

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

2015 RACK RAID

BRACKLA HARRIERS

CAERLEON RUNNING CLUB

CALDICOT RUNNING CLUB

CHEPSTOW HARRIERS

FAIRWATER RUNNERS CWMBRAN

GRIFFITHSTOWN HARRIERS

ISLWYN RUNNING CLUB

LES CROUPIERS RUNNING CLUB

LLISWERRY RUNNERS

PARC BRYN BACH RUNNING CLUB

PEGASUS RUNNING CLUB

PONT-Y-PWL & DISTRICT RUNNERS

RHONDDA VALLEY RUNNERS

SAN DOMENICO ROAD RUNNERS

SPIRIT OF MONMOUTH RUNNING CLUB

USK RUNNERS

NOTE :

RUNNERS FINISHING AFTER CUT OFF TIME ARE AWARDED CUT OFF TIME (up to 10 MINUTES).*

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

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

RESULT : LEG 1.

			lead time +
1	00:30:28	Andy Lee	
2	00:31:02	Sam Jones	00:00:34
3	00:31:48	Guy Richie Thomas	00:01:20
4	00:32:43	Niki Morgan	00:02:15
5	00:33:24	Peter Edwards	00:02:56
6	00:35:26	Esther Barrett	00:04:58
7	00:35:38	Kev Russell	00:05:10
8	00:36:33	Chris Carey	00:06:05
9	00:36:44	Liz Richards	00:06:16
10	00:37:37	Ronald Morris	00:07:09
11	00:38:15	Dennis Collins	00:07:47
12	00:38:34	Nicola Poole	00:08:06
13	00:38:52	Karl Johns	00:08:24
14	00:39:29	Elaine Wharmby	00:09:01
15	00:39:52	Jo Peacock	00:09:24
16	00:40:30	Ray Ellingham	00:10:02
17	00:41:04	Jay Leech	00:10:36
18	00:41:22	Emma King	00:10:54
19	00:41:36	Stuart Dobel	00:11:08
20	00:43:39	Lou Saddler	00:13:11
21	00:43:43	Kath Jarvis	00:13:15
22	00:44:12	Graham Simpson	00:13:44
23	00:45:25	Sue Williams	00:14:57
24	00:45:30	Tony Burt	00:15:02

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>			
00:45:54	James Blore	Chepstow A	1	Pont-y-pwl & District A	01:18:31	lead time +
00:48:03	Steve Davies	Pont-y-pwl & District A	2	Chepstow A	01:18:37	00:00:06
00:48:11	Dee Buchanan	San Domenico B	3	Parc Bryn Bach A	01:21:57	00:03:26
00:48:15	Paul Dawes	San Domenico A	4	Lliswerry A	01:24:02	00:05:31
00:48:24	Patrick Hoare	Lliswerry A	5	Griffithstown A	01:25:24	00:06:53
00:49:31	Tom Evans	Caerleon A	6	San Domenico A	01:25:52	00:07:21
00:50:55	Daryll Cook	Parc Bryn Bach A	7	Caerleon A	01:26:15	00:07:44
00:51:54	Ricci Watts	Pont-y-pwl & District B	8	San Domenico B	01:27:03	00:08:32
00:53:01	Paul Morris	Les Croupiers A	9	Pont-y-pwl & District B	01:28:27	00:09:56
00:53:36	Nick Walsh	Griffithstown A	10	Fairwater Cwmbran A	01:30:07	00:11:36
00:54:33	Kevin Williams	Rhondda Valley A	11	Chepstow B	01:30:43	00:12:12
00:55:17	Dave Austin	Chepstow B	12	Les Croupiers A	01:31:35	00:13:04
00:56:27	Wayne Frewen	Brackla A	13	Rhondda Valley A	01:32:48	00:14:17
00:56:41	Tom Williams	Usk A	14	Pegasus A	01:36:19	00:17:48
00:56:43	Stephen Morgan	Fairwater Cwmbran A	15	Caerleon B	01:37:22	00:18:51
00:56:50	Paul Charles	Pegasus A	16	Usk A	01:40:53	00:22:22
00:57:30	Grahame Viner	Caerleon B	17	Lliswerry B	01:41:05	00:22:34
01:00:35	Angela Potter-Collins	Lliswerry B	18	Brackla A	01:41:57	00:23:26
01:01:02	Ali Phillips	Spirit of Monmouth A	19	Spirit of Monmouth A	01:42:24	00:23:53
01:02:00	Margrett Monk	Parc Bryn Bach B	20	Islwyn A	01:43:07	00:24:36
01:02:01	Rebecca Blandford	Fairwater Cwmbran B	21	Caldicot A	01:43:38	00:25:07
01:02:02	Geoff Markey	Caldicot A	22	Islwyn B	01:45:43	00:27:12
01:02:03	Richard Powell	Islwyn A	23	Parc Bryn Bach B	01:45:43	00:27:12
01:02:04	Fiona Wackley	Islwyn B	24	Fairwater Cwmbran B	01:47:26	00:28:55

