

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE RESULT :

Race position	#	NAME	Club	Category	Gender	Gender position	Category position
1	530	Daryll BARNBY	Fairwater	M1739	MEN	1	1
2	516	Sean TAYLOR	Fairwater	M1739	MEN	2	2
3	118	Mathew STOTT	Chepstow	M1739	MEN	3	3
4	537	Stefan SIMMS	Fairwater	M4044	MEN	4	1
5	31	Leighton RAWLINSON	Caerleon	M1739	MEN	5	4
6	231	Lee AHERNE	Parc Bryn Bach	M4549	MEN	6	1
7	685	Craig STEPHENS	Griffithstown	M1739	MEN	7	5
8	128	Richard MATTHEWS	Chepstow	M1739	MEN	8	6
9	201	Simon A LEWIS	Parc Bryn Bach	M1739	MEN	9	7
10	706	Mike DURY	Islwyn	M1739	MEN	10	8
11	193	James BLORE	Chepstow	M1739	MEN	11	9
12	956	Steve DAVIES	Pont-Y-Pwl	M5054	MEN	12	1
13	438	David WILLIAMS	Chepstow	M1739	MEN	13	10
14	363	Joseph BUTCHER	Lliswerry	M1739	MEN	14	11
15	657	Andrew WALSH	Griffithstown	M1739	MEN	15	12
16	130	Stuart PENNY	Chepstow	M5054	MEN	16	2
17	799	Haydn HARTNELL	Islwyn	M5054	MEN	17	3
18	301	Tom BLAND	Lliswerry	M1739	MEN	18	13
19	955	Ray MORGAN	Pont-Y-Pwl	M1739	MEN	19	14
20	884	Simon GILL	Lliswerry	M1739	MEN	20	15
21	744	Robert <u>DAVIES</u>	Islwyn	M4044	MEN	21	2
22	M13	Allan MEEK	Monmouth	M4549	MEN	22	2
23	444	Paul DODD	Chepstow	M5559	MEN	23	1
24	M09	Darren RAMAGE	Monmouth	M1739	MEN	24	16
25	138	Samual WELSH	Chepstow	M1739	MEN	25	17
26	384	Oliver ANTHONY	Lliswerry	M1739	MEN	26	18
27	111	Paul LIDGETT	Chepstow	M4549	MEN	27	3
28	895	Alun KING	Lliswerry	M1739	MEN	28	19
29	7715	Steve EDWARDS	Islwyn	M1739	MEN	29	20
30	710	Philip WILLIAMS	Islwyn	M1739	MEN	30	21
31	540	Alun WILLIAMS	Fairwater	M4549	MEN	31	4
32	358	Steve PEMBERTON	Lliswerry	M1739	MEN	32	22
33	950	Dimitri VORRÉS	Pont-Y-Pwl	M5054	MEN	33	4
34	954	Rob WIGGINGTON	Pont-Y-Pwl	M1739	MEN	34	23
35	143	Luke MALARZ	Chepstow	M1739	MEN	35	24
36	43	Keith GITTINS	Caerleon	M5054	MEN	36	5
37	509	Richard LLOYD	Fairwater	M1739	MEN	37	25
38	350	Christopher JONES	Lliswerry	M5054	MEN	38	6
39	676	Andrew THOMPSON	Griffithstown	M5559	MEN	39	2
40	544	David STANDING	Fairwater	M1739	MEN	40	26
41	376	Emma WOOKEY	Lliswerry	F1734	LADIES	1	1
42	211	Phillip MILES	Parc Bryn Bach	M6064	MEN	41	1
43	220	Damian WILLIAMS	Parc Bryn Bach	M4549	MEN	42	5
44	214	Daman JUKES	Parc Bryn Bach	M4044	MEN	43	3
45	178	Ivan TEED	Chepstow	M1739	MEN	44	27

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE RESULT (cont.):

