

Undy Football Club: 10 Km
 Saturday 30-Jul-2022 at 10:00
 Organised by: Chepstow Harriers

Race Results

Pos	Bib	Name	Cat	Club	Race Time	Gender Pos	Cat Pos
1	1529	Phillip MATTHEWS	M V40	Parc Bryn Bach Rc	00:31:43	1	1
2	1606	Cory SHERWIN	M Senior	Forest Of Dean Ac	00:33:00	2	1
3	1516	Jon LIKE	M V35	Parc Bryn Bach Rc	00:33:21	3	1
4	1584	Andy RAYNOR	M V35	Forest Of Dean Ac	00:33:38	4	2
5	1436	Michael GILBERT	M V40	Royal Wootton Bassett Hounds Rc	00:33:52	5	2
6	1530	Ross MATTHEWS	M V35	Parc Bryn Bach Rc	00:33:54	6	3
7	1459	Phil HAMBLETON	M V35	Les Croupiers Rc	00:34:19	7	4
8	1499	Sam JONES	M V35	Parc Bryn Bach Rc	00:34:33	8	5
9	1652	Adam WHITTAKER	M Senior	Cdf Runners	00:34:38	9	2
10	898	Lee AHERNE	M V55	Parc Bryn Bach Rc	00:34:43	10	1
11	1656	Geraint WILLIAMS	M V35	Run4all Neath	00:35:00	11	6
12	1486	Alexander HUTTON-LEWIS	M Senior	Caerphilly Runners	00:35:03	12	3
13	1458	Matt HALL	M Senior	Les Croupiers Rc	00:35:38	13	4
14	1462	Jason HANSON	M Senior	Monmouth Tri Club	00:35:50	14	5
15	1250	Eddie CAMPBELL-ADAMS	M V45	Unattached	00:36:21	15	1
16	1547	Donna MORRIS	F V35	Builth & District Running Club	00:36:24	1	1
17	1189	Jonathan BONVILLE-GINN	M Senior	Cdf Runners	00:36:34	16	6
18	1613	Owen STADDON	M Senior	Caldicot Running Club	00:36:41	17	7
19	1393	Lizzie DIMOND	F V35	Llswerry Runners	00:36:42	2	2
20	1549	Paul MORTON	M V40	Les Croupiers Rc	00:36:43	18	3
21	1449	Nicholas GRINNELL	M V50	Bridgend Ac	00:36:54	19	1
22	1487	David JAMES	M V60	Les Croupiers Rc	00:37:41	20	1
23	1587	Jack REDDAWAY	M Senior	Les Croupiers Rc	00:37:49	21	8
24	1635	Matt TURNER	M V50	Caerleon Running Club	00:37:50	22	2
25	688	Michael ABELL	M Senior	Llswerry Runners	00:37:54	23	9
26	1380	Cj DE MOOI	M V50	Llswerry Runners	00:37:57	24	3
27	1646	Josh WEBB	M Junior	Caerphilly Runners	00:38:02	25	1
28	1480	Michael HOLLOWAY	M V35	Brecon Ac	00:38:04	26	7
29	1471	Thomas HENRY	M V35	Llswerry Runners	00:38:17	27	8
30	1356	Giles DAKIN	M Junior	Lonely Goat Running Club	00:38:29	28	2
31	1669	Henry WRIGHT	M V40	White Rock Runners	00:38:41	29	4
32	1577	Robert PRITCHARD	M V40	Chepstow Harriers	00:38:49	30	5
33	1477	Emma HINES	F V45	Chippenham Harriers	00:38:52	3	1
34	1569	Laurence POLE	M V45	Pontypridd Roadents Ac	00:39:08	31	2

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Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
35	1326 Tony COVER	M V45	Chippenham Harriers	00:39:17	32	3
36	1395 Paul DODD	M V60	Chepstow Harriers	00:39:18	33	2
37	1517 Jaron LLOYD	M V35	Lliswerry Runners	00:39:19	34	9
38	1583 Michael RALPH	M Junior	Caerphilly Runners	00:39:30	35	3
39	1447 Sam GRIFFITHS	M Senior	Unattached	00:39:30	36	10
40	1328 Dean COX	M V35	Unattached	00:39:33	37	10
41	1571 Gethin POWELL	M V35	Pontypridd Roadents Ac	00:39:35	38	11
42	1566 Hossein PIROOZ	M V40	Bitton Road Runners	00:39:38	39	6
43	1405 Michael DOUGLAS	M V50	Halesowen Acc	00:39:40	40	4
