68.20	Les Croupiers
6	Karen Hill	68.32	Monmouth A C
7	Margaret Sharpe	76.08	U/A

## Men's Team

Newport Harriers	29	Tony Graham(1), Mark Healy(4) David Povall(6), Vincent Stokes(18)
Pegasus R C	70	John Davies(11), Alun Thomas(14) Tony Carzana(20), Dean House(25)
Les Croupiers	169	Richard Dunn(19), John Huggins(33) Dave Walsh(56), Brett Davies(61)

## Women's Team

Griffithstown Harriers	376	Alison Scivens(101), Shelagh Adkins(110) Sharon Woods(165)
Les Croupiers	517	Angharad Mair(130), Sue Neal(161) Kay Pritchard(226)
Penarth & Dinas	730	Melanie Carter(197), Margaret Rabaiotti(225) Linda Green(308)

## Notes

Joanna Thompson took 1st Senior Women  
Trudi Thomson took 1st Woman Vet 35

# The 1994 Lliswerry 8 Mile Road Race

Position	Name	Time	Cat	in	Club	Position	Name	Time	Cat	in	Club
<b>1</b>	<b>Tony Graham</b>	<b>39.54</b>	<b>MS</b>	<b>1</b>	<b>Newport Harriers</b>	66	R Sherman	49.18	MS	49	Cardiff A C
<b>2</b>	<b>Paul Richards</b>	<b>40.30</b>	<b>MS</b>	<b>2</b>	<b>Swansea Harriers</b>	67	Phillip Miles	49.21	MV40	10	Club 69
<b>3</b>	<b>Phil Cook</b>	<b>40.47</b>	<b>MS</b>	<b>3</b>	<b>Barry and Vale</b>	68	Paul Clement	49.23	MS	50	Ford Bridgend A C
4	Mark Healy	41.00	MS	4	Newport Harriers	69	Charles Jones	49.25	MV40	11	Bridgend A C
5	Danny Norton	42.88	MS	5	Rhondda Valley Runners	70	Francis Stevens	49.29	MV45	4	Pegasus R C
6	David Povall	42.48	MS	6	Newport Harriers	71	Jason Williams	49.33	MS	51	U/A
7	Mark Dowden	42.58	MS	7	Clevedon A C	<b>72</b>	<b>Beccy Cameron</b>	<b>49.44</b>	<b>WS</b>	<b>2</b>	<b>Bridgend A C</b>
8	Chris Slowley	43.18	MS	8	Bristol A C	73	Graham Jones	49.59	MS	52	Hengoed R R
9	Mark Mussa	44.06	MS	9	Heartbeat Wales	74	Mike Davies	50.09	MS	53	Pontypridd R R
10	Ieuan Jones	44.08	MS	10	Cardiff Triathletes	75	Pat Sullivan	50.10	MS	54	Cardiff Triathletes
<b>11</b>	<b>John Davies</b>	<b>44.10</b>	<b>MV40</b>	<b>1</b>	<b>Pegasus R C</b>	76	Barry Morgan	50.10	MS	55	Griffithstown Harriers
<b>12</b>	<b>Joanna Thompson</b>	<b>44.11</b>	<b>WV35</b>	<b>1</b>	<b>City of Bath A C</b>	77	Ron Thomas	50.18	MS	56	Newport Harriers
13	Michael Crowell	44.54	MS	11	Bridgend A C	78	Michael Smith	50.26	MV40	12	U/A
14	Alun Thomas	45.05	MS	12	Pegasus R C	79	Anthony Moore	50.29	MS	57	San Domenico
<b>15</b>	<b>R Morris</b>	<b>45.12</b>	<b>MV40</b>	<b>2</b>	<b>San Domenico</b>	80	David Eley	50.30	MS	58	U/A
<b>16</b>	<b>Mike Chandler</b>	<b>45.16</b>	<b>MV40</b>	<b>3</b>	<b>Caerphilly R C</b>	81	Richard Wilder	50.35	MS	59	Cardiff Triathletes
17	Paul Thomas	45.28	MS	13	Swansea Harriers	82	Gareth Fish	50.40	MS	60	U/A
