

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
1	75	A	Luke Williams	M	Micky Morris Racing Team	Micky Morris Racing Team	Senior Male (up to 159)	0:09:38	0:40:52
		B	Lee Jones	M	Micky Morris Racing Team			0:10:30	
		C	Mark Hobbs	M	Micky Morris Racing Team			0:10:37	
		D	Mark Jennings	M	Micky Morris Racing Team			0:10:07	
2	35	A	Daniel Bodman	M	Parc Bryn Bach RC	PBBRC Mens A	Senior Male (up to 159)	0:10:07	0:41:00
		B	Lloyd Cottrell	M	Parc Bryn Bach RC			0:09:46	
		C	Dane Williams	M	Parc Bryn Bach RC			0:10:40	
		D	Sam Lewis-Jones	M	Parc Bryn Bach RC			0:10:27	
3	91	A	David Craig	M	Les Croupiers RC	Guinness RC	Senior Male (up to 159)	0:10:52	0:42:19
		B	James Heyman	M	Les Croupiers RC			0:10:29	
		C	Jack Reddaway	M	Les Croupiers RC			0:10:14	
		D	Ryan Pugsley	M	Les Croupiers RC			0:10:44	
4	83	A	Josh Fitton	M	Llswerry Runners	3 old gits and a newly wed	Vet Male (160+)	0:10:28	0:42:58
		B	Eddie Campbell-Adams	M	Llswerry Runners			0:10:54	
		C	Richard Jones	M	Llswerry Runners			0:10:30	
		D	Jeff Wherlock	M	Llswerry Runners			0:11:06	
5	28	A	Mark Gillett	M	Chepstow Harriers	Chepstow Harriers again	Senior Male (up to 159)	0:10:29	0:43:27
		B	Charlie Bendall	M	Chepstow Harriers			0:11:08	
		C	Tim Batchelor	M	Chepstow Harriers			0:10:44	
		D	Christopher Martey	M	Chepstow Harriers			0:11:06	
6	74	A	Gethyn Lehaj	M	Rhymney Valley AC	4 the third time	Senior Male (up to 159)	0:11:27	0:45:26
		B	Dafydd Powell	M	Rhymney Valley AC			0:11:35	
		C	Charlie Malpas	M	Rhymney Valley AC			0:11:32	
		D	Dylan Powell	M	Rhymney Valley AC			0:10:52	
7	54	A	Harry Woodward	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:10:58	0:46:00
		B	Kane Jellyman	M	Caldicot running club			0:11:47	
		C	Matthew Pottenger	M	Caldicot running club			0:11:51	
		D	Ben Vaughan	M	Caldicot running club			0:11:24	
8	88	A	Luke Downing	M	San Domenico RC	San Domenico C	Vet Male (160+)	0:11:02	0:46:10
		B	Hywel Edwards	M	San Domenico RC			0:11:41	
		C	Phil Rees	M	San Domenico RC			0:12:19	
		D	Neil Williams	M	San Domenico RC			0:11:08	
9	65	A	Alex Line	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:10:32	0:46:18
		B	Ben Fowler	M	Islwyn RC			0:11:38	
		C	Gethin Thomas	M	Islwyn RC			0:11:54	
		D	Lee Mills	M	Islwyn RC			0:12:14	
10	27	A	Douglas Briggs	M	Chepstow Harriers	Chepstow Harriers	Vet Male (160+)	0:11:49	0:46:21
		B	Andy Hughes	M	Chepstow Harriers			0:12:10	
		C	James Tucker	M	Chepstow Harriers			0:11:27	
		D	James Blore	M	Chepstow Harriers			0:10:55	
11	90	A	Joseph Gibson parker	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:11:41	0:47:11
		B	Jacob Thomas	M	Rhymney Valley AC			0:12:32	
		C	John Pewtner	M	Rhymney Valley AC			0:10:46	
		D	Jac Matthews	M	Rhymney Valley AC			0:12:12	
12	86	A	Chris Oxley	M	San Domenico RC	San Domenico A	Senior Mixed 2x2 (up to 149)	0:10:31	0:47:37
		B	Delyth Williams	F	San Domenico RC			0:12:46	
		C	Sara Vilar-Lluch	F	San Domenico RC			0:13:34	
		D	Daniel Rees	M	San Domenico RC			0:10:46	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
