

RACK RAID 2008 RESULTS

Start Finish Mileage	GROSMONT	SKENFRITH	WHITE CASTLE	ABERGAVENNY	HALFWAY	MONMOUTH	RAGLAN	USK	TINTERN	CHEPSTOW	CALDICOT	PENHOW	CAERLEON
	SKENFRITH	WHITE CASTLE	ABERGAVENNY	HALFWAY	MONMOUTH	RAGLAN	USK	TINTERN	CHEPSTOW	CALDICOT	PENHOW	CAERLEON	CASTELL-Y-BWCH
	5.3	7.1	8	8.2	7.3	12.6	5.7	13.8	10.5	6	5.7	7.1	5.5
Caerleon R.C.													
LEG TIME	0:41:33	1:01:19	1:04:04	1:09:43	1:00:42	1:39:59	0:50:42	1:45:00	1:30:37	0:53:44	0:51:00 (cut off)	0:54:58	0:42:23
ACCUMULATIVE TIME		1:42:52	2:46:56	3:56:39	4:57:21	6:37:20	7:28:02	9:13:02	10:43:39	11:37:23	12:28:23	13:23:21	14:05:44
leg position	6	10	8	10	9	11	9	10	9	9	11 (1:00:40)	9	8
overall postion		8	8	10	9	9	9	9	9	9	9	9	9
Chepstow Harriers (A)													
LEG TIME	0:34:13	0:45:31	0:50:13	0:50:46	0:45:34	1:27:12	0:35:35	1:27:38	1:06:16	0:37:45	0:36:51	0:42:26	0:39:47
ACCUMULATIVE TIME		1:19:44	2:09:57	3:00:43	3:46:17	5:13:29	5:49:04	7:16:42	8:22:58	9:00:43	9:37:34	10:20:00	10:59:47
leg position	2	2	1	1	1	5	2	1	3	1	1	2	3
overall postion		1	1	1	1	1	1	1	1	1	1	1	1
Chepstow Harriers (B)													
LEG TIME	0:42:27	1:00:05	0:54:21	1:08:39	1:06:00	1:38:22	0:50:34	1:42:02	1:12:44	0:46:19	0:51:00 (cut off)	0:55:18	0:42:13
ACCUMULATIVE TIME		1:42:32	2:36:53	3:45:32	4:51:32	6:29:54	7:20:28	9:02:30	10:15:14	11:01:33	11:52:33	12:47:51	13:30:04
leg position	7	9	4	9	10	8	8	9	6	6	7 (0:52:30)	10	7
overall postion		7	6	7	8	8	8	8	8	8	8	8	8
Fairwater Runners													
LEG TIME	0:39:36	0:51:37	0:52:59	0:52:56	0:47:29	1:22:19	0:39:56	1:36:22	1:04:21	0:40:13	0:44:04	0:49:19	0:41:54
ACCUMULATIVE TIME		1:31:13	2:24:12	3:17:08	4:04:37	5:26:56	6:06:52	7:43:14	8:47:35	9:27:48	10:11:52	11:01:11	11:43:05
leg position	5	5	2	2	3	1	4	7	2	2	4	3	6
overall postion		5	5	4	5	3	3	5	2	2	2	3	3
Griffithstown Harriers (A)													
LEG TIME	0:36:51	0:48:10	0:53:33	0:59:33	0:46:05	1:25:58	0:41:23	1:28:06	1:12:11	0:44:59	0:42:47	0:53:15	0:43:58
ACCUMULATIVE TIME		1:25:01	2:18:34	3:18:07	4:04:12	5:30:10	6:11:33	7:39:39	8:51:50	9:36:49	10:19:36	11:12:51	11:56:49
leg position	4	3	3	7	2	4	5	2	5	5	3	7	9
overall postion		4	3	5	4	4	5	3	4	4	4	4	5
Griffithstown Harriers (B)													
LEG TIME	0:47:55	0:59:30	1:08:21	1:14:00	0:57:17	1:35:36	0:52:00	1:42:01	1:30:56	0:54:00 (cut off)	0:51:00 (cut off)	0:55:52	0:45:26
ACCUMULATIVE TIME		1:47:25	2:55:46	4:09:46	5:07:03	6:42:39	7:34:39	9:16:40	10:47:36	11:41:36	12:32:36	13:28:28	14:13:54