18	Vincent Stokes	45.31	MS	14	Newport Harriers	83	Michael James	50.45	MS	61	Club 69
19	Richard Dunn	45.43	MS	15	Les Croupiers	84	D Stainer	50.45	MS	62	Islwyn R C
<b>20</b>	<b>Tony Carzana</b>	<b>45.45</b>	<b>MV45</b>	<b>1</b>	<b>Pegasus R C</b>	85	Stephen Jones	50.45	MS	63	Islwyn R C
21	Jeff Davies	45.55	MS	16	Hengoed R R	86	David Roberts	50.51	MV40	13	Cardiff A C
22	Paul Baigent	45.57	MS	17	Yeovil & Town R R	87	Stan Porazinski	50.52	MS	64	Newport Harriers
23	Andrew Percy	45.59	MS	18	Islwyn R C	88	David Norris Ross	50.53	MS	65	U/A
24	David Weston	46.05	MV40	4	Newport Harriers	89	Andy Kirby	50.58	MS	66	U/A
25	Dean House	46.06	MS	19	Pegasus R C	90	A G Hallett	51.00	MV40	14	Pontypridd R R
26	Nigel Clement	46.21	MS	20	Penarth & Dinas Runners	<b>91</b>	<b>John Chapman</b>	<b>51.01</b>	<b>MV50</b>	<b>3</b>	<b>Pegasus R C</b>
27	Brendan Sullivan	46.23	MS	21	Cardiff A C	92	John Farmer	51.01	MS	67	Comelly Striders
28	Gary Jones	46.25	MS	22	Gwent Tri Club	93	Roy Lemmer	51.04	MV45	5	Cardiff A C
29	John Crutcher	46.25	MV40	5	Bridgend A C	94	Ian Jones	51.04	MS	68	U/A
30	Ian Kirkpatrick	46.31	MV40	6	Sospan R R	95	Jeff Barclay	51.07	MS	69	Pontypridd R R
<b>31</b>	<b>Trudi Thomson</b>	<b>46.37</b>	<b>WV35</b>	<b>2</b>	<b>B.T. Pitreavie</b>	96	Keith Whitfield	51.07	MS	70	Penarth & Dinas Runners
<b>32</b>	<b>David Bastable</b>	<b>46.40</b>	<b>MV45</b>	<b>2</b>	<b>Rhymney Valley A C</b>	97	David Gardner	51.10	MS	71	U/A
33	John Huggins	46.48	MS	23	Les Croupiers	98	Clive James	51.10	MV45	6	Heartbeat Wales
34	Neil Nixon	47.01	MS	24	U/A	99	Darren Stevens	51.12	MS	72	Merthyr R C
35	Nigel Morgan	47.03	MS	25	Griffithstown Harriers	100	Paul Bickerstaffe	51.12	MS	73	Penarth & Dinas Runners
36	S Hooper	47.08	MS	26	Pontypridd R R	<b>101</b>	<b>Alison Scivens</b>	<b>51.16</b>	<b>WS</b>	<b>3</b>	<b>Griffithstown Harriers</b>
37	Paul Fox	47.10	MS	27	Griffithstown Harriers	102	Doug Dixon	51.19	MV45	7	RAF Locking
38	Gwyn Greenslade	47.13	MS	28	Newport Harriers	<b>103</b>	<b>Nigel Stuart-Thorn</b>	<b>51.27</b>	<b>MV60</b>	<b>1</b>	<b>South West Veterans A.C.</b>
39	E Jones	47.13	MS	29	Glyn Neath A. C.	104	Malcolm Cox	51.32	MV40	15	Griffithstown Harriers
40	Philip Meyler	47.15	MS	30	Beddau A C	105	A Johnson	51.35	MV50	4	Griffithstown Harriers
41	Tim Hammond	47.24	MS	31	Spartans	106	Howard Barlow	51.35	MS	74	U/A
42	Kevin Fulthorpe	47.27	MV40	7	Cardiff A C	107	Tony Pesticcio	51.37	MV50	5	San Domenico
43	M Davies	47.27	MS	32	U/A	108	David Walters	51.41	MV40	16	Ford Bridgend A C
44	Paul Baker	47.31	MS	33	Pontypridd R R	109	Steve Jones	51.42	MS	75	U/A
