

# 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

### 2013 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	00:32:10 <b>Chepstow Harriers A</b>	+
2	00:33:30 <b>Islwyn Running Club A</b>	00:01:20
3	00:33:50 <b>Lliswerry Runners A</b>	00:01:40
4	00:34:46 <b>Fairwater Runners Cwmbbran A</b>	00:02:36
5	00:35:29 <b>Caerleon Running Club A</b>	00:03:19
6	00:35:35 <b>Chepstow Harriers B</b>	00:03:25
7	00:35:39 <b>Pontypridd Roadents A</b>	00:03:29
8	00:37:10 <b>Spirit of Monmouth Running Club</b>	00:05:00
9	00:37:33 <b>Lliswerry Runners B</b>	00:05:23
10	00:37:34 <b>Pont-y-pwl &amp; District Runners</b>	00:05:24
11	00:37:47 <b>Parc Bryn Bach Running Club</b>	00:05:37
12	00:38:29 <b>Pontypridd Roadents B</b>	00:06:19
13	00:38:48 <b>Brackla Harriers</b>	00:06:38
14	00:39:03 <b>Griffithstown Harriers</b>	00:06:53
15	00:39:22 <b>Fairwater Runners Cwmbbran B</b>	00:07:12
16	00:39:45 <b>Caerleon Running Club B</b>	00:07:35
17	00:39:52 <b>Rhondda Valley Runners</b>	00:07:42
18	00:41:33 <b>Pegasus Running Club</b>	00:09:23
19	00:41:54 <b>San Domenico Running Club</b>	00:09:44
20	00:43:07 <b>Usk Runners</b>	00:10:57
21	00:43:17 <b>Chepstow Harriers C</b>	00:11:07
*22	00:46:00 <b>Lliswerry Runners C</b>	00:13:50
*23	00:46:00 <b>Islwyn Running Club B</b>	00:13:50

### 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>			
00:43:39	<b>San Domenico Running Club</b>	1	<b>Chepstow Harriers A</b>	01:16:45	lead time +
00:44:35	<b>Chepstow Harriers A</b>	2	<b>Lliswerry Runners A</b>	01:23:11	00:06:26
00:45:49	<b>Pont-y-pwl &amp; District Runners</b>	3	<b>Pont-y-pwl &amp; District Runners</b>	01:23:23	00:06:38
00:48:53	<b>Griffithstown Harriers</b>	4	<b>Pontypridd Roadents A</b>	01:24:42	00:07:57
00:49:03	<b>Pontypridd Roadents A</b>	5	<b>Fairwater Runners Cwmbran A</b>	01:24:51	00:08:06
00:49:21	<b>Lliswerry Runners A</b>	6	<b>San Domenico Running Club</b>	01:25:33	00:08:48
00:50:05	<b>Fairwater Runners Cwmbran A</b>	7	<b>Chepstow Harriers B</b>	01:26:49	00:10:04
00:50:20	<b>Pegasus Running Club</b>	8	<b>Caerleon Running Club A</b>	01:27:33	00:10:48
00:51:14	<b>Chepstow Harriers B</b>	9	<b>Griffithstown Harriers</b>	01:27:56	00:11:11
00:52:04	<b>Caerleon Running Club A</b>	10	<b>Islwyn Running Club A</b>	01:28:47	00:12:02
00:53:15	<b>Parc Bryn Bach Running Club</b>	11	<b>Parc Bryn Bach Running Club</b>	01:31:02	00:14:17
00:53:35	<b>Rhondda Valley Runners</b>	12	<b>Pegasus Running Club</b>	01:31:53	00:15:08
00:53:55	<b>Pontypridd Roadents B</b>	13	<b>Pontypridd Roadents B</b>	01:32:24	00:15:39
00:54:59	<b>Chepstow Harriers C</b>	14	<b>Rhondda Valley Runners</b>	01:33:27	00:16:42
00:55:17	<b>Islwyn Running Club A</b>	15	<b>Spirit of Monmouth Running Club</b>	01:34:51	00:18:06
00:55:40	<b>Fairwater Runners Cwmbran B</b>	16	<b>Fairwater Runners Cwmbran B</b>	01:35:02	00:18:17
00:57:41	<b>Spirit of Monmouth Running Club</b>	17	<b>Lliswerry Runners B</b>	01:36:08	00:19:23
00:58:22	<b>Usk Runners</b>	18	<b>Chepstow Harriers C</b>	01:38:16	00:21:31
00:58:35	<b>Lliswerry Runners B</b>	19	<b>Brackla Harriers</b>	01:40:48	00:24:03
01:00:03	<b>Islwyn Running Club B</b>	20	<b>Usk Runners</b>	01:41:29	00:24:44
01:02:00	<b>Caerleon Running Club B</b>	*21	<b>Caerleon Running Club B</b>	01:41:45	00:25:00
01:02:00	<b>Brackla Harriers</b>	*22	<b>Islwyn Running Club B</b>	01:46:03	00:29:18
01:02:00	<b>Lliswerry Runners C</b>	*23	<b>Lliswerry Runners C</b>	01:48:00	00:31:15

