

LCL X/C RACE SERIES 2009/10 ; RACE 4/5 ; PARC BRYN BACH 28th FEB. 2010

LADIES RACE RESULT :

Race position	Number	NAME	Club	Category	Category position
1	418	Louise SUMMERS	Chepstow	F4044	1
2	243	Caroline MORTON	Parc Bryn Bach	F4044	2
3	605	Julie DAVIES	Griffithstown	F3539	1
4	115	Esther BARRETT,	Chepstow	F3539	2
5	432	Becky COMINS	Chepstow	F3539	3
6	162	Gill STOTT	Chepstow	F5054	4
7	209	Anne Marie EVANS,	Parc Bryn Bach	F3539	3
8	129	Jan MORRIS,	Chepstow	F4044	1
9	244	Ceri CASSIDY	Parc Bryn Bach	F1734	2
10	346	Lauren FOSTER,	Lliswerry	F1734	5
11	136	Vanessa LAWSON,	Chepstow	F3539	1
12	612	Janet RICHARDS	Griffithstown	F4044	6
13	52	Shelagh ADKINS,	Caerleon	F6099	1
14	603	Daniela WOODBRIDGE	Griffithstown	F3539	2
15	515	Jeanette JENKINS,	Fairwater	F4549	1
16	511	Stella SYMONS	Fairwater	F4549	2
17	100	Roberta HAVERS	Chepstow	F1734	4
18	502	Julie ROCHE,	Fairwater	F4044	6
19	355	Alison SHEEDY	Lliswerry	F4044	3
20	734	Ruth TREHARNE	Islwyn	F4549	1
21	302	Yvonne FORSEY,	Lliswerry	F5054	2
22	615	Christine VORRÉS	Griffithstown	F5054	9
23	538	Rebecca REYNOLDS	Fairwater	F1734	10
24	347	Lynne ROSSITER	Lliswerry	F5559	5
25	783	Pat RICHARDSON	Islwyn	F5559	1
26	19	Gwyn HOWELLS,	Caerleon	F6099	9
27	337	Ros BURGESS	Lliswerry	F4044	10

LADIES TEAM :

(4 HIGHEST PLACED FEMALE RUNNERS FROM EACH CLUB)

Position	TEAM	RUNNERS SCORING	Score	Points
1	CHEPSTOW	4	388	7
2	GRIFFITHSTOWN	4	353	6
3	FAIRWATER	4	332	5
4	LLISWERRY	4	330	4
5	PARC BRYN BACH	3	285	3
6	CAERLEON	2	163	2
7	ISLWYN	2	157	1

LCL X/C RACE SERIES 2009/10 ; RACE 4/5 ; PARC BRYN BACH 28th FEB. 2010**MENS RACE RESULT :**

Race position	Number	NAME	Club	Category	Category position
1	673	Stefan SIMMS	Griffithstown	M4044	1
2	530	Daryll BARNBY	Fairwater	M1739	4
3	31	Leighton RAWLINSON	Caerleon	M1739	1
4	338	Chris HARRHY,	Lliswerry	M4044	2
5	194	Mark HARVEY,	Chepstow	M1739	3
6	201	David WILLIAMS,	Parc Bryn Bach	M1739	5
7	696	Sean TAYLOR	Griffithstown	M1739	6
8	193	James BLORE	Chepstow	M1739	3
9	207	Simon LEWIS,	Parc Bryn Bach	M4044	2
10	320	John FOSTER,	Lliswerry	M5054	3
11	219	James HEATON	Parc Bryn Bach	M1739	4
12	678	Dimitri VORRÉS	Griffithstown	M4549	2
13	799	Haydn HARTNELL	Islwyn	M4549	7
14	228	Gethin PARHAM	Parc Bryn Bach	M1739	1
15	657	Steve DAVIES	Griffithstown	M5054	2
16	540	Alun WILLIAMS,	Fairwater	M4549	3
17	110	Laurie CARTER	Chepstow	M5054	5
18	230	Martin CHAMMINGS	Parc Bryn Bach	M1739	1
19	221	David FROST	Parc Bryn Bach	M4044	7
20	509	Richard LLOYD,	Fairwater	M1739	8
21	30	Justin POCKNELL	Caerleon	M4044	2
22	524	Richard THOMAS	Fairwater	M1739	3
23	724	Kim WEHDEN	Islwyn	M4549	3
24	377	Steve HARRHY	Lliswerry	M4044	4
25	238	David SMOUT	Parc Bryn Bach	M6099	11
26	694	Richard NORTHCOTT	Griffithstown	M1739	4
27	2	Howard MASON,	Caerleon	M4044	6
28	506	Andrew SPENCER,	Fairwater	M4549	12
29	254	Brian PHILLIPS,	Parc Bryn Bach	M4549	7
30	541	John WILLIAMS,	Fairwater	M4044	5
31	315	Paul DURSLEY,	Lliswerry	M5559	6
32	428	Rob SUMMERS	Chepstow	M4044	8
33	508	Mark FRY,	Fairwater	M4549	1
34	543	Garry WOODS,	Fairwater	M4549	7
35	687	Stewart THOMPSON	Griffithstown	M4549	8
36	525	Richard BOWIE	Fairwater	M4549	9
37	119	Dick FINCH,	Chepstow	M6099	2
38	174	John THOMAS	Chepstow	M4549	11
39	329	Howard ATTWOOD,	Lliswerry	M5559	2
40	768	Alun DAVIES	Islwyn	M5559	3
41	1	Andrew TAYLOR,	Caerleon	M5054	4
42	367	Rob ANDERSON	Lliswerry	M6099	3
43	339	Clive CARTER	Lliswerry	M5054	5
44	336	Bryn BURGESS	Lliswerry	M5054	6
45	324	John HILL,	Lliswerry	M5559	4
46	798	Lyndon SUTTON,	Islwyn	M5559	5
47	713	Glyn HICKS,	Islwyn	M6099	4

MENS TEAM :

(6 HIGHEST PLACED MALE RUNNERS FROM EACH CLUB)

Position	TEAM	RUNNERS SCORING	Score	Points
1	PARC BRYN BACH	6	529	7
2	GRIFFITHSTOWN	6	510	6
3	FAIRWATER	6	488	5
4	CHEPSTOW	6	469	4
5	LLISWERRY	6	456	3
6	ISLWYN	5	336	2
7	CAERLEON	4	312	1