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>			
00:46:24	Paul White	Pont-y-pwl & District A	1	Pont-y-pwl & District A	02:04:55	lead time +
00:47:17	Lee Mills	Islwyn A	2	Chepstow A	02:07:42	00:02:47
00:48:31	Rhys Knight	Caerleon A	3	Caerleon A	02:14:46	00:09:51
00:49:05	Jonathan Carter	Chepstow A	4	Parc Bryn Bach A	02:15:00	00:10:05
00:51:10	Rob Witherall	Griffithstown A	5	Griffithstown A	02:16:34	00:11:39
00:51:16	Dave Standing	Fairwater Cwmbran A	6	Lliswerry A	02:17:00	00:12:05
00:52:58	Oli Harris	Lliswerry A	7	Fairwater Cwmbran A	02:21:23	00:16:28
00:53:03	Phillip Miles	Parc Bryn Bach A	8	San Domenico A	02:22:05	00:17:10
00:55:44	Kevin McEntee	Chepstow B	9	Chepstow B	02:26:27	00:21:32
00:56:13	Marcia Gouveia	San Domenico A	10	Pont-y-pwl & District B	02:27:46	00:22:51
00:57:23	Kirk Hill	Spirit of Monmouth A	11	Les Croupiers A	02:29:49	00:24:54
00:57:49	Steve Bowles	Caldicot A	12	Islwyn A	02:30:24	00:25:29
00:58:14	Tim O'Sullivan	Les Croupiers A	13	San Domenico B	02:35:04	00:30:09
00:58:32	Andrea Starrit	Brackla A	14	Caerleon B	02:36:29	00:31:34
00:59:07	Ian Price	Caerleon B	15	Spirit of Monmouth A	02:39:47	00:34:52
00:59:19	Fiona Cross	Pont-y-pwl & District B	16	Usk A	02:40:20	00:35:25
00:59:27	Sally Strong	Usk A	17	Brackla A	02:40:29	00:35:34
00:59:58	Jacky Miles	Parc Bryn Bach B	18	Rhondda Valley A	02:40:50	00:35:55
01:01:13	Sian Hobbs	Fairwater Cwmbran B	19	Caldicot A	02:41:27	00:36:32
01:03:48	Sam Methuen	Islwyn B	20	Pegasus A	02:44:19	00:39:24
01:04:58	Nicola Sinclair	Lliswerry B	21	Parc Bryn Bach B	02:45:41	00:40:46
01:08:00	Colin Crooks	Pegasus A	22	Lliswerry B	02:46:03	00:41:08
01:08:01	Darren Walt	San Domenico B	23	Fairwater Cwmbran B	02:48:39	00:43:44
01:08:02	Mark Douglas	Rhondda Valley A	24	Islwyn B	02:49:31	00:44:36

LEG 4 : ABERGAVENNY to OLD COURT MOAT

Distance : 6.7 miles / 10.8 km. Course Record : 43:35. Cut Off Time : 01:01:00.

