

| PLACE | (token) | time<br>h:mm:ss | #    | NAME               | CLUB           | CATEGORY | category<br>place | gender/team<br>points | category<br>points |
|-------|---------|-----------------|------|--------------------|----------------|----------|-------------------|-----------------------|--------------------|
| 1     | 1       |                 | 4577 | Lauren COOPER      | Parc Bryn Bach | F1734    | 1                 | 1000                  | 100                |
| 2     | 2       |                 | 1548 | Sarah BELL         | Chepstow       | F3539    | 1                 | 999                   | 100                |
| 3     | 3       |                 | 4077 | Alice TAYLOR       | Monmouth       | F1734    | 2                 | 998                   | 99                 |
| 4     | 4       |                 | 1542 | Niki MORGAN        | Chepstow       | F4549    | 1                 | 997                   | 100                |
| 5     | 5       |                 | 5044 | Lubi MECIAROVA     | Pont-y-Pwl     | F1734    | 3                 | 996                   | 98                 |
| 6     | 6       |                 | 3506 | Antoinette DUMAYNE | Lliswerry      | F1734    | 4                 | 995                   | 97                 |
| 7     | 7       |                 | 3586 | Rebecca ROTHWELL   | Lliswerry      | F1734    | 5                 | 994                   | 96                 |
| 8     | 8       |                 | 3595 | Sandra CHIPPER     | Lliswerry      | F4044    | 1                 | 993                   | 100                |
| 9     | 9       |                 | 5043 | Louise SUMMERS     | Pont-y-Pwl     | F4549    | 2                 | 992                   | 99                 |
| 10    | 10      |                 | 4505 | Danielle PHILLIPS  | Parc Bryn Bach | F1734    | 6                 | 991                   | 95                 |
| 11    | 11      |                 | 1537 | Lisa JEFFREY       | Chepstow       | F4044    | 2                 | 990                   | 99                 |
| 12    | 12      |                 | 1544 | Rebecca COMINS     | Chepstow       | F4549    | 3                 | 989                   | 98                 |
| 13    | 13      |                 | 1514 | Esther BARRETT     | Chepstow       | F4044    | 3                 | 988                   | 98                 |
| 14    | 14      |                 | 3566 | Marina WRIGHT      | Lliswerry      | F3539    | 2                 | 987                   | 99                 |
| 15    | 15      |                 | 1543 | Rachel HIPKISS     | Chepstow       | F3539    | 3                 | 986                   | 98                 |
| 16    | 16      |                 | 3009 | Ceri BARTLEY       | Islwyn         | F3539    | 4                 | 985                   | 97                 |
| 17    | 17      |                 | 5041 | Lisa ERICKSON      | Pont-y-Pwl     | F3539    | 5                 | 984                   | 96                 |
| 18    | 18      |                 | 2009 | Jeanette JENKINS   | Fairwater      | F5054    | 1                 | 983                   | 100                |
| 19    | 19      |                 | 5071 | Sharon NEWELL      | Pont-y-Pwl     | F4549    | 4                 | 982                   | 97                 |
| 20    | 20      |                 | 3053 | Kelly WALL         | Islwyn         | F1734    | 7                 | 981                   | 94                 |
| 21    | 21      |                 | 5021 | Emma SOWREY        | Pont-y-Pwl     | F4044    | 4                 | 980                   | 97                 |
| 22    | 22      |                 | 1523 | Jan MORRIS         | Chepstow       | F4549    | 5                 | 979                   | 96                 |
| 23    | 23      |                 | 5072 | Sharon WOODS       | Pont-y-Pwl     | F5559    | 1                 | 978                   | 100                |
| 24    | 24      |                 | 5047 | Maria RICHARDS     | Pont-y-Pwl     | F4044    | 5                 | 977                   | 96                 |
| 25    | 25      |                 | 5067 | Sarah COOTE        | Pont-y-Pwl     | F1734    | 8                 | 976                   | 93                 |
| 26    | 26      |                 | 2530 | Tara PAISEY        | Griffithstown  | F1734    | 9                 | 975                   | 92                 |
| 27    | 27      |                 | 3791 | Angharad HODGSON   | Lliswerry      | F1734    | 10                | 974                   | 91                 |
| 28    | 28      |                 | 1531 | Joyce DODD         | Chepstow       | F6064    | 1                 | 973                   | 100                |
| 29    | 29      |                 | 1004 | Alison SCRIVENS    | Caerleon       | F4549    | 6                 | 972                   | 95                 |
| 30    | 30      |                 | 3065 | Michelle JOHNSON   | Islwyn         | F1734    | 11                | 971                   | 90                 |
| 31    | 31      |                 | 1654 | Mooch WILLIAMS     | Chepstow       | F3539    | 6                 | 970                   | 95                 |
| 32    | 32      |                 | 2003 | Bev BRADBURY JONES | Fairwater      | F4044    | 6                 | 969                   | 95                 |
| 33    | 33      |                 | 3528 | Ella BOORMAN       | Lliswerry      | F1734    | 12                | 968                   | 89                 |
| 34    | 34      |                 | 3530 | Gayle SHEPPARD     | Lliswerry      | F4044    | 7                 | 967                   | 94                 |
| 35    | 37      |                 | 5028 | Holly JANES-THOMAS | Pont-y-Pwl     | F1734    | 13                | 966                   | 88                 |
| 36    | 38      |                 | 1555 | Teresa TRANTER     | Chepstow       | F6064    | 2                 | 965                   | 99                 |
| 37    | 40      |                 | 4014 | Jo MARSH           | Monmouth       | F4549    | 7                 | 964                   | 94                 |
| 38    | 41      |                 | 3584 | Rachel KENNEDY     | Lliswerry      | F4549    | 8                 | 963                   | 93                 |
| 39    | 42      |                 | 1655 | Toni ASHWORTH      | Chepstow       | F4044    | 8                 | 962                   | 93                 |
| 40    | 44      |                 | 3196 | Hannah DAVIES      | Islwyn         | F1734    | 14                | 961                   | 87                 |
| 41    | 46      |                 | 2512 | Elizabeth STOKES   | Griffithstown  | F4044    | 9                 | 960                   | 92                 |
| 42    | 47      |                 | 4507 | Hayley JACKSON     | Parc Bryn Bach | F4044    | 10                | 959                   | 91                 |
| 43    | 48      |                 | 5042 | Louise BRIGHT      | Pont-y-Pwl     | F3539    | 7                 | 958                   | 94                 |
| 44    | 49      |                 | 1536 | Kim CARWARDINE     | Chepstow       | F1734    | 15                | 957                   | 86                 |
| 45    | 51      |                 | 1507 | Brenda AVERY       | Chepstow       | F6599    | 1                 | 956                   | 100                |

