

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

SENIOR MALE :

POSITION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	71	KING	Jim	Caerleon	44	46	50	49	49	194
2	194	HARVEY,	Mark	Chepstow	48	0	48	45	50	191
	512	HARVEY	Kyle	Fairwater	49	50	44	48	44	191
4	521	HUMPHRIES	Laurence	Fairwater	46	48	45	44	47	186
5	178	TEED	Ivan	Chepstow	40	44	46	47	46	183
	304	HARRIS,	Dave	Llswerry	47	47	43	46	0	183
7	193	BLORE	James	Chepstow	0	39	42	40	48	169
8	741	JOHNSTONE,	Richard	Islwyn	39	40	40	35	42	161
9	230	CHAMMINGS	Martin	Parc Bryn Bach	38	33	35	32	36	142
	504	EDWARDS	Pete	Fairwater	34	0	37	34	37	142
11	143	MALARZ,	Luke	Chepstow	0	37	32	33	34	136
12	510	WILLIAMS,	Mike David	Fairwater	0	28	29	31	35	123
	523	ARNOLD	Jamie	Fairwater	42	0	0	41	40	123
14	237	HEWARD	Damian	Parc Bryn Bach	41	38	39	0	0	118
15	524	THOMAS	Richard	Fairwater	0	27	27	30	33	117
16	55	WARD,	Robert	Caerleon	30	0	25	23	31	109
17	509	LLOYD,	Richard	Fairwater	0	35	33	0	39	107
18	327	HUMPHRIES,	Dave	Llswerry	50	49	0	0	0	99
19	121	WARD	Pete	Chepstow	0	45	0	0	45	90
20	522	LEWIS	Grant	Fairwater	0	43	0	43	0	86
21	421	HARRIS	Steven	Chepstow	0	42	41	0	0	83
22	144	WRIGHT	John	Chepstow	0	41	0	39	0	80
23	135	LAWSON,	Mathew	Chepstow	0	0	0	36	43	79
24	549	VERNALL	James	Fairwater	0	0	38	37	0	75
25	361	HALL	Gareth	Llswerry	0	0	34	38	0	72
26	322	MONGER	Paul	Llswerry	36	34	0	0	0	70
27	689	WELSH	Matt	Griffithstown	37	32	0	0	0	69
28	362	JONES	Toby	Llswerry	0	0	30	0	38	68
	751	BIRCH,	Kain	Islwyn	32	0	36	0	0	68
30	661	GUY	Thomas	Griffithstown	35	30	0	0	0	65
31	555	LEWIS	Danny	Fairwater	0	0	0	50	0	50
32	150	CHESHIRE	Calum	Chepstow	0	0	49	0	0	49
33	360	SMOULT	Robin	Llswerry	0	0	47	0	0	47
34	201	WILLIAMS,	David	Parc Bryn Bach	45	0	0	0	0	45
35	719	LAMBETH,	Dafydd	Islwyn	43	0	0	0	0	43
36	228	PARHAM	Gethin	Parc Bryn Bach	0	0	0	42	0	42
37	179	ENGLISH,	Mark	Chepstow	0	0	0	0	41	41
38	177	AKERS	Stuart	Chepstow	0	36	0	0	0	36
39	208	LINE,	Ian	Parc Bryn Bach	33	0	0	0	0	33
40	30	POCKNELL	Justin	Caerleon	0	0	0	0	32	32
41	679	WALSH	Nick	Griffithstown	0	31	0	0	0	31
	732	BIRCH,	Sean	Islwyn	0	0	31	0	0	31
	785	DAVIES,	Hywel	Islwyn	31	0	0	0	0	31
44	23	DAVEY	Sean	Caerleon	0	29	0	0	0	29
	191	OST,	Andy	Chepstow	0	0	0	29	0	29
46	232	RUSSELL,	Tom	Parc Bryn Bach	0	0	0	28	0	28
	513	SKYRME	Michael	Fairwater	0	0	28	0	0	28
48	33	HARRIS	Graig	Caerleon	0	0	0	27	0	27
49	183	HIGGINS,	Nick	Chepstow	0	0	26	0	0	26
	416	COHEN	Leo	Chepstow	0	0	0	26	0	26
	788	BARRINGTON	Gareth	Islwyn	0	26	0	0	0	26
52	53	FORD	Kirk	Caerleon	0	0	0	25	0	25
	784	SELDON	Gary	Islwyn	0	25	0	0	0	25
54	95	WILLIAMS	Chris	Caerleon	0	0	0	24	0	24

