

# LEG 1 : GROSSMONT to SKENFRITH.

Distance : 7.1 miles / 11.4 km. Course Record : NA. Cut Off Time : 01:04:00.

## FAIRWATER RUNNERS CWMBRAN

### 2014 RACK RAID

BRACKLA HARRIERS

CAERLEON RUNNING CLUB

CHEPSTOW HARRIERS

FAIRWATER RUNNERS CWMBRAN

GRIFFITHSTOWN HARRIERS

ISLWYN RUNNING CLUB

LLISWERRY RUNNERS

PARC BRYN BACH RUNNING CLUB

PEGASUS RUNNING CLUB

PONTYPRIDD ROADENTS

PONT-Y-PWL & DISTRICT RUNNERS

RHONDDA VALLEY RUNNERS

SAN DOMENICO ROAD RUNNERS

SPIRIT OF MONMOUTH RUNNING CLUB

USK RUNNERS

## RESULT : LEG 1.

				lead time +
1	00:47:42	Steve HARRIS	Chepstow A	
2	00:50:02	Nick DENNY	Pontypridd A	00:02:20
3	00:50:25	Matthew LLOYD	Fairwater Cwmbrian A	00:02:43
4	00:50:43	James DAY	Pont-y-pwl & District A	00:03:01
5	00:51:26	Ffion DAVIES	Pontypridd B	00:03:44
6	00:52:53	Kevin RUSSRLL	Lliswerry A	00:05:11
7	00:52:57	Russell FINCH	Spirit of Monmouth A	00:05:15
8	00:54:02	Pete HUTTON	Chepstow B	00:06:20
9	00:54:16	Grahame VINER	Caerleon A	00:06:34
10	00:56:17	Neil WALKER	Usk A	00:08:35
11	00:56:36	Mathew ROBERTS	Rhondda Valley A	00:08:54
12	00:56:40	Martyn JENKINS	Fairwater Cwmbrian B	00:08:58
13	00:57:31	Karl JOHNS	San Domenico B	00:09:49
14	00:57:37	Ian PRICE	Caerleon B	00:09:55
15	00:57:43	Tyrone BROOME	Lliswerry B	00:10:01
16	01:01:56	Emma MORGAN	Pont-y-pwl & District B	00:14:14
17	01:03:17	Denise EVANS	Chepstow C	00:15:35
18	01:03:35	Clive COOKSEY	Parc Bryn Bach A	00:15:53
19	01:03:55	Colin CROOKS	Pegasus A	00:16:13
20*	01:04:00	Tony BURT	Brackla A	00:16:18
21*	01:04:01	Elinor PHILLIPS	Lliswerry C	00:16:19
22*	01:04:02	Ruth POWELL	Islwyn B	00:16:20
23*	01:04:03	Gwilym PARR	Islwyn A	00:16:21
24**	01:14:00	NO RUNNER	Griffithstown A	00:26:18
25***	01:14:01	RUNNER UNDER 18	San Domenico A	00:26:19

#### 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>			
00:44:35	Steve CALDWELL	Chepstow A	1	Chepstow A	01:32:17	lead time +
00:44:59	Mickey HAVARD	San Domenico A	2	Pontypridd A	01:41:02	00:08:45
00:48:26	Patrick HOARE	Lliswerry A	3	Lliswerry A	01:41:19	00:09:02
00:49:18	Dan ARTHUR	Caerleon A	4	Pont-y-pwl & District A	01:42:04	00:09:47
00:50:24	Adrian BULL	Usk A	5	Caerleon A	01:43:34	00:11:17
00:51:00	Will DENNY	Pontypridd A	6	Pontypridd B	01:45:22	00:13:05
00:51:21	Andy DICKENS	Pont-y-pwl & District A	7	Usk A	01:46:41	00:14:24
00:52:45	Paul THOMAS	Islwyn A	8	Chepstow B	01:48:40	00:16:23
00:53:43	Rhys THOMAS	Griffithstown A	9	Fairwater Cwmbran A	01:48:58	00:16:41
00:53:56	Gwyn LLOYD	Pontypridd B	10	Spirit of Monmouth A	01:49:43	00:17:26
00:54:10	Chris SELBY	San Domenico B	11	San Domenico B	01:51:41	00:19:24
00:54:22	Simon FISH	Pont-y-pwl & District B	12	Rhondda Valley A	01:52:15	00:19:58
00:54:38	Vanessa LAWSON	Chepstow B	13	Pont-y-pwl & District B	01:56:18	00:24:01
00:55:39	Martin MELLOR	Rhondda Valley A	14	Islwyn A	01:56:48	00:24:31
00:56:13	David GREEN	Pegasus A	15	Lliswerry B	01:57:24	00:25:07
00:56:46	Martin BLAKEBROUGH	Spirit of Monmouth A	16	Caerleon B	01:57:52	00:25:35
00:58:33	Jenna ROBERTS	Fairwater Cwmbran A	17	Fairwater Cwmbran B	01:58:41	00:26:24
00:59:04	Jack MADLEY	Chepstow C	18	San Domenico A	01:59:00	00:26:43
00:59:41	Nova JEFFERIES	Lliswerry B	19	Pegasus A	02:00:08	00:27:51
01:00:15	Julie TWIST	Caerleon B	20	Chepstow C	02:02:21	00:30:04
01:02:00	Alan JONES	Brackla A	*21	Parc Bryn Bach A	02:05:37	00:33:20
01:02:01	Rebecca JENKINS	Fairwater Cwmbran B	*22	Brackla A	02:06:00	00:33:43
01:02:02	Kath JERVIS	Parc Bryn Bach A	*23	Lliswerry C	02:06:04	00:33:47
01:02:03	Karen EMMOTT	Lliswerry C	*24	Islwyn B	02:06:06	00:33:49
01:02:04	Linda JONES	Islwyn B	*25	Griffithstown A	02:07:43	00:35:26

