

PLACE	time (h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place	GEN & TEAM POINTS	CAT POINTS
1		1656	Duncan BELL	Chepstow	M4549	MEN	1	1	1000	100
2		3715	Neil EVANS	Lliswerry	M1739	MEN	2	1	999	100
3		5146	Sean TAYLOR	Pont-y-Pwl	M1739	MEN	3	2	998	99
4		1625	Rich MATTHEWS	Chepstow	M1739	MEN	4	3	997	98
5		4045	Gareth JONES	Monmouth	M1739	MEN	5	4	996	97
6		1673	Gareth CROSSLEY	Chepstow	M1739	MEN	6	5	995	96
7		1621	Paul MURRIN	Chepstow	M4044	MEN	7	1	994	100
8		3760	Tom HENRY	Lliswerry	M1739	MEN	8	6	993	95
9		5141	Richard JOHNSON	Pont-y-Pwl	M4044	MEN	9	2	992	99
10		5156	Terry WATKINS	Pont-y-Pwl	M4044	MEN	10	3	991	98
11		2539	Andrew WALSH	Griffithstown	M1739	MEN	11	7	990	94
12		4568	Sam LEWIS-JONES	Parc Bryn Bach	M1739	MEN	12	8	989	93
13		5113	Iestyn RHODES	Pont-y-Pwl	M1739	MEN	13	9	988	92
14		2561	Josh JONES	Griffithstown	M1739	MEN	14	10	987	91
15		1115	Laurence MORAN	Caerleon	M1739	MEN	15	11	986	90
16		3684	Jon BELCHER	Lliswerry	M1739	MEN	16	12	985	89
17		3119	Dafydd LAMBETH	Islwyn	M4044	MEN	17	4	984	97
18		4088	Warren HULSEN	Monmouth	M4044	MEN	18	5	983	96
19		3152	Lee MILLS	Islwyn	M1739	MEN	19	13	982	88
20		5195	Dave RICHARDSON	Pont-y-Pwl	M1739	MEN	20	14	981	87
21		5153	Steve DAVIES	Pont-y-Pwl	M5559	MEN	21	1	980	100
22		1600	Karie ATKINS	Chepstow	M4044	MEN	22	6	979	95
23		1670	Alex TUCK	Chepstow	M1739	MEN	23	15	978	86
24		5122	Mark HURFORD	Pont-y-Pwl	M1739	MEN	24	16	977	85
25		2552	Davy CHALLENGER	Griffithstown	M1739	MEN	25	17	976	84
26		4616	Robert DAVIES	Parc Bryn Bach	M4044	MEN	26	7	975	94
27		3667	Gavin BRACE	Lliswerry	M1739	MEN	27	18	974	83
28		1593	James BLORE	Chepstow	M1739	MEN	28	19	973	82
29		3803	James KERSHAW-NAYLOR	Lliswerry	M1739	MEN	29	20	972	81
30		1664	Ross WALKER	Chepstow	M1739	MEN	30	21	971	80
31		4042	Allan MEEK	Monmouth	M5054	MEN	31	1	970	100
32		1094	Richard HUGHES	Caerleon	M1739	MEN	32	22	969	79
33		4601	Gavin PATTERSON	Parc Bryn Bach	M1739	MEN	33	23	968	78
34		3264	Chris WILLIAMS	Islwyn	M1739	MEN	34	24	967	77
35		1595	James TUCKER	Chepstow	M1739	MEN	35	25	966	76
36		1619	Paul LIDGETT	Chepstow	M4549	MEN	36	2	965	99
37		3743	Ryan WHATLEY	Lliswerry	M1739	MEN	37	26	964	75
38		1631	Robert BEVES	Chepstow	M5054	MEN	38	2	963	99
39		3192	Matthew PIZEY	Islwyn	M1739	MEN	39	27	962	74
40		3134	Haydn HARTNELL	Islwyn	M5054	MEN	40	3	961	98
41		4597	Stephen WILLIAMS	Parc Bryn Bach	M5559	MEN	41	2	960	99
42		1097	Rob BICKEL	Caerleon	M4044	MEN	42	8	959	93
43		5140	Ricci WATTS	Pont-y-Pwl	M1739	MEN	43	28	958	73
44		1093	Rhys KNIGHT	Caerleon	M1739	MEN	44	29	957	72
45		1630	Rob HOOK	Chepstow	M5054	MEN	45	4	956	97
46		3739	Rob DAVIES	Lliswerry	M4044	MEN	46	9	955	92
47		3167	Paul HAYWARD	Islwyn	M1739	MEN	47	30	954	71
48		5149	Simon FAIRCLOUGH	Pont-y-Pwl	M1739	MEN	48	31	953	70
49		4608	Michael COPE	Parc Bryn Bach	M4044	MEN	49	10	952	91
50		3733	Phil BOORMAN	Lliswerry	M4549	MEN	50	3	951	98

