

|    | NUMBER | STAGE | RUNNER                  | GENDER | CLUB                       | TEAM                                            | CATEGORY                     | RUN TIME | TEAM TIME |
|----|--------|-------|-------------------------|--------|----------------------------|-------------------------------------------------|------------------------------|----------|-----------|
| 1  | 94     | C     | Chloe Leek              | F      | Pontypool & District       | Pooler Young guns                               | Senior Mixed 2x2 (up to 149) | 0:11:50  | 0:50:14   |
| 2  | 71     | D     | Imogen Jones            | F      | Rhymney Valley AC          | 4 the first time                                | Senior Female (up to 139)    | 0:11:58  | 0:48:26   |
| 3  | 71     | A     | Eleanor Wright-nicholas | F      | Rhymney Valley AC          | 4 the first time                                | Senior Female (up to 139)    | 0:12:03  | 0:48:26   |
| 4  | 36     | A     | Grace Williams          | F      | Parc Bryn Bach RC          | PBBRC Womens A                                  | Senior Female (up to 139)    | 0:12:06  | 0:53:27   |
| 5  | 71     | B     | Megan Pewtner           | F      | Rhymney Valley AC          | 4 the first time                                | Senior Female (up to 139)    | 0:12:11  | 0:48:26   |
| 6  | 94     | D     | Alyssa Baker            | F      | Pontypool & District       | Pooler Young guns                               | Senior Mixed 2x2 (up to 149) | 0:12:12  | 0:50:14   |
| 7  | 71     | C     | Eva Parry               | F      | Rhymney Valley AC          | 4 the first time                                | Senior Female (up to 139)    | 0:12:14  | 0:48:26   |
| 8  | 37     | A     | Kani Hinshelwood        | F      | Parc Bryn Bach RC          | PBBRC Womens B                                  | Vet Female (140+)            | 0:12:15  | 0:53:17   |
| 9  | 13     | C     | Kani Hinshelwood        | F      | Parc Bryn Bach RC          | Unfinished business - Three swifts and a cuckoo | Vet Mixed 2x2 (150+)         | 0:12:18  | 0:48:24   |
| 10 | 13     | B     | Clare Patterson         | F      | Parc Bryn Bach RC          | Unfinished business - Three swifts and a cuckoo | Vet Mixed 2x2 (150+)         | 0:12:20  | 0:48:24   |
| 11 | 93     | C     | Emma Wyatt-Haines       | F      | Les Croupiers RC           | Running late                                    | Senior Female (up to 139)    | 0:12:20  | 0:50:30   |
| 12 | 93     | A     | Rachel McDowell         | F      | Les Croupiers RC           | Running late                                    | Senior Female (up to 139)    | 0:12:20  | 0:50:30   |
| 13 | 1      | A     | Cherry Fowler           | F      | Chepstow Harriers          | Chepstow Mixed Oldies                           | Vet Mixed 2x2 (150+)         | 0:12:24  | 0:50:57   |
| 14 | 14     | D     | Kathy Stringer          | F      | Chepstow Harriers          | Chepstow Harridans                              | Vet Female (140+)            | 0:12:25  | 0:51:31   |
| 15 | 14     | A     | Sarah Bell              | F      | Chepstow Harriers          | Chepstow Harridans                              | Vet Female (140+)            | 0:12:30  | 0:51:31   |
| 16 | 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   |
| 17 | 6      | B     | Emily Laing             | F      | Caerleon RC                | Suicide quads                                   | Vet Mixed 2x2 (150+)         | 0:12:35  | 0:48:13   |
| 18 | 97     | C     | Michelle Deal           | F      | Pontypool & District       | Pooler Ladies Vet 2                             | Vet Female (140+)            | 0:12:44  | 1:00:32   |