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	<b>Chepstow Harriers A</b>	1	<b>Chepstow Harriers A</b>	02:03:09	lead time +
00:47:55	<b>Fairwater Runners Cwmbran A</b>	2	<b>Lliswerry Runners A</b>	02:11:34	00:08:25
00:48:23	<b>Lliswerry Runners A</b>	3	<b>Fairwater Runners Cwmbran A</b>	02:12:46	00:09:37
00:49:39	<b>Pont-y-pwl &amp; District Runners</b>	4	<b>Pont-y-pwl &amp; District Runners</b>	02:13:02	00:09:53
00:50:21	<b>Chepstow Harriers B</b>	5	<b>Chepstow Harriers B</b>	02:17:10	00:14:01
00:50:39	<b>Parc Bryn Bach Running Club</b>	6	<b>Pontypridd Roadents A</b>	02:17:33	00:14:24
00:51:15	<b>Islwyn Running Club A</b>	7	<b>San Domenico Running Club</b>	02:18:59	00:15:50
00:52:44	<b>Griffithstown Harriers</b>	8	<b>Islwyn Running Club A</b>	02:20:02	00:16:53
00:52:51	<b>Pontypridd Roadents A</b>	9	<b>Griffithstown Harriers</b>	02:20:40	00:17:31
00:53:26	<b>San Domenico Running Club</b>	10	<b>Parc Bryn Bach Running Club</b>	02:21:41	00:18:32
00:54:25	<b>Brackla Harriers</b>	11	<b>Caerleon Running Club A</b>	02:27:32	00:24:23
00:55:27	<b>Lliswerry Runners C</b>	12	<b>Pontypridd Roadents B</b>	02:27:56	00:24:47
00:55:32	<b>Pontypridd Roadents B</b>	13	<b>Spirit of Monmouth Running Club</b>	02:30:54	00:27:45
00:56:03	<b>Spirit of Monmouth Running Club</b>	14	<b>Rhondda Valley Runners</b>	02:34:13	00:31:04
00:58:30	<b>Usk Runners</b>	15	<b>Brackla Harriers</b>	02:35:13	00:32:04
00:59:15	<b>Islwyn Running Club B</b>	16	<b>Fairwater Runners Cwmbran B</b>	02:36:06	00:32:57
00:59:59	<b>Caerleon Running Club A</b>	17	<b>Pegasus Running Club</b>	02:38:52	00:35:43
01:00:45	<b>Caerleon Running Club B</b>	18	<b>Usk Runners</b>	02:39:59	00:36:50
01:00:46	<b>Rhondda Valley Runners</b>	19	<b>Chepstow Harriers C</b>	02:40:41	00:37:32
01:01:04	<b>Fairwater Runners Cwmbran B</b>	20	<b>Lliswerry Runners B</b>	02:41:15	00:38:06
01:02:25	<b>Chepstow Harriers C</b>	21	<b>Caerleon Running Club B</b>	02:42:30	00:39:21
01:05:07	<b>Lliswerry Runners B</b>	22	<b>Lliswerry Runners C</b>	02:43:27	00:40:18
01:06:59	<b>Pegasus Running Club</b>	23	<b>Islwyn Running Club B</b>	02:45:18	00:42:09

**LEG 4 : ABERGAVENNY to HALFWAY**

Distance : 7.82 miles / 12.6 km. Course Record : 00:46:00. Cut Off Time : 01:10:00.

<u>RESULT : LEG 4.</u>		<u>TOTAL TIME AFTER LEG 4.</u>			
00:47:23	<b>Lliswerry Runners A</b>	1	<b>Chepstow Harriers A</b>	02:51:38	lead time +
00:48:29	<b>Chepstow Harriers A</b>	2	<b>Lliswerry Runners A</b>	02:58:57	00:07:19
00:50:33	<b>Fairwater Runners Cwmbrian A</b>	3	<b>Fairwater Runners Cwmbrian A</b>	03:03:19	00:11:41
00:51:19	<b>Islwyn Running Club A</b>	4	<b>Islwyn Running Club A</b>	03:11:21	00:19:43
00:53:02	<b>Usk Runners</b>	5	<b>Pontypridd Roadents A</b>	03:11:26	00:19:48
00:53:53	<b>Pontypridd Roadents A</b>	6	<b>Pont-y-pwl &amp; District Runners</b>	03:13:18	00:21:40
00:55:45	<b>Parc Bryn Bach Running Club</b>	7	<b>Chepstow Harriers B</b>	03:15:48	00:24:10
00:56:13	<b>Griffithstown Harriers</b>	8	<b>Griffithstown Harriers</b>	03:16:53	00:25:15
00:58:38	<b>Chepstow Harriers B</b>	9	<b>Parc Bryn Bach Running Club</b>	03:17:26	00:25:48
00:59:01	<b>Caerleon Running Club A</b>	10	<b>San Domenico Running Club</b>	03:19:00	00:27:22
00:59:46	<b>Chepstow Harriers C</b>	11	<b>Caerleon Running Club A</b>	03:26:33	00:34:55
01:00:01	<b>San Domenico Running Club</b>	12	<b>Usk Runners</b>	03:33:01	00:41:23
01:00:16	<b>Pont-y-pwl &amp; District Runners</b>	13	<b>Pontypridd Roadents B</b>	03:34:56	00:43:18
01:01:00	<b>Fairwater Runners Cwmbrian B</b>	14	<b>Spirit of Monmouth Running Club</b>	03:35:02	00:43:24
01:01:11	<b>Lliswerry Runners C</b>	15	<b>Fairwater Runners Cwmbrian B</b>	03:37:06	00:45:28
01:03:50	<b>Islwyn Running Club B</b>	16	<b>Rhondda Valley Runners</b>	03:39:06	00:47:28
01:04:08	<b>Spirit of Monmouth Running Club</b>	17	<b>Brackla Harriers</b>	03:40:09	00:48:31
01:04:53	<b>Rhondda Valley Runners</b>	18	<b>Chepstow Harriers C</b>	03:40:27	00:48:49
01:04:56	<b>Brackla Harriers</b>	19	<b>Lliswerry Runners C</b>	03:44:38	00:53:00
01:07:00	<b>Pontypridd Roadents B</b>	20	<b>Pegasus Running Club</b>	03:48:52	00:57:14
01:10:00	<b>Pegasus Running Club</b>	*21	<b>Islwyn Running Club B</b>	03:49:08	00:57:30
01:10:00	<b>Lliswerry Runners B</b>	*22	<b>Lliswerry Runners B</b>	03:51:15	00:59:37
01:10:00	<b>Caerleon Running Club B</b>	*23	<b>Caerleon Running Club B</b>	03:52:30	01:00:52

