

Night Race 3 - Chepstow
 Chepstow: 5.0 miles
 Thursday 07-Feb-2019 at 19:30
 Organised by: Rogue Runs
 Race Results

Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
1	779 Darren BISHOP	M Senior	Pontypridd Roadents Ac	00:35:23	1	1
2	619 Sam JONES	M Senior	Parc Bryn Bach Rc	00:36:18	2	2
3	793 Paul MURRIN	M V45	Chepstow Harriers	00:36:34	3	1
4	696 James PRICE	M Senior	Bristol University Triathlon	00:36:43	4	3
5	483 James BROWN	M Senior	Chepstow Harriers	00:37:13	5	4
6	582 Steven HARRIS	M V40	Forest Of Dean Ac	00:37:16	6	1
7	530 Jordan EVANS	M Senior	Hucclecote Harriers	00:37:22	7	5
8	528 Robert DIBBLE	M Senior	University Of Bristol Triathlon Club	00:37:27	8	6
9	772 Martyn WINSER	M Senior	Chepstow Harriers	00:37:37	9	7
10	643 Wayne MAYER	M V50	Gloucester Ac	00:37:45	10	1
11	605 Daniel HURLEY	M Senior	Lichfield Running Club	00:37:46	11	8
12	541 Gethin EDWARDS	M V40	Pontyclun Road Runners	00:38:02	12	2
13	659 Tom MOLLEKIN	M Senior	Torfaen Runners	00:38:17	13	9
14	794 Leon GUNDLE	M Senior	Oballl	00:38:33	14	10
15	799 Jonathan FORD	M Senior	Fairwater Runners	00:38:37	15	11
16	715 Dan SANDFORD	M V40	Forest Of Dean Ac	00:38:53	16	3
17	573 Tara GROSVENOR	F Senior	Cheltenham Harriers	00:38:58	1	1
18	737 Alex SWAFFER	M Senior	Unattached	00:39:19	17	12
19	738 Sean TAYLOR	M V40	Mmrt	00:39:30	18	4
20	518 Richard CRONIN	M Senior	Forest Of Dean Ac	00:39:41	19	13
21	599 Brian HOSTY	M V40	Unattached	00:39:51	20	5
22	499 Jonathan CARTER	M V50	Chepstow Harriers	00:39:57	21	2
23	806 Andrew MATHIAS	M Senior	Chepstow Harriers	00:40:10	22	14
24	751 Andy TURNER	M Senior	Unattached	00:40:11	23	15
25	700 Josie RAWES	F Senior	Unattached	00:40:31	2	2
26	760 David WHEELER	M Senior	Chepstow Harriers	00:40:35	24	16
27	485 Helen BROWN	F V45	Forest Of Dean Ac	00:41:05	3	1
28	783 Mark MATTHEWS	M V45	Forest Of Dean Ac	00:41:13	25	2
29	598 Hannah HOPKINSON	F Senior	Torfaen Runners	00:41:24	4	3
30	796 Tony MARSHALL	M V55	Chepstow Harriers	00:41:43	26	1
31	647 Alistair McMELLON	M Senior	Unattached	00:41:47	27	17
32	781 Rhodri EVANS	M V40	Pontypridd Roadents Ac	00:41:50	28	6
33	600 Julian HOWE	M V45	Spirit Of Monmouth Rc	00:41:54	29	3
34	750 Alex TURLEY	M Senior	Unattached	00:42:00	30	18
35	749 Lee TURLEY	M Senior	Unattached	00:42:00	31	19
36	498 Paul CARRUTHERS	M V40	Hucclecote Harriers	00:42:10	32	7
37	691 Rob PORTER	M Senior	Unattached	00:42:13	33	20

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38	506 Thomas COCHRANE	M Senior	Ngoc	00:42:19	34	21
39	476 Rob BEVES	M V50	Chepstow Harriers	00:42:26	35	3
40	701 Liam READ	M Senior	Unattached	00:42:27	36	22
41	473 Scott BERRY	M V40	Forest Of Dean Ac	00:42:31	37	8