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

OVER 40 MALE:

POSTION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	207	LEWIS,	Simon	Parc Bryn Bach	49	49	50	50	50	199
2	348	SMITH,	Lee	Lliswerry	48	47	49	49	49	195
3	221	FROST	David	Parc Bryn Bach	46	48	0	48	48	190
4	2	MASON,	Howard	Caerleon	43	42	46	46	46	181
5	541	WILLIAMS,	John	Fairwater	42	41	45	0	45	173
6	235	SNOWDEN	Lawrence	Parc Bryn Bach	41	39	43	44	44	172
7	659	GORMLEY	Gerard	Griffithstown	0	43	47	47	0	137
8	65	THURGOOD	Mike	Caerleon	44	44	0	0	47	135
9	338	HARRY,	Chris	Lliswerry	50	50	0	0	0	100
10	176	SCOTT	Paul	Chepstow	0	45	48	0	0	93
11	514	MORGAN,	Christopher	Fairwater	45	46	0	0	0	91
12	428	SUMMERS	Rob	Chepstow	0	0	0	43	43	86
13	229	BALL	Russell	Parc Bryn Bach	47	0	0	0	0	47
14	167	CONRIDGE,	Phil	Chepstow	0	0	0	45	0	45
15	669	TOMASULO	Mike	Griffithstown	0	0	44	0	0	44
16	411	SCRIVENS	Phillip	Chepstow	0	0	42	0	0	42
17	535	PRICE,	Tyrone	Fairwater	0	40	0	0	0	40

OVER 45 MALE:

POSTION	Number	SURNAME	First Name	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	678	VORRÉS	Dimitri	Griffithstown	50	50	50	0	50	200
2	540	WILLIAMS.	Alun	Fairwater	49	49	49	47	45	194
3	218	REES,	COLIN	Parc Bryn Bach	47	48	48	48	48	192
4	506	SPENCER,	Andrew	Fairwater	0	47	47	44	47	185
5	163	STOTT,	Andy	Chepstow	46	45	0	45	46	182
6	508	FRY,	Mark	Fairwater	43	44	44	0	43	174
7	724	WEHDEN	Kim	Islwyn	0	41	45	43	44	173
8	691	JONES	Brian	Griffithstown	45	42	40	42	0	169
9	543	WOODS,	Garry	Fairwater	39	0	36	40	40	155
10	37	THOMAS	Peter	Caerleon	48	0	43	46	0	137
11	254	PHILLIPS,	Brian	Parc Bryn Bach	44	0	42	0	42	128
12	657	DAVIES	Steve	Griffithstown	0	0	0	49	49	98
13	318	REESE,	Tim	Lliswerry	42	46	0	0	0	88
14	335	PRINGLE,	Nick	Lliswerry	0	43	0	39	0	82
15	500	ANSTICE,	Paul	Fairwater	41	40	0	0	0	81
16	775	LEWIS	Terry	Islwyn	0	0	39	41	0	80
17	113	PROSSER,	Colin	Chepstow	0	38	0	38	0	76
	307	CHIPPER,	Neil	Lliswerry	0	39	37	0	0	76
19	130	PENNY,	Stuart	Chepstow	0	0	0	50	0	50
20	350	JONES,	Christopher	Lliswerry	0	0	46	0	0	46
21	73	DAVIES	Mike	Caerleon	0	0	0	0	41	41
	693	MORGAN	Alistair	Griffithstown	0	0	41	0	0	41
23	43	HOLE,	Andrew	Caerleon	40	0	0	0	0	40
24	687	THOMPSON	Stewart	Griffithstown	0	0	0	0	39	39
	224	WILLIAMS,	Tim	Parc Bryn Bach	0	0	38	0	0	38
	184	GEORGE	Andy	Chepstow	0	0	35	0	0	35

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

OVER 50 MALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	320	FOSTER,	John	Lliswerry	50	0	50	50	50	200
2	676	THOMPSON	Andrew	Griffithstown	49	0	48	48	48	193
	680	WATERS	Phillip	Griffithstown	0	46	49	49	49	193
4	671	RODGER	Peter	Griffithstown	46	48	47	47	0	188
5	198	MCENTEE,	Kevin	Chepstow	45	45	46	45	0	181
6	675	ROBERTS	Peter	Griffithstown	43	41	44	44	46	177
7	519	GREY	Keith	Fairwater	48	50	0	46	0	144
8	101	ASHTON,	Gerry	Chepstow	44	43	0	0	47	134
9	339	CARTER	Clive	Lliswerry	0	0	42	43	45	130
10	336	BURGESS	Bryn	Lliswerry	42	40	0	42	0	124
11	217	RAINBIRD,	Dereck	Parc Bryn Bach	47	49	0	0	0	96
12	313	DAVIES,	Chris	Lliswerry	0	42	45	0	0	87
13	1	TAYLOR,	Andrew	Caerleon	41	38	0	0	0	79
14	186	CREBER,	Andy	Chepstow	0	47	0	0	0	47
15	419	SMITH	Mike	Chepstow	0	44	0	0	0	44
16	668	PHILIPS	Anthony	Griffithstown	0	0	43	0	0	43
17	108	BRAY,	Andy	Chepstow	0	39	0	0	0	39