44	1546 Niki MORGAN	F V55	Chepstow Harriers	00:39:46	4	1
45	1521 Daniel LUFFMAN	M V45	Les Croupiers Rc	00:39:49	41	4
46	1437 Simon GILL	M V40	Lliswerry Runners	00:40:02	42	7
47	1629 Ashley TEMUDO	M Senior	Caldicot Running Club	00:40:08	43	11
48	1431 Ian GAWINOWSKI	M V45	Westbury Harriers	00:40:12	44	5
49	1102 Stephen BARTLETT	M V50	Pontypridd Roadents Ac	00:40:12	45	5
50	1622 Cherry FOWLER	F V50	Chepstow Harriers	00:40:13	5	1
51	1597 Alwyn ROYALL	M V55	Chippenham Harriers	00:40:13	46	2
52	1565 George PICKERING	M Senior	Cdf Runners	00:40:16	47	12
53	1513 Walter LEACH	M V60	Forest Of Dean Ac	00:40:17	48	3
54	1645 Ricci WATTS	M V35	Pont-y-pwl And District Runners	00:40:26	49	12
55	1500 Nicola JUKES	F V50	Parc Bryn Bach Rc	00:40:36	6	2
56	1241 James BRUCE	M V45	Les Croupiers Rc	00:40:39	50	6
57	1478 Eddie HISCOCKS	M V45	Unattached	00:40:41	51	7
58	1657 Martin WILLIAMS	M V40	Ledbury Harriers	00:40:53	52	8
59	1630 Matt TOOBY	M V35	Caerleon Running Club	00:40:56	53	13
60	1548 Sarah MORRIS	F V35	Black Pear Joggers	00:41:23	7	3
61	1460 Stephanie HAMBLETON	F Senior	Les Croupiers Rc	00:41:24	8	1
62	1567 Kevin PLANK	M V50	San Domenico Rc	00:41:27	54	6
63	1244 Gareth BURKITT	M Senior	Caerleon Running Club	00:41:30	55	13
64	1239 James BROWN	M Senior	Lliswerry Runners	00:41:30	56	14
65	1412 Emma EDWARDS	F V40	Caerphilly Runners	00:41:36	9	1
66	1621 Nick STOCKER	M V50	Bridgend Ac	00:41:37	57	7
67	1261 Julie CHAMBERLAIN	F V35	Cardiff Aac	00:41:48	10	4
68	1615 Ewan STENHOUSE	M Senior	Cdf Runners	00:42:05	58	15
69	1545 Gareth MORGAN	M V50	Les Croupiers Rc	00:42:06	59	8
70	1643 Susan WATSON	F V55	Les Croupiers Rc	00:42:11	11	2
71	1639 George WALKER	M V60	Cdf Runners	00:42:13	60	4
72	1665 Matthew WOOD	M V35	Bitton Road Runners	00:42:13	61	14
73	1558 Stephen OWEN	M V65	Chepstow Harriers	00:42:21	62	1
74	1421 Christian FORD	M Senior	Caerleon Running Club	00:42:24	63	16
75	1544 Chris MORGAN	M V55	Lliswerry Runners	00:42:27	64	3

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Pos	Bib	Name	Cat	Club	Race Time	Gender	Cat Pos
76	1302	Marcus COLES	M V45	Les Croupiers Rc	00:42:46		65 8
77	1369	Naomi DAVIES	F Senior	Caerphilly Runners	00:42:50		12 2
78	1598	Brandon ROYALL	M Junior	Chippenham Harriers	00:42:51		66 4
79	1523	Joe MACPHERSON	M Senior	Caerphilly Runners	00:42:55		67 17
80	1666	Harry WOODWARD	M Senior	Caldicot Running Club	00:43:15		68 18
81	1483	Jo HUDSON	F V50	Caerphilly Runners	00:43:29		13 3
82	1420	David FLYNN	M V65	Les Croupiers Rc	00:43:44		69 2
83	1576	Jason PRITCHARD	M V45	Caerleon Running Club	00:44:11		70 9
84	1407	Mike DUGGAN	M V55	Bitton Road Runners	00:44:17		71 4
85	1490	Ryan JEREMY	M Senior	Unattached	00:44:18		72 19
86	1542	Charlotte MORAN	F V45	Caerleon Running Club	00:44:27		14 2
87	1418	Michael EWINS	M V40	Caldicot Running Club	00:44:29		73 9
88	1465	Wesley HARRIS	M V40	Caerleon Running Club	00:44:30		74 10
