

# LEG 1 : GROS MONT to SKENFRITH.

Distance : 5.3 miles / 8.5 km. Course Record : 00:29:58. Cut Off Time : 00:48:00.

## FAIRWATER RUNNERS

### 2012 RACK RAID

BRACKLA HARRIERS

CAERLEON RUNNING CLUB

CHEPSTOW HARRIERS

FAIRWATER RUNNERS

GRIFFITHSTOWN HARRIERS

ISLWYN RUNNING CLUB

LLISWERRY RUNNERS

PONTYPRIDD ROADENTS

PONT-Y-PWL & DISTRICT RUNNERS

PORTHCAWL RUNNERS

RHONDDA VALLEY RUNNERS

SAN DOMENICO ROAD RUNNERS

#### 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.

## RESULT : LEG 1.

			lead time
1	00:32:20	<b>Chepstow Harriers A</b>	+
2	00:32:35	<b>San Domenico Running Club A</b>	00:00:15
3	00:32:47	<b>Lliswerry Runners A</b>	00:00:27
4	00:32:55	<b>Fairwater Runners A</b>	00:00:35
5	00:33:20	<b>Caerleon Running Club A</b>	00:01:00
6	00:33:37	<b>Griffithstown Harriers A</b>	00:01:17
7	00:34:08	<b>Islwyn Running Club A</b>	00:01:48
8	00:36:01	<b>Islwyn Running Club B</b>	00:03:41
9	00:36:21	<b>Pontypridd Roadents A</b>	00:04:01
10	00:36:28	<b>Lliswerry Runners B</b>	00:04:08
11	00:37:04	<b>Chepstow Harriers B</b>	00:04:44
12	00:38:09	<b>Griffithstown Harriers B</b>	00:05:49
13	00:39:03	<b>Fairwater Runners B</b>	00:06:43
14	00:39:27	<b>Brackla Harriers</b>	00:07:07
15	00:39:50	<b>Lliswerry Runners C</b>	00:07:30
16	00:40:13	<b>Porthcawl Runners</b>	00:07:53
17	00:40:23	<b>Rhondda Valley Runners</b>	00:08:03
18	00:40:32	<b>Pont-y-pwl &amp; District Runners</b>	00:08:12
19	00:41:17	<b>Pontypridd Roadents B</b>	00:08:57
20	00:44:39	<b>Chepstow Harriers C</b>	00:12:19
21	00:45:07	<b>Caerleon Running Club B</b>	00:12:47
22	00:45:09	<b>San Domenico Running Club B</b>	00:12:49

## LEG 2 : SKENFRITH to WHITE CASTLE.

Distance : 7.1 miles / 11.4 km. Course Record : 00:40:57. Cut Off Time : 01:04:00.

<u>RESULT : LEG 2.</u>		<u>TOTAL TIME AFTER LEG 2.</u>			
00:41:40	<b>Fairwater Runners A</b>	1	<b>Fairwater Runners A</b>	01:14:35	lead time +
00:46:08	<b>Porthcawl Runners</b>	2	<b>Chepstow Harriers A</b>	01:19:50	00:05:15
00:47:30	<b>Chepstow Harriers A</b>	3	<b>San Domenico Running Club A</b>	01:20:35	00:06:00
00:48:00	<b>San Domenico Running Club A</b>	4	<b>Caerleon Running Club A</b>	01:25:31	00:10:56
00:52:11	<b>Caerleon Running Club A</b>	5	<b>Porthcawl Runners</b>	01:26:21	00:11:46
00:52:34	<b>Pont-y-pwl &amp; District Runners</b>	6	<b>Lliswerry Runners A</b>	01:27:40	00:13:05
00:52:57	<b>Pontypridd Roadents A</b>	7	<b>Pontypridd Roadents A</b>	01:29:18	00:14:43
00:53:03	<b>Chepstow Harriers B</b>	8	<b>Islwyn Running Club A</b>	01:29:23	00:14:48
00:53:14	<b>San Domenico Running Club B</b>	9	<b>Chepstow Harriers B</b>	01:30:07	00:15:32
00:53:36	<b>Rhondda Valley Runners</b>	10	<b>Griffithstown Harriers A</b>	01:30:39	00:16:04
00:54:01	<b>Pontypridd Roadents B</b>	11	<b>Islwyn Running Club B</b>	01:32:27	00:17:52
00:54:53	<b>Lliswerry Runners A</b>	12	<b>Pont-y-pwl &amp; District Runners</b>	01:33:06	00:18:31
00:55:15	<b>Islwyn Running Club A</b>	13	<b>Rhondda Valley Runners</b>	01:33:59	00:19:24
00:55:22	<b>Brackla Harriers</b>	14	<b>Brackla Harriers</b>	01:34:49	00:20:14
00:56:26	<b>Islwyn Running Club B</b>	15	<b>Pontypridd Roadents B</b>	01:35:18	00:20:43
00:57:02	<b>Griffithstown Harriers A</b>	16	<b>Griffithstown Harriers B</b>	01:36:05	00:21:30
00:57:56	<b>Griffithstown Harriers B</b>	17	<b>Fairwater Runners B</b>	01:37:49	00:23:14
00:58:46	<b>Fairwater Runners B</b>	18	<b>San Domenico Running Club B</b>	01:38:23	00:23:48
01:00:10	<b>Lliswerry Runners C</b>	19	<b>Lliswerry Runners C</b>	01:40:00	00:25:25
01:00:47	<b>Chepstow Harriers C</b>	20	<b>Lliswerry Runners B</b>	01:40:28	00:25:53
01:04:00	<b>Lliswerry Runners B</b>	21	<b>Chepstow Harriers C</b>	01:45:26	00:30:51
01:04:00	<b>Caerleon Running Club B</b>	22	<b>Caerleon Running Club B</b>	01:49:07	00:34:32

LEG 3 : **WHITE CASTLE** to **ABERGAVENNY**

Distance : 8.0 miles / 12.8 km. Course Record : 00:43:41. Cut Off Time : 01:12:00.