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51		5192	Faye JOHNSON	Pont-y-Pwl	F1734	LADIES	1	1	1000	100
52		1542	Niki MORGAN	Chepstow	F4549	LADIES	2	1	999	100
53		4577	Lauren COOPER	Parc Bryn Bach	F1734	LADIES	3	2	998	99
54		1073	Keith GITTINS	Caerleon	M5559	MEN	51	3	950	98
55		1611	Matthew LAWSON	Chepstow	M4549	MEN	52	4	949	97
56		1141	Matthew MULCAHY	Caerleon	M4044	MEN	53	11	948	90
57		2031	David STANDING	Fairwater	M1739	MEN	54	32	947	69
58		5104	Gareth DAVIES	Pont-y-Pwl	M1739	MEN	55	33	946	68
59		3817	Nick REES	Lliswerry	M5559	MEN	56	4	945	97
60		3752	Steve PEMBERTON	Lliswerry	M1739	MEN	57	34	944	67
61		2547	Colin WILMOTT	Griffithstown	M5559	MEN	58	5	943	96
62		3711	Mike RIDD	Lliswerry	M1739	MEN	59	35	942	66
63		2588	Mark MOGFORD	Griffithstown	M1739	MEN	60	36	941	65
64		3726	Paul CHICK	Lliswerry	M4549	MEN	61	5	940	96
65		2560	Jonathan SLICZNY	Griffithstown	M1739	MEN	62	37	939	64
66		1660	Dickie HUDD	Chepstow	M4044	MEN	63	12	938	89
67		5084	Andrew DICKENS	Pont-y-Pwl	M4549	MEN	64	6	937	95
68		2061	Simon BURNS	Fairwater	M1739	MEN	65	38	936	63
69		2037	Lee HAMMOND	Fairwater	M4044	MEN	66	13	935	88
70		4590	Matthew TRINDER	Parc Bryn Bach	M1739	MEN	67	39	934	62
71		5102	Dimitri VORRÉS	Pont-y-Pwl	M5054	MEN	68	5	933	96
72		4523	Nichola GETHING	Parc Bryn Bach	F4549	LADIES	4	2	997	99
73		1116	Gareth HOWELLS	Caerleon	M1739	MEN	69	40	932	61
74		3804	Daniel REILLY	Lliswerry	M1739	MEN	70	41	931	60
75		3586	Rebecca ROTHWELL	Lliswerry	F1734	LADIES	5	3	996	98
76		4049	Jeremy MASTERS	Monmouth	M4044	MEN	71	14	930	87
77		5152	Steve BRYANT	Pont-y-Pwl	M5054	MEN	72	6	929	95
78		5154	Steve HARRHY	Pont-y-Pwl	M5054	MEN	73	7	928	94
79		4584	Hannah WILLIAMS	Parc Bryn Bach	F1734	LADIES	6	4	995	97
80		5527	Adrian BULL	Usk	M1739	MEN	74	42	927	59
81		2572	Nick WALSH	Griffithstown	M4044	MEN	75	15	926	86
82		5043	Louise SUMMERS	Pont-y-Pwl	F4549	LADIES	7	3	994	98
83		1096	Richard PERRY	Caerleon	M1739	MEN	76	43	925	58
84		2544	Ben JENKINS	Griffithstown	M1739	MEN	77	44	924	57
85		4588	Matthew ELLIS	Parc Bryn Bach	M1739	MEN	78	45	923	56
86		1643	Tom RIDDINGTON	Chepstow	M4044	MEN	79	16	922	85
87		4589	Stephen CARTER	Parc Bryn Bach	M4549	MEN	80	7	921	94
88		5157	John BARNE	Pont-y-Pwl	M4044	MEN	81	17	920	84
89		3186	Steve DURY	Islwyn	M4044	MEN	82	18	919	83
90		3245	Rhodri EVANS	Islwyn	M1739	MEN	83	46	918	55
91		3151	Kim WEHDEN	Islwyn	M5054	MEN	84	8	917	93
92		4557	Martin CHAMMINGS	Parc Bryn Bach	M1739	MEN	85	47	916	54
93		1088	Peter RODGER	Caerleon	M5559	MEN	86	6	915	95
94		1615	Neil GRANT	Chepstow	M6064	MEN	87	1	914	100
95		3676	James PEARCE	Lliswerry	M4044	MEN	88	19	913	82
96		1068	Ian DAVIES	Caerleon	M4044	MEN	89	20	912	81
97		5165	Stephen COCORAN	Pont-y-Pwl	M4044	MEN	90	21	911	80
98		4566	Richard SHEEHY	Parc Bryn Bach	M1739	MEN	91	48	910	53
99		1067	Howard MASON	Caerleon	M5054	MEN	92	9	909	92
100		4561	Phillip MILES	Parc Bryn Bach	M6064	MEN	93	2	908	99