42	514 Jeremy COWEN	M V45	Chepstow Harriers	00:42:46	38	4
43	471 Sarah BELL	F V40	Chepstow Harriers	00:42:56	5	1
44	529 Andrew DICKENS	M V45	Torfaen Runners	00:43:02	39	5
45	675 Darren OULD	M Senior	Maindy Harriers	00:43:15	40	23
46	521 Simon DARKE	M V60	Maindy Harriers	00:43:21	41	1
47	780 David SOMERSALL	M V45	Chepstow Harriers	00:43:24	42	6
48	609 Lisa JEFFREY	F V45	Chepstow Harriers	00:43:25	6	2
49	763 Alan WILCOX	M V45	North Bristol Rc	00:43:33	43	7
50	547 James FLETCHER	M V50	Monross Trailblazers	00:43:41	44	4
51	660 Niki MORGAN	F V50	Chepstow Harriers	00:43:55	7	1
52	637 Ian MACKLIN	M V45	Mdc	00:44:04	45	8
53	636 Lucy MACDONALD	F Senior	Spirit Of Monmouth Rc	00:44:07	8	4
54	679 Andrew PATERSON	M V45	Clc Striders	00:44:20	46	9
55	729 Andrew SPENCER	M V55	Griffithstown Harriers	00:44:42	47	2
56	766 Daniel WILLIAMS	M Senior	Hucclecote Harriers	00:44:57	48	24
57	654 Steven MESHAM	M V45	Presteigne Pacers Running Club	00:45:10	49	10
58	676 Steve OWEN	M V65	Chepstow Harriers	00:45:23	50	1
59	531 Jonathan DIMMER	M V40	Tnbc	00:45:44	51	9
60	714 Tereza Maria RUSH	F Senior	Bristol Orienteering Club	00:45:54	9	5
61	614 Gareth JOHNS	M V40	Y Fenni Triathlon	00:46:10	52	10
62	578 Nick CUTCLIFFE	M V45	Forest Of Dean Ac	00:46:39	53	11
63	480 Richard BREAKSPEAR	M Senior	Goodgym Race Team	00:46:48	54	25
64	624 Nathan LANDEG	M V40	Unattached	00:46:54	55	11
65	755 Bob WATSON	M V45	Lliswerry Runners	00:46:57	56	12
66	765 John WILLIAMS	M V45	Hucclecote Harriers	00:47:02	57	13
67	719 Donna SHEEN	F Senior	Forest Of Dean Ac	00:47:09	10	6
68	800 Mohamed BEN SHABAN	M Senior	Maindy Center	00:47:12	58	26
69	597 Liam HOPKINS	M Senior	Unattached	00:47:39	59	27
70	575 Richard BEVAN	M V45	Monross Trailblazers	00:47:41	60	14
71	734 Louise SUMMERS	F V50	Torfaen Runners	00:47:43	11	2
72	674 Tim OLIVER	M V45	Monross Trailblazers	00:47:47	61	15
73	491 Gary BURLEY	M V55	Forest Of Dean Ac	00:48:11	62	3
74	517 Patrick RENNISON	M V55	Forest Of Dean Ac	00:48:26	63	4

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75	564 Malcolm GRAY	M V50	Hucclecote Harriers	00:48:46	64	5
76	472 Joe BEREZA	F Senior	Emersons Green Running Club	00:48:52	12	7
77	692 Robert POTTER	M V40	Unattached	00:48:56	65	12
78	620 Richard Wyn JONES	M V50	Unattached	00:48:59	66	6
79	622 Darren KIPPEST	M V45	Parc Bryn Bach Rc	00:49:02	67	16
80	707 Maria RICHARDS	F V45	Torfaen Runners	00:49:05	13	3
81	761 Clive WHITEHOUSE	M V55	Unattached	00:49:11	68	5
82	717 Benjamn SANG	M Senior	Unattached	00:49:26	69	28
83	488 Tim BUCKLEY	M V50	Chepstow Harriers	00:49:37	70	7
84	607 Claire JACKSON	F V40	Spirit Of Monmouth Rc	00:49:43	14	2
