

LCL X/C RACE SERIES 2009/10 ; RACE 5/5 LLISWERRY 14th MAR. 2010

LADIES RACE RESULT :

Race position	Number	NAME	Club	Category	Category position
1	422	Sam HARRIS	Chepstow	F1734	1
2	418	Louise SUMMERS	Chepstow	F4044	1
3	132	Heather GRAZ	Chepstow	F3539	1
4	138	Jo POLLARD	Chepstow	F1734	2
5	305	Sandra CHIPPER,	Lliswerry	F3539	2
6	605	Julie DAVIES	Griffithstown	F3539	3
7	115	Esther BARRETT,	Chepstow	F3539	4
8	136	Vanessa LAWSON,	Chepstow	F3539	5
9	124	Niki MORGAN,	Chepstow	F4044	2
10	222	Susan TAGG	Parc Bryn Bach	F4044	3
11	351	Lucy HENLEY	Lliswerry	F1734	3
12	129	Jan MORRIS,	Chepstow	F4044	4
13	244	Ceri CASSIDY	Parc Bryn Bach	F1734	4
14	346	Lauren FOSTER,	Lliswerry	F1734	5
15	209	Anne Marie EVANS,	Parc Bryn Bach	F3539	6
16	227	Jacky MILES,	Parc Bryn Bach	F5559	1
17	102	Sue ASHTON,	Chepstow	F5559	2
18	612	Janet RICHARDS	Griffithstown	F4044	5
19	502	Julie ROCHE,	Fairwater	F4044	6
20	538	Rebecca REYNOLDS	Fairwater	F1734	6
21	355	Alison SHEEDY	Lliswerry	F4044	7
22	511	Stella SYMONS	Fairwater	F4549	1
23	734	Ruth TREHARNE	Islwyn	F4549	2
24	100	Roberta HAVERS	Chepstow	F1734	7
25	347	Lynne ROSSITER	Lliswerry	F5559	3
26	615	Christine VORRÉS	Griffithstown	F5054	1
27	19	Gwyn HOWELLS,	Caerleon	F5559	4
28	312	Julia DAVIES,	Lliswerry	F5054	2
29	337	Ros BURGESS	Lliswerry	F4044	8
30	391	Anna REDMAN	Lliswerry	F4549	3

LADIES TEAM :

(4 HIGHEST PLACED FEMALE RUNNERS FROM EACH CLUB)

Position	TEAM	RUNNERS SCORING	Score	Points
1	CHEPSTOW	4	394	7
2	LLISWERRY	4	353	6
3	PARC BRYN BACH	4	350	5
4	GRIFFITHSTOWN	3	253	4
5	FAIRWATER	3	242	3
6	ISLWYN	1	78	2
7	CAERLEON	1	74	1

