

LEG 1 : GROS MONT to SKENFRITH.

Distance : 5.1 miles / 8.2 km. Course Record : 00:29:58. Cut Off Time : 00:46:00.

FAIRWATER RUNNERS CWMBRAN

2016 RACK RAID

CAERLEON RUNNING CLUB

CAERPHILLY RUNNERS

CALDICOT RUNNING CLUB

CHEPSTOW HARRIERS

FAIRWATER RUNNERS CWMBRAN

GRIFFITHSTOWN HARRIERS

ISLWYN RUNNING CLUB

LLISWERRY RUNNERS

PARC BRYN BACH RUNNING CLUB

PEGASUS RUNNING CLUB

PORTHCAWL RUNNERS

PONT-Y-PWL & DISTRICT RUNNERS

RHONDDA VALLEY RUNNERS

SPIRIT OF MONMOUTH RUNNING CLUB

USK RUNNERS

RESULT : LEG 1.

				lead time +	interval time
1	0:32:44	Dan Arthur	Caerleon A		
2	0:32:52	Sean Thomasson	Parc Bryn Bach A	0:00:08	0:00:08
3	0:33:04	Lou Summers	Pont-y-pwl & District A	0:00:20	0:00:12
4	0:34:46	Roger Mills	Fairwater Cwmbran A	0:02:02	0:01:42
5	0:36:15	Trish Chalk	Spirit of Monmouth A	0:03:31	0:01:29
6	0:37:01	Esther Barrett	Chepstow B	0:04:17	0:00:46
7	0:37:18	Adrian Hayward	Lliswerry A	0:04:34	0:00:17
8	0:37:40	Dani Sapsford	Chepstow A	0:04:56	0:00:22
9	0:39:12	Elizabeth Stokes	Griffithstown A	0:06:28	0:01:32
10	0:39:13	Christopher Jones	Porthcawl A	0:06:29	0:00:01
11	0:39:22	Ian Thorne	Pegasus A	0:06:38	0:00:09
12	0:39:23	Lee Griffiths	Parc Bryn Bach B	0:06:39	0:00:01
13	0:40:38	Helen Thomas	Caerleon B	0:07:54	0:01:15
14	0:41:22	Claire Simms	Islwyn A	0:08:38	0:00:44
15	0:41:43	Kay Dixon	Islwyn B	0:08:59	0:00:21
16	0:41:47	Clar Kelly	Caerphilly A	0:09:03	0:00:04
17	0:43:12	Amy Flinn	Pont-y-pwl & District B	0:10:28	0:01:25
18	0:44:14	Becky Lovell	Caldicot A	0:11:30	0:01:02
19	0:44:45	Hayley Gittins	Rhondda Valley A	0:12:01	0:00:31
20	0:46:00	Brigette Widdas	Lliswerry B	0:13:16	0:01:15
21	0:46:01	Trish Edwards	Usk A	0:13:17	0:00:01
22	0:46:02	Sheree Mann	Fairwater Cwmbran B	0:13:18	0:00:01

NOTE :

RUNNERS FINISHING AFTER CUT OFF TIME ARE AWARDED CUT OFF TIME.*

RUNNERS FAILING TO FINISH ARE AWARDED CUT OFF TIME PLUS 10 MINUTES.**

INFRINGEMENT OF RULES RESULTS IN CUT OFF TIME PLUS 10 MINUTES.***

LEG 2 : SKENFRITH to WHITE CASTLE.

Distance : 6.93 miles / 11.2 km. Course Record : 00:40:57. Cut Off Time : 01:02:00.

<u>RESULT : LEG 2.</u>			<u>TOTAL TIME AFTER LEG 2.</u>				
0:43:35	Rich Matthews	Chepstow A	1	Parc Bryn Bach A	1:17:27	lead time +	interval time
0:44:35	Stephen Mathers	Parc Bryn Bach A	2	Chepstow A	1:21:15	0:03:48	0:03:48
0:47:56	Richie Thomas	Griffithstown A	3	Pont-y-pwl & District A	1:24:52	0:07:25	0:03:37
0:51:03	Matthew Lawson	Chepstow B	4	Griffithstown A	1:27:08	0:09:41	0:02:16
0:51:48	Faye Johnson	Pont-y-pwl & District A	5	Chepstow B	1:28:04	0:10:37	0:00:56
0:52:19	Bryan Meredith	Rhondda Valley A	6	Caerleon A	1:28:53	0:11:26	0:00:49
0:52:43	Mike Thurgood	Caerleon B	7	Fairwater Cwmbran A	1:31:36	0:14:09	0:02:43
0:56:09	Emma Williams	Caerleon A	8	Caerleon B	1:33:21	0:15:54	0:01:45
0:56:50	Jeanette Jenkins	Fairwater Cwmbran A	9	Spirit of Monmouth A	1:34:52	0:17:25	0:01:31
0:58:37	Simone Trayen-Thomas	Spirit of Monmouth A	10	Rhondda Valley A	1:37:04	0:19:37	0:02:12
0:59:02	Neil Walker	Usk A	11	Lliswerry A	1:39:21	0:21:54	0:02:17
0:59:29	Maria Richards	Pont-y-pwl & District B	12	Pegasus A	1:39:36	0:22:09	0:00:15
1:00:14	Kevin Fowler	Pegasus A	13	Parc Bryn Bach B	1:39:40	0:22:13	0:00:04
1:00:17	Richard Crew	Parc Bryn Bach B	14	Porthcawl A	1:41:19	0:23:52	0:01:39
1:00:25	Richard Powell	Lliswerry B	15	Pont-y-pwl & District B	1:42:41	0:25:14	0:01:22
1:02:00	Colin Dixon	Islwyn B	16	Islwyn A	1:43:26	0:25:59	0:00:45
1:02:01	Mark Brooks	Caerphilly A	17	Islwyn B	1:43:43	0:26:16	0:00:17
1:02:02	Katie Jones	Caldicot A	18	Caerphilly A	1:43:48	0:26:21	0:00:05
1:02:03	Michelle Shapland	Lliswerry A	19	Usk A	1:45:03	0:27:36	0:01:15
1:02:04	Suzanne Davidson	Islwyn A	20	Caldicot A	1:46:16	0:28:49	0:01:13
1:02:05	Jane Lewis	Fairwater Cwmbran B	21	Lliswerry B	1:46:25	0:28:58	0:00:09
1:02:06	Danielle Jones	Porthcawl A	22	Fairwater Cwmbran B	1:48:07	0:30:40	0:01:42

