

Pl Name	Club	Text1	Pts	Time	Pty	Score
Tracks (Ride) (32)						
18 C 300 Pts		1:00:00				
1 Paul Murrin	Chepstow Harriers		275	1:05:11	-7	268
54(15)	51(15) 53(20) 48(30)	52(20) 35(10) 49(10)	46(10) 45(25) 43(15)	56(20) 55(25) 42(15)	31(10) 41(15)	47(20) Finish
3:44	11:04 14:00 18:47	29:00 35:30 0:00	40:03 41:43 44:44	46:55 52:12 57:29	59:58 1:02:37	1:03:42 1:05:11
3:44	7:20 2:56 4:47	10:13 6:30	4:33 1:40 3:01	2:11 5:17 5:17	2:29 2:39	1:05 1:29
2 Ifor Powell	BOK		260	1:04:27	-5	255
42(15)	50(15) 55(25) 31(10)	47(20) 41(15) 40(10)	56(20) 43(15) 45(25)	46(10) 35(10) 52(20)	51(15) 53(20)	54(15) Finish
3:58	6:25 12:02 19:35	22:03 23:40 26:39	28:34 29:45 33:38	36:04 38:24 43:11	48:09 50:40	57:55 1:04:27
3:58	2:27 5:37 7:33	2:28 1:37 2:59	1:55 1:11 3:53	2:26 2:20 4:47	4:58 2:31	7:15 6:32
3 Nick Dallimore	Mynyddwyr De Cymru (MDC)		250	1:04:21	-5	245
47(20)	41(15) 31(10) 42(15)	50(15) 55(25) 43(15)	56(20) 40(10) 49(10)	35(10) 46(10) 45(25)	52(20) 51(15)	54(15) Finish
3:58	5:35 7:26 8:50	10:53 17:47 23:28	25:46 29:44 0:00	35:17 37:00 38:48	46:55 50:46	58:42 1:04:21
3:58	1:37 1:51 1:24	2:03 6:54 5:41	2:18 3:58	5:33 1:43 1:48	8:07 3:51	7:56 5:39
4 Gary Davies	Mynyddwyr De Cymru (MDC)		215	58:05		215
54(15)	51(15) 53(20) 48(30)	52(20) 46(10) 45(25)	43(15) 56(20) 31(10)	41(15) 47(20)	Finish	
3:44	11:55 14:13 19:33	32:08 39:33 41:25	44:29 47:05 51:57	54:49 56:01	58:05	
3:44	8:11 2:18 5:20	12:35 7:25 1:52	3:04 2:36 4:52	2:52 1:12	2:04	
5 Marcus Pinker	FVO		220	1:04:48	-5	215
47(20)	41(15) 40(10) 31(10)	42(15) 50(15) 55(25)	56(20) 43(15) 45(25)	46(10) 35(10) 51(15)	54(15)	Finish
2:30	4:43 7:29 10:48	12:58 17:27 21:34	27:19 29:35 35:36	39:25 42:40 48:52	57:36 1:04:48	
2:30	2:13 2:46 3:19	2:10 4:29 4:07	5:45 2:16 6:01	3:49 3:15 6:12	8:44 7:12	
6 Sion James	Black Mountains MBO		215	1:00:26	-1	214
54(15)	51(15) 52(20) 35(10)	46(10) 45(25) 43(15)	56(20) 55(25) 42(15)	31(10) 41(15)	47(20)	Finish
3:33	11:48 17:08 24:24	26:33 30:29 33:39	36:21 42:37 49:18	52:33 57:03 58:13	1:00:26	
3:33	8:15 5:20 7:16	2:09 3:56 3:10	2:42 6:16 6:41	3:15 4:30 1:10	2:13	
7 Vanessa Lawson	Chepstow Harriers		215	1:05:06	-7	208
47(20)	41(15) 49(10) 35(10)	46(10) 45(25) 43(15)	56(20) 40(10) 31(10)	42(15) 50(15) 55(25)	54(15)	Finish
5:42	7:36 0:00 13:17	15:28 17:38 21:07	23:58 28:36 30:40	32:21 35:57 46:10	58:41 1:05:06	
5:42	1:54 5:41	2:11 2:10 3:29	2:51 4:38 2:04	1:41 3:36 10:13	12:31 6:25	
8 Mark Ponsford	SWOC		205	54:11		205
31(10)	42(15) 50(15) 55(25)	43(15) 56(20) 45(25)	46(10) 35(10) 49(10)	41(15) 47(20)	54(15)	Finish
3:36	4:56 6:55 13:26	19:36 22:12 27:37	30:35 33:43 0:00	40:22 41:36 47:49	54:11	