| 19 | 6      | D     | Lowenna Huggins         | F      | Caerleon RC                | Suicide quads                                   | Vet Mixed 2x2 (150+)         | 0:12:45  | 0:48:13   |
| 20 | 76     | D     | Liz Joslin              | F      | Caldicot Running Club      | Faster than Gossip                              | Senior Female (up to 139)    | 0:12:45  | 0:53:18   |
| 21 | 86     | B     | Delyth Williams         | F      | San Domenico RC            | San Domenico A                                  | Senior Mixed 2x2 (up to 149) | 0:12:46  | 0:47:37   |
| 22 | 5      | D     | Jade Wakley             | F      | Caerleon RC                | Caerleon warriors                               | Vet Female (140+)            | 0:12:52  | 0:54:03   |
| 23 | 14     | B     | Niki Morgan             | F      | Chepstow Harriers          | Chepstow Harridans                              | Vet Female (140+)            | 0:12:52  | 0:51:31   |
| 24 | 93     | D     | Ella Jennings           | F      | Les Croupiers RC           | Running late                                    | Senior Female (up to 139)    | 0:12:52  | 0:50:30   |
| 25 | 76     | B     | Emily Wilcox            | F      | Caldicot Running Club      | Faster than Gossip                              | Senior Female (up to 139)    | 0:12:52  | 0:53:18   |
| 26 | 36     | D     | Beth Jones              | F      | Parc Bryn Bach RC          | PBBRC Womens A                                  | Senior Female (up to 139)    | 0:12:53  | 0:53:27   |
| 27 | 84     | C     | Holly Greenwood         | F      | Caerleon RC                | Can't catch Caerleon                            | Senior Mixed 2x2 (up to 149) | 0:12:54  | 0:51:08   |
| 28 | 37     | D     | Kimberley Price         | F      | Parc Bryn Bach RC          | PBBRC Womens B                                  | Vet Female (140+)            | 0:12:55  | 0:53:17   |
| 29 | 87     | C     | Megan Poulson           | F      | San Domenico RC            | San Domenico B                                  | Senior Mixed 2x2 (up to 149) | 0:12:58  | 0:49:43   |
| 30 | 93     | B     | Leah Stephens           | F      | Les Croupiers RC           | Running late                                    | Senior Female (up to 139)    | 0:12:58  | 0:50:30   |
| 31 | 67     | B     | Billie Mcgourlick       | F      | Islwyn RC                  | Islwyn B                                        | Vet Female (140+)            | 0:13:03  | 0:56:50   |
| 32 | 76     | A     | Katie Pescod            | F      | Caldicot Running Club      | Faster than Gossip                              | Senior Female (up to 139)    | 0:13:07  | 0:53:18   |
| 33 | 85     | D     | Chloe Piggott           | F      | Aberdare Valley Amateur AC | Born to Slay-trained to relay                   | Senior Female (up to 139)    | 0:13:15  | 0:56:25   |
| 34 | 87     | A     | Catherine Whittle       | F      | San Domenico RC            | San Domenico B                                  | Senior Mixed 2x2 (up to 149) | 0:13:18  | 0:49:43   |
| 35 | 5      | C     | Lauren Williams         | F      | Caerleon RC                | Caerleon warriors                               | Vet Female (140+)            | 0:13:23  | 0:54:03   |
| 36 | 52     | A     | Karen Silver            | F      | Griffithstown Harriers     | Injury Prone                                    | Senior Mixed 2x2 (up to 149) | 0:13:24  | 0:53:13   |
| 37 | 67     | A     | Melissa Morgan          | F      | Islwyn RC                  | Islwyn B                                        | Vet Female (140+)            | 0:13:30  | 0:56:50   |
| 38 | 86     | C     | Sara Vilar-Lluch        | F      | San Domenico RC            | San Domenico A                                  | Senior Mixed 2x2 (up to 149) | 0:13:34  | 0:47:37   |