Race position	#	NAME	Club	Category	Gender	Gender position	Category position
46	135	Mathew LAWSON	Chepstow	M4044	MEN	45	4
47	957	Luke DAVIES	Pont-Y-Pwl	M1739	MEN	46	28
48	724	Kim WEHDEN	Islwyn	M5054	MEN	47	7
49	745	Chris LLOYD	Islwyn	M1739	MEN	48	29
50	326	Tony FIDO	Lliswerry	M5559	MEN	49	3
51	132	Simon DURY	Chepstow	M1739	MEN	50	30
52	M25	George SMITH	Monmouth	M1739	MEN	51	31
53	679	Nick WALSH	Griffithstown	M4044	MEN	52	5
54	123	Neil GRANT	Chepstow	M6064	MEN	53	2
55	654	Andrew SPENCER	Griffithstown	M5054	MEN	54	8
56	9	Tom EVANS	Caerleon	M1739	MEN	55	32
57	418	Louise SUMMERS	Chepstow	F4549	LADIES	2	1
58	110	Laurie CARTER	Chepstow	M5559	MEN	56	4
59	215	Nichola GETHING	Parc Bryn Bach	F4044	LADIES	3	1
60	661	Thomas GUY	Griffithstown	M4044	MEN	57	6
61	125	Rob HOOK	Chepstow	M4549	MEN	58	6
62	535	Rob SYMONS	Fairwater	M4549	MEN	59	7
63	827	Geraint HEATH	Lliswerry	M1739	MEN	60	33
64	730	Chris GAPPER	Islwyn	M1739	MEN	61	34
65	681	Terry WHITE	Griffithstown	M6064	MEN	62	3
66	542	Matthew LLOYD	Fairwater	M1739	MEN	63	35
67	7718	Alun WOOD	Islwyn	M1739	MEN	64	36
68	972	Peter TOWNSEND	Pont-Y-Pwl	M1739	MEN	65	37
69	U007	Gareth Archie DAVIES	Usk	M1739	MEN	66	38
70	163	Andy STOTT	Chepstow	M5054	MEN	67	9
71	98	Graeme VINER	Caerleon	M5054	MEN	68	10
72	M54	Robert NELSON	Monmouth	M4044	MEN	69	7
73	753	Jonathan DAVIES	Islwyn	M4044	MEN	70	8
74	44	Peter RODGER	Caerleon	M5559	MEN	71	5
75	671	Ben JENKINS	Griffithstown	M1739	MEN	72	39
76	974	Ricci WATTS	Pont-Y-Pwl	M1739	MEN	73	40
77	739	Russel DOBBS	Islwyn	M1739	MEN	74	41
78	124	Niki MORGAN	Chepstow	F4549	LADIES	4	2
79	7716	David WATERS	Islwyn	M1739	MEN	75	42
80	122	Andy GREEN	Chepstow	M4549	MEN	76	8
81	112	Rob BEVES	Chepstow	M4549	MEN	77	9
82	871	Louise HOWELLS	Lliswerry	F1734	LADIES	5	2
83	891	James PEARCE	Lliswerry	M1739	MEN	78	43
84	541	Jon WILLIAMS	Fairwater	M4044	MEN	79	9
85	238	David SMOUT	Parc Bryn Bach	M6064	MEN	80	4
86	2	Howard MASON	Caerleon	M4549	MEN	81	10
87	513	Michael SKYRME	Fairwater	M4044	MEN	82	10
88	96	Peter BURROWS	Caerleon	M1739	MEN	83	44
89	656	Alex SMITH	Griffithstown	M1739	MEN	84	45
90	525	Richard BOWIE	Fairwater	M5054	MEN	85	11

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE RESULT (cont.):

