

## Machen Mountain Run - 2009 Race Results

Position	Time	Race		Name	Gender	Age		Club
		Number	Surname			Category	Age	
1	40:19:00	<b>107</b>	Ryder	Peter	M	U40		CRB
2	42:09:00	<b>130</b>	Aggleton	Hugh	M	U40		MDC
3	42:55:00	<b>105</b>	Humphrys	Laurance	M	U40		Fairwater
4	44:28:00	<b>137</b>	Carter	Julian	M	O40		Les Croupiers
5	44:32:00	<b>80</b>	Flower	Crispin	M	O40		Mynydd Du
6	45:25:00	<b>98</b>	Wherlock	Jeff	M	O40		Machen Miggly Moos MTB Club
7	45:57:00	<b>100</b>	Woods	Adrian	M	O40		Mynydd Du
8	46:10:00	<b>133</b>	Griffiths	Bryn	M	U40		Bridgend AC
9	46:57:00	<b>110</b>	Fines	Helen	F	U40		Calder Valley Club
10	47:30:00	<b>84</b>	Harvey	Mark John	M	U40		Chepstow Harriers
11	48:05:00	<b>82</b>	Heward	Damian J.	M	U40		unnattached
12	49:05:00	<b>73</b>	Hanrahan	Gavin	M	U40		Cwmbran Harriers
13	49:22:00	<b>156</b>	Barnby	Daryll	M	U40		Fairwater
14	49:33:00	<b>74</b>	Ede	Michael	M	O50		Cheltenham Harriers
15	49:37:00	<b>104</b>	Davies	Steve	M	O50		Griffithstown Harriers
16	49:44:00	<b>20</b>	Hardman	Gareth	M	O40		Bridgend Athletic Club
17	49:51:00	<b>123</b>	Caveney	Terry	M	O50		Les Croupiers
18	50:06:00	<b>63</b>	Metters	Marc	M	U40		Hale's Harriers
19	50:08:00	<b>37</b>	Murphy	Tim	M	O40		Spectrum Striders
20	50:13:00	<b>68</b>	Beecher	Katie	F	U40		Les Croupiers
21	50:30:00	<b>145</b>	Seekings	Jamie	M	U40		Penarth & Dinas Runners
22	50:44:00	<b>58</b>	Alford	Jeremy	M	O40		Penarth & Dinas Runners
23	50:51:00	<b>144</b>	Thurgood	Mike	M	U40		Caerleon
24	51:14:00	<b>35</b>	Morgan	Lloyd	M	U40		Sandomenico RRC
25	51:24:00	<b>75</b>	Williams	Alun	M	O40		Fairwater Runners
26	51:30:00	<b>101</b>	Dawe	Andrew	M	O40		Llyswerry Runners
27	51:34:00	<b>155</b>	Diffey	John	M	O40		Les Croupiers RC
28	51:55:00	<b>88</b>	Stott	Andy	M	O50		Chepstow Harriers
29	52:20:00	<b>153</b>	Lewis	Chris	M	U40		unnattached
30	52:29:00	<b>142</b>	Bristow	Phil	M	O40		San Domenico