<u>RESULT : LEG 4.</u>			<u>TOTAL TIME AFTER LEG 4.</u>			
00:40:30	Laurence Humphreys	Fairwater Cwmbran A	1	Pont-y-pwl & District A	02:47:35	lead time +
00:42:23	Karie Atkins	Chepstow A	2	Chepstow A	02:50:05	00:02:30
00:42:40	Terry Watkins	Pont-y-pwl & District A	3	Griffithstown A	03:00:58	00:13:23
00:44:24	John Sliczy	Griffithstown A	4	Fairwater Cwmbran A	03:01:53	00:14:18
00:47:02	Mike Griffiths	Caldicot A	5	Parc Bryn Bach A	03:03:58	00:16:23
00:48:11	Rob Davies	Lliswerry A	6	Lliswerry A	03:05:11	00:17:36
00:48:58	Julian Williams	Parc Bryn Bach A	7	Caerleon A	03:07:24	00:19:49
00:49:32	Lloyd Morgan	San Domenico B	8	San Domenico A	03:13:08	00:25:33
00:50:08	Rob Beves	Chepstow B	9	Chepstow B	03:16:35	00:29:00
00:50:21	Charlotte Johns	Brackla A	10	Pont-y-pwl & District B	03:21:23	00:33:48
00:51:03	Jim Delaney	San Domenico A	11	Islwyn A	03:22:54	00:35:19
00:52:30	Jon Davies	Islwyn A	12	Les Croupiers A	03:22:59	00:35:24
00:52:38	Gareth Hart	Caerleon A	13	San Domenico B	03:24:36	00:37:01
00:53:10	Andrew Kettley	Rhondda Valley A	14	Caldicot A	03:28:29	00:40:54
00:53:10	Kellini Portelli	Les Croupiers A	15	Brackla A	03:30:50	00:43:15
00:53:37	Emma Sowrey	Pont-y-pwl & District B	16	Caerleon B	03:31:57	00:44:22
00:53:57	Laura Powell	Usk A	17	Rhondda Valley A	03:34:00	00:46:25
00:54:29	Brian Moffett	Parc Bryn Bach B	18	Usk A	03:34:17	00:46:42
00:55:28	Karen Payne	Caerleon B	19	Spirit of Monmouth A	03:37:14	00:49:39
00:56:39	Gayle Shepherd	Lliswerry B	20	Parc Bryn Bach B	03:40:10	00:52:35
00:57:27	Ruth Ward	Spirit of Monmouth A	21	Lliswerry B	03:42:42	00:55:07
00:58:32	Richard Street	Pegasus A	22	Pegasus A	03:42:51	00:55:16
01:01:00	Jane Lewis	Fairwater Cwmbran B	23	Fairwater Cwmbran B	03:49:39	01:02:04
01:01:01	Mel Senior	Islwyn B	24	Islwyn B	03:50:32	01:02:57

LEG 5 : OLD COURT MOAT to MONMOUTH

Distance : 8.1 miles / 13.0 km. Course Record : 53:09. Cut Off Time : 01:13:00.

<u>RESULT : LEG 5.</u>			<u>TOTAL TIME AFTER LEG 5.</u>			
00:50:17	Alun Woods	Pont-y-pwl & District A	1	Pont-y-pwl & District A	03:37:52	lead time +
00:52:21	Jim King	Caerleon A	2	Chepstow A	03:43:36	00:05:44
00:53:31	Rich Matthews	Chepstow A	3	Parc Bryn Bach A	03:58:01	00:20:09
00:54:03	Cathal O'Hara	Parc Bryn Bach A	4	Griffithstown A	03:58:18	00:20:26
00:56:38	Matthew Hooper	Les Croupiers A	5	Caerleon A	03:59:45	00:21:53
00:57:20	Andrew Spencer	Griffithstown A	6	Fairwater Cwmbran A	03:59:50	00:21:58
00:57:41	Neil Grant	Chepstow B	7	Lliswerry A	04:04:37	00:26:45
00:57:57	Matthew Lloyd	Fairwater Cwmbran A	8	Chepstow B	04:14:16	00:36:24
00:58:13	Dave Holloway	Caldicot A	9	San Domenico A	04:18:18	00:40:26
00:58:51	Emma Williams	Caerleon B	10	Les Croupiers A	04:19:37	00:41:45
00:59:06	Jason Dixon	Islwyn A	11	Islwyn A	04:22:00	00:44:08
00:59:26	Scott Hayden	Lliswerry A	12	Caldicot A	04:26:42	00:48:50
01:01:16	Amy Edwards	Rhondda Valley A	13	Caerleon B	04:30:48	00:52:56
01:01:49	Martin Blakeborough	Spirit of Monmouth A	14	San Domenico B	04:34:22	00:56:30
01:04:15	Libby Lavis	Brackla A	15	Brackla A	04:35:05	00:57:13
01:05:10	Hannah Withers	San Domenico A	16	Rhondda Valley A	04:35:16	00:57:24
01:05:50	Ian Thorne	Pegasus A	17	Spirit of Monmouth A	04:39:03	01:01:11
01:06:18	Helen Williams	Fairwater Cwmbran B	18	Usk A	04:41:32	01:03:40
01:07:15	Karen Potter	Usk A	19	Pont-y-pwl & District B	04:44:23	01:06:31
01:09:46	Paula Strong	San Domenico B	20	Pegasus A	04:48:41	01:10:49
01:11:56	Rachel Lewis	Parc Bryn Bach B	21	Parc Bryn Bach B	04:52:06	01:14:14
01:13:00	Steve Marsh	Lliswerry B	22	Lliswerry B	04:55:42	01:17:50
01:13:01	Kirsty Morgan	Islwyn B	23	Fairwater Cwmbran B	04:55:57	01:18:05
01:23:00	Maxine Rhodes	Pont-y-pwl & District B	24	Islwyn B	05:03:33	01:25:41