LEG 3 : WHITE CASTLE to ABERGAVENNY

Distance : 7.51 miles / 12.1 km. Course Record : 00:43:41. Cut Off Time : 01:08:00.

<u>RESULT : LEG 3.</u>			<u>TOTAL TIME AFTER LEG 3.</u>				
0:45:39	Mark Harvey Jr	Chepstow A	1	Chepstow A	2:06:54	lead time +	interval time
0:46:30	Tim Dredge	Caldicot A	2	Griffithstown A	2:14:55	0:08:01	0:08:01
0:47:47	Davey Challenger	Griffithstown A	3	Parc Bryn Bach A	2:15:39	0:08:45	0:00:44
0:50:46	David Standing	Fairwater Cwmbrian A	4	Pont-y-pwl & District A	2:17:00	0:10:06	0:01:21
0:52:08	James Day	Pont-y-pwl & District A	5	Caerleon A	2:22:18	0:15:24	0:05:18
0:52:56	George Smith	Spirit of Monmouth A	6	Fairwater Cwmbrian A	2:22:22	0:15:28	0:00:04
0:53:06	Phillip Miles	Parc Bryn Bach B	7	Chepstow B	2:23:22	0:16:28	0:01:00
0:53:25	Jade Wakley	Caerleon A	8	Spirit of Monmouth A	2:27:48	0:20:54	0:04:26
0:55:18	Neil Grant	Chepstow B	9	Caldicot A	2:32:46	0:25:52	0:04:58
0:58:12	Rachel Lewis-Burr	Parc Bryn Bach A	10	Caldicot A	2:32:46	0:25:52	0:00:00
0:58:17	Carl Johnson	Islwyn A	11	Caerleon B	2:37:16	0:30:22	0:04:30
0:58:41	Gareth Bailey	Caerphilly A	12	Rhondda Valley A	2:41:19	0:34:25	0:04:03
1:02:18	Sam Methuen	Islwyn B	13	Islwyn A	2:41:43	0:34:49	0:00:24
1:02:50	Michael Titley	Lliswerry A	14	Lliswerry A	2:42:11	0:35:17	0:00:28
1:03:55	Jo Peacock	Caerleon B	15	Caerphilly A	2:42:29	0:35:35	0:00:18
1:04:15	Kieran Matthews	Rhondda Valley A	16	Islwyn B	2:46:01	0:39:07	0:03:32
1:05:21	Katie Allen	Pont-y-pwl & District B	17	Pegasus A	2:46:35	0:39:41	0:00:34
1:06:59	Richard Street	Pegasus A	18	Pont-y-pwl & District B	2:48:02	0:41:08	0:01:27
1:08:00	Jennifer Lilley	Fairwater Cwmbrian B	19	Porthcawl A	2:49:20	0:42:26	0:01:18
1:08:01	Karen Phillips	Porthcawl A	20	Usk A	2:53:05	0:46:11	0:03:45
1:08:02	Esther Dawson	Usk A	21	Lliswerry B	2:54:28	0:47:34	0:01:23
1:08:03	Yvonne Forsey	Lliswerry B	22	Fairwater Cwmbrian B	2:56:07	0:49:13	0:01:39

LEG 4 : ABERGAVENNY to OLD COURT MOAT

Distance : 6.7 miles / 10.8 km. Course Record : 00:40:30. Cut Off Time : 01:01:00.