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101		4505	Danielle PHILLIPS	Parc Bryn Bach	F1734	LADIES	8	5	993	96
102		2573	Paul MASON	Griffithstown	M1739	MEN	94	49	907	52
103		1022	Jade WAKLEY	Caerleon	F1734	LADIES	9	6	992	95
104		3793	Victoria HOBBS	Lliswerry	F1734	LADIES	10	7	991	94
105		3640	Chris DAVIES	Lliswerry	M5559	MEN	95	7	906	94
106		1637	Stephen OWEN	Chepstow	M6064	MEN	96	3	905	98
107		1537	Lisa JEFFREY	Chepstow	F4549	LADIES	11	4	990	97
108		2537	Andrew SPENCER	Griffithstown	M5054	MEN	97	10	904	91
109		4512	Julie CASHELL	Parc Bryn Bach	F4044	LADIES	12	1	989	100
110		2586	Thomas GUY	Griffithstown	M4044	MEN	98	22	903	79
111		2538	Andrew THOMPSON	Griffithstown	M5559	MEN	99	8	902	93
112		1099	Simon TANG	Caerleon	M1739	MEN	100	50	901	51
113		2040	Michael SKYRME	Fairwater	M4549	MEN	101	8	900	93
114		5041	Lisa ERICKSON	Pont-y-Pwl	F3539	LADIES	13	1	988	100
115		4609	Jamie HOWELLS	Parc Bryn Bach	M1739	MEN	102	51	899	50
116		5071	Sharon NEWELL	Pont-y-Pwl	F4549	LADIES	14	5	987	96
117		3103	Andrew COLLINS	Islwyn	M1739	MEN	103	52	898	49
118		1066	Grahame VINER	Caerleon	M5559	MEN	104	9	897	92
119		1113	Lloyd HUGHES	Caerleon	M1739	MEN	105	53	896	48
120		1601	Kevin MCENTEE	Chepstow	M5559	MEN	106	10	895	91
121		4580	James THOMAS	Parc Bryn Bach	M1739	MEN	107	54	894	47
122		3818	Paul PRITCHARD	Lliswerry	M4549	MEN	108	9	893	92
123		1604	Leo COHEN	Chepstow	M4044	MEN	109	23	892	78
124		2565	Mark ROBINS	Griffithstown	M5054	MEN	110	11	891	90
125		1079	Mike THURGOOD	Caerleon	M4549	MEN	111	10	890	91
126		3806	Bob WATSON	Lliswerry	M4549	MEN	112	11	889	90
127		3122	David WATERS	Islwyn	M4044	MEN	113	24	888	77
128		5047	Maria RICHARDS	Pont-y-Pwl	F4044	LADIES	15	2	986	99
129		1076	Michael REEVES	Caerleon	M1739	MEN	114	55	887	46
130		5164	Paul HARVEY	Pont-y-Pwl	M1739	MEN	115	56	886	45
131		1043	Paula WILLIAMS	Caerleon	F4549	LADIES	16	6	985	95
132		3740	Robert TUDHOPE	Lliswerry	M4044	MEN	116	25	885	76
133		3185	Simon PETERSON	Islwyn	M4549	MEN	117	12	884	89
134		1569	Barry EVANS	Chepstow	M4549	MEN	118	13	883	88
135		3674	Ian HARHHY	Lliswerry	M5559	MEN	119	11	882	90
136		1514	Esther BARRETT	Chepstow	F4044	LADIES	17	3	984	98
137		1523	Jan MORRIS	Chepstow	F4549	LADIES	18	7	983	94
138		1639	Stuart DUNCAN	Chepstow	M5559	MEN	120	12	881	89
139		5117	Keith LANGLEY	Pont-y-Pwl	M6064	MEN	121	4	880	97
140		2049	Rob SYMONS	Fairwater	M5054	MEN	122	12	879	89
141		4574	Terry VAUGHAN	Parc Bryn Bach	M4044	MEN	123	26	878	75
142		4084	Luke FELTON	Monmouth	M1739	MEN	124	57	877	44
143		3675	Ian WHATMOUGH	Lliswerry	M5559	MEN	125	13	876	88
144		3628	Andrew BARRY	Lliswerry	M5054	MEN	126	13	875	88
145		3066	Nic HOWLS	Islwyn	F3539	LADIES	19	2	982	99
146		5021	Emma SOWREY	Pont-y-Pwl	F4044	LADIES	20	4	981	97
147		3065	Michelle JOHNSON	Islwyn	F1734	LADIES	21	8	980	93
148		1547	Sally GRANT	Chepstow	F4044	LADIES	22	5	979	96
149		1654	Mooch WILLIAMS	Chepstow	F3539	LADIES	23	3	978	98
150		3807	Gareth BRUNNOCK	Lliswerry	M1739	MEN	127	58	874	43

