

ALL TEAMS

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	57 A	Mike Griffiths	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:10:05	0:10:05	0:40:39
	57 B	Stefan Simms	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:20:27	0:10:22	0:40:39
	57 C	James Elgar	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:30:47	0:10:20	0:40:39
	57 D	Ryan McFlynn	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:40:39	0:09:52	0:40:39
2	21 A	?(Matthew Evans)?	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:10:26	0:10:26	0:41:19
	21 B	?(Adam Bull)?	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:21:24	0:10:58	0:41:19
	21 C	Joe Reardon	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:31:30	0:10:06	0:41:19
	21 D	Daniel Bodman	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:41:19	0:09:49	0:41:19
3	59 A	Leighton Rawlinson	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:10:27	0:10:27	0:42:38
	59 B	Lee Jones	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:21:08	0:10:41	0:42:38
	59 C	James Kemp	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:31:54	0:10:46	0:42:38
	59 D	Joel Price	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:42:38	0:10:44	0:42:38
4	58 A	Lee Mills	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:11:08	0:11:08	0:43:10
	58 B	Robert John	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:21:43	0:10:35	0:43:10
	58 C	Sean Taylor	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:32:25	0:10:42	0:43:10
	58 D	Iestyn Rhodes	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:43:10	0:10:45	0:43:10
5	2 A	Sam Jones	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:10:46	0:10:46	0:44:12
	2 B	Jonathan Astley	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:21:58	0:11:12	0:44:12
	2 C	Gavin Patterson	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:33:21	0:11:23	0:44:12
	2 D	Hywel Diplock	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:44:12	0:10:51	0:44:12
6	66 A	Richard Conin	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:11:36	0:11:36	0:45:51
	66 B	Gavin Jones	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:21:58	0:10:22	0:45:51
	66 C	Peter Woodward	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:32:59	0:11:01	0:45:51
	66 D	Chris Munton	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:45:51	0:12:52	0:45:51
7	10 A	Mark Hobbs	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:11:11	0:11:11	0:46:32
	10 B	Shaun Styles	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:23:18	0:12:07	0:46:32
	10 C	Max Hobbs	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:34:39	0:11:21	0:46:32
	10 D	Gerard Gormley	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:46:32	0:11:53	0:46:32
8	28 A	Shane Roberts	M	Fairwater Runners Cwmbbran	Flying Crows	Senior Male Team(up to 159)	0:12:11	0:12:11	0:46:34
	28 B	Jon Ford	M	Fairwater Runners Cwmbbran	Flying Crows	Senior Male Team(up to 159)	0:23:34	0:11:23	0:46:34
	28 C	Chris O'Brien	M	Fairwater Runners Cwmbbran	Flying Crows	Senior Male Team(up to 159)	0:36:18	0:12:44	0:46:34
	28 D	Michael Lewis	M	Fairwater Runners Cwmbbran	Flying Crows	Senior Male Team(up to 159)	0:46:34	0:10:16	0:46:34
9	46 A	Richard Lloyd	M	Fairwater Runners Cwmbbran	For 1 Night Only	Senior Male Team(up to 159)	0:11:39	0:11:39	0:47:00
	46 B	Peter Edwards	M	Fairwater Runners Cwmbbran	For 1 Night Only	Senior Male Team(up to 159)	0:23:45	0:12:06	0:47:00
	46 C	Matthew Lloyd	M	Fairwater Runners Cwmbbran	For 1 Night Only	Senior Male Team(up to 159)	0:35:45	0:12:00	0:47:00
	46 D	Daryll Barnby	M	Fairwater Runners Cwmbbran	For 1 Night Only	Senior Male Team(up to 159)	0:47:00	0:11:15	0:47:00
10	25 A	Gabrieliu Stuokus	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:11:12	0:11:12	0:47:05
	25 B	Bernard Murphy	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:24:01	0:12:49	0:47:05