<u>RESULT : LEG 4.</u>			<u>TOTAL TIME AFTER LEG 4.</u>				
0:43:09	Steve Caldwell	Chepstow A	1	Chepstow A	2:50:03	lead time +	interval time
0:46:37	Ade Woods	Pont-y-pwl & District A	2	Griffithstown A	3:02:15	0:12:12	0:12:12
0:46:39	Marc Fitzgibbon	Caerphilly A	3	Pont-y-pwl & District A	3:03:37	0:13:34	0:01:22
0:47:20	Jonathan Sliczny	Griffithstown A	4	Parc Bryn Bach A	3:12:10	0:22:07	0:08:33
0:47:38	Mostyn Jones	Caldicot A	5	Fairwater Cwmbran A	3:16:41	0:26:38	0:04:31
0:50:49	Steve Dewitt	Fairwater Cwmbran B	6	Chepstow B	3:17:30	0:27:27	0:00:49
0:52:32	Phil Hyatt	Caerleon B	7	Caldicot A	3:20:24	0:30:21	0:02:54
0:53:51	Kevin Williams	Rhondda Valley A	8	Spirit of Monmouth A	3:28:00	0:37:57	0:07:36
0:54:08	Lisa Jeffery	Chepstow B	9	Caerphilly A	3:29:08	0:39:05	0:01:08
0:54:19	Gary Adams	Fairwater Cwmbran A	10	Caerleon B	3:29:48	0:39:45	0:00:40
0:55:34	Howard Attwood	Lliswerry B	11	Caerleon A	3:33:18	0:43:15	0:03:30
0:56:31	Kelly Collins	Parc Bryn Bach A	12	Parc Bryn Bach B	3:33:48	0:43:45	0:00:30
0:57:22	Nova Groundrill	Lliswerry A	13	Rhondda Valley A	3:35:10	0:45:07	0:01:22
0:57:58	Andrew Williamson	Pegasus A	14	Lliswerry A	3:39:33	0:49:30	0:04:23
0:58:57	Bethan Powell	Pont-y-pwl & District B	15	Islwyn A	3:42:43	0:52:40	0:03:10
1:00:12	Karen Barratt	Spirit of Monmouth A	16	Pegasus A	3:44:33	0:54:30	0:01:50
1:01:00	Sara Arnold	Islwyn A	17	Fairwater Cwmbran B	3:46:56	0:56:53	0:02:23
1:01:01	Debra Jones	Porthcawl A	18	Pont-y-pwl & District B	3:46:59	0:56:56	0:00:03
1:01:02	Michelle Jayne	Parc Bryn Bach B	19	Islwyn B	3:47:04	0:57:01	0:00:05
1:01:03	Vicki Jones	Islwyn B	20	Lliswerry B	3:50:02	0:59:59	0:02:58
1:01:04	Annette Exley	Usk A	21	Porthcawl A	3:50:21	1:00:18	0:00:19
1:11:00	Keith Gittins	Caerleon A	22	Usk A	3:54:09	1:04:06	0:03:48

LEG 5 : OLD COURT MOAT to MONMOUTH

Distance : 8.1 miles / 13.0 km. Course Record : 00:50:17. Cut Off Time : 01:13:00.

<u>RESULT : LEG 5.</u>			<u>TOTAL TIME AFTER LEG 5.</u>				
0:49:51	Sean Taylor	Pont-y-pwl & District A	1	Chepstow A	3:40:44	lead time +	interval time
0:50:41	Kath Matthews	Chepstow A	2	Pont-y-pwl & District A	3:53:28	0:12:44	0:12:44
0:56:25	Richard Bracher	Parc Bryn Bach A	3	Griffithstown A	3:59:59	0:19:15	0:06:31
0:57:44	Andrew Spencer	Griffithstown A	4	Parc Bryn Bach A	4:08:35	0:27:51	0:08:36
0:57:53	Jeremy Masters	Spirit of Monmouth A	5	Fairwater Cwmbran A	4:16:15	0:35:31	0:07:40
0:58:23	Dave Bennett	Porthcawl A	6	Chepstow B	4:17:21	0:36:37	0:01:06
0:59:34	Simon Burns	Fairwater Cwmbran A	7	Caldicot A	4:22:48	0:42:04	0:05:27
0:59:51	Dave Austin	Chepstow B	8	Spirit of Monmouth A	4:25:53	0:45:09	0:03:05
1:01:22	Amy Edwards	Rhondda Valley A	9	Caerphilly A	4:31:40	0:50:56	0:05:47
1:01:53	Paula Williams	Caerleon A	10	Caerleon A	4:35:11	0:54:27	0:03:31
1:02:24	David Jones	Caldicot A	11	Rhondda Valley A	4:36:32	0:55:48	0:01:21
1:02:32	Nick Butler	Caerphilly A	12	Caerleon B	4:39:24	0:58:40	0:02:52
1:05:29	Martyn Jenkins	Fairwater Cwmbran B	13	Lliswerry A	4:45:45	1:05:01	0:06:21
1:06:10	Laura Evans	Pegasus A	14	Parc Bryn Bach B	4:46:48	1:06:04	0:01:03
1:06:12	Gayle Sheppard	Lliswerry A	15	Porthcawl A	4:48:44	1:08:00	0:01:56
1:06:40	Garfield Jones	Islwyn A	16	Islwyn A	4:49:23	1:08:39	0:00:39
1:09:36	Peter Olivier	Caerleon B	17	Pegasus A	4:50:43	1:09:59	0:01:20
1:12:38	Sharon Woods	Pont-y-pwl & District B	18	Fairwater Cwmbran B	4:52:25	1:11:41	0:01:42
1:13:00	Sam Standerwick	Parc Bryn Bach B	19	Pont-y-pwl & District B	4:59:37	1:18:53	0:07:12
1:13:01	Ken Oliver	Islwyn B	20	Islwyn B	5:00:05	1:19:21	0:00:28
1:13:02	Graham Simpson	Usk A	21	Usk A	5:07:11	1:26:27	0:07:06
1:23:00	Martyn Jones	Lliswerry B	22	Lliswerry B	5:13:02	1:32:18	0:05:51

LEG 6 : **MONMOUTH** to **RAGLAN**

Distance : 12.6 miles / 20.3 km. Course Record : 01:12:45. Cut Off Time : 01:54:00.