<u>RESULT : LEG 3.</u>		<u>TOTAL TIME AFTER LEG 3.</u>			
00:45:32	<b>San Domenico Running Club A</b>	1	<b>Fairwater Runners A</b>	02:00:40	lead time +
00:46:05	<b>Fairwater Runners A</b>	2	<b>San Domenico Running Club A</b>	02:06:07	00:05:27
00:48:57	<b>Chepstow Harriers A</b>	3	<b>Chepstow Harriers A</b>	02:08:47	00:08:07
00:49:29	<b>Islwyn Running Club A</b>	4	<b>Porthcawl Runners</b>	02:15:57	00:15:17
00:49:36	<b>Porthcawl Runners</b>	5	<b>Islwyn Running Club A</b>	02:18:52	00:18:12
00:50:34	<b>Brackla Harriers</b>	6	<b>Lliswerry Runners A</b>	02:18:57	00:18:17
00:51:17	<b>Lliswerry Runners A</b>	7	<b>Caerleon Running Club A</b>	02:19:36	00:18:56
00:51:52	<b>San Domenico Running Club B</b>	8	<b>Pontypridd Roadents A</b>	02:22:33	00:21:53
00:52:29	<b>Griffithstown Harriers A</b>	9	<b>Griffithstown Harriers A</b>	02:23:08	00:22:28
00:53:15	<b>Pontypridd Roadents A</b>	10	<b>Chepstow Harriers B</b>	02:24:11	00:23:31
00:54:04	<b>Chepstow Harriers B</b>	11	<b>Brackla Harriers</b>	02:25:23	00:24:43
00:54:05	<b>Caerleon Running Club A</b>	12	<b>San Domenico Running Club B</b>	02:30:15	00:29:35
00:59:15	<b>Pontypridd Roadents B</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	02:33:08	00:32:28
00:59:57	<b>Fairwater Runners B</b>	14	<b>Rhondda Valley Runners</b>	02:34:18	00:33:38
01:00:02	<b>Pont-y-pwl &amp; District Runners</b>	15	<b>Pontypridd Roadents B</b>	02:34:33	00:33:53
01:00:19	<b>Rhondda Valley Runners</b>	16	<b>Islwyn Running Club B</b>	02:37:23	00:36:43
01:00:42	<b>Lliswerry Runners C</b>	17	<b>Fairwater Runners B</b>	02:37:46	00:37:06
01:01:01	<b>Caerleon Running Club B</b>	18	<b>Lliswerry Runners C</b>	02:40:42	00:40:02
01:04:56	<b>Islwyn Running Club B</b>	19	<b>Griffithstown Harriers B</b>	02:48:05	00:47:25
01:05:25	<b>Chepstow Harriers C</b>	20	<b>Caerleon Running Club B</b>	02:50:08	00:49:28
01:12:00	<b>Lliswerry Runners B</b>	21	<b>Chepstow Harriers C</b>	02:50:51	00:50:11
01:12:00	<b>Griffithstown Harriers B</b>	22	<b>Lliswerry Runners B</b>	02:52:28	00:51:48

## LEG 4 : **ABERGAVENNY** to **HALFWAY**

Distance : 8.2 miles / 13.1 km. Course Record : 00:46:00. Cut Off Time : 01:14:00.

<u>RESULT : LEG 4.</u>		<u>TOTAL TIME AFTER LEG 4.</u>	
00:47:30 <b>Fairwater Runners A</b>	1	<b>Fairwater Runners A</b>	02:48:10
00:49:27 <b>Caerleon Running Club A</b>	2	<b>San Domenico Running Club A</b>	02:57:10
00:50:35 <b>Chepstow Harriers A</b>	3	<b>Chepstow Harriers A</b>	02:59:22
00:51:03 <b>San Domenico Running Club A</b>	4	<b>Caerleon Running Club A</b>	03:09:03
00:56:09 <b>Porthcawl Runners</b>	5	<b>Porthcawl Runners</b>	03:12:06
00:56:13 <b>San Domenico Running Club B</b>	6	<b>Lliswerry Runners A</b>	03:15:26
00:56:29 <b>Lliswerry Runners A</b>	7	<b>Griffithstown Harriers A</b>	03:20:25
00:57:17 <b>Griffithstown Harriers A</b>	8	<b>Pontypridd Roadents A</b>	03:21:43
00:58:24 <b>Chepstow Harriers B</b>	9	<b>Islwyn Running Club A</b>	03:22:34
00:59:10 <b>Pontypridd Roadents A</b>	10	<b>Chepstow Harriers B</b>	03:22:35
01:00:20 <b>Pont-y-pwl &amp; District Runners</b>	11	<b>Brackla Harriers</b>	03:25:45
01:00:22 <b>Brackla Harriers</b>	12	<b>San Domenico Running Club B</b>	03:26:28
01:01:16 <b>Rhondda Valley Runners</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	03:33:28
01:01:27 <b>Fairwater Runners B</b>	14	<b>Rhondda Valley Runners</b>	03:35:34
01:02:44 <b>Lliswerry Runners C</b>	15	<b>Fairwater Runners B</b>	03:39:13
01:03:42 <b>Islwyn Running Club A</b>	16	<b>Lliswerry Runners C</b>	03:43:26
01:10:21 <b>Pontypridd Roadents B</b>	17	<b>Pontypridd Roadents B</b>	03:44:54
01:10:45 <b>Islwyn Running Club B</b>	18	<b>Islwyn Running Club B</b>	03:48:08
01:11:27 <b>Griffithstown Harriers B</b>	19	<b>Griffithstown Harriers B</b>	03:59:32
01:14:00 <b>Caerleon Running Club B</b>	20	<b>Caerleon Running Club B</b>	04:04:08
01:14:00 <b>Chepstow Harriers C</b>	21	<b>Chepstow Harriers C</b>	04:04:51
01:14:00 <b>Lliswerry Runners B</b>	22	<b>Lliswerry Runners B</b>	04:06:28