## LEG 5 : HALFWAY to MONMOUTH

Distance : 6.98 miles / 11.2 km. Course Record : 00:38:30. Cut Off Time : 01:03:00.

<u>RESULT : LEG 5.</u>		<u>TOTAL TIME AFTER LEG 5.</u>	
00:42:43 <b>Chepstow Harriers A</b>	1	<b>Chepstow Harriers A</b> 03:34:21	lead time +
00:44:15 <b>Islwyn Running Club A</b>	2	<b>Lliswerry Runners A</b> 03:46:14	00:11:53
00:44:25 <b>Pontypridd Roadents A</b>	3	<b>Fairwater Runners Cwmbran A</b> 03:52:37	00:18:16
00:46:49 <b>Chepstow Harriers B</b>	4	<b>Islwyn Running Club A</b> 03:55:36	00:21:15
00:47:17 <b>Lliswerry Runners A</b>	5	<b>Pontypridd Roadents A</b> 03:55:51	00:21:30
00:48:29 <b>Griffithstown Harriers</b>	6	<b>Chepstow Harriers B</b> 04:02:37	00:28:16
00:49:12 <b>Rhondda Valley Runners</b>	7	<b>Griffithstown Harriers</b> 04:05:22	00:31:01
00:49:18 <b>Fairwater Runners Cwmbran A</b>	8	<b>Pont-y-pwl &amp; District Runners</b> 04:05:57	00:31:36
00:49:50 <b>Brackla Harriers</b>	9	<b>San Domenico Running Club</b> 04:12:37	00:38:16
00:50:13 <b>Caerleon Running Club A</b>	10	<b>Parc Bryn Bach Running Club</b> 04:13:37	00:39:16
00:51:13 <b>Spirit of Monmouth Running Club</b>	11	<b>Caerleon Running Club A</b> 04:16:46	00:42:25
00:52:39 <b>Pont-y-pwl &amp; District Runners</b>	12	<b>Spirit of Monmouth Running Club</b> 04:26:15	00:51:54
00:52:53 <b>Fairwater Runners Cwmbran B</b>	13	<b>Rhondda Valley Runners</b> 04:28:18	00:53:57
00:53:37 <b>San Domenico Running Club</b>	14	<b>Fairwater Runners Cwmbran B</b> 04:29:59	00:55:38
00:56:11 <b>Parc Bryn Bach Running Club</b>	15	<b>Brackla Harriers</b> 04:29:59	00:55:38
00:56:19 <b>Pontypridd Roadents B</b>	16	<b>Pontypridd Roadents B</b> 04:31:15	00:56:54
00:58:27 <b>Pegasus Running Club</b>	17	<b>Usk Runners</b> 04:34:13	00:59:52
00:58:28 <b>Islwyn Running Club B</b>	18	<b>Chepstow Harriers C</b> 04:43:27	01:09:06
00:58:50 <b>Lliswerry Runners C</b>	19	<b>Lliswerry Runners C</b> 04:43:28	01:09:07
01:00:31 <b>Caerleon Running Club B</b>	20	<b>Pegasus Running Club</b> 04:47:19	01:12:58
01:01:12 <b>Usk Runners</b>	21	<b>Islwyn Running Club B</b> 04:47:36	01:13:15
01:01:17 <b>Lliswerry Runners B</b>	22	<b>Lliswerry Runners B</b> 04:52:32	01:18:11
01:03:00 <b>Chepstow Harriers C</b>	*23	<b>Caerleon Running Club B</b> 04:53:01	01:18:40

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

Distance : 12.6 miles / 20.3 km. Course Record : 01:13:50. Cut Off Time : 01:54:00.

