

**Welsh Castles Relay 2008**  
**Final Mountains Results**  
**After 6 Mountainous Stages.**  
**Mountain Kings**

Pos	Team	Stage 3	Stage 7	Stage 10	Stage 11	Stage 14	Stage 16	Totals	
1	35 Thames Hare & Hounds	01:08:53	00:53:56	01:18:27	01:08:43	01:02:14	00:54:36	06:26:49	
2	16 Les Croupiers RC	01:11:23	00:57:12	01:16:18	01:11:32	01:03:30	00:53:57	06:33:52	+07:03
3	41 Winchester & District	01:07:40	01:00:50	01:13:14	01:13:22	01:09:46	00:51:51	06:36:43	+09:54
4	25 Salford Harriers AC	01:08:39	00:56:12	01:20:08	01:09:16	01:08:25	00:54:21	06:37:01	+10:12
5	28 Serpentine R.C.	01:11:40	00:58:36	01:19:32	01:12:19	01:06:56	00:52:49	06:41:52	+15:03
6	23 Poole Runners	01:10:40	01:03:41	01:15:21	01:14:23	01:03:24	00:56:11	06:43:40	+16:51
7	9 Clevedon AC	01:16:12	00:56:26	01:22:53	01:19:59	01:06:42	00:54:07	06:56:19	+29:30
8	33 TeamBath AC	01:11:33	01:01:39	01:21:30	01:19:39	01:17:55	00:53:20	07:05:36	+38:47
9	6 Bridgend AC	01:20:24	01:03:02	01:31:04	01:11:44	01:07:02	00:54:51	07:08:07	+41:18
10	30 Stragglers	01:22:03	00:59:51	01:34:41	01:10:55	01:07:12	00:56:41	07:11:23	+44:34
11	40 Wigan Phoenix	01:11:54	00:59:32	01:43:02	01:12:36	01:12:13	00:55:17	07:14:34	+47:45
12	13 Eryri Harriers	01:18:55	01:03:48	01:17:38	01:18:54	01:18:05	01:00:17	07:17:37	+50:48
13	3 Bitton RR	01:08:03	01:09:59	01:30:20	01:15:10	01:15:43	01:03:04	07:22:19	+55:30
14	21 Neath Harriers	01:12:32	00:57:51	01:29:17	01:21:54	01:23:55	00:58:15	07:23:44	+56:55
15	37 Vale Royal AC	01:25:48	01:02:45	01:24:47	01:20:28	01:09:08	01:03:27	07:26:23	+59:34
16	8 Chepstow Harriers	01:25:05	01:05:35	01:27:33	01:20:00	01:11:17	00:58:02	07:27:32	+60:43
17	57 Netregs	01:14:13	00:56:58	01:26:48	01:28:46	01:29:07	00:53:24	07:29:16	+62:27
18	20 Middleton Harriers	01:16:06	01:09:50	01:26:18	01:19:20	01:17:52	01:01:45	07:31:11	+64:22
19	15 Haarlem Globetrotters	01:21:59	01:04:54	01:28:09	01:25:09	01:09:04	01:04:25	07:33:40	+66:51
20	42 Wirral AC	01:29:00	00:58:00	01:13:53	01:12:36	01:15:26	01:28:00	07:36:55	+70:06
21	31 Stroud & District AC	01:20:56	01:12:50	01:27:00	01:21:14	01:21:23	00:54:53	07:38:16	+71:27
22	2 Abergele Harriers	01:21:10	01:12:23	01:22:42	01:40:41	01:08:38	00:53:36	07:39:10	+72:21
23	27 Sarn Helen Club	01:20:34	01:02:38	01:38:49	01:30:05	01:11:26	00:55:44	07:39:16	+72:27
24	56 Corus Strip Products	01:23:44	01:00:31	01:27:15	01:30:37	01:18:02	01:03:12	07:43:21	+76:32
25	19 Manchester YMCA	01:26:15	01:05:06	01:18:02	01:30:25	01:17:21	01:06:52	07:44:01	+77:12
26	38 Wesham Road Runners	01:28:10	01:04:29	01:44:33	01:13:54	01:23:14	00:53:01	07:47:21	+80:32
27	36 T.R.O.T.s	01:18:57	01:11:34	01:19:05	01:30:36	01:27:49	00:59:42	07:47:43	+80:54
28	26 San Dom./Parc BB RC	01:23:21	01:01:38	01:37:56	01:33:24	01:15:12	00:59:49	07:51:20	+84:31
29	7 Bromsgrove/Redditch AC	01:25:33	01:03:37	01:32:21	01:30:43	01:18:52	01:02:52	07:53:58	+87:09
30	17 Lliswerry Runners	01:31:36	01:13:56	01:25:35	01:30:11	01:22:21	01:00:54	08:04:33	+97:44
31	39 Westbury Harriers	01:24:41	01:15:10	01:31:35	01:29:37	01:18:35	01:05:15	08:04:53	+98:04
32	14 Great Western Runners	01:21:58	01:22:01	01:39:47	01:26:37	01:13:27	01:04:52	08:08:42	+101:53
33	32 Tattenhall Runners	01:32:33	01:09:58	01:27:05	01:32:05	01:28:36	01:09:17	08:19:34	+112:45
34	12 Eastleigh RC	01:29:49	01:13:00	01:37:38	01:29:00	01:29:46	01:00:45	08:19:58	+113:09
35	22 Pontypridd Roadents AC	01:16:14	01:07:52	01:34:13	01:43:48	01:26:40	01:11:27	08:20:14	+113:25
36	11 Dulwich Runners	01:30:43	01:16:46	01:25:12	01:36:04	01:25:55	01:07:14	08:21:54	+115:05
37	29 South West RR	01:29:12	01:05:58	01:34:14	01:37:23	01:17:56	01:18:35	08:23:18	+116:29
38	18 Lytham St Annes RR	01:24:35	01:14:23	01:25:29	01:50:01	01:07:28	01:23:30	08:25:26	+118:37
39	58 South Wales Police AAC	01:38:00	01:15:26	01:27:00	01:39:37	01:16:22	01:09:13	08:25:38	+118:49
40	1 3M Gorseinon RR	01:24:07	01:12:18	01:51:55	01:28:04	01:30:46	01:11:45	08:38:55	+132:06
41	24 Prestatyn RC	01:26:11	01:07:50	01:34:31	01:48:54	01:26:53	01:15:11	08:39:30	+132:41
42	4 Blackpool Wyre & Fylde	01:40:13	01:15:33	01:47:57	01:38:32	01:09:37	01:08:10	08:40:02	+133:13
43	55 Air Products PLC	01:24:33	01:24:00	01:44:28	01:27:36	01:39:58	01:02:04	08:42:39	+135:50
44	34 Telford Harriers	01:31:18	01:28:12	01:38:25	01:33:42	01:22:35	01:09:30	08:43:42	+136:53
45	5 Brackla Harriers	01:37:13	01:14:27	01:38:54	01:44:57	01:24:37	01:12:55	08:53:03	+146:14
46	10 C.S.A. Wanderers	01:31:26	01:07:01	02:13:00	01:38:36	01:26:23	01:24:52	09:21:18	+174:29