13	40	A	Steven Duggan	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:11:32	0:48:00
		B	Oliver Bracey	M	Parc Bryn Bach RC			0:11:59	
		C	Huw Steadman	M	Parc Bryn Bach RC			0:12:09	
		D	Martin Thomas	M	Parc Bryn Bach RC			0:12:20	
14	73	A	Ash Temudo	M	Caldicot running club	Let's flash with Ash!	Senior Male (up to 159)	0:10:49	0:48:12
		B	Alex Barnston	M	Caldicot running club			0:11:25	
		C	Dan Lynch	M	Caldicot running club			0:13:20	
		D	Ben Snell	M	No - not registered			0:12:38	
15	6	A	Tom Newman	M	Caerleon RC	Suicide quads	Vet Mixed 2x2 (150+)	0:10:54	0:48:13
		B	Emily Laing	F	Caerleon RC			0:12:35	
		C	Matt Turner	M	Caerleon RC			0:11:59	
		D	Lowenna Huggins	F	Caerleon RC			0:12:45	
16	45	A	Patrick Jarvis	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:11:01	0:48:23
		B	Jason Nash	M	Parc Bryn Bach RC			0:12:51	
		C	Spencer Clease	M	Parc Bryn Bach RC			0:13:30	
		D	Daniel Bodman	M	Parc Bryn Bach RC			0:11:01	
17	13	A	Andy Creber	M	Almost Parc Bryn Bach	Unfinished business - Three swifts and a cuckoo	Vet Mixed 2x2 (150+)	0:13:31	0:48:24
		B	Clare Patterson	F	Parc Bryn Bach RC			0:12:20	
		C	Kani Hinshelwood	F	Parc Bryn Bach RC			0:12:18	
		D	Jon Like	M	Parc Bryn Bach RC			0:10:15	
18	71	A	Eleanor Wright-nicholas	F	Rhymney Valley AC	4 the first time	Senior Female (up to 139)	0:12:03	0:48:26
		B	Megan Pewtner	F	Rhymney Valley AC			0:12:11	
		C	Eva Parry	F	Rhymney Valley AC			0:12:14	
		D	Imogen Jones	F	Rhymney Valley AC			0:11:58	
19	57	A	Gareth Knight	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:11:30	0:48:33
		B	Dan Fletcher	M	Griffithstown Harriers			0:11:31	
		C	Nicky Tudor	M	Griffithstown Harriers			0:12:05	
		D	Lloyd Horrobin	M	Griffithstown Harriers			0:13:27	
20	19	A	Liam Tucker	M	Llswerry Runners	Llswerry A	Senior Male (up to 159)	0:11:23	0:49:15
		B	Lee Smith	M	Llswerry Runners			0:12:23	
		C	Tim Fry	M	Llswerry Runners			0:12:49	
		D	Ellis Dyer	M	Llswerry Runners			0:12:40	
21	53	A	Mark Burchell	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:12:43	0:49:24
		B	Derek Paginton	M	Pontypool Triathlon and Endurance Club			0:14:21	
		C	David Jenkins	M	Pontypool Triathlon and Endurance Club			0:10:51	
		D	Hopkins Craig	M	Pontypool Triathlon and Endurance Club			0:11:29	
22	87	A	Catherine Whittle	F	San Domenico RC	San Domenico B	Senior Mixed 2x2 (up to 149)	0:13:18	0:49:43
		B	Ian Owen	M	San Domenico RC			0:11:32	
		C	Megan Poulson	F	San Domenico RC			0:12:58	
		D	Harry Trend	M	San Domenico RC			0:11:55	
23	94	A	Joey Line	M	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:13:53	0:50:14
		B	Jackson Powell	M	Pontypool & District			0:12:19	
		C	Chloe Leek	F	Pontypool & District			0:11:50	
		D	Alyssa Baker	F	Pontypool & District			0:12:12	
24	93	A	Rachel McDowell	F	Les Croupiers RC	Running late	Senior Female (up to 139)	0:12:20	0:50:30
		B	Leah Stephens	F	Les Croupiers RC			0:12:58	
		C	Emma Wyatt-Haines	F	Les Croupiers RC			0:12:20	