# 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>			
00:46:29	Darren BISHOP	Pontypridd A	1	<b>Chepstow A</b>	02:18:57	lead time +
00:46:40	Kath MATTHEWS	Chepstow A	2	Pontypridd A	02:27:31	00:08:34
00:48:11	Rob DAVIES	Islwyn B	3	Pont-y-pwl & District A	02:35:06	00:16:09
00:48:45	Dave MOORE	Brackla A	4	Caerleon A	02:35:12	00:16:15
00:50:17	Brian LOVETT	San Domenico A	5	Lliswerry A	02:39:08	00:20:11
00:50:35	Mark HARVEY(JNR)	Chepstow B	6	Chepstow B	02:39:15	00:20:18
00:51:38	Mike DAVIES	Caerleon A	7	Fairwater Cwmbran A	02:42:26	00:23:29
00:52:54	Phillip MILES	Parc Bryn Bach A	8	Usk A	02:44:13	00:25:16
00:53:02	Lou SUMMERS	Pont-y-pwl & District A	9	Rhondda Valley A	02:45:56	00:26:59
00:53:28	Angela JONES	Fairwater Cwmbran A	10	Spirit of Monmouth A	02:48:10	00:29:13
00:53:41	Paul JASPER	Rhondda Valley A	11	San Domenico A	02:49:17	00:30:20
00:56:36	Paul MASON	Griffithstown A	12	Pontypridd B	02:49:30	00:30:33
00:57:32	Laura POWELL	Usk A	13	San Domenico B	02:51:07	00:32:10
00:57:49	Oliver HARRIS	Lliswerry A	14	Islwyn B	02:54:17	00:35:20
00:58:27	David MATHER	Spirit of Monmouth A	15	Brackla A	02:54:45	00:35:48
00:59:26	Rowena WHITE	San Domenico B	16	Pont-y-pwl & District B	02:56:11	00:37:14
00:59:41	Richard PERRY	Caerleon B	17	Caerleon B	02:57:33	00:38:36
00:59:51	Huw SLADE	Pegasus A	18	Parc Bryn Bach A	02:58:31	00:39:34
00:59:53	Danielle PHILLIPS	Pont-y-pwl & District B	19	Pegasus A	02:59:59	00:41:02
01:00:33	Berna CANTWELL	Chepstow C	20	Islwyn A	03:00:03	00:41:06
01:03:15	Jordan KIBBLE	Islwyn A	21	Lliswerry B	03:02:09	00:43:12
01:03:19	Lisa BATEMAN	Lliswerry C	22	Chepstow C	03:02:54	00:43:57
01:04:08	Catrin DAVIES	Pontypridd B	23	Griffithstown A	03:04:19	00:45:22
01:04:45	Andrew RALPH	Lliswerry B	24	Fairwater Cwmbran B	03:06:03	00:47:06
01:07:22	Rebecca POOLE	Fairwater Cwmbran B	25	Lliswerry C	03:09:23	00:50:26

**LEG 4 : ABERGAVENNY to OLD COURT MOAT**

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

<u>RESULT : LEG 4.</u>			<u>TOTAL TIME AFTER LEG 4.</u>			
00:43:35	<b>Terry WATKINS</b>	<b>Pont-y-pwl &amp; District A</b>	1	<b>Chepstow A</b>	03:05:09	lead time +
00:46:12	Matthew LAWSON	<b>Chepstow A</b>	2	<b>Pontypridd A</b>	03:15:55	00:10:46
00:46:15	Phil BOORMAN	<b>Lliswerry A</b>	3	<b>Pont-y-pwl &amp; District A</b>	03:18:41	00:13:32
00:46:46	David STANDING	<b>Fairwater Cwmbran A</b>	4	<b>Lliswerry A</b>	03:25:23	00:20:14
00:47:44	Lloyd MORGAN	<b>San Domenico A</b>	5	<b>Caerleon A</b>	03:27:58	00:22:49
00:47:59	Nick WALSH	<b>Griffithstown A</b>	6	<b>Fairwater Cwmbran A</b>	03:29:12	00:24:03
00:48:24	Neil BROOKE-SMITH	<b>Pontypridd A</b>	7	<b>Chepstow B</b>	03:31:28	00:26:19
00:49:00	Marc JONES	<b>Rhondda Valley A</b>	8	<b>Rhondda Valley A</b>	03:34:56	00:29:47
00:51:23	Wayne FREWEN	<b>Brackla A</b>	9	<b>San Domenico A</b>	03:37:01	00:31:52
00:52:13	Judith AUSTERBERRY	<b>Chepstow B</b>	10	<b>Spirit of Monmouth A</b>	03:41:05	00:35:56
00:52:46	Gareth HART	<b>Caerleon A</b>	11	<b>Usk A</b>	03:42:30	00:37:21
00:52:55	Stuart KRAMER	<b>Spirit of Monmouth A</b>	12	<b>Pontypridd B</b>	03:43:49	00:38:40
00:53:28	Alan FISHWICK	<b>Lliswerry B</b>	13	<b>Brackla A</b>	03:46:08	00:40:59
00:54:19	Paul WILLIAMS	<b>Pontypridd B</b>	14	<b>San Domenico B</b>	03:52:09	00:47:00
00:54:54	Brian MOFFETT	<b>Parc Bryn Bach A</b>	15	<b>Griffithstown A</b>	03:52:18	00:47:09
00:55:45	Lynda DURSLEY	<b>Lliswerry C</b>	16	<b>Pont-y-pwl &amp; District B</b>	03:52:30	00:47:21
00:55:55	Debbie COCKRAM	<b>Fairwater Cwmbran B</b>	17	<b>Parc Bryn Bach A</b>	03:53:25	00:48:16
00:56:19	Sharon NEWELL	<b>Pont-y-pwl &amp; District B</b>	18	<b>Caerleon B</b>	03:54:15	00:49:06
00:56:42	Bernadette DAVIES	<b>Caerleon B</b>	19	<b>Islwyn B</b>	03:55:21	00:50:12
00:58:17	Tom WILLIAMS	<b>Usk A</b>	20	<b>Lliswerry B</b>	03:55:37	00:50:28
01:01:00	Richard STREET	<b>Pegasus A</b>	*21	<b>Pegasus A</b>	04:00:59	00:55:50
01:01:01	Dave ANDREWS	<b>Chepstow C</b>	*22	<b>Islwyn A</b>	04:01:06	00:55:57
01:01:02	Lowri PHILLIPS	<b>San Domenico B</b>	*23	<b>Fairwater Cwmbran B</b>	04:01:58	00:56:49
01:01:03	Harry SENIOR	<b>Islwyn A</b>	*24	<b>Chepstow C</b>	04:03:55	00:58:46
01:01:04	Suzanne DAVIDSON	<b>Islwyn B</b>	*25	<b>Lliswerry C</b>	04:05:08	00:59:59