OVER 55 MALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	238	SMOUT	David	Parc Bryn Bach	48	48	49	50	50	197
2	158	SAVAGE,	Bill	Chepstow	49	47	47	48	49	193
3	315	DURSLEY,	Paul	Lliswerry	46	46	45	47	0	184
4	211	MILES,	Phillip	Parc Bryn Bach	50	50	50	0	0	150
5	317	DAY,	Paul	Lliswerry	0	49	48	49	0	146
6	757	DOBBS,	Jim	Islwyn	47	0	46	0	47	140
7	713	HICKS,	Glyn	Islwyn	45	0	0	0	46	91
8	780	PAYTON,	Peter	Islwyn	43	44	0	0	0	87
9	123	GRANT,	Neil	Chepstow	0	0	0	0	48	48
10	324	HILL,	John	Lliswerry	0	0	0	0	45	45
	777	DIXON	Colin	Islwyn	0	45	0	0	0	45
12	329	ATTWOOD,	Howard	Lliswerry	44	0	0	0	0	44

OVER 60 MALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	213	MONK,	Bernie	Parc Bryn Bach	50	50	50	50	49	200
2	200	COOKSEY,	Clive	Parc Bryn Bach	49	49	49	49	50	197
3	119	FINCH,	Dick	Chepstow	48	47	48	48	0	191
4	126	CRAM,	Geoff	Chepstow	0	46	46	0	48	140
5	105	BAYLISS,	Geoff	Chepstow	0	48	47	0	0	95
6	170	WHEELER,	Syd	Chepstow	0	0	45	47	0	92

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

SENIOR FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	420	GRIFFITH	Sian	Chepstow	49	46	47	48	0	190
2	351	BEGUE	Nadia	Lliswerry	0	50	0	49	50	149
	422	HARRIS	Sam	Chepstow	0	49	50	50	0	149
4	601	BAYLISS	Emma	Griffithstown	50	0	0	0	49	99
5	427	GAIR	Anthea	Chepstow	0	0	0	47	48	95
6	76	DUNLOP	Shona	Caerleon	48	45	0	0	0	93
7	625	SHEPPARD	Clare	Griffithstown	0	0	0	44	47	91
	761	GLEN,	Fiona	Islwyn	0	0	0	45	46	91
9	189	GITTOES	Marianne	Chepstow	0	0	49	0	0	49
10	138	POLLARD	Jo	Chepstow	0	48	0	0	0	48
	323	WOOLLEY	Kelly	Lliswerry	0	0	48	0	0	48
12	93	REES	Sian	Caerleon	0	47	0	0	0	47
	717	PRICE,	Helen	Islwyn	47	0	0	0	0	47
14	159	MATTHEWS	Katherine	Chepstow	0	0	0	46	0	46
	233	RUSSELL,	Kate	Parc Bryn Bach	0	0	46	0	0	46
16	29	MODDINOTT	Paula	Caerleon	0	0	0	0	45	45
17	355	SHEEDY	Alison	Lliswerry	0	44	0	0	0	44
18	340	TIPPING	Angela	Lliswerry	0	43	0	0	0	43

OVER 35 FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	605	DAVIES	Julie	Griffithstown	49	50	49	50	0	198
2	305	CHIPPER,	Sandra	Lliswerry	48	49	48	0	50	195
3	209	EVANS,	Anne Marie	Parc Bryn Bach	47	47	47	48	48	190
	603	WOODBIDGE	Daniela	Griffithstown	46	46	46	49	49	190
5	740	BIRCH,	Coleene	Islwyn	45	45	43	46	47	183
6	533	MORGAN,	Julie	Fairwater	43	44	42	0	0	129
7	733	LODDER,	Helen	Islwyn	50	0	50	0	0	100
8	215	JONES	Keri	Parc Bryn Bach	0	0	44	47	0	91
9	185	DUFFIELD,	Helen	Chepstow	0	48	0	0	0	48
10	430	BONSOR	Jane	Chepstow	0	0	0	0	46	46
11	766	WILLIAMS,	Maria	Islwyn	0	0	45	0	0	45
12	729	JONES,	Jackie	Islwyn	44	0	0	0	0	44