45	Chris Goulden	47.41	MS	34	Beddau A C	<b>110</b>	<b>Shelagh Adkins</b>	<b>51.45</b>	<b>WV45</b>	<b>1</b>	<b>Griffithstown Harriers</b>
<b>46</b>	<b>Sally Lynch</b>	<b>47.44</b>	<b>WS</b>	<b>1</b>	<b>Newport Harriers</b>	111	Ivir Cardwell	41.45	MS	76	U/A
<b>47</b>	<b>Bill Silto</b>	<b>47.46</b>	<b>MV45</b>	<b>3</b>	<b>Swindon R R</b>	112	John Davies	51.46	MV40	17	City of Bath A C
48	D Lloyd	47.48	MS	35	Pontypridd R R	113	Mel Bailey	51.48	MV40	18	San Domenico
49	Richard Sewell	47.50	MS	36	Barry and Vale	114	Wayne Davis	52.03	MS	77	San Domenico
50	Karl Davies	47.54	MS	37	Torfaen A C	115	Stephen Bartley	52.03	MS	78	Griffithstown Harriers
51	Martin Lawrence	48.06	MV40	8	Hengoed R R	116	Roger Hawksworth	52.09	MS	79	Spartans
52	Gareth Gibb	48.12	MS	38	Islwyn R C	117	David Paterson	52.14	MV40	19	U/A
53	Peter Shreeve	48.27	MS	39	Griffithstown Harriers	118	John Shaw	52.21	MS	80	Little Down Harriers
54	Gerant Evans	48.31	MS	40	Beddau A C	119	Tim Cummings	52.24	MS	81	Barry and Vale
55	Julian Richards	48.33	MS	41	U/A	120	Michael Greenslade	52.27	MS	82	U/A
56	Dave Walsh	48.35	MV40	9	Les Croupiers	121	Jeff Hanson	52.28	MS	83	Beddau A C
57	Alun Davies	48.37	MS	42	Newport Harriers	122	John Payne	52.32	MS	84	U/A
<b>58</b>	<b>Ron Morgan</b>	<b>48.45</b>	<b>MV50</b>	<b>1</b>	<b>Newport Harriers</b>	123	Robert Masson	52.34	MV45	8	U/A
59	Robert Harris	48.53	MS	43	Pegasus R C	124	Andrew Brown	52.34	MS	85	Gloucester AC
<b>60</b>	<b>Barrie Buckland</b>	<b>48.54</b>	<b>MV50</b>	<b>2</b>	<b>Rhondda Valley Runners</b>	125	Barry Slocombe	52.35	MV45	9	Kingswood Tri Club
61	Brett Davis	48.54	MS	44	Les Croupiers	126	Roger Pierson	52.37	MV45	10	Les Croupiers
62	John Nethercott	49.06	MS	45	Penarth & Dinas Runners	127	Chris Pollock	52.38	MS	86	Pontypridd R R
63	J Pedder Roberts	49.09	MS	46	Gwent Tri Club	128	Graham Ascott	52.38	MV40	20	Sparkhill Harriers
64	Graham Wood	49.09	MS	47	Swindon AC	129	Nigel Baker	52.42	MV45	11	Griffithstown Harriers
65	Andrew Martin	49.17	MS	48	Penarth & Dinas Runners	130	Angharad Mair	52.45	WS	4	Les Croupiers

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Pos- ition	Name	Time	Cat	in Cat	Club	Pos- ition	Name	Time	Cat	in Cat	Club
131	Ken Goodger	52.50	MV40	21	Newport Harriers	196	Andrew Hurley	56.17	MV40	32	Fairwater Runners
132	A Davies	52.53	MS	87	Pontypridd R R	<b>197 Melanie Carter</b>	<b>56.21 WV35</b>	<b>3</b>	<b>Penarth &amp; Dinas Runners</b>		
133	Ronnie Baldwin	52.58	MV50	6	Rhymney Valley A C	198	N Edwards	56.21	MS	123	U/A
<b>134 John Meredith</b>	<b>53.01 MV60</b>	<b>2</b>	<b>Fairwater Runners</b>			199	A Fettah	56.21	MS	124	U/A
