

LCL X/C RACE SERIES 2009/10 ; RACE 1/5 ; GRIFFITHSTOWN 1st NOV. 2009

LADIES RACE RESULT :

| Race position | Number | NAME | Club | Category | Category position |
|---------------|--------|--------------------|----------------|----------|-------------------|
| 1 | 733 | Helen LODDER, | Islwyn | F3539 | 1 |
| 2 | 605 | Julie DAVIES | Griffithstown | F3539 | 2 |
| 3 | 132 | Heather GRAZ | Chepstow | F3539 | 3 |
| 4 | 243 | Caroline MORTON | Parc Bryn Bach | F4044 | 1 |
| 5 | 124 | Niki MORGAN, | Chepstow | F4044 | 2 |
| 6 | 608 | Sharon WOODS | Griffithstown | F4549 | 1 |
| 7 | 409 | Becky MERRIMAN | Chepstow | F3539 | 4 |
| 8 | 136 | Vanessa LAWSON, | Chepstow | F3539 | 5 |
| 9 | 418 | Louise SUMMERS | Chepstow | F4044 | 3 |
| 10 | 601 | Emma BAYLISS | Griffithstown | F1734 | 1 |
| 11 | 222 | Susan TAGG | Parc Bryn Bach | F4044 | 4 |
| 12 | 57 | Alison SCRIVENS, | Caerleon | F4044 | 5 |
| 13 | 209 | Anne Marie EVANS, | Parc Bryn Bach | F3539 | 6 |
| 14 | 227 | Jacky MILES, | Parc Bryn Bach | F5559 | 1 |
| 15 | 129 | Jan MORRIS, | Chepstow | F4044 | 6 |
| 16 | 102 | Sue ASHTON, | Chepstow | F5559 | 2 |
| 17 | 603 | Daniela WOODBRIDGE | Griffithstown | F3539 | 7 |
| 18 | 766 | Maria RICHARDS | Islwyn | F3539 | 8 |
| 19 | 52 | Shelagh ADKINS, | Caerleon | F6099 | 1 |
| 20 | 51 | Helen THOMAS | Caerleon | F4549 | 2 |
| 21 | 612 | Janet RICHARDS | Griffithstown | F4044 | 7 |
| 22 | 515 | Jeanette JENKINS, | Fairwater | F4549 | 3 |
| 23 | 402 | Nyembezi NYIRONGO | Chepstow | F1734 | 2 |
| 24 | 355 | Alison SHEEDY | Lliswerry | F4044 | 8 |
| 25 | 703 | Julie LEWIS, | Islwyn | F4044 | 9 |
| 26 | 20 | Kim HOWELL, | Caerleon | F5054 | 1 |
| 27 | 548 | Laura GREY | Fairwater | F4549 | 4 |
| 28 | 734 | Ruth TREHARNE | Islwyn | F4549 | 5 |
| 29 | 502 | Julie ROCHE, | Fairwater | F4044 | 10 |
| 30 | 602 | Julie BURCHELL | Griffithstown | F3539 | 9 |
| 31 | 615 | Christine VORRÉS | Griffithstown | F5054 | 2 |
| 32 | 347 | Lynne ROSSITER | Lliswerry | F5559 | 3 |
| 33 | 302 | Yvonne FORSEY, | Lliswerry | F5054 | 3 |
| 34 | 783 | Pat RICHARDSON | Islwyn | F5559 | 4 |
| 35 | 19 | Gwyn HOWELLS, | Caerleon | F5559 | 5 |
| 36 | 365 | Jayne MOULTON | Lliswerry | F4549 | 6 |
| 37 | 761 | Paula DAVIES | Islwyn | F3539 | 10 |
| 38 | 374 | Denise WOOD | Lliswerry | F4549 | 7 |
| 39 | 337 | Ros BURGESS | Lliswerry | F4044 | 11 |

LCL X/C RACE SERIES 2009/10 ; RACE 1/5 ; GRIFFITHSTOWN 1st NOV. 2009

MENS RACE RESULT :