<u>RESULT : LEG 6.</u>		<u>TOTAL TIME AFTER LEG 6.</u>			
<u>01:12:45</u>	<u>Fairwater Runners Cwmbran A</u>	1	<b>Chepstow Harriers A</b>	04:54:28	lead time +
01:20:07	Chepstow Harriers A	2	Fairwater Runners Cwmbran A	05:05:22	00:10:54
01:20:45	Parc Bryn Bach Running Club	3	Lliswerry Runners A	05:19:13	00:24:45
01:23:22	Pont-y-pwl & District Runners	4	Islwyn Running Club A	05:23:22	00:28:54
01:23:38	Brackla Harriers	5	Pontypridd Roadents A	05:24:29	00:30:01
01:23:44	Caerleon Running Club A	6	Chepstow Harriers B	05:28:02	00:33:34
01:25:08	Rhondda Valley Runners	7	Pont-y-pwl & District Runners	05:29:19	00:34:51
01:25:25	Chepstow Harriers B	8	Parc Bryn Bach Running Club	05:34:22	00:39:54
01:26:48	San Domenico Running Club	9	Griffithstown Harriers	05:35:24	00:40:56
01:27:46	Islwyn Running Club A	10	San Domenico Running Club	05:39:25	00:44:57
01:28:38	Pontypridd Roadents A	11	Caerleon Running Club A	05:40:30	00:46:02
01:30:02	Griffithstown Harriers	12	Rhondda Valley Runners	05:53:26	00:58:58
01:32:03	Fairwater Runners Cwmbran B	13	Brackla Harriers	05:53:37	00:59:09
01:32:59	Lliswerry Runners A	14	Fairwater Runners Cwmbran B	06:02:02	01:07:34
01:36:44	Chepstow Harriers C	15	Usk Runners	06:11:16	01:16:48
01:37:03	Usk Runners	16	Spirit of Monmouth Running Club	06:12:55	01:18:27
01:37:40	Islwyn Running Club B	17	Pontypridd Roadents B	06:20:09	01:25:41
01:38:46	Lliswerry Runners B	18	Chepstow Harriers C	06:20:11	01:25:43
01:46:40	Spirit of Monmouth Running Club	19	Islwyn Running Club B	06:25:16	01:30:48
01:48:54	Pontypridd Roadents B	20	Lliswerry Runners B	06:31:18	01:36:50
01:54:00	Lliswerry Runners C	*21	Lliswerry Runners C	06:37:28	01:43:00
01:54:00	Caerleon Running Club B	*22	Pegasus Running Club	06:41:19	01:46:51
01:54:00	Pegasus Running Club	*23	Caerleon Running Club B	06:47:01	01:52:33

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>			
00:32:58	<b>Usk Runners</b>	1	<b>Chepstow Harriers A</b>	05:28:04	lead time +
00:33:36	<b>Chepstow Harriers A</b>	2	<b>Fairwater Runners Cwmbran A</b>	05:44:14	00:16:10
00:35:20	<b>Lliswerry Runners A</b>	3	<b>Lliswerry Runners A</b>	05:54:33	00:26:29
00:35:54	<b>Islwyn Running Club A</b>	4	<b>Islwyn Running Club A</b>	05:59:16	00:31:12
00:37:35	<b>Caerleon Running Club A</b>	5	<b>Chepstow Harriers B</b>	06:05:47	00:37:43
00:37:41	<b>Pont-y-pwl &amp; District Runners</b>	6	<b>Pontypridd Roadents A</b>	06:06:12	00:38:08
00:37:45	<b>Chepstow Harriers B</b>	7	<b>Pont-y-pwl &amp; District Runners</b>	06:07:00	00:38:56
00:38:52	<b>Fairwater Runners Cwmbran A</b>	8	<b>Griffithstown Harriers</b>	06:17:37	00:49:33
00:40:57	<b>San Domenico Running Club</b>	9	<b>Caerleon Running Club A</b>	06:18:05	00:50:01
00:41:27	<b>Spirit of Monmouth Running Club</b>	10	<b>San Domenico Running Club</b>	06:20:22	00:52:18
00:41:42	<b>Lliswerry Runners C</b>	11	<b>Parc Bryn Bach Running Club</b>	06:22:35	00:54:31
00:41:43	<b>Pontypridd Roadents A</b>	12	<b>Brackla Harriers</b>	06:37:09	01:09:05
00:42:13	<b>Griffithstown Harriers</b>	13	<b>Rhondda Valley Runners</b>	06:37:11	01:09:07
00:43:29	<b>Fairwater Runners Cwmbran B</b>	14	<b>Usk Runners</b>	06:44:14	01:16:10
00:43:32	<b>Brackla Harriers</b>	15	<b>Fairwater Runners Cwmbran B</b>	06:45:31	01:17:27
00:43:45	<b>Rhondda Valley Runners</b>	16	<b>Spirit of Monmouth Running Club</b>	06:54:22	01:26:18
00:45:40	<b>Caerleon Running Club B</b>	17	<b>Chepstow Harriers C</b>	07:06:17	01:38:13
00:46:06	<b>Chepstow Harriers C</b>	18	<b>Pontypridd Roadents B</b>	07:08:55	01:40:51
00:46:07	<b>Pegasus Running Club</b>	19	<b>Islwyn Running Club B</b>	07:15:16	01:47:12
00:47:48	<b>Lliswerry Runners B</b>	20	<b>Lliswerry Runners B</b>	07:19:06	01:51:02
00:48:13	<b>Parc Bryn Bach Running Club</b>	21	<b>Lliswerry Runners C</b>	07:19:10	01:51:06
00:48:46	<b>Pontypridd Roadents B</b>	22	<b>Pegasus Running Club</b>	07:27:26	01:59:22
00:50:00	<b>Islwyn Running Club B</b>	*23	<b>Caerleon Running Club B</b>	07:32:41	02:04:37