# LEG 5 : OLD COURT MOAT to MONMOUTH

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

<u>RESULT : LEG 5.</u>			<u>TOTAL TIME AFTER LEG 5.</u>			
00:53:09	Neil EVANS	Lliswerry A	1	<b>Chepstow A</b>	03:58:38	lead time +
00:53:29	Nick DAVIS	Chepstow A	2	Pontypridd A	04:10:43	00:12:05
00:54:37	Tom EVANS	Caerleon A	3	Lliswerry A	04:18:32	00:19:54
00:54:48	Rhodri EVANS	Pontypridd A	4	Caerleon A	04:22:35	00:23:57
00:55:08	James WHITE	San Domenico A	5	Fairwater Cwmbran A	04:25:03	00:26:25
00:55:30	Guy THOMAS	Griffithstown A	6	Pont-y-pwl & District A	04:25:15	00:26:37
00:55:51	Richard LLOYD	Fairwater Cwmbran A	7	Chepstow B	04:30:16	00:31:38
00:58:19	Steve LANE	Islwyn A	8	San Domenico A	04:32:09	00:33:31
00:58:48	Andy OST	Chepstow B	9	Rhondda Valley A	04:38:20	00:39:42
01:01:14	Tony MACKAY	Pegasus A	10	Spirit of Monmouth A	04:44:58	00:46:20
01:02:00	Charlotte JOHNS	Brackla A	11	Griffithstown A	04:47:48	00:49:10
01:03:24	Amy EDWARDS	Rhondda Valley A	12	Brackla A	04:48:08	00:49:30
01:03:53	Jeremy CREASEY	Spirit of Monmouth A	13	Pontypridd B	04:48:15	00:49:37
01:04:26	Nick POUNDER	Pontypridd B	14	Usk A	04:53:15	00:54:37
01:05:02	Paul DURSLEY	Lliswerry B	15	Islwyn A	04:59:25	01:00:47
01:06:34	Paul GRAINGER JONES	Pont-y-pwl & District A	16	Lliswerry B	05:00:39	01:02:01
01:09:06	Caroline HUGHES	Chepstow C	17	Pegasus A	05:02:13	01:03:35
01:10:25	Hannah WITHERS	San Domenico B	18	San Domenico B	05:02:34	01:03:56
01:10:45	Pete LYONS	Usk A	19	Pont-y-pwl & District B	05:04:08	01:05:30
01:11:34	Margaret MONK	Parc Bryn Bach A	20	Parc Bryn Bach A	05:04:59	01:06:21
01:11:38	Zoe ELVER	Pont-y-pwl & District B	21	Caerleon B	05:07:15	01:08:37
01:13:00	Elizabeth NELSON	Caerleon B	*22	Islwyn B	05:08:24	01:09:46
01:13:01	Sarah ROBERTS	Fairwater Cwmbran B	*23	Chepstow C	05:13:01	01:14:23
01:13:02	Tracy BURTON	Lliswerry C	*24	Fairwater Cwmbran B	05:14:59	01:16:21
01:13:03	Sara ARNOLD	Islwyn B	*25	Lliswerry C	05:18:10	01:19:32

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

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

RESULT : LEG 6.

TOTAL TIME AFTER LEG 6.