3:36	1:20 1:59 6:31	6:10 2:36 5:25	2:58 3:08	6:39 1:14 6:13	6:22	
9 Will White	Mynyddwyr De Cymru (MDC)		200	57:05		200
31(10)	42(15) 50(15) 55(25)	56(20) 43(15) 45(25)	46(10) 35(10) 49(10)	40(10) 41(15)	47(20)	Finish
2:59	4:54 8:52 13:32	22:49 25:06 31:25	35:31 39:07 0:00	49:36 52:47 54:42	57:05	
2:59	1:55 3:58 4:40	9:17 2:17 6:19	4:06 3:36	10:29 3:11 1:55	2:23	
10 Max Suff	RDFCC		200	1:00:31	-1	199
47(20)	41(15) 31(10) 42(15)	55(25) 43(15) 56(20)	40(10) 45(25) 46(10)	35(10) 49(10)	41(15)	54(15) Finish
4:30	6:52 11:11 12:50	18:50 25:17 28:00	32:30 38:39 41:21	44:03 4:32:46 54:48	1:00:31	
4:30	2:22 4:19 1:39	6:00 6:27 2:43	4:30 6:09 2:42	2:42 3:48:43	5:43	
11 James Brown	Mynyddwyr De Cymru (MDC)		200	1:04:19	-5	195
31(10)	42(15) 50(15) 55(25)	43(15) 56(20) 45(25)	46(10) 35(10) 49(10)	40(10) 41(15)	47(20)	Finish
3:36	4:50 6:34 13:23	19:15 21:40 26:39	29:37 35:25 0:00	50:13 58:23 1:00:55	1:04:19	
3:36	1:14 1:44 6:49	5:52 2:25 4:59	2:58 5:48	14:48 8:10 2:32	3:24	
12 Matt Stott	Mynyddwyr De Cymru (MDC)		195	1:05:14	-7	188
31(10)	42(15) 55(25) 56(20)	43(15) 45(25) 46(10)	49(10) 35(10) 52(20)	51(15) 47(20)	Finish	
3:28	5:31 10:59 20:49	22:52 28:37 32:12	0:00 38:33 45:08	50:25 1:03:17 1:05:14		
3:28	2:03 5:28 9:50	2:03 5:45 3:35	6:21 6:35 5:17	12:52 1:57		
13 Ivan Teed	NGOC		220	1:13:30	-35	185
31(10)	42(15) 50(15) 55(25)	43(15) 56(20) 45(25)	46(10) 52(20) 35(10)	49(10) 40(10)	41(15)	47(20) Finish
3:40	5:07 7:22 13:53	20:38 24:05 30:36	33:51 43:29 53:10	4:42:31 1:02:57 1:09:25	1:10:41 1:13:30	
3:40	1:27 2:15 6:31	6:45 3:27 6:31	3:15 9:38 9:41	3:49:21 6:28 1:16	2:49	

Pl Name	Club	Text1	Pts	Time	Pty	Score
Tracks (Ride) (32)						
18 C 300 Pts		1:00:00	(cont.)			
1 Paul Murrin	Chepstow Harriers		275	1:05:11	-7	268
14 Jason Bennett	Unattached		180	57:02		180
31(10) 42(15) 50(15) 55(25)	43(15) 56(20) 45(25) 46(10) 49(10)	41(15) 47(20)	Finish			
6:44 8:32 12:49 24:46	32:24 35:29 41:24 45:03 4:34:53	55:08 57:02				
6:44 1:48 4:17 11:57	7:38 3:05 5:55 3:39 3:49:50	1:10 1:54				
15 Karie Atkins	Chepstow Harriers		175	1:02:29	-3	172
42(15) 55(25) 43(15) 56(20)	40(10) 45(25) 46(10) 35(10) 49(10)	41(15) 47(20)	Finish		*56	
7:27 23:43 30:00 33:27	37:59 45:11 48:01 50:59 4:39:31	58:40 1:00:47	1:02:29	33:27		
7:27 16:16 6:17 3:27	4:32 7:12 2:50 2:58 3:48:32	2:07 1:42				
16 Steve Williams	NGOC		175	1:03:50	-4	171
47(20) 41(15) 40(10) 31(10)	42(15) 55(25) 43(15) 56(20) 45(25) 46(10) 35(10)	Finish				
6:04 8:22 11:23 13:54	16:21 25:29 33:40 37:31 44:50 48:14 52:03	1:03:50				
6:04 2:18 3:01 2:31	2:27 9:08 8:11 3:51 7:19 3:24 3:49	11:47				
17 Alan Stone	Mynyddwyr De Cymru (MDC)		170	1:01:18	-2	168