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151		4532	Sian PRICE	Parc Bryn Bach	F1734	LADIES	24	9	977	92
152		2052	Steve MORGAN	Fairwater	M4044	MEN	128	27	873	74
153		5541	Jon HANCOCK	Usk	M5559	MEN	129	14	872	87
154		5547	Neil WILLIAMS	Usk	M5054	MEN	130	14	871	87
155		2047	Richard BOWIE	Fairwater	M5054	MEN	131	15	870	86
156		1560	Alan DOBBS	Chepstow	M1739	MEN	132	59	869	42
157		4583	Ian KENT	Parc Bryn Bach	M1739	MEN	133	60	868	41
158		3233	Grant WAKEMAN	Islwyn	M4044	MEN	134	28	867	73
159		4549	James WILLIAMS	Parc Bryn Bach	M1739	MEN	135	61	866	40
160		3235	Carl JOHNSON	Islwyn	M4044	MEN	136	29	865	72
161		4612	Gareth WILLIAMS	Parc Bryn Bach	M5054	MEN	137	16	864	85
162		2009	Jeanette JENKINS	Fairwater	F5559	LADIES	25	1	976	100
163		3828	Richard GOSLING	Lliswerry	M1739	MEN	138	62	863	39
164		3128	Garfield JONES	Islwyn	M5559	MEN	139	15	862	86
165		3512	Charlotte RALPH	Lliswerry	F1734	LADIES	26	10	975	91
166		2530	Tara PAISEY	Griffithstown	F1734	LADIES	27	11	974	90
167		1648	Andrew OLIVER	Chepstow	M4549	MEN	140	14	861	87
168		3053	Kelly WALL	Islwyn	F1734	LADIES	28	12	973	89
169		4526	Rachel LEWIS	Parc Bryn Bach	F4044	LADIES	29	6	972	95
170		5082	Alistair CUMMINGS	Pont-y-Pwl	M1739	MEN	141	63	860	38
171		2027	Adrian GWILLIAM	Fairwater	M5054	MEN	142	17	859	84
172		1511	Danielle SAPSFORD	Chepstow	F3539	LADIES	30	4	971	97
173		3633	Andy HILLIS	Lliswerry	M5054	MEN	143	18	858	83
174		1151	Rosie HUNT	Caerleon	F1734	LADIES	31	13	970	88
175		3196	Hannah DAVIES	Islwyn	F1734	LADIES	32	14	969	87
176		3249	John DARLINGTON	Islwyn	M5054	MEN	144	19	857	82
177		3214	Ian WILLIAMS	Islwyn	M1739	MEN	145	64	856	37
178		1566	Andy CREBER	Chepstow	M5559	MEN	146	16	855	85
179		4048	Jeremy CREASEY	Monmouth	M4549	MEN	147	15	854	86
180		3728	Paul DURSLEY	Lliswerry	M6064	MEN	148	5	853	96
181		0	Will KERSHAW-NAYLOR	GUEST	0	0	0	0	0	0
182		3237	Keith DAVIES	Islwyn	M5559	MEN	149	17	852	84
183		5006	Anne Marie HARRIS	Pont-y-Pwl	F4549	LADIES	33	8	968	93
184		3566	Marina WRIGHT	Lliswerry	F3539	LADIES	34	5	967	96
185		3212	Gareth BAKER	Islwyn	M1739	MEN	150	65	851	36
186		3720	Nick PRINGLE	Lliswerry	M5559	MEN	151	18	850	83
187		2527	Rose CHARLES	Griffithstown	F1734	LADIES	35	15	966	86
188		5059	Nicola SMITH	Pont-y-Pwl	F5054	LADIES	36	1	965	100
189		5042	Louise BRIGHT	Pont-y-Pwl	F3539	LADIES	37	6	964	95
190		1588	Gerry ASHTON	Chepstow	M6064	MEN	152	6	849	95
191		3583	Rachel BOWEN	Lliswerry	F3539	LADIES	38	7	963	94
192		3717	Nick DAVIES	Lliswerry	M5054	MEN	153	20	848	81
193		3058	Lisa FORAY	Islwyn	F3539	LADIES	39	8	962	93
194		2038	Martyn JENKINS	Fairwater	M5559	MEN	154	19	847	82
195		5197	Aled FILER	Pont-y-Pwl	M1739	MEN	155	66	846	35
196		5198	Mark PARRY	Pont-y-Pwl	M4044	MEN	156	30	845	71
197		4617	Darran KIPPEST	Parc Bryn Bach	M4044	MEN	157	31	844	70
198		4585	Lee GRIFFITHS	Parc Bryn Bach	M1739	MEN	158	67	843	34
199		1120	Wesley HARRIS	Caerleon	M1739	MEN	159	68	842	33
200		5036	Keri YOUNG	Pont-y-Pwl	F3539	LADIES	40	9	961	92

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201		5118	Kelvin HENLEY	Pont-y-Pwl	M5054	MEN	160	21	841	80
202		5101	Dean ARNOLD	Pont-y-Pwl	M4549	MEN	161	16	840	85
203		3530	Gayle SHEPPARD	Lliswerry	F4044	LADIES	41	7	960	94
204		1054	Andrew TAYLOR	Caerleon	M5559	MEN	162	20	839	81
205		5091	Chris CAREY	Pont-y-Pwl	M4549	MEN	163	17	838	84
206		5089	Carl ROBERTS	Pont-y-Pwl	M1739	MEN	164	69	837	32
207		1507	Brenda AVERY	Chepstow	F6599	LADIES	42	1	959	100
208		3236	Steven PHILLIPS	Islwyn	M1739	MEN	165	70	836	31
209		1034	Liz RICHARDS	Caerleon	F5054	LADIES	43	2	958	99
210		1659	Mark BATTEN	Chepstow	M4549	MEN	166	18	835	83
211		5554	Thomas WILLIAMS	Usk	M5559	MEN	167	21	834	80
212		2065	Steve DREWITT	Fairwater	M1739	MEN	168	71	833	30
213		3632	Andy COCKERAM	Lliswerry	M4549	MEN	169	19	832	82
214		3240	Sharon CARRAFA	Islwyn	F4044	LADIES	44	8	957	93
215		3256	David LIMBRICK	Islwyn	M5054	MEN	170	22	831	79
216		1037	Natalie WALKER	Caerleon	F3539	LADIES	45	10	956	91
217		3589	Roni MARGERISON	Lliswerry	F4044	LADIES	46	9	955	92
218		2017	Liz WALSH	Fairwater	F4044	LADIES	47	10	954	91
219		3681	Jeremy DICKSON	Lliswerry	M5054	MEN	171	23	830	78
220		3225	Phillip JONES	Islwyn	M1739	MEN	172	72	829	29
221		1087	Peter OLIVIER	Caerleon	M5054	MEN	173	24	828	77
222		2012	Julie LEES	Fairwater	F4044	LADIES	48	11	953	90
223		1138	Anthony DERRICK	Caerleon	M4549	MEN	174	20	827	81
224		1117	Richard CLAY	Caerleon	M1739	MEN	175	73	826	28
225		2003	Bev BRADBURY JONES	Fairwater	F4044	LADIES	49	12	952	89
226		1539	Louise CROCKETT	Chepstow	F5054	LADIES	50	3	951	98
227		2581	Rhys THOMAS	Griffithstown	M1739	MEN	176	74	825	27
228		1118	Morris URQUAHART	Caerleon	M4044	MEN	177	32	824	69
229		2594	Natalie MEYRICK	Griffithstown	F1734	LADIES	51	16	950	85
230		1563	Andrew BRAY	Chepstow	M5559	MEN	178	22	823	79
231		4069	Tom JONES	Monmouth	M1739	MEN	179	75	822	26
232		2056	Rob LEWIS	Fairwater	M5054	MEN	180	25	821	76
233		2521	Leonie ROBERTS	Griffithstown	F3539	LADIES	52	11	949	90
234		4533	Andrew WILLIAMS	Parc Bryn Bach	M1739	MEN	181	76	820	25
235		3784	Claire WEBSTER	Lliswerry	F1734	LADIES	53	17	948	84
236		4534	Anthony LEWIS	Parc Bryn Bach	M4549	MEN	182	21	819	80
237		1021	Helen THOMAS	Caerleon	F5054	LADIES	54	4	947	97
238		5196	Arran VINCENT	Pont-y-Pwl	M1739	MEN	183	77	818	24
239		4596	Cyril WILLIAMS	Parc Bryn Bach	M6064	MEN	184	7	817	94
240		3082	Samantha METHUEN	Islwyn	F3539	LADIES	55	12	946	89
241		3083	Sara ARNOLD	Islwyn	F4044	LADIES	56	13	945	88
242		2508	Daniela GORMLEY	Griffithstown	F4549	LADIES	57	9	944	92
243		1069	Ian PRICE	Caerleon	M4549	MEN	185	22	816	79
244		3767	Belinda CHANNING	Lliswerry	F5054	LADIES	58	5	943	96
245		3716	Neil SIDNEY	Lliswerry	M4549	MEN	186	23	815	78
246		4521	Margrett MONK	Parc Bryn Bach	F6599	LADIES	59	2	942	99
247		2028	Andrew JAMES	Fairwater	M4044	MEN	187	33	814	68
248		1613	Mike EVANS	Chepstow	M6064	MEN	188	8	813	93
249		5185	Andrew PRICE	Pont-y-Pwl	M1739	MEN	189	78	812	23
250		3659	Desmond JONES	Lliswerry	M4044	MEN	190	34	811	67