| PLACE | (token) | time<br>h:mm:ss | #    | NAME                 | CLUB           | CATEGORY | category<br>place | gender/team<br>points | category<br>points |
|-------|---------|-----------------|------|----------------------|----------------|----------|-------------------|-----------------------|--------------------|
| 46    | 52      |                 | 5019 | Emma MORGAN          | Pont-y-Pwl     | F4044    | 11                | 955                   | 90                 |
| 47    | 55      |                 | 1552 | Sue ASHTON           | Chepstow       | F6064    | 3                 | 954                   | 98                 |
| 48    | 56      |                 | 5033 | Kate ALLEN           | Pont-y-Pwl     | F4044    | 12                | 953                   | 89                 |
| 49    | 57      |                 | 3195 | Anne RICE-JONES      | Islwyn         | F5054    | 2                 | 952                   | 99                 |
| 50    | 60      |                 | 5016 | Donna HEWITT         | Pont-y-Pwl     | F3539    | 8                 | 951                   | 93                 |
| 51    | 61      |                 | 1524 | Jane BAYLISS         | Chepstow       | F6064    | 4                 | 950                   | 97                 |
| 52    | 67      |                 | 4514 | Kath JERVIS          | Parc Bryn Bach | F5559    | 2                 | 949                   | 99                 |
| 53    | 70      |                 | 4504 | Claire SULLIVAN      | Parc Bryn Bach | F1734    | 16                | 948                   | 85                 |
| 54    | 72      |                 | 3526 | Elinor PHILLIPS      | Lliswerry      | F1734    | 17                | 947                   | 84                 |
| 55    | 77      |                 | 4036 | Tracey MAPP          | Monmouth       | F4549    | 9                 | 946                   | 92                 |
| 56    | 79      |                 | 5005 | Anna RICHARDS        | Pont-y-Pwl     | F3539    | 9                 | 945                   | 92                 |
| 57    | 80      |                 | 5037 | Kirsty RHODES        | Pont-y-Pwl     | F1734    | 18                | 944                   | 83                 |
| 58    | 82      |                 | 3200 | Claire MORGAN        | Islwyn         | F4044    | 13                | 943                   | 88                 |
| 59    | 85      |                 | 2006 | Helen GWILLIAM       | Fairwater      | F4549    | 10                | 942                   | 91                 |
| 60    | 86      |                 | 4030 | Sarah CLIFTON        | Monmouth       | F3539    | 10                | 941                   | 91                 |
| 61    | 90      |                 | 5035 | Kay MORGAN           | Pont-y-Pwl     | F3539    | 11                | 940                   | 90                 |
| 62    | 95      |                 | 4579 | Louise KIRBY         | Parc Bryn Bach | F4549    | 11                | 939                   | 90                 |
| 63    | 96      |                 | 3614 | Tracy BURTON         | Lliswerry      | F5054    | 3                 | 938                   | 98                 |
| 64    | 100     |                 | 4078 | Kelly JACKSON-GRAHAM | Monmouth       | F3539    | 12                | 937                   | 89                 |
| 65    | 101     |                 | 3039 | Helen WILLIAMS       | Islwyn         | F3539    | 13                | 936                   | 88                 |
| 66    | 108     |                 | 4031 | Sarah RICHARDS       | Monmouth       | F3539    | 14                | 935                   | 87                 |
| 67    | 117     |                 | 4032 | Sian BURNS           | Monmouth       | F5054    | 4                 | 934                   | 97                 |
| 68    | 118     |                 | 4038 | Trish BICKNELL       | Monmouth       | F5054    | 5                 | 933                   | 96                 |
| 69    | 120     |                 | 1001 | Aisling MORGAN       | Caerleon       | F1734    | 19                | 932                   | 82                 |
| 70    | 129     |                 | 2055 | Jessica KENT         | Fairwater      | F1734    | 20                | 931                   | 81                 |