		D	Ella Jennings	F	Les Croupiers RC			0:12:52	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
25	1	A	Cherry Fowler	F	Chepstow Harriers	Chepstow Mixed Oldies	Vet Mixed 2x2 (150+)	0:12:24	0:50:57
		B	Paul Dodd	M	Chepstow Harriers			0:12:14	
		C	Jan Morris	F	Chepstow Harriers			0:14:34	
		D	Tony Marshall	M	Chepstow Harriers			0:11:45	
26	77	A	Thomas Rees-Gralton	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:12:01	0:51:08
		B	Harish Rama	M	Safran RCC			0:13:43	
		C	Richard Hopcraft	M	Safran RCC			0:14:03	
		D	Tom Jeffery	M	Safran RCC			0:11:21	
27	84	A	Liam Moore	M	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:12:08	0:51:08
		B	Meg Balmont	M	Caerleon RC			0:14:21	
		C	Holly Greenwood	F	Caerleon RC			0:12:54	
		D	Alex Walden	M	Caerleon RC			0:11:45	
28	14	A	Sarah Bell	F	Chepstow Harriers	Chepstow Harridans	Vet Female (140+)	0:12:30	0:51:31
		B	Niki Morgan	F	Chepstow Harriers			0:12:52	
		C	Lisa Jeffrey	F	Chepstow Harriers			0:13:44	
		D	Kathy Stringer	F	Chepstow Harriers			0:12:25	
29	41	A	Mark Griffiths	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:13:09	0:51:55
		B	Steve Wiles	M	Parc Bryn Bach RC			0:13:54	
		C	Nick Osman	M	Parc Bryn Bach RC			0:12:39	
		D	Karl Coughlin	M	Parc Bryn Bach RC			0:12:13	
30	34	A	Spencer Clease	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:12:36	0:52:46
		B	Christian Murphy	M	Parc Bryn Bach			0:12:27	
		C	Stephen Price	M	Parc Bryn Bach			0:14:08	
		D	Scott Greaves	M	Parc Bryn Bach			0:13:35	
31	69	A	Neil Profit	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:12:27	0:53:03
		B	Dai Hamm	M	Islwyn RC			0:13:29	
		C	Dan Rees	M	Islwyn RC			0:12:10	
		D	Matt Clark	M	Islwyn RC			0:14:57	
32	52	A	Karen Silver	F	Griffithstown Harriers	Injury Prone	Senior Mixed 2x2 (up to 149)	0:13:24	0:53:13
		B	Ben Chard	M	Griffithstown Harriers			0:13:03	
		C	Kyra Chard	F	Griffithstown Harriers			0:15:12	
		D	John Williams	M	Griffithstown Harriers			0:11:34	
33	37	A	Kani Hinshelwood	F	Parc Bryn Bach RC	PBBRC Womens B	Vet Female (140+)	0:12:15	0:53:17
		B	Sarah Jeremiah	F	Parc Bryn Bach RC			0:13:53	
		C	Jo Kilby	F	Parc Bryn Bach RC			0:14:14	
		D	Kimberley Price	F	Parc Bryn Bach RC			0:12:55	
34	76	A	Katie Pescod	F	Caldicot Running Club	Faster than Gossip	Senior Female (up to 139)	0:13:07	0:53:18
		B	Emily Wilcox	F	Caldicot Running Club			0:12:52	
		C	Chloe Buttery	F	Caldicot Running Club			0:14:34	
		D	Liz Joslin	F	Caldicot Running Club			0:12:45	
35	61	A	Dan Jones	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:13:29	0:53:23
		B	Andrew Smith	M	Griffithstown Harriers			0:12:45	
		C	Luciano Tomasulo	M	Griffithstown Harriers			0:13:03	
		D	Adrian Parry Welson	M	Griffithstown Harriers			0:14:06	
36	36	A	Grace Williams	F	Parc Bryn Bach RC	PBBRC Womens A	Senior Female (up to 139)	0:12:06	0:53:27
		B	Jessica Young	F	Parc Bryn Bach RC			0:13:48	
		C	Victoria Boxhall-James	F	Parc Bryn Bach RC			0:14:40	
		D	Beth Jones	F	Parc Bryn Bach RC			0:12:53	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