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>			
01:16:14	Paul Murrin	Chepstow A	1	Pont-y-pwl & District A	04:55:22	lead time +
01:17:30	Sean Taylor	Pont-y-pwl & District A	2	Chepstow A	04:59:50	00:04:28
01:18:19	Paul Speyer	Brackla A	3	Griffithstown A	05:17:16	00:21:54
01:18:58	Leighton Webb	Griffithstown A	4	Parc Bryn Bach A	05:19:00	00:23:38
01:20:59	Simon Lewis	Parc Bryn Bach A	5	Caerleon A	05:21:31	00:26:09
01:21:46	Mike Harris	Caerleon A	6	Lliswerry A	05:30:06	00:34:44
01:23:26	Phil Bristow	San Domenico B	7	Fairwater Cwmbran A	05:36:48	00:41:26
01:25:11	Russell Griffiths	Caldicot A	8	Chepstow B	05:44:49	00:49:27
01:25:29	Matt Creed	Lliswerry A	9	San Domenico A	05:46:51	00:51:29
01:25:53	Dean House	Pegasus A	10	Les Croupiers A	05:48:43	00:53:21
01:28:33	Brian Lovett	San Domenico A	11	Caldicot A	05:51:53	00:56:31
01:29:06	Brian Dias	Les Croupiers A	12	Brackla A	05:53:24	00:58:02
01:30:09	Matthew Unsworth	Spirit of Monmouth A	13	Islwyn A	05:53:50	00:58:28
01:30:33	Richard Newhouse	Chepstow B	14	San Domenico B	05:57:48	01:02:26
01:31:50	Ian Wright	Islwyn A	15	Spirit of Monmouth A	06:09:12	01:13:50
01:36:13	Simon Fish	Pont-y-pwl & District B	16	Pegasus A	06:14:34	01:19:12
01:36:58	Richard Bowie	Fairwater Cwmbran A	17	Rhondda Valley A	06:14:40	01:19:18
01:39:24	Gary Webber	Rhondda Valley A	18	Caerleon B	06:15:07	01:19:45
01:41:28	Neil Williams	Usk A	19	Pont-y-pwl & District B	06:20:36	01:25:14
01:41:38	Nick Davies	Lliswerry B	20	Usk A	06:23:00	01:27:38
01:43:37	Kelly Collins	Parc Bryn Bach B	21	Parc Bryn Bach B	06:35:43	01:40:21
01:44:19	Phil Hyatt	Caerleon B	22	Lliswerry B	06:37:20	01:41:58
01:50:17	Michelle Johnson	Islwyn B	23	Fairwater Cwmbran B	06:48:27	01:53:05
01:52:30	Timothy Murphy	Fairwater Cwmbran B	24	Islwyn B	06:53:50	01:58:28

LEG 7 : RAGLAN to USK

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

<u>RESULT : LEG 7.</u>			<u>TOTAL TIME AFTER LEG 7.</u>			
<u>00:33:50</u>	Nick Davis	Chepstow A	1	Pont-y-pwl & District A	05:29:21	lead time +
00:33:59	Mark Hurford	Pont-y-pwl & District A	2	Chepstow A	05:33:40	00:04:19
00:35:37	Gareth Jones	Usk A	3	Parc Bryn Bach A	05:54:57	00:25:36
00:35:57	Neil Lloyd	Parc Bryn Bach A	4	Griffithstown A	05:55:11	00:25:50
00:37:55	Claire Thompson	Griffithstown A	5	Caerleon A	06:00:23	00:31:02
00:38:52	Andrew Rosen	Caerleon A	6	Lliswerry A	06:10:17	00:40:56
00:40:11	Nigel Foulkes-Nock	Lliswerry A	7	Fairwater Cwmbran A	06:19:27	00:50:06
00:41:12	Richard Sheehy	Parc Bryn Bach B	8	Chepstow B	06:26:14	00:56:53
00:41:25	Jan Morris	Chepstow B	9	San Domenico A	06:32:35	01:03:14
00:41:53	Paul Harvey	Islwyn A	10	Les Croupiers A	06:32:49	01:03:28
00:42:39	Reg King	Fairwater Cwmbran A	11	Islwyn A	06:35:43	01:06:22
00:43:27	Wendy Owen	San Domenico B	12	Brackla A	06:38:40	01:09:19
00:43:37	Gareth Denton	Rhondda Valley A	13	Caldicot A	06:40:09	01:10:48
00:43:38	Dave Davies	Caerleon B	14	San Domenico B	06:41:15	01:11:54
00:44:06	Julie Broughton	Les Croupiers A	15	Spirit of Monmouth A	06:53:25	01:24:04
00:44:13	Peter Davies	Spirit of Monmouth A	16	Rhondda Valley A	06:58:17	01:28:56
00:45:16	Ian Ogilvy	Brackla A	17	Usk A	06:58:37	01:29:16
00:45:44	Bernadette Wilkinson	San Domenico A	18	Caerleon B	06:58:45	01:29:24
00:48:16	Alex Llewellyn	Caldicot A	19	Pegasus A	07:04:35	01:35:14
00:48:40	Kelly Jacka	Islwyn B	20	Pont-y-pwl & District B	07:10:36	01:41:15
00:50:00	Mike Brunnock	Pont-y-pwl & District B	21	Parc Bryn Bach B	07:16:55	01:47:34
00:50:01	Olivia Webb	Pegasus A	22	Lliswerry B	07:27:22	01:58:01
00:50:02	Lynda Dursley	Lliswerry B	23	Fairwater Cwmbran B	07:38:30	02:09:09
00:50:03	Kate Palfrey	Fairwater Cwmbran B	24	Islwyn B	07:42:30	02:13:09

