

ALL TEAMS

| | NUMBER | STAGE | RUNNER | GENDER | CLUB | TEAM | CATEGORY | FINISH TIME | RUN TIME | TEAM TIME |
|----|--------|-------|-------------------------|--------|----------------------------|----------------------------|------------------------------|-------------|----------|-----------|
| 1 | 52 A | | Mike Marsh | M | Micky Morris Racing Team | MMRT | Senior Male (up to 159) | 0:10:46 | 0:10:46 | 0:41:42 |
| | 52 B | | Mark Hobbs | M | Micky Morris Racing Team | MMRT | Senior Male (up to 159) | 0:21:24 | 0:10:38 | 0:41:42 |
| | 52 C | | Leighton Rawlinson | M | Micky Morris Racing Team | MMRT | Senior Male (up to 159) | 0:31:53 | 0:10:29 | 0:41:42 |
| | 52 D | | Luke Williams | M | Micky Morris Racing Team | MMRT | Senior Male (up to 159) | 0:41:42 | 0:09:49 | 0:41:42 |
| 2 | 53 A | | Robert Pritchard | M | Lliswerry Runners | Sticky toffee pudding club | Vet Male (160+) | 0:10:59 | 0:10:59 | 0:41:51 |
| | 53 B | | Toby Jones | M | Lliswerry Runners | Sticky toffee pudding club | Vet Male (160+) | 0:21:27 | 0:10:28 | 0:41:51 |
| | 53 C | | Eddie Campbell - Adam's | M | Lliswerry Runners | Sticky toffee pudding club | Vet Male (160+) | 0:31:53 | 0:10:26 | 0:41:51 |
| | 53 D | | Lloyd Cottrell | M | Lliswerry Runners | Sticky toffee pudding club | Vet Male (160+) | 0:41:51 | 0:09:58 | 0:41:51 |
| 3 | 9 A | | Manny Trailor | M | Brecon AC | Brecon Ac 1 | Senior Male (up to 159) | 0:10:40 | 0:10:40 | 0:43:33 |
| | 9 B | | Rhodri Boggust | M | Brecon AC | Brecon Ac 1 | Senior Male (up to 159) | 0:22:06 | 0:11:26 | 0:43:33 |
| | 9 C | | Tom Marshall | M | Brecon AC | Brecon Ac 1 | Senior Male (up to 159) | 0:33:05 | 0:10:59 | 0:43:33 |
| | 9 D | | Michael Holloway | M | Brecon AC | Brecon Ac 1 | Senior Male (up to 159) | 0:43:33 | 0:10:28 | 0:43:33 |
| 4 | 37 A | | Andrew Stamp | M | Griffithstown Harriers | Griffs Relay Rockets | Vet Male (160+) | 0:11:45 | 0:11:45 | 0:46:24 |
| | 37 B | | Shane Roberts | M | Griffithstown Harriers | Griffs Relay Rockets | Vet Male (160+) | 0:23:39 | 0:11:54 | 0:46:24 |
| | 37 C | | Craig Cheedy | M | Griffithstown Harriers | Griffs Relay Rockets | Vet Male (160+) | 0:34:53 | 0:11:14 | 0:46:24 |
| | 37 D | | Gareth Knight | M | Griffithstown Harriers | Griffs Relay Rockets | Vet Male (160+) | 0:46:24 | 0:11:31 | 0:46:24 |
| 5 | 1 A | | David Witts | M | Islwyn RC | Islwyn A | Senior Male (up to 159) | 0:11:59 | 0:11:59 | 0:46:33 |
| | 1 B | | Neil Profit | M | Islwyn RC | Islwyn A | Senior Male (up to 159) | 0:24:35 | 0:12:36 | 0:46:33 |
| | 1 C | | Lewis Munro | M | Islwyn RC | Islwyn A | Senior Male (up to 159) | 0:34:51 | 0:10:16 | 0:46:33 |
| | 1 D | | Owen Hacker | M | Islwyn RC | Islwyn A | Senior Male (up to 159) | 0:46:33 | 0:11:42 | 0:46:33 |
| 6 | 13 A | | Leighton Everett | M | Caerleon RC | Scrambled Legs | Vet Male (160+) | 0:12:42 | 0:12:42 | 0:46:44 |
| | 13 B | | Matt Tooby | M | Caerleon RC | Scrambled Legs | Vet Male (160+) | 0:24:20 | 0:11:38 | 0:46:44 |
| | 13 C | | Matt Turner | M | Caerleon RC | Scrambled Legs | Vet Male (160+) | 0:35:37 | 0:11:17 | 0:46:44 |
| | 13 D | | Tom Newman | M | Caerleon RC | Scrambled Legs | Vet Male (160+) | 0:46:44 | 0:11:07 | 0:46:44 |
| 7 | 38 A | | Ashley Temudo | M | Caldicot running club | Crc Over in a fIASH | Senior Male (up to 159) | 0:11:30 | 0:11:30 | 0:47:20 |
| | 38 B | | Kane Jellyman | M | Caldicot running club | Crc Over in a fIASH | Senior Male (up to 159) | 0:23:53 | 0:12:23 | 0:47:20 |
| | 38 C | | Ben Vaughan | M | Caldicot running club | Crc Over in a fIASH | Senior Male (up to 159) | 0:35:25 | 0:11:32 | 0:47:20 |
| | 38 D | | Ashley Temudo | M | Caldicot running club | Crc Over in a fIASH | Senior Male (up to 159) | 0:47:20 | 0:11:55 | 0:47:20 |
| 8 | 80 A | | James Arnold | M | Pont-y-Pwl & District | Tricky Ricci's | Vet Male (160+) | 0:13:28 | 0:13:28 | 0:47:41 |
| | 80 B | | Andrei Arcana | M | Pont-y-Pwl & District | Tricky Ricci's | Vet Male (160+) | 0:25:01 | 0:11:33 | 0:47:41 |
