

GLCL 2014~15 XC SERIES  
RACE 3 of 5  
ISLWYN (Pontllanfraith)  
SUNDAY 11th JAN. 2015

PLACE	(token)	#	NAME	CLUB	CATEGORY	category place	gender/team points	category points
1	1	3573	Emma WOOKIEY	Lliswerry	F1734	1	1000	100
2	2	2003	Angela JONES	Fairwater	F4549	1	999	100
3	3	4516	Nichola GETHING	Parc Bryn Bach	F4044	1	998	100
GUEST	4	0	Liz DAVIES			0	0	0
4	5	1525	Niki MORGAN	Chepstow	F4549	2	997	99
5	6	5014	Louise SUMMERS	Pont-y-Pwl	F4549	3	996	98
6	7	1567	Georgie PRIOR	Chepstow	F1734	2	995	99
7	8	1537	Vanessa LAWSON	Chepstow	F4044	2	994	99
8	9	1601	Sarah BELL	Chepstow	F3539	1	993	100
9	10	1586	Helen DUFFIELD	Chepstow	F4044	3	992	98
10	13	1598	Lisa JEFFREY	Chepstow	F4044	4	991	97
11	14	5017	Emma SOWREY	Pont-y-Pwl	F3539	2	990	99
12	15	2510	Claire THOMPSON	Griffithstown	F1734	3	989	98
13	16	3506	Sandra CHIPPER	Lliswerry	F4044	5	988	96
14	17	3613	Keri JONES	Lliswerry	F4044	6	987	95
15	19	3065	Kelly WALL	Islwyn	F1734	4	986	97
16	24	5028	Maria RICHARDS	Pont-y-Pwl	F4044	7	985	94
17	25	5119	Holly JANES-THOMAS	Pont-y-Pwl	F1734	5	984	96
18	26	1530	Jan MORRIS	Chepstow	F4549	4	983	97
19	27	5033	Louise BRIGHT	Pont-y-Pwl	F3539	3	982	98
20	28	1510	Berna CANTWELL	Chepstow	F5054	1	981	100
21	31	1504	Sophie GILBERT	Chepstow	F4044	8	980	93
22	32	1516	Esther BARRETT	Chepstow	F4044	9	979	92
23	33	2031	Deb COCKRAM	Fairwater	F5054	2	978	99
24	35	4519	Kelly COLLINS	Parc Bryn Bach	F1734	6	977	95
25	36	2025	Julie LEES	Fairwater	F4044	10	976	91
26	37	4001	Emma KING	Monmouth	F1734	7	975	94
27	38	1608	Karen ELVERS	Chepstow	F4044	11	974	90
28	39	2018	Jenna ROBERTS	Fairwater	F1734	8	973	93
29	40	2032	Helen WILLIAMS	Fairwater	F4044	12	972	89
30	41	1515	Joc DODD	Chepstow	F6099	1	971	100
31	43	1013	Liz RICHARDS	Caerleon	F4549	5	970	96
32	44	4528	Jacky MILES	Parc Bryn Bach	F6099	2	969	99
33	45	1622	Denise EVANS	Chepstow	F5054	3	968	98
34	48	5021	Fiona CROSS	Pont-y-Pwl	F1734	9	967	92
35	52	1553	Teresa TRANTER	Chepstow	F6099	3	966	98
36	53	2002	Julie ROCHE	Fairwater	F4549	6	965	95
37	54	4539	Rachel LEWIS	Parc Bryn Bach	F3539	4	964	97
38	58	5031	Emma MORGAN	Pont-y-Pwl	F4044	13	963	88
39	59	4533	Riannon GRIFFIN	Parc Bryn Bach	F3539	5	962	96
40	60	2014	Jeanette JENKINS	Fairwater	F5054	4	961	97

