

## ***Chepstow Harriers' Club Championship 2009***

**Month**    December  
**Race**     Nos Galan  
**Distance** 5K  
**Category** Road

### **Men's Championship**

<i>Pos</i>	<i>Name</i>	<i>Time</i>	<i>Age %</i>	<i>Place Pts</i>	<i>Age Pts</i>	<i>Total Pts</i>
1	Laurie Carter	00:18:16	81.40%	37	80	<b>117</b>
2	Rich Matthews	00:17:34	73.62%	40	76	<b>116</b>
3	Andy Creber	00:19:43	75.41%	33	78	<b>111</b>
4	Mark Harvey	00:17:45	72.96%	39	72	<b>111</b>
5	Matt Leathard	00:17:58	72.36%	38	68	<b>106</b>
6	Paul Lidgett	00:19:00	72.93%	34	70	<b>104</b>
7	Dick Finch	00:22:41	73.28%	30	74	<b>104</b>
8	James Bloore	00:18:33	71.03%	35	66	<b>101</b>
9	Richard Knight	00:18:20	70.70%	36	64	<b>100</b>
10	Ian Wade	00:21:55	66.22%	32	60	<b>92</b>
11	Gerry Ashton	00:22:51	67.25%	29	62	<b>91</b>
12	Rob Summers	00:21:57	63.60%	31	58	<b>89</b>
13	Rob Brown	00:26:58	60.54%	27	56	<b>83</b>
14	Nick Davies	00:24:02	55.96%	28	54	<b>82</b>
15	Phil Scriven	00:27:23	50.60%	26	52	<b>78</b>

### **Ladies' Championship**

<i>Pos</i>	<i>Name</i>	<i>Time</i>	<i>Age %</i>	<i>Place Pts</i>	<i>Age Pts</i>	<i>Total Pts</i>
	Kath Matthews	00:18:16	81.11%	40	78	<b>118</b>
	Brenda Avery	00:23:03	81.53%	36	80	<b>116</b>
	Lou Summers	00:19:44	78.23%	38	76	<b>114</b>
	Marianne Gittoes	00:19:12	77.11%	39	72	<b>111</b>
	Sue Ashton	00:23:10	77.89%	35	74	<b>109</b>
	Niki Morgan	00:22:29	68.66%	37	70	<b>107</b>