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>			
01:25:06	Richard Johnson	Pont-y-pwl & District A	1	Pont-y-pwl & District A	06:54:27	lead time +
01:27:01	Steve Caldwell	Chepstow A	2	Chepstow A	07:00:41	00:06:14
01:27:21	Gareth Jones	Spirit of Monmouth A	3	Parc Bryn Bach A	07:23:38	00:29:11
01:28:41	Damien Williams	Parc Bryn Bach A	4	Griffithstown A	07:30:43	00:36:16
01:31:17	Nathan Reeks	Caldicot A	5	Caerleon A	07:38:37	00:44:10
01:31:45	Matthew Hopkins	Les Croupiers A	6	Lliswerry A	07:51:07	00:56:40
01:34:25	Chris Medcalfe	San Domenico A	7	Fairwater Cwmbran A	07:59:24	01:04:57
01:35:32	Josh Jones	Griffithstown A	8	Chepstow B	08:03:04	01:08:37
01:36:50	Matthew Lawson	Chepstow B	9	Les Croupiers A	08:04:34	01:10:07
01:37:28	Steve Lane	Islwyn A	10	San Domenico A	08:07:00	01:12:33
01:37:42	Luke Jones	Brackla A	11	Caldicot A	08:11:26	01:16:59
01:38:14	Howard Mason	Caerleon A	12	Islwyn A	08:13:11	01:18:44
01:39:57	Lee Hammond	Fairwater Cwmbran A	13	Brackla A	08:16:22	01:21:55
01:40:07	Tony Mackay	Pegasus A	14	Spirit of Monmouth A	08:20:46	01:26:19
01:40:50	Antoinette Dumayne	Lliswerry A	15	Rhondda Valley A	08:39:48	01:45:21
01:41:31	Andrew Ellison	Rhondda Valley A	16	Usk A	08:40:15	01:45:48
01:41:38	Lee Dean	Usk A	17	Caerleon B	08:40:32	01:46:05
01:41:47	Peter Rodger	Caerleon B	18	Pegasus A	08:44:42	01:50:15
01:55:20	Richard Howell	Parc Bryn Bach B	19	San Domenico B	08:49:16	01:54:49
01:58:00	Julie Lees	Fairwater Cwmbran B	20	Pont-y-pwl & District B	09:08:38	02:14:11
01:58:01	Kelly Wall	Islwyn B	21	Parc Bryn Bach B	09:12:15	02:17:48
01:58:02	Zoe Elver	Pont-y-pwl & District B	22	Lliswerry B	09:35:22	02:40:55
02:08:00	Andrew Ralph	Lliswerry B	23	Fairwater Cwmbran B	09:36:30	02:42:03
02:08:01	James White	San Domenico B	24	Islwyn B	09:40:31	02:46:04