Race position	#	NAME	Club	Category	Gender	Gender position	Category position
91	915	Samantha TOOP	Pont-Y-Pwl	F1734	LADIES	6	3
92	M55	Kirk HILL	Monmouth	M4044	MEN	86	11
93	M20	Richard RAWLINGS	Monmouth	M4044	MEN	87	12
94	968	Andrew DICKENS	Pont-Y-Pwl	M4044	MEN	88	13
95	335	Nick PRINGLE	Llswerry	M5054	MEN	89	12
96	M47	Martin BLAKEBROUGH	Monmouth	M4549	MEN	90	11
97	168	Gareth JONES	Chepstow	M6569	MEN	91	1
98	504	Angela JONES	Fairwater	F4549	LADIES	7	3
99	136	Vanessa LAWSON	Chepstow	F4044	LADIES	8	2
100	885	Sarah LAUDER	Llswerry	F1734	LADIES	9	4
101	503	Peter EDWARDS	Fairwater	M1739	MEN	92	46
102	670	Mark ROBBINS	Griffithstown	M4549	MEN	93	12
103	330	Antoinette DUMAYNE	Llswerry	F1734	LADIES	10	5
104	672	Phil WATERS	Griffithstown	M5054	MEN	94	13
105	722	Neil PARKER	Islwyn	M4549	MEN	95	13
106	973	Shaw JONES	Pont-Y-Pwl	M1739	MEN	96	47
107	M11	Lee JAMES	Monmouth	M4044	MEN	97	14
108	699	Rhys THOMAS	Griffithstown	M1739	MEN	98	48
109	M38	Jeremy CREASEY	Monmouth	M4549	MEN	99	14
110	10	Jade GITTINS	Caerleon	F1734	LADIES	11	6
111	U043	Thomas WILLIAMS	Usk	M5054	MEN	100	14
112	U019	Brian JONES	Usk	M4549	MEN	101	15
113	7722	Russell WAREHAM	Islwyn	M4044	MEN	102	15
114	M39	Paul McAFEE	Monmouth	M4549	MEN	103	16
115	979	Keith LANGLEY	Pont-Y-Pwl	M5559	MEN	104	6
116	667	Barry PARHAM	Griffithstown	M6569	MEN	105	2
117	775	Terry LEWIS	Islwyn	M5054	MEN	106	15
118	408	Judith AUSTERBERRY	Chepstow	F3539	LADIES	12	1
119	315	Paul DURSLEY	Llswerry	M5559	MEN	107	7
120	964	Dave TIMSON	Pont-Y-Pwl	M4549	MEN	108	17
121	769	Ian LEWIS	Islwyn	M1739	MEN	109	49
122	650	Mike SHIRLOW	Griffithstown	M4549	MEN	110	18
123	367	Rob ANDERSON	Llswerry	M7099	MEN	111	1
124	M57	Trish CHALK	Monmouth	F1734	LADIES	13	7
125	723	Paul HARVEY	Islwyn	M1739	MEN	112	50
126	7723	Jon PARSONS	Islwyn	M1739	MEN	113	51
127	169	Ian WADE	Chepstow	M5054	MEN	114	16
128	101	Gerry ASHTON	Chepstow	M5559	MEN	115	8
129	329	Howard ATTWOOD	Llswerry	M6064	MEN	116	5
130	402	Andy SILK	Chepstow	M5559	MEN	117	9
131	916	Emma SOWREY	Pont-Y-Pwl	F3539	LADIES	14	2
132	545	Martyn JENKINS	Fairwater	M5054	MEN	118	17
133	M37	David MATHER	Monmouth	M4549	MEN	119	19
134	344	Peta DANIELS	Llswerry	F4549	LADIES	15	4
135	713	Glyn HICKS	Islwyn	M6064	MEN	120	6

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE RESULT (cont.):