| 39 | 46     | A     | Julia Bajjada           | F      | Chepstow Harriers          | The Harlyn Trotters                             | Vet Female (140+)            | 0:13:40  | 1:00:01   |
| 40 | 14     | C     | Lisa Jeffrey            | F      | Chepstow Harriers          | Chepstow Harridans                              | Vet Female (140+)            | 0:13:44  | 0:51:31   |
| 41 | 59     | B     | Tara Leanne Paisey      | F      | Griffithstown Harriers     | Griff 4                                         | Senior Female (up to 139)    | 0:13:46  | 1:04:27   |
| 42 | 36     | B     | Jessica Young           | F      | Parc Bryn Bach RC          | PBBRC Womens A                                  | Senior Female (up to 139)    | 0:13:48  | 0:53:27   |
| 43 | 37     | B     | Sarah Jeremiah          | F      | Parc Bryn Bach RC          | PBBRC Womens B                                  | Vet Female (140+)            | 0:13:53  | 0:53:17   |
| 44 | 5      | B     | Avisa Talemi            | F      | Caerleon RC                | Caerleon warriors                               | Vet Female (140+)            | 0:13:53  | 0:54:03   |
| 45 | 70     | B     | Carly Bunston           | F      | Islwyn RC                  | Islwyn G                                        | Senior Female (up to 139)    | 0:13:54  | 1:01:03   |
| 46 | 5      | A     | Elizabeth Richards      | F      | Caerleon RC                | Caerleon warriors                               | Vet Female (140+)            | 0:13:55  | 0:54:03   |
| 47 | 11     | C     | Siwan Purkis            | F      | Caerleon RC                | Caerleon Centurions                             | Vet Mixed 2x2 (150+)         | 0:14:06  | 0:59:37   |
| 48 | 70     | A     | Coral Putman            | F      | Islwyn RC                  | Islwyn G                                        | Senior Female (up to 139)    | 0:14:07  | 1:01:03   |
| 49 | 17     | D     | Jane Roscoe             | F      | Chepstow Harriers          | Loony Legs                                      | Vet Mixed 2x2 (150+)         | 0:14:11  | 0:57:19   |
| 50 | 49     | D     | Marnee Hicks            | F      | RUNNewport                 | RUNNewport 3                                    | Senior Female (up to 139)    | 0:14:12  | 1:00:37   |
| 51 | 37     | C     | Jo Kilby                | F      | Parc Bryn Bach RC          | PBBRC Womens B                                  | Vet Female (140+)            | 0:14:14  | 0:53:17   |
| 52 | 4      | D     | Charlotte Giles         | F      | Chepstow Harriers          | Haphazard Harriers                              | Vet Female (140+)            | 0:14:19  | 1:05:25   |
| 53 | 10     | C     | Tammy Fry               | F      | Caerleon RC                | Caerleon gladiators                             | Vet Mixed 2x2 (150+)         | 0:14:25  | 1:01:38   |
| 54 | 49     | B     | Naomi Handley           | F      | RUNNewport                 | RUNNewport 3                                    | Senior Female (up to 139)    | 0:14:28  | 1:00:37   |
| 55 | 58     | A     | Sarah Roberts           | F      | Griffithstown Harriers     | Griff 3                                         | Vet Mixed 2x2 (150+)         | 0:14:28  | 0:59:32   |
| 56 | 76     | C     | Chloe Buttery           | F      | Caldicot Running Club      | Faster than Gossip                              | Senior Female (up to 139)    | 0:14:34  | 0:53:18   |
| 57 | 1      | C     | Jan Morris              | F      | Chepstow Harriers          | Chepstow Mixed Oldies                           | Vet Mixed 2x2 (150+)         | 0:14:34  | 0:50:57   |