**GLCL 2015~16 XC SERIES  
RACE 5 of 5  
PONTYPOOL  
SUNDAY 20th MAR. 2016**

| PLACE | (token) | time<br>h:mm:ss | #    | NAME               | CLUB           | CATEGORY | category<br>place | gender/team<br>points | category<br>points |
|-------|---------|-----------------|------|--------------------|----------------|----------|-------------------|-----------------------|--------------------|
| 1     | 35      |                 | 2036 | Laurence HUMPHRIES | Fairwater      | M1739    | 1                 | 1000                  | 100                |
| 2     | 36      |                 | 2563 | Leighton WEBB      | Griffithstown  | M1739    | 2                 | 999                   | 99                 |
| 3     | 39      |                 | 5146 | Sean TAYLOR        | Pont-y-Pwl     | M1739    | 3                 | 998                   | 98                 |
| 4     | 43      |                 | 5166 | Ben SINCLAIR       | Pont-y-Pwl     | M1739    | 4                 | 997                   | 97                 |
| 5     | 45      |                 | 3700 | Matthew GRANTHAM   | Lliswerry      | M1739    | 5                 | 996                   | 96                 |
| 6     | 50      |                 | 5083 | Alun WOOD          | Pont-y-Pwl     | M1739    | 6                 | 995                   | 95                 |
| 7     | 53      |                 | 2561 | Josh JONES         | Griffithstown  | M1739    | 7                 | 994                   | 94                 |
| 8     | 58      |                 | 5116 | Josh MALONEY       | Pont-y-Pwl     | M1739    | 8                 | 993                   | 93                 |
| 9     | 59      |                 | 5113 | Iestyn RHODES      | Pont-y-Pwl     | M1739    | 9                 | 992                   | 92                 |
| 10    | 62      |                 | 3171 | Philip WILLIAMS    | Islwyn         | M1739    | 10                | 991                   | 91                 |
| 11    | 63      |                 | 1600 | Karie ATKINS       | Chepstow       | M4044    | 1                 | 990                   | 100                |
| 12    | 64      |                 | 1606 | Mark HARVEY(jnr)   | Chepstow       | M1739    | 11                | 989                   | 90                 |
| 13    | 65      |                 | 5138 | Ray MORGAN         | Pont-y-Pwl     | M1739    | 12                | 988                   | 89                 |
| 14    | 66      |                 | 2586 | Thomas GUY         | Griffithstown  | M4044    | 2                 | 987                   | 99                 |
| 15    | 68      |                 | 3733 | Phil BOORMAN       | Lliswerry      | M4549    | 1                 | 986                   | 100                |
| 16    | 69      |                 | 1599 | Jonathan CARTER    | Chepstow       | M4549    | 2                 | 985                   | 99                 |
| 17    | 71      |                 | 1611 | Matthew LAWSON     | Chepstow       | M4549    | 3                 | 984                   | 98                 |
| 18    | 73      |                 | 5085 | Andrew LEE         | Pont-y-Pwl     | M4044    | 3                 | 983                   | 98                 |
| 19    | 74      |                 | 5153 | Steve DAVIES       | Pont-y-Pwl     | M5559    | 1                 | 982                   | 100                |
| 20    | 75      |                 | 5081 | Adrian WOODS       | Pont-y-Pwl     | M5054    | 1                 | 981                   | 100                |
| 21    | 76      |                 | 3790 | Richard CRONIN     | Lliswerry      | M1739    | 13                | 980                   | 88                 |
