

Night Race 1 - Mallards
Mallards Pike FoD: 5.3 miles
Thursday 06-Dec-2018 at 19:30
Organised by: Rogue Runs
Race Results

Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
1	675 Owain JONES	M Senior	Bristol & West Ac (est. 1882)	00:32:13	1	1
2	868 Matthew REES	M Senior	Swansea Harriers	00:34:20	2	2
3	1094 Darren BISHOP	M Senior	Pontypridd Roadents Ac	00:34:48	3	3
4	684 Sam JONES	M Senior	Parc Bryn Bach Rc	00:34:50	4	4
5	829 Mike PFEIFFER	M V50	Likeys	00:34:54	5	1
6	801 Paul MURRIN	M V45	Chepstow Harriers	00:35:31	6	1
7	23 Ben ARKELL	M Senior	Mdc	00:35:44	7	5
8	1056 Alastair WILLIAMS	M V45	Tnbc	00:37:23	8	2
9	922 Cory SHERWIN	M Junior	Forest Of Dean Ac	00:37:36	9	1
10	1089 Dan SANDFORD	M V40	Forest Of Dean Ac	00:37:53	10	1
11	690 Rhys KNIGHT	M Senior	Liswerry Runners	00:37:54	11	6
12	783 Tom MOLLEKIN	M Senior	Torfaen Runners	00:38:03	12	7
13	436 Pete HAYNES	M Senior	Gloucester Ac	00:38:40	13	8
14	1064 Harry WOOD	M Senior	Forest Of Dean Ac	00:39:12	14	9
15	91 Ben BOWEN	M Senior	Builth & District Running Club	00:39:17	15	10
16	812 Darren OULD	M Senior	Maindy Harriers	00:39:27	16	11
17	70 Wayne BEVAN	M V40	Forest Of Dean Ac	00:39:28	17	2
18	1095 Chris CHAMBERS	M V45	Mynydd Du	00:39:30	18	3
19	734 Stephen McATEER	M V40	Newent Runners	00:39:31	19	3
20	267 Gethin EDWARDS	M V40	Pontyclun Road Runners	00:39:43	20	4
21	1118 Richard CRONIN	M Senior	Forest Of Dean Ac	00:39:54	21	12
22	367 Brendan GRIFFITHS	M Senior	Thornbury Rc	00:40:06	22	13
23	492 Brian HOSTY	M V40	Unattached	00:40:09	23	5
24	1121 Callan WOOLHAM	M Senior	Unattached	00:40:20	24	14
25	1024 David WHEELER	M Senior	Chepstow Harriers	00:40:22	25	15
26	860 Matthew READ	M Senior	Dursley Running Club	00:40:23	26	16
27	103 Helen BROWN	F V45	Forest Of Dean Ac	00:40:29	1	1
28	909 Richard SHEEHY	M Senior	Parc Bryn Bach Rc	00:40:32	27	17
29	71 Richard BEVAN	M V45	Monross Trailblazers	00:40:41	28	4
30	172 Alex CLARIDGE	M V40	Tnbc	00:40:42	29	6
31	230 Andrew DICKENS	M V45	Torfaen Runners	00:40:50	30	5
32	217 Simon DARKE	M V60	Maindy Harriers	00:40:56	31	1
33	1127 Malcolm RITCHIE	M V40	Bristol & West Ac (est. 1882)	00:41:08	32	7
34	1097 Tom TURNER	M Senior	Torfaen Runners	00:41:19	33	18
35	1130 Rhodri EVANS	M V40	Pontypridd Roadents Ac	00:41:23	34	8
36	816 Andrew PATERSON	M V45	Clc Striders	00:41:25	35	6
37	869 Stu REES	M Senior	Unattached	00:41:30	36	19
38	1145 Jamie BISHOP	M Senior	Pontypridd Roadents Ac	00:41:51	37	20
39	740 John-Paul McDONALD	M Senior	Unattached	00:41:57	38	21

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40	924 Peter SHIRVINGTON	MV45	Quantock Orienteers	00:42:11	39	7
41	64 Scott BERRY	MV40	Forest Of Dean Ac	00:42:16	40	9
42	160 Paul CARRUTHERS	MV40	Hucclecote Harriers	00:42:40	41	10
43	704 Walter LEACH	MV55	Forest Of Dean Ac	00:42:47	42	1
44	953 Niki MORGAN	FV50	Chepstow Harriers	00:42:49	2	1
45	269 Matt ELPHICK	MV45	Unattached	00:42:55	43	8