## 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>			
01:22:23	<b>Fairwater Runners Cwmbran A</b>	1	<b>Chepstow Harriers A</b>	06:53:44	lead time +
01:25:40	<b>Chepstow Harriers A</b>	2	<b>Fairwater Runners Cwmbran A</b>	07:06:37	00:12:53
01:27:08	<b>Islwyn Running Club A</b>	3	<b>Islwyn Running Club A</b>	07:26:24	00:32:40
01:31:48	<b>Parc Bryn Bach Running Club</b>	4	<b>Lliswerry Runners A</b>	07:33:59	00:40:15
01:32:31	<b>San Domenico Running Club</b>	5	<b>Chepstow Harriers B</b>	07:44:28	00:50:44
01:33:05	<b>Caerleon Running Club A</b>	6	<b>Pontypridd Roadents A</b>	07:45:14	00:51:30
01:33:19	<b>Brackla Harriers</b>	7	<b>Pont-y-pwl &amp; District Runners</b>	07:48:11	00:54:27
01:35:33	<b>Griffithstown Harriers</b>	8	<b>Caerleon Running Club A</b>	07:51:10	00:57:26
01:38:41	<b>Chepstow Harriers B</b>	9	<b>San Domenico Running Club</b>	07:52:53	00:59:09
01:39:02	<b>Pontypridd Roadents A</b>	10	<b>Griffithstown Harriers</b>	07:53:10	00:59:26
01:39:26	<b>Lliswerry Runners A</b>	11	<b>Parc Bryn Bach Running Club</b>	07:54:23	01:00:39
01:40:53	<b>Usk Runners</b>	12	<b>Brackla Harriers</b>	08:10:28	01:16:44
01:41:11	<b>Pont-y-pwl &amp; District Runners</b>	13	<b>Usk Runners</b>	08:25:07	01:31:23
01:41:47	<b>Lliswerry Runners C</b>	14	<b>Fairwater Runners Cwmbran B</b>	08:31:13	01:37:29
01:43:29	<b>Pontypridd Roadents B</b>	15	<b>Rhondda Valley Runners</b>	08:33:50	01:40:06
01:45:42	<b>Fairwater Runners Cwmbran B</b>	16	<b>Pontypridd Roadents B</b>	08:52:24	01:58:40
01:46:57	<b>Pegasus Running Club</b>	17	<b>Chepstow Harriers C</b>	08:53:47	02:00:03
01:47:30	<b>Chepstow Harriers C</b>	18	<b>Lliswerry Runners C</b>	09:00:57	02:07:13
01:49:47	<b>Lliswerry Runners B</b>	19	<b>Spirit of Monmouth Running Club</b>	09:02:22	02:08:38
01:50:21	<b>Islwyn Running Club B</b>	20	<b>Islwyn Running Club B</b>	09:05:37	02:11:53
01:56:39	<b>Rhondda Valley Runners</b>	21	<b>Lliswerry Runners B</b>	09:08:53	02:15:09
01:58:00	<b>Caerleon Running Club B</b>	*22	<b>Pegasus Running Club</b>	09:14:23	02:20:39
02:08:00	<b>Spirit of Monmouth Running Club</b>	**23	<b>Caerleon Running Club B</b>	09:30:41	02:36:57



