

**East Wales Road
Championship 2009**

Sponsored By Run and Become

Senior Men

		Griff 10k	Senic Drive 7	Brecon 10	Elan Valley 10	Total Pts
M Harvey	Chepstow	50	48	50		148
P Matthews	Swansea		50			50
M Lethard	Chepstow			49		49
L Humphries	Fairwater		49			49
A Ost	Chepstow			48		48
D Barnby	Fairwater		47			47
J Butcher	Llisbury		46			46
M Welsh	Griffithstown		45			45
R Lloyd	Fairwater		44			44

Masters 35

M Gurmin	Swansea	50	50	49		149
R Smout	Llisbury		49	48		97
M Shaw	Brecon			50		50
S Morgan	Croft Ambery	49				49
T Guy	Griffithstown		48			48
N Walsh	Griffithstown	48				48
G Williams	Presteigne			47		47

Masters 40

H Harnett	Islwyn	48	47	48		143
P Thomas	Caerleon	45	42	47		134
A Spencer	Fairwater	43	41	45		129
R Bowie	Fairwater	39	36	44		119
D Harris	Llisbury	49	48			97
A Williams	Fairwater	47	44			91
P Harris	Llisbury	46	45			91
G Woods	Fairwater	40	37			77
A Davies	Brecon			50		50
C Harry	Llisbury	50				50
S Thomas	Islwyn		50			50
P Kendrick	Brecon			49		49
S Simms	Griffithstown		49			49
D Vorres	Griffithstown		46			46
M Davies	Llisbury			46		46
K Wehden	Islwyn	44				44
A Dawe	Llisbury		43			43
B Reguiski	Chepstow			43		43
T Reese	Llisbury	42				42
G Jenkins	Chepstow			42		42
J Pocknell	Caerleon	41				41
J Williams	Fairwater		40			40
I Wade	Chepstow		39			39
T Weirthiern	Ebbw Vale		38			38

Masters 50

B Savage	Chepstow	46	47	49		142
P Dursley	Llisbury	44	48	50		142
S Davies	Griffithstown	50	50			100
C Davies	Llisbury	47		48		95
H Attwood	Llisbury		45	44		89
C Carter	Llisbury	43	46			89
K Grey	Fairwater	49				49
P Rodger	Griffithstown		49			49
C Jones	Llisbury	48				48
P Jones	Presteigne			47		47
K Mcattee	Chepstow			46		46
B Burgess	Llisbury			45		45
M Davies	Caerleon	45				45
L Sutton	Islwyn		44			44

Masters 60+

D Smout	Parc B Bach	50	50	50		150
G Bayliss	Chepstow	49	47	49		145
D Finch	Chepstow		49	48		97
C Cooksey	Parc B Bach		48			48
S Wheeler	Chepstow	48				48
D Andrews	Chepstow			47		47
B Bewg	Chepstow			46		46
P Payton	Islwyn		46			46