46	286 James FLETCHER	MV50	Monross Trailblazers	00:42:58	44	2
47	987 Alex TURLEY	MSenior	Unattached	00:43:02	45	22
48	983 Lee TURLEY	MSenior	Unattached	00:43:03	46	23
49	1144 Rob BEVES	MV50	Chepstow Harriers	00:43:07	47	3
50	981 Phil TURBARD	MV40	Tri Woodmancote	00:43:12	48	11
51	1116 Sophie HOPE	FSenior	Gloucester Ac	00:43:25	3	1
52	813 Steve OWEN	MV65	Chepstow Harriers	00:43:26	49	1
53	720 Ian MACKLIN	MV45	Mdc	00:43:50	50	9
54	370 Tommi GROVER	MV40	Bok	00:43:53	51	12
55	1033 Matt WILLIAMS	MV40	Lady Boyz	00:43:55	52	13
56	916 Donna SHEEN	FSenior	Forest Of Dean Ac	00:43:57	4	2
57	1088 Rob HOOK	MV50	Chepstow Harriers	00:43:59	53	4
58	833 Rhys PHELPS	MSenior	Unattached	00:43:59	54	24
59	756 Steven MESHAM	MV45	Presteigne Pacers Running Club	00:44:12	55	10
60	339 David GEORGE	MV60	Westbury Harriers	00:44:24	56	2
61	1132 Will SMITH	MSenior	Unattached	00:44:27	57	25
62	490 Liam HOPKINS	MSenior	Unattached	00:44:32	58	26
63	234 Jonathan DIMMER	MV40	Tnbc	00:44:34	59	14
64	896 Timothy ROWLANDS	MSenior	Unattached	00:44:36	60	27
65	971 Andrew THORPE	MV60	Forest Of Dean Ac	00:44:38	61	3
66	784 Stephen MORGAN	MV45	Fairwater Runners	00:44:41	62	11
67	811 Tim OLIVER	MV45	Monross Trailblazers	00:44:49	63	12
68	1135 Matt PAUL	MSenior	Maindy Harriers	00:44:57	64	28
69	826 Simon PETERSON	MV45	Islwyn Rc	00:45:10	65	13
70	328 Jonny GENTLE	MSenior	Apex Outdoor Monmouth	00:45:25	66	29
71	1143 Lisa JEFFERY	FV45	Chepstow Harriers	00:45:45	5	2
72	472 Philip HOBBS	MV45	Burnham On Sea Harriers	00:46:24	67	14
73	214 Sara CURRIE	FSenior	Unattached	00:46:28	6	3
74	1128 Colin JEFFERY	MV50	Unattached	00:46:34	68	5
75	730 Jason MATHER	MV45	Hucclecote Harriers	00:46:37	69	15
76	824 Nigel PENN	MV55	Unattached	00:46:42	70	2
77	949 Jim STORRAR	MV55	Forest Of Dean Ac	00:46:46	71	3
78	602 Paul HOWELL	MV45	Tewkesbury Triathlon Club	00:46:54	72	16

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79	1149	Laura FROWEN	F Senior	Unattached	00:47:03	7	4
80	692	Nathan LANDEG	MV40	Unattached	00:47:17	73	15
81	1136	Ian MORGAN	M Senior	Forest Of Dean Ac	00:47:41	74	30
82	706	Jeffrey LLOYD	MV45	Unattached	00:47:50	75	17
83	1107	Graham JAMES	MV55	Forest Of Dean Ac	00:47:55	76	4
84	113	Tim BUCKLEY	MV50	Chepstow Harriers	00:48:02	77	6
85	952	Lou SUMMERS	F V50	Torfaen Runners	00:48:06	8	2
86	387	Adrian GWILLIAM	MV50	Fairwater Runners	00:48:17	78	7
87	1147	Richard MARTIN	M Senior	Pontypridd Roadents Ac	00:48:38	79	31
88	863	Martin REED-DARBY	M Senior	Malvern Buzzards	00:48:41	80	32
89	402	Jeff HALL	MV45	Forest Of Dean Ac	00:49:11	81	18
90	445	Rob HICK	MV55	Wessex Orienteering Club	00:49:17	82	5
91	252	Paul DOWLING	MV60	Newent Runners	00:49:31	83	4
92	673	Vicky JONES	F V40	Aberdare	00:49:35	9	1
93	964	Martin THOMAS	M Senior	Unattached	00:49:36	84	33
94	846	Emma POOLE	F V50	Gloucester Ac	00:49:48	10	3
95	990	Neville TURNER	MV55	Forest Of Dean Ac	00:50:09	85	6
96	125	Gary BURLEY	MV55	Lydney Lopers	00:50:10	86	7
