

KEY: Pen :- Time Penalty of 10 mins

Indicates 'Cut Off Time'
 Indicates 'Did Not Finish'
 Indicates 'Vehicle Access Violation'

RACK RAID 2009 Results

Team	Stage	Stage 1 Grosmont - Skenfrith 5.3 miles				Stage 2 Skenfrith - White Castle 7.1 miles				Stage 3 White Castle - Abergavenny 8 miles				Stage 4 Abergavenny - Halfway 8.2 miles				Stage 5 Halfway - Monmouth 7.3 miles				Stage 6 Monmouth - Raglan 12.6 miles				Stage 7 Raglan - Usk 5.7 miles			
		Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn
1	Caerleon Running Club	0:41:30	10	0:41:30	10	1:00:31	12	1:42:01	10	0:54:00	7	2:36:01	9	1:05:42	11	3:41:43	11	1:05:53	12	4:47:36	11	1:53:00	12	6:40:36	11	0:44:50	7	7:25:26	11
2	Chepstow Harriers (A)	0:32:28	1	0:32:28	1	0:47:14	2	1:19:42	2	0:48:46	3	2:08:28	2	0:51:52	4	3:00:20	2	0:45:51	3	3:46:11	2	1:21:28	2	5:07:39	3	0:37:15	2	5:44:54	3
3	Chepstow Harriers (B)	0:36:20	8	0:36:20	8	0:58:57	10	1:35:17	9	1:01:26	11	2:36:43	10	1:01:35	9	3:38:18	9	0:54:37	9	4:32:55	10	1:43:41	9	6:16:36	10	0:46:53	10	7:03:29	10
4	Fairwater Runners (A)	0:33:00	2	0:33:00	2	0:45:52	1	1:18:52	1	0:48:06	2	2:06:58	1	0:47:27	1	2:54:25	1	0:45:23	2	3:39:48	1	1:25:34	3	5:05:22	2	0:35:39	1	5:41:01	1
5	Fairwater Runners (B)	0:35:46	6	0:35:46	6	0:56:20	8	1:32:06	7	0:58:06	9	2:30:12	8	0:59:00	7	3:29:12	7	0:51:08	7	4:20:20	7	1:27:33	7	5:57:53	7	0:45:48	8	6:43:41	7
6	Griffithstown Harriers (A)	0:36:19	7	0:36:19	7	0:50:48	5	1:27:07	6	0:50:09	5	2:17:16	6	0:55:46	6	3:13:02	5	0:48:32	4	4:01:34	5	1:36:25	6	5:37:59	6	0:41:37	5	6:19:36	6
7	Griffithstown Harriers (B)	0:47:08	12	0:47:08	12	0:58:32	9	1:45:40	12	1:03:25	12	2:49:05	12	1:10:27	12	3:59:32	12	1:03:36	11	5:03:08	12	1:44:30	10	6:47:38	12	0:50:08	11	7:37:46	12
8	Islwyn Running Club	0:42:51	11	0:42:51	11	1:00:01	11	1:42:52	11	1:00:48	10	2:43:40	11	0:54:44	5	3:38:24	10	0:51:59	8	4:30:23	9	1:45:15	11	6:15:38	9	0:46:16	9	7:01:54	9
9	Llswerry Runners (A)	0:34:55	4	0:34:55	4	0:51:58	6	1:26:53	5	0:47:10	1	2:14:03	4	0:50:38	2	3:04:41	4	0:49:55	6	3:54:36	4	1:28:12	5	5:22:48	4	0:38:13	3	6:01:01	4
10	Llswerry Runners (B)	0:38:22	9	0:38:22	9	0:54:52	7	1:33:14	8	0:55:13	8	2:28:27	7	1:05:25	10	3:33:52	8	0:55:38	10	4:29:30	8	1:40:06	8	6:09:36	8	0:52:00 (0:57:47)	12	7:01:36	8
11	Pontypridd Roadents	0:33:48	3	0:33:48	3	0:48:40	3	1:22:28	3	0:49:04	4	2:11:32	3	0:50:53	3	3:02:25	3	0:44:12	1	3:46:37	3	1:16:07	1	5:02:44	1	0:39:30	4	5:42:14	2
12	San Domenico RC	0:35:13	5	0:35:13	5	0:48:50	4	1:24:03	4	0:52:20	6	2:16:23	5	1:01:00	8	3:17:23	6	0:48:49	5	4:06:12	6	1:27:37	4	5:33:49	5	0:42:02	6	6:15:51	5
Cut Off Time		0:48:00				1:04:00				1:12:00				1:14:00				1:06:00				1:53:00				0:52:00			
Stage Record		29:58 (1998)				40:57 (2003)				43:41 (2005)				46:29 (1997)				38:30 (1997)				73:50 (2002)				31:51 (1995)			