| | 80 C | | Adam Grey | M | Pont-y-Pwl & District | Tricky Ricci's | Vet Male (160+) | 0:36:23 | 0:11:22 | 0:47:41 |
| | 80 D | | Ricci Watts | M | Pont-y-Pwl & District | Tricky Ricci's | Vet Male (160+) | 0:47:41 | 0:11:18 | 0:47:41 |
| 9 | 31 A | | Harry Woodward | M | Caldicot running club | CRC Woodward's Warriors | Senior Mixed 2x2 (up to 149) | 0:11:35 | 0:11:35 | 0:48:30 |
| | 31 B | | Karen Pennell | F | Caldicot running club | CRC Woodward's Warriors | Senior Mixed 2x2 (up to 149) | 0:25:10 | 0:13:35 | 0:48:30 |
| | 31 C | | Laura Hunt | F | Caldicot running club | CRC Woodward's Warriors | Senior Mixed 2x2 (up to 149) | 0:38:32 | 0:13:22 | 0:48:30 |
| | 31 D | | Sam Griffiths | M | Caldicot running club | CRC Woodward's Warriors | Senior Mixed 2x2 (up to 149) | 0:48:30 | 0:09:58 | 0:48:30 |
| 10 | 25 A | | Aaron Jeffs | M | Aberdare Valley Amateur AC | Causing hAVAAC | Senior Mixed 2x2 (up to 149) | 0:10:43 | 0:10:43 | 0:49:28 |
| | 25 B | | Tirion Pryce | F | Aberdare Valley Amateur AC | Causing hAVAAC | Senior Mixed 2x2 (up to 149) | 0:24:56 | 0:14:13 | 0:49:28 |
| | 25 C | | Holli Jehu | F | Aberdare Valley Amateur AC | Causing hAVAAC | Senior Mixed 2x2 (up to 149) | 0:38:45 | 0:13:49 | 0:49:28 |
| | 25 D | | Owen Thomas | M | Aberdare Valley Amateur AC | Causing hAVAAC | Senior Mixed 2x2 (up to 149) | 0:49:28 | 0:10:43 | 0:49:28 |

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|----|--------|-------|---------------------|--------|-------------------------|--|------------------------------|-------------|----------|----------------|
| 11 | 40 A | | Jon Lewis | M | Griffithstown Harriers | The Team to Beat | Vet Male (160+) | 0:13:08 | 0:13:08 | 0:49:34 |
| | 40 B | | Ben Chard | M | Griffithstown Harriers | The Team to Beat | Vet Male (160+) | 0:25:29 | 0:12:21 | 0:49:34 |
| | 40 C | | Mark Burchell | M | Griffithstown Harriers | The Team to Beat | Vet Male (160+) | 0:37:51 | 0:12:22 | 0:49:34 |
| | 40 D | | John Williams | M | Griffithstown Harriers | The Team to Beat | Vet Male (160+) | 0:49:34 | 0:11:43 | 0:49:34 |
| 12 | 30 A | | Ewlina Ciesielska | F | PBB | Three Swifts and a Dodo | Vet Mixed 3+1 (150+) | 0:12:01 | 0:12:01 | 0:49:36 |
| | 30 B | | Andy Creber | M | Mynydd Du | Three Swifts and a Dodo | Vet Mixed 3+1 (150+) | 0:25:33 | 0:13:32 | 0:49:36 |
| | 30 C | | Clare Patterson | F | PBB | Three Swifts and a Dodo | Vet Mixed 3+1 (150+) | 0:37:36 | 0:12:03 | 0:49:36 |
| | 30 D | | Ewlina Ciesielska | F | PBB | Three Swifts and a Dodo | Vet Mixed 3+1 (150+) | 0:49:36 | 0:12:00 | 0:49:36 |
| 13 | 44 A | | Kyle Harvey | M | Fairwater Runners | Fairwater Mixed Runners 1 | Senior Mixed 2x2 (up to 149) | 0:10:38 | 0:10:38 | 0:49:53 |
| | 44 B | | Evie Hoare | F | Fairwater Runners | Fairwater Mixed Runners 1 | Senior Mixed 2x2 (up to 149) | 0:25:22 | 0:14:44 | 0:49:53 |
| | 44 C | | Steve Drewitt | M | Fairwater Runners | Fairwater Mixed Runners 1 | Senior Mixed 2x2 (up to 149) | 0:36:55 | 0:11:33 | 0:49:53 |
| | 44 D | | Roberts Leonie | F | Fairwater Runners | Fairwater Mixed Runners 1 | Senior Mixed 2x2 (up to 149) | 0:49:53 | 0:12:58 | 0:49:53 |
| 14 | 20 A | | Cherry Fowler | F | Chepstow Harriers | Chepstow 239 | Vet Mixed 2x2 (150+) | 0:12:17 | 0:12:17 | 0:49:57 |
| | 20 B | | Paul Dodd | M | Chepstow Harriers | Chepstow 240 | Vet Mixed 2x2 (150+) | 0:24:22 | 0:12:05 | 0:49:57 |
| | 20 C | | Jan Morris | F | Chepstow Harriers | Chepstow 241 | Vet Mixed 2x2 (150+) | 0:38:16 | 0:13:54 | 0:49:57 |
| | 20 D | | Tony Marshall | M | Chepstow Harriers | Chepstow 242 | Vet Mixed 2x2 (150+) | 0:49:57 | 0:11:41 | 0:49:57 |
| 15 | 51 A | | Andrew Meaney | M | Griffithstown Harriers | Easier said than run | Senior Male (up to 159) | 0:14:48 | 0:14:48 | 0:50:55 |
| | 51 B | | Llewellyn Watts | M | | Easier said than run | Senior Male (up to 159) | 0:26:34 | 0:11:46 | 0:50:55 |