lead time  
+  
00:09:00  
00:11:12  
00:20:53  
00:23:56  
00:27:16  
00:32:15  
00:33:33  
00:34:24  
00:34:25  
00:37:35  
00:38:18  
00:45:18  
00:47:24  
00:51:03  
00:55:16  
00:56:44  
00:59:58  
01:11:22  
01:15:58  
01:16:41  
01:18:18

## LEG 5 : HALFWAY to MONMOUTH

Distance : 7.3 miles / 11.7 km. Course Record : 00:38:30. Cut Off Time : 01:06:00.

<u>RESULT : LEG 5.</u>		<u>TOTAL TIME AFTER LEG 5.</u>	
00:42:07 <b>San Domenico Running Club A</b>	1	<b>Fairwater Runners A</b>	03:32:43
00:43:06 <b>Chepstow Harriers A</b>	2	<b>San Domenico Running Club A</b>	03:39:17
00:44:33 <b>Fairwater Runners A</b>	3	<b>Chepstow Harriers A</b>	03:42:28
00:45:24 <b>Lliswerry Runners A</b>	4	<b>Caerleon Running Club A</b>	03:58:04
00:45:42 <b>Pontypridd Roadents A</b>	5	<b>Porthcawl Runners</b>	04:00:13
00:46:17 <b>Islwyn Running Club A</b>	6	<b>Lliswerry Runners A</b>	04:00:50
00:46:50 <b>Chepstow Harriers B</b>	7	<b>Pontypridd Roadents A</b>	04:07:25
00:48:07 <b>Porthcawl Runners</b>	8	<b>Islwyn Running Club A</b>	04:08:51
00:49:01 <b>Caerleon Running Club A</b>	9	<b>Chepstow Harriers B</b>	04:09:25
00:49:16 <b>Griffithstown Harriers A</b>	10	<b>Griffithstown Harriers A</b>	04:09:41
00:50:41 <b>Pontypridd Roadents B</b>	11	<b>San Domenico Running Club B</b>	04:18:41
00:52:13 <b>San Domenico Running Club B</b>	12	<b>Brackla Harriers</b>	04:18:52
00:53:07 <b>Brackla Harriers</b>	13	<b>Rhondda Valley Runners</b>	04:30:44
00:55:10 <b>Rhondda Valley Runners</b>	14	<b>Fairwater Runners B</b>	04:35:27
00:55:33 <b>Griffithstown Harriers B</b>	15	<b>Pontypridd Roadents B</b>	04:35:35
00:56:14 <b>Fairwater Runners B</b>	16	<b>Pont-y-pwl &amp; District Runners</b>	04:36:17
00:57:29 <b>Islwyn Running Club B</b>	17	<b>Islwyn Running Club B</b>	04:45:37
00:57:49 <b>Chepstow Harriers C</b>	18	<b>Lliswerry Runners C</b>	04:49:26
00:59:46 <b>Caerleon Running Club B</b>	19	<b>Griffithstown Harriers B</b>	04:55:05
01:02:49 <b>Pont-y-pwl &amp; District Runners</b>	20	<b>Chepstow Harriers C</b>	05:02:40
01:06:00 <b>Lliswerry Runners C</b>	21	<b>Caerleon Running Club B</b>	05:03:54
01:06:00 <b>Lliswerry Runners B</b>	22	<b>Lliswerry Runners B</b>	05:12:28

lead time
+
00:06:34
00:09:45
00:25:21
00:27:30
00:28:07
00:34:42
00:36:08
00:36:42
00:36:58
00:45:58
00:46:09
00:58:01
01:02:44
01:02:52
01:03:34
01:12:54
01:16:43
01:22:22
01:29:57
01:31:11
01:39:45

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

Distance : 12.6 miles / 20.2 km. Course Record : 01:13:50. Cut Off Time : 01:54:00.