leg position	11	8	11	11	8	7	11	8	10	10 (0:54:12)	9 (0:59:18)	11	10
overall postion		10	11	11	11	10	11	10	10	10	10	10	10
Islwyn R.C. (A)													
LEG TIME	0:34:08	0:49:15	0:55:50	0:54:46	0:48:43	1:31:24	0:35:21	1:32:05	1:10:10	0:41:38	0:42:27	0:41:12	0:39:10
ACCUMULATIVE TIME		1:23:23	2:19:13	3:13:59	4:02:42	5:34:06	6:09:27	7:41:32	8:51:42	9:33:20	10:15:47	10:56:59	11:36:09
leg position	1	4	6	4	5	6	1	4	4	4	2	1	2
overall postion		3	4	3	3	5	4	4	3	3	3	2	2
Islwyn R.C. (B)													
LEG TIME	0:43:41	0:58:03	1:07:27	1:00:56	1:16:00 (cut off +10)	1:38:56	0:48:11	1:48:44	1:35:00	0:50:00	0:51:00 (cut off)	0:54:19	0:46:03
ACCUMULATIVE TIME		1:41:44	2:49:11	3:50:07	5:06:07	6:45:03	7:33:14	9:21:58	10:56:58	11:46:58	12:37:58	13:32:17	14:18:20
leg position	8	7	10	8	11 (DNF)	10	7	11	11	8	8 (0:57:15)	8	11
overall postion		6	9	8	10	11	10	11	11	11	11	11	11
Llswerry Runners													
LEG TIME	0:45:36	1:04:00 (cut off)	1:04:55	0:58:16	0:50:30	1:22:38	0:43:32	1:29:12	1:02:35	00:54:00 (cut off)	0:45:45	0:50:58	0:40:32
ACCUMULATIVE TIME		1:49:36	2:54:31	3:52:47	4:43:17	6:05:55	6:49:27	8:18:39	9:21:14	10:15:14	11:00:59	11:51:57	12:32:29
leg position	9	11 (1:06:01)	9	6	7	2	6	3	1	11 (0:58:54)	6	5	4
overall postion		11	10	9	7	7	6	6	6	6	6	6	6
Pontypridd Roadents													
LEG TIME	0:36:01	0:45:00	0:54:30	0:55:11	0:48:25	1:25:02	0:38:52	1:33:04	1:22:53	0:40:45	0:45:25	0:51:19	0:35:42
ACCUMULATIVE TIME		1:21:01	2:15:31	3:10:42	3:59:07	5:24:09	6:03:01	7:36:05	8:58:58	9:39:43	10:25:08	11:16:27	11:52:09
leg position	3	1	5	5	4	3	3	5	8	3	5	6	1
overall postion		2	2	2	2	2	2	2	5	5	5	5	4
San Domenico RC													
LEG TIME	0:46:51	0:56:19	1:00:49	0:53:57	0:49:02	1:38:52	0:51:56	1:35:33	1:22:32	0:46:36	0:51:00 (cut off)	0:50:44	0:41:31
ACCUMULATIVE TIME		1:43:10	2:43:59	3:37:56	4:26:58	6:05:50	6:57:46	8:33:19	9:55:51	10:42:27	11:33:27	12:24:11	13:05:42
leg position	10	6	7	3	6	9	10	6	7	7	10 (1:00:26)	4	5
overall postion		9	7	6	6	6	7	7	7	7	7	7	7

ALL TIME RECORD	0:29:58	0:40:57	0:43:41	0:46:29	0:38:30	1:13:50	0:31:50	1:15:45	0:56:39	0:35:14	0:34:25	0:40:15	0:32:27
BEST TIME 2008	0:34:08	0:45:00	0:50:13	0:50:46	0:45:34	1:22:19	0:35:21	1:27:38	1:02:35	0:37:45	0:36:51	0:41:12	0:35:42
CUT OFF PERIOD	0:48:00	1:04:00	1:12:00	1:14:00	1:06:00	1:53:00	0:52:00	2:05:00	1:35:00	0:54:00	0:51:00	1:04:00	0:50:00