| | 51 C | | Luciano Tomasulo | M | Griffithstown Harriers | Easier said than run | Senior Male (up to 159) | 0:40:56 | 0:14:22 | 0:50:55 |
| | 51 D | | Ben Miles | M | Cardiff Amateur AC | Easier said than run | Senior Male (up to 159) | 0:50:55 | 0:09:59 | 0:50:55 |
| 16 | 39 A | | Tom Rooney | M | Caldicot running club | CRC Rooney's Racers | Senior Male (up to 159) | 0:13:33 | 0:13:33 | 0:51:06 |
| | 39 B | | Will Scott | M | Caldicot running club | CRC Rooney's Racers | Senior Male (up to 159) | 0:25:24 | 0:11:51 | 0:51:06 |
| | 39 C | | Mark Light | M | Caldicot running club | CRC Rooney's Racers | Senior Male (up to 159) | 0:38:53 | 0:13:29 | 0:51:06 |
| | 39 D | | Alex Lyne | M | Caldicot running club | CRC Rooney's Racers | Senior Male (up to 159) | 0:51:06 | 0:12:13 | 0:51:06 |
| 17 | 79 A | | Shane Baker | M | Pont-y-Pwl & District | Baker's not quite dozen | Vet Male (160+) | 0:12:31 | 0:12:31 | 0:52:05 |
| | 79 B | | Dan Mutlow | M | Pont-y-Pwl & District | Baker's not quite dozen | Vet Male (160+) | 0:25:37 | 0:13:06 | 0:52:05 |
| | 79 C | | Adrian Murkin | M | Pont-y-Pwl & District | Baker's not quite dozen | Vet Male (160+) | 0:38:56 | 0:13:19 | 0:52:05 |
| | 79 D | | Lee Harvey | M | Pont-y-Pwl & District | Baker's not quite dozen | Vet Male (160+) | 0:52:05 | 0:13:09 | 0:52:05 |
| 18 | 49 A | | Carly Stone | F | Griffithstown Harriers | Griff you don't know me by now! | Vet Female (140+) | 0:12:28 | 0:12:28 | 0:52:14 |
| | 49 B | | Emma Price Stephens | F | Griffithstown Harriers | Griff you don't know me by now! | Vet Female (140+) | 0:26:03 | 0:13:35 | 0:52:14 |
| | 49 C | | Tara Paisey | F | Griffithstown Harriers | Griff you don't know me by now! | Vet Female (140+) | 0:39:44 | 0:13:41 | 0:52:14 |
| | 49 D | | Natalie Burchell | F | Griffithstown Harriers | Griff you don't know me by now! | Vet Female (140+) | 0:52:14 | 0:12:30 | 0:52:14 |
| 19 | 77 A | | Nathan Maloney | M | Pont-y-Pwl & District | Archie's Ard Un's | Vet Male (160+) | 0:12:03 | 0:12:03 | 0:52:21 |
| | 77 B | | Aaron Bainton | M | Pont-y-Pwl & District | Archie's Ard Un's | Vet Male (160+) | 0:27:50 | 0:15:47 | 0:52:21 |
| | 77 C | | Archie Davies | M | Pont-y-Pwl & District | Archie's Ard Un's | Vet Male (160+) | 0:39:39 | 0:11:49 | 0:52:21 |
| | 77 D | | Dave Richardson | M | Pont-y-Pwl & District | Archie's Ard Un's | Vet Male (160+) | 0:52:21 | 0:12:42 | 0:52:21 |
| 20 | 24 A | | Josh Fitton | M | Lliswerry Runners | Lliswerry Gents | Senior Male (up to 159) | 0:10:35 | 0:10:35 | 0:52:34 |
| | 24 B | | Chris Potter | M | Lliswerry Runners | Lliswerry Gents | Senior Male (up to 159) | 0:23:17 | 0:12:42 | 0:52:34 |
| | 24 C | | James Hobson | M | Lliswerry Runners | Lliswerry Gents | Senior Male (up to 159) | 0:37:09 | 0:13:52 | 0:52:34 |
| | 24 D | | Andrew Hart | M | Lliswerry Runners | Lliswerry Gents | Senior Male (up to 159) | 0:52:34 | 0:15:25 | 0:52:34 |
| 21 | 75 A | | Martin Hamm | M | Yate & Sodbury Striders | YASS Gentlemen Athletes | Vet Male (160+) | 0:12:29 | 0:12:29 | 0:52:58 |
| | 75 B | | Graham Bath | M | Yate & Sodbury Striders | YASS Gentlemen Athletes | Vet Male (160+) | 0:27:11 | 0:14:42 | 0:52:58 |
| | 75 C | | Dale Webb | M | Yate & Sodbury Striders | YASS Gentlemen Athletes | Vet Male (160+) | 0:40:45 | 0:13:34 | 0:52:58 |
| | 75 D | | Chris Britten | M | Yate & Sodbury Striders | YASS Gentlemen Athletes | Vet Male (160+) | 0:52:58 | 0:12:13 | 0:52:58 |

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|----|--------|-------|---------------------|--------|----------------------------|----------------------------|------------------------------|-------------|----------|-----------|
| 22 | 14 A | | Tammy Fry | F | Caerleon RC | Whose idea was this? | Vet Female (140+) | 0:13:37 | 0:13:37 | 0:53:13 |
| | 14 B | | Jade Wakely | F | Caerleon RC | Whose idea was this? | Vet Female (140+) | 0:26:22 | 0:12:45 | 0:53:13 |
| | 14 C | | Lauren Williams | F | Caerleon RC | Whose idea was this? | Vet Female (140+) | 0:39:41 | 0:13:19 | 0:53:13 |