| 22    | 78      |                 | 3676 | James PEARCE       | Lliswerry      | M4044    | 4                 | 979                   | 97                 |
| 23    | 81      |                 | 3167 | Paul HAYWARD       | Islwyn         | M1739    | 14                | 978                   | 87                 |
| 24    | 83      |                 | 5093 | Chris O'BRIEN      | Pont-y-Pwl     | M4044    | 5                 | 977                   | 96                 |
| 25    | 84      |                 | 1609 | Martyn WINSER      | Chepstow       | M1739    | 15                | 976                   | 86                 |
| 26    | 87      |                 | 5084 | Andrew DICKENS     | Pont-y-Pwl     | M4549    | 4                 | 975                   | 97                 |
| 27    | 88      |                 | 5154 | Steve HARRHY       | Pont-y-Pwl     | M5054    | 2                 | 974                   | 99                 |
| 28    | 89      |                 | 2572 | Nick WALSH         | Griffithstown  | M4044    | 6                 | 973                   | 95                 |
| 29    | 91      |                 | 3746 | Simon GILL         | Lliswerry      | M1739    | 16                | 972                   | 85                 |
| 30    | 92      |                 | 5104 | Gareth DAVIES      | Pont-y-Pwl     | M1739    | 17                | 971                   | 84                 |
| 31    | 93      |                 | 3122 | David WATERS       | Islwyn         | M4044    | 7                 | 970                   | 94                 |
| 32    | 94      |                 | 3187 | Steve LANE         | Islwyn         | M4044    | 8                 | 969                   | 93                 |
| 33    | 97      |                 | 4588 | Matthew ELLIS      | Parc Bryn Bach | M1739    | 18                | 968                   | 83                 |
| 34    | 98      |                 | 4582 | Andrew JONES       | Parc Bryn Bach | M4044    | 9                 | 967                   | 92                 |
| 35    | 99      |                 | 2052 | Steve MORGAN       | Fairwater      | M4044    | 10                | 966                   | 91                 |
| 36    | 102     |                 | 4561 | Phillip MILES      | Parc Bryn Bach | M6064    | 1                 | 965                   | 100                |
| 37    | 103     |                 | 1601 | Kevin MCENTEE      | Chepstow       | M5559    | 2                 | 964                   | 99                 |
| 38    | 104     |                 | 4578 | Alan WILLIAMS      | Parc Bryn Bach | M1739    | 19                | 963                   | 82                 |
| 39    | 105     |                 | 1076 | Michael REEVES     | Caerleon       | M1739    | 20                | 962                   | 81                 |
| 40    | 106     |                 | 1088 | Peter RODGER       | Caerleon       | M5559    | 3                 | 961                   | 98                 |
| 41    | 107     |                 | 1637 | Stephen OWEN       | Chepstow       | M6064    | 2                 | 960                   | 99                 |
| 42    | 109     |                 | 5541 | Jon HANCOCK        | Usk            | M5559    | 4                 | 959                   | 97                 |
| 43    | 110     |                 | 1067 | Howard MASON       | Caerleon       | M5054    | 3                 | 958                   | 98                 |
| 44    | 111     |                 | 5164 | Paul HARVEY        | (Pont-y-Pwl)   | M1739    | 21                | 957                   | 80                 |
| 45    | 112     |                 | 4064 | Russell FINCH      | Monmouth       | M5054    | 4                 | 956                   | 97                 |