<u>RESULT : LEG 6.</u>	<u>TOTAL TIME AFTER LEG 6.</u>	lead time
01:15:00 <b>Matt SYMES</b> <b>Pont-y-pwl &amp; District A</b>	1 <b>Chepstow A</b> 05:18:47	+
01:16:22 Mark JENNINGS <b>Fairwater Cwmbran A</b>	2 <b>Pontypridd A</b> 05:38:58	00:20:11
01:20:09 Paul MURRIN <b>Chepstow A</b>	3 <b>Pont-y-pwl &amp; District A</b> 05:40:15	00:21:28
01:22:30 Doug NICHOLLS <b>San Domenico A</b>	4 <b>Fairwater Cwmbran A</b> 05:41:25	00:22:38
01:24:54 Mark BALCH <b>Usk A</b>	5 <b>Lliswerry A</b> 05:52:36	00:33:49
01:25:42 Ian OGILVIE <b>Brackla A</b>	6 <b>Caerleon A</b> 05:52:45	00:33:58
01:25:59 Steve HOOPER <b>Pontypridd B</b>	7 <b>San Domenico A</b> 05:54:39	00:35:52
01:26:35 Johnny LAM <b>San Domenico B</b>	8 <b>Chepstow B</b> 06:05:22	00:46:35
01:27:36 Andrew WALSH <b>Griffithstown A</b>	9 <b>Rhondda Valley A</b> 06:10:19	00:51:32
01:27:56 Julian WILLIAMS <b>Parc Bryn Bach A</b>	10 <b>Spirit of Monmouth A</b> 06:13:03	00:54:16
01:28:05 George SMITH <b>Spirit of Monmouth A</b>	11 <b>Brackla A</b> 06:13:50	00:55:03
01:28:15 Laurence POLE <b>Pontypridd A</b>	12 <b>Pontypridd B</b> 06:14:14	00:55:27
01:30:10 Keith GITTINS <b>Caerleon A</b>	13 <b>Griffithstown A</b> 06:15:24	00:56:37
01:31:59 Keith THOMPSON <b>Rhondda Valley A</b>	14 <b>Usk A</b> 06:18:09	00:59:22
01:34:04 Chris MORRIS <b>Lliswerry A</b>	15 <b>San Domenico B</b> 06:29:09	01:10:22
01:35:06 Laurie CARTER <b>Chepstow B</b>	16 <b>Parc Bryn Bach A</b> 06:32:55	01:14:08
01:35:37 Paul NOWACZEK <b>Islwyn A</b>	17 <b>Islwyn A</b> 06:35:02	01:16:15
01:38:30 Paul CHARLES <b>Pegasus A</b>	18 <b>Pegasus A</b> 06:40:43	01:21:56
01:42:57 Louise BRIGHT <b>Pont-y-pwl &amp; District B</b>	19 <b>Pont-y-pwl &amp; District B</b> 06:47:05	01:28:18
01:47:55 Andrew JOHNSON <b>Lliswerry B</b>	20 <b>Lliswerry B</b> 06:48:34	01:29:47
01:50:18 Julie ROCHE <b>Fairwater Cwmbran B</b>	21 <b>Caerleon B</b> 07:01:00	01:42:13
01:53:45 Sian JONES <b>Caerleon B</b>	22 <b>Islwyn B</b> 07:02:24	01:43:37
01:54:00 Kay DIXON <b>Islwyn B</b>	*23 <b>Fairwater Cwmbran B</b> 07:05:17	01:46:30
01:54:01 Karen ELVERS <b>Chepstow C</b>	*24 <b>Chepstow C</b> 07:07:02	01:48:15
01:54:02 Chris LEWIS <b>Lliswerry C</b>	*25 <b>Lliswerry C</b> 07:12:12	01:53:25

LEG 7 : **RAGLAN** to **USK**

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

RESULT : LEG 7.

TOTAL TIME AFTER LEG 7.

<u>RESULT : LEG 7.</u>	<u>TOTAL TIME AFTER LEG 7.</u>	lead time
<b><u>00:31:40</u> Peter COLES (new C.R.) Pontypridd A</b>	<b>1 Chepstow A 05:54:50</b>	+
<b>00:35:23 Richie HILL Usk A</b>	<b>2 Pontypridd A 06:10:38</b>	00:15:48
<b>00:36:03 Paul DODD Chepstow A</b>	<b>3 Pont-y-pwl &amp; District A 06:18:07</b>	00:23:17
<b>00:36:50 Steve PEMBERTON Lliswerry A</b>	<b>4 Fairwater Cwmbran A 06:22:16</b>	00:27:26
<b>00:37:15 Ian McDONALD San Domenico A</b>	<b>5 Lliswerry A 06:29:26</b>	00:34:36
<b>00:37:52 Peter TOWNSEND Pont-y-pwl &amp; District A</b>	<b>6 San Domenico A 06:31:54</b>	00:37:04
<b>00:39:12 Ben MORSE Caerleon A</b>	<b>7 Caerleon A 06:31:57</b>	00:37:07
<b>00:39:54 Andrew KETTLEY Rhondda Valley A</b>	<b>8 Chepstow B 06:47:17</b>	00:52:27
<b>00:40:51 Mike SKYRME Fairwater Cwmbran A</b>	<b>9 Rhondda Valley A 06:50:13</b>	00:55:23
<b>00:41:14 Gwen RICHARDS Pontypridd B</b>	<b>10 Usk A 06:53:32</b>	00:58:42
<b>00:41:27 Andrea STARRIT Brackla A</b>	<b>11 Brackla A 06:55:17</b>	01:00:27
<b>00:41:47 Martyn JONES Lliswerry B</b>	<b>12 Pontypridd B 06:55:28</b>	01:00:38
<b>00:41:55 Jan MORRIS Chepstow B</b>	<b>13 Spirit of Monmouth A 06:56:39</b>	01:01:49
<b>00:42:03 Rose CHARLES Griffithstown A</b>	<b>14 Griffithstown A 06:57:27</b>	01:02:37
<b>00:43:36 Emma KING Spirit of Monmouth A</b>	<b>15 San Domenico B 07:16:43</b>	01:21:53
<b>00:44:57 Ian LEWIS Islwyn A</b>	<b>16 Islwyn A 07:19:59</b>	01:25:09
<b>00:45:00 Teresa TRANTER Chepstow C</b>	<b>17 Parc Bryn Bach A 07:22:55</b>	01:28:05
<b>00:45:05 Joanne PEACOCK Caerleon B</b>	<b>18 Lliswerry B 07:30:21</b>	01:35:31
<b>00:45:34 Nadine DONOVAN Pont-y-pwl &amp; District B</b>	<b>19 Pegasus A 07:30:44</b>	01:35:54
<b>00:47:34 Bernie WILKINSON San Domenico B</b>	<b>20 Pont-y-pwl &amp; District B 07:32:39</b>	01:37:49
<b>00:47:53 Shannel MITCHELL Lliswerry C</b>	<b>21 Caerleon B 07:46:05</b>	01:51:15
<b>00:50:00 Michelle JAYNE Parc Bryn Bach A</b>	<b>*22 Chepstow C 07:52:02</b>	01:57:12
<b>00:50:01 Helena BOOTH Pegasus A</b>	<b>*23 Islwyn B 07:52:26</b>	01:57:36
<b>00:50:02 Louise SADDLER Islwyn B</b>	<b>*24 Fairwater Cwmbran B 07:55:20</b>	02:00:30
<b>00:50:03 Suzanne WILLIAMS Fairwater Cwmbran B</b>	<b>*25 Lliswerry C 08:00:05</b>	02:05:15