89	1060	Anna AVERY	F V40	Bitton Road Runners	00:44:41		15 2
90	1625	Ruth SUTTON	F V45	Pontypridd Roadents Ac	00:44:49		16 3
91	1627	Michelle TAYLOR	F Senior	Islwyn Rc	00:44:51		17 3
92	1504	Richard KERSHAW	M V40	Bitton Road Runners	00:44:54		75 11
93	1357	Simon DAKIN	M V50	Westbury Harriers	00:44:55		76 9
94	1658	Stephen WILLIAMS	M V35	Caerphilly Runners	00:44:59		77 15
95	1561	Gethin PARKER	M V45	Les Croupiers Rc	00:45:07		78 10
96	1501	Andrew KAYE	M V60	Vegan Runners	00:45:15		79 5
97	1651	Alex WHITE	M V35	Unattached	00:45:18		80 16
98	1563	Karen PENNELL	F V35	Caldicot Running Club	00:45:21		18 5
99	1607	Luc SHIDE	M Senior	Islwyn Rc	00:45:23		81 20
100	1293	Andrew COCHRANE	M V35	Unattached	00:45:38		82 17
101	1424	Tim FRY	M V40	Llswerry Runners	00:45:40		83 12
102	1492	Terry JEWELL-DAVIES	M V60	Unattached	00:45:41		84 6
103	1623	Ian SULLIVAN	M V55	Parc Bryn Bach Rc	00:45:43		85 5
104	1503	Howard KENT	M V70+	Les Croupiers Rc	00:45:48		86 1
105	1246	Martin BUSSELL	M V55	Unattached	00:46:02		87 6
106	1526	Lucy MARSHALL	F V35	Forest Of Dean Ac	00:46:10		19 6
107	1355	Fiona DAKIN	F V50	Westbury Harriers	00:46:11		20 4
108	1593	Keith ROBERTS	M V65	Llswerry Runners	00:46:15		88 3
109	1533	Owen McLAUGHLIN	M V70+	Forest Of Dean Ac	00:46:17		89 2
110	1497	Alicia JONES	F Senior	Llswerry Runners	00:46:28		21 4
111	1595	Jane ROSCOE	F V55	Chepstow Harriers	00:47:13		22 3
112	1277	Kay CHAPMAN	F V55	Les Croupiers Rc	00:47:17		23 4
113	1370	Neil DAVIES	M V55	Bitton Road Runners	00:47:27		90 7
114	1443	Christopher GRANT	M V60	Caerphilly Runners	00:47:28		91 7
115	1525	Jo MARRIOTT	F V50	Croft Ambrey Rc	00:47:38		24 5
116	1568	Mike POBJOY	M V55	Llswerry Runners	00:47:43		92 8

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Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
117	1636 Neil TYSON	M V45	Unattached	00:47:53	93	11
118	1557 Clive OSMOND	M V60	Les Croupiers Rc	00:47:56	94	8
119	1485 Dan HUNT	M Senior	Unattached	00:48:32	95	21
120	1472 Mark HERBERT	M V40	Les Croupiers Rc	00:48:51	96	13
121	1539 Phillip MILES	M V70+	Parc Bryn Bach Rc	00:48:59	97	3
122	1452 Kieran GROVES	M Senior	Lliswerry Runners	00:49:08	98	22
123	1416 Robert ELLIS	M V50	Caerphilly Runners	00:49:10	99	10
124	1285 Mike CHIPPING	M V70+	Bristol & West Ac	00:49:12	100	4
125	1599 Kelly RUCK	F V35	Forest Of Dean Ac	00:49:16	25	7
126	1280 Paul CHAPMAN	M V50	Les Croupiers Rc	00:49:17	101	11
127	1150 Em BISSEX	F V45	Pegasus Rc	00:49:24	26	4
128	1389 Gary DICKENS	M V35	Westbury Harriers	00:49:28	102	18
129	1364 Jon DAVIES	M Senior	Unattached	00:49:36	103	23
130	1628 Stefanie TAYLOR	F Senior	Cdf Runners	00:50:48	27	5
131	1439 Malc GONNELLA	M V65	Fairwater Runners	00:50:56	104	4
132	1014 Brigitte ALLEN	F V45	Chepstow Harriers	00:50:57	28	5
133	1315 Orlagh COTTIER	F Senior	Lliswerry Runners	00:50:59	29	6
134	1515 Robert LEWIS	M V70+	Caerphilly Runners	00:51:09	105	5
