

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 3 / 5 RACES**

**SENIOR MALE :**

POSTION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	512	HARVEY	Kyle	Fairwater	49	50	44			143
2	71	KING	Jim	Caerleon	44	46	50			140
3	521	HUMPHRIES	Laurence	Fairwater	46	48	45			139
4	304	HARRIS,	Dave	Lliswerry	47	47	43			137
5	178	TEED	Ivan	Chepstow	40	44	46			130
6	741	JOHNSTONE,	Richard	Islwyn	39	40	40			119
7	237	HEWARD	Damian	Parc Bryn Bach	41	38	39			118
8	230	CHAMMINGS	Martin	Parc Bryn Bach	38	33	35			106
9	327	HUMPHRIES,	Dave	Lliswerry	50	49	0			99
10	194	HARVEY,	Mark	Chepstow	48	0	48			96
11	421	HARRIS	Steven	Chepstow	0	42	41			83
12	193	BLORE	James	Chepstow	0	39	42			81
13	504	EDWARDS	Pete	Fairwater	34	0	37			71
14	322	MONGER	Paul	Lliswerry	36	34	0			70
15	143	MALARZ,	Luke	Chepstow	0	37	32			69
	689	WELSH	Matt	Griffithstown	37	32	0			69
17	509	LLOYD,	Richard	Fairwater	0	35	33			68
	751	BIRCH,	Kain	Islwyn	32	0	36			68
19	661	GUY	Thomas	Griffithstown	35	30	0			65
20	510	WILLIAMS,	Mike David	Fairwater	0	28	29			57
21	55	WARD,	Robert	Caerleon	30	0	25			55
22	524	THOMAS	Richard	Fairwater	0	27	27			54
23	150	CHESHIRE	Calum	Chepstow	0	0	49			49
24	360	SMOULT	Robin	Lliswerry	0	0	47			47
25	121	WARD	Pete	Chepstow	0	45	0			45
	201	WILLIAMS,	David	Parc Bryn Bach	45	0	0			45
27	522	LEWIS	Grant	Fairwater	0	43	0			43
	719	LAMBETH,	Dafydd	Islwyn	43	0	0			43
29	523	ARNOLD	Jamie	Fairwater	42	0	0			42
30	144	WRIGHT	John	Chepstow	0	41	0			41
31	549	VERNALL	James	Fairwater	0	0	38			38
32	177	AKERS	Stuart	Chepstow	0	36	0			36
33	361	HALL	Gareth	Lliswerry	0	0	34			34
34	208	LINE,	Ian	Parc Bryn Bach	33	0	0			33
35	679	WALSH	Nick	Griffithstown	0	31	0			31
	732	BIRCH,	Sean	Islwyn	0	0	31			31
	785	DAVIES,	Hywel	Islwyn	31	0	0			31
38	362	JONES	Toby	Lliswerry	0	0	30			30
39	23	DAVEY	Sean	Caerleon	0	29	0			29
40	513	SKYRME	Michael	Fairwater	0	0	28			28
41	183	HIGGINS,	Nick	Chepstow	0	0	26			26
	788	BARRINGTON	Gareth	Islwyn	0	26	0			26
43	784	SELDON	Gary	Islwyn	0	25	0			25

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 3 / 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			148
2	348	SMITH,	Lee	Lliswerry	48	47	49			144
3	2	MASON,	Howard	Caerleon	43	42	46			131
4	541	WILLIAMS,	John	Fairwater	42	41	45			128
5	235	SNOWDEN	Lawrence	Parc Bryn Bach	41	39	43			123
6	338	HARRY,	Chris	Lliswerry	50	50	0			100
7	221	FROST	David	Parc Bryn Bach	46	48	0			94
8	176	SCOTT	Paul	Chepstow	0	45	48			93
9	514	MORGAN,	Christopher	Fairwater	45	46	0			91
10	659	GORMLEY	Gerard	Griffithstown	0	43	47			90
11	65	THURGOOD	Mike	Caerleon	44	44	0			88
12	229	BALL	Russell	Parc Bryn Bach	47	0	0			47
13	669	TOMASULO	Mike	Griffithstown	0	0	44			44
14	411	SCRIVENS	Phillip	Chepstow	0	0	42			42
15	535	PRICE,	Tyrone	Fairwater	0	40	0			40