| | 14 D | | Avisa Talem | F | Caerleon RC | Whose idea was this? | Vet Female (140+) | 0:53:13 | 0:13:32 | 0:53:13 |
| 23 | 10 A | | Stevie Bald | M | Brecon AC | Brecon Ac 2 | Vet Mixed 2x2 (150+) | 0:12:13 | 0:12:13 | 0:53:53 |
| | 10 B | | Cara Perfrement | F | Brecon AC | Brecon Ac 2 | Vet Mixed 2x2 (150+) | 0:27:12 | 0:14:59 | 0:53:53 |
| | 10 C | | Naomi Law | F | Brecon AC | Brecon Ac 2 | Vet Mixed 2x2 (150+) | 0:40:22 | 0:13:10 | 0:53:53 |
| | 10 D | | Stephen Goodrich | M | Brecon AC | Brecon Ac 2 | Vet Mixed 2x2 (150+) | 0:53:53 | 0:13:31 | 0:53:53 |
| 24 | 15 A | | Elizabeth Richards | M | Caerleon RC | Caerleon Leap Froggers ?? | Vet Mixed 2x2 (150+) | 0:13:30 | 0:13:30 | 0:54:04 |
| | 15 B | | Charlotte Moran | F | Caerleon RC | Caerleon Leap Froggers ?? | Vet Mixed 2x2 (150+) | 0:27:19 | 0:13:49 | 0:54:04 |
| | 15 C | | Jason Pritchard | M | Caerleon RC | Caerleon Leap Froggers ?? | Vet Mixed 2x2 (150+) | 0:40:34 | 0:13:15 | 0:54:04 |
| | 15 D | | Dan Jones | F | Caerleon RC | Caerleon Leap Froggers ?? | Vet Mixed 2x2 (150+) | 0:54:04 | 0:13:30 | 0:54:04 |
| 25 | 27 A | | Nia Reddy | F | Aberdare Valley Amateur AC | AVAAC Youth Club | Senior Female (up to 139) | 0:13:29 | 0:13:29 | 0:54:11 |
| | 27 B | | Caitlin Cartridge | F | Aberdare Valley Amateur AC | AVAAC Youth Club | Senior Female (up to 139) | 0:28:51 | 0:15:22 | 0:54:11 |
| | 27 C | | Caitlin Jones | F | Aberdare Valley Amateur AC | AVAAC Youth Club | Senior Female (up to 139) | 0:41:05 | 0:12:14 | 0:54:11 |
| | 27 D | | Chloe Piggott | F | Aberdare Valley Amateur AC | AVAAC Youth Club | Senior Female (up to 139) | 0:54:11 | 0:13:06 | 0:54:11 |
| 26 | 2 A | | Alysha Bunston | F | Islwyn RC | Islwyn B | Senior Mixed 2x2 (up to 149) | 0:15:12 | 0:15:12 | 0:54:17 |
| | 2 B | | Carly Bunston | F | Islwyn RC | Islwyn B | Senior Mixed 2x2 (up to 149) | 0:29:07 | 0:13:55 | 0:54:17 |
| | 2 C | | Steve Lane | M | Islwyn RC | Islwyn B | Senior Mixed 2x2 (up to 149) | 0:41:39 | 0:12:32 | 0:54:17 |
| | 2 D | | Lloyd Hambridge | M | Islwyn RC | Islwyn B | Senior Mixed 2x2 (up to 149) | 0:54:17 | 0:12:38 | 0:54:17 |
| 27 | 8 A | | Corinna Jones | F | Aberdare VAAC | HAVAAC nice day | Vet Female (140+) | 0:14:06 | 0:14:06 | 0:54:22 |
| | 8 B | | Louise Lloyd | F | Aberdare VAAC | HAVAAC nice day | Vet Female (140+) | 0:29:00 | 0:14:54 | 0:54:22 |
| | 8 C | | Lauren Mackie | F | Aberdare VAAC | HAVAAC nice day | Vet Female (140+) | 0:41:20 | 0:12:20 | 0:54:22 |
| | 8 D | | Carys Thomas | F | Aberdare VAAC | HAVAAC nice day | Vet Female (140+) | 0:54:22 | 0:13:02 | 0:54:22 |
| 28 | 19 A | | Daniel Symmonds | M | Caerleon RC | Ooh I dunno... | Vet Mixed 2x2 (150+) | 0:13:25 | 0:13:25 | 0:55:25 |
| | 19 B | | Ffion Morgan | F | Caerleon RC | Ooh I dunno... | Vet Mixed 2x2 (150+) | 0:29:11 | 0:15:46 | 0:55:25 |
| | 19 C | | Alex Walden | M | Caerleon RC | Ooh I dunno... | Vet Mixed 2x2 (150+) | 0:41:01 | 0:11:50 | 0:55:25 |
| | 19 D | | Abbie Thomas | F | Caerleon RC | Ooh I dunno... | Vet Mixed 2x2 (150+) | 0:55:25 | 0:14:24 | 0:55:25 |
| 29 | 17 A | | Wesley Harris | M | Caerleon RC | Caerleon Cougars | Vet Mixed 2x2 (150+) | 0:12:41 | 0:12:41 | 0:55:48 |
| | 17 B | | Liz Sims | F | Caerleon RC | Caerleon Cougars | Vet Mixed 2x2 (150+) | 0:27:31 | 0:14:50 | 0:55:48 |
| | 17 C | | Anna Symmonds | F | Caerleon RC | Caerleon Cougars | Vet Mixed 2x2 (150+) | 0:41:53 | 0:14:22 | 0:55:48 |
| | 17 D | | Peter Rowlands | M | Caerleon RC | Caerleon Cougars | Vet Mixed 2x2 (150+) | 0:55:48 | 0:13:55 | 0:55:48 |
| 30 | 18 A | | Ian Davies | M | Caerleon RC | Caerleon Cadence Crusaders | Vet Male (160+) | 0:13:31 | 0:13:31 | 0:55:53 |
| | 18 B | | Paul Adams | M | Caerleon RC | Caerleon Cadence Crusaders | Vet Male (160+) | 0:28:00 | 0:14:29 | 0:55:53 |
| | 18 C | | Phil Cummings | M | Caerleon RC | Caerleon Cadence Crusaders | Vet Male (160+) | 0:42:12 | 0:14:12 | 0:55:53 |