LCL X/C RACE SERIES 2009/10 ; RACE 5/5 LLISWERRY 14th MAR. 2010**MENS RACE RESULT :**

Race position	Number	NAME	Club	Category	Category position
1	536	Danny LEWIS	Fairwater	M1739	1
2	404	Rob GORDON	Chepstow	M1739	2
3	673	Stefan SIMMS	Griffithstown	M4044	1
4	528	Mark JENNINGS	Fairwater	M1739	3
5	388	Joshua HARRIS,	Lliswerry	M1739	4
6	71	Jim KING	Caerleon	M1739	5
7	201	David WILLIAMS,	Parc Bryn Bach	M1739	6
8	31	Leighton RAWLINSON	Caerleon	M1739	7
9	696	Sean TAYLOR	Griffithstown	M1739	8
10	304	Dave HARRIS,	Lliswerry	M4044	2
11	207	Simon LEWIS,	Parc Bryn Bach	M4044	3
12	530	Daryll BARNBY	Fairwater	M1739	9
13	320	John FOSTER,	Lliswerry	M5054	1
14	512	Kyle HARVEY	Fairwater	M1739	10
15	685	Craig STEPHENS	Griffithstown	M1739	11
16	379	Andrew DAWE	Lliswerry	M4044	4
17	657	Steve DAVIES	Griffithstown	M5054	2
18	194	Mark HARVEY,	Chepstow	M1739	12
19	799	Haydn HARTNELL	Islwyn	M4549	1
20	421	Steven HARRIS	Chepstow	M1739	13
21	678	Dimitri VORRÉS	Griffithstown	M4549	2
22	110	Laurie CARTER	Chepstow	M5054	3
23	531	Rhys WILLIAMS,	Fairwater	M1739	14
24	352	Paul HARRIS,	Lliswerry	M4044	5
25	338	Chris HARRHY,	Lliswerry	M4044	6
26	407	Richard KNIGHT	Chepstow	M1739	15
27	362	Toby JONES	Lliswerry	M1739	16
28	193	James BLORE	Chepstow	M1739	17
29	143	Luke MALARZ,	Chepstow	M1739	18
30	221	David FROST	Parc Bryn Bach	M4044	7
31	65	Mike THURGOOD	Caerleon	M4044	8
32	522	Grant LEWIS	Fairwater	M1739	19
33	111	Paul LIDGETT	Chepstow	M4044	9
34	241	Nigel LAWRENCE	Parc Bryn Bach	M4044	10
35	230	Martin CHAMMINGS	Parc Bryn Bach	M1739	20
36	377	Steve HARRHY	Lliswerry	M4549	3
37	361	Gareth HALL	Lliswerry	M1739	21
38	509	Richard LLOYD,	Fairwater	M1739	22
39	211	Phillip MILES,	Parc Bryn Bach	M5559	1
40	238	David SMOUT	Parc Bryn Bach	M6099	1
41	510	Mike David WILLIAMS,	Fairwater	M1739	23
42	724	Kim WEHDEN	Islwyn	M4549	4
43	506	Andrew SPENCER,	Fairwater	M4549	5
44	2	Howard MASON,	Caerleon	M4044	11
45	386	Matt CREED	Lliswerry	M1739	24
46	168	Michael GRAZ	Chepstow	M1739	25
47	694	Richard NORTHCOTT	Griffithstown	M1739	26

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Race position	Number	NAME	Club	Category	Category position
48	123	Neil GRANT,	Chepstow	M5559	2
49	524	Richard THOMAS	Fairwater	M1739	27
50	254	Brian PHILLIPS,	Parc Bryn Bach	M4549	6
51	318	Tim REESE,	Lliswerry	M4549	7
52	541	John WILLIAMS,	Fairwater	M4044	12
53	671	Peter RODGER	Griffithstown	M5054	4
54	315	Paul DURSLEY,	Lliswerry	M5559	3
55	186	Andy CREBER,	Chepstow	M5054	5
56	543	Garry WOODS,	Fairwater	M4549	8
57	539	Adrian GWILLIAM	Fairwater	M4044	13
58	525	Richard BOWIE	Fairwater	M4549	9
59	428	Rob SUMMERS	Chepstow	M4044	14
60	232	Tom RUSSELL,	Parc Bryn Bach	M1739	28
61	504	Pete EDWARDS	Fairwater	M1739	29
62	101	Gerry ASHTON,	Chepstow	M5559	4
63	335	Nick PRINGLE,	Lliswerry	M5054	6
64	675	Peter ROBERTS	Griffithstown	M5054	7
65	526	Laurence COX	Fairwater	M1739	30
66	119	Dick FINCH,	Chepstow	M6099	2
67	83	Jonathon LEE	Caerleon	M4044	15
68	108	Andy BRAY,	Chepstow	M5054	8
69	1	Andrew TAYLOR,	Caerleon	M5054	9
70	336	Bryn BURGESS	Lliswerry	M5054	10
71	798	Lyndon SUTTON,	Islwyn	M5559	5
72	687	Stewart THOMPSON	Griffithstown	M4549	10
73	324	John HILL,	Lliswerry	M5559	6
74	713	Glyn HICKS,	Islwyn	M6099	3

MENS TEAM :

(6 HIGHEST PLACED MALE RUNNERS FROM EACH CLUB)

Position	TEAM	RUNNERS SCORING	Score	Points
1	FAIRWATER	6	520	7
2	LLISWERRY	6	513	6
3	GRIFFITHSTOWN	6	494	5
4	CHEPSTOW	6	490	4
5	PARC BRYN BACH	6	450	3
6	CAERLEON	6	381	2
7	ISLWYN	4	198	1