| Race position | Number | NAME | Club | Category | Category position |
|---------------|--------|--------------------|----------------|----------|-------------------|
| 1 | 536 | Danny LEWIS | Fairwater | M1739 | 1 |
| 2 | 528 | Mark JENNINGS | Fairwater | M1739 | 2 |
| 3 | 521 | Laurence HUMPHRIES | Fairwater | M1739 | 3 |
| 4 | 530 | Daryll BARNBY | Fairwater | M1739 | 4 |
| 5 | 130 | Stuart PENNY, | Chepstow | M4549 | 1 |
| 6 | 360 | Robin SMOULT | Lliswerry | M1739 | 5 |
| 7 | 701 | Steve THOMAS, | Islwyn | M4044 | 1 |
| 8 | 31 | Leyton RAWLINSON | Caerleon | M1739 | 6 |
| 9 | 207 | Simon LEWIS, | Parc Bryn Bach | M4044 | 2 |
| 10 | 201 | David WILLIAMS, | Parc Bryn Bach | M1739 | 7 |
| 11 | 71 | Jim KING | Caerleon | M1739 | 8 |
| 12 | 304 | Dave HARRIS, | Lliswerry | M4044 | 3 |
| 13 | 320 | John FOSTER, | Lliswerry | M5054 | 1 |
| 14 | 678 | Dimitri VORRÉS | Griffithstown | M4549 | 2 |
| 15 | 178 | Ivan TEED | Chepstow | M1739 | 9 |
| 16 | 241 | Nigel LAWRENCE | Parc Bryn Bach | M4044 | 4 |
| 17 | 657 | Steve DAVIES | Griffithstown | M5054 | 2 |
| 18 | 799 | Haydn HARTNELL | Islwyn | M4549 | 3 |
| 19 | 750 | Stephen EDWARDS, | Islwyn | M1739 | 10 |
| 20 | 194 | Mark HARVEY, | Chepstow | M1739 | 11 |
| 21 | 348 | Lee SMITH, | Lliswerry | M4044 | 5 |
| 22 | 685 | Craig STEPHENS | Griffithstown | M1739 | 12 |
| 23 | 363 | Joseph BUTCHER | Lliswerry | M1739 | 13 |
| 24 | 110 | Laurie CARTER | Chepstow | M5054 | 3 |
| 25 | 540 | Alun WILLIAMS, | Fairwater | M4549 | 4 |
| 26 | 741 | Richard JOHNSTONE, | Islwyn | M1739 | 14 |
| 27 | 230 | Martin CHAMMINGS | Parc Bryn Bach | M1739 | 15 |
| 28 | 16 | Richard HUGHES, | Caerleon | M1739 | 16 |
| 29 | 221 | David FROST | Parc Bryn Bach | M4044 | 6 |
| 30 | 65 | Mike THURGOOD | Caerleon | M4044 | 7 |
| 31 | 352 | Paul HARRIS, | Lliswerry | M4044 | 8 |
| 32 | 676 | Andrew THOMPSON | Griffithstown | M5054 | 4 |
| 33 | 362 | Toby JONES | Lliswerry | M1739 | 17 |
| 34 | 211 | Phillip MILES, | Parc Bryn Bach | M5559 | 1 |
| 35 | 522 | Grant LEWIS | Fairwater | M1739 | 18 |
| 36 | 524 | Richard THOMAS | Fairwater | M1739 | 19 |
| 37 | 30 | Justin POCKNELL | Caerleon | M4044 | 9 |
| 38 | 759 | Ade WHITE, | Islwyn | M4549 | 5 |
| 39 | 680 | Phillip WATERS | Griffithstown | M5054 | 5 |
| 40 | 695 | Andy THOMAS | Griffithstown | M4549 | 6 |
| 41 | 37 | Peter THOMAS | Caerleon | M4549 | 7 |
| 42 | 2 | Howard MASON, | Caerleon | M4044 | 10 |
| 43 | 679 | Nick WALSH | Griffithstown | M1739 | 20 |
| 44 | 238 | David SMOUT | Parc Bryn Bach | M6099 | 1 |
| 45 | 350 | Christopher JONES, | Lliswerry | M5054 | 6 |