Race position	#	NAME	Club	Category	Gender	Gender position	Category position
136	M46	Ruth WARD	Monmouth	F3539	LADIES	16	3
137	32	Ian PRICE	Caerleon	M4044	MEN	121	16
138	M58	Emily PARDINGTON	Monmouth	F1734	LADIES	17	8
139	27	Emma WILLIAMS	Caerleon	F1734	LADIES	18	9
140	7726	Paul FISHER	Islwyn	M1739	MEN	122	52
141	1	Andrew TAYLOR	Caerleon	M5559	MEN	123	10
142	U045	Rachel HISCOCKS	Usk	F1734	LADIES	19	10
143	665	Terry SCREEN	Griffithstown	M6064	MEN	124	7
144	765	Kelly WAITE	Islwyn	F1734	LADIES	20	11
145	119	Dick FINCH	Chepstow	M6569	MEN	125	3
146	840	Nicola BECK	Llswerry	F4044	LADIES	21	3
147	7725	Oly NEWMAN	Islwyn	M1739	MEN	126	53
148	850	Janet RICHARDS	Llswerry	F4549	LADIES	22	5
149	47	Celia BROWN	Caerleon	F1734	LADIES	23	12
150	186	Andy CREBER	Chepstow	M5054	MEN	127	18
151	668	Anthony PHILIPS	Griffithstown	M5559	MEN	128	11
152	538	Rebecca POOLE	Fairwater	F1734	LADIES	24	13
153	432	Becky COMINS	Chepstow	F4044	LADIES	25	4
154	539	Adrian GWILLIAM	Fairwater	M4549	MEN	129	20
155	25	Jenny RAWLINSON	Caerleon	F1734	LADIES	26	14
156	684	Steve MATTHEWS	Griffithstown	M5054	MEN	130	19
157	M18	Emma DAVIES	Monmouth	F4044	LADIES	27	5
158	609	Claire THOMPSON	Griffithstown	F1734	LADIES	28	15
159	734	Ruth TREHARNE	Islwyn	F4549	LADIES	29	6
160	140	Laurance LLEWELLYN	Chepstow	M5054	MEN	131	20
161	198	Kevin MCENTEE	Chepstow	M5559	MEN	132	12
162	782	Steve HAYDN	Islwyn	M5054	MEN	133	21
163	532	Deb COCKRAM	Fairwater	F4549	LADIES	30	7
164	212	Margrett MONK	Parc Bryn Bach	F6099	LADIES	31	1
165	625	Natalie HERN	Griffithstown	F4044	LADIES	32	6
166	U048	Laura POWELL	Usk	F1734	LADIES	33	16
167	113	Colin PROSSER	Chepstow	M4549	MEN	134	21
168	339	Clive CARTER	Llswerry	M5559	MEN	135	13
169	M29	Sian STROUD	Monmouth	F5054	LADIES	34	1
170	777	Colin DIXON	Islwyn	M6064	MEN	136	8
171	202	Lauri COWDELL	Parc Bryn Bach	F1734	LADIES	35	17
172	218	Kelly COLLINS	Parc Bryn Bach	F1734	LADIES	36	18
173	133	Dave ANDREWS	Chepstow	M6569	MEN	137	4
174	13	Liz RICHARDS	Caerleon	F4549	LADIES	37	8
175	662	Barrie DESMOND	Griffithstown	M4549	MEN	138	22
176	51	Helen THOMAS	Caerleon	F5054	LADIES	38	2
177	613	Leonie ROBERTS	Griffithstown	F3539	LADIES	39	4
178	502	Julie ROCHE	Fairwater	F4549	LADIES	40	9
179	894	Clare SHEPPARD	Llswerry	F3539	LADIES	41	5
180	5	Karen PAYNE	Caerleon	F4044	LADIES	42	7

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE RESULT (cont.):