Team	Stage	Stage 8 Usk - Tintern 13.8 miles				Stage 9 Tintern - Chepstow 10.5 miles				Stage 10 Chepstow - Caldicot 6 miles				Stage 11 Caldicot - Penhow 5.7 miles				Stage 12 Penhow - Caerleon 7.1 miles				Stage 13 Caerleon - Castell-Y-Bwch 5.5 miles			
		Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn	Time	Stage Posn	Total Time	Posn
1	Caerleon Running Club	1:43:11	8	9:08:37	11	1:33:44	11	10:42:21	11	0:50:05	10	11:32:26	11	0:42:11	4	12:14:37	11	0:51:58	9	13:06:35	11	0:50:00 (0:46:44) + Pen	11	14:06:35	11
2	Chepstow Harriers (A)	1:33:05	4	7:17:59	3	1:04:39	3	8:22:38	3	0:39:09	2	9:01:47	3	0:39:20	1	9:41:07	3	0:43:48	2	10:24:55	3	0:36:41	3	11:01:36	3
3	Chepstow Harriers (B)	1:42:22	7	8:45:51	8	1:14:48	7	10:00:39	8	0:43:11	6	10:43:50	8	0:44:01	6	11:27:51	7	0:43:50	3	12:11:41	7	0:45:15	10	12:56:56	8
4	Fairwater Runners (A)	1:26:34	2	7:07:35	2	1:07:46	5	8:15:21	2	0:39:25	3	8:54:46	2	0:41:44	3	9:36:30	2	0:44:40	5	10:21:10	2	0:36:32	2	10:57:42	2
5	Fairwater Runners (B)	1:53:07	12	8:36:48	7	1:20:59	9	9:57:47	7	0:43:44	7	10:41:31	7	0:47:10	8	11:28:41	8	0:48:02	8	12:16:43	8	0:38:39	5	12:55:22	7
6	Griffithstown Harriers (A)	1:32:05	3	7:51:41	5	1:06:19	4	8:58:00	5	0:38:46	1	9:36:46	5	0:45:01	7	10:21:47	5	0:47:52	7	11:09:39	5	0:38:11	4	11:47:50	5
7	Griffithstown Harriers (B)	1:44:14	9	9:22:00	12	1:35:00	12	10:57:00	12	0:54:00	12	11:51:00	12	0:51:00 (0:54:05)	9	12:42:00	12	1:01:18	11	13:43:18	12	0:48:02	12	14:31:20	12
8	Islwyn Running Club	1:45:16	10	8:47:10	9	1:21:02	10	10:08:12	9	0:50:17	11	10:58:29	10	0:51:00 (0:57:14)	10	11:49:29	10	1:03:51	12	12:53:20	10	0:40:12	7	13:33:32	10
9	Llswerry Runners (A)	1:39:06	5	7:40:07	4	1:03:49	1	8:43:56	4	0:45:34	8	9:29:30	4	0:39:28	2	10:08:58	4	0:44:36	4	10:53:34	4	0:35:44	1	11:29:18	4
10	Llswerry Runners (B)	1:48:55	11	8:50:31	10	1:19:38	8	10:10:09	10	0:47:00	9	10:57:09	9	0:51:00	12	11:48:09	9	0:59:54	10	12:48:03	9	0:43:11	9	13:31:14	9
11	Pontypridd Roadents	1:22:41	1	7:04:55	1	1:04:24	2	8:09:19	1	0:41:13	4	8:50:32	1	0:42:33	5	9:33:05	1	0:42:55	1	10:16:00	1	0:38:52	6	10:54:52	1
12	San Domenico RC	1:40:29	6	7:56:20	6	1:11:31	6	9:07:51	6	0:42:24	5	9:50:15	6	0:51:00	11	10:41:15	6	0:47:08	6	11:28:23	6	0:41:38	8	12:10:01	6
Cut Off Time		2:05:00				1:35:00				0:54:00				0:51:00				1:04:00				0:50:00			
Stage Record		75:45 (1998)				56:39 (2000)				35:14 (1998)				34:25 (1999)				40:15 (2002)				32:27 (1994)			

RACK RAID 2009 Final Positions

Posn.	Team	Total Time	Placing
1	Pontypridd Roadents	10 hrs 54 mins 52 secs	Winners
2	Fairwater Runners (A)	10 hrs 57 mins 42 secs	2nd Place
3	Chepstow Harriers (A)	11 hrs 01 mins 36 secs	3rd Place
4	Llswerry Runners (A)	11 hrs 29 mins 18 secs	
5	Griffithstown Harriers (A)	11 hrs 47 mins 50 secs	
6	San Domenico RC	12 hrs 10 mins 01 secs	
7	Fairwater Runners (B)	12 hrs 55 mins 22 secs	Team B Winners
8	Chepstow Harriers (B)	12 hrs 56 mins 56 secs	
9	Llswerry Runners (B)	13 hrs 31 mins 14 secs	
10	Islwyn Running Club (B)	13 hrs 33 mins 32 secs	
11	Caerleon Running Club	14 hrs 06 mins 35 secs	
12	Griffithstown Harriers (B)	14 hrs 31 mins 20 secs	