**OVER 45 MALE:**

POSTION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	678	VORRÉS	Dimitri	Griffithstown	50	50	50			150
2	540	WILLIAMS,	Alun	Fairwater	49	49	49			147
3	218	REES,	Colin	Parc Bryn Bach	47	48	48			143
4	508	FRY,	Mark	Fairwater	43	44	44			131
5	691	JONES	Brian	Griffithstown	45	42	40			127
6	506	SPENCER,	Andrew	Fairwater	0	47	47			94
7	37	THOMAS	Peter	Caerleon	48	0	43			91
	163	STOTT,	Andy	Chepstow	46	45	0			91
9	318	REESE,	Tim	Lliswerry	42	46	0			88
10	254	PHILLIPS,	Brian	Parc Bryn Bach	44	0	42			86
	724	WEHDEN	Kim	Islwyn	0	41	45			86
12	500	ANSTICE,	Paul	Fairwater	41	40	0			81
13	307	CHIPPER,	Neil	Lliswerry	0	39	37			76
14	543	WOODS,	Garry	Fairwater	39	0	36			75
15	350	JONES,	Christopher	Lliswerry	0	0	46			46
16	335	PRINGLE,	Nick	Lliswerry	0	43	0			43
17	693	MORGAN	Alistair	Griffithstown	0	0	41			41
18	43	HOLE,	Andrew	Caerleon	40	0	0			40
19	775	LEWIS	Terry	Islwyn	0	0	39			39
20	113	PROSSER,	Colin	Chepstow	0	38	0			38
	224	WILLIAMS,	Tim	Parc Bryn Bach	0	0	38			38
22	184	GEORGE	Andy	Chepstow	0	0	35			35

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 3 / 5 RACES**

**OVER 50 MALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE					TOTAL
					RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	
1	671	RODGER	Peter	Griffithstown	46	48	47			141
2	198	MCENTEE,	Kevin	Chepstow	45	45	46			136
3	675	ROBERTS	Peter	Griffithstown	43	41	44			128
4	320	FOSTER,	John	Lliswerry	50	0	50			100
5	519	GREY	Keith	Fairwater	48	50	0			98
6	676	THOMPSON	Andrew	Griffithstown	49	0	48			97
7	217	RAINBIRD,	Dereck	Parc Bryn Bach	47	49	0			96
8	680	WATERS	Phillip	Griffithstown	0	46	49			95
9	101	ASHTON,	Gerry	Chepstow	44	43	0			87
	313	DAVIES,	Chris	Lliswerry	0	42	45			87
11	336	BURGESS	Bryn	Lliswerry	42	40	0			82
12	1	TAYLOR,	Andrew	Caerleon	41	38	0			79
13	186	CREBER,	Andy	Chepstow	0	47	0			47
14	419	SMITH	Mike	Chepstow	0	44	0			44
15	668	PHILIPS	Anthony	Griffithstown	0	0	43			43
16	339	CARTER	Clive	Lliswerry	0	0	42			42
17	108	BRAY,	Andy	Chepstow	0	39	0			39

**OVER 55 MALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE					TOTAL
					RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	
1	211	MILES,	Phillip	Parc Bryn Bach	50	50	50			150
2	238	SMOUT	David	Parc Bryn Bach	48	48	49			145
3	158	SAVAGE,	Bill	Chepstow	49	47	47			143
4	315	DURSLEY,	Paul	Lliswerry	46	46	45			137
5	317	DAY,	Paul	Lliswerry	0	49	48			97
6	757	DOBBS,	Jim	Islwyn	47	0	46			93
7	780	PAYTON,	Peter	Islwyn	43	44	0			87
8	713	HICKS,	Glyn	Islwyn	45	0	0			45
	777	DIXON	Colin	Islwyn	0	45	0			45
10	329	ATTWOOD,	Howard	Lliswerry	44	0	0			44

**OVER 60 MALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE					TOTAL
					RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	
1	213	MONK,	Bernie	Parc Bryn Bach	50	50	50			150
2	200	COOKSEY,	Clive	Parc Bryn Bach	49	49	49			147
3	119	FINCH,	Dick	Chepstow	48	47	48			143
4	105	BAYLISS,	Geoff	Chepstow	0	48	47			95
5	126	CRAM,	Geoff	Chepstow	0	46	46			92
6	170	WHEELER,	Syd	Chepstow	0	0	45			45