135	1488 Claire JARROM	F V35	Les Croupiers Rc	00:51:34	30	8
136	1527 Jenny MARTIN	F V40	Les Croupiers Rc	00:51:38	31	3
137	1562 Brett PAXTON	F Senior	Pontypridd Roadents Ac	00:51:55	32	7
138	1560 Kaylea PALKOWSKI	F Senior	Caerphilly Runners	00:52:02	33	8
139	1604 Julie SCHOLEY	F V60	Les Croupiers Rc	00:52:09	34	1
140	1257 Mark CANWELL	M V55	Westbury Harriers	00:52:12	106	9
141	1345 Marc CROSS	M V35	Griffithstown Harriers	00:52:17	107	19
142	1502 Lyn KENNEY	M V65	Griffithstown Harriers	00:52:18	108	5
143	1464 Jo HARRIS	F V50	Bitton Road Runners	00:53:16	35	6
144	1050 Tracey ARTHUR	F V40	Lliswerry Runners	00:53:20	36	4
145	1588 Robert REES	M V35	Unattached	00:53:24	109	20
146	1667 Stephen WOODWARD	M V50	Caldicot Running Club	00:53:34	110	12
147	1292 John COBBE	M V65	Chepstow Harriers	00:53:42	111	6
148	1454 Sally GROVES	F V55	Pegasus Rc	00:53:52	37	5
149	1426 Eve GALLOP-EVANS	F V55	Les Croupiers Rc	00:53:57	38	6
150	1579 David PROFFITT	M V65	Lliswerry Runners	00:54:01	112	7
151	1506 Anne KIRK	F V55	Forest Of Dean Ac	00:54:09	39	7
152	1660 Ian WILLS	M V55	Unattached	00:54:11	113	10
153	1647 David WEBSTER	M V55	Lliswerry Runners	00:54:14	114	11
154	1065 Brenda AVERY	F V70+	Chepstow Harriers	00:54:19	40	1
155	1289 Desmond CLEMENTS	M V50	Bitton Road Runners	00:54:31	115	13
156	1514 Neil LEWIS	M V40	Unattached	00:54:37	116	14
157	1637 Chris ULLATHORNE	M V40	Unattached	00:54:39	117	15

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Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
158	1534 Hugh McPHERSON	M V65	Thornbury Rc	00:55:06	118	8
159	1641 Tracy WARD	F V45	Bitton Road Runners	00:55:10	41	6
160	1570 Karen POTTER	F V55	Unattached	00:55:20	42	8
161	1484 Niall HUGHES	M V45	San Domenico Rc	00:55:26	119	12
162	1303 Alyson COLMAN	F V55	Bitton Road Runners	00:55:26	43	9
163	1617 Jayne STEPHENS	F V45	Caerphilly Runners	00:55:28	44	7
164	1304 David COLMAN	M V55	Bitton Road Runners	00:55:29	120	12
165	1531 Nigel MAYCOCK	M V35	Unattached	00:55:33	121	21
166	1649 Dave WESTLEY	M V65	Llswerry Runners	00:55:39	122	9
167	1507 James KIRK	M V55	Forest Of Dean Ac	00:55:42	123	13
168	1578 Vanessa PRITCHARD	F V45	Caerleon Running Club	00:55:53	45	8
169	1586 Steve REASON	M V55	Spirit Of Monmouth Rc	00:56:00	124	14
170	1493 Gary JOHN	M V65	Les Croupiers Rc	00:56:07	125	10
171	1559 Luke PADFIELD	M V40	Caldicot Running Club	00:56:16	126	16
172	1444 Sian GRAVES	F Senior	Caldicot Running Club	00:56:17	46	9
173	1435 Simon GIBBS	M V55	Unattached	00:56:25	127	15
174	1540 Adam MILSOM	M V35	Unattached	00:56:42	128	22
175	1434 Katie GIBBS	F Senior	Caerleon Running Club	00:56:42	47	10
176	1432 Tara GAWTHORN	F V50	Undy And Redwick Roadrunners	00:56:45	48	7
177	1554 Rob NORMAN	M V50	Unattached	00:56:52	129	14
178	1648 Jon WELSH	M V50	Thornbury Rc	00:56:54	130	15
179	1409 Carol DUNSBEE	F V50	Chepstow Harriers	00:57:02	49	8
180	1620 Shelley STIFF	F V55	Bitton Road Runners	00:57:03	50	10