<u>RESULT : LEG 6.</u>		<u>TOTAL TIME AFTER LEG 6.</u>			
01:18:16	<b>Fairwater Runners A</b>	1	<b>Fairwater Runners A</b>	04:50:59	lead time +
01:24:28	<b>Pontypridd Roadents A</b>	2	<b>San Domenico Running Club A</b>	05:07:27	00:16:28
01:25:55	<b>Chepstow Harriers A</b>	3	<b>Chepstow Harriers A</b>	05:08:23	00:17:24
01:28:03	<b>Lliswerry Runners A</b>	4	<b>Lliswerry Runners A</b>	05:28:53	00:37:54
01:28:10	<b>San Domenico Running Club A</b>	5	<b>Pontypridd Roadents A</b>	05:31:53	00:40:54
01:31:48	<b>Griffithstown Harriers A</b>	6	<b>Caerleon Running Club A</b>	05:37:45	00:46:46
01:33:52	<b>Islwyn Running Club A</b>	7	<b>Porthcawl Runners</b>	05:39:13	00:48:14
01:38:31	<b>Pontypridd Roadents B</b>	8	<b>Griffithstown Harriers A</b>	05:41:29	00:50:30
01:39:00	<b>Porthcawl Runners</b>	9	<b>Islwyn Running Club A</b>	05:42:43	00:51:44
01:39:12	<b>Lliswerry Runners C</b>	10	<b>Chepstow Harriers B</b>	05:59:25	01:08:26
01:39:41	<b>Caerleon Running Club A</b>	11	<b>San Domenico Running Club B</b>	06:03:37	01:12:38
01:39:54	<b>Fairwater Runners B</b>	12	<b>Brackla Harriers</b>	06:08:56	01:17:57
01:44:30	<b>Pont-y-pwl &amp; District Runners</b>	13	<b>Pontypridd Roadents B</b>	06:14:06	01:23:07
01:44:56	<b>San Domenico Running Club B</b>	14	<b>Fairwater Runners B</b>	06:15:21	01:24:22
01:46:41	<b>Rhondda Valley Runners</b>	15	<b>Rhondda Valley Runners</b>	06:17:25	01:26:26
01:46:47	<b>Griffithstown Harriers B</b>	16	<b>Pont-y-pwl &amp; District Runners</b>	06:20:47	01:29:48
01:49:05	<b>Caerleon Running Club B</b>	17	<b>Lliswerry Runners C</b>	06:28:38	01:37:39
01:50:00	<b>Chepstow Harriers B</b>	18	<b>Islwyn Running Club B</b>	06:39:37	01:48:38
01:50:02	<b>Chepstow Harriers C</b>	19	<b>Griffithstown Harriers B</b>	06:41:52	01:50:53
01:50:04	<b>Brackla Harriers</b>	20	<b>Chepstow Harriers C</b>	06:52:42	02:01:43
01:54:00	<b>Islwyn Running Club B</b>	21	<b>Caerleon Running Club B</b>	06:52:59	02:02:00
01:54:00	<b>Lliswerry Runners B</b>	22	<b>Lliswerry Runners B</b>	07:06:28	02:15:29

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

Distance : 5.7 miles / 9.1 km. Course Record : 00:31:50. Cut Off Time : 00:52:00.

<u>RESULT : LEG 7.</u>		<u>TOTAL TIME AFTER LEG 7.</u>			
00:35:09	<b>Islwyn Running Club A</b>	1	<b>Fairwater Runners A</b>	05:28:17	lead time +
00:35:26	<b>Chepstow Harriers A</b>	2	<b>San Domenico Running Club A</b>	05:43:00	00:14:43
00:35:33	<b>San Domenico Running Club A</b>	3	<b>Chepstow Harriers A</b>	05:43:49	00:15:32
00:37:18	<b>Fairwater Runners A</b>	4	<b>Lliswerry Runners A</b>	06:10:43	00:42:26
00:37:50	<b>Rhondda Valley Runners</b>	5	<b>Pontypridd Roadents A</b>	06:14:20	00:46:03
00:38:18	<b>Caerleon Running Club A</b>	6	<b>Caerleon Running Club A</b>	06:16:03	00:47:46
00:38:37	<b>Chepstow Harriers B</b>	7	<b>Islwyn Running Club A</b>	06:17:52	00:49:35
00:40:19	<b>Griffithstown Harriers A</b>	8	<b>Griffithstown Harriers A</b>	06:21:48	00:53:31
00:41:25	<b>Pont-y-pwl &amp; District Runners</b>	9	<b>Porthcawl Runners</b>	06:25:51	00:57:34
00:41:50	<b>Lliswerry Runners A</b>	10	<b>Chepstow Harriers B</b>	06:38:02	01:09:45
00:42:27	<b>Pontypridd Roadents A</b>	11	<b>Brackla Harriers</b>	06:53:20	01:25:03
00:42:53	<b>Pontypridd Roadents B</b>	12	<b>Rhondda Valley Runners</b>	06:55:15	01:26:58
00:44:24	<b>Brackla Harriers</b>	13	<b>San Domenico Running Club B</b>	06:55:37	01:27:20
00:46:27	<b>Caerleon Running Club B</b>	14	<b>Pontypridd Roadents B</b>	06:56:59	01:28:42
00:46:38	<b>Porthcawl Runners</b>	15	<b>Fairwater Runners B</b>	07:02:11	01:33:54
00:46:50	<b>Fairwater Runners B</b>	16	<b>Pont-y-pwl &amp; District Runners</b>	07:02:12	01:33:55
00:50:44	<b>Chepstow Harriers C</b>	17	<b>Lliswerry Runners C</b>	07:20:38	01:52:21
00:51:30	<b>Griffithstown Harriers B</b>	18	<b>Islwyn Running Club B</b>	07:31:37	02:03:20
00:52:00	<b>Islwyn Running Club B</b>	19	<b>Griffithstown Harriers B</b>	07:33:22	02:05:05
00:52:00	<b>Lliswerry Runners C</b>	20	<b>Caerleon Running Club B</b>	07:39:26	02:11:09
00:52:00	<b>Lliswerry Runners B</b>	21	<b>Chepstow Harriers C</b>	07:43:26	02:15:09
00:52:00	<b>San Domenico Running Club B</b>	22	<b>Lliswerry Runners B</b>	07:58:28	02:30:11