<u>RESULT : LEG 6.</u>			<u>TOTAL TIME AFTER LEG 6.</u>				
Time	Name	Club	Rank	Club	Time	lead time +	interval time
1:14:55	Laurence Humphreys	Fairwater Cwmbran A	1	Chepstow A	5:02:45		
1:21:37	Andrew Walsh	Griffithstown A	2	Pont-y-pwl & District A	5:16:38	0:13:53	0:13:53
1:22:01	Nick Davis	Chepstow A	3	Griffithstown A	5:21:36	0:18:51	0:04:58
1:22:51	Simon Lewis	Parc Bryn Bach A	4	Fairwater Cwmbran A	5:31:10	0:28:25	0:09:34
1:23:10	Iestyn Rhodes	Pont-y-pwl & District A	5	Parc Bryn Bach A	5:31:26	0:28:41	0:00:16
1:24:38	Allan Meek	Spirit of Monmouth A	6	Chepstow B	5:44:16	0:41:31	0:12:50
1:26:55	James Tucker	Chepstow B	7	Spirit of Monmouth A	5:50:31	0:47:46	0:06:15
1:29:24	C J De Mooi	Caldicot A	8	Caldicot A	5:52:12	0:49:27	0:01:41
1:29:34	Rob Bickel	Caerleon A	9	Caerleon A	6:04:45	1:02:00	0:12:33
1:30:37	Tony Mackay	Pegasus A	10	Rhondda Valley A	6:08:29	1:05:44	0:03:44
1:31:57	Keith Thompson	Rhondda Valley A	11	Caerphilly A	6:14:19	1:11:34	0:05:50
1:40:15	Rob Davies	Lliswerry A	12	Pegasus A	6:21:20	1:18:35	0:07:01
1:41:50	Rob Symons	Fairwater Cwmbran B	13	Lliswerry A	6:26:00	1:23:15	0:04:40
1:42:39	Emma Edwards	Caerphilly A	14	Parc Bryn Bach B	6:33:03	1:30:18	0:07:03
1:46:15	Terry Vaughn	Parc Bryn Bach B	15	Caerleon B	6:33:24	1:30:39	0:00:21
1:47:45	Al Cummings	Pont-y-pwl & District B	16	Fairwater Cwmbran B	6:34:15	1:31:30	0:00:51
1:48:32	Craig Ellis	Islwyn B	17	Porthcawl A	6:37:44	1:34:59	0:03:29
1:48:47	Daffyd Weetman	Islwyn A	18	Islwyn A	6:38:10	1:35:25	0:00:26
1:49:00	Rob Bennett	Porthcawl A	19	Pont-y-pwl & District B	6:47:22	1:44:37	0:09:12
1:54:00	Paul Adams	Caerleon B	20	Islwyn B	6:48:37	1:45:52	0:01:15
2:04:00	Julie Davies	Lliswerry B	21	Usk A	7:11:12	2:08:27	0:22:35
2:04:01	Neil Williams	Usk A	22	Lliswerry B	7:17:02	2:14:17	0:05:50

LEG 7 : RAGLAN to USK

Distance : 5.53 miles /8.9 km. Course Record : 00:31:40. Cut Off Time : 00:50:00.