97	167	Nerys CHAPLIN	F Senior	Spirit Of Monmouth Rc	00:50:18	11	5
98	1133	James WILDEN	MV45	Unattached	00:50:25	87	19
99	1137	Mohamed Eslah BEN SHABAN	M Senior	Maindy Harriers	00:50:34	88	34
100	847	Rob POTTER	MV40	Unattached	00:50:35	89	16
101	435	David HATFIELD	M Senior	Fitness Troup	00:50:39	90	35
102	908	Ben SANG	M Senior	Unattached	00:50:50	91	36
103	1120	Julie CASHELL	F V40	Mynydd Du	00:50:57	12	2
104	758	Shaun MILES	MV45	Unattached	00:51:13	92	20
105	50	Ian BAYLISS	MV50	Y Fenni Triathlon	00:51:16	93	8
106	246	Alex DOHERTY	M Senior	Unattached	00:51:18	94	37
107	1148	Darren KIPPEST	MV45	Parc Bryn Bach Rc	00:51:26	95	21
108	33	Mark BAKER	MV50	Forest Of Dean Ac	00:51:38	96	9
109	104	Andrew BROWN	MV45	Malvern Joggers	00:51:47	97	22
110	738	Paul McCULLAGH	MV45	Unattached	00:52:00	98	23
111	1025	Howard WHITE	MV40	Unattached	00:52:18	99	17
112	251	Karen DORE	F V40	Lonely Goat Running Club	00:52:19	13	3
113	628	Jenifer HUNSLEY	F Senior	Unattached	00:52:20	14	6
114	625	Richard HUNSLEY	M Senior	Unattached	00:52:23	100	38
115	966	Nick THOMPSON	MV45	Unattached	00:52:38	101	24
116	268	Jeff ELLAWAY	MV60	Runnewport	00:52:38	102	5
117	1119	Sharon WOODS	F V55	Parc Bryn Bach Rc	00:52:49	15	1

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118	668 Martyn JENKINS	MV55	Fairwater Runners	00:52:51	103	8
119	1027 Terry WHITSON	MV65	Unattached	00:52:56	104	2
120	1 Martin ADAMS	MV40	Forest Of Dean Ac	00:53:02	105	18
121	295 Christian FORD	M Senior	Caerleon Running Club	00:53:41	106	39
122	1126 Mark PASSMORE	M Senior	Pontyclun Road Runners	00:53:52	107	40
123	1124 Andy BERY	MV50	Unattached	00:53:53	108	10
124	678 Dave JONES	MV45	Hucclecote Harriers	00:53:59	109	25
125	187 Ryan COLESHILL	M Senior	Unattached	00:54:37	110	41
126	256 Peter DOWSING	M Senior	Unattached	00:54:38	111	42
127	1044 Rebeccah WILLIAMS	F V50	Parc Bryn Bach Rc	00:54:49	16	4
128	282 Simon FENOULHET	MV60	Unattached	00:54:56	112	6
129	1122 Kevin DAVIES	MV50	Runnewport	00:54:56	113	11
130	447 Chris HILL	MV50	Caerleon Running Club	00:54:58	114	12
131	1021 Mark WARD	M Senior	Spirit Of Monmouth Rc	00:55:02	115	43
132	855 Kimberley PRICE	F Senior	Parc Bryn Bach Rc	00:55:03	17	7
133	751 Leon MEEK	MV45	Rogue Runners	00:55:03	116	26
134	659 Claire JACKSON	F V40	Spirit Of Monmouth Rc	00:55:03	18	4
135	77 Martin BLAKEBROUGH	MV55	Spirit Of Monmouth Rc	00:55:04	117	9
136	1057 Ben WILLIAMS	MV40	Unattached	00:55:05	118	19
137	92 Bronwen BOYCE	F V40	Maindy Harriers	00:55:07	19	5
138	350 Clare GREEN	F Senior	Newent Runners	00:55:08	20	8
139	823 Melissa PEARCE	F V45	Parc Bryn Bach Rc	00:55:08	21	3
140	932 Marcus SMITH	MV45	Parc Bryn Bach Rc	00:55:09	119	27
141	361 Martin GRIFFITHS	MV50	Rogue Runners	00:55:10	120	13
142	353 Laura GREY	F Senior	Spirit Of Monmouth Rc	00:55:12	22	9
143	752 Leanne MEEK	F Senior	Spirit Of Monmouth Rc	00:55:12	23	10
144	153 Phil BUTLER	MV65	Wye Valley Runners	00:55:14	121	3