## LEG 8 : USK to TINTERN

Distance : 13.8 miles / 22.1 km. Course Record : 01:15:45. Cut Off Time : 02:05:00.

<u>RESULT : LEG 8.</u>		<u>TOTAL TIME AFTER LEG 8.</u>	
01:20:21 <b>Fairwater Runners A</b>	1	<b>Fairwater Runners A</b>	06:48:38
01:22:05 <b>Lliswerry Runners A</b>	2	<b>San Domenico Running Club A</b>	07:10:14
01:26:48 <b>Pontypridd Roadents A</b>	3	<b>Chepstow Harriers A</b>	07:13:24
01:27:14 <b>San Domenico Running Club A</b>	4	<b>Lliswerry Runners A</b>	07:32:48
01:29:35 <b>Chepstow Harriers A</b>	5	<b>Pontypridd Roadents A</b>	07:41:08
01:30:03 <b>Brackla Harriers</b>	6	<b>Caerleon Running Club A</b>	07:53:15
01:35:14 <b>Porthcawl Runners</b>	7	<b>Islwyn Running Club A</b>	07:59:07
01:36:58 <b>Pont-y-pwl &amp; District Runners</b>	8	<b>Porthcawl Runners</b>	08:01:05
01:37:12 <b>Caerleon Running Club A</b>	9	<b>Griffithstown Harriers A</b>	08:04:27
01:39:27 <b>Chepstow Harriers B</b>	10	<b>Chepstow Harriers B</b>	08:17:29
01:40:34 <b>Rhondda Valley Runners</b>	11	<b>Brackla Harriers</b>	08:23:23
01:41:15 <b>Islwyn Running Club A</b>	12	<b>Rhondda Valley Runners</b>	08:35:49
01:42:39 <b>Griffithstown Harriers A</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	08:39:10
01:44:25 <b>San Domenico Running Club B</b>	14	<b>San Domenico Running Club B</b>	08:40:02
01:48:59 <b>Fairwater Runners B</b>	15	<b>Fairwater Runners B</b>	08:51:10
01:51:09 <b>Lliswerry Runners C</b>	16	<b>Pontypridd Roadents B</b>	08:52:49
01:55:50 <b>Pontypridd Roadents B</b>	17	<b>Lliswerry Runners C</b>	09:11:47
01:55:54 <b>Chepstow Harriers C</b>	18	<b>Islwyn Running Club B</b>	09:30:04
01:58:27 <b>Islwyn Running Club B</b>	19	<b>Chepstow Harriers C</b>	09:39:20
02:05:00 <b>Caerleon Running Club B</b>	20	<b>Caerleon Running Club B</b>	09:44:26
02:05:00 <b>Lliswerry Runners B</b>	21	<b>Griffithstown Harriers B</b>	09:48:22
02:15:00 <b>Griffithstown Harriers B</b>	22	<b>Lliswerry Runners B</b>	10:03:28

lead time  
+

00:21:36

00:24:46

00:44:10

00:52:30

01:04:37

01:10:29

01:12:27

01:15:49

01:28:51

01:34:45

01:47:11

01:50:32

01:51:24

02:02:32

02:04:11

02:23:09

02:41:26

02:50:42

02:55:48

02:59:44

03:14:50



## LEG 9 : TINTERN to CHEPSTOW

Distance : 10.5 miles / 16.8 km. Course Record : 00:56:39. Cut Off Time : 01:35:00.