37	21	A	Josh Green	M	Lliswerry Runners	Lliswerry C	Vet Male (160+)	0:14:29	0:53:56
		B	Chris Potter	M	Lliswerry Runners			0:12:37	
		C	John Foster	M	Lliswerry Runners			0:13:18	
		D	Rob Davies	M	Lliswerry Runners			0:13:32	
38	5	A	Elizabeth Richards	F	Caerleon RC	Caerleon warriors	Vet Female (140+)	0:13:55	0:54:03
		B	Avisa Talemi	F	Caerleon RC			0:13:53	
		C	Lauren Williams	F	Caerleon RC			0:13:23	
		D	Jade Wakley	F	Caerleon RC			0:12:52	
39	80	A	James Fisher	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:16	0:55:10
		B	Richard Payton	M	Safran RCC			0:13:25	
		C	James Woodington	M	Safran RCC			0:15:20	
		D	Richard Bracher	M	Safran RCC			0:13:09	
40	32	A	Matthew Lloyd	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:12:33	0:55:20
		B	Ieuan Kingston	M	Fairwater Runners			0:14:20	
		C	Stuart Ball	M	Fairwater Runners			0:13:17	
		D	Ian Smith	M	Fairwater Runners			0:15:10	
41	85	A	Lily Jacklin	F	Aberdare Valley Amateur AC	Born to Slay-trained to relay	Senior Female (up to 139)	0:12:32	0:56:25
		B	Nia Reddy	F	Pontypridd Roadents AC			0:14:49	
		C	Isabelle Jacklin	F	Aberdare Valley Amateur AC			0:15:49	
		D	Chloe Piggott	F	Aberdare Valley Amateur AC			0:13:15	
42	9	A	Matthew Mulcahy	M	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:13:05	0:56:33
		B	Liz Sims	F	Caerleon RC			0:15:08	
		C	Abbie Thomas	F	Caerleon RC			0:14:51	
		D	Philip Hyatt	M	Caerleon RC			0:13:29	
43	67	A	Melissa Morgan	F	Islwyn RC	Islwyn B	Vet Female (140+)	0:13:30	0:56:50
		B	Billie McGourlick	F	Islwyn RC			0:13:03	
		C	Sarah Davies	F	Islwyn RC			0:15:29	
		D	Michelle Johnson	F	Islwyn RC			0:14:48	
44	17	A	Thomas Riddington	M	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:14:03	0:57:19
		B	Andrew Oliver	M	Chepstow Harriers			0:13:45	
		C	Louise Crockett	F	Chepstow Harriers			0:15:20	
		D	Jane Roscoe	F	Chepstow Harriers			0:14:11	
45	63	A	Tom Rooney	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:12:58	0:57:27
		B	Alex Phillips	M	Caldicot Running Club			0:14:17	
		C	Tom Beale	M	Caldicot Running Club			0:15:05	
		D	Jon Paisley	M	Caldicot Running Club			0:15:07	
46	62	A	Andrew Spencer	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:24	0:57:41
		B	Colin Wilmott	M	Griffithstown Harriers			0:14:19	
		C	Paul Watkins	M	Griffithstown Harriers			0:14:06	
		D	John Doolan	M	Griffithstown Harriers			0:14:52	
47	29	A	Alan Legge	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:14:07	0:58:18
		B	Mike Skyrme	M	Fairwater Runners			0:13:43	
		C	Danny	M	Guest of Fairwater Runners			0:14:20	
		D	Andy Baker	M	Fairwater Runners			0:16:08	
48	44	A	James Langridge-Thomas	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:17:09	0:58:40
		B	Jason Lewis	M	Parc Bryn Bach RC			0:13:13	
		C	Ian Line	M	Parc Bryn Bach RC			0:13:46	
		D	Matthew Berryman	M	Parc Bryn Bach RC			0:14:32	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
49	48	A	Martin Croucher	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:14:11	0:59:29