| 58 | 72     | A     | Poppy Howells           | F      | Rhymney Valley AC          | 4 the second time                               | Senior Female (up to 139)    | 0:14:37  | 1:00:52   |

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| 59  | 36     | C     | Victoria Boxhall-James    | F      | Parc Bryn Bach RC          | PBBRC Womens A                | Senior Female (up to 139)    | 0:14:40  | 0:53:27   |
| 60  | 96     | A     | Michelle Gooch            | F      | Pontypool & District       | Pooler Ladies Vet 1           | Vet Female (140+)            | 0:14:48  | 1:05:50   |
| 61  | 67     | D     | Michelle Johnson          | F      | Islwyn RC                  | Islwyn B                      | Vet Female (140+)            | 0:14:48  | 0:56:50   |
| 62  | 85     | B     | Nia Reddy                 | F      | Pontypridd Roadents AC     | Born to Slay-trained to relay | Senior Female (up to 139)    | 0:14:49  | 0:56:25   |
| 63  | 97     | A     | Marissa Benjamin          | F      | Pontypool & District       | Pooler Ladies Vet 2           | Vet Female (140+)            | 0:14:51  | 1:00:32   |
| 64  | 9      | C     | Abbie Thomas              | F      | Caerleon RC                | Caerleon Titans               | Vet Mixed 2x2 (150+)         | 0:14:51  | 0:56:33   |
| 65  | 38     | C     | Samantha Bills            | F      | Parc Bryn Bach RC          | PBBRC Womens C                | Vet Female (140+)            | 0:14:52  | 1:03:24   |
| 66  | 72     | B     | Emily Bessant-evans       | F      | Rhymney Valley AC          | 4 the second time             | Senior Female (up to 139)    | 0:14:55  | 1:00:52   |
| 67  | 46     | C     | Ruth Richardson           | F      | Chepstow Harriers          | The Harlyn Trotters           | Vet Female (140+)            | 0:14:55  | 1:00:01   |
| 68  | 25     | B     | Karen Day                 | F      | Lliswerry Runners          | Lliswerry G                   | Vet Female (140+)            | 0:14:56  | 1:02:17   |
| 69  | 98     | A     | Marian Grace              | F      | Yate & Sodbury Striders    | Yate & Sodbury Striders       | Vet Female (140+)            | 0:15:00  | 1:06:02   |
| 70  | 70     | C     | Alysha Bunston            | F      | Islwyn RC                  | Islwyn G                      | Senior Female (up to 139)    | 0:15:01  | 1:01:03   |
| 71  | 30     | D     | Leonie Roberts            | F      | Fairwater Runners          | Cwmbran Ladies                | Vet Female (140+)            | 0:15:02  | 1:02:27   |
| 72  | 59     | C     | Abbie Kidner              | F      | Griffithstown Harriers     | Griff 4                       | Senior Female (up to 139)    | 0:15:06  | 1:04:27   |
| 73  | 9      | B     | Liz Sims                  | F      | Caerleon RC                | Caerleon Titans               | Vet Mixed 2x2 (150+)         | 0:15:08  | 0:56:33   |
| 74  | 96     | B     | Karen Southgate           | F      | Pontypool & District       | Pooler Ladies Vet 1           | Vet Female (140+)            | 0:15:09  | 1:05:50   |
| 75  | 52     | C     | Kyra Chard                | F      | Griffithstown Harriers     | Injury Prone                  | Senior Mixed 2x2 (up to 149) | 0:15:12  | 0:53:13   |
| 76  | 95     | D     | Marrisa Benjamin          | F      | Pontypool & District       | Pooler Super Sue's Club       | Vet Female (140+)            | 0:15:13  | 1:11:39   |
| 77  | 38     | A     | Sarah Aylett              | F      | Parc Bryn Bach RC          | PBBRC Womens C                | Vet Female (140+)            | 0:15:14  | 1:03:24   |
| 78  | 17     | C     | Louise Crockett           | F      | Chepstow Harriers          | Loony Legs                    | Vet Mixed 2x2 (150+)         | 0:15:20  | 0:57:19   |