| | 18 D | | Gareth Hart | M | Caerleon RC | Caerleon Cadence Crusaders | Vet Male (160+) | 0:55:53 | 0:13:41 | 0:55:53 |
| 31 | 50 A | | Nicholas Walsh | M | Griffithstown Harriers | Double Century | Vet Male (160+) | 0:13:29 | 0:13:29 | 0:56:05 |
| | 50 B | | Adrian Parry Welson | M | Griffithstown Harriers | Double Century | Vet Male (160+) | 0:26:56 | 0:13:27 | 0:56:05 |
| | 50 C | | Thomas Guy | M | Griffithstown Harriers | Double Century | Vet Male (160+) | 0:41:23 | 0:14:27 | 0:56:05 |
| | 50 D | | Paul Watkins | M | Griffithstown Harriers | Double Century | Vet Male (160+) | 0:56:05 | 0:14:42 | 0:56:05 |
| 32 | 46 A | | Mark Prosser | M | Fairwater Runners | Fairwater Male Runners 1 | Vet Male (160+) | 0:14:04 | 0:14:04 | 0:56:15 |
| | 46 B | | Peter Jones | M | Fairwater Runners | Fairwater Male Runners 1 | Vet Male (160+) | 0:29:27 | 0:15:23 | 0:56:15 |
| | 46 C | | Matthew Lloyd | M | Fairwater Runners | Fairwater Male Runners 1 | Vet Male (160+) | 0:42:20 | 0:12:53 | 0:56:15 |
| | 46 D | | Stuart Ball | M | Fairwater Runners | Fairwater Male Runners 1 | Vet Male (160+) | 0:56:15 | 0:13:55 | 0:56:15 |

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| 33 | 48 A | | Stephen Smith | M | Fairwater Runners | Fairwater Male Runners 3 | Vet Male (160+) | 0:13:03 | 0:13:03 | 0:56:21 |
| | 48 B | | Stephen Williams | M | Fairwater Runners | Fairwater Male Runners 3 | Vet Male (160+) | 0:26:49 | 0:13:46 | 0:56:21 |
| | 48 C | | Richard Bowie | M | Fairwater Runners | Fairwater Male Runners 3 | Vet Male (160+) | 0:42:42 | 0:15:53 | 0:56:21 |
| | 48 D | | Ryan Martin | M | Fairwater Runners | Fairwater Male Runners 3 | Vet Male (160+) | 0:56:21 | 0:13:39 | 0:56:21 |
| 34 | 7 A | | Coral Putman | F | Islwyn RC | Islwyn G | Vet Mixed 2x2 (150+) | 0:13:57 | 0:13:57 | 0:56:54 |
| | 7 B | | Karen Woodsford | F | Islwyn RC | Islwyn G | Vet Mixed 2x2 (150+) | 0:29:43 | 0:15:46 | 0:56:54 |
| | 7 C | | Matthew Clark | M | Islwyn RC | Islwyn G | Vet Mixed 2x2 (150+) | 0:44:23 | 0:14:40 | 0:56:54 |
| | 7 D | | Lee Mills | M | Islwyn RC | Islwyn G | Vet Mixed 2x2 (150+) | 0:56:54 | 0:12:31 | 0:56:54 |
| 35 | 6 A | | Keith Davies | M | Islwyn RC | Islwyn F | Vet Male (160+) | 0:15:16 | 0:15:16 | 0:57:03 |
| | 6 B | | Craig Ward | M | Islwyn RC | Islwyn F | Vet Male (160+) | 0:29:29 | 0:14:13 | 0:57:03 |
| | 6 C | | Dai Hamm | M | Islwyn RC | Islwyn F | Vet Male (160+) | 0:42:33 | 0:13:04 | 0:57:03 |
| | 6 D | | Aled Wynne | M | Islwyn RC | Islwyn F | Vet Male (160+) | 0:57:03 | 0:14:30 | 0:57:03 |
| 36 | 54 A | | Richard Jones | M | Griffithstown Harriers | The Legion Of Doom | Vet Male (160+) | 0:12:37 | 0:12:37 | 0:57:08 |
| | 54 B | | Josh Reynolds | M | Griffithstown Harriers | The Legion Of Doom | Vet Male (160+) | 0:25:48 | 0:13:11 | 0:57:08 |
| | 54 C | | Paul Hancox | M | Griffithstown Harriers | The Legion Of Doom | Vet Male (160+) | 0:42:17 | 0:16:29 | 0:57:08 |
| | 54 D | | Reg King | M | Griffithstown Harriers | The Legion Of Doom | Vet Male (160+) | 0:57:08 | 0:14:51 | 0:57:08 |
| 37 | 33 A | | Martin Croucher | M | RuNNewport | RuNNewport 2 | Vet Male (160+) | 0:14:58 | 0:14:58 | 0:57:46 |
| | 33 B | | Julian Taylor | M | RuNNewport | RuNNewport 2 | Vet Male (160+) | 0:30:12 | 0:15:14 | 0:57:46 |
| | 33 C | | Morian Williams | M | RuNNewport | RuNNewport 2 | Vet Male (160+) | 0:44:41 | 0:14:29 | 0:57:46 |
| | 33 D | | Iestyn Perham | M | RuNNewport | RuNNewport 2 | Vet Male (160+) | 0:57:46 | 0:13:05 | 0:57:46 |
| 38 | 3 A | | Michelle Johnson | F | Islwyn RC | Islwyn C | Vet Female (140+) | 0:13:44 | 0:13:44 | 0:58:00 |
| | 3 B | | Carys-Sian Malarczyk | F | Islwyn RC | Islwyn C | Vet Female (140+) | 0:29:41 | 0:15:57 | 0:58:00 |
| | 3 C | | Melissa Morgan | F | Islwyn RC | Islwyn C | Vet Female (140+) | 0:43:13 | 0:13:32 | 0:58:00 |
| | 3 D | | Sarah Davies | F | Islwyn RC | Islwyn C | Vet Female (140+) | 0:58:00 | 0:14:47 | 0:58:00 |
| 39 | 12 A | | Andrew Cadmore | M | Brecon AC | Brecon AC CBBC | Vet Mixed 2x2 (150+) | 0:13:35 | 0:13:35 | 0:58:28 |