31(10) 42(15) 50(15) 55(25)	56(20) 43(15) 45(25) 40(10) 41(15) 47(20)	Finish				
4:17 6:55 12:38 19:20	31:03 33:58 42:28 51:31 55:28 57:57	1:01:18				
4:17 2:38 5:43 6:42	11:43 2:55 8:30 9:03 3:57 2:29 3:21					
18 Richard Purkis	NGOC		170	1:06:31	-9	161
47(20) 41(15) 31(10) 42(15)	50(15) 55(25) 56(20) 43(15) 45(25) 40(10)	Finish				
3:33 6:50 10:07 13:05	18:46 22:55 42:27 45:11 51:26 1:00:37	1:06:31				
3:33 3:17 3:17 2:58	5:41 4:09 19:32 2:44 6:15 9:11 5:54					
19 Sophie Gilbert	Chepstow Harriers		160	56:28		160
54(15) 35(10) 49(10) 46(10)	45(25) 43(15) 56(20) 40(10) 31(10) 42(15) 47(20)	Finish				
7:39 24:34 4:13:25 29:51	32:12 35:30 38:21 43:01 44:52 47:04 54:05	56:28				
7:39 16:55 3:48:51	2:21 3:18 2:51 4:40 1:51 2:12 7:01	2:23				
20 Mostyn Jones	Caldicot Running Club		180	1:10:56	-20	160
31(10) 42(15) 50(15) 55(25)	43(15) 45(25) 46(10) 35(10) 52(20) 51(15) 47(20)	Finish				
4:34 6:30 8:45 23:02	28:47 33:41 36:21 38:54 45:18 50:29 1:08:38	1:10:56				
4:34 1:56 2:15 14:17	5:45 4:54 2:40 2:33 6:24 5:11 18:09	2:18				
21 Rachel HipKiss	Chepstow Harriers		160	1:02:05	-3	157
47(20) 41(15) 31(10) 40(10)	56(20) 43(15) 45(25) 46(10) 35(10) 49(10) 54(15)	Finish				
7:15 10:12 11:59 17:12	20:02 22:16 28:30 32:08 37:01 4:27:33	53:09 1:02:05				
7:15 2:57 1:47 5:13	2:50 2:14 6:14 3:38 4:53 3:50:32	8:56				
22 Jenni Bell	Chepstow Harriers		160	1:02:08	-3	157
47(20) 41(15) 31(10) 40(10)	56(20) 43(15) 45(25) 46(10) 35(10) 49(10) 54(15)	Finish				
7:16 10:06 12:02 17:04	19:55 22:12 28:25 32:00 36:51 4:27:58	53:13 1:02:08				
7:16 2:50 1:56 5:02	2:51 2:17 6:13 3:35 4:51 3:51:07	8:55				
23 Gareth Modget	Darksiders MTB		155	57:47		155
31(10) 40(10) 43(15) 46(10)	35(10) 51(15) 53(20) 52(20) 49(10) 41(15) 47(20)	Finish				
4:41 7:28 11:25 17:51	20:18 24:20 27:45 36:33 4:33:40	52:50 54:28 57:47				
4:41 2:47 3:57 6:26	2:27 4:02 3:25 8:48 3:57:07	1:38 3:19				
24 Pam & Danny Suter	Unattached		155	1:01:55	-2	153
31(10) 42(15) 50(15) 55(25)	43(15) 56(20) 40(10) 49(10) 41(15) 47(20)	Finish				
10:29 13:23 15:53 27:02	36:36 40:38 46:53 4:38:44	57:33 58:51 1:01:55				
10:29 2:54 2:30 11:09	9:34 4:02 6:15 3:51:51	1:18 3:04				
25 Mark Quilliam	Unattached		145	58:23		145
31(10) 40(10) 56(20) 43(15)	45(25) 46(10) 35(10) 49(10) 51(15) 52(20)	Finish				
5:59 9:27 12:09 15:18	20:13 23:08 26:12 0.00 39:01 48:23	58:23				
5:59 3:28 2:42 3:09	4:55 2:55 3:04 12:49 9:22 10:00					
26 Shirley Robinson	NGOC		140	59:05		140
42(15) 50(15) 43(15) 45(25)	46(10) 35(10) 49(10) 40(10) 31(10) 47(20)	Finish				
4:20 7:38 16:59 27:48	31:43 36:29 4:26:30 47:40 50:36 54:59	59:05				
4:20 3:18 9:21 10:49	3:55 4:46 3:50:01 2:56 4:23 4:06					