31	52:35:00	<b>1</b>	Bristow	Richard	M	O40	San Domenico
32	53:10:00	<b>8</b>	Dallimore	Nick	M	O50	Les Croupiers / MDC
33	53:17:00	<b>89</b>	Blore	James	M	U40	Chepstow Harriers
34	53:17:00	<b>70</b>	Shields	Dominic	M	O40	Sandomenico RRC
35	53:20:00	<b>7</b>	Creed	Matt	M	U40	Chepstow Harriers
36	53:25:00	<b>36</b>	Moss	Timothy	M	U40	Penarth & Dinas Runners
37	53:40:00	<b>29</b>	Lodder	Helen	F	U40	Islwyn Runners
38	53:52:00	<b>154</b>	Lewis	Alex	M	U40	unnattached
39	54:01:00	<b>72</b>	Williams	Michael	M	U40	Fairwater Runners
40	54:02:00	<b>129</b>	Harrhy	Steve	M	O40	Liswerry
41	54:06:00	<b>38</b>	Osmond	Clive G.	M	O40	Les Croupiers
42	54:10:00	<b>60</b>	Hale	Al	M	U40	Hale's Harriers
43	54:24:00	<b>108</b>	Stevens	Darren	M	U40	unnattached
44	54:32:00	<b>116</b>	Twigg	Martin	M	U40	San Domenico
45	54:32:00	<b>13</b>	Davies	Julie	F	U40	Griffithstown
46	54:32:00	<b>76</b>	Thomas	Richard	M	U40	Fairwater Runners
47	55:03:00	<b>4</b>	Capleton	Akexander	M	U40	unnattached
48	55:10:00	<b>83</b>	Dobbs	Russel J.	M	U40	unnattached
49	55:22:00	<b>46</b>	Sander	Paul	M	O50	unnattached
50	55:33:00	<b>28</b>	Joyce	Kev	M	O40	Pembrokeshire Harriers
51	55:42:00	<b>131</b>	Jones	Alun	M	U40	Les Croupiers
52	55:49:00	<b>99</b>	Woods	Sharon	F	O40	Mynydd Ddu
53	56:00:00	<b>138</b>	Williams	Philip	M	U40	unnattached
54	56:05:00	<b>67</b>	O'Duffy	Libby	F	O40	Les Croupiers
55	56:06:00	<b>109</b>	Davies	Michael H	M	O50	Les Croupiers
56	56:09:00	<b>71</b>	Fry	Mark	M	O40	Fairwater Runners
57	56:17:00	<b>120</b>	Williams	Jonathan	M	O40	Fairwater Runners
58	56:27:00	<b>85</b>	Morgan	Niki	F	O40	Chepstow Harriers
59	56:36:00	<b>42</b>	PROCTER	ANDREW	M	U40	unnattached
60	57:04:00	<b>39</b>	Owen	Ross Stuart	M	U40	unnattached
61	57:07:00	<b>3</b>	Burne	Peter	M	U40	unnattached
62	57:16:00	<b>113</b>	Owen	Steven Roy	M	O50	Les Croupiers
63	57:46:00	<b>94</b>	Williams	Gareth	M	U40	Machen Miggly Moos MTB Club
64	58:00:00	<b>152</b>	Smith	Adam	M	U40	Cardiff Harlequins
65	58:01:00	<b>2</b>	Bryant	Alex	M	U40	unnattached
66	58:19:00	<b>64</b>	Arrighi	Gianni	M	U40	Hale's Harriers

<b>67</b>	58:30:00	<b>31</b>	Mason	Alan S.	M	O40	Les Croupiers
68	58:42:00	<b>132</b>	Davies	Jonathan	M	O40	unnattached
69	58:45:00	<b>48</b>	Shanahan	John	M	O50	unnattached
70	58:54:00	<b>128</b>	Hughes	Arwell	M	U40	unnattached
71	59:05:00	<b>18</b>	Finch	Dick	M	O60	Chepstow Harriers
72	59:06:00	<b>117</b>	O'Sullivan	Tim	M	O50	Les Croupiers
73	59:08:00	<b>149</b>	Ford	Robert	M	O50	Pontypridd Rodents
74	59:14:00	<b>146</b>	Barlow	Richard	M	O40	Les Croupiers
75	59:20:00	<b>27</b>	Jones	Gareth D.	M	O60	MDC
76	59:24:00	<b>61</b>	Hobbs	Ben	M	U40	Hale's Harriers
77	59:31:00	<b>150</b>	Lewis	Terry	M	O40	Islwyn
78	59:33:00	<b>86</b>	Stott	Gill	F	O50	Chepstow Harriers
79	59:35:00	<b>16</b>	Edwards	Barri	M	O40	unnattached
80	59:43:00	<b>54</b>	Williams	Leslie	M	O60	Rhedwyr Eryri
81	59:49:00	<b>62</b>		Rhys	M	U40	Hale's Harriers
82	59:54:00	<b>51</b>	Summers	Lou	F	O40	Chepstow Harriers
83	59:59:00	<b>15</b>	Donnan	Graeme	M	O50	Les Croupiers RC
84	67:17:00	<b>126</b>	Welsh	Matthew	M	U40	Griffithstown Harriers
85	60:33:00	<b>40</b>	Pope	Michael	M	U40	unnattached
86	60:37:00	<b>112</b>	Mann	Alan	M	O50	Les Croupiers
87	60:47:00	<b>102</b>	Ashton	Liz	F	U40	Les Croupiers
<b>88</b>	60:58:00	<b>44</b>	Rees	Andy	M	O50	unnattached
89	61:13:00	<b>69</b>	Waters	Gary	M	O60	Swansea Harriers AC
90	61:29:00	<b>9</b>	Dallimore	Caroline	F	O50	Les Croupiers / MDC
91	61:40:00	<b>56</b>	Williams	Pete	M	O40	Penarth & Dinas Runners
<b>92</b>	61:43:00	<b>50</b>	Stephens	David	M	U40	unnattached
93	61:58:00	<b>21</b>	Hannigan	Ben	M	O40	Pontypridd Rodents
94	62:02:00	<b>79</b>	Woods	Gary	M	O40	Fairwater
95	62:17:00	<b>93</b>	Mac Lean	Karel	M	U40	unnattached
<b>96</b>	62:23:00	<b>53</b>	Williams	Matthew	M	U40	unnattached
97	62:24:00	<b>103</b>	McBride-Stewart	Sara	F	O40	Les Croupiers
98	62:33:00	<b>77</b>	Bowie	Richard	M	O40	Fairwater Runners
99	62:54:00	<b>157</b>	Schlamm	John	M	U40	unnattached
100	63:09:00	<b>121</b>	Birch	Coleen	F	U40	ISLWYN RUNNING CLUB
<b>101</b>	63:28:00	<b>24</b>	JOnes	Peter	M	O40	Weston Athletics Club
102	63:58:00	<b>47</b>	Scholey	Julie	F	O50	Les Croupiers