| | 12 B | | Bryony Dix | F | Brecon AC | Brecon AC CBBC | Vet Mixed 2x2 (150+) | 0:30:07 | 0:16:32 | 0:58:28 |
| | 12 C | | Catherine Gilbert | F | Brecon AC | Brecon AC CBBC | Vet Mixed 2x2 (150+) | 0:44:57 | 0:14:50 | 0:58:28 |
| | 12 D | | Barry Griffiths | M | Brecon AC | Brecon AC CBBC | Vet Mixed 2x2 (150+) | 0:58:28 | 0:13:31 | 0:58:28 |
| 40 | 26 A | | Terry White | M | Griffithstown Harriers | Thigh Anxiety | Vet Male (160+) | 0:14:15 | 0:14:15 | 0:58:48 |
| | 26 B | | Adrian Orringe | M | Griffithstown Harriers | Thigh Anxiety | Vet Male (160+) | 0:27:56 | 0:13:41 | 0:58:48 |
| | 26 C | | Peter Welbirg | M | Griffithstown Harriers | Thigh Anxiety | Vet Male (160+) | 0:42:24 | 0:14:28 | 0:58:48 |
| | 26 D | | Barrie Parham | M | Griffithstown Harriers | Thigh Anxiety | Vet Male (160+) | 0:58:48 | 0:16:24 | 0:58:48 |
| 41 | 22 A | | Barbara Wilkinson | F | Lliswerry Runners | Lliswerry Mixologists | Vet Mixed 2x2 (150+) | 0:17:17 | 0:17:17 | 0:58:52 |
| | 22 B | | Diane Potter | F | Lliswerry Runners | Lliswerry Mixologists | Vet Mixed 2x2 (150+) | 0:34:19 | 0:17:02 | 0:58:52 |
| | 22 C | | Tim Fry | M | Lliswerry Runners | Lliswerry Mixologists | Vet Mixed 2x2 (150+) | 0:46:59 | 0:12:40 | 0:58:52 |
| | 22 D | | Toby Jones | M | Lliswerry Runners | Lliswerry Mixologists | Vet Mixed 2x2 (150+) | 0:58:52 | 0:11:53 | 0:58:52 |
| 42 | 16 A | | Steve Dance | F | Caerleon RC | Iscarians | Vet Mixed 2x2 (150+) | 0:16:08 | 0:16:08 | 0:59:11 |
| | 16 B | | Rachel Yeoman | M | Caerleon RC | Iscarians | Vet Mixed 2x2 (150+) | 0:31:45 | 0:15:37 | 0:59:11 |
| | 16 C | | Siwan Purkis | F | Caerleon RC | Iscarians | Vet Mixed 2x2 (150+) | 0:45:30 | 0:13:45 | 0:59:11 |
| | 16 D | | Lyndon Mac | M | Caerleon RC | Iscarians | Vet Mixed 2x2 (150+) | 0:59:11 | 0:13:41 | 0:59:11 |
| 43 | 76 A | | Georgia Potter-Floyd | F | Lliswerry Runners | Lliswerry Ladies Seniors | Senior Female (up to 139) | 0:15:37 | 0:15:37 | 0:59:13 |
| | 76 B | | Morgan Westacott | F | Lliswerry Runners | Lliswerry Ladies Seniors | Senior Female (up to 139) | 0:31:50 | 0:16:13 | 0:59:13 |
| | 76 C | | Sarah Wilkes | F | Lliswerry Runners | Lliswerry Ladies Seniors | Senior Female (up to 139) | 0:45:15 | 0:13:25 | 0:59:13 |
| | 76 D | | Emma Maloney | F | Lliswerry Runners | Lliswerry Ladies Seniors | Senior Female (up to 139) | 0:59:13 | 0:13:58 | 0:59:13 |

ALL TEAMS

| | NUMBER | STAGE | RUNNER | GENDER | CLUB | TEAM | CATEGORY | FINISH TIME | RUN TIME | TEAM TIME |
|----|--------|-------|------------------------|--------|-------------------------|----------------------------|---------------------------|-------------|----------|-----------|
| 44 | 81 A | | Michele Deal | F | Pont-y-Pwl & District | Pooler Ladies | Vet Female (140+) | 0:15:33 | 0:15:33 | 0:59:28 |
| | 81 B | | Michelle Gooch | F | Pont-y-Pwl & District | Pooler Ladies | Vet Female (140+) | 0:30:43 | 0:15:10 | 0:59:28 |
| | 81 C | | Karen Southgate | F | Pont-y-Pwl & District | Pooler Ladies | Vet Female (140+) | 0:45:27 | 0:14:44 | 0:59:28 |
| | 81 D | | Chloe Leek | F | Pont-y-Pwl & District | Pooler Ladies | Vet Female (140+) | 0:59:28 | 0:14:01 | 0:59:28 |
| 45 | 42 A | | Victoria Boxhall-James | F | Griffithstown Harriers | AVSS | Senior Female (up to 139) | 0:14:17 | 0:14:17 | 0:59:30 |
| | 42 B | | Sarah Roberts | F | Griffithstown Harriers | AVSS | Senior Female (up to 139) | 0:29:24 | 0:15:07 | 0:59:30 |
| | 42 C | | Samantha Walker | F | Griffithstown Harriers | AVSS | Senior Female (up to 139) | 0:44:38 | 0:15:14 | 0:59:30 |
| | 42 D | | Abbie Kidner | F | Griffithstown Harriers | AVSS | Senior Female (up to 139) | 0:59:30 | 0:14:52 | 0:59:30 |
| 46 | 47 A | | Rob Symons | M | Fairwater Runners | Fairwater Male Runners 2 | Vet Male (160+) | 0:13:27 | 0:13:27 | 0:59:33 |
| | 47 B | | Stewart Seaborne | M | Fairwater Runners | Fairwater Male Runners 2 | Vet Male (160+) | 0:29:50 | 0:16:23 | 0:59:33 |