		B	Morian Williams	M	RUNNewport			0:14:36	
		C	Rhys Thurston	M	RUNNewport			0:13:48	
		D	Michael Waters	M	RUNNewport			0:16:54	
50	58	A	Sarah Roberts	F	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:14:28	0:59:32
		B	Shane Roberts	M	Griffithstown Harriers			0:12:11	
		C	Shane Matthews	M	Griffithstown Harriers			0:14:53	
		D	Jo Paling	F	Griffithstown Harriers			0:18:00	
51	3	A	Tom Annetts	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:14:31	0:59:35
		B	Andrew Wall	M	Chepstow Harriers			0:14:40	
		C	Christopher Cox	M	Chepstow Harriers			0:15:05	
		D	Joff Phelps	M	Chepstow Harriers			0:15:19	
52	31	A	Phillip Allsopp	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:14:56	0:59:35
		B	Richard Bowie	M	Fairwater Runners			0:16:35	
		C	Rob Symons	M	Guest of Fairwater Runners			0:13:01	
		D	Stephen Williams	M	Fairwater Runners			0:15:03	
53	11	A	Aneulu Cornel Pirvu	M	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:14:50	0:59:37
		B	Emily Taylor	F	Caerleon RC			0:17:28	
		C	Siwan Purkis	F	Caerleon RC			0:14:06	
		D	Christian Ford	M	Caerleon RC			0:13:13	
54	46	A	Julia Bajjada	F	Chepstow Harriers	The Harlyn Trotters	Vet Female (140+)	0:13:40	1:00:01
		B	Kim Carwardine	F	Chepstow Harriers			0:16:03	
		C	Ruth Richardson	F	Chepstow Harriers			0:14:55	
		D	Bridget Davies	F	Chepstow Harriers			0:15:23	
55	97	A	Marissa Benjamin	F	Pontypool & District	Pooler Ladies Vet 2	Vet Female (140+)	0:14:51	1:00:32
		B	Louise Bright	F	Pontypool & District			0:15:26	
		C	Michelle Deal	F	Pontypool & District			0:12:44	
		D	Tracy Baker	F	Pontypool & District			0:17:31	
56	49	A	Steph Rhodes	F	RUNNewport	RUNNewport 3	Senior Female (up to 139)	0:15:59	1:00:37
		B	Naomi Handley	F	RUNNewport			0:14:28	
		C	Justine Blaber	F	RUNNewport			0:15:58	
		D	Marnee Hicks	F	RUNNewport			0:14:12	
57	89	A	Niall Hughes	M	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:14:46	1:00:39
		B	Hannah Withers	F	San Domenico RC			0:16:25	
		C	Armanda Rees-Van-Wolferen	F	San Domenico RC			0:16:07	
		D	Ben Gooding	M	San Domenico RC			0:13:21	
58	72	A	Poppy Howells	F	Rhymney Valley AC	4 the second time	Senior Female (up to 139)	0:14:37	1:00:52
		B	Emily Bessant-evans	F	Rhymney Valley AC			0:14:55	
		C	Jessica Bateman	F	Rhymney Valley AC			0:15:53	
		D	Ariana Sullivan	F	Rhymney Valley AC			0:15:27	
59	70	A	Coral Putman	F	Islwyn RC	Islwyn G	Senior Female (up to 139)	0:14:07	1:01:03
		B	Carly Bunston	F	Islwyn RC			0:13:54	
		C	Alysha Bunston	F	Islwyn RC			0:15:01	
		D	Stacey Rendall	F	Islwyn RC			0:18:01	
60	64	A	Craig Ward	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:14:22	1:01:29
		B	Paul Brookes	M	Islwyn RC			0:14:15	
		C	Neill Parker	M	Islwyn RC			0:16:11	
		D	Simon Johnson	M	Islwyn RC			0:16:41	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
61	10	A	Phil Cummings	M	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:14:18	1:01:38
		B	Yangi Vundamina	F	Caerleon RC			0:15:43	
		C	Tammy Fry	F	Caerleon RC			0:14:25	
