

The Kymin Winter Race
Monmouth
Saturday 2 January 2016

Pos	Name	Club	Cat	Time
1	Ciaran Lewis	Cardiff AAC	SM	31.19
2	Ben Moon	MDC	SM	31.37
3	Matt Stott	Chepstow Harriers	SM	32.36
4	Ake Fagereng	Les Croupiers	SM	33.22
5	Matt Hurford	Les Croupiers	M40	34.50
6	Mike Fawcett	Wye Valley	M40	35.26
7	Mark Burley	Bristol and West	SM	35.29
8	Ben Sinclair	Pont-y-Pwl	SM	35.42
9	Jeremy Jehan	Wye Valley	M40	36.02
10	Dan Sandford	Forest of Dean AC	M40	36.22
11	Zac Hudd	Bath AC	JM	36.36
12	Gavin Jones	MonRoss Trailblazers	SM	36.38
13	Clare Dallimore	MDC	SW	36.52
14	Ian Wistance	Wye Valley	M40	36.53
15	Daryl Phillips	Bristol and West	SM	37.00
16	Matthew Lawson	Chepstow Harriers	M40	37.11
17	Barry Davies	MonRoss Trailblazers	M40	37.32
18	Peter Barnes	Westbury Harriers	SM	37.51
19	Ian Ruck	Westbury Harriers	M40	37.57
20	Alan Wood	Pont-y-Pwl	SM	38.14
21	Mark Saunders	MDC	M50	38.30
22	Richard Self	Les Croupiers	M50	38.38
23	Ben Arbell	Unattached	SM	38.43
24	Gareth Davies	Unattached	M50	39.09
25	James Bruce	Les Croupiers	M40	39.26
26	James Tucker	Chepstow Harriers	SM	39.38
27	Marcus Meyrick	Les Croupiers	M40	39.44
28	Mark Balch	Usk Runners	M40	39.55
29	Paul Bouston	Wye Valley	M40	39.58
30	Nikki Morgan	Chepstow Harriers	W40	40.01

31	Richard Powles	Forest of Dean AC	M40	40.02
32	Howard Owen	Les Croupiers	SM	40.11
33	Amy Jones	Chepstow Harriers	SW	40.18
34	Rob Hook	Chepstow Harriers	M50	40.21
35	Sarah Bell	Chepstow Harriers	SW	40.25
36	Gareth Hall	Lliswerry	SM	41.00
37	Lisa Jeffrey	Chepstow Harriers	W40	41.12
38	Philip Hughes	San Domenico	SM	41.18
39	George Prior	Chepstow Harriers	SM	41.29
40	Richard Cronin	Lliswerry	SM	41.35
41	Gerry Meredith	MonRoss Trailblazers	M40	41.46
42	Lucy Baker	Chepstow Harriers	SW	41.54
43	Brian Dias	Les Croupiers	SM	42.00
44	Simon Blease	Unattached	M50	42.02
45	Chris Medcalf	San Domenico	M40	42.04
46	James Fletcher	MonRoss Trailblazers	M40	42.07
47	Peter E Williams	MDC	M50	42.21
48	Rob Beves	Chepstow Harriers	M50	42.27
49	James Boyce	Chepstow Harriers	M50	42.37
50	Mike Murphy	Les Croupiers	M60	42.41
51	Matthew Hall	MonRoss Trailblazers	M40	42.44
52	Dominic Shields	San Domenico	M50	42.52
53	Robert Freeman	Forest of Dean AC	M40	43.04
54	Alice Bedwell	MDC	W50	43.09
55	Paul Harimes	Lliswerry Runners	M40	43.10
56	Patrick Rennison	Forest of Dean AC	M50	43.12
57	Sammi Toop	Pont-y-Pwl	SW	43.15
58	Clare Bruce	Les Croupiers	SW	43.40
59	Tom Ridlington	Chepstow Harriers	M40	43.44
60	Jason Hanson	Unattached	SM	43.44
61	Steve Owen	Chepstow Harriers	M60	43.50
62	Maria Anthony	Chepstow Harriers	W40	43.55
63	Laurie Carter	Chepstow Harriers	M50	43.55
64	Timothy Osman	Unattached	M50	44.16
65	Helen Lipscombe	Forest of Dean AC	SW	44.19