| | 47 C | | Phillip Allsopp | M | Fairwater Runners | Fairwater Male Runners 2 | Vet Male (160+) | 0:44:33 | 0:14:43 | 0:59:33 |
| | 47 D | | Andy Baker | M | Fairwater Runners | Fairwater Male Runners 2 | Vet Male (160+) | 0:59:33 | 0:15:00 | 0:59:33 |
| 47 | 29 A | | Andrew Spencer | M | Griffithstown Harriers | Felices Los 4 | Vet Mixed 2x2 (150+) | 0:14:08 | 0:14:08 | 0:59:34 |
| | 29 B | | Mikiko Minty | F | Griffithstown Harriers | Felices Los 5 | Vet Mixed 2x2 (150+) | 0:29:36 | 0:15:28 | 0:59:34 |
| | 29 C | | Marc Cross | M | Griffithstown Harriers | Felices Los 6 | Vet Mixed 2x2 (150+) | 0:42:39 | 0:13:03 | 0:59:34 |
| | 29 D | | Wilkinson Anna | F | Griffithstown Harriers | Felices Los 7 | Vet Mixed 2x2 (150+) | 0:59:34 | 0:16:55 | 0:59:34 |
| 48 | 28 A | | Lyndon Kenney | M | Griffithstown Harriers | Cool Griffs | Vet Mixed 2x2 (150+) | 0:14:55 | 0:14:55 | 1:01:01 |
| | 28 B | | Keren Beard | F | Griffithstown Harriers | Cool Griffs | Vet Mixed 2x2 (150+) | 0:30:55 | 0:16:00 | 1:01:01 |
| | 28 C | | Timothy Miles | M | Griffithstown Harriers | Cool Griffs | Vet Mixed 2x2 (150+) | 0:45:34 | 0:14:39 | 1:01:01 |
| | 28 D | | Jeninifer Mcpadden | F | Griffithstown Harriers | Cool Griffs | Vet Mixed 2x2 (150+) | 1:01:01 | 0:15:27 | 1:01:01 |
| 49 | 32 A | | Justine Blaber | F | RuNNewport | RuNNewport 1 | Senior Female (up to 139) | 0:15:38 | 0:15:38 | 1:01:08 |
| | 32 B | | Marnee Hicks | F | RuNNewport | RuNNewport 1 | Senior Female (up to 139) | 0:30:19 | 0:14:41 | 1:01:08 |
| | 32 C | | Clare Roberts | F | RuNNewport | RuNNewport 1 | Senior Female (up to 139) | 0:46:40 | 0:16:21 | 1:01:08 |
| | 32 D | | Lorraine Fergus | F | RuNNewport | RuNNewport 1 | Senior Female (up to 139) | 1:01:08 | 0:14:28 | 1:01:08 |
| 50 | 5 A | | Julie Gould | F | Islwyn RC | Islwyn E | Vet Female (140+) | 0:14:46 | 0:14:46 | 1:03:08 |
| | 5 B | | Sheryl Clark | F | Islwyn RC | Islwyn E | Vet Female (140+) | 0:31:23 | 0:16:37 | 1:03:08 |
| | 5 C | | Kelly Hall | F | Islwyn RC | Islwyn E | Vet Female (140+) | 0:46:51 | 0:15:28 | 1:03:08 |
| | 5 D | | Sara Date | F | Islwyn RC | Islwyn E | Vet Female (140+) | 1:03:08 | 0:16:17 | 1:03:08 |
| 51 | 21 A | | Raegan Russell | F | Lliswerry Runners | Lliswerry Ladies Mixers | Vet Female (140+) | 0:16:01 | 0:16:01 | 1:04:00 |
| | 21 B | | Leanne Westacott | F | Lliswerry Runners | Lliswerry Ladies Mixers | Vet Female (140+) | 0:31:36 | 0:15:35 | 1:04:00 |
| | 21 C | | Cheryl Jones | F | Lliswerry Runners | Lliswerry Ladies Mixers | Vet Female (140+) | 0:48:02 | 0:16:26 | 1:04:00 |
| | 21 D | | Vicky Fear | F | Lliswerry Runners | Lliswerry Ladies Mixers | Vet Female (140+) | 1:04:00 | 0:15:58 | 1:04:00 |
| 52 | 55 A | | Caroline Lavis | F | Yate & Sodbury Striders | YASS Extraordinary Ladies | Vet Female (140+) | 0:16:02 | 0:16:02 | 1:06:09 |
| | 55 B | | Mary Derrick | F | Yate & Sodbury Striders | YASS Extraordinary Ladies | Vet Female (140+) | 0:31:10 | 0:15:08 | 1:06:09 |
| | 55 C | | Vanessa Israel | F | Yate & Sodbury Striders | YASS Extraordinary Ladies | Vet Female (140+) | 0:49:18 | 0:18:08 | 1:06:09 |
| | 55 D | | Jane Glasspool | F | Yate & Sodbury Striders | YASS Extraordinary Ladies | Vet Female (140+) | 1:06:09 | 0:16:51 | 1:06:09 |
| 53 | 43 A | | Helen Brown | F | Fairwater Runners | Fairwater Female Runners 1 | Vet Female (140+) | 0:19:07 | 0:19:07 | 1:06:52 |
| | 43 B | | Rebecca Poole | F | Fairwater Runners | Fairwater Female Runners 1 | Vet Female (140+) | 0:34:15 | 0:15:08 | 1:06:52 |
| | 43 C | | Jenkins Ceri | F | Fairwater Runners | Fairwater Female Runners 1 | Vet Female (140+) | 0:51:12 | 0:16:57 | 1:06:52 |
| | 43 D | | Kelly Cameron | F | Fairwater Runners | Fairwater Female Runners 1 | Vet Female (140+) | 1:06:52 | 0:15:40 | 1:06:52 |
| 54 | 35 A | | Lorna Thurston | F | RuNNewport | RuNNewport 4 | Vet Mixed 2x2 (150+) | 0:16:53 | 0:16:53 | 1:07:10 |