| PLACE | (token) | time<br>h:mm:ss | #    | NAME                | CLUB           | CATEGORY | category<br>place | gender/team<br>points | category<br>points |
|-------|---------|-----------------|------|---------------------|----------------|----------|-------------------|-----------------------|--------------------|
| 46    | 113     |                 | 4043 | Brian EVANS         | Monmouth       | M4044    | 11                | 955                   | 90                 |
| 47    | 114     |                 | 3727 | Paul DAY            | Lliswerry      | M6064    | 3                 | 954                   | 98                 |
| 48    | 115     |                 | 3675 | Ian WHATMOUGH       | Lliswerry      | M5559    | 5                 | 953                   | 96                 |
| 49    | 116     |                 | 2061 | Simon BURNS         | Fairwater      | M1739    | 22                | 952                   | 79                 |
| 50    | 119     |                 | 4557 | Martin CHAMMINGS    | Parc Bryn Bach | M1739    | 23                | 951                   | 78                 |
| 51    | 121     |                 | 2047 | Richard BOWIE       | Fairwater      | M5054    | 5                 | 950                   | 96                 |
| 52    | 122     |                 | 5547 | Neil WILLIAMS       | Usk            | M5054    | 6                 | 949                   | 95                 |
| 53    | 123     |                 | 2038 | Martyn JENKINS      | Fairwater      | M5559    | 6                 | 948                   | 95                 |
| 54    | 124     |                 | 5140 | Ricci WATTS         | Pont-y-Pwl     | M1739    | 24                | 947                   | 77                 |
| 55    | 125     |                 | 4590 | Matthew TRINDER     | Parc Bryn Bach | M1739    | 25                | 946                   | 76                 |
| 56    | 126     |                 | 1569 | Barry EVANS         | Chepstow       | M4549    | 5                 | 945                   | 96                 |
| 57    | 127     |                 | 2027 | Adrian GWILLIAM     | Fairwater      | M4549    | 6                 | 944                   | 95                 |
| 58    | 128     |                 | 1560 | Alan DOBBS          | Chepstow       | M1739    | 26                | 943                   | 75                 |
| 59    | 130     |                 | 5133 | Paul GRAINGER JONES | Pont-y-Pwl     | M4044    | 12                | 942                   | 89                 |
| 60    | 131     |                 | 2581 | Rhys THOMAS         | Griffithstown  | M1739    | 27                | 941                   | 74                 |
| 61    | 132     |                 | 3792 | Paul GONCALVES      | Lliswerry      | M4044    | 13                | 940                   | 88                 |
| 62    | 133     |                 | 3140 | Jason DIXON         | Islwyn         | M4549    | 7                 | 939                   | 94                 |
| 63    | 134     |                 | 3693 | Mark FAULKNER       | Lliswerry      | M5559    | 7                 | 938                   | 94                 |
| 64    | 135     |                 | 5101 | Dean ARNOLD         | Pont-y-Pwl     | M4549    | 8                 | 937                   | 93                 |
| 65    | 136     |                 | 4048 | Jeremy CREASEY      | Monmouth       | M4549    | 9                 | 936                   | 92                 |
| 66    | 137     |                 | 2037 | Lee HAMMOND         | Fairwater      | M4044    | 14                | 935                   | 87                 |
| 67    | 138     |                 | 5089 | Carl ROBERTS        | Pont-y-Pwl     | M1739    | 28                | 934                   | 73                 |
| 68    | 139     |                 | 5130 | Nigel BAKER         | Pont-y-Pwl     | M6569    | 1                 | 933                   | 100                |
| 69    | 140     |                 | 4574 | Terry VAUGHAN       | Parc Bryn Bach | M4044    | 15                | 932                   | 86                 |
| 70    | 141     |                 | 3157 | Mark DUDDRIDGE      | Islwyn         | M1739    | 29                | 931                   | 72                 |
| 71    | 142     |                 | 2060 | Darren WEAVING      | Fairwater      | M4549    | 10                | 930                   | 91                 |
| 72    | 143     |                 | 3721 | Nigel FOULKES-NOCK  | Lliswerry      | M4549    | 11                | 929                   | 90                 |
| 73    | 144     |                 | 5539 | Graham SIMPSON      | Usk            | M5054    | 7                 | 928                   | 94                 |
| 74    | 145     |                 | 2053 | Tim MURPHY          | Fairwater      | M5559    | 8                 | 927                   | 93                 |
| 75    | 146     |                 | 1572 | Brett REGULSKI      | Chepstow       | M5559    | 9                 | 926                   | 92                 |
| 76    | 147     |                 | 4051 | Lee JAMES           | Monmouth       | M4044    | 16                | 925                   | 85                 |
| 77    | 148     |                 | 1563 | Andrew BRAY         | Chepstow       | M5559    | 10                | 924                   | 91                 |
| 78    | 149     |                 | 4543 | David KEMPTON       | Parc Bryn Bach | M5559    | 11                | 923                   | 90                 |
| 79    | 150     |                 | 1587 | Geoffrey BAYLISS    | Chepstow       | M6569    | 2                 | 922                   | 99                 |
| 80    | 151     |                 | 4070 | Tony HARDY          | Monmouth       | M5054    | 8                 | 921                   | 93                 |
| 81    | 152     |                 | 4072 | David RUTTER        | Monmouth       | M6569    | 3                 | 920                   | 98                 |