	25 C	Luke Davies	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:36:06	0:12:05	0:47:05
	25 D	Daniel Morgan	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:47:05	0:10:59	0:47:05

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
11	12 A	Colin Wilmott	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:12:56	0:12:56	0:48:59
	12 B	Nick Walsh	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:25:24	0:12:28	0:48:59
	12 C	Richard Roberts	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:38:05	0:12:41	0:48:59
	12 D	Gareth Jones	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:48:59	0:10:54	0:48:59
12	56 A	Katy Roy	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:11:45	0:11:45	0:49:27
	56 B	Niki Morgan	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:24:08	0:12:23	0:49:27
	56 C	Lisa Jeffrey	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:37:12	0:13:04	0:49:27
	56 D	Sarah Bell	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:49:27	0:12:15	0:49:27
13	49 A	Archie Davies	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:11:52	0:11:52	0:50:08
	49 B	Shane Baker	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:24:20	0:12:28	0:50:08
	49 C	Dan Mutlow	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:37:21	0:13:01	0:50:08
	49 D	Gareth Rees	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:50:08	0:12:47	0:50:08
14	3 A	Martin Thomas	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:10:56	0:10:56	0:50:11
	3 B	Roger Freeman	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:24:06	0:13:10	0:50:11
	3 C	Ieuan Powell	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:38:21	0:14:15	0:50:11
	3 D	Ian Kent	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:50:11	0:11:50	0:50:11
15	9 A	Angela Potter	F	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:13:00	0:13:00	0:50:17
	9 B	Christopher Potter	M	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:25:15	0:12:15	0:50:17
	9 C	Rachel Bowen	F	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:39:17	0:14:02	0:50:17
	9 D	Jon Belcher	M	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:50:17	0:11:00	0:50:17
16	27 A	Vanessa Ball	F	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:13:35	0:13:35	0:50:25
	27 B	Chloe Wheeler	F	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:25:46	0:12:11	0:50:25
	27 C	James Fletcher	M	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:38:29	0:12:43	0:50:25
	27 D	Dan Sandford	M	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:50:25	0:11:56	0:50:25
17	1 A	Lyndsey Reddy	F	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:14:42	0:14:42	0:50:56
	1 B	Lee Walters	M	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:26:50	0:12:08	0:50:56
	1 C	Aimee Ferguson	F	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:39:26	0:12:36	0:50:56
	1 D	Andrew Reddy	M	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:50:56	0:11:30	0:50:56
18	63 A	Andrew Jones	M	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:12:10	0:12:10	0:50:59
	63 B	Sarah Coote	F	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:25:01	0:12:51	0:50:59
	63 C	Nicky Morgan	M	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:38:37	0:13:36	0:50:59
	63 D	Ceri Bartley	F	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:50:59	0:12:22	0:50:59
19	4 A	Mathew Trinder	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:11:59	0:11:59	0:51:09
	4 B	Sian Jones	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:25:04	0:13:05	0:51:09
	4 C	Chris Cummings	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:38:33	0:13:29	0:51:09
	4 D	Hannah Williams	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:51:09	0:12:36	0:51:09
20	54 A	Adrian Murkin	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:12:23	0:12:23	0:51:11
