

KEY: Pen :- Time Penalty of 10 mins

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

RACK RAID 2011 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	Brackla Harriers	0:38:35	7	0:38:35	7	1:00:55	14	1:39:30	11	0:53:20	7	2:32:50	9	0:52:45	7	3:25:35	9	0:48:54	6	4:14:29	8	1:18:42	1	5:33:11	6	0:43:34	11	6:16:45	8
2	Caerleon Running Club	0:40:09	12	0:40:09	12	1:00:52	12	1:41:01	13	1:03:20	16	2:44:21	14	0:55:43	9	3:40:04	12	0:53:43	12	4:33:47	12	1:32:51	9	6:06:38	12	0:46:28	14	6:53:06	11
3	Chepstow Harriers (A)	0:32:17	3	0:32:17	3	0:48:36	4	1:20:53	4	0:47:28	2	2:08:21	2	0:52:41	6	3:01:02	3	0:44:36	2	3:45:38	3	1:23:51	5	5:09:29	4	0:37:04	4	5:46:33	4
4	Chepstow Harriers (B)	0:34:11	5	0:34:11	5	0:50:24	6	1:24:35	5	0:56:59	11	2:21:34	6	0:51:09	5	3:12:43	6	0:48:32	5	4:01:15	6	1:32:14	8	5:33:29	7	0:40:43	8	6:14:12	6
5	Chepstow Harriers (C)	0:38:35	7	0:38:35	7	1:01:24	15	1:39:59	12	1:03:37	17	2:43:36	13	1:14:00 (1:16:34)	18	3:57:36	18	0:54:17	13	4:51:53	15	1:42:38	15	6:34:31	15	0:41:54	10	7:16:25	15
6	Fairwater Runners (A)	0:32:27	4	0:32:27	4	0:46:12	1	1:18:39	1	0:45:29	1	2:04:08	1	0:47:12	3	2:51:20	1	0:42:52	1	3:34:12	1	1:23:20	4	4:57:32	1	0:36:37	3	5:34:09	1
7	Fairwater Runners (B)	0:39:41	11	0:39:41	11	0:58:35	10	1:38:16	10	0:56:10	10	2:34:26	10	1:00:16	12	3:34:42	10	0:53:14	11	4:27:56	10	1:38:00	13	6:05:56	11	0:48:25	16	6:54:21	12
8	Griffithstown Harriers (A)	0:31:53	1	0:31:53	1	0:47:35	2	1:19:28	2	0:50:27	4	2:09:55	3	0:46:05	2	2:56:00	2	0:47:01	4	3:43:01	2	1:22:34	3	5:05:35	2	0:35:11	1	5:40:46	2
9	Griffithstown Harriers (B)	0:45:17	16	0:45:17	16	1:02:16	17	1:47:33	17	0:59:57	13	2:47:30	17	1:00:51	13	3:48:21	13	0:51:09	9	4:39:30	13	1:42:58	16	6:22:28	14	0:46:00	12	7:08:28	14
10	Islwyn Running Club (A)	0:35:56	6	0:35:56	6	0:51:06	7	1:27:02	6	0:49:14	3	2:16:16	5	0:46:00	1	3:02:16	4	0:44:57	3	3:47:13	4	1:21:32	2	5:08:45	3	0:37:43	5	5:46:28	3
11	Islwyn Running Club (B)	0:41:52	13	0:41:52	13	0:52:56	8	1:34:48	9	1:01:57	14	2:36:45	11	1:13:21	17	3:50:06	14	0:52:28	10	4:42:34	14	1:35:12	10	6:17:46	13	0:49:33	18	7:07:19	13
12	Lliswery Runners (A)	0:31:54	2	0:31:54	2	0:48:15	3	1:20:09	3	0:55:00	9	2:15:09	4	0:56:27	10	3:11:36	5	0:49:04	7	4:00:40	5	1:37:30	12	5:38:10	8	0:36:03	2	6:14:13	7
13	Lliswery Runners (B)	0:44:35	15	0:44:35	15	0:59:59	11	1:44:34	15	1:07:09	18	2:51:43	18	1:04:50	15	3:56:33	17	0:59:27	15	4:56:00	18	1:51:42	17	6:47:42	17	0:49:32	17	7:37:14	17
14	Lliswery Runners (C)	0:45:49	17	0:45:49	17	1:00:52	12	1:46:41	16	0:59:36	12	2:46:17	16	1:04:16	14	3:50:33	15	1:02:39	18	3:53:12	16	1:54:00 + Pen	18	6:57:12	18	0:41:08	9	7:38:20	18
15	Pontypridd Roadents (A)	0:38:59	9	0:38:59	9	0:53:40	9	1:32:39	8	0:54:36	8	2:27:15	8	0:50:04	4	3:17:19	7	0:49:40	8	4:06:59	7	1:26:11	6	5:33:10	5	0:39:50	7	6:13:00	5
16	Pontypridd Roadents (B)	0:39:14	10	0:39:14	10	1:03:16	18	1:42:30	14	1:02:10	15	2:44:40	15	1:07:51	16	3:52:31	16	1:01:25	17	4:53:56	17	1:41:31	14	6:35:27	16	0:48:18	15	7:23:45	16
17	Rhondda Valley Runners	0:41:57	14	0:41:57	14	0:49:14	5	1:31:11	7	0:52:00	5	2:23:11	7	0:58:36	11	3:21:47	8	1:00:16	16	4:22:03	9	1:35:54	11	5:57:57	9	0:46:19	13	6:44:16	10
18	San Domenico RC	0:48:00 (0:48:43)	18	0:48:00	18	1:01:24	15	1:49:24	18	0:52:09	6	2:41:33	12	0:54:39	8	3:36:12	11	0:54:20	14	4:30:32	11	1:29:23	7	5:59:55	10	0:39:38	6	6:39:33	9
