

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 4/5 RACES**

**SENIOR MALE :**

POSTION	Number	SURNAME	First Name	Team	RACE					TOTAL
					RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	
1	512	HARVEY	Kyle	Fairwater	49	50	44	48		191
2	71	KING	Jim	Caerleon	44	46	50	49		189
3	304	HARRIS,	Dave	Lliswerry	47	47	43	46		183
	521	HUMPHRIES	Laurence	Fairwater	46	48	45	44		183
5	178	TEED	Ivan	Chepstow	40	44	46	47		177
6	741	JOHNSTONE,	Richard	Islwyn	39	40	40	35		154
7	194	HARVEY,	Mark	Chepstow	48	0	48	45		141
8	230	CHAMMINGS	Martin	Parc Bryn Bach	38	33	35	32		138
9	193	BLORE	James	Chepstow	0	39	42	40		121
10	237	HEWARD	Damian	Parc Bryn Bach	41	38	39	0		118
11	504	EDWARDS	Pete	Fairwater	34	0	37	34		105
12	143	MALARZ,	Luke	Chepstow	0	37	32	33		102
13	327	HUMPHRIES,	Dave	Lliswerry	50	49	0	0		99
14	510	WILLIAMS,	Mike David	Fairwater	0	28	29	31		88
15	522	LEWIS	Grant	Fairwater	0	43	0	43		86
16	524	THOMAS	Richard	Fairwater	0	27	27	30		84
17	421	HARRIS	Steven	Chepstow	0	42	41	0		83
	523	ARNOLD	Jamie	Fairwater	42	0	0	41		83
19	144	WRIGHT	John	Chepstow	0	41	0	39		80
20	55	WARD,	Robert	Caerleon	30	0	25	23		78
21	549	VERNALL	James	Fairwater	0	0	38	37		75
22	361	HALL	Gareth	Lliswerry	0	0	34	38		72
23	322	MONGER	Paul	Lliswerry	36	34	0	0		70
24	689	WELSH	Matt	Griffithstown	37	32	0	0		69
25	509	LLOYD,	Richard	Fairwater	0	35	33	0		68
	751	BIRCH,	Kain	Islwyn	32	0	36	0		68
27	661	GUY	Thomas	Griffithstown	35	30	0	0		65
28	555	LEWIS	Danny	Fairwater	0	0	0	50		50
29	150	CHESHIRE	Calum	Chepstow	0	0	49	0		49
30	360	SMOULT	Robin	Lliswerry	0	0	47	0		47
31	121	WARD	Pete	Chepstow	0	45	0	0		45
	201	WILLIAMS,	David	Parc Bryn Bach	45	0	0	0		45
33	719	LAMBETH,	Dafydd	Islwyn	43	0	0	0		43
34	228	PARHAM	Gethin	Parc Bryn Bach	0	0	0	42		42
35	135	LAWSON,	Mathew	Chepstow	0	0	0	36		36
	177	AKERS	Stuart	Chepstow	0	36	0	0		36
37	208	LINE,	Ian	Parc Bryn Bach	33	0	0	0		33
38	679	WALSH	Nick	Griffithstown	0	31	0	0		31
	732	BIRCH,	Sean	Islwyn	0	0	31	0		31
	785	DAVIES,	Hywel	Islwyn	31	0	0	0		31
41	362	JONES	Toby	Lliswerry	0	0	30	0		30
42	23	DAVEY	Sean	Caerleon	0	29	0	0		29
	191	OST,	Andy	Chepstow	0	0	0	29		29
44	232	RUSSELL,	Tom	Parc Bryn Bach	0	0	0	28		28
	513	SKYRME	Michael	Fairwater	0	0	28	0		28
46	33	HARRIS	Graig	Caerleon	0	0	0	27		27
47	183	HIGGINS,	Nick	Chepstow	0	0	26	0		26
	416	COHEN	Leo	Chepstow	0	0	0	26		26
	788	BARRINGTON	Gareth	Islwyn	0	26	0	0		26
50	53	FORD	Kirk	Caerleon	0	0	0	25		25
	784	SELDON	Gary	Islwyn	0	25	0	0		25
52	95	WILLIAMS	Chris	Caerleon	0	0	0	24		24