## 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>			
01:00:00	<b>Pontypridd Roadents A</b>	1	<b>Chepstow Harriers A</b>	07:57:48	lead time +
01:00:45	<b>Caerleon Running Club A</b>	2	<b>Fairwater Runners Cwmbran A</b>	08:07:41	00:09:53
01:01:04	<b>Fairwater Runners Cwmbran A</b>	3	<b>Islwyn Running Club A</b>	08:36:53	00:39:05
01:04:04	<b>Chepstow Harriers A</b>	4	<b>Pontypridd Roadents A</b>	08:45:14	00:47:26
01:04:35	<b>Griffithstown Harriers</b>	5	<b>Lliswerry Runners A</b>	08:45:19	00:47:31
01:06:46	<b>Usk Runners</b>	6	<b>Caerleon Running Club A</b>	08:51:55	00:54:07
01:08:02	<b>Rhondda Valley Runners</b>	7	<b>Chepstow Harriers B</b>	08:53:04	00:55:16
01:08:36	<b>Chepstow Harriers B</b>	8	<b>Griffithstown Harriers</b>	08:57:45	00:59:57
01:08:43	<b>Brackla Harriers</b>	9	<b>Pont-y-pwl &amp; District Runners</b>	08:58:00	01:00:12
01:09:34	<b>Pegasus Running Club</b>	10	<b>Parc Bryn Bach Running Club</b>	09:09:36	01:11:48
01:09:49	<b>Pont-y-pwl &amp; District Runners</b>	11	<b>San Domenico Running Club</b>	09:11:05	01:13:17
01:10:29	<b>Islwyn Running Club A</b>	12	<b>Brackla Harriers</b>	09:19:11	01:21:23
01:11:20	<b>Lliswerry Runners A</b>	13	<b>Usk Runners</b>	09:31:53	01:34:05
01:15:13	<b>Parc Bryn Bach Running Club</b>	14	<b>Rhondda Valley Runners</b>	09:41:52	01:44:04
01:18:06	<b>Fairwater Runners Cwmbran B</b>	15	<b>Fairwater Runners Cwmbran B</b>	09:49:19	01:51:31
01:18:12	<b>Islwyn Running Club B</b>	16	<b>Pontypridd Roadents B</b>	10:17:24	02:19:36
01:18:12	<b>San Domenico Running Club</b>	17	<b>Chepstow Harriers C</b>	10:18:43	02:20:55
01:20:59	<b>Spirit of Monmouth Running Club</b>	18	<b>Spirit of Monmouth Running Club</b>	10:23:21	02:25:33
01:24:56	<b>Chepstow Harriers C</b>	19	<b>Islwyn Running Club B</b>	10:23:49	02:26:01
01:25:00	<b>Pontypridd Roadents B</b>	*20	<b>Pegasus Running Club</b>	10:23:57	02:26:09
01:25:00	<b>Caerleon Running Club B</b>	*21	<b>Lliswerry Runners C</b>	10:25:57	02:28:09
01:25:00	<b>Lliswerry Runners C</b>	*22	<b>Lliswerry Runners B</b>	10:33:53	02:36:05
01:25:00	<b>Lliswerry Runners B</b>	*23	<b>Caerleon Running Club B</b>	10:55:41	02:57:53

## 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>			
00:36:05	<b>Chepstow Harriers A</b>	1	<b>Chepstow Harriers A</b>	08:33:53	lead time +
00:37:05	<b>Lliswerry Runners A</b>	2	<b>Fairwater Runners Cwmbran A</b>	08:46:33	00:12:40
00:38:52	<b>Fairwater Runners Cwmbran A</b>	3	<b>Islwyn Running Club A</b>	09:20:52	00:46:59
00:39:59	<b>Caerleon Running Club A</b>	4	<b>Lliswerry Runners A</b>	09:22:24	00:48:31
00:41:00	<b>Chepstow Harriers B</b>	5	<b>Pontypridd Roadents A</b>	09:28:59	00:55:06
00:42:26	<b>Lliswerry Runners C</b>	6	<b>Caerleon Running Club A</b>	09:31:54	00:58:01
00:42:35	<b>Pont-y-pwl &amp; District Runners</b>	7	<b>Chepstow Harriers B</b>	09:34:04	01:00:11
00:42:43	<b>Brackla Harriers</b>	8	<b>Pont-y-pwl &amp; District Runners</b>	09:40:35	01:06:42
00:43:45	<b>Pontypridd Roadents A</b>	9	<b>Griffithstown Harriers</b>	09:41:59	01:08:06
00:43:59	<b>Islwyn Running Club A</b>	10	<b>Parc Bryn Bach Running Club</b>	09:54:35	01:20:42
00:44:00	<b>San Domenico Running Club</b>	11	<b>San Domenico Running Club</b>	09:55:05	01:21:12
00:44:14	<b>Griffithstown Harriers</b>	12	<b>Brackla Harriers</b>	10:01:54	01:28:01
00:44:35	<b>Rhondda Valley Runners</b>	13	<b>Usk Runners</b>	10:22:53	01:49:00
00:44:59	<b>Parc Bryn Bach Running Club</b>	14	<b>Rhondda Valley Runners</b>	10:26:27	01:52:34
00:45:17	<b>Islwyn Running Club B</b>	15	<b>Fairwater Runners Cwmbran B</b>	10:40:18	02:06:25
00:46:23	<b>Chepstow Harriers C</b>	16	<b>Chepstow Harriers C</b>	11:05:06	02:31:13
00:46:37	<b>Lliswerry Runners B</b>	17	<b>Pontypridd Roadents B</b>	11:06:51	02:32:58
00:48:10	<b>Spirit of Monmouth Running Club</b>	18	<b>Lliswerry Runners C</b>	11:08:23	02:34:30
00:49:27	<b>Pontypridd Roadents B</b>	19	<b>Islwyn Running Club B</b>	11:09:06	02:35:13
00:50:59	<b>Fairwater Runners Cwmbran B</b>	20	<b>Spirit of Monmouth Running Club</b>	11:11:31	02:37:38
00:51:00	<b>Usk Runners</b>	*21	<b>Pegasus Running Club</b>	11:14:57	02:41:04
00:51:00	<b>Pegasus Running Club</b>	*22	<b>Lliswerry Runners B</b>	11:20:30	02:46:37
00:51:00	<b>Caerleon Running Club B</b>	*23	<b>Caerleon Running Club B</b>	11:46:41	03:12:48

LEG 11 : CALDICOT to PENHOW

Distance : 5.82 miles / 9.4 km. Course Record : 00:34:25. Cut Off Time : 00:52:00.