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>			
00:59:47	Iwan Morton	Pont-y-pwl & District A	1	Pont-y-pwl & District A	07:54:14	lead time +
01:04:09	Kath Matthews	Chepstow A	2	Chepstow A	08:04:50	00:10:36
01:04:57	Tom Henry	Lliswerry A	3	Parc Bryn Bach A	08:30:52	00:36:38
01:05:59	Dave Moore	Brackla A	4	Griffithstown A	08:49:11	00:54:57
01:07:06	Mark Mogford	Caldicot A	5	Caerleon A	08:49:14	00:55:00
01:07:14	Nicola Gethin	Parc Bryn Bach A	6	Lliswerry A	08:56:04	01:01:50
01:08:02	George Smith	Spirit of Monmouth A	7	Chepstow B	09:13:26	01:19:12
01:09:51	Jack Evans	Pegasus A	8	Fairwater Cwmbran A	09:13:42	01:19:28
01:10:22	Jane Horler	Chepstow B	9	Les Croupiers A	09:16:46	01:22:32
01:10:37	Keith Gittins	Caerleon A	10	Caldicot A	09:18:32	01:24:18
01:12:12	Gethin Parker	Les Croupiers A	11	Brackla A	09:22:21	01:28:07
01:13:42	John Hancock	Usk A	12	San Domenico A	09:24:41	01:30:27
01:14:18	Mike Skyrme	Fairwater Cwmbran A	13	Spirit of Monmouth A	09:28:48	01:34:34
01:16:36	Justin Rose	Islwyn A	14	Islwyn A	09:29:47	01:35:33
01:17:41	Chris Selby	San Domenico A	15	Usk A	09:53:57	01:59:43
01:18:18	Clive Denton	Rhondda Valley A	16	Pegasus A	09:54:33	02:00:19
01:18:28	Paul Mason	Griffithstown A	17	Rhondda Valley A	09:58:06	02:03:52
01:19:20	Tom Davies	San Domenico B	18	Caerleon B	09:59:56	02:05:42
01:19:24	Jade Wakley	Caerleon B	19	San Domenico B	10:08:36	02:14:22
01:23:01	Martyn Jones	Lliswerry B	20	Pont-y-pwl & District B	10:34:28	02:40:14
01:23:16	Rhiannon Griffin	Parc Bryn Bach B	21	Parc Bryn Bach B	10:35:31	02:41:17
01:25:50	Emma Morgan	Pont-y-pwl & District B	22	Lliswerry B	10:58:23	03:04:09
01:26:03	Julie Roche	Fairwater Cwmbran B	23	Fairwater Cwmbran B	11:02:33	03:08:19
01:26:42	Rachel Prangley	Islwyn B	24	Islwyn B	11:07:13	03:12:59

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>			
00:36:54	Mark Harvey	Chepstow A	1	Pont-y-pwl & District A	08:31:39	lead time +
00:37:25	Matt Webb	Pont-y-pwl & District A	2	Chepstow A	08:41:44	00:10:05
00:38:37	Richy Hill	Usk A	3	Parc Bryn Bach A	09:10:47	00:39:08
00:39:49	Andrew Thompson	Griffithstown A	4	Griffithstown A	09:29:00	00:57:21
00:39:55	Danielle Phillips	Parc Bryn Bach A	5	Caerleon A	09:35:02	01:03:23
00:40:16	Richard Amos	San Domenico B	6	Lliswerry A	09:37:11	01:05:32
00:41:07	Rebecca Rothwell	Lliswerry A	7	Fairwater Cwmbran A	09:55:26	01:23:47
00:41:12	Dominic Shields	San Domenico A	8	Chepstow B	09:56:06	01:24:27
00:41:22	Mike Davies	Les Croupiers A	9	Les Croupiers A	09:58:08	01:26:29
00:41:44	Jonathon Williams	Fairwater Cwmbran A	10	Caldicot A	10:00:33	01:28:54
00:42:01	Kath Sage	Caldicot A	11	San Domenico A	10:05:53	01:34:14
00:42:40	Andy Stott	Chepstow B	12	Brackla A	10:09:55	01:38:16
00:44:06	Keiren Matthews	Rhondda Valley A	13	Islwyn A	10:14:50	01:43:11
00:45:03	Mark Dudbridge	Islwyn A	14	Spirit of Monmouth A	10:17:13	01:45:34
00:45:26	Nicola Smith	Pont-y-pwl & District B	15	Usk A	10:32:34	02:00:55
00:45:48	Peter Olivier	Caerleon A	16	Rhondda Valley A	10:42:12	02:10:33
00:46:47	Andrew James	Fairwater Cwmbran B	17	Pegasus A	10:43:57	02:12:18
00:47:03	Helen Thomas	Caerleon B	18	Caerleon B	10:46:59	02:15:20
00:47:34	Richard Beech	Brackla A	19	San Domenico B	10:48:52	02:17:13
00:48:25	Karen Barrett	Spirit of Monmouth A	20	Pont-y-pwl & District B	11:19:54	02:48:15
00:48:52	Michelle Jayne	Parc Bryn Bach B	21	Parc Bryn Bach B	11:24:23	02:52:44
00:49:24	Julia Evans	Pegasus A	22	Lliswerry B	11:48:30	03:16:51
00:50:07	Chris Hill	Lliswerry B	23	Fairwater Cwmbran B	11:49:20	03:17:41
00:51:00	Helen Simmons	Islwyn B	24	Islwyn B	11:58:13	03:26:34