145	906 Alison RUSSELL	F Senior	Unattached	00:55:14	24	11
146	290 Cathy FLETCHER	F V45	Spirit Of Monmouth Rc	00:55:31	25	4
147	1131 Jonathan MOODY	MV45	Spirit Of Monmouth Rc	00:55:34	122	28
148	1073 Marina WRIGHT	F V40	Spirit Of Monmouth Rc	00:55:43	26	6
149	667 Stacey JELLYMAN	F Senior	Unattached	00:55:45	27	12
150	58 Damion BEARD	M Senior	Unattached	00:55:48	123	44
151	400 Sherryl HALL	F V50	Forest Of Dean Ac	00:56:07	28	5
152	802 Louise MUTEHAM	F Senior	Lliswerry Runners	00:56:25	29	13
153	843 Mike POBJOY	MV50	Lliswerry Runners	00:56:25	124	14
154	899 Tim RUSSELL	M Senior	Unattached	00:56:40	125	45
155	929 Tony SIMPSON	MV50	Unattached	00:56:42	126	15
156	1087 Sue SHERGOLD	F V50	Forest Of Dean Ac	00:56:48	30	6

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157	708 Rachael LONG	F Senior	Unattached	00:56:51	31	14
158	205 Margaret POWLES	F V60	Forest Of Dean Ac	00:56:52	32	1
159	972 Becca TODD	F Senior	Unattached	00:56:55	33	15
160	799 Philip MURPHY	M Senior	Badtri	00:56:55	127	46
161	810 Ed NORTON	M Senior	Unattached	00:56:55	128	47
162	1146 Amy DAVIES	F Senior	Pontypridd Roadents Ac	00:56:57	34	16
163	848 Catherine POWELL	F Senior	Pontyclun Road Runners	00:57:08	35	17
164	839 Ceri PHILLIPS	F Senior	Unattached	00:57:09	36	18
165	796 Christa MORRIS	F V40	Unattached	00:57:13	37	7
166	185 Martin CLEAVER	M V45	Unattached	00:57:14	129	29
167	420 Rob HARDIE	M Senior	Winchcombe	00:57:14	130	48
168	1129 Jenny BUCKLEY	F Senior	Great Western Runners	00:57:15	38	19
169	1030 Amy WILDEN	F Senior	Unattached	00:57:16	39	20
170	744 Jonathan MEAD	M V60	Pontyclun Road Runners	00:57:23	131	7
171	1125 Sarah PASSMORE	F Senior	Pontyclun Road Runners	00:57:25	40	21
172	959 Suzie TEW	F V45	Parc Bryn Bach Rc	00:57:28	41	5
173	687 Dave KEMPTON	M V60	Parc Bryn Bach Rc	00:57:29	132	8
174	17 Thomas ANNETTS	M V40	Cssc	00:57:32	133	20
175	448 Andrew HILLIS	M V50	Spirit Of Monmouth Rc	00:57:35	134	16
176	59 Nick BEEVERS	M V45	Hucclecote Harriers	00:57:41	135	30
177	608 Chris HOWLEY	M V50	Hucclecote Harriers	00:57:41	136	17
178	640 Craig HUNT	M V45	Unattached	00:57:48	137	31
179	238 Jennifer DOHERTY	F Senior	Unattached	00:58:09	42	22
180	155 Craig CAMERON	M V50	Unattached	00:58:15	138	18
181	694 Kerry LAWRENCE	F V45	Unattached	00:58:36	43	6
182	702 Justin LAWRENCE	M V45	Unattached	00:58:36	139	32
183	883 David ROSS	M Senior	Unattached	00:58:38	140	49
184	870 Derren RICHARDSON	M V45	Unattached	00:58:48	141	33
185	1106 Nathan BLEAKEN	M Senior	Unattached	00:59:11	142	50
186	1098 Beth O'BRIEN	F Senior	Unattached	00:59:12	44	23
187	458 Laura HIRE	F Senior	Parc Bryn Bach Rc	00:59:20	45	24
188	277 Andrea ETHERIDGE	F V50	Unattached	00:59:21	46	7
189	705 Gareth LEWIS	M V45	Unattached	00:59:23	143	34
190	109 Doug BROWN	M Senior	Unattached	00:59:23	144	51
191	474 Linsey HOLT	F V40	Spirit Of Monmouth Rc	00:59:39	47	8
192	434 Rod WYATT	M V45	Spirit Of Monmouth Rc	00:59:39	145	35