**Welsh Castles Relay 2008**  
**Final Mountains Results**  
**After 6 Mountainous Stages.**  
**Mountain Queens**

Pos	Team	Stage 3	Stage 7	Stage 10	Stage 11	Stage 14	Stage 16	Totals	
1	45 Serpentine R.C. (L)	01:22:59	01:09:10	01:28:37	01:25:11	01:26:14	01:07:00	07:59:11	
2	47 TeamBath AC (L)	01:25:37	01:06:00	01:30:48	01:32:28	01:18:46	01:07:05	08:00:44	+01:33
3	44 Les Croupiers RC (L)	01:29:05	01:13:07	01:36:08	01:26:38	01:22:54	01:04:31	08:12:23	+13:12
4	43 Bitton RR (L)	01:31:17	01:24:31	01:40:39	01:39:17	01:29:11	01:08:16	08:53:11	+54:00
5	46 Spa Striders (L)	01:28:38	01:21:18	01:43:18	01:40:02	01:28:58	01:13:57	08:56:11	+57:00

**Mountain Monarchs**

Pos	Team	Stage 3	Stage 7	Stage 10	Stage 11	Stage 14	Stage 16	Totals	
1	54 Wirral AC (V)	01:15:01	01:02:00	01:23:07	01:22:58	01:10:21	01:01:55	07:15:22	
2	52 Swansea Harriers (V)	01:21:03	01:03:24	01:28:10	01:24:22	01:08:48	00:55:32	07:21:19	+05:57
3	51 South West RR (V)	01:23:56	01:08:56	01:20:37	01:18:33	01:15:52	00:59:21	07:27:15	+11:53
4	53 Thames Hare & Hounds (V)	01:11:58	01:11:26	01:28:39	01:30:51	01:14:40	00:59:23	07:36:57	+21:35
5	50 Les Croupiers RC (V)	01:30:49	01:09:42	01:34:58	01:24:40	01:13:23	01:02:29	07:56:01	+40:39
6	48 Blackpool Wyre & Fylde (V)	01:29:16	01:01:29	01:34:41	01:28:51	01:19:35	01:05:52	07:59:44	+44:22
7	49 Bristol & West AC (V)	01:15:33	01:26:34	01:33:13	01:23:29	01:28:48	01:09:08	08:16:45	+61:23