| | 35 B | | Rachel Everson | F | RuNNewport | RuNNewport 4 | Vet Mixed 2x2 (150+) | 0:33:27 | 0:16:34 | 1:07:10 |
| | 35 C | | Jeff Elaway | M | RuNNewport | RuNNewport 4 | Vet Mixed 2x2 (150+) | 0:49:18 | 0:15:51 | 1:07:10 |
| | 35 D | | Gary Brewster | M | RuNNewport | RuNNewport 4 | Vet Mixed 2x2 (150+) | 1:07:10 | 0:17:52 | 1:07:10 |

ALL TEAMS

| | NUMBER | STAGE | RUNNER | GENDER | CLUB | TEAM | CATEGORY | FINISH TIME | RUN TIME | TEAM TIME |
|----|--------|-------|-----------------------|--------|-------------------------|-----------------------------------|----------------------|-------------|----------|----------------|
| 55 | 41 A | | Christopher Hill | M | Lliswerry Runners | The Tantive IV | Vet Male (160+) | 0:17:39 | 0:17:39 | 1:07:12 |
| | 41 B | | Steve Crowther | M | Lliswerry Runners | The Tantive IV | Vet Male (160+) | 0:35:44 | 0:18:05 | 1:07:12 |
| | 41 C | | Ian Macrory | M | Lliswerry Runners | The Tantive IV | Vet Male (160+) | 0:53:01 | 0:17:17 | 1:07:12 |
| | 41 D | | Mark Breese | M | Lliswerry Runners | The Tantive IV | Vet Male (160+) | 1:07:12 | 0:14:11 | 1:07:12 |
| 56 | 4 A | | Clare Barrett | F | Islwyn RC | Islwyn D | Vet Female (140+) | 0:15:50 | 0:15:50 | 1:07:41 |
| | 4 B | | Mandy Horton | F | Islwyn RC | Islwyn D | Vet Female (140+) | 0:32:29 | 0:16:39 | 1:07:41 |
| | 4 C | | Hilary Preece | F | Islwyn RC | Islwyn D | Vet Female (140+) | 0:49:43 | 0:17:14 | 1:07:41 |
| | 4 D | | Holtham-Morgan Kirsty | F | Islwyn RC | Islwyn D | Vet Female (140+) | 1:07:41 | 0:17:58 | 1:07:41 |
| 57 | 34 A | | Emma Wootten | F | RuNNewport | RuNNewport 3 | Vet Mixed 2x2 (150+) | 0:16:36 | 0:16:36 | 1:08:38 |
| | 34 B | | Kevin Sharpe | M | RuNNewport | RuNNewport 3 | Vet Mixed 2x2 (150+) | 0:34:45 | 0:18:09 | 1:08:38 |
| | 34 C | | Lauren Ringquest | F | RuNNewport | RuNNewport 3 | Vet Mixed 2x2 (150+) | 0:52:16 | 0:17:31 | 1:08:38 |
| | 34 D | | Andrew James | M | RuNNewport | RuNNewport 3 | Vet Mixed 2x2 (150+) | 1:08:38 | 0:16:22 | 1:08:38 |
| 58 | 45 A | | Alison Davis | F | Fairwater Runners | Fairwater Female Runners 2 | Vet Female (140+) | 0:17:28 | 0:17:28 | 1:11:41 |
| | 45 B | | Laura Grey | F | Fairwater Runners | Fairwater Female Runners 2 | Vet Female (140+) | 0:34:12 | 0:16:44 | 1:11:41 |
| | 45 C | | Sheree Mann | F | Fairwater Runners | Fairwater Female Runners 2 | Vet Female (140+) | 0:52:45 | 0:18:33 | 1:11:41 |
| | 45 D | | Stella Symons | F | Fairwater Runners | Fairwater Female Runners 2 | Vet Female (140+) | 1:11:41 | 0:18:56 | 1:11:41 |
| 59 | 74 A | | Lorna Massey | F | Yate & Sodbury Striders | YASS Elegant Ladies | Vet Female (140+) | 0:17:20 | 0:17:20 | 1:13:37 |
| | 74 B | | Carol Roberts | F | Yate & Sodbury Striders | YASS Elegant Ladies | Vet Female (140+) | 0:35:38 | 0:18:18 | 1:13:37 |
| | 74 C | | Sandy Webb | F | Yate & Sodbury Striders | YASS Elegant Ladies | Vet Female (140+) | 0:55:03 | 0:19:25 | 1:13:37 |
| | 74 D | | Carmel Rosenthal | F | Yate & Sodbury Striders | YASS Elegant Ladies | Vet Female (140+) | 1:13:37 | 0:18:34 | 1:13:37 |
| 60 | 36 A | | Sally Austin | F | RuNNewport | RuNNewport 5 | Vet Female (140+) | 0:20:05 | 0:20:05 | 1:16:24 |
| | 36 B | | Joanne Smith | F | RuNNewport | RuNNewport 5 | Vet Female (140+) | 0:39:22 | 0:19:17 | 1:16:24 |
| | 36 C | | Moira Wooles | F | RuNNewport | RuNNewport 5 | Vet Female (140+) | 0:55:26 | 0:16:04 | 1:16:24 |
| | 36 D | | Lisa Davies | F | RuNNewport | RuNNewport 5 | Vet Female (140+) | 1:16:24 | 0:20:58 | 1:16:24 |
| 61 | 23 A | | Sian Jones | F | Lliswerry Runners | Lliswerry Lovelies | Vet Female (140+) | 0:24:09 | 0:24:09 | 1:21:21 |
| | 23 B | | Lowri Hawrot | F | Lliswerry Runners | Lliswerry Lovelies | Vet Female (140+) | 0:43:22 | 0:19:13 | 1:21:21 |
| | 23 C | | Emma Henley | F | Lliswerry Runners | Lliswerry Lovelies | Vet Female (140+) | 1:01:21 | 0:17:59 | 1:21:21 |
| | 23 D | | Cheryl Hill | F | Lliswerry Runners | Lliswerry Lovelies | Vet Female (140+) | 1:21:21 | 0:20:00 | 1:21:21 |