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 3 / 5 RACES**

**SENIOR FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE					TOTAL
					RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	
1	420	GRIFFITH	Sian	Chepstow	49	46	47			142
2	422	HARRIS	Sam	Chepstow	0	49	50			99
3	76	DUNLOP	Shona	Caerleon	48	45	0			93
4	351	BEGUE	Nadia	Lliswerry	0	50	0			50
	601	BAYLISS	Emma	Griffithstown	50	0	0			50
6	189	GITTOES	Marianne	Chepstow	0	0	49			49
7	138	POLLARD	Jo	Chepstow	0	48	0			48
	323	WOOLLEY	Kelly	Lliswerry	0	0	48			48
9	93	REES	Sian	Caerleon	0	47	0			47
	717	PRICE,	Helen	Islwyn	47	0	0			47
11	233	RUSSELL,	Kate	Parc Bryn Bach	0	0	46			46
12	355	SHEEDY	Alison	Lliswerry	0	44	0			44
13	340	TIPPING	Angela	Lliswerry	0	43	0			43

**OVER 35 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE					TOTAL
					RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	
1	605	DAVIES	Julie	Griffithstown	49	50	49			148
2	305	CHIPPER,	Sandra	Lliswerry	48	49	48			145
3	209	EVANS,	Anne Marie	Parc Bryn Bach	47	47	47			141
4	603	WOODBRIDGE	Daniela	Griffithstown	46	46	46			138
5	740	BIRCH,	Coleene	Islwyn	45	45	43			133
6	533	MORGAN,	Julie	Fairwater	43	44	42			129
7	733	LODDER,	Helen	Islwyn	50	0	50			100
8	185	DUFFIELD,	Helen	Chepstow	0	48	0			48
9	766	WILLIAMS,	Maria	Islwyn	0	0	45			45
10	215	JONES	Keri	Parc Bryn Bach	0	0	44			44
	729	JONES,	Jackie	Islwyn	44	0	0			44

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 3 / 5 RACES**

**OVER 40 FEMALE :**

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	552	COCKRAM	Deb	Fairwater	49	49	50			148
2	57	SCRIVENS,	Alison	Caerleon	48	47	48			143
3	502	ROCHE,	Julie	Fairwater	47	44	46			137
4	418	SUMMERS	Louise	Chepstow	50	50	0			100
5	124	MORGAN,	Niki	Chepstow	0	48	49			97
6	548	GREY	Laura	Fairwater	0	0	47			47
7	129	MORRIS,	Jan	Chepstow	0	46	0			46
	337	BURGESS	Ros	Lliswerry	46	0	0			46
9	612	RICHARDS	Janet	Griffithstown	0	45	0			45
	631	SUTTON	Clair	Griffithstown	0	0	45			45
11	734	TREHARNE	Ruth	Islwyn	0	43	0			43
12	331	COOK	Michelle	Lliswerry	0	42	0			42

**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			147
2	234	SNOWDEN	Rosemary	Parc Bryn Bach	46	47	48			141
3	608	WOODS	Sharon	Griffithstown	50	49	0			99
4	632	REES	Wendy	Griffithstown	47	46	0			93
5	413	FRANCIS	Liz	Chepstow	0	50	0			50
6	51	THOMAS	Helen	Caerleon	0	0	49			49
7	742	MATTHEWS	Donna	Islwyn	48	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			150
2	162	STOTT	Gill	Chepstow	49	49	0			98
3	302	FORSEY,	Yvonne	Lliswerry	48	0	49			97
4	312	DAVIES,	Julia	Lliswerry	0	47	48			95
5	20	HOWELL,	Kim	Caerleon	0	48	0			48

**LCL CROSS COUNTRY SERIES 2008/9 POSITIONS AFTER 3 / 5 RACES**

**OVER 55 FEMALE :**

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

**MALE TEAM :**

POSTION	TEAM	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	Lliswerry	7	5.5	6			18.5
2	Fairwater	5	7	5			17
3	Chepstow	3	5.5	7			15.5
4	Parc Bryn Bach	6	4	4			14
5	Griffithstown	4	3	3			10
6	Caerleon	2	2	1			5
7	Islwyn	1	1	2			4

**FEMALE TEAM :**

POSTION	TEAM	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	Chepstow	6	7	7			20
2	Griffithstown	7	6	2			15
3	Islwyn	5	2	5			12
4	Fairwater	4	3	4			11
5	Lliswerry	2	4.5	3			9.5
6	Caerleon	3	4.5	1			8.5
7	Parc Bryn Bach	1	1	6			8