

**East Wales Road  
Championship 2009**

**Sponsored By Run and Become**

**Senior Ladies**

Griff 10k    Scenic Drive 7    Brecon 10    Elan Valley 10    Total Pts

M Gittoes	Chepstow	49	50	50	149
N Price	Caerleon		49	49	98
N Cockram	Cwmbran	50			50
G Jones	Llisbury	48			48
N Begue	Llisbury	47			47
H Pimm	Griffithstown	46			46
C Wattins	Griffithstown	45			45

**Masters 35**

J Davies	Griffithstown	50		50	100
N Morgan	Chepstow		49	49	98
L Summers	Chepstow		48	48	96
R Treharne	Islwyn	47	46		93
A Jones	Brecon		50		50
J Richards	Griffithstown	49			49
D Woodbridge	Griffithstown	48			48
K Payne	Caerleon			47	47
A-M Evans	Parc B Bach		47		47
R Burgess	Llisbury			46	46
E Wood	Caerleon	46			46
J Roche	Fairwater		45		45

**Masters 45**

D Cockram	Fairwater	50	50		100
J Jenkins	Fairwater	49		48	97
H Thomas	Caerleon		47	49	96
M Evans	Prestegine			50	50
K Howell	Caerleon		49		49
D Matthews	Islwyn		48		48

**Masters 55+**

G Howells	Caerleon	48	50	48	146
B Avery	Chepstow	50		49	99
S Ashton	Chepstow			50	50
J Bayliss	Chepstow	49			49