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PLACE	(token)	#	NAME	CLUB	CATEGORY	category place	gender/team points	category points
41	61	3753	Michelle JOHNSTON	Lliswerry	F3539	6	960	95
42	62	4548	Ceri WHENT NELMES	Parc Bryn Bach	F3539	7	959	94
43	66	5095	Nicola SMITH	Pont-y-Pwl	F4549	7	958	94
44	68	1005	Karen PAYNE	Caerleon	F4044	14	957	87
45	74	3118	Sara ARNOLD	Islwyn	F4044	15	956	86
46	76	1010	Jade WAKLEY	Caerleon	F1734	10	955	91
47	77	3143	Michelle JOHNSON	Islwyn	F1734	11	954	90
48	78	4541	Sian PRICE	Parc Bryn Bach	F1734	12	953	89
49	80	3786	Sarah FRANES	Lliswerry	F3539	8	952	93
50	85	1554	Gemma BEVES	Chepstow	F1734	13	951	88
51	86	3171	Nic HOWLS	Islwyn	F1734	14	950	87
52	87	1501	Roberta HAVERS	Chepstow	F1734	15	949	86
53	88	1605	Louise CROCKETT	Chepstow	F4549	8	948	93
54	90	3787	Rachel KENNEDY	Lliswerry	F4549	9	947	92
55	91	2529	Elizabeth STOKES	Griffithstown	F4044	16	946	85
56	92	2523	Natalie HERN	Griffithstown	F4549	10	945	91
57	95	1052	Shelagh ADKINS	Caerleon	F6099	4	944	97
58	96	5044	Sharon NEWELL	Pont-y-Pwl	F4044	17	943	84
59	98	4517	Michelle JAYNE	Parc Bryn Bach	F3539	9	942	92
60	99	5006	Zoe ELVER	Pont-y-Pwl	F4044	18	941	83
GUEST	100	0	Gayle SHEPPARD			0	0	0
61	101	2050	Jane LEWIS	Fairwater	F4549	11	940	90
62	103	3135	Kay DIXON	Islwyn	F4044	19	939	82
63	105	4547	Hayley JACKSON	Parc Bryn Bach	F4044	20	938	81
64	107	1505	Jane BAYLISS	Chepstow	F6099	5	937	96
65	111	1503	Sue ASHTON	Chepstow	F6099	6	936	95
GUEST	112	0	Claire COLLINS			0	0	0
66	113	5037	Keri HAMER	Pont-y-Pwl	F3539	10	935	91
67	114	5034	Amberely MORGAN	Pont-y-Pwl	F1734	16	934	85
68	121	2010	Stella SYMONS	Fairwater	F5054	5	933	96
69	123	4059	Tracey BURNS	Monmouth	F1734	17	932	84
70	124	4530	Samantha STANDERWICK	Parc Bryn Bach	F4044	21	931	80
71	127	4504	Kath JERVIS	Parc Bryn Bach	F5559	1	930	100
72	129	3110	Mel SENIOR	Islwyn	F4549	12	929	89
73	134	2516	Nanette VIRGO	Griffithstown	F4044	22	928	79
74	135	3566	Carol WOODFORD	Lliswerry	F5559	2	927	99
75	141	3153	Kirsty HOLTHAM-MORGAN	Islwyn	F3539	11	926	90
76	142	5116	Michele DEAL	Pont-y-Pwl	F5054	6	925	95
77	143	5027	Kay MORGAN	Pont-y-Pwl	F3539	12	924	89
78	148	2021	Suzanne WILLIAMS	Fairwater	F4549	13	923	88
79	150	4545	Alison HOLTON	Parc Bryn Bach	F4044	23	922	78
80	159	1632	Helen CLANCY	Chepstow	F4549	14	921	87

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PLACE	(token)	#	NAME	CLUB	CATEGORY	category place	gender/team points	category points
81	162	3149	Louise SADLER	Islwyn	F4044	24	920	77
82	163	5048	Maxine RHODES	Pont-y-Pwl	F4549	15	919	86
83	164	3701	Pam GRANTHAM	Lliswerry	F4549	16	918	85
84	169	4546	Claire SULLIVAN	Parc Bryn Bach	F1734	18	917	83
85	174	2525	Wendy REES	Griffithstown	F5054	7	916	94
86	176	3782	Sue COTTRELL	Lliswerry	F4549	17	915	84
GUEST	179	0	Cheryl FRANCIS			0	0	0
87	182	1551	Virginia STONE	Chepstow	F4044	25	914	76
88	185	5128	Kirsty RHODES	Pont-y-Pwl	F1734	19	913	82
89	189	4003	Sarah CLIFTON	Monmouth	F3539	13	912	88
90	191	1649	Lisa RIDDINGTON	Chepstow	F4044	26	911	75
91	192	3101	Pat RICHARDSON	Islwyn	F6099	7	910	94
92	203	2013	Kate PALFREY	Fairwater	F1734	20	909	81
93	204	3172	Kelly JACKA	Islwyn	F4044	27	908	74
94	205	3170	Helen SIMMONDS	Islwyn	F1734	21	907	80
95	207	2046	Sheree MANN	Fairwater	F4549	18	906	83
96	225	1582	Gill ELLIS	Chepstow	F5559	3	905	98
97	231	4060	Emma SKIPP	Monmouth	F3539	14	904	87