LEG 11 : CALDICOT to PENHOW

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

<u>RESULT : LEG 11.</u>			<u>TOTAL TIME AFTER LEG 11.</u>			
00:52:30	Matt Symes	Pont-y-pwl & District A	1	Pont-y-pwl & District A	09:24:09	lead time +
00:54:12	Matt Stott	Chepstow A	2	Chepstow A	09:35:56	00:11:47
00:57:22	Damen Jukes	Parc Bryn Bach A	3	Parc Bryn Bach A	10:08:09	00:44:00
00:59:23	Glyn Sansom	San Domenico B	4	Griffithstown A	10:29:06	01:04:57
00:59:55	Rob Hook	Chepstow B	5	Caerleon A	10:37:05	01:12:56
01:00:06	Colin Wilmott	Griffithstown A	6	Lliswerry A	10:40:59	01:16:50
01:02:03	Peter Thomas	Caerleon A	7	Chepstow B	10:56:01	01:31:52
01:02:14	Ceri Bartley	Islwyn B	8	Fairwater Cwmbran A	10:59:57	01:35:48
01:02:51	Damien Waite	Caldicot A	9	Caldicot A	11:03:24	01:39:15
01:03:48	Paul Chick	Lliswerry A	10	Les Croupiers A	11:08:39	01:44:30
01:04:12	Mary Beech	Brackla A	11	Brackla A	11:14:07	01:49:58
01:04:31	Rob Symons	Fairwater Cwmbran A	12	Islwyn A	11:23:11	01:59:02
01:08:21	Simon Peterson	Islwyn A	13	Spirit of Monmouth A	11:28:00	02:03:51
01:08:52	Paula Williams	Caerleon B	14	San Domenico A	11:30:54	02:06:45
01:10:31	Gerard Crispie	Les Croupiers A	15	Usk A	11:45:21	02:21:12
01:10:47	Lee James	Spirit of Monmouth A	16	San Domenico B	11:48:15	02:24:06
01:12:04	Carl Robberts	Pont-y-pwl & District B	17	Rhondda Valley A	11:54:34	02:30:25
01:12:22	Kate Amos	Rhondda Valley A	18	Caerleon B	11:55:51	02:31:42
01:12:47	Neil Walker	Usk A	19	Pegasus A	11:58:39	02:34:30
01:13:30	Hayley Jackson	Parc Bryn Bach B	20	Pont-y-pwl & District B	12:31:58	03:07:49
01:14:42	Stephen Wood	Pegasus A	21	Parc Bryn Bach B	12:37:53	03:13:44
01:15:00	Michelle Shapland	Lliswerry B	22	Islwyn B	13:00:27	03:36:18
01:25:00	Hannah King	Fairwater Cwmbran B	23	Lliswerry B	13:03:30	03:39:21
01:25:01	Gareth Green	San Domenico A	24	Fairwater Cwmbran B	13:14:20	03:50:11

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>			
00:40:53	Iestyn Rhodes	Pont-y-pwl & District A	1	Pont-y-pwl & District A	10:05:02	lead time +
00:42:41	Adrian Bull	Usk A	2	Chepstow A	10:19:00	00:13:58
00:43:04	Paul Dodd	Chepstow A	3	Parc Bryn Bach A	10:51:46	00:46:44
00:43:37	Richard Bracher	Parc Bryn Bach A	4	Griffithstown A	11:14:23	01:09:21
00:43:51	Geraint Heath	Lliswerry A	5	Caerleon A	11:23:08	01:18:06
00:44:26	Ben Spooner	Caldicot A	6	Lliswerry A	11:24:50	01:19:48
00:45:12	Dai Waters	Islwyn A	7	Chepstow B	11:41:17	01:36:15
00:45:13	Phil Hughes	San Domenico A	8	Caldicot A	11:47:50	01:42:48
00:45:14	Evatt Cummings	Les Croupiers A	9	Fairwater Cwmbran A	11:48:46	01:43:44
00:45:16	Pete Hutton	Chepstow B	10	Les Croupiers A	11:53:53	01:48:51
00:45:17	Mark Robbins	Griffithstown A	11	Brackla A	12:06:09	02:01:07
00:46:03	Mike Thurgood	Caerleon A	12	Islwyn A	12:08:23	02:03:21
00:46:20	Ian Bell	San Domenico B	13	San Domenico A	12:16:07	02:11:05
00:48:40	Lyndon Thomas	Rhondda Valley A	14	Usk A	12:28:02	02:23:00
00:48:49	Adrian Gwilliam	Fairwater Cwmbran A	15	San Domenico B	12:34:35	02:29:33
00:49:18	Gethin Dent	Caerleon B	16	Spirit of Monmouth A	12:37:01	02:31:59
00:50:55	Ceri Whent Nelms	Parc Bryn Bach B	17	Rhondda Valley A	12:43:14	02:38:12
00:52:02	Liz Beech	Brackla A	18	Caerleon B	12:45:09	02:40:07
00:57:05	Eleanor Johnston	Lliswerry B	19	Pegasus A	12:57:39	02:52:37
00:57:30	Vicky Reynolds	Fairwater Cwmbran B	20	Parc Bryn Bach B	13:28:48	03:23:46
00:59:00	Tim Webb	Pegasus A	21	Pont-y-pwl & District B	13:40:58	03:35:56
00:59:01	Cheryl Francis	Islwyn B	22	Islwyn B	13:59:28	03:54:26
01:09:00	Linda Thomas	Pont-y-pwl & District B	23	Lliswerry B	14:00:35	03:55:33
01:09:01	Jeremy Creesy	Spirit of Monmouth A	24	Fairwater Cwmbran B	14:11:50	04:06:48