		D	Gulesh Kumar	M	Caerleon RC			0:17:12	
62	25	A	Jacqueline Davidge	F	Llswerry Runners	Llswerry G	Vet Female (140+)	0:15:37	1:02:17
		B	Karen Day	F	Llswerry Runners			0:14:56	
		C	Jane Lewis	F	Llswerry Runners			0:15:47	
		D	Leanne Westacott	F	Llswerry Runners			0:15:57	
63	30	A	Megan Jackson	F	Fairwater Runners	Cwmbran Ladies	Vet Female (140+)	0:15:24	1:02:27
		B	Meghan Brickley	F	Fairwater Runners			0:16:02	
		C	Laura Grey	F	Fairwater Runners			0:15:59	
		D	Leonie Roberts	F	Fairwater Runners			0:15:02	
64	26	A	Cheryl Jones	F	Llswerry Runners	Llswerry H	Vet Mixed 2x2 (150+)	0:16:39	1:02:48
		B	Zoe Elver	F	Llswerry Runners			0:17:09	
		C	John Maloney	M	Llswerry Runners			0:16:00	
		D	Michael Hajdon	M	Llswerry Runners			0:13:00	
65	43	A	Matthew Harvey-Knowles	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:16:05	1:03:10
		B	Vincent Gregory	M	Parc Bryn Bach RC			0:15:41	
		C	Bob Craft	M	Parc Bryn Bach RC			0:15:17	
		D	Gareth Williams	M	Parc Bryn Bach RC			0:16:07	
66	38	A	Sarah Aylett	F	Parc Bryn Bach RC	PBBRC Womens C	Vet Female (140+)	0:15:14	1:03:24
		B	Maria Meredith	F	Parc Bryn Bach RC			0:15:58	
		C	Samantha Bills	F	Parc Bryn Bach RC			0:14:52	
		D	Laura Pinney	F	Parc Bryn Bach RC			0:17:20	
67	18	A	Denise Evans	F	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:16:06	1:03:32
		B	Michael Evans	M	Chepstow Harriers			0:15:03	
		C	Barry Evans	M	Chepstow Harriers			0:14:56	
		D	Brenda Avery	F	Chepstow Harriers			0:17:27	
68	22	A	Scott Routley	M	Llswerry Runners	Llswerry D	Senior Male (up to 159)	0:18:07	1:03:32
		B	Elliot Counsell	M	Llswerry Runners			0:13:44	
		C	Josh Ford	M	Llswerry Runners			0:14:42	
		D	Andrew Hart	M	Llswerry Runners			0:16:59	
69	81	A	Kerry Morgan	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:16:22	1:04:09
		B	Prasanth Sripathi	M	Safran RCC			0:14:06	
		C	Vikram Vhanmane	M	Safran RCC			0:17:12	
		D	Mark Williams	M	Safran RCC			0:16:29	
70	59	A	Isabelle Wilkinson	F	Griffithstown Harriers	Griff 4	Senior Female (up to 139)	0:18:44	1:04:27
		B	Tara Leanne Paisey	F	Griffithstown Harriers			0:13:46	
		C	Abbie Kidner	F	Griffithstown Harriers			0:15:06	
		D	Ellie Robins	F	Griffithstown Harriers			0:16:51	
71	24	A	Morgan Westacott	F	Llswerry Runners	Llswerry F	Senior Female (up to 139)	0:15:45	1:05:05
		B	Rebecca Yearling	F	Llswerry Runners			0:15:53	
		C	Bethan Williams	F	Llswerry Runners			0:17:52	
		D	Zoe Holloway	F	Llswerry Runners			0:15:35	
72	4	A	Antoinette Burrows	F	Chepstow Harriers	Haphazard Harriers	Vet Female (140+)	0:16:08	1:05:25
		B	Jennifer Harding	F	Chepstow Harriers			0:18:12	
		C	Lindsey Coode	F	Chepstow Harriers			0:16:46	
		D	Charlotte Giles	F	Chepstow Harriers			0:14:19	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
73	33	A	Sheree Mann	F	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:19:17	1:05:38
		B	Mark Prosser	M	Fairwater Runners			0:14:39	
		C	Stephen Smith	M	Fairwater Runners			0:13:50	
		D	Alison Davis	F	Fairwater Runners			0:17:52	