	54 B	Chris Baker	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:25:26	0:13:03	0:51:11
	54 C	Craig Hopkins	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:38:14	0:12:48	0:51:11
	54 D	Andrew Smith	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:51:11	0:12:57	0:51:11

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
21	5 A	Ian Davies	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:13:05	0:13:05	0:51:38
	5 B	Gareth Williams	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:26:26	0:13:21	0:51:38
	5 C	Lee Phillips	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:38:22	0:11:56	0:51:38
	5 D	Steven Phillips	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:51:38	0:13:16	0:51:38
22	11 A	Luke Styles	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:13:26	0:13:26	0:52:18
	11 B	Andrew Spencer	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:26:23	0:12:57	0:52:18
	11 C	Mark Burchell	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:38:55	0:12:32	0:52:18
	11 D	Ben Jenkins	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:52:18	0:13:23	0:52:18
23	18 A	Richard Appleby	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:12:27	0:12:27	0:53:43
	18 B	Thomas Guy	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:27:24	0:14:57	0:53:43
	18 C	Lloyd Bartley	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:40:17	0:12:53	0:53:43
	18 D	James Avery	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:53:43	0:13:26	0:53:43
24	60 A	Brendan Price	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:12:44	0:12:44	0:54:29
	60 B	Marcus Davies	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:26:40	0:13:56	0:54:29
	60 C	Robert Price	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:40:49	0:14:09	0:54:29
	60 D	Kevin MacDonald	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:54:29	0:13:40	0:54:29
25	29 A	Jeanette Jenkins	F	Fairwater Runners Cwmbrian	3 Old Crows and a Chick	Vet Mixed (150+)	0:14:04	0:14:04	0:54:30
	29 B	Emma Price	F	Fairwater Runners Cwmbrian	3 Old Crows and a Chick	Vet Mixed (150+)	0:27:09	0:13:05	0:54:30
	29 C	Rob Symons	M	Fairwater Runners Cwmbrian	3 Old Crows and a Chick	Vet Mixed (150+)	0:40:54	0:13:45	0:54:30
	29 D	Malc Gonnella	M	Fairwater Runners Cwmbrian	3 Old Crows and a Chick	Vet Mixed (150+)	0:54:30	0:13:36	0:54:30
26	55 A	Paul Harvey	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:13:22	0:13:22	0:54:37
	55 B	Matt Webb	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:26:12	0:12:50	0:54:37
	55 C	Andy Millard	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:40:07	0:13:55	0:54:37
	55 D	Steve Matthews	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:54:37	0:14:30	0:54:37
27	65 A	Sophie Williams	F	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:13:35	0:13:35	0:54:46
	65 B	Ben Burnett	M	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:27:16	0:13:41	0:54:46
	65 C	Karen Barratt	F	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:42:32	0:15:16	0:54:46
	65 D	Julian Howe	M	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:54:46	0:12:14	0:54:46
28	34 A	Rebecca Poole	F	Fairwater Runners Cwmbrian	The Mixed Crows	Senior Mixed (up to 149)	0:14:15	0:14:15	0:54:56
	34 B	Rhiannon Thomas	F	Fairwater Runners Cwmbrian	The Mixed Crows	Senior Mixed (up to 149)	0:29:44	0:15:29	0:54:56
	34 C	Nud Rehman	M	Fairwater Runners Cwmbrian	The Mixed Crows	Senior Mixed (up to 149)	0:42:38	0:12:54	0:54:56
	34 D	Lee Hammond	M	Fairwater Runners Cwmbrian	The Mixed Crows	Senior Mixed (up to 149)	0:54:56	0:12:18	0:54:56
29	14 A	Rose Charles	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:13:34	0:13:34	0:55:26
	14 B	Deanne Rogers	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:27:01	0:13:27	0:55:26
	14 C	Kaylie Porter	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:41:42	0:14:41	0:55:26