193	715 Lucy MACDONALD	F Senior	Spirit Of Monmouth Rc	00:59:39	48	25
194	671 Mark JOHNSON	M V55	Unattached	00:59:40	146	10
195	9 Paul ALLEN	M V45	Forest Of Dean Ac	00:59:50	147	36

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196	408 Lucy HAMMOND	F V45	Maindy Harriers	01:00:07	49	7
197	333 Will GEORGE	M Senior	Unattached	01:00:15	148	52
198	712 Howard LOWE	M V55	Newent Runners	01:00:23	149	11
199	441 Steve HENEGHAN	M V50	Unattached	01:00:25	150	19
200	98 Kevin BROCKWAY	M V50	Dursley Running Club	01:00:39	151	20
201	100 Rachel BROWN	F V45	Dursley Running Club	01:00:40	50	8
202	227 Carolyn DENT	F V55	Westbury Harriers	01:00:42	51	2
203	707 Hayley LLOYD	F Senior	Unattached	01:01:18	52	26
204	390 Robyn HACKETT	F V45	Unattached	01:01:21	53	9
205	219 Louise DAVISON	F V40	Unattached	01:01:29	54	9
206	660 Vicky JEFFS	F V40	Unattached	01:01:29	55	10
207	1015 Lizzie WALPOLE	F Senior	Unattached	01:01:30	56	27
208	616 Ellie HUGHES	F Senior	Unattached	01:01:53	57	28
209	1142 Alex HOLLOWAY	F Senior	Unattached	01:01:57	58	29
210	1070 Sam WORGAN	F V45	Unattached	01:02:04	59	10
211	931 Nathan SMITH	M V40	Hucclecote Harriers	01:02:06	152	21
212	853 Elaine PRESDEE	F V50	Unattached	01:02:08	60	8
213	750 Scott MEDWAY	M V40	Unattached	01:02:25	153	22
214	213 Steve CROWTHER	M V55	Llisbury Runners	01:02:29	154	12
215	32 Rachel AVON	F Senior	Llisbury Runners	01:02:30	61	30
216	851 Linden POWELL	M V45	Unattached	01:02:36	155	37
217	37 Mary BAKER	F V50	Unattached	01:02:37	62	9
218	117 Hannah BURLEY	F V45	Forest Of Dean Ac	01:02:38	63	11
219	728 Michael MARKS	M V50	Forest Of Dean Ac	01:02:38	156	21
220	807 Lisa NICHOLLS	F V45	Llisbury Runners	01:02:47	64	12
221	992 Victoria TURNER	F V45	Unattached	01:02:56	65	13
222	49 Emma BARTLETT	F V40	Unattached	01:02:57	66	11
223	688 Sophie KNIGHT	F Senior	Caerphilly Runners	01:02:58	67	31
224	1014 Mike WALLIS	M V40	Unattached	01:03:26	157	23
225	945 Donna STAGG	F V40	Llisbury Runners	01:03:28	68	12
226	40 Michelle PRICE	F Senior	Newent Runners	01:04:05	69	32
227	814 Miriam PARIS	F V50	Forest Of Dean Ac	01:04:23	70	10
228	115 Paul BURGESS	M V60	Frampton Cotterell Harriers	01:04:34	158	9
229	223 Kate DAY	F V45	Unattached	01:04:55	71	14
230	330 Andy GEORGE	M V55	Forest Of Dean Ac	01:05:02	159	13
231	168 Mark CHRISTOPHER	M V50	Cheltenham Triathlon Club	01:05:30	160	22
232	1141 Kerry RIDDIFORD	F Senior	New Berkeley Harriers	01:05:40	72	33
233	162 Helen CERULLO	F V40	New Berkeley Harriers	01:05:40	73	13
234	194 Dave CORNER	M V50	Unattached	01:05:45	161	23

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235	862 Louise READ	F V45	Unattached	01:05:45	74	15
236	950 Tracy STRYDOM	F V50	Lliswerry Runners	01:05:57	75	11
237	757 Melanie MILES	F V50	Unattached	01:06:11	76	12
238	1134 Chris DURNELL	M Senior	Unattached	01:06:14	162	53
239	264 Nikki DURNELL	F Senior	Almost Athletes	01:06:14	77	34