<u>RESULT : LEG 9.</u>		<u>TOTAL TIME AFTER LEG 9.</u>	
01:03:31 <b>Islwyn Running Club A</b>	1	<b>Fairwater Runners A</b>	07:53:33
01:04:55 <b>Fairwater Runners A</b>	2	<b>Chepstow Harriers A</b>	08:21:44
01:06:16 <b>Griffithstown Harriers A</b>	3	<b>San Domenico Running Club A</b>	08:26:15
01:08:20 <b>Chepstow Harriers A</b>	4	<b>Lliswerry Runners A</b>	08:50:19
01:09:23 <b>Pontypridd Roadents A</b>	5	<b>Pontypridd Roadents A</b>	08:50:31
01:11:25 <b>San Domenico Running Club B</b>	6	<b>Islwyn Running Club A</b>	09:02:38
01:11:29 <b>Caerleon Running Club A</b>	7	<b>Caerleon Running Club A</b>	09:04:44
01:12:35 <b>Chepstow Harriers B</b>	8	<b>Griffithstown Harriers A</b>	09:10:43
01:15:43 <b>Pont-y-pwl &amp; District Runners</b>	9	<b>Porthcawl Runners</b>	09:20:49
01:16:01 <b>San Domenico Running Club A</b>	10	<b>Chepstow Harriers B</b>	09:30:04
01:17:31 <b>Lliswerry Runners A</b>	11	<b>San Domenico Running Club B</b>	09:51:27
01:18:39 <b>Fairwater Runners B</b>	12	<b>Brackla Harriers</b>	09:53:07
01:19:44 <b>Porthcawl Runners</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	09:54:53
01:21:46 <b>Islwyn Running Club B</b>	14	<b>Rhondda Valley Runners</b>	10:05:02
01:22:11 <b>Lliswerry Runners C</b>	15	<b>Fairwater Runners B</b>	10:09:49
01:24:17 <b>Pontypridd Roadents B</b>	16	<b>Pontypridd Roadents B</b>	10:17:06
01:29:13 <b>Rhondda Valley Runners</b>	17	<b>Lliswerry Runners C</b>	10:33:58
01:29:44 <b>Brackla Harriers</b>	18	<b>Islwyn Running Club B</b>	10:51:50
01:33:38 <b>Caerleon Running Club B</b>	19	<b>Caerleon Running Club B</b>	11:18:04
01:35:00 <b>Griffithstown Harriers B</b>	20	<b>Griffithstown Harriers B</b>	11:23:22
01:35:00 <b>Lliswerry Runners B</b>	21	<b>Chepstow Harriers C</b>	11:24:20
01:45:00 <b>Chepstow Harriers C</b>	22	<b>Lliswerry Runners B</b>	11:38:28

lead time  
+  
00:28:11  
00:32:42  
00:56:46  
00:56:58  
01:09:05  
01:11:11  
01:17:10  
01:27:16  
01:36:31  
01:57:54  
01:59:34  
02:01:20  
02:11:29  
02:16:16  
02:23:33  
02:40:25  
02:58:17  
03:24:31  
03:29:49  
03:30:47  
03:44:55

## LEG 10 : CHEPSTOW to CALDICOT

Distance : 6.0 miles / 9.6 km. Course Record : 00:35:14. Cut Off Time : 00:54:00.

<u>RESULT : LEG 10.</u>		<u>TOTAL TIME AFTER LEG 10.</u>	
00:37:47 <b>Fairwater Runners A</b>	1	<b>Fairwater Runners A</b>	08:31:20
00:38:22 <b>San Domenico Running Club A</b>	2	<b>Chepstow Harriers A</b>	09:02:54
00:39:04 <b>Lliswerry Runners A</b>	3	<b>San Domenico Running Club A</b>	09:04:37
00:40:19 <b>Pontypridd Roadents A</b>	4	<b>Lliswerry Runners A</b>	09:29:23
00:40:50 <b>Chepstow Harriers B</b>	5	<b>Pontypridd Roadents A</b>	09:30:50
00:41:10 <b>Chepstow Harriers A</b>	6	<b>Islwyn Running Club A</b>	09:47:50
00:42:02 <b>San Domenico Running Club B</b>	7	<b>Caerleon Running Club A</b>	09:53:21
00:42:33 <b>Fairwater Runners B</b>	8	<b>Griffithstown Harriers A</b>	10:04:23
00:42:58 <b>Brackla Harriers</b>	9	<b>Porthcawl Runners</b>	10:06:21
00:43:49 <b>Pont-y-pwl &amp; District Runners</b>	10	<b>Chepstow Harriers B</b>	10:10:54
00:45:12 <b>Islwyn Running Club A</b>	11	<b>San Domenico Running Club B</b>	10:33:29
00:45:32 <b>Porthcawl Runners</b>	12	<b>Brackla Harriers</b>	10:36:05
00:48:11 <b>Islwyn Running Club B</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	10:38:42
00:48:37 <b>Caerleon Running Club A</b>	14	<b>Fairwater Runners B</b>	10:52:22
00:49:42 <b>Lliswerry Runners C</b>	15	<b>Rhondda Valley Runners</b>	10:59:02
00:52:53 <b>Griffithstown Harriers B</b>	16	<b>Pontypridd Roadents B</b>	11:10:17
00:53:11 <b>Pontypridd Roadents B</b>	17	<b>Lliswerry Runners C</b>	11:23:40
00:53:40 <b>Griffithstown Harriers A</b>	18	<b>Islwyn Running Club B</b>	11:40:01
00:54:00 <b>Chepstow Harriers C</b>	19	<b>Caerleon Running Club B</b>	12:12:04
00:54:00 <b>Caerleon Running Club B</b>	20	<b>Griffithstown Harriers B</b>	12:16:15
00:54:00 <b>Rhondda Valley Runners</b>	21	<b>Chepstow Harriers C</b>	12:18:20
00:54:00 <b>Lliswerry Runners B</b>	22	<b>Lliswerry Runners B</b>	12:32:28

lead time  
+  
00:31:34  
00:33:17  
00:58:03  
00:59:30  
01:16:30  
01:22:01  
01:33:03  
01:35:01  
01:39:34  
02:02:09  
02:04:45  
02:07:22  
02:21:02  
02:27:42  
02:38:57  
02:52:20  
03:08:41  
03:40:44  
03:44:55  
03:47:00  
04:01:08

## LEG 11 : CALDICOT to PENHOW

Distance : 5.7 miles / 9.1 km. Course Record : 00:34:25. Cut Off Time : 00:52:00.