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 4/5 RACES**

**OVER 40 MALE:**

POSTION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	207	LEWIS,	Simon	Parc Bryn Bach	49	49	50	50		198
2	348	SMITH,	Lee	Lliswerry	48	47	49	49		193
3	2	MASON,	Howard	Caerleon	43	42	46	46		177
4	235	SNOWDEN	Lawrence	Parc Bryn Bach	41	39	43	44		167
5	221	FROST	David	Parc Bryn Bach	46	48	0	48		142
6	659	GORMLEY	Gerard	Griffithstown	0	43	47	47		137
7	541	WILLIAMS,	John	Fairwater	42	41	45	0		128
8	338	HARRY,	Chris	Lliswerry	50	50	0	0		100
9	176	SCOTT	Paul	Chepstow	0	45	48	0		93
10	514	MORGAN,	Christopher	Fairwater	45	46	0	0		91
11	65	THURGOOD	Mike	Caerleon	44	44	0	0		88
12	229	BALL	Russell	Parc Bryn Bach	47	0	0	0		47
13	167	CONRIDGE,	Phil	Chepstow	0	0	0	45		45
14	669	TOMASULO	Mike	Griffithstown	0	0	44	0		44
15	428	SUMMERS	Rob	Chepstow	0	0	0	43		43
16	411	SCRIVENS	Phillip	Chepstow	0	0	42	0		42
17	535	PRICE,	Tyrone	Fairwater	0	40	0	0		40

**OVER 45 MALE:**

POSTION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	540	WILLIAMS,	Alun	Fairwater	49	49	49	47		194
2	218	REES,	COLIN	Parc Bryn Bach	47	48	48	48		191
3	691	JONES	Brian	Griffithstown	45	42	40	42		169
4	678	VORRÉS	Dimitri	Griffithstown	50	50	50	0		150
5	506	SPENCER,	Andrew	Fairwater	0	47	47	44		138
6	37	THOMAS	Peter	Caerleon	48	0	43	46		137
7	163	STOTT,	Andy	Chepstow	46	45	0	45		136
8	508	FRY,	Mark	Fairwater	43	44	44	0		131
9	724	WEHDEN	Kim	Islwyn	0	41	45	43		129
10	543	WOODS,	Garry	Fairwater	39	0	36	40		115
11	318	REESE,	Tim	Lliswerry	42	46	0	0		88
12	254	PHILLIPS,	Brian	Parc Bryn Bach	44	0	42	0		86
13	335	PRINGLE,	Nick	Lliswerry	0	43	0	39		82
14	500	ANSTICE,	Paul	Fairwater	41	40	0	0		81
15	775	LEWIS	Terry	Islwyn	0	0	39	41		80
16	113	PROSSER,	Colin	Chepstow	0	38	0	38		76
	307	CHIPPER,	Neil	Lliswerry	0	39	37	0		76
18	130	PENNY,	Stuart	Chepstow	0	0	0	50		50
19	657	JONES	Steve	Griffithstown	0	0	0	49		49
20	350	JONES,	Christopher	Lliswerry	0	0	46	0		46
21	693	MORGAN	Alistair	Griffithstown	0	0	41	0		41
22	43	HOLE,	Andrew	Caerleon	40	0	0	0		40
23	224	WILLIAMS,	Tim	Parc Bryn Bach	0	0	38	0		38
24	184	GEORGE	Andy	Chepstow	0	0	35	0		35