85	741 Damion THOMPSON	M V45	Hucclecote Harriers	00:49:43	71	17
86	764 James WILDEN	M V45	Unattached	00:49:50	72	18
87	509 Ryan COLESHILL	M Senior	Unattached	00:49:58	73	29
88	742 Nick THOMPSON	M V45	Unattached	00:50:06	74	19
89	590 Rob HICK	M V55	Wessex Orienteering Club	00:50:09	75	6
90	802 Daniel MILOSEVIC	M Senior	Torfaen Runners	00:50:11	76	30
91	784 Graham JAMES	M V55	Forest Of Dean Ac	00:50:13	77	7
92	791 Gavin JERMAN	M V55	Clc Striders	00:50:14	78	8
93	503 Nerys CHAPLIN	F Senior	Spirit Of Monmouth Rc	00:50:50	15	8
94	486 Andrew BROWN	M V45	Malvern Joggers	00:50:51	79	20
95	592 Rachel HIPKISS	F Senior	Chepstow Harriers	00:50:58	16	9
96	740 Martin THOMAS	M Senior	Unattached	00:51:19	80	31
97	574 Adrian GWILLIAM	M V50	Fairwater Runners	00:51:31	81	8
98	677 Mark PASSMORE	M Senior	Pontyclun Road Runners	00:51:45	82	32
99	756 Andrew WATTS	M V40	Chepstow Harriers	00:51:45	83	13
100	535 Paul DOWLING	M V60	Newent Runners	00:51:57	84	2
101	668 Philip MURPHY	M Senior	Unattached	00:52:01	85	33
102	617 Dave JONES	M V45	Hucclecote Harriers	00:52:04	86	21
103	534 Karen DORE	F V45	Lonely Goat Running Club	00:52:05	17	4
104	552 Julia FREARSON	F V40	Unattached	00:52:08	18	3
105	533 Al DOBBS	M V40	Chepstow Harriers	00:52:10	87	14
106	560 Siobhan GORMAN	F Senior	Unattached	00:52:14	19	10
107	787 Julie CASHELL	F V40	Mynydd Du	00:52:18	20	4
108	785 Rebecca POOLE	F Senior	Fairwater Runners	00:52:37	21	11
109	681 Melissa PEARCE	F V45	Parc Bryn Bach Rc	00:52:42	22	5
110	801 Peter HAGUE	M V55	Wirksworth Running Club	00:52:54	88	9
111	522 Dafydd Trystan DAVIES	M V40	Agile Therapy Run	00:53:07	89	15

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112	745 Becca TODD	F Senior	Unattached	00:53:14	23	12
113	611 Martyn JENKINS	M V55	Fairwater Runners	00:53:16	90	10
114	798 Andy BERRY	M V50	Unattached	00:53:19	91	9
115	630 Barry LLEWELYN	M V55	Torfaen Runners	00:53:22	92	11
116	782 Kevin DAVIES	M V50	Runnewport	00:53:33	93	10
117	807 Robin FLETCHER	M V50	Unattached	00:53:35	94	11
118	548 Cathy FLETCHER	F V45	Spirit Of Monmouth Rc	00:53:36	24	6
119	579 Lucy HAMMOND	F V45	Maindy Harriers	00:53:44	25	7
120	645 Paul McCULLAGH	M V50	Unattached	00:54:07	95	12
121	537 Stuart DUNCAN	M V55	Chepstow Harriers	00:54:10	96	12
122	776 Martin CLAYTON	M Senior	Unattached	00:54:15	97	34
123	656 Shaun MILES	M V45	Unattached	00:54:17	98	22
124	767 Rebeccah WILLIAMS	F V50	Parc Bryn Bach Rc	00:54:19	26	3
125	689 Mike POBJOY	M V50	Lliswerry Runners	00:54:27	99	13
126	526 Steve GUEST	M V55	North Bristol Rc	00:54:38	100	13
127	669 Louise MUTEHAM	F Senior	Lliswerry Runners	00:54:40	27	13
128	577 Sherryl HALL	F V50	Forest Of Dean Ac	00:54:56	28	4