<u>RESULT : LEG 11.</u>		<u>TOTAL TIME AFTER LEG 11.</u>	
00:38:32 <b>Chepstow Harriers A</b>	1	<b>Fairwater Runners A</b>	09:12:54
00:39:25 <b>Caerleon Running Club A</b>	2	<b>Chepstow Harriers A</b>	09:41:26
00:40:04 <b>San Domenico Running Club A</b>	3	<b>San Domenico Running Club A</b>	09:44:41
00:41:34 <b>Fairwater Runners A</b>	4	<b>Lliswerry Runners A</b>	10:12:15
00:42:41 <b>Lliswerry Runners C</b>	5	<b>Pontypridd Roadents A</b>	10:16:24
00:42:52 <b>Lliswerry Runners A</b>	6	<b>Islwyn Running Club A</b>	10:31:02
00:43:04 <b>Chepstow Harriers B</b>	7	<b>Caerleon Running Club A</b>	10:32:46
00:43:12 <b>Islwyn Running Club A</b>	8	<b>Griffithstown Harriers A</b>	10:51:45
00:45:34 <b>Pontypridd Roadents A</b>	9	<b>Chepstow Harriers B</b>	10:53:58
00:45:59 <b>Brackla Harriers</b>	10	<b>Porthcawl Runners</b>	10:56:19
00:46:56 <b>Chepstow Harriers C</b>	11	<b>Brackla Harriers</b>	11:22:04
00:47:22 <b>Griffithstown Harriers A</b>	12	<b>San Domenico Running Club B</b>	11:25:29
00:48:45 <b>Rhondda Valley Runners</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	11:30:42
00:49:19 <b>Caerleon Running Club B</b>	14	<b>Fairwater Runners B</b>	11:44:22
00:49:58 <b>Porthcawl Runners</b>	15	<b>Rhondda Valley Runners</b>	11:47:47
00:52:00 <b>Fairwater Runners B</b>	16	<b>Lliswerry Runners C</b>	12:06:21
00:52:00 <b>Pont-y-pwl &amp; District Runners</b>	17	<b>Pontypridd Roadents B</b>	12:12:17
00:52:00 <b>San Domenico Running Club B</b>	18	<b>Islwyn Running Club B</b>	12:32:01
00:52:00 <b>Islwyn Running Club B</b>	19	<b>Caerleon Running Club B</b>	13:01:23
00:52:00 <b>Griffithstown Harriers B</b>	20	<b>Chepstow Harriers C</b>	13:05:16
00:52:00 <b>Lliswerry Runners B</b>	21	<b>Griffithstown Harriers B</b>	13:08:15
01:02:00 <b>Pontypridd Roadents B</b>	22	<b>Lliswerry Runners B</b>	13:24:28

lead time
+
00:28:32
00:31:47
00:59:21
01:03:30
01:18:08
01:19:52
01:38:51
01:41:04
01:43:25
02:09:10
02:12:35
02:17:48
02:31:28
02:34:53
02:53:27
02:59:23
03:19:07
03:48:29
03:52:22
03:55:21
04:11:34

## LEG 12 : PENHOW to CAERLEON

Distance : 6.6 miles / 11.4 km. Course Record : 00:40:15. Cut Off Time : 01:00:00.

<u>RESULT : LEG 12.</u>		<u>TOTAL TIME AFTER LEG 12.</u>	
00:43:48 <b>Chepstow Harriers A</b>	1	<b>Fairwater Runners A</b>	09:57:39
00:44:14 <b>Chepstow Harriers B</b>	2	<b>Chepstow Harriers A</b>	10:25:14
00:44:36 <b>Lliswerry Runners A</b>	3	<b>San Domenico Running Club A</b>	10:29:39
00:44:45 <b>Fairwater Runners A</b>	4	<b>Lliswerry Runners A</b>	10:56:51
00:44:58 <b>San Domenico Running Club A</b>	5	<b>Pontypridd Roadents A</b>	11:05:26
00:47:13 <b>Islwyn Running Club A</b>	6	<b>Islwyn Running Club A</b>	11:18:15
00:48:08 <b>Rhondda Valley Runners</b>	7	<b>Caerleon Running Club A</b>	11:21:43
00:48:49 <b>Brackla Harriers</b>	8	<b>Chepstow Harriers B</b>	11:38:12
00:48:57 <b>Caerleon Running Club A</b>	9	<b>Griffithstown Harriers A</b>	11:45:33
00:49:02 <b>Pontypridd Roadents A</b>	10	<b>Porthcawl Runners</b>	11:50:15
00:49:03 <b>Pontypridd Roadents B</b>	11	<b>Brackla Harriers</b>	12:10:53
00:53:48 <b>Griffithstown Harriers A</b>	12	<b>San Domenico Running Club B</b>	12:19:21
00:53:52 <b>San Domenico Running Club B</b>	13	<b>Pont-y-pwl &amp; District Runners</b>	12:28:00
00:53:56 <b>Porthcawl Runners</b>	14	<b>Rhondda Valley Runners</b>	12:35:55
00:54:40 <b>Lliswerry Runners C</b>	15	<b>Fairwater Runners B</b>	12:40:14
00:55:14 <b>Chepstow Harriers C</b>	16	<b>Lliswerry Runners C</b>	13:01:01
00:55:32 <b>Griffithstown Harriers B</b>	17	<b>Pontypridd Roadents B</b>	13:01:20
00:55:52 <b>Fairwater Runners B</b>	18	<b>Islwyn Running Club B</b>	13:28:55
00:56:54 <b>Islwyn Running Club B</b>	19	<b>Chepstow Harriers C</b>	14:00:30
00:57:18 <b>Pont-y-pwl &amp; District Runners</b>	20	<b>Caerleon Running Club B</b>	14:01:23
01:00:00 <b>Lliswerry Runners B</b>	21	<b>Griffithstown Harriers B</b>	14:03:47
01:00:00 <b>Caerleon Running Club B</b>	22	<b>Lliswerry Runners B</b>	14:24:28