	14 D	Natalie Meyrick	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:55:26	0:13:44	0:55:26
30	41 A	Ceri Richards	F	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:14:00	0:14:00	0:55:27
	41 B	Carys Williams	F	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:29:30	0:15:30	0:55:27
	41 C	Tom Annetts	M	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:44:04	0:14:34	0:55:27
	41 D	Lewis Mcloughlin	M	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:55:27	0:11:23	0:55:27

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
31	31 A	Kelly Cameron	F	Fairwater Runners Cwmbra	The Jolly Crows	Vet Mixed (150+)	0:14:24	0:14:24	0:55:31
	31 B	Leonie Roberts	F	Fairwater Runners Cwmbra	The Jolly Crows	Vet Mixed (150+)	0:28:42	0:14:18	0:55:31
	31 C	Mark Prosser	M	Fairwater Runners Cwmbra	The Jolly Crows	Vet Mixed (150+)	0:42:39	0:13:57	0:55:31
	31 D	Michael Skryme	M	Fairwater Runners Cwmbra	The Jolly Crows	Vet Mixed (150+)	0:55:31	0:12:52	0:55:31
32	45 A	Mike Titley	M	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:13:44	0:13:44	0:55:44
	45 B	Leanne Westacott	F	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:28:29	0:14:45	0:55:44
	45 C	Louise Muteham	F	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:43:09	0:14:40	0:55:44
	45 D	Tom Watkins	M	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:55:44	0:12:35	0:55:44
33	6 A	Nicky Osman	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:13:32	0:13:32	0:55:48
	6 B	Marcus Smith	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:27:25	0:13:53	0:55:48
	6 C	Tony Lewis	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:41:39	0:14:14	0:55:48
	6 D	Stephen Price	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:55:48	0:14:09	0:55:48
34	62 A	Mark Jones	M	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:13:24	0:13:24	0:55:54
	62 B	Carys Thomas	F	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:27:40	0:14:16	0:55:54
	62 C	Lee James	M	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:41:49	0:14:09	0:55:54
	62 D	Ffion Davies	F	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:55:54	0:14:05	0:55:54
35	7 A	Hayley Jackson	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:13:12	0:13:12	0:56:01
	7 B	Suzanne Stockham-Tew	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:27:37	0:14:25	0:56:01
	7 C	Delphine Jones	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:42:43	0:15:06	0:56:01
	7 D	Rachael Lewis	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:56:01	0:13:18	0:56:01
36	50 A	Jen Watkins	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:14:28	0:14:28	0:56:26
	50 B	Alex Rae Jones	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:29:32	0:15:04	0:56:26
	50 C	Chloe Leek	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:42:21	0:12:49	0:56:26
	50 D	Bethan Richardson	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:56:26	0:14:05	0:56:26
37	48 A	Michael Brennan	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:13:03	0:13:03	0:56:41
	48 B	Chris Bryant	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:29:04	0:16:01	0:56:41
	48 C	Gary Clark	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:42:36	0:13:32	0:56:41
	48 D	Michael William Probert	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:56:41	0:14:05	0:56:41
38	13 A	Jon Lewis	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:13:08	0:13:08	0:56:57
	13 B	Andrew Meaney	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:27:04	0:13:56	0:56:57
	13 C	Paul Hancox	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:42:14	0:15:10	0:56:57
	13 D	Lyn Kenney	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:56:57	0:14:43	0:56:57
39	8 A	Stephen Williams	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:12:08	0:12:08	0:57:05
	8 B	Michael Williams	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:26:17	0:14:09	0:57:05