| 79  | 46     | D     | Bridget Davies            | F      | Chepstow Harriers          | The Harlyn Trotters           | Vet Female (140+)            | 0:15:23  | 1:00:01   |
| 80  | 30     | A     | Megan Jackson             | F      | Fairwater Runners          | Cwmbran Ladies                | Vet Female (140+)            | 0:15:24  | 1:02:27   |
| 81  | 98     | B     | Caroline Lavis            | F      | Yate & Sodbury Striders    | Yate & Sodbury Striders       | Vet Female (140+)            | 0:15:26  | 1:06:02   |
| 82  | 97     | B     | Louise Bright             | F      | Pontypool & District       | Pooler Ladies Vet 2           | Vet Female (140+)            | 0:15:26  | 1:00:32   |
| 83  | 72     | D     | Ariana Sullivan           | F      | Rhymney Valley AC          | 4 the second time             | Senior Female (up to 139)    | 0:15:27  | 1:00:52   |
| 84  | 67     | C     | Sarah Davies              | F      | Islwyn RC                  | Islwyn B                      | Vet Female (140+)            | 0:15:29  | 0:56:50   |
| 85  | 24     | D     | Zoe Holloway              | F      | Lliswerry Runners          | Lliswerry F                   | Senior Female (up to 139)    | 0:15:35  | 1:05:05   |
| 86  | 25     | A     | Jacqueline Davidge        | F      | Lliswerry Runners          | Lliswerry G                   | Vet Female (140+)            | 0:15:37  | 1:02:17   |
| 87  | 66     | D     | Sheryl Clark              | F      | Islwyn RC                  | Islwyn D                      | Vet Female (140+)            | 0:15:41  | 1:05:58   |
| 88  | 10     | B     | Yangi Vundamina           | F      | Caerleon RC                | Caerleon gladiators           | Vet Mixed 2x2 (150+)         | 0:15:43  | 1:01:38   |
| 89  | 24     | A     | Morgan Westacott          | F      | Lliswerry Runners          | Lliswerry F                   | Senior Female (up to 139)    | 0:15:45  | 1:05:05   |
| 90  | 56     | C     | Mikiko Minty              | F      | Griffithstown Harriers     | Griff 1                       | Vet Female (140+)            | 0:15:47  | 1:11:45   |
| 91  | 25     | C     | Jane Lewis                | F      | Lliswerry Runners          | Lliswerry G                   | Vet Female (140+)            | 0:15:47  | 1:02:17   |
| 92  | 85     | C     | Isabelle Jacklin          | F      | Aberdare Valley Amateur AC | Born to Slay-trained to relay | Senior Female (up to 139)    | 0:15:49  | 0:56:25   |
| 93  | 24     | B     | Rebecca Yearling          | F      | Lliswerry Runners          | Lliswerry F                   | Senior Female (up to 139)    | 0:15:53  | 1:05:05   |
| 94  | 72     | C     | Jessica Bateman           | F      | Rhymney Valley AC          | 4 the second time             | Senior Female (up to 139)    | 0:15:53  | 1:00:52   |
| 95  | 25     | D     | Leanne Westacott          | F      | Lliswerry Runners          | Lliswerry G                   | Vet Female (140+)            | 0:15:57  | 1:02:17   |
| 96  | 49     | C     | Justine Blaber            | F      | RUNNewport                 | RUNNewport 3                  | Senior Female (up to 139)    | 0:15:58  | 1:00:37   |
| 97  | 38     | B     | Maria Meredith            | F      | Parc Bryn Bach RC          | PBBRC Womens C                | Vet Female (140+)            | 0:15:58  | 1:03:24   |
| 98  | 30     | C     | Laura Grey                | F      | Fairwater Runners          | Cwmbran Ladies                | Vet Female (140+)            | 0:15:59  | 1:02:27   |
| 99  | 49     | A     | Steph Rhodes              | F      | RUNNewport                 | RUNNewport 3                  | Senior Female (up to 139)    | 0:15:59  | 1:00:37   |