103	64:02:00	<b>148</b>	Rees	Matthew	M	U40	unnattached
104	64:49:00	<b>127</b>	Sutton	Lyndon A.	M	O50	Islwyn Running Club
105	64:50:00	<b>147</b>	Thomson	Stewart	M	O40	Griffithstown Harriers
106	65:02:00	<b>134</b>	Silver	Roy	M	O50	unnattached
107	65:24:00	<b>32</b>	McLaughlin	Ewen	M	O40	unnattached
<b>108</b>	65:38:00	<b>22</b>	Hill	Steve	M	O40	unnattached
109	66:26:00	<b>96</b>	Gordon	Emma	F	U40	Forrest of Dean AC
110	66:31:00	<b>65</b>	Nurse	Jemma	F	U40	Les Croupiers
111	67:12:00	<b>136</b>	Morris	Steven	M	U40	unnattached
112	67:14:00	<b>119</b>	New	Stephen	M	O40	unnattached
113	67:21:00	<b>33</b>	Moore	Jonathan	M	O40	unnattached
114	67:25:00	<b>14</b>	Richards	Janet	F	O40	Griffithstown Harriers
115	67:31:00	<b>41</b>	Powell	Richard C.	M	U40	unnattached
116	67:33:00	<b>111</b>	McCue	Gillian	F	U40	Les Croupiers
<b>117</b>	67:37:00	<b>30</b>	Luke	Emily	F	U40	unnattached
<b>118</b>	67:42:00	<b>11</b>	Davies	Sara	F	O40	unnattached
119	67:56:00	<b>143</b>	Haines	Ian	M	U40	unnattached
120	68:03:00	<b>115</b>	Hughes	Jenny	F	U40	Les Croupiers
121	68:05:00	<b>87</b>	Brown	Rob	M	O60	Chepstow Harriers
122	68:19:00	<b>59</b>	Hale	Nick	M	O50	Hale's Harriers
123	69:07:00	<b>78</b>	Roche	Julie	F	O40	Fairwater Runners
<b>124</b>	69:28:00	<b>49</b>	Shore	Leslie	M	O60	unnattached
125	69:57:00	<b>43</b>	Proffitt	David	M	O50	Newport Harriers
126	70:41:00	<b>118</b>	Treharne	Ruth Louise	F	O40	Islwyn
127	71:26:00	<b>91</b>	Werner	Rebecca	F	O40	unnattached
128	71:26:00	<b>90</b>	Wade	Ian	M	O40	Chepstow Harriers
129	71:36:00	<b>122</b>	Jones	Jacqueline	F	U40	ISLWYN RUNNING CLUB
130	71:56:00	<b>10</b>	Dare	Barry	M	O60	unnattached
131	72:06:00	<b>97</b>	Pugh	Les	M	O60	MDC
132	72:26:00	<b>95</b>	Davies	Ruth	F	O40	unnattached
133	72:42:00	<b>17</b>	Evans	Nataie	F	U40	unnattached
134	73:36:00	<b>92</b>	Alexis	Errol	M	O60	Les Croupiers
135	73:39:00	<b>124</b>	Douglas	Shona	F	U40	Islwyn
136	73:50:00	<b>114</b>	Johnson	Clare	F	O60	Les Croupiers
137	75:04:00	<b>151</b>	Rees	Pauline Jane	F	O50	unnattached
138	75:47:00	<b>125</b>	Parker	Malcolm	M	O60	ISLWYN RUNNING CLUB

139	78:25:00	<b>57</b>	Wood	Ged	M	O50	unnattached
140	79:46:00	<b>135</b>	Headon	Dawn	F	O40	unnattached
141	83:58:00	<b>106</b>	Darby	William J.	M	O50	Mynydd Du
142	84:04:00	<b>81</b>	Battersby	John	M	O60	MDC
143	84:04:00	<b>45</b>	Debney	Jane	F	O40	unnattached
144	85:37:00	<b>141</b>	Woolley	Rachel	F	U40	Village Vipers
145	85:37:00	<b>140</b>	Davies	Elaine	F	O50	Village Vipers
DNF	DNF	<b>139</b>	Webb	Doug	M	O50	Village Vipers