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 4 / 5 RACES**

**OVER 50 MALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	671	RODGER	Peter	Griffithstown	46	48	47	47		188
2	198	MCENTEE,	Kevin	Chepstow	45	45	46	45		181
3	675	ROBERTS	Peter	Griffithstown	43	41	44	44		172
4	320	FOSTER,	John	Lliswerry	50	0	50	50		150
5	676	THOMPSON	Andrew	Griffithstown	49	0	48	48		145
6	519	GREY	Keith	Fairwater	48	50	0	46		144
	680	WATERS	Phillip	Griffithstown	0	46	49	49		144
8	336	BURGESS	Bryn	Lliswerry	42	40	0	42		124
9	217	RAINBIRD,	Dereck	Parc Bryn Bach	47	49	0	0		96
10	101	ASHTON,	Gerry	Chepstow	44	43	0	0		87
	313	DAVIES,	Chris	Lliswerry	0	42	45	0		87
12	339	CARTER	Clive	Lliswerry	0	0	42	43		85
13	1	TAYLOR,	Andrew	Caerleon	41	38	0	0		79
14	186	CREBER,	Andy	Chepstow	0	47	0	0		47
15	419	SMITH	Mike	Chepstow	0	44	0	0		44
16	668	PHILIPS	Anthony	Griffithstown	0	0	43	0		43
17	108	BRAY,	Andy	Chepstow	0	39	0	0		39

**OVER 55 MALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	238	SMOUT	David	Parc Bryn Bach	48	48	49	50		195
2	158	SAVAGE,	Bill	Chepstow	49	47	47	48		191
3	315	DURSLEY,	Paul	Lliswerry	46	46	45	47		184
4	211	MILES,	Phillip	Parc Bryn Bach	50	50	50	0		150
5	317	DAY,	Paul	Lliswerry	0	49	48	49		146
6	757	DOBBS,	Jim	Islwyn	47	0	46	0		93
7	780	PAYTON,	Peter	Islwyn	43	44	0	0		87
8	713	HICKS,	Glyn	Islwyn	45	0	0	0		45
	777	DIXON	Colin	Islwyn	0	45	0	0		45
10	329	ATTWOOD,	Howard	Lliswerry	44	0	0	0		44

**OVER 60 MALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	213	MONK,	Bernie	Parc Bryn Bach	50	50	50	50		200
2	200	COOKSEY,	Clive	Parc Bryn Bach	49	49	49	49		196
3	119	FINCH,	Dick	Chepstow	48	47	48	48		191
4	105	BAYLISS,	Geoff	Chepstow	0	48	47	0		95
5	126	CRAM,	Geoff	Chepstow	0	46	46	0		92
	170	WHEELER,	Syd	Chepstow	0	0	45	47		92

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 4 / 5 RACES**

**SENIOR FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	420	GRIFFITH	Sian	Chepstow	49	46	47	48		190
2	422	HARRIS	Sam	Chepstow	0	49	50	50		149
3	351	BEGUE	Nadia	Lliswerry	0	50	0	49		99
4	76	DUNLOP	Shona	Caerleon	48	45	0	0		93
5	601	BAYLISS	Emma	Griffithstown	50	0	0	0		50
6	189	GITTOES	Marianne	Chepstow	0	0	49	0		49
7	138	POLLARD	Jo	Chepstow	0	48	0	0		48
	323	WOOLLEY	Kelly	Lliswerry	0	0	48	0		48
9	93	REES	Sian	Caerleon	0	47	0	0		47
	427	GAIR	Anthea	Chepstow	0	0	0	47		47
	717	PRICE,	Helen	Islwyn	47	0	0	0		47
12	159	MATTHEWS	Katherine	Chepstow	0	0	0	46		46
	233	RUSSELL,	Kate	Parc Bryn Bach	0	0	46	0		46
14	761	GLEN,	Fiona	Islwyn	0	0	0	45		45
15	355	SHEEDY	Alison	Lliswerry	0	44	0	0		44
	625	SHEPPARD	Clare	Griffithstown	0	0	0	44		44
17	340	TIPPING	Angela	Lliswerry	0	43	0	0		43