RESULT : LEG 7.			TOTAL TIME AFTER LEG 7.				
Time	Name	Club	Rank	Club	Time	lead time +	interval time
0:35:18	Lauren Cooper	Parc Bryn Bach A	1	Chepstow A	5:39:57		
0:35:46	Caroline Jones	Spirit of Monmouth A	2	Pont-y-pwl & District A	5:56:55	0:16:58	0:16:58
0:37:12	Sarah Bell	Chepstow A	3	Griffithstown A	6:06:43	0:26:46	0:09:48
0:39:31	Martin Jones	Islwyn B	4	Parc Bryn Bach A	6:06:44	0:26:47	0:00:01
0:40:17	Sharon Newell	Pont-y-pwl & District A	5	Fairwater Cwmbran A	6:17:02	0:37:05	0:10:18
0:43:19	Jason Garrahan	Caerphilly A	6	Spirit of Monmouth A	6:26:17	0:46:20	0:09:15
0:44:17	Charlotte Moran	Caerleon A	7	Chepstow B	6:34:16	0:54:19	0:07:59
0:45:07	Rose Charles	Griffithstown A	8	Caldicot A	6:38:46	0:58:49	0:04:30
0:45:52	Julie Roche	Fairwater Cwmbran A	9	Caerleon A	6:49:02	1:09:05	0:10:16
0:46:34	Emma Tracy	Caldicot A	10	Caerphilly A	6:57:38	1:17:41	0:08:36
0:47:21	Richard Powell	Islwyn A	11	Rhondda Valley A	6:58:32	1:18:35	0:00:54
0:47:41	Heidi Davies	Usk A	12	Pegasus A	7:11:09	1:31:12	0:12:37
0:47:45	Margrett Monk	Parc Bryn Bach B	13	Lliswerry A	7:14:38	1:34:41	0:03:29
0:48:38	Vicky Fear	Lliswerry A	14	Parc Bryn Bach B	7:20:48	1:40:51	0:06:10
0:49:08	Mike Brunnock	Pont-y-pwl & District B	15	Caerleon B	7:23:28	1:43:31	0:02:40
0:49:10	Rachel Thomson	Porthcawl A	16	Fairwater Cwmbran B	7:24:17	1:44:20	0:00:49
0:49:49	Sally Groves	Pegasus A	17	Islwyn A	7:25:31	1:45:34	0:01:14
0:50:00	Jane Bayliss	Chepstow B	18	Porthcawl A	7:26:54	1:46:57	0:01:23
0:50:01	Shannel Mitchell	Lliswerry B	19	Islwyn B	7:28:08	1:48:11	0:01:14
0:50:02	Stella Symons	Fairwater Cwmbran B	20	Pont-y-pwl & District B	7:36:30	1:56:33	0:08:22
0:50:03	Claire Adams	Rhondda Valley A	21	Usk A	7:58:53	2:18:56	0:22:23
0:50:04	Aisling Morgan	Caerleon B	22	Lliswerry B	8:07:03	2:27:06	0:08:10

LEG 8 : USK to TINTERN

Distance : 13.1 miles / 21.1 km. Course Record : 01:15:45. Cut Off Time : 01:58:00.

RESULT : LEG 8.			TOTAL TIME AFTER LEG 8.				
1:23:36	Duncan Bell	Chepstow A	1	Chepstow A	7:03:33	lead time +	interval time
1:28:44	Simon A Lewis	Parc Bryn Bach A	2	Pont-y-pwl & District A	7:29:08	0:25:35	0:25:35
1:31:11	Josh Jones	Griffithstown A	3	Parc Bryn Bach A	7:35:28	0:31:55	0:06:20
1:32:13	Ben Sinclair	Pont-y-pwl & District A	4	Griffithstown A	7:37:54	0:34:21	0:02:26
1:34:06	Gareth Jones	Spirit of Monmouth A	5	Spirit of Monmouth A	8:00:23	0:56:50	0:22:29
1:40:28	Russell Griffiths	Caldicot A	6	Fairwater Cwmbran A	8:03:51	1:00:18	0:03:28
1:40:48	Gareth Jones	Usk A	7	Chepstow B	8:18:23	1:14:50	0:14:32
1:42:44	Matt Creed	Lliswerry A	8	Caldicot A	8:19:14	1:15:41	0:00:51
1:44:07	Rob Beves	Chepstow B	9	Caerleon A	8:34:46	1:31:13	0:15:32
1:45:44	Ian Davies	Caerleon A	10	Rhondda Valley A	8:49:33	1:46:00	0:14:47
1:46:49	Lee Hammond	Fairwater Cwmbran A	11	Lliswerry A	8:57:22	1:53:49	0:07:49
1:51:01	Ross Owen	Rhondda Valley A	12	Pegasus A	9:04:09	2:00:36	0:06:47
1:51:36	Julian Maine	Porthcawl A	13	Caerphilly A	9:05:40	2:02:07	0:01:31
1:52:23	Ian Kent	Parc Bryn Bach B	14	Parc Bryn Bach B	9:13:11	2:09:38	0:07:31
1:53:00	Craig Smith	Pegasus A	15	Caerleon B	9:16:29	2:12:56	0:03:18
1:53:01	Grahame Viner	Caerleon B	16	Porthcawl A	9:18:30	2:14:57	0:02:01
1:54:57	Andy Dickens	Pont-y-pwl & District B	17	Fairwater Cwmbran B	9:19:38	2:16:05	0:01:08
1:55:21	Richard Bowie	Fairwater Cwmbran B	18	Islwyn B	9:26:08	2:22:35	0:06:30
1:58:00	Mark Duddridge	Islwyn B	19	Pont-y-pwl & District B	9:31:27	2:27:54	0:05:19
2:08:00	Nick Davies	Lliswerry B	20	Islwyn A	9:33:32	2:29:59	0:02:05
2:08:01	Simon Peterson	Islwyn A	21	Usk A	9:39:41	2:36:08	0:06:09
2:08:02	Ange Fitzgerald	Caerphilly A	22	Lliswerry B	10:15:03	3:11:30	0:35:22

LEG 9 : TINTERN to CHEPSTOW

Distance : 10.0 miles / 16.0 km. Course Record : 00:56:39. Cut Off Time : 01:25:00.