	8 C	Stephen Whelband	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:44:42	0:18:25	0:57:05
	8 D	Haydn Hartnell	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:57:05	0:12:23	0:57:05
40	42 A	John Edwards	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:13:58	0:13:58	0:57:12
	42 B	Samantha Vaughan	F	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:29:48	0:15:50	0:57:12
	42 C	Kevin Davies	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:44:32	0:14:44	0:57:12
	42 D	Bryn Williams	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:57:12	0:12:40	0:57:12

ALL TEAMS

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
41	47 A	Chris Watkins	M	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:13:47	0:13:47	0:58:12
	47 B	Michelle Shapland	F	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:30:41	0:16:54	0:58:12
	47 C	Melanie Shipton	F	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:46:01	0:15:20	0:58:12
	47 D	Chris Norman	M	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:58:12	0:12:11	0:58:12
42	40 A	Lloyd Williams	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:14:05	0:14:05	0:58:17
	40 B	Tracey Arthur	F	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:30:19	0:16:14	0:58:17
	40 C	Rob Ollerton	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:45:36	0:15:17	0:58:17
	40 D	James Mccloughlin	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:58:17	0:12:41	0:58:17
43	32 A	Chris Baker	M	Fairwater Runners Cwmbra	All Male Crows	Senior Male Team(up to 159)	0:12:36	0:12:36	0:58:49
	32 B	Michael Barnes	M	Fairwater Runners Cwmbra	All Male Crows	Senior Male Team(up to 159)	0:27:29	0:14:53	0:58:49
	32 C	Rob Lewis	M	Fairwater Runners Cwmbra	All Male Crows	Senior Male Team(up to 159)	0:43:22	0:15:53	0:58:49
	32 D	Andy Baker	M	Fairwater Runners Cwmbra	All Male Crows	Senior Male Team(up to 159)	0:58:49	0:15:27	0:58:49
44	37 A	Carrie Perry	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	0:15:15	0:15:15	1:00:01
	37 B	Elaine Rees	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	0:30:36	0:15:21	1:00:01
	37 C	Emelye Allmark	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	0:46:06	0:15:30	1:00:01
	37 D	Kelly Langford	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	1:00:01	0:13:55	1:00:01
45	19 A	Peter Roberts	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	0:12:00	0:17:00	1:00:05
	19 B	Barrie Parham	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	0:33:02	0:16:02	1:00:05
	19 C	Peter Welbirg	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	0:46:28	0:13:26	1:00:05
	19 D	Terry White	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	1:00:05	0:13:37	1:00:05
46	51 A	Kath Parkinson	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	0:16:04	0:16:04	1:00:37
	51 B	Tracy Baker	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	0:30:23	0:14:19	1:00:37
	51 C	Stacey Morgan	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	0:45:43	0:15:20	1:00:37
	51 D	Nicola Smith	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	1:00:37	0:14:54	1:00:37
47	15 A	Helen Warrender	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	0:15:14	0:15:14	1:00:59
	15 B	Carly Stone	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	0:29:28	0:14:14	1:00:59
	15 C	Keren Beard	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	0:45:26	0:15:58	1:00:59
	15 D	Samantha Walker	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	1:00:59	0:15:33	1:00:59
48	35 A	Lorna Taylor	F	Fairwater Runners Cwmbra	Crows with Spirit	Vet Mixed (150+)	0:16:08	0:16:08	1:01:13
	35 B	Vicky O'Brien	F	Fairwater Runners Cwmbra	Crows with Spirit	Vet Mixed (150+)	0:34:28	0:18:20	1:01:13
	35 C	Maixent Gilliard	M	Fairwater Runners Cwmbra	Crows with Spirit	Vet Mixed (150+)	0:48:08	0:13:40	1:01:13
	35 D	Alun Williams	M	Fairwater Runners Cwmbra	Crows with Spirit	Vet Mixed (150+)	1:01:13	0:13:05	1:01:13