129	610 Stacey JELLYMAN	F Senior	Unattached	00:55:00	29	14
130	546 Simon FENOULHET	M V60	Unattached	00:55:27	101	3
131	549 Christian FORD	M Senior	Caerleon Running Club	00:55:29	102	35
132	698 Kimberley PRICE	F Senior	Parc Bryn Bach Rc	00:55:49	30	15
133	725 Marcus SMITH	M V45	Parc Bryn Bach Rc	00:55:49	103	23
134	688 Ceri PHILLIPS	F Senior	Unattached	00:56:01	31	16
135	462 Thomas ANNETTS	M V40	Cssc	00:56:02	104	16
136	663 Jan MORRIS	F V50	Chepstow Harriers	00:56:30	32	5
137	479 Bronwen BOYCE	F V40	Maindy Harriers	00:56:56	33	5
138	510 Rebecca COMINS	F V45	Caldicot Running Club	00:56:59	34	8
139	612 James JENKINS	M Senior	Unattached	00:57:04	105	36
140	536 Peter DOWSING	M Senior	Unattached	00:57:06	106	37
141	632 Daniel LLOYD	M Senior	Unattached	00:57:15	107	38
142	494 Rhys CAHILL	M Senior	Unattached	00:57:15	108	39
143	747 Owain TUDUR	M Senior	Unattached	00:57:15	109	40
144	571 Martin GRIFFITHS	M V50	Rogue Runners	00:57:15	110	14
145	708 Derren RICHARDSON	M V45	Unattached	00:57:17	111	24
146	566 Clare GREEN	F Senior	Newent Runners	00:57:25	35	17
147	550 Duncan FORRESTER	M V50	Unattached	00:57:27	112	15
148	484 Rachel BROWN	F V45	Dursley Running Club	00:57:32	36	9

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149	790 Nathan BLEAKEN	M Senior	Unattached	00:57:52	113	41
150	568 Laura GREY	F Senior	Spirit Of Monmouth Rc	00:58:04	37	18
151	585 Emily HARRISON	F Senior	Spirit Of Monmouth Rc	00:58:04	38	19
152	658 Claire MINETT	F V40	Newent Runners	00:58:06	39	6
153	789 Beth O'BRIEN	F Senior	Unattached	00:58:06	40	20
154	633 Rachael LONG	F Senior	Unattached	00:58:22	41	21
155	631 Hayley LLOYD	F Senior	Unattached	00:58:26	42	22
156	809 Mike ANSTEY	M V60	Malvern Buzzards	00:58:35	114	4
157	695 Elaine PRESDEE	F V50	Unattached	00:58:39	43	6
158	602 Chris HOWLEY	M V50	Hucclecote Harriers	00:58:44	115	16
159	519 Steve CROWTHER	M V55	Lliswerry Runners	00:58:50	116	14
160	593 Laura HIRE	F Senior	Parc Bryn Bach Rc	00:59:01	44	23
161	788 Sharon WOODS	F V55	Mynydd Du	00:59:06	45	1
162	558 Will GEORGE	M Senior	Unattached	00:59:23	117	42
163	591 Chris HILL	M V50	Caerleon Running Club	00:59:24	118	17
164	803 Alan HUGHES	M Senior	Unattached	00:59:34	119	43
165	467 Chris BARBER	M V55	Newent Runners	00:59:36	120	15
166	711 David ROSS	M Senior	Unattached	00:59:41	121	44
167	588 Steve HENEGHAN	M V50	Unattached	00:59:43	122	18
168	804 Jonathan HUGHES	M V40	Unattached	00:59:50	123	17
169	556 Andy GEORGE	M V55	Forest Of Dean Ac	01:00:00	124	16
170	797 Nikki MARSHALL	F V55	Unattached	01:00:15	46	2
171	687 James PHILLIPS	M Senior	Pontyclun Road Runners	01:00:31	125	45
172	795 Jon HILDEN	M Senior	Unattached	01:00:41	126	46