240	1123 Paul SMITH	MV40	Unattached	01:06:24	163	24
241	12 Sara ANDERSON JONES	F Senior	Unattached	01:06:24	78	35
242	60 Cath BENNETT	F Senior	Unattached	01:06:26	79	36
243	80 Dylan BLENKINSOPP	MV40	Unattached	01:07:13	164	25
244	1081 Denise EVANS	F V50	Chepstow Harriers	01:07:31	80	13
245	1086 Stuart CHRISTMAS	MV50	Unattached	01:07:34	165	24
246	610 Rickey HUGHES	M Senior	Forest Of Dean Ac	01:07:39	166	54
247	220 John DAY	MV45	Unattached	01:07:41	167	38
248	1117 Peter FITZGERALD	MV50	Newent Runners	01:07:57	168	25
249	880 Peter ROBERTS	MV60	Griffithstown Harriers	01:08:02	169	10
250	604 Kathy HOWELL	F V60	Unattached	01:08:02	81	2
251	193 Lotte COOPER	F Senior	Unattached	01:08:03	82	37
252	980 Kevin TUFFLEY	MV40	Unattached	01:08:34	170	26
253	158 Marie CARPENTER	F Senior	Unattached	01:08:40	83	38
254	403 Jane HALL	F V45	Unattached	01:09:15	84	16
255	651 Catherine INGLESON	F V45	Runnewport	01:09:19	85	17
256	859 Claire PRICE	F V50	Runnewport	01:09:19	86	14
257	485 Louise HOPKINS	F V55	Lliswerry Runners	01:09:19	87	3
258	898 Kelly RUCK	F Senior	Forest Of Dean Ac	01:09:35	88	39
259	834 Paula PHILLIPS	F V45	Bbf Runners Lydney	01:10:43	89	18
260	199 Emily COWBURN	F Senior	Unattached	01:11:12	90	40
261	770 Lesley MOFFATT	F V45	Bbf Runners Lydney	01:11:21	91	19
262	186 Rob COLES	MV55	Unattached	01:11:54	171	14
263	301 Anna GAMBARINI	F V45	Unattached	01:12:19	92	20
264	127 Sian BURNS	F V50	Spirit Of Monmouth Rc	01:12:44	93	15
265	260 Helen DUNN	F V55	Spirit Of Monmouth Rc	01:12:44	94	4
266	938 Katie SPENCER	F Senior	Spirit Of Monmouth Rc	01:12:44	95	41
267	670 Anne JENNER	F V55	Chepstow Harriers	01:13:39	96	5
268	1054 Sally WILLIAMS	F V45	Spirit Of Monmouth Rc	01:14:13	97	21
269	933 Diane SMITH	F V60	Spirit Of Monmouth Rc	01:14:14	98	3
270	1002 Carol USHER	F V55	Spirit Of Monmouth Rc	01:14:14	99	6
271	296 Claire FOXALL	F Senior	Lliswerry Runners	01:14:15	100	42
272	722 Ronni MARGERISON	F V40	Lliswerry Runners	01:14:19	101	14
273	190 Tracy COOPER	F V40	Caerleon Running Club	01:14:40	102	15

Night Race 1 - Mallards
Mallards Pike FoD: 5.3 miles
Thursday 06-Dec-2018 at 19:30
Organised by: Rogue Runs
Race Results

Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
274	46 Katie COOK	F V40	Newent Runners	01:15:41	103	16
275	204 Emily TRENWITH	F Senior	Newent Runners	01:15:42	104	43
276	266 Russ DYER	M V45	Newent Runners	01:15:42	172	39
277	691 Helen KNOWLES	F V55	Newent Runners	01:16:21	105	7
278	84 Emma BLEWITT	F Senior	Newent Runners	01:16:21	106	44
279	755 Simon MELKSHAM	M V40	Ogmore Phoenix Runners	01:16:47	173	27
280	749 Vicky MEAD	F V50	Pontyclun Road Runners	01:19:36	107	16
281	1139 Helen ROUSE	F Senior	Unattached	01:19:49	108	45
282	1140 Natalie WEBB	F Senior	Unattached	01:20:23	109	46
283	1138 Laura ADAMS	F Senior	Unattached	01:20:30	110	47
284	95 Danielle BRICE	F Senior	Unattached	01:20:44	111	48
285	131 Sharron BURRIDGE	F V45	Chepstow Harriers	01:23:15	112	22