49	64 A	Sarah Kembrey	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:14:11	0:14:11	1:01:43
	64 B	Delilah Howells	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:30:48	0:16:37	1:01:43
	64 C	Eleanor Howell	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:47:09	0:16:21	1:01:43
	64 D	Michelle Johnston	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	1:01:43	0:14:34	1:01:43
50	36 A	Jon Tibke	M	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:15:59	0:15:59	1:01:58
	36 B	Claire Phillips	F	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:31:25	0:15:26	1:01:58
	36 C	Abgela Morgan	F	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:47:56	0:16:31	1:01:58
	36 D	Damian Heward	M	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	1:01:58	0:14:02	1:01:58

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
51	23 A		Mo Williams	M	NONE	RUNNewport 2	Vet Male Team (160+)	0:14:37	0:14:37	1:02:26
	23 B		Jim Kinsey	M	NONE	RUNNewport 2	Vet Male Team (160+)	0:30:13	0:15:36	1:02:26
	23 C		Kevin Sharpe	M	NONE	RUNNewport 2	Vet Male Team (160+)	0:46:21	0:16:08	1:02:26
	23 D		Kevin Bagenal	M	NONE	RUNNewport 2	Vet Male Team (160+)	1:02:26	0:16:05	1:02:26
52	26 A		Thomas David	M	NONE	Celtic Runners	Vet Mixed (150+)	0:13:37	0:13:37	1:02:35
	26 B		Gemma Nelson	F	NONE	Celtic Runners	Vet Mixed (150+)	0:32:12	0:18:35	1:02:35
	26 C		Kailey Pritchard-Parton	F	NONE	Celtic Runners	Vet Mixed (150+)	0:48:24	0:16:12	1:02:35
	26 D		Reginald King	M	NONE	Celtic Runners	Vet Mixed (150+)	1:02:35	0:14:11	1:02:35
53	30 A		Alison Davies	F	Fairwater Runners Cwmbra	The Chirpy Crows	Vet Female Team (140+)	0:16:38	0:16:38	1:03:01
	30 B		Stella Symons	F	Fairwater Runners Cwmbra	The Chirpy Crows	Vet Female Team (140+)	0:32:54	0:16:16	1:03:01
	30 C		Jane Lewis	F	Fairwater Runners Cwmbra	The Chirpy Crows	Vet Female Team (140+)	0:48:31	0:15:37	1:03:01
	30 D		Elizabeth Walsh	F	Fairwater Runners Cwmbra	The Chirpy Crows	Vet Female Team (140+)	1:03:01	0:14:30	1:03:01
54	44 A		Sandra Chipper	F	Llswerry Runners	Likely Llswerians #2	Vet Female Team (140+)	0:12:18	0:12:18	1:03:18
	44 B		Claire Price	F	Llswerry Runners	Likely Llswerians #2	Vet Female Team (140+)	0:28:12	0:15:54	1:03:18
	44 C		Tracy Strydom	F	Llswerry Runners	Likely Llswerians #2	Vet Female Team (140+)	0:46:39	0:18:27	1:03:18
	44 D		Lisa Nichols	F	Llswerry Runners	Likely Llswerians #2	Vet Female Team (140+)	1:03:18	0:16:39	1:03:18
55	39 A		Vicky Stroud	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	0:15:29	0:15:29	1:03:35
	39 B		Coral Putman	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	0:31:27	0:15:58	1:03:35
	39 C		Debbie Otley	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	0:47:49	0:16:22	1:03:35
	39 D		Esther Sowerby	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	1:03:35	0:15:46	1:03:35
56	17 A		Daniela Gormley	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	0:14:56	0:14:56	1:04:36
	17 B		Emma Smith	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	0:31:52	0:16:56	1:04:36
	17 C		Jessica Appleby	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	0:47:15	0:15:23	1:04:36
	17 D		Nicola Allford	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	1:04:36	0:17:21	1:04:36
57	43 A		Louise Hopkins	F	Llswerry Runners	Likely Llswerians #1	Vet Female Team (140+)	0:16:26	0:16:26	1:06:07
	43 B		Gaynor Lugg	F	Llswerry Runners	Likely Llswerians #1	Vet Female Team (140+)	0:34:09	0:17:43	1:06:07
	43 C		Lauren Potter	F	Llswerry Runners	Likely Llswerians #1	Vet Female Team (140+)	0:51:14	0:17:05	1:06:07
	43 D		Dee Thomas	F	Llswerry Runners	Likely Llswerians #1	Vet Female Team (140+)	1:06:07	0:14:53	1:06:07
58	52 A		Kay Morgan	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	0:16:24	0:16:24	1:06:18
	52 B		Emma Batty	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	0:33:22	0:16:58	1:06:18