PLACE	time (h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place	GEN & TEAM POINTS	CAT POINTS
251		1531	Joyce DODD	Chepstow	F6064	LADIES	60	1	941	100
252		1123	Charlene HENSHALL	Caerleon	F1734	LADIES	61	18	940	83
253		1558	Wendy SHARPE-NASH	Chepstow	F5054	LADIES	62	6	939	95
254		3535	Jacqui TUDHOPE	Lliswerry	F4044	LADIES	63	14	938	87
255		3180	Ryan LAMBETH	Islwyn	M1739	MEN	191	79	810	22
256		3616	Vicky FEAR	Lliswerry	F1734	LADIES	64	19	937	82
257		2013	Julie ROCHE	Fairwater	F4549	LADIES	65	10	936	91
258		3651	Dave WESTLEY	Lliswerry	M5559	MEN	192	23	809	78
259		5537	Graham SIMPSON	Usk	M5054	MEN	193	26	808	75
260		3765	Kristian SINCLAIR	Lliswerry	M1739	MEN	194	80	807	21
261		1530	Joanne MILLIKEN	Chepstow	F5054	LADIES	66	7	935	94
262		3141	Jay LEACH	Islwyn	M4549	MEN	195	24	806	77
263		3731	Paul WATTS	Lliswerry	M5559	MEN	196	24	805	77
264		3262	Rebecca MORGAN	Islwyn	F1734	LADIES	67	20	934	81
265		5022	Emma WEAVING	Pont-y-Pwl	F3539	LADIES	68	13	933	88
266		3115	Colin DIXON	Islwyn	M6569	MEN	197	1	804	100
267		3714	Neil CHIPPER	Lliswerry	M5559	MEN	198	25	803	76
268		5048	Marie HURFORD	Pont-y-Pwl	F1734	LADIES	69	21	932	80
269		5182	Dawn PARFITT	Pont-y-Pwl	F3539	LADIES	70	14	931	87
270		3220	Laura GIBBONS	Islwyn	F1734	LADIES	71	22	930	79
271		5016	Donna HEWITT	Pont-y-Pwl	F3539	LADIES	72	15	929	86
272		1110	Neil DAVEY	Caerleon	M5054	MEN	199	27	802	74
273		3683	John HILL	Lliswerry	M6064	MEN	200	9	801	92
274		3787	Tim WRIGHT	Lliswerry	M5054	MEN	201	28	800	73
275		4543	David KEMPTON	Parc Bryn Bach	M5559	MEN	202	26	799	75
276		5179	Jonathan KNIGHT	Pont-y-Pwl	M4549	MEN	203	25	798	76
277		1105	Steve SMITH	Caerleon	M4549	MEN	204	26	797	75
278		1029	Karen PAYNE	Caerleon	F4044	LADIES	73	15	928	86
279		4517	Katie HAMER	Parc Bryn Bach	F4044	LADIES	74	16	927	85
280		2535	Andrew MEANEY	Griffithstown	M5054	MEN	205	29	796	72
281		2025	Victoria REYNOLDS	Fairwater	F1734	LADIES	75	23	926	78
282		5175	Lorna ELLIOTT	Pont-y-Pwl	F3539	LADIES	76	16	925	85
283		3824	Bernie WILKINSON	Lliswerry	F5054	LADIES	77	8	924	93
284		1572	Brett REGULSKI	Chepstow	M5559	MEN	206	27	795	74
285		3195	Anne RICE-JONES	Islwyn	F5054	LADIES	78	9	923	92
286		3234	Nathan RICHARDS	Islwyn	M4044	MEN	207	35	794	66
287		4560	Phillip MATTHEWS	Parc Bryn Bach	M6064	MEN	208	10	793	91
288		5055	Michelle GOOCH	Pont-y-Pwl	F4549	LADIES	79	11	922	90
289		3569	Michelle SHAPLAND	Lliswerry	F4044	LADIES	80	17	921	84
290		3244	Lisa DAVIES	Islwyn	F4044	LADIES	81	18	920	83
291		3118	Daffyd WEETMAN	Islwyn	M4044	MEN	209	36	792	65
292		4510	Jillian MATTHEWS	Parc Bryn Bach	F6064	LADIES	82	2	919	99
293		5028	Holly JANES-THOMAS	Pont-y-Pwl	F1734	LADIES	83	24	918	77
294		1527	Jen HARDING	Chepstow	F1734	LADIES	84	25	917	76
295		5019	Emma MORGAN	Pont-y-Pwl	F4044	LADIES	85	19	916	82
296		1577	Dave ANDREWS	Chepstow	M6569	MEN	210	2	791	99
297		3808	Brian PHILLIPS	Lliswerry	M1739	MEN	211	81	790	20
298		3061	Louise SADLER	Islwyn	F4044	LADIES	86	20	915	81
299		3830	Alex BARNES	Lliswerry	M1739	MEN	212	82	789	19
300		5176	Rebecca GLEDHILL	Pont-y-Pwl	F1734	LADIES	87	26	914	75