<u>RESULT : LEG 11.</u>		<u>TOTAL TIME AFTER LEG 11.</u>			
00:36:55	<b>Chepstow Harriers A</b>	1	<b>Chepstow Harriers A</b>	09:10:48	lead time +
00:37:36	<b>Lliswerry Runners A</b>	2	<b>Fairwater Runners Cwmbran A</b>	09:28:17	00:17:29
00:41:07	<b>Islwyn Running Club A</b>	3	<b>Lliswerry Runners A</b>	10:00:00	00:49:12
00:41:44	<b>Fairwater Runners Cwmbran A</b>	4	<b>Islwyn Running Club A</b>	10:01:59	00:51:11
00:42:04	<b>Pontypridd Roadents A</b>	5	<b>Pontypridd Roadents A</b>	10:11:03	01:00:15
00:43:04	<b>Chepstow Harriers B</b>	6	<b>Chepstow Harriers B</b>	10:17:08	01:06:20
00:43:08	<b>Islwyn Running Club B</b>	7	<b>Caerleon Running Club A</b>	10:20:04	01:09:16
00:43:30	<b>Parc Bryn Bach Running Club</b>	8	<b>Pont-y-pwl &amp; District Runners</b>	10:25:23	01:14:35
00:43:39	<b>San Domenico Running Club</b>	9	<b>Griffithstown Harriers</b>	10:26:11	01:15:23
00:44:12	<b>Griffithstown Harriers</b>	10	<b>Parc Bryn Bach Running Club</b>	10:38:05	01:27:17
00:44:48	<b>Pont-y-pwl &amp; District Runners</b>	11	<b>San Domenico Running Club</b>	10:38:44	01:27:56
00:46:43	<b>Brackla Harriers</b>	12	<b>Brackla Harriers</b>	10:48:37	01:37:49
00:46:59	<b>Spirit of Monmouth Running Club</b>	13	<b>Usk Runners</b>	11:14:53	02:04:05
00:47:02	<b>Pontypridd Roadents B</b>	14	<b>Rhondda Valley Runners</b>	11:18:27	02:07:39
00:48:10	<b>Caerleon Running Club A</b>	15	<b>Fairwater Runners Cwmbran B</b>	11:32:18	02:21:30
00:50:09	<b>Lliswerry Runners B</b>	16	<b>Islwyn Running Club B</b>	11:52:14	02:41:26
00:52:00	<b>Caerleon Running Club B</b>	*17	<b>Pontypridd Roadents B</b>	11:53:53	02:43:05
00:52:00	<b>Lliswerry Runners C</b>	*18	<b>Chepstow Harriers C</b>	11:57:06	02:46:18
00:52:00	<b>Fairwater Runners Cwmbran B</b>	*19	<b>Spirit of Monmouth Running Club</b>	11:58:30	02:47:42
00:52:00	<b>Chepstow Harriers C</b>	*20	<b>Lliswerry Runners C</b>	12:00:23	02:49:35
00:52:00	<b>Usk Runners</b>	*21	<b>Pegasus Running Club</b>	12:06:57	02:56:09
00:52:00	<b>Pegasus Running Club</b>	*22	<b>Lliswerry Runners B</b>	12:10:39	02:59:51
00:52:00	<b>Rhondda Valley Runners</b>	*23	<b>Caerleon Running Club B</b>	12:38:41	03:27:53

## 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>	
<u>00:38:43</u> <u>Fairwater Runners Cwmbran A</u>	1	<b>Chepstow Harriers A</b>	09:50:17
00:39:29 Chepstow Harriers A	2	Fairwater Runners Cwmbran A	10:07:00
00:41:35 Islwyn Running Club A	3	Islwyn Running Club A	10:43:34
00:44:07 Parc Bryn Bach Running Club	4	Lliswerry Runners A	10:45:49
00:44:46 Caerleon Running Club A	5	Pontypridd Roadents A	10:57:00
00:45:49 Lliswerry Runners A	6	Chepstow Harriers B	11:03:52
00:45:57 Pontypridd Roadents A	7	Caerleon Running Club A	11:04:50
00:46:39 Rhondda Valley Runners	8	Pont-y-pwl & District Runners	11:14:07
00:46:44 Chepstow Harriers B	9	Griffithstown Harriers	11:15:13
00:47:10 San Domenico Running Club	10	Parc Bryn Bach Running Club	11:22:12
00:48:01 Fairwater Runners Cwmbran B	11	San Domenico Running Club	11:25:54
00:48:14 Brackla Harriers	12	Brackla Harriers	11:36:51
00:48:44 Pont-y-pwl & District Runners	13	Rhondda Valley Runners	12:05:06
00:49:02 Griffithstown Harriers	14	Usk Runners	12:07:43
00:50:52 Chepstow Harriers C	15	Fairwater Runners Cwmbran B	12:20:19
00:52:19 Islwyn Running Club B	16	Islwyn Running Club B	12:44:33
00:52:37 Spirit of Monmouth Running Club	17	Chepstow Harriers C	12:47:58
00:52:39 Lliswerry Runners B	18	Pontypridd Roadents B	12:48:19
00:52:50 Usk Runners	19	Spirit of Monmouth Running Club	12:51:07
00:54:26 Pontypridd Roadents B	20	Lliswerry Runners C	13:00:23
01:00:00 Lliswerry Runners C	*21	Lliswerry Runners B	13:03:18
01:00:00 Pegasus Running Club	*22	Pegasus Running Club	13:06:57
01:00:00 Caerleon Running Club B	*23	Caerleon Running Club B	13:38:41

lead time  
+  
00:16:43  
00:53:17  
00:55:32  
01:06:43  
01:13:35  
01:14:33  
01:23:50  
01:24:56  
01:31:55  
01:35:37  
01:46:34  
02:14:49  
02:17:26  
02:30:02  
02:54:16  
02:57:41  
02:58:02  
03:00:50  
03:10:06  
03:13:01  
03:16:40  
03:48:24