<u>RESULT : LEG 9.</u>			<u>TOTAL TIME AFTER LEG 9.</u>				
Time	Name	Location	Rank	Location	Time	lead time +	interval time
1:04:43	Geraint Lewis	Porthcawl A	1	Chepstow A	8:08:34		
1:05:01	Paul Murrin	Chepstow A	2	Pont-y-pwl & District A	8:38:41	0:30:07	0:30:07
1:06:44	Leighton Webb	Griffithstown A	3	Griffithstown A	8:44:38	0:36:04	0:05:57
1:07:35	Richard Lund	Caldicot A	4	Parc Bryn Bach A	8:49:33	0:40:59	0:04:55
1:09:33	Terry Watkins	Pont-y-pwl & District A	5	Spirit of Monmouth A	9:13:16	1:04:42	0:23:43
1:10:31	Jonathan Carter	Chepstow B	6	Fairwater Cwmbran A	9:20:38	1:12:04	0:07:22
1:10:38	Richard Hughes	Caerleon A	7	Caldicot A	9:26:49	1:18:15	0:06:11
1:12:53	Alice Taylor	Spirit of Monmouth A	8	Chepstow B	9:28:54	1:20:20	0:02:05
1:14:05	Shane Roberts	Parc Bryn Bach A	9	Caerleon A	9:45:24	1:36:50	0:16:30
1:16:47	Mike Skyrme	Fairwater Cwmbran A	10	Rhondda Valley A	10:08:21	1:59:47	0:22:57
1:18:48	Gary Webber	Rhondda Valley A	11	Lliswerry A	10:22:25	2:13:51	0:14:04
1:21:05	Sam Pollard	Caerleon B	12	Porthcawl A	10:23:13	2:14:39	0:00:48
1:22:29	Jon Hancock	Usk A	13	Pegasus A	10:29:09	2:20:35	0:05:56
1:22:52	Michelle Johnson	Islwyn A	14	Caerphilly A	10:30:42	2:22:08	0:01:33
1:23:28	Emma Sowrey	Pont-y-pwl & District B	15	Parc Bryn Bach B	10:37:13	2:28:39	0:06:31
1:24:02	James Thomas	Parc Bryn Bach B	16	Caerleon B	10:37:34	2:29:00	0:00:21
1:25:00	Elaine Wharmby	Pegasus A	17	Fairwater Cwmbran B	10:44:42	2:36:08	0:07:08
1:25:01	Hannah Davies	Islwyn B	18	Islwyn B	10:51:09	2:42:35	0:06:27
1:25:02	Katie Fox	Caerphilly A	19	Pont-y-pwl & District B	10:54:55	2:46:21	0:03:46
1:25:03	Ray Ellingham	Lliswerry A	20	Islwyn A	10:56:24	2:47:50	0:01:29
1:25:04	Stephen Morgan	Fairwater Cwmbran B	21	Usk A	11:02:10	2:53:36	0:05:46
1:35:00	Melanie Shipton	Lliswerry B	22	Lliswerry B	11:50:03	3:41:29	0:47:53

LEG 10 : CHEPSTOW to CALDICOT

Distance : 5.63 miles / 9.1 km. Course Record : 00:35:14. Cut Off Time : 00:51:00.

<u>RESULT : LEG 10.</u>			<u>TOTAL TIME AFTER LEG 10.</u>			
Time	Name	Club	Rank	Time	Lead time +	Interval time
0:40:35	Lubi Meciarova	Pont-y-pwl & District A	1	Chepstow A	9:09:34	
0:41:45	Danielle Phillips	Parc Bryn Bach A	2	Pont-y-pwl & District A	9:19:16	0:09:42
0:43:24	Richard Perry	Caerleon A	3	Parc Bryn Bach A	9:31:18	0:21:44
0:44:20	Toby Wales	Spirit of Monmouth A	4	Griffithstown A	9:34:16	0:24:42
0:44:57	Clive Denton	Rhondda Valley A	5	Spirit of Monmouth A	9:57:36	0:48:02
0:45:05	David Phillips	Caerphilly A	6	Fairwater Cwmbran A	10:11:38	1:02:04
0:46:02	Dave Timson	Pont-y-pwl & District B	7	Chepstow B	10:17:38	1:08:04
0:46:25	Ffion Davis	Islwyn A	8	Caldicot A	10:17:54	1:08:20
0:47:10	Rob Lewis	Fairwater Cwmbran B	9	Caerleon A	10:28:48	1:19:14
0:48:15	Sarah Pryor	Pegasus A	10	Rhondda Valley A	10:53:18	1:43:44
0:48:44	Joanne Milliken	Chepstow B	11	Lliswerry A	11:12:58	2:03:24
0:49:38	Rhianne McGhee	Griffithstown A	12	Porthcawl A	11:14:14	2:04:40
0:50:33	Ceri Jenkins	Lliswerry A	13	Caerphilly A	11:15:47	2:06:13
0:51:00	Fiona Cross	Fairwater Cwmbran A	14	Pegasus A	11:17:24	2:07:50
0:51:01	Romana Maine	Porthcawl A	15	Parc Bryn Bach B	11:28:15	2:18:41
0:51:02	Claire Sullivan	Parc Bryn Bach B	16	Caerleon B	11:28:38	2:19:04
0:51:03	Gemma Welshor	Usk A	17	Fairwater Cwmbran B	11:31:52	2:22:18
0:51:04	Beth Kershaw-Naylor	Caerleon B	18	Pont-y-pwl & District B	11:40:57	2:31:23
0:51:05	Paige Luff	Caldicot A	19	Islwyn B	11:42:15	2:32:41
0:51:06	Emma Thomas	Islwyn B	20	Islwyn A	11:42:49	2:33:15
0:51:07	Tracy Burton	Lliswerry B	21	Usk A	11:53:13	2:43:39
1:01:00	Jane Green	Chepstow A	22	Lliswerry B	12:41:10	3:31:36

LEG 11 : CALDICOT to PENHOW

Distance : 8.4 miles / 13.4 km. Course Record : 00:52:30. Cut Off Time : 01:15:00.