Cut Off Time		0:48:00				1:04:00				1:12:00				1:14:00				1:06:00				1:54:00				0:52:00			
Stage Record		29:58 (1998)				40:57 (2003)				43:41 (2005)				46:00 (2011)				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	Time	Stage Posn
1	Brackla Harriers	1:22:44	2	7:39:29	5	1:07:55	6	8:47:24	6	0:41:11	5	9:28:35	6	0:44:49	6	10:13:24	6	0:46:57	7	11:00:21	6	0:34:58	1	11:35:19	5		
2	Caerleon Running Club	1:25:30	4	8:18:36	9	1:13:07	9	9:31:43	9	0:47:22	12	10:19:05	9	0:48:55	11	11:08:00	9	0:52:44	15	12:00:44	9	0:38:54	8	12:39:38	9		
3	Chepstow Harriers (A)	1:31:08	7	7:17:41	4	1:05:00	4	8:22:41	3	0:36:05	1	8:58:46	3	0:39:09	2	9:37:55	3	0:42:37	4	10:20:32	3	0:36:35	5	10:57:07	3		
4	Chepstow Harriers (B)	1:38:12	8	7:52:24	7	1:09:44	7	9:02:08	7	0:41:13	6	9:43:21	7	0:44:56	7	10:28:17	8	0:45:34	6	11:13:51	8	0:50:00 (0:39:10) + Pen	17	12:13:51	8		
5	Chepstow Harriers (C)	1:44:10	12	9:00:35	14	1:30:59	17	10:31:34	15	0:45:54	11	11:17:28	15	0:51:49	12	12:09:17	15	0:58:53	17	13:08:10	15	0:39:22	9	13:47:32	15		
6	Fairwater Runners (A)	1:21:14	1	6:55:23	1	1:01:07	3	7:56:30	1	0:37:52	3	8:34:22	1	0:40:45	4	9:15:07	1	0:40:20	1	9:55:27	1	0:36:27	4	10:31:54	1		
7	Fairwater Runners (B)	1:41:14	9	8:35:35	11	1:18:06	13	9:53:41	11	0:48:50	13	10:42:31	11	0:48:33	10	11:31:04	11	0:50:04	11	12:21:08	11	0:40:12	11	13:01:20	11		
8	Griffithstown Harriers (A)	1:23:23	3	7:04:09	2	0:59:59	2	8:04:08	2	0:40:32	4	8:44:40	2	0:37:09	1	9:21:49	2	0:41:47	3	10:03:36	2	0:35:50	2	10:39:26	2		
9	Griffithstown Harriers (B)	2:01:34	16	9:10:02	15	1:14:10	10	10:24:12	14	0:44:41	10	11:08:53	13	0:46:35	9	11:55:28	13	0:52:12	13	12:47:40	13	0:40:40	12	13:28:20	13		
10	Islwyn Running Club (A)	1:25:59	5	7:12:27	3	1:15:48	11	8:28:15	4	0:36:41	2	9:04:56	4	0:42:59	5	9:47:55	4	0:40:30	2	10:28:25	4	0:38:37	7	11:07:02	4		
11	Islwyn Running Club (B)	1:49:46	14	8:57:05	13	1:26:12	15	10:23:17	13	0:49:04	14	11:12:21	14	0:52:00 (0:55:49)	15	12:04:21	14	0:48:25	8	12:52:46	14	0:43:56	15	13:36:42	14		
12	Lliswery Runners (A)	1:42:15	10	7:56:28	8	1:06:34	5	9:03:02	8	0:44:16	8	9:47:18	8	0:39:24	3	10:26:42	7	0:43:26	5	11:10:08	7	0:37:00	6	11:47:08	7		
13	Lliswery Runners (B)	2:05:00 (2:08:09)	18	9:42:14	18	1:35:00 (1:39:01)	18	11:17:14	18	0:53:13	16	12:10:27	18	0:52:00 (0:58:49)	16	13:02:27	18	0:58:57	18	14:01:24	18	0:50:00 (0:40:26) + Pen	18	15:01:24	18		
14	Lliswery Runners (C)	1:47:26	13	9:25:46	17	1:21:54	14	10:47:40	17	0:54:00 (1:11:00)	18	11:41:40	17	0:52:00 (0:54:02)	14	12:33:40	17	0:52:11	12	13:25:51	17	0:43:27	14	14:09:18	17		
14	Pontypridd Roadents (A)	1:26:34	6	7:39:34	6	0:59:51	1	8:39:25	5	0:42:16	7	9:21:41	5	0:45:39	8	10:07:20	5	0:49:44	9	10:57:04	5	0:39:45	10	11:36:49	6		
14	Pontypridd Roadents (B)	1:51:33	15	9:15:18	16	1:29:38	16	10:44:56	16	0:53:23	17	11:38:19	16	0:52:00 (0:59:35)	17	12:30:19	16	0:54:06	16	13:24:25	16	0:36:12	3	14:00:37	16		
17	Rhondda Valley Runners	2:02:47	17	8:47:03	12	1:15:56	12	10:02:59	12	0:51:38	15	10:54:37	12	0:52:00 (1:01:29)	18	11:46:37	12	0:52:12	13	12:38:49	12	0:45:37	16	13:24:26	12		
18	San Domenico RC	1:43:40	11	8:23:13	10	1:12:01	8	9:35:14	10	0:44:36	9	10:19:50	10	0:52:00 (0:53:11)	13	11:11:50	10	0:49:44	9	12:01:34	10	0:41:17	13	12:22:51	10		
Cut Off Time		2:05:00				1:35:00				0:54:00				0:52:00				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)					