Race position	#	NAME	Club	Category	Gender	Gender position	Category position
181	213	Bernie MONK	Parc Bryn Bach	M6569	MEN	139	5
182	307	Neil CHIPPER	Lliswerry	M5054	MEN	140	22
183	U038	Tom SOUTHWELL	Usk	M1739	MEN	141	54
184	105	Geoff BAYLISS	Chepstow	M6569	MEN	142	6
185	81	Olga FOWLER	Caerleon	F4044	LADIES	43	8
186	862	Chris GENTLE	Lliswerry	M4549	MEN	143	23
187	429	Jane RYMER	Chepstow	F4549	LADIES	44	10
188	48	Peter OLIVER	Caerleon	M4549	MEN	144	24
189	176	Roy KING	Chepstow	M4044	MEN	145	17
190	415	Karen ELVERS	Chepstow	F4044	LADIES	45	9
191	648	Elizabeth STOKES	Griffithstown	F4044	LADIES	46	10
192	18	Rachel DOREL	Caerleon	F1734	LADIES	47	19
193	58	Joanne PEACOCK	Caerleon	F4549	LADIES	48	11
194	106	Bill BEWG	Chepstow	M7099	MEN	146	2
195	779	Helen MEREDITH	Islwyn	F4549	LADIES	49	12
196	7717	Ken OLIVER	Islwyn	M5054	MEN	147	23
197	153	Gemma BEVES	Chepstow	F1734	LADIES	50	20
198	888	Ceri JENKINS	Lliswerry	F3539	LADIES	51	6
199	864	Mark ANSLOW	Lliswerry	M1739	MEN	148	55
200	139	Becca WERNER	Chepstow	F5054	LADIES	52	3
201	848	Ceri DONOVAN	Lliswerry	F4044	LADIES	53	11
202	100	Roberta HAVERS	Chepstow	F1734	LADIES	54	21
203	747	Helen LEWIS	Islwyn	F1734	LADIES	55	22
204	141	Paul MAYO	Chepstow	M1739	MEN	149	56
205	752	Helen WILLIAMS	Islwyn	F1734	LADIES	56	23
206	412	Alan DOBBS	Chepstow	M1739	MEN	150	57
207	511	Stella SYMONS	Fairwater	F4549	LADIES	57	13
208	515	Jeanette JENKINS	Fairwater	F5054	LADIES	58	4
209	507	John FRY	Fairwater	M6569	MEN	151	7
210	607	Daune GREEN	Griffithstown	F3539	LADIES	59	7
211	930	Emma MORGAN	Pont-Y-Pwl	F3539	LADIES	60	8
212	104	Jayne BAYLISS	Chepstow	F6099	LADIES	61	2
213	905	Zoe ELVER	Pont-Y-Pwl	F4044	LADIES	62	12
214	319	Vicky FEAR	Lliswerry	F1734	LADIES	63	24
215	875	Leanne PHILLIPS	Lliswerry	F4044	LADIES	64	13
216	353	Dave WYBRANT	Lliswerry	M6569	MEN	152	8
217	U027	Amberley MORGAN	Usk	F1734	LADIES	65	25
218	216	Michelle JAYNE	Parc Bryn Bach	F3539	LADIES	66	9
219	155	Suzie SHEPHERD	Chepstow	F4044	LADIES	67	14
220	740	Coleen BIRCH	Islwyn	F3539	LADIES	68	10
221	M53	Katie WINTERBOURNE	Monmouth	F4044	LADIES	69	15
222	861	Mervyn WEIGHTMAN-BENT	Lliswerry	M5054	MEN	153	24
223	758	Lowri WILLIAMS	Islwyn	F1734	LADIES	70	26
224	7720	Sara ARNOLD	Islwyn	F3539	LADIES	71	11
225	653	Peter BROWNE	Griffithstown	M5559	MEN	154	14

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE RESULT (cont.):