	FEMALE TEAM	RUNNERS	SCORE	POINTS
1	CHEPSTOW	4	3979	10
2	PONT-Y-PWL	4	3955	9
3	LLISWERRY	4	3935	8
4	FAIRWATER	4	3926	7
5	PARC BRYN BACH	4	3908	6
6	ISLWYN	4	3846	5
7	CAERLEON	4	3826	4
8	GRIFFITHSTOWN	4	3808	3
9	MONMOUTH	4	3723	2
10	USK	0	0	0

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PLACE	(token)	#	NAME	CLUB	CATEGORY	category place	gender/team points	category points
GUEST	11	0	Mark JENNINGS			0	0	0
1	12	5053	Matthew SYMES	Pont-y-Pwl	M1739	1	1000	100
GUEST	18	0	Stefan SIMMS			0	0	0
2	20	5133	Sean TAYLOR	Pont-y-Pwl	M1739	2	999	99
3	21	3578	Matthew GRANTHAM	Lliswerry	M1739	3	998	98
4	22	4532	Lee AHERNE	Parc Bryn Bach	M4549	1	997	100
5	23	3615	Miles THOMAS	Lliswerry	M1739	4	996	97
6	29	1594	James BLORE	Chepstow	M1739	5	995	96
7	30	1588	Duncan BELL	Chepstow	M4549	2	994	99
8	34	5134	Chris HARRHY	Pont-y-Pwl	M4549	3	993	98
9	42	4521	Damian WILLIAMS	Parc Bryn Bach	M4549	4	992	97
10	46	4508	Simon LEWIS	Parc Bryn Bach	M4549	5	991	96
11	47	5057	Steve DAVIES	Pont-y-Pwl	M5559	1	990	100
12	49	4552	Stephen REES	Parc Bryn Bach	M4549	6	989	95
13	50	5501	Mark BALCH	Usk	M4549	7	988	94
14	51	5083	Mark HURFORD	Pont-y-Pwl	M1739	6	987	95
15	55	2519	Josh JONES	Griffithstown	M1739	7	986	94
16	56	1624	Paul DODD	Chepstow	M5559	2	985	99
17	57	5135	Iestyn RHODES	Pont-y-Pwl	M1739	8	984	93
18	63	3169	Micheal RICHARDSON	Islwyn	M1739	9	983	92
19	64	5136	Paul WHITE	Pont-y-Pwl	M1739	10	982	91
20	65	3109	Martin JONES	Islwyn	M1739	11	981	90
21	67	5056	Ray MORGAN	Pont-y-Pwl	M1739	12	980	89
22	70	3680	Alun KING	Lliswerry	M1739	13	979	88
23	71	3116	Alun WOOD	Islwyn	M1739	14	978	87
24	72	5123	Andrew LEE	Pont-y-Pwl	M4044	1	977	100
25	73	1631	Jonathan CARTER	Chepstow	M4549	8	976	93
26	75	5051	Dimitri VORRÉS	Pont-y-Pwl	M5054	1	975	100
27	79	2008	Richard LLOYD	Fairwater	M1739	15	974	86
28	81	4515	Daman JUKES	Parc Bryn Bach	M4044	2	973	99
29	82	4511	Julian WILLIAMS	Parc Bryn Bach	M1739	16	972	85
30	83	3760	Lloyd COTTRELL	Lliswerry	M1739	17	971	84
31	84	3011	Philip WILLIAMS	Islwyn	M1739	18	970	83
32	89	1536	Mathew LAWSON	Chepstow	M4549	9	969	92
33	93	4549	Cathal O'HARA	Parc Bryn Bach	M1739	19	968	82
34	94	4542	Sam LEWIS-JONES	Parc Bryn Bach	M1739	20	967	81
35	97	3622	Bleddyn JONES	Lliswerry	M1739	21	966	80
36	102	2026	Roger MILLS	Fairwater	M4044	3	965	98
37	104	2540	Thomas GUY	Griffithstown	M4044	4	964	97
38	106	3045	Chris LLOYD	Islwyn	M1739	22	963	79
39	108	5093	Matt WEBB	Pont-y-Pwl	M1739	23	962	78
40	109	1512	Paul LIDGETT	Chepstow	M4549	10	961	91