173	604 Jess HUGHES	F Senior	Unattached	01:01:01	47	24
174	584 Nick HARRIS	M Senior	Ogmore Phoenix Runners	01:01:04	127	47
175	460 Paul ALLEN	M V45	Forest Of Dean Ac	01:01:52	128	25
176	672 Marc NICOL	M V45	Chepstow Harriers	01:01:53	129	26
177	706 Keri REIS	F Senior	Chepstow Harriers	01:02:01	48	25
178	527 Carolyn DENT	F V55	Westbury Harriers	01:02:14	49	3
179	697 Michelle PRICE	F Senior	Newent Runners	01:02:30	50	26
180	775 Callan WOOLHAM	M Senior	Unattached	01:02:32	130	48
181	678 Sarah PASSMORE	F Senior	Pontyclun Road Runners	01:02:42	51	27
182	705 Brett REGULSKI	M V55	Chepstow Harriers	01:02:49	131	17
183	762 Sheila WILCOX	F V50	North Bristol Rc	01:02:54	52	7
184	634 Howard LOWE	M V55	Newent Runners	01:02:57	132	18
185	559 Jonathan GIDDY	M V40	Cardiff Triathlon Club	01:03:02	133	18

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186	752 Rod WYATT	M V45	Spirit Of Monmouth Rc	01:03:09	134	27
187	595 Linsey HOLT	F V40	Spirit Of Monmouth Rc	01:03:10	53	7
188	651 Leon MEEK	M V45	Rogue Runners	01:03:11	135	28
189	652 Leanne MEEK	F Senior	Unattached	01:03:11	54	28
190	626 John LAWSON	M V50	Southville Rc	01:03:18	136	19
191	544 Andrea ETHERIDGE	F V50	Unattached	01:03:30	55	8
192	723 Rob SIMS	M V45	North Bristol Rc	01:03:39	137	29
193	616 Nikki JONES	F Senior	Caldicot Running Club	01:03:46	56	29
194	754 Mark WARD	M Senior	Spirit Of Monmouth Rc	01:03:48	138	49
195	569 Tina GRIFFIN	F V50	Unattached	01:03:54	57	9
196	671 Lisa NICHOLLS	F V45	Llisbury Runners	01:03:54	58	10
197	629 Karen LLEWELYN	F V55	Torfaen Runners	01:03:58	59	4
198	545 Denise EVANS	F V50	Chepstow Harriers	01:04:05	60	10
199	778 Jo WILLIAMS	F V50	Unattached	01:04:14	61	11
200	580 Kev HOLFORD	M Senior	Unattached	01:04:26	139	50
201	539 Stephen DURANT	M V40	Unattached	01:04:27	140	19
202	520 Paul DALTON	M V40	Unattached	01:04:27	141	20
203	525 Louise DAVISON	F V40	Unattached	01:05:41	62	8
204	709 Felicity ROBBINS	F Senior	Caerleon Running Club	01:05:41	63	30
205	482 Kevin BROCKWAY	M V50	Dursley Running Club	01:05:46	142	20
206	744 Caroline TINSLEY	F Senior	Maindy Harriers	01:06:00	64	31
207	786 Jackie TALBOT	F V50	Newent Runners	01:06:09	65	12
208	466 Mary BAKER	F V50	Unattached	01:06:18	66	13
209	724 Nathan SMITH	M V40	Hucclecote Harriers	01:06:25	143	21
210	601 Kathy HOWELL	F V60	Unattached	01:06:33	67	1
211	655 Melanie MILES	F V50	Unattached	01:06:37	68	14
212	699 Claire PRICE	F V50	Runnewport	01:06:39	69	15
213	702 Steve REASON	M V50	Unattached	01:06:58	144	21
214	673 Ed NORTON	M Senior	Unattached	01:07:34	145	51
215	623 Nikki KOSINSKI	F Senior	Unattached	01:07:35	70	32
