

LCL CROSS COUNTRY SERIES 2008/9 ; RACE 4/5 ; CHEPSTOW 1st FEB 2009**MENS RACE RESULT :**

| Race position | Number | LAST NAME | First Name | Team | Category | category position |
|----------------------|---------------|------------------|-------------------|----------------|-----------------|--------------------------|
| 1 | 555 | LEWIS | Danny | Fairwater | M1839 | 1 |
| 2 | 71 | KING | Jim | Caerleon | M1839 | 2 |
| 3 | 207 | LEWIS, | Simon | Parc Bryn Bach | M4044 | 1 |
| 4 | 320 | FOSTER, | John | Lliswerry | M5054 | 1 |
| 5 | 512 | HARVEY | Kyle | Fairwater | M1839 | 3 |
| 6 | 178 | TEED | Ivan | Chepstow | M1839 | 4 |
| 7 | 130 | PENNY, | Stuart | Chepstow | M4549 | 1 |
| 8 | 304 | HARRIS, | Dave | Lliswerry | M1839 | 5 |
| 9 | 194 | HARVEY, | Mark | Chepstow | M1839 | 6 |
| 10 | 521 | HUMPHRIES | Laurence | Fairwater | M1839 | 7 |
| 11 | 522 | LEWIS | Grant | Fairwater | M1839 | 8 |
| 12 | 348 | SMITH, | Lee | Lliswerry | M4044 | 2 |
| 13 | 228 | PARHAM | Gethin | Parc Bryn Bach | M1839 | 9 |
| 14 | 523 | ARNOLD | Jamie | Fairwater | M1839 | 10 |
| 15 | 193 | BLORE | James | Chepstow | M1839 | 11 |
| 16 | 144 | WRIGHT | John | Chepstow | M1839 | 12 |
| 17 | 361 | HALL | Gareth | Lliswerry | M1839 | 13 |
| 18 | 657 | JONES | Steve | Griffithstown | M4549 | 2 |
| 19 | 221 | FROST | David | Parc Bryn Bach | M4044 | 3 |
| 20 | 680 | WATERS | Phillip | Griffithstown | M5054 | 2 |
| 21 | 218 | REES, | COLIN | Parc Bryn Bach | M4549 | 3 |
| 22 | 549 | VERNALL | James | Fairwater | M1839 | 14 |
| 23 | 676 | THOMPSON | Andrew | Griffithstown | M5054 | 3 |
| 24 | 135 | LAWSON, | Mathew | Chepstow | M1839 | 15 |
| 25 | 659 | GORMLEY | Gerard | Griffithstown | M4044 | 4 |
| 26 | 741 | JOHNSTONE, | Richard | Islwyn | M1839 | 16 |
| 27 | 2 | MASON, | Howard | Caerleon | M4044 | 5 |
| 28 | 540 | WILLIAMS, | Alun | Fairwater | M4549 | 4 |
| 29 | 504 | EDWARDS | Pete | Fairwater | M1839 | 17 |
| 30 | 238 | SMOUT | David | Parc Bryn Bach | M5559 | 1 |
| 31 | 143 | MALARZ, | Luke | Chepstow | M1839 | 18 |
| 32 | 671 | RODGER | Peter | Griffithstown | M5054 | 4 |
| 33 | 519 | GREY | Keith | Fairwater | M5054 | 5 |
| 34 | 230 | CHAMMINGS | Martin | Parc Bryn Bach | M1839 | 19 |
| 35 | 37 | THOMAS | Peter | Caerleon | M4549 | 5 |
| 36 | 163 | STOTT, | Andy | Chepstow | M4549 | 6 |
| 37 | 506 | SPENCER, | Andrew | Fairwater | M4549 | 7 |
| 38 | 510 | WILLIAMS, | Mike David | Fairwater | M1839 | 20 |
| 39 | 724 | WEHDEN | Kim | Islwyn | M4549 | 8 |
| 40 | 317 | DAY, | Paul | Lliswerry | M5559 | 2 |

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MENS RACE RESULT (cont.) :