PLACE	time (h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place	GEN & TEAM POINTS	CAT POINTS
301		3761	Tomas FORSEY	Lliswerry	M1739	MEN	213	83	788	18
302		4579	Louise KIRBY	Parc Bryn Bach	F4549	LADIES	88	12	913	89
303		3054	Kirsty HOLTHAM-MORGAN	Islwyn	F3539	LADIES	89	17	912	84
304		3052	Kelly JACKA	Islwyn	F3539	LADIES	90	18	911	83
305		2597	Richard COOK	Griffithstown	M1739	MEN	214	84	787	17
306		3798	Trudy HURFORD	Lliswerry	F4044	LADIES	91	21	910	80
307		3829	Chris WATKINS	Lliswerry	M1739	MEN	215	85	786	16
308		3796	Moira WOOLLES	Lliswerry	F1734	LADIES	92	27	909	74
309		1063	David DAVIES	Caerleon	M4549	MEN	216	27	785	74
310		3795	Colleen BOWEN	Lliswerry	F1734	LADIES	93	28	908	73
311		3706	Michael BONNETT	Lliswerry	M5559	MEN	217	28	784	73
312		1513	Denise EVANS	Chepstow	F5054	LADIES	94	10	907	91
313		5502	Claire McCLUSKEY	Usk	F1734	LADIES	95	29	906	72
314		1036	Mary SCOURFIELD	Caerleon	F4549	LADIES	96	13	905	88
315		1033	Laura PHILLIPS	Caerleon	F3539	LADIES	97	19	904	82
316		1126	Michelle CLABON	Caerleon	F5054	LADIES	98	11	903	90
317		4028	Sally GILSON	Monmouth	F4044	LADIES	99	22	902	79
318		5158	Lyndsay POULSOM	Pont-y-Pwl	F1734	LADIES	100	30	901	71
319		5168	Ron GODFREY	Pont-y-Pwl	M5054	MEN	218	30	783	71
320		4007	Emma KING	Monmouth	F3539	LADIES	101	20	900	81
321		1129	Yangi VUNDAMINA	Caerleon	F4044	LADIES	102	23	899	78
322		3039	Helen WILLIAMS	Islwyn	F3539	LADIES	103	21	898	80
323		3210	Emma THOMAS	Islwyn	F3539	LADIES	104	22	897	79
324		3123	Dean LITTLE	Islwyn	M1739	MEN	219	86	782	15
325		3526	Elinor PHILLIPS	Lliswerry	F1734	LADIES	105	31	896	70
326		3638	Carl ELLIOTT	Lliswerry	M7099	MEN	220	1	781	100
327		2034	John FRY	Fairwater	M7099	MEN	221	2	780	99
328		2023	Stella SYMONS	Fairwater	F5054	LADIES	106	12	895	89
329		4022	Madeleine NEWCOMB	Monmouth	F6064	LADIES	107	3	894	98
330		4514	Kath JERVIS	Parc Bryn Bach	F5559	LADIES	108	2	893	99
331		3527	Elizabeth PARKER	Lliswerry	F4044	LADIES	109	24	892	77
332		3820	Louise QUATERMASS	Lliswerry	F3539	LADIES	110	23	891	78
333		5538	Gary WILCOX	Usk	M5559	MEN	222	29	779	72
334		5513	Janet EVANS	Usk	F4549	LADIES	111	14	890	87
335		1146	Hannah LESLIE	Caerleon	F1734	LADIES	112	32	889	69
336		1574	Chris REES	Chepstow	M5054	MEN	223	31	778	70
337		3540	Julie DAVIES	Lliswerry	F5054	LADIES	113	13	888	88
338		1524	Jane BAYLISS	Chepstow	F6064	LADIES	114	4	887	97
339		1509	Caroline LIDGETT	Chepstow	F5054	LADIES	115	14	886	87
340		5095	Christopher SIMMS	Pont-y-Pwl	M6569	MEN	224	3	777	98
341		3598	Sarah BEAMISH	Lliswerry	F3539	LADIES	116	24	885	77
342		4070	Tony HARDY	Monmouth	M5054	MEN	225	32	776	69
343		3265	Carl GINGELL	Islwyn	M1739	MEN	226	87	775	14
344		1136	Katie LEWIS	Caerleon	F4044	LADIES	117	25	884	76
345		2509	Daune GREEN	Griffithstown	F4044	LADIES	118	26	883	75
346		3157	Mark DUDDRIDGE	Islwyn	M1739	MEN	227	88	774	13
347		1122	Joanne HENSHALL	Caerleon	F4044	LADIES	119	27	882	74
348		3618	Yvonne FORSEY	Lliswerry	F5559	LADIES	120	3	881	98
349		1583	Dick FINCH	Chepstow	M7099	MEN	228	3	773	98
350		5194	Sarah HIRON	Pont-y-Pwl	F3539	LADIES	121	25	880	76