LCL X/C RACE SERIES 2009/10 ; RACE 1/5 ; GRIFFITHSTOWN 1st NOV. 2009

| Race position | Number | NAME | Club | Category | Category position |
|---------------|--------|-------------------|----------------|----------|-------------------|
| 46 | 671 | Peter RODGER | Griffithstown | M5054 | 7 |
| 47 | 724 | Kim WEHDEN | Islwyn | M4549 | 8 |
| 48 | 318 | Tim REESE, | Lliswerry | M4549 | 9 |
| 49 | 753 | Johnathan DAVIES, | Islwyn | M4044 | 11 |
| 50 | 361 | Gareth HALL | Lliswerry | M1739 | 21 |
| 51 | 254 | Brian PHILLIPS, | Parc Bryn Bach | M4549 | 10 |
| 52 | 694 | Richard NORTHCOTT | Griffithstown | M1739 | 22 |
| 53 | 384 | Richard WELPTON | Lliswerry | M1739 | 23 |
| 54 | 163 | Andy STOTT, | Chepstow | M5054 | 8 |
| 55 | 198 | Kevin MCENTEE, | Chepstow | M5054 | 9 |
| 56 | 541 | John WILLIAMS, | Fairwater | M4044 | 12 |
| 57 | 168 | Michael GRAZ | Chepstow | M1739 | 24 |
| 58 | 245 | Richard FLEMING | Parc Bryn Bach | M1739 | 25 |
| 59 | 527 | Roger MILLS | Fairwater | M1739 | 26 |
| 60 | 707 | Andrew PERCY | Islwyn | M4044 | 13 |
| 61 | 23 | Sean DAVEY | Caerleon | M4549 | 11 |
| 62 | 543 | Garry WOODS, | Fairwater | M4549 | 12 |
| 63 | 775 | Terry LEWIS | Islwyn | M4549 | 13 |
| 64 | 792 | Conner DAVIES, | Islwyn | M1739 | 27 |
| 65 | 675 | Peter ROBERTS | Griffithstown | M5054 | 10 |
| 66 | 691 | Brian JONES | Griffithstown | M4549 | 14 |
| 67 | 200 | Clive COOKSEY, | Parc Bryn Bach | M6099 | 2 |
| 68 | 174 | John THOMAS | Chepstow | M4549 | 15 |
| 69 | 83 | Jonathon LEE | Caerleon | M4044 | 14 |
| 70 | 329 | Howard ATTWOOD, | Lliswerry | M5559 | 2 |
| 71 | 428 | Rob SUMMERS | Chepstow | M4044 | 15 |
| 72 | 324 | John HILL, | Lliswerry | M5559 | 3 |
| 73 | 328 | Richard PARCELL | Lliswerry | M4044 | 16 |
| 74 | 332 | Alun LOWE | Lliswerry | M4044 | 17 |
| 75 | 116 | Nick DAVIES | Chepstow | M1739 | 28 |
| 76 | 1 | Andrew TAYLOR, | Caerleon | M5054 | 11 |
| 77 | 119 | Dick FINCH, | Chepstow | M6099 | 3 |
| 78 | 777 | Colin DIXON | Islwyn | M5559 | 4 |
| 79 | 728 | Blair LUNDIE, | Islwyn | M5559 | 5 |
| 80 | 339 | Clive CARTER | Lliswerry | M5054 | 12 |
| 81 | 108 | Andy BRAY, | Chepstow | M5054 | 13 |
| 82 | 713 | Glyn HICKS, | Islwyn | M6099 | 4 |
| 83 | 307 | Neil CHIPPER, | Lliswerry | M4549 | 16 |
| 84 | 126 | Geoff CRAM, | Chepstow | M6099 | 5 |
| 85 | 184 | Andy GEORGE | Chepstow | M4549 | 17 |
| 86 | 780 | Peter PAYTON, | Islwyn | M6099 | 6 |
| 87 | 411 | Phillip SCRIVENS | Chepstow | M4044 | 18 |
| 88 | 367 | Rob ANDERSON | Lliswerry | M6099 | 7 |
| 89 | 170 | Syd WHEELER, | Chepstow | M6099 | 8 |

LADIES TEAM:

(4 HIGHEST PLACED FEMALE RUNNERS FROM EACH CLUB)

| Position | TEAM | RUNNERS SCORING | Score | Points |
|-----------------|-----------------------|------------------------|--------------|---------------|
| 1 | Chepstow | 4 | 381 | 7 |
| 2 | Griffithstown | 4 | 369 | 6 |
| 3 | Parc Bryn Bach | 4 | 362 | 5 |
| 4 | Islwyn | 4 | 332 | 4 |
| 5 | Caerleon | 4 | 327 | 3 |
| 6 | Lliswerry | 4 | 279 | 2 |
| 7 | Fairwater | 3 | 225 | 1 |

MENS TEAM :

(6 HIGHEST PLACED MALE RUNNERS FROM EACH CLUB)

| Position | TEAM | RUNNERS SCORING | Score | Points |
|-----------------|-----------------------|------------------------|--------------|---------------|
| 1 | Fairwater | 6 | 536 | 7 |
| 2 | Lliswerry | 6 | 500 | 6 |
| 3 | Parc Bryn Bach | 6 | 481 | 5 |
| 4 | Caerleon | 6 | 451 | 3.5 |
| | Islwyn | 6 | 451 | 3.5 |
| 6 | Griffithstown | 6 | 442 | 2 |
| 7 | Chepstow | 6 | 433 | 1 |