**OVER 70 MALE**

|   |    |  |      |               |                |       |   |   |     |
|---|----|--|------|---------------|----------------|-------|---|---|-----|
| 1 | 54 |  | 4539 | Clive COOKSEY | Parc Bryn Bach | M7099 | 1 | 0 | 100 |
|---|----|--|------|---------------|----------------|-------|---|---|-----|

GLCL 2015~16 XC RACE SERIES  
RACE 5 of 5  
PONTYPOOL  
20th MAR. 2016

TEAM RESULTS

|    | <u>MALE "A" TEAM</u> | <u>RUNNERS</u> | <u>SCORE</u> | <u>POINTS</u> |    | <u>FEMALE "A" TEAM</u> | <u>RUNNERS</u> | <u>SCORE</u> | <u>POINTS</u> |
|----|----------------------|----------------|--------------|---------------|----|------------------------|----------------|--------------|---------------|
| 1  | PONT-Y-PWL           | 6              | 5963         | 10            | 1  | CHEPSTOW               | 4              | 3975         | 10            |
| 2  | CHEPSTOW             | 6              | 5888         | 9             | 2  | LLISWERRY              | 4              | 3969         | 9             |
| 3  | LLISWERRY            | 6              | 5867         | 8             | 3  | PONT-Y-PWL             | 4              | 3954         | 8             |
| 4  | ISLWYN               | 6              | 5778         | 7             | 4  | PARC BRYN BACH         | 4              | 3899         | 7             |
| =5 | FAIRWATER            | 6              | 5760         | 5.5           | 5  | ISLWYN                 | 4              | 3898         | 6             |
| =5 | PARC BRYN BACH       | 6              | 5760         | 5.5           | 6  | MONMOUTH               | 4              | 3849         | 5             |
| 7  | MONMOUTH             | 6              | 5613         | 4             | 7  | FAIRWATER              | 4              | 3825         | 4             |
| 8  | GRIFFITHSTOWN        | 5              | 4894         | 3             | 8  | GRIFFITHSTOWN          | 2              | 1935         | 3             |
| 9  | CAERLEON             | 3              | 2881         | 2             | 9  | CAERLEON               | 2              | 1904         | 2             |
| 10 | USK                  | 3              | 2836         | 1             | 10 | USK                    | 0              | 0            | 0             |