RESULT : LEG 11.			TOTAL TIME AFTER LEG 11.				
Time	Name	Location	Rank	Location	Time	lead time +	interval time
0:54:56	Matt Stott	Chepstow A	1	Chepstow A	10:04:30		
0:58:04	Paul White	Pont-y-pwl & District A	2	Pont-y-pwl & District A	10:17:20	0:12:50	0:12:50
0:58:37	Matt Kitching	Chepstow B	3	Parc Bryn Bach A	10:31:56	0:27:26	0:14:36
0:59:10	Dean House	Pegasus A	4	Griffithstown A	10:38:51	0:34:21	0:06:55
1:00:38	Jonathon Astley	Parc Bryn Bach A	5	Spirit of Monmouth A	11:06:57	1:02:27	0:28:06
1:02:52	Lee Dean	Usk A	6	Chepstow B	11:16:15	1:11:45	0:09:18
1:03:23	Alan Williams	Parc Bryn Bach B	7	Fairwater Cwmbran A	11:20:32	1:16:02	0:04:17
1:04:15	Andrew Rosen	Caerleon A	8	Caldicot A	11:26:04	1:21:34	0:05:32
1:04:35	Nick Walsh	Griffithstown A	9	Caerleon A	11:33:03	1:28:33	0:06:59
1:05:03	Lisa Erickson	Pont-y-pwl & District B	10	Rhondda Valley A	12:08:18	2:03:48	0:35:15
1:06:56	Peter Burrows	Caerleon B	11	Pegasus A	12:16:34	2:12:04	0:08:16
1:08:10	Nathan Reeks	Caldicot A	12	Porthcawl A	12:26:43	2:22:13	0:10:09
1:08:54	Darren Weaving	Fairwater Cwmbran A	13	Lliswerry A	12:27:56	2:23:26	0:01:13
1:09:21	Nerys Chaplin	Spirit of Monmouth A	14	Caerphilly A	12:28:58	2:24:28	0:01:02
1:12:10	Nicola Howls	Islwyn A	15	Parc Bryn Bach B	12:31:38	2:27:08	0:02:40
1:12:29	Nicola Thomas	Porthcawl A	16	Caerleon B	12:35:34	2:31:04	0:03:56
1:13:11	Sara Williams	Caerphilly A	17	Pont-y-pwl & District B	12:46:00	2:41:30	0:10:26
1:14:58	Tom Watkins	Lliswerry A	18	Fairwater Cwmbran B	12:46:53	2:42:23	0:00:53
1:15:00	Joanne Ryan	Rhondda Valley A	19	Islwyn A	12:54:59	2:50:29	0:08:06
1:15:01	Victoria Reynolds	Fairwater Cwmbran B	20	Usk A	12:56:05	2:51:35	0:01:06
1:15:02	Kirsty Holtham-Morgan	Islwyn B	21	Islwyn B	12:57:17	2:52:47	0:01:12
1:25:00	Laura Rendell	Lliswerry B	22	Lliswerry B	14:06:10	4:01:40	1:08:53

LEG 12 : PENHOW to CAERLEON

Distance : 6.64 miles / 10.7 km. Course Record : 00:40:15. Cut Off Time : 01:00:00.