## LEG 8 : **USK** to **TINTERN**

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

<u>RESULT : LEG 8.</u>			<u>TOTAL TIME AFTER LEG 8.</u>			
01:25:08	<b>Richard JOHNSON</b>	<b>Pont-y-pwl &amp; District A</b>	1	<b>Chepstow A</b>	07:21:49	lead time +
01:26:59	Matt STOTT	<b>Chepstow A</b>	2	<b>Pontypridd A</b>	07:41:17	00:19:28
01:29:13	Daryll BARNBY	<b>Fairwater Cwmbran A</b>	3	<b>Pont-y-pwl &amp; District A</b>	07:43:15	00:21:26
01:30:39	Sam RYALL	<b>Pontypridd A</b>	4	<b>Fairwater Cwmbran A</b>	07:51:29	00:29:40
01:32:12	Ben WILLS	<b>Spirit of Monmouth A</b>	5	<b>Lliswerry A</b>	08:06:26	00:44:37
01:32:26	Phil BRISTOW	<b>San Domenico B</b>	6	<b>Caerleon A</b>	08:09:27	00:47:38
01:33:54	Daman JUKES	<b>Parc Bryn Bach A</b>	7	<b>San Domenico A</b>	08:16:50	00:55:01
01:37:00	Alun KING	<b>Lliswerry A</b>	8	<b>Spirit of Monmouth A</b>	08:28:51	01:07:02
01:37:30	Mike HARRIS	<b>Caerleon A</b>	9	<b>Rhondda Valley A</b>	08:31:24	01:09:35
01:38:00	Paul HILL	<b>Pegasus A</b>	10	<b>Chepstow B</b>	08:32:30	01:10:41
01:39:25	Gerry GORMLEY	<b>Griffithstown A</b>	11	<b>Usk A</b>	08:34:51	01:13:02
01:41:11	Stephen POOL	<b>Rhondda Valley A</b>	12	<b>Griffithstown A</b>	08:36:52	01:15:03
01:41:19	Gareth JONES	<b>Usk A</b>	13	<b>Brackla A</b>	08:41:04	01:19:15
01:44:56	Glyn SANSOM	<b>San Domenico A</b>	14	<b>Pontypridd B</b>	08:47:02	01:25:13
01:45:13	Dave AUSTIN	<b>Chepstow B</b>	15	<b>San Domenico B</b>	08:49:09	01:27:20
01:45:47	Luke JOHNS	<b>Brackla A</b>	16	<b>Parc Bryn Bach A</b>	08:56:49	01:35:00
01:47:48	Jason DIXON	<b>Islwyn A</b>	17	<b>Islwyn A</b>	09:07:47	01:45:58
01:51:34	Cameron CUMMING	<b>Pontypridd B</b>	18	<b>Pegasus A</b>	09:08:44	01:46:55
01:55:54	Claire BIDDLECOMBE	<b>Lliswerry C</b>	19	<b>Lliswerry B</b>	09:28:23	02:06:34
01:57:08	Dave TIMSON	<b>Pont-y-pwl &amp; District B</b>	20	<b>Pont-y-pwl &amp; District B</b>	09:29:47	02:07:58
01:58:00	Ian WADE	<b>Chepstow C</b>	*21	<b>Caerleon B</b>	09:44:06	02:22:17
01:58:01	Andrew TAYLOR	<b>Caerleon B</b>	*22	<b>Chepstow C</b>	09:50:02	02:28:13
01:58:02	Ray ELLINGHAM	<b>Lliswerry B</b>	*23	<b>Islwyn B</b>	09:50:29	02:28:40
01:58:03	Sean BIRCH	<b>Islwyn B</b>	*24	<b>Fairwater Cwmbran B</b>	09:53:24	02:31:35
01:58:04	Roger MILLS	<b>Fairwater Cwmbran B</b>	*25	<b>Lliswerry C</b>	09:55:59	02:34:10



**LEG 9 : TINTERN to CHEPSTOW**

Distance : 9.42 miles / 15.2 km. Course Record : 00:56:39. Cut Off Time : 01:25:00.