66	Jim Storrar	Forest of Dean AC	M50	44.24
67	Rebecca Cummins	Chepstow Harriers	W40	44.36
68	Sheryl Hall	Forest of Dean	W40	44.40
69	Mike Roberts	Unattached	M40	44.45
70	Gethin Parker	Les Croupiers	SM	44.57
71	Roy Silver	Les Croupiers	M50	44.58
72	Chris Moore	Forest of Dean AC	M60	45.09
73	Brian Evans	Spirit of Monmouth	M40	45.10
74	Stuart Duncan	Chepstow Harriers	M50	45.22
75	Martin Blakebrough	Spirit of Monmouth	M50	45.26
76	Caitlin Pearson	Unattached	SW	45.27
77	Clive Osmond	Les Croupiers	M50	45.29
78	Mike Davies	Les Croupiers	M60	45.30
79	Sue Shergold	Forest of Dean AC	W40	45.41
80	Joyce Dodd	Chepstow Harriers	W60	45.52
81	Carol Rees	Les Croupiers	W40	45.57
82	Karen Elvers	Chepstow Harriers	W40	46.02
83	Steve Chadwell	Unattached	M40	46.17
84	Gareth Jones	Chepstow Harriers	M60	46.24
85	Graham James	Forest of Dean AC	M50	46.26
86	Julie Scholey	Les Croupiers	W50	46.38
87	Stuart Thompson	Mynydd Du	M50	46.43
88	Paul Chapman	Les Croupiers	M40	46.44
89	Glen Meek	Chepstow Harriers	M40	46.49
90	Steve Herington	Hereford Couriers	M60	46.52
91	Mark Scrivens	MonRoss Trailblazers	M40	46.54
92	Alan Robertson	Forest of Dean AC	M60	47.17
93	Fiona Davies	Pontypridd Roadents	W60	47.34
94	Vanessa Lawson	Chepstow Harriers	W40	47.53
95	Emma Sawrey	Pont-y-pwl	W40	48.28
96	Mike Melhuish	Forest of Dean AC	M40	48.47
97	Sally Grant	Chepstow Harriers	W40	48.53
98	Max King	Forest of Dean AC	JM	49.02
99	Caroline Dallimore	Les Croupiers	W60	49.10
100	Graham Benetto	Forest of Dean	M50	49.22

101	Alistair Cummings	Pont-y-pwl	SM	50.02
102	Lisa Erikson	Pont-y-pwl	SW	50.06
103	Jeremy Creasey	Spirit of Monmouth	M50	51.28
104	Tim Buckley	Chepstow Harriers	M40	51.30
105	Michelle Amblin	Les Croupiers	W40	51.33
106	Mike Harris	Westbury Harriers	M60	51.38
107	Iain McCullum	Spirit of Monmouth	M40	52.09
108	Gemma Hewitt	Forest of Dean AC	SW	52.32
109	Tim O'Sullivan	Les Croupiers	M50	52.33
110	Stephanie Francis	Forest of Dean AC	W50	52.36
111	Louise Crockerty	Chepstow Harriers	W50	53.32
112	Des Richardson	Unattached	M40	54.04
113	Daniel Newton	Pont-y-pwl	M40	54.14
114	Jane Ash	Les Croupiers	W40	55.01
115	Roy King	Forest of Dean AC	M40	55.31
116	Janet Richard	Mynydd Du	W50	55.45
117	Jen Harding	Chepstow Harriers	SW	55.48
118	Richard Milliken	Chepstow Harriers	M50	55.52
119	Joanne Milliken	Chepstow Harriers	W50	55.58
120	Paula Allen	Pegasus	W40	56.07
121	Steve Wood	Pegasus	SM	56.10
122	Nicola Smith	Pont-y-pwl	W50	56.28
123	Kate Burke	Forest of Dean AC	SW	56.41
124	Lucy Davies	Chepstow Harriers	SW	57.04
125	David Jenkins	Forest of Dean AC	SM	59.17
126	Andy Bray	Chepstow Harriers	M50	59.44
127	Karen Chadwell	Les Croupiers	W40	59.46
128	Andrew Oliver	Chepstow Harriers	M40	61.43
129	Gill Murphy	Les Croupiers	W60	61.47
130	Graeme Donnan	Les Croupiers	M60	63.28
131	Jeff Aston	Les Croupiers	M60	63.59
132	Amanda Thompson	Les Croupiers	W50	65.28
133	Jenna Groves	Pegasus	SW	66.36
134	Tom Jones	Spirit of Monmouth	SM	67.39
135	Jane Rymer	Chepstow Harriers	W50	68.25

136	Lynne Handley	Unattached	W60	69.24
137	Andy Leonard	Unattached	M40	71.07
138	Sally Groves	Pegasus	W50	78.15
139	John Payne	Les Croupiers	M50	78.18
140	Sarah Meah	Les Croupiers	W50	87.46