Race position	#	NAME	Club	Category	Gender	Gender position	Category position
226	969	Lee DURKEE	Pont-Y-Pwl	M1739	MEN	155	58
227	729	Jackie LAMBETH	Islwyn	F4044	LADIES	72	16
228	907	Nadine FLETCHER	Pont-Y-Pwl	F1734	LADIES	73	27
229	346	Karen EMMOTT	Lliswerry	F4549	LADIES	74	14
230	323	Elizabeth PARKER	Lliswerry	F4044	LADIES	75	17
231	632	Wendy REES	Griffithstown	F5054	LADIES	76	5
232	161	Jackie WEBB	Chepstow	F5054	LADIES	77	6
233	U049	Nele JOHNSTONE	Usk	F3539	LADIES	78	12
234	108	Andy BRAY	Chepstow	M5559	MEN	156	15
235	892	Sue WILLIAMS	Lliswerry	F1734	LADIES	79	28
236	523	Helen GWILLIAM	Fairwater	F4549	LADIES	80	15
237	19	Gwyn HOWELLS	Caerleon	F6099	LADIES	81	3
238	U017	Gareth HOWELLS	Usk	M1739	MEN	157	59
239	7728	Conner DAVIES	Islwyn	M1739	MEN	158	60
240	M42	Carol Anne USHER	Monmouth	F5054	LADIES	82	7
241	904	Helen MARRINER	Pont-Y-Pwl	F1734	LADIES	83	29
242	902	Sam HAWKSWORTH	Pont-Y-Pwl	F3539	LADIES	84	13
243	617	Dilwen THONGER	Griffithstown	F6099	LADIES	85	4
244	604	Rachel REES	Griffithstown	F3539	LADIES	86	14
245	170	Syd WHEELER	Chepstow	M7099	MEN	159	3
246	922	Rosie TIMSON	Pont-Y-Pwl	F1734	LADIES	87	30
247	766	Gwilyn PARR	Islwyn	M5054	MEN	160	25
248	7731	Claire LEWIS	Islwyn	F3539	LADIES	88	15
249	7732	Andrea JONES	Islwyn	F4044	LADIES	89	18
250	548	Sheree MANN	Fairwater	F4549	LADIES	90	16
251	7712	Mel SENIOR	Islwyn	F4044	LADIES	91	19
252	606	Gail BASSETT	Griffithstown	F6099	LADIES	92	5
253	926	Kay MORGAN	Pont-Y-Pwl	F3539	LADIES	93	16
254	631	Claire SUTTON	Griffithstown	F4549	LADIES	94	17
255	910	Rachel WATERS	Pont-Y-Pwl	F1734	LADIES	95	31
256	909	Ceri WILLIAMS	Pont-Y-Pwl	F3539	LADIES	96	17
257	761	Paula DAVIES	Islwyn	F4044	LADIES	97	20
258	7727	Cameron PRESLEY	Islwyn	M1739	MEN	161	61
259	890	Michelle UNSWORTH	Lliswerry	F4549	LADIES	98	18
260	772	Leanne LEWIS	Islwyn	F1734	LADIES	99	32
261	7729	Charlotte AUSTIN	Islwyn	F1734	LADIES	100	33
262	7730	Tracey JONES	Islwyn	F4044	LADIES	101	21

GLCL ROAD RACE SERIES 2013 ; RACE 3/5 ; PONTYPOOL 16th JULY 2013

RACE SUMMARY :

NUMBER OF RUNNERS BY CATEGORY			
F1734	33	M1739	62
F3539	17	M4044	16
F4044	21	M4549	24
F4549	18	M5054	25
F5054	7	M5559	16
F5559	0	M6064	7
F6099	5	M6569	8
		M7099	3
LADIES TOTAL	101	MENS TOTAL	161

NUMBER OF RUNNERS BY CLUB			
CLUB	LADIES	MEN	TOTAL
CAERLEON	11	10	21
CHEPSTOW	13	35	48
FAIRWATER	8	15	23
GRIFFITHSTOWN	10	19	29
ISLWYN	16	27	43
LLISWERRY	16	20	36
MONMOUTH	7	11	18
PARC BRYN BACH	5	7	12
PONTYPOOL	11	12	23
USK	4	5	9
TOTAL	101	161	262

TEAM RACE RESULT :

MENS TEAM :

(10 HIGHEST PLACED MALE RUNNERS FROM EACH CLUB)

Position	TEAM	RUNNERS SCORING	Score	Points
1	CHEPSTOW	10	9805	10
2	LLISWERRY	10	9647	9
3	ISLWYN	10	9613	8
4	FAIRWATER	10	9612	7
5	GRIFFITHSTOWN	10	9475	6
6	PONT-Y-PWL	10	9440	5
7	MONMOUTH	10	9282	4
8	CAERLEON	10	9223	3
9	PARC BRYN BACH	7	6647	2
10	USK	5	4440	1

LADIES TEAM :

(6 HIGHEST PLACED FEMALE RUNNERS FROM EACH CLUB)

Position	TEAM	RUNNERS SCORING	Score	Points
1	LLISWERRY	6	5945	10
2	CHEPSTOW	6	5911	9
3	CAERLEON	6	5853	8
4	MONMOUTH	6	5830	7
5	FAIRWATER	6	5790	6
6	ISLWYN	6	5729	5
7	GRIFFITHSTOWN	6	5726	4
8	PONT-Y-PWL	6	5708	3
9	PARC BRYN BACH	5	4834	2
10	USK	4	3809	1