<u>RESULT : LEG 9.</u>			<u>TOTAL TIME AFTER LEG 9.</u>			
01:02:31	<b>Laurence HUMPHRIES</b>	<b>Fairwater Cwmbrian A</b>	1	<b>Chepstow A</b>	08:25:39	lead time +
01:03:50	James BLORE	<b>Chepstow A</b>	2	<b>Pontypridd A</b>	08:50:07	00:24:28
01:07:12	Peter CROALL	<b>San Domenico A</b>	3	<b>Pont-y-pwl &amp; District A</b>	08:52:55	00:27:16
01:08:50	Sam RICHARDS	<b>Pontypridd A</b>	4	<b>Fairwater Cwmbrian A</b>	08:54:00	00:28:21
01:09:40	Steve DAVIES	<b>Pont-y-pwl &amp; District A</b>	5	<b>Lliswerry A</b>	09:20:13	00:54:34
01:10:18	Nicola GETHING	<b>Parc Bryn Bach A</b>	6	<b>San Domenico A</b>	09:24:02	00:58:23
01:12:33	Gareth JONES	<b>Spirit of Monmouth A</b>	7	<b>Caerleon A</b>	09:24:50	00:59:11
01:13:26	Dave GRIFFITHS	<b>Brackla A</b>	8	<b>Spirit of Monmouth A</b>	09:41:24	01:15:45
01:13:33	Andrew SPENCER	<b>Griffithstown A</b>	9	<b>Chepstow B</b>	09:47:17	01:21:38
01:13:47	Peter OVEY	<b>Lliswerry A</b>	10	<b>Rhondda Valley A</b>	09:49:54	01:24:15
01:13:54	Dean HOUSE	<b>Pegasus A</b>	11	<b>Griffithstown A</b>	09:50:25	01:24:46
01:14:47	Neil GRANT	<b>Chepstow B</b>	12	<b>Usk A</b>	09:53:04	01:27:25
01:15:23	Howard MASON	<b>Caerleon A</b>	13	<b>Brackla A</b>	09:54:30	01:28:51
01:16:34	Phil HUGHES	<b>San Domenico B</b>	14	<b>San Domenico B</b>	10:05:43	01:40:04
01:18:13	Brian JONES	<b>Usk A</b>	15	<b>Parc Bryn Bach A</b>	10:07:07	01:41:28
01:18:23	Gary ADAMS	<b>Fairwater Cwmbrian B</b>	16	<b>Pontypridd B</b>	10:12:03	01:46:24
01:18:30	Bryan MERIDETH	<b>Rhondda Valley A</b>	17	<b>Pegasus A</b>	10:22:38	01:56:59
01:19:59	Paul FISHER	<b>Islwyn A</b>	18	<b>Islwyn A</b>	10:27:46	02:02:07
01:23:59	Nick DAVIES	<b>Lliswerry B</b>	19	<b>Lliswerry B</b>	10:52:22	02:26:43
01:24:04	Pete RODGER	<b>Caerleon B</b>	20	<b>Pont-y-pwl &amp; District B</b>	10:54:49	02:29:10
01:24:33	Rachel PRANGLEY	<b>Islwyn B</b>	21	<b>Caerleon B</b>	11:08:10	02:42:31
01:25:00	Stuart DUNCAN	<b>Chepstow C</b>	*22	<b>Fairwater Cwmbrian B</b>	11:11:47	02:46:08
01:25:01	Anne FOLLAN	<b>Pontypridd B</b>	*23	<b>Chepstow C</b>	11:15:02	02:49:23
01:25:02	Darren SAMUEL	<b>Pont-y-pwl &amp; District B</b>	*24	<b>Islwyn B</b>	11:15:02	02:49:23
01:25:03	Claire DUNKERTON-MORRIS	<b>Lliswerry C</b>	*25	<b>Lliswerry C</b>	11:21:02	02:55:23

# 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>			
00:38:38	Clara EVANS	Pontypridd A	1	Chepstow A	09:04:19	lead time +
00:38:40	Niki MORGAN	Chepstow A	2	Pontypridd A	09:28:45	00:24:26
00:38:54	Ricci WATTS	Pont-y-pwl & District A	3	Pont-y-pwl & District A	09:31:49	00:27:30
00:40:46	Peter EDWARDS	Fairwater Cwmbran A	4	Fairwater Cwmbran A	09:34:46	00:30:27
00:40:57	Antoinette DUMAYNE	Lliswerry A	5	Lliswerry A	10:01:10	00:56:51
00:41:22	Helen DUFFIELD	Chepstow B	6	Caerleon A	10:06:26	01:02:07
00:41:25	Kristie O'CONNELL	Pontypridd B	7	San Domenico A	10:07:37	01:03:18
00:41:36	Mike THURGOOD	Caerleon A	8	Chepstow B	10:28:39	01:24:20
00:41:45	Steve DURY	Islwyn A	9	Spirit of Monmouth A	10:29:52	01:25:33
00:41:53	Terry SCREEN	Griffithstown A	10	Griffithstown A	10:32:18	01:27:59
00:43:35	Marcia GOUVRIA	San Domenico A	11	Rhondda Valley A	10:34:47	01:30:28
00:44:44	Vivtoria HOLLOWAY	San Domenico B	12	Brackla A	10:40:47	01:36:28
00:44:53	leaun POPE	Rhondda Valley A	13	Usk A	10:42:03	01:37:44
00:45:26	Liz RICHARDS	Caerleon B	14	San Domenico B	10:50:27	01:46:08
00:46:17	Libby LAVIS	Brackla A	15	Pontypridd B	10:53:28	01:49:09
00:46:56	Kelly COLLINS	Parc Bryn Bach A	16	Parc Bryn Bach A	10:54:03	01:49:44
00:48:28	Lee JAMES	Spirit of Monmouth A	17	Islwyn A	11:09:31	02:05:12
00:48:59	Danielle HILL	Usk A	18	Pegasus A	11:13:24	02:09:05
00:50:46	Julia EVANS	Pegasus A	19	Lliswerry B	11:43:23	02:39:04
00:51:00	Bethan POWELL	Pont-y-pwl & District B	*20	Pont-y-pwl & District B	11:45:49	02:41:30
00:51:01	Robert ANDERSON	Lliswerry B	*21	Caerleon B	11:53:36	02:49:17
00:51:02	John FRY	Fairwater Cwmbran B	*22	Fairwater Cwmbran B	12:02:49	02:58:30
00:51:03	Brett REGULSKI	Chepstow C	*23	Chepstow C	12:06:05	03:01:46
00:51:04	Michelle SHAPLANO	Lliswerry C	*24	Islwyn B	12:06:07	03:01:48
00:51:05	Jackie LAMBETH	Islwyn B	*25	Lliswerry C	12:12:06	03:07:47

LEG 11 : CALDICOT to PENHOW

Distance : 5.9 miles /9.5 km. Course Record : NA. Cut Off Time : 00:52:00.

