

LCL CROSS COUNTRY SERIES 2008/9 ; RACE 3/5 ; GRIFFITHSTOWN 11th JAN 2009

MENS RACE RESULT :

Race position	Number	LAST NAME	First Name	Team	Category	category position
1	71	KING	Jim	Caerleon	M1839	1
2	150	CESHIRE	Calum	Chepstow	M1839	2
3	194	HARVEY,	Mark	Chepstow	M1839	3
4	360	SMOULT	Robin	Lliswerry	M1839	4
5	178	TEED	Ivan	Chepstow	M1839	5
6	207	LEWIS,	Simon	ParcBrynBach	M4044	1
7	320	FOSTER,	John	Lliswerry	M5054	1
8	521	HUMPHRIES	Laurence	Fairwater	M1839	6
9	512	HARVEY	Kyle	Fairwater	M1839	7
10	304	HARRIS,	Dave	Lliswerry	M1839	8
11	348	SMITH,	Lee	Lliswerry	M4044	2
12	176	SCOTT	Paul	Chepstow	M4044	3
13	678	VORRÉS	Dimitri	Griffithstown	M4549	1
14	193	BLORE	James	Chepstow	M1839	9
15	421	HARRIS	Steven	Chepstow	M1839	10
16	211	MILES,	Phillip	ParcBrynBach	M5559	1
17	680	WATERS	Phillip	Griffithstown	M5054	2
18	741	JOHNSTONE,	Richard	Islwyn	M1839	11
19	659	GORMLEY	Gerard	Griffithstown	M4044	4
20	237	HEWARD	Damian	ParcBrynBach	M1839	12
21	540	WILLIAMS,	Alun	Fairwater	M4549	2
22	549	VERNALL	James	Fairwater	M1839	13
23	218	REES,	Colin	ParcBrynBach	M4549	3
24	676	THOMPSON	Andrew	Griffithstown	M5054	3
25	2	MASON,	Howard	Caerleon	M4044	5
26	671	RODGER	Peter	Griffithstown	M5054	4
27	504	EDWARDS	Pete	Fairwater	M1839	14
28	751	BIRCH	Kain	Islwyn	M1839	15
29	230	CHAMMINGS	Martin	ParcBrynBach	M1839	16
30	506	SPENCER,	Andrew	Fairwater	M4549	4
31	361	HALL	Gareth	Lliswerry	M1839	17
32	238	SMOUT	David	ParcBrynBach	M5559	2
33	350	JONES,	Christopher	Lliswerry	M4549	5
34	509	LLOYD	Richard	Fairwater	M1839	18
35	143	MALARZ,	Luke	Chepstow	M1839	19
36	724	WEHDEN	Kim	Islwyn	M4549	6
37	508	FRY,	Mark	Fairwater	M4549	7
38	317	DAY,	Paul	Lliswerry	M5559	3
39	732	BIRCH,	Sean	Islwyn	M1839	20
40	37	THOMAS,	Peter	Caerleon	M4549	8