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41	110	3168	Sean HADDOCK	Islwyn	M1739	24	960	77
42	115	5544	Adrian BULL	Usk	M1739	25	959	76
43	116	3173	David KRIS STEK	Islwyn	M1739	26	958	75
44	117	3138	Steve LANE	Islwyn	M4044	5	957	96
45	118	2534	Andrew SPENCER	Griffithstown	M5054	2	956	99
46	119	5069	Andrew DICKENS	Pont-y-Pwl	M4044	6	955	95
47	120	3025	Kim WEHDEN	Islwyn	M5054	3	954	98
48	122	4512	Phillip MILES	Parc Bryn Bach	M6064	1	953	100
49	125	3661	Rob DAVIES	Lliswerry	M4044	7	952	94
50	126	1526	Rob HOOK	Chepstow	M5054	4	951	97
51	128	1524	Neil GRANT	Chepstow	M6064	2	950	99
52	130	1002	Howard MASON	Caerleon	M4549	11	949	90
53	131	5075	Ricci WATTS	Pont-y-Pwl	M1739	27	948	74
54	132	5066	Paul DONOVAN	Pont-y-Pwl	M4549	12	947	89
GUEST	133	0	Oleg KOSTIME			0	0	0
55	136	3664	Paul CHICK	Lliswerry	M4549	13	946	88
56	137	5138	Daffyd JONES	Pont-y-Pwl	M1739	28	945	73
57	138	1557	Dave AUSTIN	Chepstow	M4044	8	944	93
58	139	5139	Chris O'BRIEN	Pont-y-Pwl	M4044	9	943	92
59	140	3114	David WATERS	Islwyn	M4044	10	942	91
60	144	1044	Peter RODGER	Caerleon	M5559	3	941	98
61	145	2056	Lee HAMMOND	Fairwater	M4044	11	940	90
62	146	2004	Gary ADAMS	Fairwater	M4044	12	939	89
63	147	4543	Christopher GITTINGS	Parc Bryn Bach	M1739	29	938	72
64	149	4537	David SMOUT	Parc Bryn Bach	M6569	1	937	100
65	151	1559	Tom RIDDINGTON	Chepstow	M4044	13	936	88
66	152	1599	Kevin MCENTEE	Chepstow	M5559	4	935	97
67	153	3650	Richard ELGAR	Lliswerry	M1739	30	934	71
68	154	3164	Steve DURY	Islwyn	M4044	14	933	87
69	155	3141	Daffyd WEETMAN	Islwyn	M4044	15	932	86
70	156	1513	Rob BEVES	Chepstow	M5054	5	931	96
71	157	4507	Rob KING	Parc Bryn Bach	M1739	31	930	70
72	158	4531	Martin CHAMMINGS	Parc Bryn Bach	M1739	32	929	69
73	160	2034	Rob SYMONS	Fairwater	M5054	6	928	95
74	161	2027	Steve MORGAN	Fairwater	M4044	16	927	85
75	165	3043	Michael BUNSTON	Islwyn	M4549	14	926	87
76	166	3515	Paul DURSLEY	Lliswerry	M6064	3	925	98
77	167	1009	Tom EVANS	Caerleon	M1739	33	924	68
78	168	3026	Kerry PRICE	Islwyn	M5559	5	923	96
79	170	3002	Paul THOMAS	Islwyn	M1739	34	922	67
80	171	5541	Jon HANCOCK	Usk	M5559	6	921	95