<u>RESULT : LEG 11.</u>			<u>TOTAL TIME AFTER LEG 11.</u>			
00:36:42	Mike DURY	Islwyn A	1	Chepstow A	09:44:02	lead time +
00:39:21	Richard BRACHER	Parc Bryn Bach A	2	Pontypridd A	10:09:58	00:25:56
00:39:43	Richard WOODHEAD	Chepstow A	3	Pont-y-pwl & District A	10:16:57	00:32:55
00:41:13	Phil MEYLER	Pontypridd A	4	Fairwater Cwmbran A	10:18:28	00:34:26
00:43:20	Robert NELSON	Spirit of Monmouth A	5	Lliswerry A	10:46:32	01:02:30
00:43:42	Richard BOWIE	Fairwater Cwmbran A	6	Caerleon A	10:50:34	01:06:32
00:44:08	Peter THOMAS	Caerleon A	7	San Domenico A	10:51:56	01:07:54
00:44:19	Jim DELANEY	San Domenico A	8	Spirit of Monmouth A	11:13:12	01:29:10
00:45:08	Keith LANGLEY	Pont-y-pwl & District A	9	Chepstow B	11:15:43	01:31:41
00:45:22	Ruth PHILLIPS	Lliswerry A	10	Griffithstown A	11:18:21	01:34:19
00:45:49	Brian GOUGH	Pontypridd B	11	Rhondda Valley A	11:25:32	01:41:30
00:46:03	Ryhs DOOLAN	Griffithstown A	12	Usk A	11:29:31	01:45:29
00:47:04	Esther BARRETT	Chepstow B	13	Brackla A	11:29:32	01:45:30
00:47:28	Joanne WILLIAMS	Usk A	14	Parc Bryn Bach A	11:33:24	01:49:22
00:48:45	Emma LYNCH	Brackla A	15	Pontypridd B	11:39:17	01:55:15
00:48:49	Fiona CROSS	Pont-y-pwl & District B	16	San Domenico B	11:42:29	01:58:27
00:49:03	Paula WILLIAMS	Caerleon B	17	Islwyn A	11:46:13	02:02:11
00:49:18	Vicky FEAR	Lliswerry C	18	Pegasus A	12:02:58	02:18:56
00:49:34	Andrew CLEVERLEY	Pegasus A	19	Lliswerry B	12:34:16	02:50:14
00:50:45	Richard CADOGAN	Rhondda Valley A	20	Pont-y-pwl & District B	12:34:38	02:50:36
00:50:53	Dave WESTLEY	Lliswerry B	21	Caerleon B	12:42:39	02:58:37
00:52:00	Coleen BIRCH	Islwyn B	*22	Fairwater Cwmbran B	12:54:52	03:10:50
00:52:01	Geoff BAYLISS	Chepstow C	*23	Chepstow C	12:58:06	03:14:04
00:52:02	Claire LEWIS	San Domenico B	*24	Islwyn B	12:58:07	03:14:05
00:52:03	Sheree MANN	Fairwater Cwmbran B	*25	Lliswerry C	13:01:24	03:17:22

# 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>			
00:41:33	Richard MATTHEWS	Chepstow A	1	Chepstow A	10:25:35	lead time +
00:42:52	Allan MEEK	Spirit of Monmouth A	2	Pontypridd A	10:57:54	00:32:19
00:44:27	Mark HURFORD	Pont-y-pwl & District A	3	Pont-y-pwl & District A	11:01:24	00:35:49
00:44:58	Justin POCKNELL	Caerleon A	4	Fairwater Cwmbran A	11:06:32	00:40:57
00:45:01	Paul GRAHAM	Pontypridd B	5	Lliswerry A	11:33:01	01:07:26
00:45:32	Mark ROBBINS	Griffithstown A	6	Caerleon A	11:35:32	01:09:57
00:45:41	Richard MORRIS	Islwyn A	7	San Domenico A	11:42:12	01:16:37
00:46:29	Geraint HEATH	Lliswerry A	8	Spirit of Monmouth A	11:56:04	01:30:29
00:47:56	Elaine FERGUSON	Pontypridd A	9	Griffithstown A	12:03:53	01:38:18
00:48:04	Rob SYMONS	Fairwater Cwmbran A	10	Chepstow B	12:04:01	01:38:26
00:48:13	Wendy OWEN	San Domenico B	11	Rhondda Valley A	12:17:45	01:52:10
00:48:18	Andy STOTT	Chepstow B	12	Usk A	12:20:11	01:54:36
00:49:27	Emma WILLIAMS	Caerleon B	13	Brackla A	12:22:32	01:56:57
00:50:16	Seamus GALLAGHER	San Domenico A	14	Pontypridd B	12:24:18	01:58:43
00:50:40	Nei WILLIAMS	Usk A	15	Parc Bryn Bach A	12:26:41	02:01:06
00:52:13	Andrew CADOGAN	Rhondda Valley A	16	San Domenico B	12:30:42	02:05:07
00:53:00	Alex FORD	Brackla A	17	Islwyn A	12:31:54	02:06:19
00:53:17	Andrew WILLIAMS	Parc Bryn Bach A	18	Pegasus A	12:56:27	02:30:52
00:53:29	Stephen WOOD	Pegasus A	19	Pont-y-pwl & District B	13:30:50	03:05:15
00:54:52	Colin TRANTER	Chepstow C	20	Lliswerry B	13:31:06	03:05:31
00:55:49	Helen WILLIAMS	Fairwater Cwmbran B	21	Caerleon B	13:32:06	03:06:31
00:56:12	Carl ROBERTS	Pont-y-pwl & District B	22	Fairwater Cwmbran B	13:50:41	03:25:06
00:56:50	Michael BONNET	Lliswerry B	23	Chepstow C	13:52:58	03:27:23
01:00:00	Helen WILLIAMS	Islwyn B	*24	Islwyn B	13:58:07	03:32:32
01:00:01	Hayley EDWARDS	Lliswerry C	*25	Lliswerry C	14:01:25	03:35:50

**LEG 13 : CAERLEON to CASTELL Y BWCH**

Distance : 5.43 miles / 8.7 km. Course Record : 00:32:27. Cut Off Time : 00:50:00.