74	96	A	Michelle Gooch	F	Pontypool & District	Pooler Ladies Vet 1	Vet Female (140+)	0:14:48	1:05:50
		B	Karen Southgate	F	Pontypool & District			0:15:09	
		C	Sarah Hirons	F	Pontypool & District			0:19:30	
		D	Kate Black	F	Pontypool & District			0:16:23	
75	66	A	Fiona Wakley	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:18:13	1:05:58
		B	Louise Saddler	F	Islwyn RC			0:16:01	
		C	Kelly Hall	F	Islwyn RC			0:16:03	
		D	Sheryl Clark	F	Islwyn RC			0:15:41	
76	98	A	Marian Grace	F	Yate & Sodbury Striders	Yate & Sodbury Striders	Vet Female (140+)	0:15:00	1:06:02
		B	Caroline Lavis	F	Yate & Sodbury Striders			0:15:26	
		C	Vanessa Israel	F	Yate & Sodbury Striders			0:18:05	
		D	Liz Lewis	F	Yate & Sodbury Striders			0:17:31	
77	47	A	Emma Wootten	F	RUNNewport	RUNNewport 1	Senior Female (up to 139)	0:16:39	1:06:47
		B	Lauren Ringquest	F	RUNNewport			0:16:19	
		C	Moiria Wooles	F	RUNNewport			0:16:58	
		D	Lorna Thurston	F	RUNNewport			0:16:51	
78	68	A	Kirsty Hotham Morgan	F	Islwyn RC	Islwyn F	Vet Female (140+)	0:17:47	1:07:10
		B	Lauren Holtham Morgan	F	Islwyn RC			0:16:42	
		C	Emma Larson	F	Islwyn RC			0:16:05	
		D	Amanda Horton	F	Islwyn RC			0:16:36	
79	78	A	Julian Guy	M	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:16:55	1:07:57
		B	Claire Rennie	F	Safran RCC			0:18:30	
		C	Alex Medicke	M	Safran RCC			0:13:16	
		D	Natalie Tanner	F	Safran RCC			0:19:16	
80	82	A	Stuart Jones	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:18:19	1:08:00
		B	David Llewellyn	M	Safran RCC			0:17:55	
		C	Pedro Davies	M	Safran RCC			0:15:13	
		D	Remi Blanc	M	Safran RCC			0:16:33	
81	50	A	Clare Roberts	F	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:17:03	1:08:34
		B	Nicola Dando	F	RUNNewport			0:16:59	
		C	Lee Oakey	M	RUNNewport			0:17:41	
		D	Julian Taylor	M	RUNNewport			0:16:51	
82	60	A	Helen Wilcox	F	Caldicot Running Club	The Hot Flashes	Vet Female (140+)	0:17:38	1:09:30
		B	Angela Phillips	F	Caldicot Running Club			0:17:53	
		C	Keila Mayo	F	Caldicot Running Club			0:16:42	
		D	Sue Pant	F	Caldicot Running Club			0:17:17	
83	23	A	Chris Hill	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:18:30	1:09:41
		B	Ken Goodger	M	Lliswerry Runners			0:18:42	
		C	Ian Macrory	M	Lliswerry Runners			0:16:33	
		D	Mike Williams	M	Lliswerry Runners			0:15:56	
84	16	A	Jane Rymer	F	Chepstow Harriers	All tapped out	Vet Female (140+)	0:19:18	1:10:54
		B	Lisa Riddington	F	Chepstow Harriers			0:18:30	
		C	Pam Suter	F	Chepstow Harriers			0:16:04	
		D	Jenni Bell	F	Chepstow Harriers			0:17:02	

ALL TEAMS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
85	95	A	Eigen Halpin	F	Pontypool & District	Pooler Super Sue's Club	Vet Female (140+)	0:18:15	1:11:39
		B	Susan Lawrence	F	Pontypool & District			0:20:04	
		C	Wendy Morgan	F	Pontypool & District			0:18:07	
		D	Marrisa Benjamin	F	Pontypool & District			0:15:13	
86	56	A	Anna Wilkinson	F	Griffithstown Harriers	Griff 1	Vet Female (140+)	0:17:04	1:11:45
		B	Rachel Jones	F	Griffithstown Harriers			0:17:02	