LEG 13 : CAERLEON to CASTELL Y BWCH

Distance : 5.43 miles / 8.7 km. Course Record : 00:32:27. Cut Off Time : 00:49:00.

RESULT : LEG 13.

00:32:05	Lee Aherne	Parc Bryn Bach A	1
00:34:24	Neil Evans	Lliswerry A	2
00:35:27	Andrew Walsh	Griffithstown A	3
00:36:00	Mark Balch	Usk A	4
00:36:47	Richard Little	Caerleon A	5
00:37:11	Adrian Woods	Pont-y-pwl & District A	6
00:37:19	Matthew Parkes	Les Croupiers A	7
00:37:32	Matt Kitching	Chepstow B	8
00:38:07	Paul Lidgett	Chepstow A	9
00:39:15	Russell Wearham	Islwyn A	10
00:41:51	Andrew Williams	Parc Bryn Bach B	11
00:42:06	Gary Adams	Fairwater Cwmbran A	12
00:42:30	John Ross	San Domenico B	13
00:42:31	Rowena White	San Domenico A	14
00:43:27	Maria Richards	Pont-y-pwl & District B	15
00:45:25	David Mather	Spirit of Monmouth A	16
00:45:42	Mally Reeks	Caldicot A	17
00:46:20	Bev Badbury	Fairwater Cwmbran B	18
00:46:53	Natalie Walker	Caerleon B	19
00:47:05	Mark Keats	Pegasus A	20
00:49:00	Sara Arnold	Islwyn B	21
00:49:01	Vicky Fear	Lliswerry B	22
00:49:02	Charlotte Barlow	Brackla A	23
00:49:03	Jason Sheppard	Rhondda Valley A	24
			25

FAIRWATER RUNNERS

2015 RACK RAID

NUMBER OF TEAMS	24	
TOTAL NUMBER OF RUNNERS	312	
TOTAL DISTANCE RUN (mi.) (km)	2376.24	3801.984
TOTAL TIME RUN (hh:mm:ss)	311:11:56	

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RESULT: TOTAL TIME AFTER ALL 13 LEGS.

<u>1 Pont-y-pwl & District A</u>	10:42:13	winning time +	interval time
2 Chepstow A	10:57:07	00:14:54	00:14:54
3 Parc Bryn Bach A	11:23:51	00:41:38	00:26:44
4 Griffithstown A	11:49:50	01:07:37	00:25:59
5 Lliswerry A	11:59:14	01:17:01	00:09:24
6 Caerleon A	11:59:55	01:17:42	00:00:41
7 Chepstow B	12:18:49	01:36:36	00:18:54
8 Fairwater Cwmbran A	12:30:52	01:48:39	00:12:03
9 Les Croupiers A	12:31:12	01:48:59	00:00:20
10 Caldicot A	12:33:32	01:51:19	00:02:20
11 Islwyn A	12:47:38	02:05:25	00:14:06
12 Brackla A	12:55:11	02:12:58	00:07:33
13 San Domenico A	12:58:38	02:16:25	00:03:27

14 Usk A	13:04:02	02:21:49	00:05:24
15 San Domenico B	13:17:05	02:34:52	00:13:03
16 Spirit of Monmouth A	13:22:26	02:40:13	00:05:21
17 Caerleon B	13:32:02	02:49:49	00:09:36
18 Rhondda Valley A	13:32:17	02:50:04	00:00:15
19 Pegasus A	13:44:44	03:02:31	00:12:27
20 Parc Bryn Bach B	14:10:39	03:28:26	00:25:55
21 Pont-y-pwl & District B	14:24:25	03:42:12	00:13:46
22 Islwyn B	14:48:28	04:06:15	00:24:03
23 Lliswerry B	14:49:36	04:07:23	00:01:08
24 Fairwater Cwmbran B	14:58:10	04:15:57	00:08:34

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