<u>RESULT : LEG 12.</u>			<u>TOTAL TIME AFTER LEG 12.</u>				
0:40:44	Sam Lewis Jones	Parc Bryn Bach A	1	Chepstow A	10:46:32	lead time +	interval time
0:42:02	James Blore	Chepstow A	2	Pont-y-pwl & District A	11:04:28	0:17:56	0:17:56
0:45:52	Geraint Heath	Lliswerry A	3	Parc Bryn Bach A	11:12:40	0:26:08	0:08:12
0:47:08	Matt Webb	Pont-y-pwl & District A	4	Griffithstown A	11:30:18	0:43:46	0:17:38
0:47:43	Thomas Williams	Usk A	5	Spirit of Monmouth A	11:56:03	1:09:31	0:25:45
0:47:56	Sam Toop	Pont-y-pwl & District B	6	Chepstow B	12:04:54	1:18:22	0:08:51
0:48:39	Steve Owen	Chepstow B	7	Fairwater Cwmbran A	12:15:03	1:28:31	0:10:09
0:49:06	Martin Blakeborough	Spirit of Monmouth A	8	Caldicot A	12:22:36	1:36:04	0:07:33
0:51:27	Lis Chamberlain	Griffithstown A	9	Caerleon A	12:24:59	1:38:27	0:02:23
0:51:48	Alice Richards	Caerleon B	10	Rhondda Valley A	13:00:22	2:13:50	0:35:23
0:51:56	Liz Richards	Caerleon A	11	Pegasus A	13:12:36	2:26:04	0:12:14
0:52:04	William Davies	Rhondda Valley A	12	Lliswerry A	13:13:48	2:27:16	0:01:12
0:54:31	Liz Walsh	Fairwater Cwmbran A	13	Caerphilly A	13:25:54	2:39:22	0:12:06
0:55:14	Julie Lees	Fairwater Cwmbran B	14	Porthcawl A	13:26:44	2:40:12	0:00:50
0:56:02	Paula Allen	Pegasus A	15	Caerleon B	13:27:22	2:40:50	0:00:38
0:56:32	Katie Luff	Caldicot A	16	Parc Bryn Bach B	13:29:53	2:43:21	0:02:31
0:56:56	Rob Coles	Caerphilly A	17	Pont-y-pwl & District B	13:33:56	2:47:24	0:04:03
0:58:15	Lee Phillips	Parc Bryn Bach B	18	Fairwater Cwmbran B	13:42:07	2:55:35	0:08:11
0:58:47	Jay Leach	Islwyn A	19	Usk A	13:43:48	2:57:16	0:01:41
1:00:00	Anne Rice-Jones	Islwyn B	20	Islwyn A	13:53:46	3:07:14	0:09:58
1:00:01	Jane Clement	Porthcawl A	21	Islwyn B	13:57:17	3:10:45	0:03:31
1:10:00	Hayley Edwards	Lliswerry B	22	Lliswerry B	15:16:10	4:29:38	1:18:53

LEG 13 : CAERLEON to CASTELL Y BWCH

Distance : 5.43 miles / 8.7 km. Course Record : 00:32:05. Cut Off Time : 00:49:00.

RESULT : LEG 13.

1	0:34:04	Neil Evans	Lliswerry A
2	0:37:37	Mike Griffiths	Caldicot A
3	0:38:12	Adrian Bull	Usk A
4	0:38:19	Niki Morgan	Chepstow A
5	0:39:30	William Edwards	Porthcawl A
6	0:39:37	Gareth Howells	Caerleon A
7	0:41:28	Peter Rodger	Caerleon B
8	0:41:32	Jon Barne	Pont-y-pwl & District B
9	0:41:59	Emma Bayliss	Pont-y-pwl & District A
10	0:43:55	Sian Price	Parc Bryn Bach A
11	0:44:36	Stephen Barratt	Spirit of Monmouth A
12	0:44:52	Paul Charles	Pegasus A
13	0:45:06	Tara Paisey	Griffithstown A
14	0:45:19	Vanessa Turnbull	Caerphilly A
15	0:46:40	Lisa Forey	Islwyn A
16	0:47:40	Brenda Avery	Chepstow B
17	0:48:03	Bev Bradbury Jones	Fairwater Cwmbran A
18	0:49:00	Andrew Pul James	Fairwater Cwmbran B
19	0:49:01	Hayley Jackson	Parc Bryn Bach B
20	0:49:02	Diane Potter	Lliswerry B
21	0:59:00	Mel Senior	Islwyn B
22	0:59:01	Dawne Meynell-Western	Rhondda Valley A

FAIRWATER RUNNERS

2016 RACK RAID

NUMBER OF TEAMS	22	
TOTAL NUMBER OF RUNNERS	286	
TOTAL DISTANCE RUN (mi.) (km)	2178.22	3485.152
TOTAL TIME RUN (hh:mm:ss)	299:24:49	

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RESULT: TOTAL TIME AFTER ALL 13 LEGS.

1	<u>Chepstow A</u>	11:24:51	winning time +	interval time
2	Pont-y-pwl & District A	11:46:27	0:21:36	0:21:36
3	Parc Bryn Bach A	11:56:35	0:31:44	0:10:08
4	Griffithstown A	12:15:24	0:50:33	0:18:49
5	Spirit of Monmouth A	12:40:39	1:15:48	0:25:15
6	Chepstow B	12:52:34	1:27:43	0:11:55
7	Caldicot A	13:00:13	1:35:22	0:07:39
8	Fairwater Cwmbran A	13:03:06	1:38:15	0:02:53
9	Caerleon A	13:04:36	1:39:45	0:01:30
10	Lliswerry A	13:47:52	2:23:01	0:43:16
11	Pegasus A	13:57:28	2:32:37	0:09:36
12	Rhondda Valley A	13:59:23	2:34:32	0:01:55
13	Porthcawl A	14:06:14	2:41:23	0:06:51
14	Caerleon B	14:08:50	2:43:59	0:02:36
15	Caerphilly A	14:11:13	2:46:22	0:02:23
16	Pont-y-pwl & District B	14:15:28	2:50:37	0:04:15
17	Parc Bryn Bach B	14:18:54	2:54:03	0:03:26
18	Usk A	14:22:00	2:57:09	0:03:06
19	Fairwater Cwmbran B	14:31:07	3:06:16	0:09:07
20	Islwyn A	14:40:26	3:15:35	0:09:19
21	Islwyn B	14:56:17	3:31:26	0:15:51
22	Lliswerry B	16:05:12	4:40:21	1:08:55