

## Monmouth Challenge Run

### Female Senior

1.	378	Rachel Eales	1986	Penarth and Dinas Runners	53:40
2.	348	Catrin Palfrey	1982	Penarth & Dinas runners	58:02
3.	357	Helen Griffiths	1978	Penarth And Dinas Runners	1:05:22
4.	388	Chloe Powles	1995		1:10:04
5.	377	Emily Sargeant	1982	None	1:16:12

### Female Vet

1.	367	Sally Howard	1975	Witney Road Runners	56:59
2.	384	Lynn Cro	1971		1:02:05
3.	389	Helen Williams	1974		1:04:28
4.	355	Rachel Davies	1976	Unattached	1:06:59
5.	365	Zoe Browne	1972	Unattached	1:08:54
6.	360	Kerry Howells	1975	FODAC	1:10:22
7.	373	Samantha Jelley	1976	No club	1:11:23
8.	372	Tania Miranda	1970	Penarth and Dinas Runners	1:11:50
9.	362	Eva Goodhead	1974	Vegan Runners UK	1:12:48
10.	363	Joanna Howells	1974	Unattached	1:22:00
11.	364	Amanda Williams	1976	Unattached	1:23:45

### Female SVet

1.	356	Yvonne Williams	1954	Penarth and Dinas Runners	1:11:07
2.	345	Lynda Broadway	1963	Malvern Joggers	1:16:09
3.	380	Sarah Lane	1966	Malvern Joggers	1:20:27

### Male Senior

1.	343	James Griffiths	1989	Vale Royal AC	50:14
2.	353	Alexander Hutton-Lewis	1991	Caerphilly RC	54:24
3.	379	Tom Eales	1987	Unattached	55:22
4.	375	David Wadley	1984	Forest of dean ac	1:10:52
5.	350	Robert Hooper	2001	Unattached	1:31:27

### Male Vet

1.	374	Dan Sandford	1974	Forest of Dean AC	48:25
2.	387	Andy Horlick	1974		53:01
3.	383	Chris Munton	1974		1:00:39
4.	386	Mark Powell	1968		1:01:57
5.	390	Peter Short	1970		1:05:20
6.	361	Paul Allen	1970	Unattached	1:08:28
7.	351	Richard Hooper	1972	Unattached	1:31:28

### Male SVet

1.	359	Dave Lowthian	1966	Forest of Dean AC	51:51
2.	376	Tony Rex	1962	Unattached	55:11
3.	381	Chris Smallman	1963	Malvern Joggers	55:27
4.	370	Frank Atherton	1959	Penarth and Dinas Runners	56:07
5.	354	Andrew Thorpe	1957	Forest of Dean AC	56:48
6.	352	Malcolm Bradley	1950	Penarth and Dinas Runners	57:44
7.	347	Robert Lewis	1951	Team Richard Rees	1:00:16
8.	349	Jeremy Dickson	1962	Lliswerry Runners	1:00:17
9.	366	Howard Attwood	1950	Lliswerry Runners	1:04:06
10.	346	Mike Anstey	1956	Malvern Joggers	1:16:09
11.	382	David Bateman	1964		1:18:27