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

OVER 40 FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	552	COCKRAM	Deb	Fairwater	49	49	50	0	50	198
2	502	ROCHE,	Julie	Fairwater	47	44	46	49	0	186
3	57	SCRIVENS,	Alison	Caerleon	48	47	48	0	0	143
4	418	SUMMERS	Louise	Chepstow	50	50	0	0	0	100
5	124	MORGAN,	Niki	Chepstow	0	48	49	0	0	97
6	129	MORRIS,	Jan	Chepstow	0	46	0	0	49	95
7	548	GREY	Laura	Fairwater	0	0	47	0	47	94
8	337	BURGESS	Ros	Llswerry	46	0	0	47	0	93
	612	RICHARDS	Janet	Griffithstown	0	45	0	0	48	93
10	331	COOK	Michelle	Llswerry	0	42	0	48	0	90
11	109	CANTWELL	Berna	Chepstow	0	0	0	50	0	50
12	776	HAINES	Mandy	Islwyn	0	0	0	0	46	46
13	429	RYMER	Jane	Chepstow	0	0	0	0	45	45
	631	SUTTON	Clair	Griffithstown	0	0	45	0	0	45
15	734	TREHARNE	Ruth	Islwyn	0	43	0	0	0	43

OVER 45 FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	515	JENKINS,	Jeanette	Fairwater	49	48	50	49	50	198
2	234	SNOWDEN	Rosemary	Parc Brvn Bach	46	47	48	48	49	192
3	608	WOODS	Sharon	Griffithstown	50	49	0	50	0	149
4	51	THOMAS	Helen	Caerleon	0	0	49	47	48	144
5	632	REES	Wendy	Griffithstown	47	46	0	0	0	93
6	413	FRANCIS	Liz	Chepstow	0	50	0	0	0	50
7	742	MATTHEWS	Donna	Islwyn	48	0	0	0	0	48
8	756	BILLS	Sian	Islwyn	0	0	0	0	47	47
9	615	VORRES	Christine	Griffithstown	0	0	0	0	46	46

OVER 50 FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	102	ASHTON,	Sue	Chepstow	50	50	50	49	50	200
2	162	STOTT	Gill	Chepstow	49	49	0	50	49	197
3	302	FORSEY,	Yvonne	Llswerry	48	0	49	48	48	193
4	312	DAVIES,	Julia	Llswerry	0	47	48	0	0	95
5	20	HOWELL,	Kim	Caerleon	0	48	0	0	0	48

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

OVER 55 FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	783	RICHARDSON	Pat	Islwvn	0	48	49	50	48	195
2	19	HOWELLS,	Gwyn	Caerleon	50	50	0	0	49	149
3	227	MILES,	Jackv	Parc Brvn Bach	0	0	50	0	50	100
4	104	BAYLISS,	Jayne	Chepstow	0	49	48	0	0	97

OVER 60 FEMALE :

POSTION	Number	SURNAME	FIRST NAME	Team	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	Best 4 from 5 TOTAL
1	52	ADKINS,	Shelaga	Caerleon	0	0	0	0	50	50

LCL CROSS COUNTRY SERIES 2008/9 FINAL POSITIONS AFTER 5 / 5 RACES

MALE TEAM :

POSTION	TEAM	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	Fairwater	5	7	5	7	6	30
2	Chepstow	3	5.5	7	6	7	28.5
3	Lliswerry	7	5.5	6	4	2	24.5
4	Parc Bryn Bach	6	4	4	5	5	24
5	Griffithstown	4	3	3	3	4	17
6	Caerleon	2	2	1	2	3	10
7	Islwyn	1	1	2	1	1	6

FEMALE TEAM :

POSTION	TEAM	RACE 1	RACE 2	RACE 3	RACE 4	RACE 5	TOTAL
1	Chepstow	6	7	7	7	7	34
2	Griffithstown	7	6	2	6	6	27
3	Islwyn	5	2	5	3	5	20
4	Lliswerry	2	4.5	3	5	2	16.5
5	Parc Bryn Bach	1	1	6	4	3	15
6	Fairwater	4	3	4	2	1	14
7	Caerleon	3	4.5	1	1	4	13.5