135	Dylan Hughes Jones	53.03	MS	88	Amman Valley Harriers	200	David Streeter	56.21	MS	125	Horsham Blue Stars
136	Ken Ward	53.03	MV45	12	Penarth & Dinas Runners	201	Paul Hilling	56.21	MS	126	Hercules Wimbledon
137	Alan Bladen	53.03	MV50	7	Les Croupiers	202	Robert Mitcham	56.28	MS	127	Risca R R
138	Steve Masters	53.07	MS	89	U/A	203	Gary Merrel	56.35	MS	128	Neath Harriers
139	Robin Martin	53.08	MS	90	U/A	204	Doug Whiting	56.41	MV60	4	Westbury Harriers
140	Reynolds	53.13	MS	91	Fairwater Runners	205	Bernard Stevens	56.44	MV50	14	Merthyr R C
141	Emlyn Jones	53.19	MV40	22	Pontypridd R R	206	Dave Andrews	56.45	MV45	14	Thornbury R C
142	Chris Bartley	53.24	MS	92	Newport Harriers	207	Steve Evans	56.51	MS	129	Reebok R C
143	M Blue	53.26	WS	5	Bitton Ferry R R	208	Paul Jones	56.52	MS	130	Rhayader Runners Club
144	Graham Bullimore	53.28	MV50	8	Newport Harriers	209	W Beng	56.55	MV50	15	Chepstow Harriers
145	Steven Jones	53.31	MS	93	Risca R R	210	Terence Ruck	56.56	MV50	16	U/A
146	John Mills	53.35	MS	94	San Domenico	211	David Jenkins	56.58	MS	131	Fairwater Runners
147	Dave Thomas	53.48	MV40	23	U/A	212	Mike Evans	57.00	MV40	33	Risca R R
148	David Lewis	53.50	MS	95	U/A	213	Graham Anderson	57.02	MS	132	U/A
149	R Silver	53.56	MS	96	Penarth & Dinas Runners	214	Kevin Fenaroli	57.08	MS	133	Glyn Neath A. C.
150	Clare Knox	54.11	WS	6	Cardiff Triathletes	215	Chris Richards	57.08	MS	134	U/A
151	Jeffrey Lewis	53.57	MS	97	San Domenico	216	Sid Fewster	57.10	MV50	17	U/A
152	A Bartlett	53.57	MS	98	Cardiff Triathletes	217	Arthur Phillips	57.14	MV50	18	Glyn Neath A. C.
153	Philip Hoskins	54.09	MS	99	U/A	218	Gwyn Davies	57.14	MV60	5	Bridgend A C
154	P Wood	54.11	MV40	24	Barry and Vale	219	Phil Osmond	57.14	MS	135	U/A
155	M Matthews	54.18	MV40	25	U/A	220	Phillip Gregory	57.15	MV45	15	U/A
156	J Jervis	54.20	MV50	9	Club 69	221	Chris Norvill	57.20	MS	136	U/A
157	Anthony Holling	54.25	MS	100	Neath Harriers	222	Dave Watts	57.31	MS	137	Newport Harriers
158	Lee Ascott	54.26	MS	101	Sparkhill Harriers	223	Mark Lloyd	57.34	MS	138	Fairwater Runners
159	Liam Murphy	54.31	MS	102	Glyn Neath A. C.	224	Raymond Byce	57.35	MS	139	Cornelly Striders
160	Chris Bird	54.34	MS	103	Cardiff Triathletes	225	Margaret Rabaioiti	57.35	WV35	4	Penarth & Dinas Runners
<b>161 Sue Neal</b>	<b>54.36 WV40</b>	<b>1</b>	<b>Les Croupiers</b>			<b>226 Kay Pritchard</b>	<b>57.39 WV45</b>	<b>2</b>	<b>Les Croupiers</b>		
