

Welsh Castles Relay 2009
Chepstow Harriers Results

	Stage	Distance	Runner	Time	Position
1	Caernarfon Castle to Penygroes	9.1	Andy Ost	01:04:28	15
2	Penygroes to Criccieth	10.75	Jan Morris	01:21:42	46
3	Criccieth to Maentwrog	12.3	Steve Caldwell	01:17:09	16
4	Maentwrog to Harlech Castle	9.5	Roberta Havers	01:28:55	52
5	Harlech Castle to Barmouth	9.6	Dick Finch	01:12:30	29
6	Barmouth to Dolgellau	10.7	Esther Barrett	01:20:48	38
7	Dolgellau to Dinas Mawddwy	9.75	Mark Harvey	01:02:47	12
8	Dinas Mawddwy to Foel	11.2	Paul Lidgett	01:14:32	24
9	Foel to Llanfair Caereinion	8.6	Andy Bray	01:09:00	41
10	Llanfair Caereinion to Newtown	13.3	James Blore	01:32:04	37
11	Newtown to Llanbadarn Fynydd	12.3	Stuart Penny	01:16:50	12
12	Llanbadarn Fynydd to Crossgates	11.2	Debbie James	01:25:23	45
13	Crossgates to Builth Wells	10.6	Jane Rymer	01:39:24	54
14	Builth Wells to Drovers Arms	11	Ivan Teed	01:14:35	18=
15	Red Kite Centre to Brecon	12.8	Suzie Shepherd	01:56:45	55
16	Brecon to Beacons Reservoir	8.8	Bill Savage	01:09:26	43
17	Beacons Reservoir to Merthyr	9.2	Lou Summers	01:04:57	35
18	Merthyr to Abercynon	9.1	Glyn Walker	01:16:16	45
19	Abercynon to Caerphilly Castle	10.8	Chris Rees	01:23:52	32
20	Caerphilly Castle to Cardiff Castle	10.7	Helen Duffield	01:22:34	52