	52 C		Marisa Benjamin	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	0:49:33	0:16:11	1:06:18
	52 D		Katie Allen	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	1:06:18	0:16:45	1:06:18
59	53 A		Lubi Ford	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	0:14:47	0:14:47	1:06:30
	53 B		Melinda Daley	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	0:30:56	0:16:09	1:06:30
	53 C		Sharon Herbert	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	0:47:46	0:16:50	1:06:30
	53 D		Eigen Halpin	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	1:06:30	0:18:44	1:06:30
60	38 A		Kirstie Davies	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	0:15:31	0:15:31	1:07:01
	38 B		Claire Lloyd-Thomas	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	0:32:05	0:16:34	1:07:01
	38 C		Emma Jones	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	0:49:28	0:17:23	1:07:01
	38 D		Bethan Jones	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	1:07:01	0:17:33	1:07:01

ALL TEAMS

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
61	67 A	Ethan Thomas	M	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:12:09	0:12:09	1:07:10
	67 B	Philip Pritchard	M	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:29:47	0:17:38	1:07:10
	67 C	Rebecca Pritchard	F	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:50:02	0:20:15	1:07:10
	67 D	Kate Pritchard	F	NONE	Clydach Harriers	Senior Mixed (up to 149)	1:07:10	0:17:08	1:07:10
62	16 A	Rachel Jones	F	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:15:51	0:15:51	1:07:48
	16 B	Nikki Hancox	F	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:32:38	0:16:47	1:07:48
	16 C	Ceri Williams	M	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:51:33	0:18:55	1:07:48
	16 D	Barrie Desmond	M	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	1:07:48	0:16:15	1:07:48
63	61 A	Huw Davies	M	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:15:37	0:15:37	1:09:16
	61 B	Lisa O' Connell	F	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:35:01	0:19:24	1:09:16
	61 C	Suzanne Davies	F	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:52:16	0:17:15	1:09:16
	61 D	Carwyn Evans	M	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	1:09:16	0:17:00	1:09:16
64	20 A	Jenny Bradfield	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	0:17:41	0:17:41	1:12:01
	20 B	Frances Brennan-Davies	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	0:34:55	0:17:14	1:12:01
	20 C	Helen Desmond	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	0:54:06	0:19:11	1:12:01
	20 D	Sharon Horseman	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	1:12:01	0:17:55	1:12:01
65	22 A	Emma Williams	F	NONE	RUNNewport 1	Vet Female Team (140+)	0:20:00	0:20:00	1:12:29
	22 B	Julie Bagnell Thomas	F	NONE	RUNNewport 1	Vet Female Team (140+)	0:38:18	0:18:18	1:12:29
	22 C	Alison Ellis	F	NONE	RUNNewport 1	Vet Female Team (140+)	0:55:01	0:16:43	1:12:29
	22 D	Cath Ingleson	F	NONE	RUNNewport 1	Vet Female Team (140+)	1:12:29	0:17:28	1:12:29
66	33 A	Sarah Kelland	F	Fairwater Runners Cwmbbran	The Filly Crows	Vet Female Team (140+)	0:20:25	0:20:25	1:13:33
	33 B	Sue Williams	F	Fairwater Runners Cwmbbran	The Filly Crows	Vet Female Team (140+)	0:41:06	0:20:41	1:13:33
	33 C	Kate Palfrey	F	Fairwater Runners Cwmbbran	The Filly Crows	Vet Female Team (140+)	0:57:55	0:16:49	1:13:33
	33 D	Julie Roche	F	Fairwater Runners Cwmbbran	The Filly Crows	Vet Female Team (140+)	1:13:33	0:15:38	1:13:33
67	24 A	Gill Lewis	F	NONE	RUNNewport 3	Vet Female Team (140+)	0:16:29	0:16:29	1:17:05
	24 B	Ann James	F	NONE	RUNNewport 3	Vet Female Team (140+)	0:33:59	0:17:30	1:17:05
	24 C	Glynis Appleby	F	NONE	RUNNewport 3	Vet Female Team (140+)	0:56:05	0:22:06	1:17:05
	24 D	Suzanne Elizabeth	F	NONE	RUNNewport 3	Vet Female Team (140+)	1:17:05	0:21:00	1:17:05