| 100 | 66     | B     | Louise Saddler            | F      | Islwyn RC                  | Islwyn D                      | Vet Female (140+)            | 0:16:01  | 1:05:58   |
| 101 | 30     | B     | Meghan Brickley           | F      | Fairwater Runners          | Cwmbran Ladies                | Vet Female (140+)            | 0:16:02  | 1:02:27   |
| 102 | 66     | C     | Kelly Hall                | F      | Islwyn RC                  | Islwyn D                      | Vet Female (140+)            | 0:16:03  | 1:05:58   |
| 103 | 46     | B     | Kim Carwardine            | F      | Chepstow Harriers          | The Harlyn Trotters           | Vet Female (140+)            | 0:16:03  | 1:00:01   |
| 104 | 16     | C     | Pam Suter                 | F      | Chepstow Harriers          | All tapped out                | Vet Female (140+)            | 0:16:04  | 1:10:54   |
| 105 | 68     | C     | Emma Larson               | F      | Islwyn RC                  | Islwyn F                      | Vet Female (140+)            | 0:16:05  | 1:07:10   |
| 106 | 18     | A     | Denise Evans              | F      | Chepstow Harriers          | A&E                           | Vet Mixed 2x2 (150+)         | 0:16:06  | 1:03:32   |
| 107 | 89     | C     | Armanda Rees-Van-Wolferen | F      | San Domenico RC            | San Domenico D                | Vet Mixed 2x2 (150+)         | 0:16:07  | 1:00:39   |
| 108 | 4      | A     | Antoinette Burrows        | F      | Chepstow Harriers          | Haphazard Harriers            | Vet Female (140+)            | 0:16:08  | 1:05:25   |
| 109 | 47     | B     | Lauren Ringquest          | F      | RUNNewport                 | RUNNewport 1                  | Senior Female (up to 139)    | 0:16:19  | 1:06:47   |
| 110 | 96     | D     | Kate Black                | F      | Pontypool & District       | Pooler Ladies Vet 1           | Vet Female (140+)            | 0:16:23  | 1:05:50   |
| 111 | 89     | B     | Hannah Withers            | F      | San Domenico RC            | San Domenico D                | Vet Mixed 2x2 (150+)         | 0:16:25  | 1:00:39   |
| 112 | 7      | B     | Ffion Morgan              | F      | Caerleon RC                | Caerleon Trojans              | Vet Mixed 2x2 (150+)         | 0:16:29  | 1:13:45   |
| 113 | 68     | D     | Amanda Horton             | F      | Islwyn RC                  | Islwyn F                      | Vet Female (140+)            | 0:16:36  | 1:07:10   |
| 114 | 26     | A     | Cheryl Jones              | F      | Lliswerry Runners          | Lliswerry H                   | Vet Mixed 2x2 (150+)         | 0:16:39  | 1:02:48   |
| 115 | 47     | A     | Emma Wootten              | F      | RUNNewport                 | RUNNewport 1                  | Senior Female (up to 139)    | 0:16:39  | 1:06:47   |

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|-----|--------|-------|-----------------------|--------|-------------------------|-----------------------------|---------------------------|----------|-----------|
| 116 | 68     | B     | Lauren Holtham Morgan | F      | Islwyn RC               | Islwyn F                    | Vet Female (140+)         | 0:16:42  | 1:07:10   |
| 117 | 60     | C     | Keila Mayo            | F      | Caldicot Running Club   | The Hot Flashes             | Vet Female (140+)         | 0:16:42  | 1:09:30   |
| 118 | 4      | C     | Lindsey Coode         | F      | Chepstow Harriers       | Haphazard Harriers          | Vet Female (140+)         | 0:16:46  | 1:05:25   |
| 119 | 47     | D     | Lorna Thurston        | F      | RUNNewport              | RUNNewport 1                | Senior Female (up to 139) | 0:16:51  | 1:06:47   |