		C	Mikiko Minty	F	Griffithstown Harriers			0:15:47	
		D	Gaynor Watkins	F	Griffithstown Harriers			0:21:52	
87	42	A	Ceri Caswell	F	Parc Bryn Bach RC	PBBRC Womens E	Vet Female (140+)	0:17:06	1:12:32
		B	Sian Steadman	F	Parc Bryn Bach RC			0:18:59	
		C	Beth James	F	Parc Bryn Bach RC			0:18:36	
		D	Jessica James	F	Parc Bryn Bach RC			0:17:51	
88	51	A	Joanne Smith	F	RUNNewport	RUNNewport 5	Vet Female (140+)	0:18:14	1:12:43
		B	Gillian Lewis	F	RUNNewport			0:19:16	
		C	Lynne Williams	F	RUNNewport			0:16:55	
		D	Katrina Soper	F	RUNNewport			0:18:18	
89	55	A	Sarah Gunn	F	Caldicot Running Club	Goldilocks and the 3 Queens	Vet Mixed 2x2 (150+)	0:18:51	1:13:05
		B	Alasdair Stewart	M	Caldicot Running Club			0:16:38	
		C	Hannah Bradley	F	Caldicot Running Club			0:20:04	
		D	Borja Lazaro Toralles	M	Caldicot Running Club			0:17:32	
90	7	A	Steve Dance	M	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:20:08	1:13:45
		B	Ffion Morgan	F	Caerleon RC			0:16:29	
		C	Dave Davies	M	Caerleon RC			0:18:44	
		D	Charlotte Leigh	F	Caerleon RC			0:18:24	
91	79	A	Phil Hopkins	M	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:18:03	1:14:46
		B	Lisa Fotune	F	Safran RCC			0:21:13	
		C	Nick Monk	M	Safran RCC			0:14:52	
		D	Jessica Hargrave	F	Safran RCC			0:20:38	
92	39	A	Kath Wiles	F	Parc Bryn Bach RC	PBBRC Womens D	Vet Female (140+)	0:16:53	1:15:08
		B	Cath Price	F	Parc Bryn Bach RC			0:17:29	
		C	Cheryl Cross	F	Parc Bryn Bach RC			0:22:00	
		D	Sarah Eaton	F	Parc Bryn Bach RC			0:18:46	
93	8	A	Barbara Maddison	F	Chepstow Harriers	Sole Sisters	Vet Female (140+)	0:16:59	1:17:50
		B	Corinna Tannian	F	Chepstow Harriers			0:19:37	
		C	Wendy Briggs	F	Chepstow Harriers			0:19:55	
		D	Kate Webster	F	Chepstow Harriers			0:21:19	
94	15	A	Anne Jenner	F	Chepstow Harriers	MADGe	Vet Female (140+)	0:20:54	1:18:48
		B	Deb Franklin	F	Chepstow Harriers			0:20:26	
		C	Michelle Treacy	F	Chepstow Harriers			0:17:53	
		D	Gill Ellis	F	Chepstow Harriers			0:19:35	
95	20	A	Suzanne Taylor	F	Llswerry Runners	Llswerry B	Vet Female (140+)	0:23:51	1:19:58
		B	Jo Voisey	F	Llswerry Runners			0:20:09	
		C	Bernadette Wilkinson	F	Llswerry Runners			0:18:08	
		D	Diane Potter	F	Llswerry Runners			0:17:50	
96	12	A	Liz Downham	F	Chepstow Harriers	Run Steady Crew	Vet Female (140+)	0:17:11	1:22:17
		B	Vicki Vowles	F	Chepstow Harriers			0:22:18	
		C	Carrie Williams	F	Chepstow Harriers			0:22:26	
		D	Sonia Unsted	F	Chepstow Harriers			0:20:22	

97

98

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
92	A	Helen Clancy	F	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:19:38	1:24:21
	B	Sean Clancy	M	Chepstow Harriers			0:26:49	
	C	Graham Taylor	M	Chepstow Harriers			0:17:54	
	D	Rebecca Lane	F	Chepstow Harriers			0:20:00	
2	A	Geoff Bayliss	M	Chepstow Harriers	296 and still counting	Vet Mixed 2x2 (150+)	0:26:11	1:24:30
	B	Jane Bayliss	F	Chepstow Harriers			0:19:48	
	C	Margret Griffiths	F	Chepstow Harriers			0:22:31	
	D	Paul Griffiths	M	Chepstow Harriers			0:16:00	