162	Paul Charles	54.37	MS	104	U/A	227	Tony Smart	57.42	MS	140	Cardiff Post Office
163	James Thomas	54.42	MS	105	Newport Harriers	228	Joel Williams	57.51	MS	141	Spartans
164	Nigel Pearce	54.52	MS	106	U/A	<b>229 Sue Symonds</b>	<b>57.53 WV40</b>	<b>2</b>	<b>Monmouth A C</b>		
165	Sharon Woods	54.53	WS	7	Griffithstown Harriers	230	Simon John	57.57	MS	142	Spartans
166	Mark Halliwell	54.53	MS	107	Risca R R	231	Lyndon Parker	57.59	MV45	16	U/A
167	Ian Wade	54.54	MS	108	Chepstow Harriers	232	Brian Davies	58.01	MS	143	Forest of Dean
168	Ian Hewitt	54.57	MV40	26	U/A	233	Robert Greene	58.04	MS	144	Hereford Couriers
<b>169 Colin Lloyd</b>	<b>55.00 MV60</b>	<b>3</b>	<b>Griffithstown Harriers</b>			234	Gareth Williams	58.08	MV40	34	U/A
170	Gerald Harris	55.00	MS	109	Pontypridd R R	235	Rhys Neale	58.12	MS	145	Oasis Club
171	Colin Whiteside	55.00	MV50	10	Griffithstown Harriers	236	S Kilbourne	58.12	MS	146	U/A
172	Alan Gale	55.00	MV40	27	Hengoed R R	237	Chris Gibbs	58.17	MV40	35	Somer A C
173	D Gorman	55.07	MS	110	Rhymney Valley A C	238	Richard Brown	58.19	MV40	36	Sheen Shufflers
174	Royston Toon	55.10	MV45	13	Chepstow Harriers	239	Keith Griffiths	58.23	MS	147	U/A
175	Paul Sheikh	55.24	MS	111	U/A	240	Gordon Lovell	58.28	MV50	19	Kingswood Tri Club
176	Clive Horsfield	55.27	MV50	11	Newport Harriers	241	Hadrian Evans	58.30	MV40	37	U/A
177	G Hicks	55.29	MV40	28	Rhymney Valley A C	242	Hugh Price	58.30	MV40	38	U/A
178	Amanda Vowles	55.30	WS	8	Chepstow Harriers	243	Ridley Griffith	58.30	MV50	20	Bridgend A C
179	Peter Clements	55.30	MS	112	U/A	244	Mark Waring	58.30	MS	148	U/A
180	Paul Bassett	55.30	MS	113	Pontypridd R R	245	M J Smith	58.35	MV40	39	U/A
181	Neil Lewis	55.30	MS	114	Hereford Couriers	246	Keith Edwards	58.38	MS	149	U/A
182	Jeff Wood	55.40	MV50	12	Les Croupiers	247	Mike Hopkins	58.39	MV40	40	U/A
183	Keith Moore	55.44	MS	115	Gwent Police	248	Kelvin Preddy	58.40	MS	150	U/A
184	Simon Hudd	55.46	MS	116	Penarth & Dinas Runners	249	Michael Pope	58.47	MS	151	U/A
185	Gordon Ashman	55.50	MS	117	Fairwater Runners	250	Williamson	58.54	MV50	21	Bleanavon Joggers
186	John Thomas	55.50	MS	118	Les Croupiers	251	John Robinson	58.57	MV40	41	Bridgend A C
187	T Webb	55.55	MV40	29	Pegasus R C	252	Russell Lewis	59.01	MS	152	U/A
188	Trefor Pugh	55.55	MV50	13	U/A	253	Jeff Osman	59.09	MS	153	U/A
189	Dave Maskell	55.57	MS	119	Mynyddwyr De Cymru	254	Stan Weeks	59.09	MV50	22	South Wales Constabulary
190	Steve Barry	55.57	MV40	30	Cardiff A C	255	Keith Harper	59.17	MS	154	U/A