216	469 Nick BEEVERS	M V45	Hucclecote Harriers	01:07:35	146	30
217	583 Wendy HARRIS	F V50	Hucclecote Harriers	01:07:41	71	16
218	507 Jess COLABELLA	F Senior	Unattached	01:07:46	72	33
219	512 Peter COVINGTON JONES	M V60	Forest Of Dean Ac	01:07:53	147	5
220	490 Hannah BURLEY	F V45	Forest Of Dean Ac	01:07:53	73	11
221	470 Kate BEEVERS	F V50	Hucclecote Harriers	01:08:01	74	17
222	684 Suzanne PETERS	F V50	Forest Of Dean Ac	01:08:32	75	18

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223	586 Lisa HAWKER	F V50	North Bristol Rc	01:09:02	76	19
224	639 Michael MARKS	M V50	Forest Of Dean Ac	01:09:14	148	22
225	805 Sam BAILEY	F V40	Unattached	01:09:14	77	9
226	777 Stuart CHRISTMAS	M V50	Unattached	01:09:28	149	23
227	792 Peter FITZGERALD	M V50	Newent Runners	01:10:11	150	24
228	489 Paul BURGESS	M V60	Frampton Cotterell Harriers	01:10:17	151	6
229	496 Ruth CARLING	F Senior	Unattached	01:10:47	78	34
230	565 Holly GRAY	F Senior	Hucclecote Harriers	01:11:27	79	35
231	563 Beverley GRAY	F V45	Hucclecote Harriers	01:11:29	80	12
232	613 Anne JENNER	F V55	Chepstow Harriers	01:11:31	81	5
233	523 Bridget DAVIES	F V50	Chepstow Harriers	01:11:31	82	20
234	773 Mel WOLFENDEN	F V45	Unattached	01:11:51	83	13
235	516 Carole CRESSWELL	F V45	Unattached	01:11:53	84	14
236	728 Paul SMITH	M V40	Unattached	01:11:58	152	22
237	461 Sara ANDERSON JONES	F Senior	Unattached	01:11:58	85	36
238	808 Lynda BROADWAY	F V55	Malvern Buzzards	01:12:36	86	6
239	759 Stefan WELLS	M Senior	Unattached	01:12:53	153	52
240	693 Catherine POWELL	F V40	Pontyclun Road Runners	01:13:04	87	10
241	648 Jonathan MEAD	M V60	Pontyclun Road Runners	01:13:04	154	7
242	638 Roni MARGERISON	F V40	Llisbury Runners	01:13:38	88	11
243	653 Simon MELKSHAM	M V40	Ogmore Phoenix Runners	01:13:38	155	23
244	635 Charlotte LUCY	F Senior	Unattached	01:14:05	89	37
245	606 Catherine INGLESON	F V45	Runnewport	01:14:33	90	15
246	733 Tracy STRYDOM	F V50	Llisbury Runners	01:14:34	91	21
247	508 Rob COLES	M V55	Unattached	01:16:35	156	19
248	513 Emily COWBURN	F Senior	Unattached	01:17:33	92	38
249	554 Anna GAMBARINI	F V45	Unattached	01:17:36	93	16
250	769 Sally WILLIAMS	F V45	Spirit Of Monmouth Rc	01:17:48	94	17
251	538 Helen DUNN	F V55	Spirit Of Monmouth Rc	01:17:49	95	7
252	492 Sian BURNS	F V50	Spirit Of Monmouth Rc	01:17:49	96	22
253	726 Diane SMITH	F V60	Spirit Of Monmouth Rc	01:17:49	97	2
254	562 Clare GRANT	F V60	Chepstow Harriers	01:18:24	98	3
255	596 Louise HOPKINS	F V55	Llisbury Runners	01:19:20	99	8
256	511 Tracy COOPER	F V40	Caerleon Running Club	01:20:13	100	12
257	628 Paul LINFORD	M V40	Unattached	01:21:09	157	24
258	493 Sharron BURRIDGE	F V45	Chepstow Harriers	01:22:51	101	18