| Race position | Number | LAST NAME | First Name | Team | Category | category position |
|----------------------|---------------|------------------|-------------------|----------------|-----------------|--------------------------|
| 41 | 524 | THOMAS | Richard | Fairwater | M1839 | 21 |
| 42 | 158 | SAVAGE, | Bill | Chepstow | M5559 | 3 |
| 43 | 198 | MCENTEE, | Kevin | Chepstow | M5054 | 6 |
| 44 | 167 | CONRIDGE, | Phil | Chepstow | M4044 | 6 |
| 45 | 191 | OST, | Andy | Chepstow | M1839 | 22 |
| 46 | 232 | RUSSELL, | Tom | Parc Bryn Bach | M1839 | 23 |
| 47 | 33 | HARRIS | Graig | Caerleon | M1839 | 24 |
| 48 | 235 | SNOWDEN | Lawrence | Parc Bryn Bach | M4044 | 7 |
| 49 | 691 | JONES | Brian | Griffithstown | M4549 | 9 |
| 50 | 775 | LEWIS | Terry | Islwyn | M4549 | 10 |
| 51 | 416 | COHEN | Leo | Chepstow | M1839 | 25 |
| 52 | 213 | MONK, | Bernie | Parc Bryn Bach | M6099 | 1 |
| 53 | 543 | WOODS, | Garry | Fairwater | M4549 | 11 |
| 54 | 675 | ROBERTS | Peter | Griffithstown | M5054 | 7 |
| 55 | 335 | PRINGLE, | Nick | Lliswerry | M4549 | 12 |
| 56 | 315 | DURSLEY, | Paul | Lliswerry | M5559 | 4 |
| 57 | 200 | COOKSEY, | Clive | Parc Bryn Bach | M6099 | 2 |
| 58 | 428 | SUMMERS | Rob | Chepstow | M4044 | 8 |
| 59 | 119 | FINCH, | Dick | Chepstow | M6099 | 3 |
| 60 | 53 | FORD | Kirk | Caerleon | M1839 | 26 |
| 61 | 95 | WILLIAMS | Chris | Caerleon | M1839 | 27 |
| 62 | 55 | WARD, | Robert | Caerleon | M1839 | 28 |
| 63 | 113 | PROSSER, | Colin | Chepstow | M4549 | 13 |
| 64 | 170 | WHEELER, | Syd | Chepstow | M6099 | 4 |
| 65 | 339 | CARTER | Clive | Lliswerry | M5054 | 8 |
| 66 | 336 | BURGESS | Bryn | Lliswerry | M5054 | 9 |

LCL CROSS COUNTRY SERIES 2008/9 ; RACE 4/5 ; CHEPSTOW 1st FEB 2009

LADIES RACE RESULT :

| Race position | Number | LAST NAME | First Name | Team | Category | category position |
|----------------------|---------------|------------------|-------------------|----------------|-----------------|--------------------------|
| 1 | 422 | HARRIS | Sam | Chepstow | F1834 | 1 |
| 2 | 351 | BEGUE | Nadia | Lliswerry | F1834 | 2 |
| 3 | 608 | WOODS | Sharon | Griffithstown | F4549 | 1 |
| 4 | 605 | DAVIES | Julie | Griffithstown | F3539 | 1 |
| 5 | 420 | GRIFFITH | Sian | Chepstow | F1834 | 3 |
| 6 | 162 | STOTT | Gill | Chepstow | F5054 | 1 |
| 7 | 102 | ASHTON, | Sue | Chepstow | F5054 | 2 |
| 8 | 427 | GAIR | Anthea | Chepstow | F1834 | 4 |
| 9 | 603 | WOODBIDGE | Daniela | Griffithstown | F3539 | 2 |
| 10 | 209 | EVANS, | Anne Marie | Parc Bryn Bach | F3539 | 3 |
| 11 | 109 | CANTWELL | Berna | Chepstow | F4044 | 1 |
| 12 | 515 | JENKINS, | Jeanette | Fairwater | F4549 | 2 |
| 13 | 159 | MATTHEWS | Katherine | Chepstow | F1834 | 5 |
| 14 | 215 | JONES | Keri | Parc Bryn Bach | F3539 | 4 |
| 15 | 740 | BIRCH, | Coleene | Islwyn | F3539 | 5 |
| 16 | 234 | SNOWDEN | Rosemary | Parc Bryn Bach | F4549 | 3 |
| 17 | 761 | GLEN, | Fiona | Islwyn | F1834 | 6 |
| 18 | 502 | ROCHE, | Julie | Fairwater | F4044 | 2 |
| 19 | 51 | THOMAS | Helen | Caerleon | F4549 | 4 |
| 20 | 625 | SHEPPARD | Clare | Griffithstown | F1834 | 7 |
| 21 | 331 | COOK | Michelle | Lliswerry | F4044 | 3 |
| 22 | 783 | RICHARDSON | Pat | Islwyn | F5559 | 1 |
| 23 | 302 | FORSEY, | Yvonne | Lliswerry | F5054 | 3 |
| 24 | 337 | BURGESS | Ros | Lliswerry | F4044 | 4 |

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MENS TEAM :

| Position | TEAM | Score | Points |
|-----------------|----------------|--------------|---------------|
| 1 | Fairwater | 543 | 7 |
| 2 | Chepstow | 529 | 6 |
| 3 | Parc Bryn Bach | 486 | 5 |
| 4 | Lliswerry | 470 | 4 |
| 5 | Griffithstown | 439 | 3 |
| 6 | Caerleon | 374 | 2 |
| 7 | Islwyn | 188 | 1 |

LADIES TEAM :

| Position | TEAM | Score | Points |
|-----------------|----------------|--------------|---------------|
| 1 | Chepstow | 385 | 7 |
| 2 | Griffithstown | 368 | 6 |
| 3 | Lliswerry | 334 | 5 |
| 4 | Parc Bryn Bach | 263 | 4 |
| 5 | Islwyn | 249 | 3 |
| 6 | Fairwater | 172 | 2 |
| 7 | Caerleon | 82 | 1 |