**RESULT : LEG 13.**

00:36:30	<b>Brian WILLIAMS</b>	<b>Pont-y-pwl &amp; District A</b>
00:36:55	Matt CREED	Lliswerry A
00:38:32	Andrew PEARCE	Griffithstown A
00:39:46	Gareth Archie DAVIES	Pont-y-pwl & District B
00:40:02	Rob HOOK	Chepstow A
00:40:09	Simon PRITCHARD	Pontypridd B
00:40:38	Dominic SHIELDS	San Domenico A
00:41:37	Will DAVIES	Rhondda Valley A
00:41:39	Frances BULLOCK	Spirit of Monmouth A
00:41:56	Jonathon WILLIAMS	Fairwater Cwmbrian A
00:42:30	Peter BURROWS	Caerleon A
00:43:50	Roland MATHEWS	Brackla A
00:44:09	David GATES	Lliswerry B
00:44:11	Nud REHMAN	Fairwater Cwmbrian B
00:44:14	Tim WILLIAMS	Parc Bryn Bach A
00:44:20	Hayley DODD	Usk A
00:45:07	Allan MCCALL	Chepstow B
00:46:31	Nathan LAING	Caerleon B
00:46:56	Mark KEATS	Pegasus A
00:47:25	Roger FAWKE	Islwyn A
00:47:35	John ROSS	San Domenico B
00:50:00	Jane BAYLISS	Chepstow C
00:50:01	Elizabeth PARKER	Lliswerry C
01:00:00	Helen LEWIS (car penalty)	Islwyn B
01:00:01	RUNNER UNDER 18	Pontypridd A

- 1
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**FAIRWATER RUNNERS**

**2014 RACK RAID**

NUMBER OF TEAMS	25	
TOTAL NUMBER OF RUNNERS	325	
TOTAL DISTANCE RUN (mi.) (km)	2462.75	3940.4
TOTAL TIME RUN (hh:mm:ss)	329:08:25	

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# RESULT: TOTAL TIME AFTER ALL 13 LEGS.

## **1 Chepstow A**

	<b>11:05:37</b>	<b>winning time +</b>	<b>interval time</b>
<b>2 Pont-y-pwl &amp; District A</b>	<b>11:37:54</b>	<b>00:32:17</b>	<b>00:32:17</b>
<b>3 Fairwater Cwmbran A</b>	<b>11:48:28</b>	<b>00:42:51</b>	<b>00:10:34</b>
<b>4 Pontypridd A</b>	<b>11:57:55</b>	<b>00:52:18</b>	<b>00:09:27</b>
<b>5 Lliswerry A</b>	<b>12:09:56</b>	<b>01:04:19</b>	<b>00:12:01</b>
<b>6 Caerleon A</b>	<b>12:18:02</b>	<b>01:12:25</b>	<b>00:08:06</b>
<b>7 San Domenico A</b>	<b>12:22:50</b>	<b>01:17:13</b>	<b>00:04:48</b>
<b>8 Spirit of Monmouth A</b>	<b>12:37:43</b>	<b>01:32:06</b>	<b>00:14:53</b>
<b>9 Griffithstown A</b>	<b>12:42:25</b>	<b>01:36:48</b>	<b>00:04:42</b>
<b>10 Chepstow B</b>	<b>12:49:08</b>	<b>01:43:31</b>	<b>00:06:43</b>
<b>11 Rhondda Valley A</b>	<b>12:59:22</b>	<b>01:53:45</b>	<b>00:10:14</b>
<b>12 Pontypridd B</b>	<b>13:04:27</b>	<b>01:58:50</b>	<b>00:05:05</b>
<b>13 Usk A</b>	<b>13:04:31</b>	<b>01:58:54</b>	<b>00:00:04</b>

<b>14 Brackla A</b>	<b>13:06:22</b>	<b>02:00:45</b>	<b>00:01:51</b>
<b>15 Parc Bryn Bach A</b>	<b>13:10:55</b>	<b>02:05:18</b>	<b>00:04:33</b>
<b>16 San Domenico B</b>	<b>13:18:17</b>	<b>02:12:40</b>	<b>00:07:22</b>
<b>17 Islwyn A</b>	<b>13:19:19</b>	<b>02:13:42</b>	<b>00:01:02</b>
<b>18 Pegasus A</b>	<b>13:43:23</b>	<b>02:37:46</b>	<b>00:24:04</b>
<b>19 Pont-y-pwl &amp; District B</b>	<b>14:10:36</b>	<b>03:04:59</b>	<b>00:27:13</b>
<b>20 Lliswerry B</b>	<b>14:15:15</b>	<b>03:09:38</b>	<b>00:04:39</b>
<b>21 Caerleon B</b>	<b>14:18:37</b>	<b>03:13:00</b>	<b>00:03:22</b>
<b>22 Fairwater Cwmbran B</b>	<b>14:34:52</b>	<b>03:29:15</b>	<b>00:16:15</b>
<b>23 Chepstow C</b>	<b>14:42:58</b>	<b>03:37:21</b>	<b>00:08:06</b>
<b>24 Lliswerry C</b>	<b>14:51:26</b>	<b>03:45:49</b>	<b>00:08:28</b>
<b>25 Islwyn B</b>	<b>14:58:07</b>	<b>03:52:30</b>	<b>00:06:41</b>

**CONGRATULATIONS TO THE WINNERS !  
AND  
WELL DONE TO EVERYONE WHO COMPETED TODAY**