LCL CROSS COUNTRY SERIES 2008/9 ; RACE 3/5 ; GRIFFITHSTOWN 11th JAN 2009**MENS RACE RESULT (cont.) :**

Race position	Number	LAST NAME	First Name	Team	Category	category position
41	254	PHILLIPS,	Brian	ParcBrynBach	M4549	9
42	158	SAVAGE,	Bill	Chepstow	M5559	4
43	362	JONES	Toby	Lliswerry	M1839	21
44	198	MCENTEE,	Kevin	Chepstow	M5054	5
45	757	JIM,	Dobbs	Islwyn	M5559	5
46	541	WILLIAMS,	John	Fairwater	M4044	6
47	313	DAVIES,	Chris	Lliswerry	M5054	6
48	693	MORGAN	Alistair	Griffithstown	M4549	10
49	510	WILLIAMS	Michael	Fairwater	M1839	22
50	513	SKYRME	Michael	Fairwater	M1839	23
51	691	JONES	Brian	Griffithstown	M4549	11
52	524	THOMAS	Richard	Fairwater	M1839	24
53	775	LEWIS	Terry	Islwyn	M4549	12
54	224	WILLIAMS,	Tim	ParcBrynBach	M4549	13
55	307	CHIPPER,	Neil	Lliswerry	M4549	14
56	213	MONK,	Bernie	ParcBrynBach	M6099	1
57	315	DURSLEY,	Paul	Lliswerry	M5559	6
58	543	WOODS,	Gary	Fairwater	M4549	15
59	183	HIGGINS,	Nick	Chepstow	M1839	25
60	200	COOKSEY,	Clive	ParcBrynBach	M6099	2
61	669	TOMASULO	Mike	Griffithstown	M4044	7
62	675	ROBERTS	Peter	Griffithstown	M5054	7
63	119	FINCH,	Dick	Chepstow	M6099	3
64	55	WARD,	Robert	Caerleon	M1839	26
65	105	BAYLISS,	Geoff	Chepstow	M6099	4
66	668	PHILIPS	Anthony	Griffithstown	M5054	8
67	339	CARTER	Clive	Lliswerry	M5054	9
68	184	GEORGE	Andy	Chepstow	M4549	16
69	235	SNOWDEN	Lawrence	ParcBrynBach	M4044	8
70	126	CRAM,	Geoff	Chepstow	M6099	5
71	170	WHEELER,	Syd	Chepstow	M6099	6
72	411	SCRIVENS,	Phillip	Chepstow	M4044	9

LCL CROSS COUNTRY SERIES 2008/9 ; RACE 3/5 ; GRIFFITHSTOWN 11th JAN 2009

LADIES RACE RESULT :

Race position	Number	LAST NAME	First Name	Team	Category	category position
1	422	HARRIS	Sam	Chepstow	F1834	1
2	189	GITTOES	Marianne	Chepstow	F1834	2
3	733	LODDER,	Helen	Islwyn	F3539	1
4	605	Davies	Julie	Griffithstown	F3539	2
5	305	CHIPPER,	Sandra	Lliswerry	F3539	3
6	552	COCKRAM	Deb	Fairwater	F4044	1
7	323	WOOLLEY	Kelly	Lliswerry	F1834	3
8	227	MILES,	Jacky	ParcBrynBach	F5559	1
9	124	MORGAN,	Niki	Chepstow	F4044	2
10	102	ASHTON,	Sue	Chepstow	F5054	1
11	420	GRIFFITH	Sian	Chepstow	F1834	4
12	209	EVANS,	AnneMarie	ParcBrynBach	F3539	4
13	603	WOODBIDGE	Daniela	Griffithstown	F3539	5
14	766	WILLIAMS	Maria	Islwyn	F3539	6
15	57	SCRIVENS,	Alison	Caerleon	F4044	3
16	515	JENKINS,	Jeanette	Fairwater	F4549	1
17	215	JONES	Keri	ParcBrynBach	F3539	7
18	548	GREY	Laura	Fairwater	F4044	4
19	740	BIRCH,	Coleene	Islwyn	F3539	8
20	51	THOMAS,	Helen	Caerleon	F4549	2
21	233	RUSSELL	Kate	ParcBrynBach	F1834	5
22	502	ROCHE,	Julie	Fairwater	F4044	5
23	234	SNOWDEN	Rosemary	ParcBrynBach	F4549	3
24	783	RICHARDSON	Pat	Islwyn	F5559	2
25	104	BAYLISS,	Jayne	Chepstow	F5559	3
26	631	SUTTON	Clair	Griffithstown	F4044	6
27	302	FORSEY,	Yvonne	Lliswerry	F5054	2
28	312	DAVIES,	Julia	Lliswerry	F5054	3
29	533	MORGAN,	Julie	Fairwater	F3539	9

LCL CROSS COUNTRY SERIES 2008/9 ; RACE 3/5 ; GRIFFITHSTOWN 11th JAN 2009

MENS TEAM :

Position	TEAM	Score	Points
1	Chepstow	555	7
2	Lliswerry	510	6
3	Fairwater	489	5
4	Parc Bryn Bach	480	4
5	Griffithstown	459	3
6	Islwyn	387	2
7	Caerleon	274	1

LADIES TEAM :

Position	TEAM	Score	Points
1	Chepstow	382	7
2	Parc Bryn Bach	346	6
3	Islwyn	344	5
4	Fairwater	342	4
5	Lliswerry	337	3
6	Griffithstown	260	2
7	Caerleon	167	1