|   | <u>MALE TEAM "B&amp;C" TEAM</u> | <u>RUNNERS</u> | <u>SCORE</u> |   | <u>FEMALE "B&amp;C" TEAM</u> | <u>RUNNERS</u> | <u>SCORE</u> |
|---|---------------------------------|----------------|--------------|---|------------------------------|----------------|--------------|
| 1 | PONT-Y-PWL(B)                   | 6              | 5872         | 1 | CHEPSTOW(B)                  | 4              | 3926         |
| 2 | PONT-Y-PWL(C)                   | 6              | 5664         | 2 | PONT-Y-PWL(B)                | 4              | 3911         |
| 3 | CHEPSTOW(B)                     | 6              | 5620         | 3 | LLISWERRY(B)                 | 4              | 3872         |
| 4 | LLISWERRY(B)                    | 4              | 3760         | 4 | CHEPSTOW(C)                  | 4              | 3854         |
| 5 | FAIRWATER(B)                    | 3              | 2792         | 5 | PONT-Y-PWL(C)                | 4              | 3832         |
| 6 | PARC BRYN BACH(B)               | 2              | 1855         | 6 | MONMOUTH(B)                  | 4              | 3739         |
|   | CAERLEON(B)                     | 0              | 0            | 7 | ISLWYN(B)                    | 3              | 2831         |
|   | CAERLEON(C)                     | 0              | 0            | 8 | PARC BRYN BACH(B)            | 2              | 1887         |
|   | CHEPSTOW(C)                     | 0              | 0            | 9 | LLISWERRY(C)                 | 2              | 1885         |
|   | FAIRWATER(C)                    | 0              | 0            |   | CAERLEON(B)                  | 0              | 0            |
|   | GRIFFITHSTOWN(B)                | 0              | 0            |   | CAERLEON(C)                  | 0              | 0            |
|   | GRIFFITHSTOWN(C)                | 0              | 0            |   | FAIRWATER(B)                 | 0              | 0            |
|   | ISLWYN(B)                       | 0              | 0            |   | FAIRWATER(C)                 | 0              | 0            |
|   | ISLWYN(C)                       | 0              | 0            |   | GRIFFITHSTOWN(B)             | 0              | 0            |
|   | LLISWERRY(C)                    | 0              | 0            |   | GRIFFITHSTOWN(C)             | 0              | 0            |
|   | MONMOUTH(B)                     | 0              | 0            |   | ISLWYN(C)                    | 0              | 0            |
|   | MONMOUTH(C)                     | 0              | 0            |   | MONMOUTH(C)                  | 0              | 0            |
|   | PARC BRYN BACH(C)               | 0              | 0            |   | PARC BRYN BACH(C)            | 0              | 0            |
|   | USK(B)                          | 0              | 0            |   | USK(B)                       | 0              | 0            |
|   | USK(C)                          | 0              | 0            |   | USK(C)                       | 0              | 0            |

## RACE SUMMARY

| NUMBER OF RUNNERS BY CATEGORY |    |            |    |
|-------------------------------|----|------------|----|
| F1734                         | 20 | M1739      | 29 |
| F3539                         | 14 | M4044      | 16 |
| F4044                         | 13 | M4549      | 11 |
| F4549                         | 11 | M5054      | 8  |
| F5054                         | 5  | M5559      | 11 |
| F5559                         | 2  | M6064      | 3  |
| F6064                         | 4  | M6569      | 3  |
| F6599                         | 1  | M7099      | 1  |
| Guests (F)                    | 0  | Guests (M) | 0  |
| LADIES TOTAL                  | 70 | MENS TOTAL | 82 |

| NUMBER OF RUNNERS BY CLUB |        |     |       |
|---------------------------|--------|-----|-------|
| CLUB                      | LADIES | MEN | TOTAL |
| CAERLEON                  | 2      | 3   | 5     |
| CHEPSTOW                  | 15     | 12  | 27    |
| FAIRWATER                 | 4      | 9   | 13    |
| GRIFFITHSTOWN             | 2      | 5   | 7     |
| ISLWYN                    | 7      | 6   | 13    |
| LLISWERRY                 | 10     | 10  | 20    |
| MONMOUTH                  | 8      | 6   | 14    |
| PARC BRYN BACH            | 6      | 9   | 15    |
| PONTYPOOL                 | 16     | 19  | 35    |
| USK                       | 0      | 3   | 3     |
| Guests                    | 0      | 0   | 0     |
| TOTAL                     | 70     | 82  | 152   |