PLACE	time (h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place	GEN & TEAM POINTS	CAT POINTS
351		4086	Nicola PARKER	Monmouth	F3539	LADIES	122	26	879	75
352		3782	Susan WEBSTER	Lliswerry	F5054	LADIES	123	15	878	86
353		3705	Mervyn WEIGHTMAN-BENT	Lliswerry	M5559	MEN	229	30	772	71
354		3553	Laura RENDELL	Lliswerry	F1734	LADIES	124	33	877	68
355		3687	Keith JAMES	Lliswerry	M4044	MEN	230	37	771	64
356		3825	Jackie DAVIDGE	Lliswerry	F5054	LADIES	125	16	876	85
357		5004	Anna PARRY	Pont-y-Pwl	F3539	LADIES	126	27	875	74
358		5037	Kirsty RHODES	Pont-y-Pwl	F1734	LADIES	127	34	874	67
359		1008	Charlotte LEIGH	Caerleon	F3539	LADIES	128	28	873	73
360		3558	Linda DURSLEY	Lliswerry	F5559	LADIES	129	4	872	97
361		1119	Eddie McDAID	Caerleon	M6064	MEN	231	11	770	90
362		1144	Jenna FOSTER	Caerleon	F1734	LADIES	130	35	871	66
363		3263	William LEWIS	Islwyn	M6064	MEN	232	12	769	89
364		1587	Geoffrey BAYLISS	Chepstow	M6569	MEN	233	4	768	97
365		4595	Michael LEWIS	Parc Bryn Bach	M7099	MEN	234	4	767	97
366		1553	Suzie SHEPHERD	Chepstow	F4549	LADIES	131	15	870	86
367		4032	Sian BURNS	Monmouth	F5054	LADIES	132	17	869	84
368		2059	Chris ZIDANI	Fairwater	M4044	MEN	235	38	766	63
369		3232	Jason RUSSELL	Islwyn	M1739	MEN	236	89	765	12
370		5056	Nadine DONOVAN	Pont-y-Pwl	F4044	LADIES	133	28	868	73
371		3580	Pam GRANTHAM	Lliswerry	F5054	LADIES	134	18	867	83
372		1545	Rebekah LANE	Chepstow	F4044	LADIES	135	29	866	72
373		1134	Sally SEIGNOT	Caerleon	F4044	LADIES	136	30	865	71
374		5033	Kate ALLEN	Pont-y-Pwl	F4044	LADIES	137	31	864	70
375		4528	Rhian WHITE	Parc Bryn Bach	F1734	LADIES	138	36	863	65
376		1024	Jo DAVISS	Caerleon	F4549	LADIES	139	16	862	85
377		1135	Tania HALL	Caerleon	F4044	LADIES	140	32	861	69
378		4604	Suzanne COURT	Parc Bryn Bach	F4044	LADIES	141	33	860	68
379		4525	Pamela BROWNING	Parc Bryn Bach	F4549	LADIES	142	17	859	84
380		3064	Mel SENIOR	Islwyn	F4549	LADIES	143	18	858	83
381		1046	Ruth SMITH	Caerleon	F5559	LADIES	144	5	857	96
382		3094	Vicki JONES	Islwyn	F4044	LADIES	145	34	856	67
383		3718	Nick JACKSON	Lliswerry	M5054	MEN	237	33	764	68
384		1148	Ann TIMBRELL	Caerleon	F4044	LADIES	146	35	855	66
385		5507	Esther DAWSON	Usk	F4044	LADIES	147	36	854	65
386		2592	Cath EDWARD	Griffithstown	F5054	LADIES	148	19	853	82
387		2600	Nikki SAUNDERS	Griffithstown	F1734	LADIES	149	37	852	64
388		1149	Michelle OSMOND	Caerleon	F4549	LADIES	150	19	851	82
389		1101	Steve HOUGHTON	Caerleon	M5559	MEN	238	31	763	70
390		3199	Jayne A JONES	Islwyn	F4549	LADIES	151	20	850	81
391		3198	Sian PEARCE	Islwyn	F3539	LADIES	152	29	849	72
392		1150	Rachel MORGAN	Caerleon	F4044	LADIES	153	37	848	64
393		3826	Lisa NICHOLS	Lliswerry	F4549	LADIES	154	21	847	80
394		5035	Kay MORGAN	Pont-y-Pwl	F3539	LADIES	155	30	846	71
395		1143	Jo HARDMAN	Caerleon	F4549	LADIES	156	22	845	79
396		1001	Aisling MORGAN	Caerleon	F1734	LADIES	157	38	844	63
397		1526	Jane RYMER	Chepstow	F5054	LADIES	158	20	843	81
398		3827	Shirley CLYNCH	Lliswerry	F5559	LADIES	159	6	842	95
399		1131	Claire ORFORD	Caerleon	F4044	LADIES	160	38	841	63
400		3229	Sian JOHNSON	Islwyn	F1734	LADIES	161	39	840	62