191	M S Jones	55.58	MS	120	Amman Valley Harriers	256	Alun Harper	59.17	MS	155	Penarth & Dinas Runners
192	Gaynor Ambler	56.01	WS	9	San Domenico	257	M Galloway	59.19	MV45	17	Griffithstown Harriers
193	Brian Adamson	56.03	MS	121	Bridgend A C	258	Mark James	59.21	MV40	42	U/A
194	J Wilson	56.15	MV40	31	Risca R R	259	Steve Himbury	59.27	MS	156	South Wales Constabulary
195	G Thomas	56.16	MS	122	U/A	<b>260 Pat Sheppard</b>	<b>59.38 WV45</b>	<b>3</b>	<b>U/A</b>		

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261	David Gostelon	59.48	MV45	18	U/A	326	John Howell	67.34	MV50	30	Rhondda Valley Runners
262	David Ball	59.58	MS	157	U/A	327	T Towers	67.45	MS	179	U/A
263	Steve Kenyon	60.05	MV45	19	Post Office R C	328	Lucy Watling	67.46	WS	20	U/A
264	Frank Copping	60.08	MV60	6	Ipswich Jaffa	329	Phillip Freeman	67.46	MS	180	U/A
265	John Smith	60.11	MV50	23	100 Marathon Club	330	Stephen Hill	67.48	MS	181	U/A
266	Alun Robertson	60.17	MS	158	Cardiff Post Office	331	Jo Wright	67.54	WV45	4	U/A
267	David Hale	60.19	MS	159	Risca R R	332	Mark Baker	68.04	MS	182	U/A
268	Judith Llewellyn	60.45	WS	10	U/A	333	Tracey Townsend	68.07	WS	21	Fairwater Runners
269	Kathryn McDermot	60.47	WV35	5	U/A	334	Anne Donald	68.20	WV45	5	Les Croupiers
270	Colin Dawkins	61.06	MV40	43	U/A	335	Karen Hill	68.32	WV45	6	Monmouth A C
271	Graham Underdown	61.12	MV40	44	Cardiff Post Office	336	Nick Seal	68.35	MS	183	U/A
272	Bob Dearden	61.15	MV50	24	U/A	337	Val Aston	68.49	WV40	6	Les Croupiers
273	Robert Frampton	61.22	MS	160	San Domenico	338	Gareth Neal	68.51	MV50	31	U/A
274	Phil Kingston	61.29	MV60	7	Spartans	339	Frank O'Brien	69.09	MV45	25	U/A
275	B Watts	61.30	WV35	6	Gwent Police	340	Gary Willcox	69.25	MS	184	Griffithstown Harriers
276	John Cardno	61.31	MS	161	U/A	341	K Gadsby	69.27	MS	185	U/A
277	Dean Griffiths	61.47	MS	162	Merthyr R C	342	Sushil Nair	70.23	MV40	52	U/A
278	Terry John	61.50	MV40	45	Ford Bridgend A C	343	M Smyth	70.23	MS	186	U/A
279	Roger Grew	61.51	MV40	46	U/A	344	David Rees	70.23	MS	187	U/A
280	Brian Sullivan	61.57	MV50	25	U/A	345	Dawn Teague	70.40	WV35	9	Forest of Dean
281	Philip Jenkins	61.58	MS	163	U/A	346	Janice Clement	71.18	WV35	10	Penarth & Dinas Runners
282	I Thomas	61.58	MV40	47	Hengoed R R	347	Julie McGuire	71.48	WS	22	Fairwater Runners
283	Chris Spettie	62.01	MS	164	U/A	348	John Soulsby	72.41	MV50	32	U/A
284	Karen Martin	62.03	WS	11	U/A	349	Ken Gooding	72.41	MV50	33	U/A