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81	172	2039	Jon WILLIAMS	Fairwater	M4549	15	920	86
82	173	2043	Martyn JENKINS	Fairwater	M5054	7	919	94
83	175	2012	Michael SKYRME	Fairwater	M4549	16	918	85
84	177	3770	Wayne RAYNER	Lliswerry	M4044	17	917	84
85	178	5126	Michael PROBERT	Pont-y-Pwl	M4549	17	916	84
86	180	4044	Martin BLAKEBROUGH	Monmouth	M5054	8	915	93
87	181	2552	Peter ROBERTS	Griffithstown	M5559	7	914	94
88	183	2569	Rhys THOMAS	Griffithstown	M1739	35	913	66
89	184	3784	Gareth BARRINGTON	Lliswerry	M4044	18	912	83
90	186	1606	Alan DOBBS	Chepstow	M1739	36	911	65
91	187	3005	Paul NOLVACZEK	Islwyn	M4549	18	910	83
92	188	3069	Ian LEWIS	Islwyn	M4044	19	909	82
93	190	3527	Howard ATTWOOD	Lliswerry	M6064	4	908	97
94	193	2024	Richard BOWIE	Fairwater	M5054	9	907	92
95	194	2542	Peter WELBIRG	Griffithstown	M6064	5	906	96
96	195	5535	Neil WILLIAMS	Usk	M5054	10	905	91
97	196	4505	Brian MOFFET	Parc Bryn Bach	M6064	6	904	95
98	197	5076	Paul GRAINGER JONES	Pont-y-Pwl	M4044	20	903	81
99	198	4551	Kevin BRADFIELD	Parc Bryn Bach	M4549	19	902	82
100	199	3053	Jonathan DAVIES	Islwyn	M4549	20	901	81
101	200	5065	Dave TIMSON	Pont-y-Pwl	M4549	21	900	80
102	201	4038	Jeremy CREASEY	Monmouth	M4549	22	899	79
103	202	3024	Paul HARVEY	Islwyn	M1739	37	898	64
104	206	2038	Adrian GWILLIAM	Fairwater	M4549	23	897	78
105	208	5107	Dean ARNOLD	Pont-y-Pwl	M4549	24	896	77
106	209	3014	Glyn HICKS	Islwyn	M6569	2	895	99
107	210	1502	Gerry ASHTON	Chepstow	M6064	7	894	94
108	211	1001	Andrew TAYLOR	Caerleon	M5559	8	893	93
109	212	5140	Kelvin HENLEY	Pont-y-Pwl	M4549	25	892	76
110	213	5085	Carl ROBERTS	Pont-y-Pwl	M1739	38	891	63
111	214	4037	David MATHER	Monmouth	M5054	11	890	90
112	215	2055	Tim MURPHY	Fairwater	M5559	9	889	92
113	216	3151	Aiden DAVIES	Islwyn	M1739	39	888	62
114	217	2547	Anthony PHILIPS	Griffithstown	M5559	10	887	91
115	218	3074	Terry LEWIS	Islwyn	M5054	12	886	89
116	219	5550	Graham SIMPSON	Usk	M5054	13	885	88
117	220	3747	Chris HILL	Lliswerry	M4549	26	884	75
GUEST	221	0	Nigel BAKER			0	0	0
GUEST	222	0	Richard HOLROYD			0	0	0
118	223	5531	Tom SOUTHWELL	Usk	M1739	40	883	61
119	224	4535	James WILLIAMS	Parc Bryn Bach	M1739	41	882	60
120	226	3616	Paul WATTS	Lliswerry	M5559	11	881	90

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121	227	1527	Geoff CRAM	Chepstow	M6569	3	880	98
122	228	1054	David DAVIES	Caerleon	M4549	27	879	74
123	229	3685	Matthew REES	Lliswerry	M1739	42	878	59
124	230	2041	Garry WOODS	Fairwater	M5054	14	877	87
125	232	1509	Andy BRAY	Chepstow	M5559	12	876	89
126	233	1506	Geoff BAYLISS	Chepstow	M6569	4	875	97
127	234	3508	Neil CHIPPER	Lliswerry	M5054	15	874	86
128	235	3165	Louis MORGAN	Islwyn	M1739	43	873	58
129	236	3738	Neil SIDNEY	Lliswerry	M4044	21	872	80
130	237	3729	Desmond JONES	Lliswerry	M4044	22	871	79

OVER 70 MALE

1 69 4501 Clive COOKSEY Parc Bryn Bach M7099 1 0 100

	MALE TEAM	RUNNERS	SCORE	POINTS
1	PONT-Y-PWL	6	5953	10
2	PARC BRYN BACH	6	5914	9
3	CHEPSTOW	6	5880	8
4	LLISWERRY	6	5862	7
5	ISLWYN	6	5835	6
6	FAIRWATER	6	5673	5
7	GRIFFITHSTOWN	6	5639	4
8	USK	6	5541	3
9	CAERLEON	5	4586	2
10	MONMOUTH	3	2704	1

NUMBER OF RUNNERS BY CATEGORY				
F1734	21	M1739	43	
F3539	14	M4044	22	
F4044	27	M4549	27	
F4549	18	M5054	15	
F5054	7	M5559	12	
F5559	3	M6064	7	
F6099	7	M6569	4	
Guests (F)	4	M7099	1	
		Guests (M)	5	
LADIES	101	TOTALS	MENS	136

NUMBER OF RUNNERS BY CLUB			
CLUB	LADIES	MEN	TOTAL
CAERLEON	4	5	9
CHEPSTOW	23	17	40
FAIRWATER	12	13	25
GRIFFITHSTOWN	5	7	12
ISLWYN	11	23	34
LLISWERRY	9	18	27
MONMOUTH	4	3	7
PARC BRYN BACH	13	17	30
PONTYPOOL	16	22	38
USK	0	6	6
Guests	4	5	9
TOTALS	101	136	237