PLACE	time (h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place	GEN & TEAM POINTS	CAT POINTS
401		1020	Gwyn HOWELLS	Caerleon	F6599	LADIES	162	3	839	98
402		2070	Steve JAMES	Fairwater	M4044	MEN	239	39	762	62
403		2532	Yvonne WALKER	Griffithstown	F6599	LADIES	163	4	838	97
404		3226	Ross KEELING	Islwyn	M1739	MEN	240	90	761	11
405		3821	Janine LANE	Lliswerry	F3539	LADIES	164	31	837	70
406		1147	Sue WOODRUFF	Caerleon	F5559	LADIES	165	7	836	94
407		1641	Syd WHEELER	Chepstow	M7099	MEN	241	5	760	96
408		1145	Sian McCARTHEY	Caerleon	F5054	LADIES	166	21	835	80
409		1522	Jackie WEBB	Chepstow	F5054	LADIES	167	22	834	79
410		1663	Lyndsay PATTERSON	Chepstow	F1734	LADIES	168	40	833	61
411		3524	Eleanor JOHNSTON	Lliswerry	F3539	LADIES	169	32	832	69
412		3614	Tracy BURTON	Lliswerry	F5054	LADIES	170	23	831	78
413		3781	Marie TELL	Lliswerry	F5054	LADIES	171	24	830	77
414		3831	Paul WILLIAMS	Lliswerry	M6064	MEN	242	13	759	88
415		1512	Daphne AUSTERBERRY	Chepstow	F6599	LADIES	172	5	829	96
416		2057	Bethan DAVIES	Fairwater	F3539	LADIES	173	33	828	68

**Race 4 of 5**  
**PONTYPOOL**  
**2nd August**

**RACE SUMMARY**

NUMBER OF RUNNERS BY CATEGORY			
F1734	40	M1739	90
F3539	33	M4044	39
F4044	38	M4549	27
F4549	22	M5054	33
F5054	24	M5559	31
F5559	7	M6064	13
F6064	4	M6569	4
F6599	5	M7099	5
Guests (F)	0	Guests (M)	1
<b>LADIES TOTAL</b>	<b>173</b>	<b>MENS TOTAL</b>	<b>243</b>

NUMBER OF RUNNERS BY CLUB			
CLUB	LADIES	MEN	TOTAL
CAERLEON	30	28	58
CHEPSTOW	22	34	56
FAIRWATER	8	15	23
GRIFFITHSTOWN	9	16	25
ISLWYN	22	33	55
LLISWERRY	33	47	80
MONMOUTH	5	8	13
PARC BRYN BACH	15	25	40
PONTYPOOL	26	30	56
USK	3	6	9
Guests	0	1	1
<b>TOTAL</b>	<b>173</b>	<b>243</b>	<b>416</b>

TEAM RESULTS

<u>MALE "A" TEAM</u>				<u>FEMALE "A" TEAM</u>				
		<u>RUNNERS</u>	<u>SCORE</u>	<u>POINTS</u>		<u>RUNNERS</u>	<u>SCORE</u>	<u>POINTS</u>
1	CHEPSTOW	10	9818	10	1	PARC BRYN BACH	6	5949
2	PONT-Y-PWL	10	9764	9	2	PONT-Y-PWL	6	5936
3	LLISWERRY	10	9682	8	3	CHEPSTOW	6	5913
4	ISLWYN	10	9462	7	4	LLISWERRY	6	5852
5	CAERLEON	10	9453	6	5	ISLWYN	6	5823
6	PARC BRYN BACH	10	9448	5	6	CAERLEON	6	5808
7	GRIFFITHSTOWN	10	9437	4	7	FAIRWATER	6	5697
8	FAIRWATER	10	8879	3	8	GRIFFITHSTOWN	6	5666
9	MONMOUTH	8	7208	2	9	MONMOUTH	5	4444
10	USK	6	5091	1	10	USK	3	2650

<u>MALE TEAM "B&amp;C" TEAM</u>			<u>FEMALE "B&amp;C" TEAM</u>				
		<u>RUNNERS</u>	<u>SCORE</u>		<u>RUNNERS</u>	<u>SCORE</u>	
1	CHEPSTOW(B)	10	9217	1	PONT-Y-PWL(B)	6	5723
2	LLISWERRY(B)	10	9057	2	CHEPSTOW(B)	6	5696
3	PONT-Y-PWL(B)	10	9030	3	LLISWERRY(B)	6	5645
4	CAERLEON(B)	10	8716	4	ISLWYN(B)	6	5598
5	PARC BRYN BACH(B)	10	8684	5	PARC BRYN BACH(B)	6	5566
6	ISLWYN(B)	10	8618	6	PONT-Y-PWL(C)	6	5541
7	LLISWERRY(C)	10	8498	7	CAERLEON(B)	6	5479
8	CHEPSTOW(C)	10	8372	8	LLISWERRY(C)	6	5436
9	PONT-Y-PWL(C)	10	8189	9	ISLWYN(C)	6	5391
10	ISLWYN(C)	10	7997	10	CHEPSTOW(C)	6	5333
11	CAERLEON(C)	8	6383	11	CAERLEON(C)	6	5264
12	GRIFFITHSTOWN(B)	6	5104	12	PARC BRYN BACH(C)	3	2582
13	PARC BRYN BACH(C)	5	3995	13	GRIFFITHSTOWN(B)	3	2543
14	FAIRWATER(B)	5	3943	14	FAIRWATER(B)	2	1723
	FAIRWATER(C)	0	0		FAIRWATER(C)	0	0
	GRIFFITHSTOWN(C)	0	0		GRIFFITHSTOWN(C)	0	0
	MONMOUTH(B)	0	0		MONMOUTH(B)	0	0
	MONMOUTH(C)	0	0		MONMOUTH(C)	0	0
	USK(B)	0	0		USK(B)	0	0
	USK(C)	0	0		USK(C)	0	0