181	1413 Sean EDWARDS	M V50	Undy And Redwick Roadrunners	00:57:23	131	16
182	1612 Samantha STACEY	F V40	Hereford Couriers	00:57:57	51	5
183	1541 Lynn MOORE	F V55	Forest Of Dean Ac	00:58:06	52	11
184	1453 Phil GROVES	M V60	Pegasus Rc	00:58:14	132	9
185	1474 Nigel HEWSTON	M V65	Stroud & District Ac	00:58:16	133	11
186	1229 Alfie BROWN	M Junior	Unattached	00:58:20	134	5
187	1414 Jackie EGGERTON PHILLIPS	F V50	Unattached	00:58:27	53	9
188	1616 Chris STENNER	M V45	Unattached	00:58:43	135	13
189	1626 Avisa TALEMI	F V40	Caerleon Running Club	00:58:59	54	6
190	1406 Lisa DUGGAN	F V50	Unattached	00:59:06	55	10
191	1350 Leanne CROWLEY	F V35	Unattached	00:59:06	56	9
192	1377 Dawn PINCOTT	F V55	Unattached	00:59:13	57	12
193	1661 Debbie WINSER	F V45	Unattached	00:59:29	58	9
194	1385 James DENNEHY	M V40	Unattached	00:59:40	136	17
195	1520 Carol LOWREY	F V65	Bitton Road Runners	00:59:46	59	1
196	1110 Brian BENJAMIN	M V70+	Bitton Road Runners	01:00:07	137	6
197	1362 Heather DAVIES	F V55	Bitton Road Runners	01:00:37	60	13
198	1419 Rebecca FARR	F V45	Unattached	01:01:25	61	10

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199	1551 John MUNDAY	M V70+	Undy And Redwick Roadrunners	01:01:50	138	7
200	1482 Emma HORTON	F V35	Undy And Redwick Roadrunners	01:01:51	62	10
201	1404 Leanne DONOVAN	F V35	White Rock Runners	01:01:52	63	11
202	1238 Amanda BRITTON	F V50	Bitton Road Runners	01:02:07	64	11
203	1591 Ceriann ROBBINS	F V45	Caerphilly Runners	01:02:48	65	11
204	1469 Ruth HAZELL	F V40	Caerphilly Runners	01:02:48	66	7
205	1468 David HAZELL	M V40	Caerphilly Runners	01:02:49	139	18
206	1422 Pat FRENCH	F V60	Bitton Road Runners	01:02:53	67	2
207	1663 Amy WINTER	F V35	Unattached	01:03:38	68	12
208	1611 Sophie SQUIBBS	F Senior	Unattached	01:03:44	69	11
209	1537 Angharad MELLENS	F Senior	Unattached	01:03:52	70	12
210	1573 Angharad PRICE	F V40	Les Croupiers Rc	01:05:40	71	8
211	1634 Julie TUCKER	F V60	Chepstow Harriers	01:05:48	72	3
212	1433 Claire GEORGE	F V50	Les Croupiers Rc	01:07:13	73	12
213	1664 Sarah WOLUJEWICZ	F V35	Unattached	01:08:13	74	13
214	1489 Ed JEREMY	M V50	Chepstow Harriers	01:09:19	140	17
215	1528 Jon MARTIN	M V45	Les Croupiers Rc	01:09:30	141	14
216	1552 Tracey NEWMAN	F V50	Les Croupiers Rc	01:11:56	75	13
217	1495 Clare JOHNSON	F V70+	Les Croupiers Rc	01:12:16	76	2
218	1550 Susan MOWAT	F V55	Bitton Road Runners	01:12:31	77	14
219	1450 Helen GRIST	F V65	Unattached	01:12:33	78	2
220	1601 Faith RYAN	F Senior	Unattached	01:15:26	79	13
221	1605 James SELBY	M V40	Unattached	01:18:38	142	19
222	1363 James DAVIES	M V40	Undy And Redwick Roadrunners	01:18:39	143	20
223	1463 Patricia HARLEY	F V70+	Bitton Road Runners	01:21:56	80	3
224	1410 Tina DURY	F V55	Bitton Road Runners	01:22:58	81	15
225	1473 Sue HEWITT	F V65	Bitton Road Runners	01:23:40	82	3
226	1049 Sharon ARNOLD	F V45	Unattached	01:31:10	83	12