lead time  
+  
00:27:35  
00:32:00  
00:59:12  
01:07:47  
01:20:36  
01:24:04  
01:40:33  
01:47:54  
01:52:36  
02:13:14  
02:21:42  
02:30:21  
02:38:16  
02:42:35  
03:03:22  
03:03:41  
03:31:16  
04:02:51  
04:03:44  
04:06:08  
04:26:49

LEG 13 : CAERLEON to CASTELL Y BWCH

Distance : 5.5 miles / 8.8 km. Course Record : 00:32:27. Cut Off Time : 00:50:00.

RESULT : LEG 13.

00:35:00	Lliswerry Runners B	1
00:36:31	Lliswerry Runners A	2
00:36:44	Pontypridd Roadents A	3
00:37:35	San Domenico Running Club A	4
00:38:30	Brackla Harriers	5
00:38:50	Chepstow Harriers A	6
00:39:17	Fairwater Runners A	7
00:39:39	Pontypridd Roadents B	8
00:40:03	Griffithstown Harriers A	9
00:40:19	Pont-y-pwl & District Runners	10
00:41:05	Caerleon Running Club A	11
00:41:40	Chepstow Harriers B	12
00:42:31	Islwyn Running Club A	13
00:43:19	Fairwater Runners B	14
00:43:45	Lliswerry Runners C	15
00:48:44	Griffithstown Harriers B	16
00:50:00	Islwyn Running Club B	17
00:50:00	Chepstow Harriers C	18
00:50:00	Rhondda Valley Runners	19
00:50:00	Caerleon Running Club B	20
00:50:00	San Domenico Running Club B	21
01:00:00	Porthcawl Runners	22

FAIRWATER RUNNERS

2012 RACK RAID

NUMBER OF TEAMS	22	
TOTAL NUMBER OF RUNNERS	286	
TOTAL DISTANCE RUN (mi.) (km)	2250.6	3600.96
TOTAL TIME RUN (hh:mm:ss)	284:58:06	

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facebook

Name:  
Rack Raid (page)



**RESULT: TOTAL TIME AFTER ALL 13 LEGS.**

1	<b>Fairwater Runners A</b>	<b>10:36:56</b>	<b>total time +</b>
2	<b>Chepstow Harriers A</b>	<b>11:04:04</b>	<b>00:27:08</b>
3	<b>San Domenico Running Club A</b>	<b>11:07:14</b>	<b>00:30:18</b>
4	<b>Lliswerry Runners A</b>	<b>11:33:22</b>	<b>00:56:26</b>
5	<b>Pontypridd Roadents A</b>	<b>11:42:10</b>	<b>01:05:14</b>
6	<b>Islwyn Running Club A</b>	<b>12:00:46</b>	<b>01:23:50</b>
7	<b>Caerleon Running Club A</b>	<b>12:02:48</b>	<b>01:25:52</b>
8	<b>Chepstow Harriers B</b>	<b>12:19:52</b>	<b>01:42:56</b>
9	<b>Griffithstown Harriers A</b>	<b>12:25:36</b>	<b>01:48:40</b>
10	<b>Brackla Harriers</b>	<b>12:49:23</b>	<b>02:12:27</b>

11	<b>Porthcawl Runners</b>	<b>12:50:15</b>	<b>02:13:19</b>
12	<b>Pont-y-pwl &amp; District Runners</b>	<b>13:08:19</b>	<b>02:31:23</b>
13	<b>San Domenico Running Club B</b>	<b>13:09:21</b>	<b>02:32:25</b>
14	<b>Fairwater Runners B</b>	<b>13:23:33</b>	<b>02:46:37</b>
15	<b>Rhondda Valley Runners</b>	<b>13:25:55</b>	<b>02:48:59</b>
16	<b>Pontypridd Roadents B</b>	<b>13:40:59</b>	<b>03:04:03</b>
17	<b>Lliswerry Runners C</b>	<b>13:44:46</b>	<b>03:07:50</b>
18	<b>Islwyn Running Club B</b>	<b>14:18:55</b>	<b>03:41:59</b>
19	<b>Chepstow Harriers C</b>	<b>14:50:30</b>	<b>04:13:34</b>
20	<b>Caerleon Running Club B</b>	<b>14:51:23</b>	<b>04:14:27</b>
21	<b>Griffithstown Harriers B</b>	<b>14:52:31</b>	<b>04:15:35</b>
22	<b>Lliswerry Runners B</b>	<b>14:59:28</b>	<b>04:22:32</b>