**OVER 35 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	605	DAVIES	Julie	Griffithstown	49	50	49	50		198
2	209	EVANS,	Anne Marie	Parc Bryn Bach	47	47	47	48		189
3	603	WOODBIDGE	Daniela	Griffithstown	46	46	46	49		187
4	740	BIRCH,	Coleene	Islwyn	45	45	43	46		179
5	305	CHIPPER,	Sandra	Lliswerry	48	49	48	0		145
6	533	MORGAN,	Julie	Fairwater	43	44	42	0		129
7	733	LODDER,	Helen	Islwyn	50	0	50	0		100
8	215	JONES	Keri	Parc Bryn Bach	0	0	44	47		91
9	185	DUFFIELD,	Helen	Chepstow	0	48	0	0		48
10	766	WILLIAMS,	Maria	Islwyn	0	0	45	0		45
11	729	JONES,	Jackie	Islwyn	44	0	0	0		44

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 4 / 5 RACES**

**OVER 40 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	502	ROCHE,	Julie	Fairwater	47	44	46	49		186
2	552	COCKRAM	Deb	Fairwater	49	49	50	0		148
3	57	SCRIVENS,	Alison	Caerleon	48	47	48	0		143
4	418	SUMMERS	Louise	Chepstow	50	50	0	0		100
5	124	MORGAN,	Niki	Chepstow	0	48	49	0		97
6	337	BURGESS	Ros	Llisbury	46	0	0	47		93
7	331	COOK	Michelle	Llisbury	0	42	0	48		90
8	109	CANTWELL	Berna	Chepstow	0	0	0	50		50
9	548	GREY	Laura	Fairwater	0	0	47	0		47
10	129	MORRIS,	Jan	Chepstow	0	46	0	0		46
11	612	RICHARDS	Janet	Griffithstown	0	45	0	0		45
	631	SUTTON	Clair	Griffithstown	0	0	45	0		45
13	734	TREHARNE	Ruth	Islwyn	0	43	0	0		43

**OVER 45 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	515	JENKINS,	Jeanette	Fairwater	49	48	50	49		196
2	234	SNOWDEN	Rosemary	Parc Bryn Bach	46	47	48	48		189
3	608	WOODS	Sharon	Griffithstown	50	49	0	50		149
4	51	THOMAS	Helen	Caerleon	0	0	49	47		96
5	632	REES	Wendy	Griffithstown	47	46	0	0		93
6	413	FRANCIS	Liz	Chepstow	0	50	0	0		50
7	742	MATTHEWS	Donna	Islwyn	48	0	0	0		48

**OVER 50 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	102	ASHTON,	Sue	Chepstow	50	50	50	49		199
2	162	STOTT	Gill	Chepstow	49	49	0	50		148
3	302	FORSEY,	Yvonne	Llisbury	48	0	49	48		145
4	312	DAVIES,	Julia	Llisbury	0	47	48	0		95
5	20	HOWELL,	Kim	Caerleon	0	48	0	0		48

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 4 / 5 RACES**

**OVER 55 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	783	RICHARDSON	Pat	Islwyn	0	48	49	50		147
2	19	HOWELLS,	Gwyn	Caerleon	50	50	0	0		100
3	104	BAYLISS,	Jayne	Chepstow	0	49	48	0		97
4	227	MILES,	Jacky	Parc Bryn Bach	0	0	50	0		50

**MALE TEAM :**

POSTION	TEAM	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	Fairwater	5	7	5	7		24
2	Lliswerry	7	5.5	6	4		22.5
3	Chepstow	3	5.5	7	6		21.5
4	Parc Bryn Bach	6	4	4	5		19
5	Griffithstown	4	3	3	3		13
6	Caerleon	2	2	1	2		7
7	Islwyn	1	1	2	1		5

**FEMALE TEAM :**

POSTION	TEAM	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	Chepstow	6	7	7	7		27
2	Griffithstown	7	6	2	6		21
3	Islwyn	5	2	5	3		15
4	Lliswerry	2	4.5	3	5		14.5
5	Fairwater	4	3	4	2		13
6	Parc Bryn Bach	1	1	6	4		12
7	Caerleon	3	4.5	1	1		9.5