285	Floyd Grant	62.15	MS	165	U/A	350	Colin Thompson	73.02	MV50	34	Rhondda Valley Runners
286	Steve Lloyd	62.18	MV40	48	Fairwater Runners	351	Delvin Baber	73.15	MV40	53	Fredricks
287	Michael Lovegrove	62.28	MV45	20	Penarth & Dinas Runners	352	Lesley West	73.25	WV35	11	Fairwater Runners
288	David Ford	62.32	MS	166	U/A	353	Charlotte Mitchell	73.25	WS	23	U/A
289	Glyn Worwood	62.34	MV45	21	U/A	354	Nick Oakley	73.34	MS	188	U/A
290	Sandra Brown	62.40	WS	12	Angels RC	355	Kevin Nield	73.35	MV40	54	U/A
291	Peter Spring	62.41	MV50	26	U/A	356	Simon Ingarfield	75.22	MS	189	U/A
292	Elizabeth Speed	62.45	WS	13	Newport Harriers	357	Brian Davies	75.56	MS	190	U/A
293	M Hughes	62.52	MV40	49	U/A	358	Allan Sharpe	76.02	MV50	35	U/A
294	Lynn Davies	62.52	MS	167	Cardiff A C	359	Keith Hookings	76.02	MS	191	U/A
295	Helen Davies	62.52	WV35	7	U/A	360	Margaret Sharpe	76.08	WV45	7	U/A
296	Sarah Lewis	62.52	WS	14	Risca R R	361	Jodi Powell	78.12	WS	24	U/A
297	Debbie Elworthy	62.56	WS	15	Gwent Police	362	P Hunt	78.12	MV50	36	U/A
<b>298</b>	<b>Elizabeth Hughes</b>	<b>62.56</b>	<b>WV40</b>	<b>3</b>	<b>Neath Harriers</b>						
299	Fred Smith	63.39	MV50	27	Great Western Runners						
300	Sally Smith	63.39	WV40	4	Great Western Runners						
301	Janet Smith	63.49	WV40	5	Monmouth A C						
302	J Adams	64.15	MS	168	U/A						
303	Wyndham Thomas	64.20	MS	169	U/A						
304	Fitzpatrick	64.27	MS	170	H.M.S.						
305	A Baker	64.27	MS	171	H.M.S.						
306	Robert Bryant	64.55	MS	172	U/A						
307	Louise Wilkins	64.57	WS	16	U/A						
308	Linda Green	65.03	WS	17	Penarth & Dinas Runners						
309	John Bye	65.10	MV40	50	U/A						
310	Richard Fell	65.29	MS	173	City of Bath A C						
311	K Bushell	65.42	MV45	22	Bitton Ferry R R						
312	Rhian Thomas	65.43	WS	18	U/A						
313	Phil Bater	65.55	MV40	51	Les Croupiers						
314	Stephen Williams	65.57	MS	174	U/A						
315	Alun Michael	66.12	MV50	28	Penarth & Dinas Runners						
316	Sarah Bowden	66.12	WS	19	Risca R R						
317	Martin Woodfield	66.12	MS	175	Penarth & Dinas Runners						
318	Glyn Saunders	66.17	MS	176	U/A						
319	Robert Hale	66.17	MV50	29	Sportage						
320	Jacqueline Wilding	66.23	WV35	8	Brecon Bounders						
321	Mick Hansford	66.25	MV45	23	Les Croupiers						
322	Peter Morgan	66.39	MV45	24	Les Croupiers						
323	S Suckling	66.54	MS	177	H.M.S.						
324	G Deaisey	67.14	MS	178	H.M.S.						
325	Allan Swales	67.14	MV60	8	Griffithstown Harriers						