**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.**

00:34:18	<b>Lliswerry Runners A</b>	1
00:36:18	<b>Pontypridd Roadents A</b>	2
00:36:57	<b>Chepstow Harriers A</b>	3
00:38:00	<b>Parc Bryn Bach Running Club</b>	4
00:38:38	<b>San Domenico Running Club</b>	5
00:38:52	<b>Griffithstown Harriers</b>	6
00:39:02	<b>Pont-y-pwl &amp; District Runners</b>	7
00:39:33	<b>Caerleon Running Club A</b>	8
00:40:32	<b>Chepstow Harriers B</b>	9
00:40:38	<b>Islwyn Running Club A</b>	10
00:43:07	<b>Fairwater Runners Cwmbran A</b>	11
00:43:52	<b>Spirit of Monmouth Running Club</b>	12
00:43:58	<b>Pontypridd Roadents B</b>	13
00:44:07	<b>Pegasus Running Club</b>	14
00:44:25	<b>Brackla Harriers</b>	15
00:45:05	<b>Fairwater Runners Cwmbran B</b>	16
00:46:14	<b>Caerleon Running Club B</b>	17
00:47:11	<b>Usk Runners</b>	18
00:48:05	<b>Islwyn Running Club B</b>	19
00:48:49	<b>Chepstow Harriers C</b>	20
00:49:37	<b>Rhondda Valley Runners</b>	21
00:50:00	<b>Lliswerry Runners B</b>	*22
00:50:00	<b>Lliswerry Runners C</b>	*23

**FAIRWATER RUNNERS**

**2013 RACK RAID**

NUMBER OF TEAMS	23
TOTAL NUMBER OF RUNNERS	299
TOTAL DISTANCE RUN (mi.) (km)	2265.73 3625.168
TOTAL TIME RUN (hh:mm:ss)	288:28:21

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# RESULT: TOTAL TIME AFTER ALL 13 LEGS.

<b>1</b>	<b><u>Chepstow Harriers A</u></b>	<b>10:27:14</b>	<b>total time +</b>
<b>2</b>	<b>Fairwater Runners Cwmbran A</b>	<b>10:50:07</b>	<b>00:22:53</b>
<b>3</b>	<b>Lliswerry Runners A</b>	<b>11:20:07</b>	<b>00:52:53</b>
<b>4</b>	<b>Islwyn Running Club A</b>	<b>11:24:12</b>	<b>00:56:58</b>
<b>5</b>	<b>Pontypridd Roadents A</b>	<b>11:33:18</b>	<b>01:06:04</b>
<b>6</b>	<b>Caerleon Running Club A</b>	<b>11:44:23</b>	<b>01:17:09</b>
<b>7</b>	<b>Chepstow Harriers B</b>	<b>11:44:24</b>	<b>01:17:10</b>
<b>8</b>	<b>Pont-y-pwl &amp; District Runners</b>	<b>11:53:09</b>	<b>01:25:55</b>
<b>9</b>	<b>Griffithstown Harriers</b>	<b>11:54:05</b>	<b>01:26:51</b>
<b>10</b>	<b>Parc Bryn Bach Running Club</b>	<b>12:00:12</b>	<b>01:32:58</b>
<b>11</b>	<b>San Domenico Running Club</b>	<b>12:04:32</b>	<b>01:37:18</b>
<b>12</b>	<b>Brackla Harriers</b>	<b>12:21:16</b>	<b>01:54:02</b>

<b>13 Rhondda Valley Runners</b>	<b>12:54:43</b>	<b>02:27:29</b>
<b>14 Usk Runners</b>	<b>12:54:54</b>	<b>02:27:40</b>
<b>15 Fairwater Runners Cwmbran B</b>	<b>13:05:24</b>	<b>02:38:10</b>
<b>16 Pontypridd Roadents B</b>	<b>13:32:17</b>	<b>03:05:03</b>
<b>17 Islwyn Running Club B</b>	<b>13:32:38</b>	<b>03:05:24</b>
<b>18 Spirit of Monmouth Running Club</b>	<b>13:34:59</b>	<b>03:07:45</b>
<b>19 Chepstow Harriers C</b>	<b>13:36:47</b>	<b>03:09:33</b>
<b>20 Lliswerry Runners C</b>	<b>13:50:23</b>	<b>03:23:09</b>
<b>21 Pegasus Running Club</b>	<b>13:51:04</b>	<b>03:23:50</b>
<b>22 Lliswerry Runners B</b>	<b>13:53:18</b>	<b>03:26:04</b>
<b>23 Caerleon Running Club B</b>	<b>14:24:55</b>	<b>03:57:41</b>

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