| 120 | 59     | D     | Ellie Robins          | F      | Griffithstown Harriers  | Griff 4                     | Senior Female (up to 139) | 0:16:51  | 1:04:27   |
| 121 | 39     | A     | Kath Wiles            | F      | Parc Bryn Bach RC       | PBBRC Womens D              | Vet Female (140+)         | 0:16:53  | 1:15:08   |
| 122 | 51     | C     | Lynne Williams        | F      | RUNNewport              | RUNNewport 5                | Vet Female (140+)         | 0:16:55  | 1:12:43   |
| 123 | 47     | C     | Moirra Wooles         | F      | RUNNewport              | RUNNewport 1                | Senior Female (up to 139) | 0:16:58  | 1:06:47   |
| 124 | 50     | B     | Nicola Dando          | F      | RUNNewport              | RUNNewport 4                | Vet Mixed 2x2 (150+)      | 0:16:59  | 1:08:34   |
| 125 | 8      | A     | Barbara Maddison      | F      | Chepstow Harriers       | Sole Sisters                | Vet Female (140+)         | 0:16:59  | 1:17:50   |
| 126 | 16     | D     | Jenni Bell            | F      | Chepstow Harriers       | All tapped out              | Vet Female (140+)         | 0:17:02  | 1:10:54   |
| 127 | 56     | B     | Rachel Jones          | F      | Griffithstown Harriers  | Griff 1                     | Vet Female (140+)         | 0:17:02  | 1:11:45   |
| 128 | 50     | A     | Clare Roberts         | F      | RUNNewport              | RUNNewport 4                | Vet Mixed 2x2 (150+)      | 0:17:03  | 1:08:34   |
| 129 | 56     | A     | Anna Wilkinson        | F      | Griffithstown Harriers  | Griff 1                     | Vet Female (140+)         | 0:17:04  | 1:11:45   |
| 130 | 42     | A     | Ceri Caswell          | F      | Parc Bryn Bach RC       | PBBRC Womens E              | Vet Female (140+)         | 0:17:06  | 1:12:32   |
| 131 | 26     | B     | Zoe Elver             | F      | Lliswerry Runners       | Lliswerry H                 | Vet Mixed 2x2 (150+)      | 0:17:09  | 1:02:48   |
| 132 | 12     | A     | Liz Downham           | F      | Chepstow Harriers       | Run Steady Crew             | Vet Female (140+)         | 0:17:11  | 1:22:17   |
| 133 | 60     | D     | Sue Pant              | F      | Caldicot Running Club   | The Hot Flashes             | Vet Female (140+)         | 0:17:17  | 1:09:30   |
| 134 | 38     | D     | Laura Pinney          | F      | Parc Bryn Bach RC       | PBBRC Womens C              | Vet Female (140+)         | 0:17:20  | 1:03:24   |
| 135 | 18     | D     | Brenda Avery          | F      | Chepstow Harriers       | A&E                         | Vet Mixed 2x2 (150+)      | 0:17:27  | 1:03:32   |
| 136 | 11     | B     | Emily Taylor          | F      | Caerleon RC             | Caerleon Centurions         | Vet Mixed 2x2 (150+)      | 0:17:28  | 0:59:37   |
| 137 | 39     | B     | Cath Price            | F      | Parc Bryn Bach RC       | PBBRC Womens D              | Vet Female (140+)         | 0:17:29  | 1:15:08   |
| 138 | 98     | D     | Liz Lewis             | F      | Yate & Sodbury Striders | Yate & Sodbury Striders     | Vet Female (140+)         | 0:17:31  | 1:06:02   |
| 139 | 97     | D     | Tracy Baker           | F      | Pontypool & District    | Pooler Ladies Vet 2         | Vet Female (140+)         | 0:17:31  | 1:00:32   |
| 140 | 60     | A     | Helen Wilcox          | F      | Caldicot Running Club   | The Hot Flashes             | Vet Female (140+)         | 0:17:38  | 1:09:30   |
| 141 | 68     | A     | Kirsty Hotham Morgan  | F      | Islwyn RC               | Islwyn F                    | Vet Female (140+)         | 0:17:47  | 1:07:10   |
| 142 | 20     | D     | Diane Potter          | F      | Lliswerry Runners       | Lliswerry B                 | Vet Female (140+)         | 0:17:50  | 1:19:58   |
| 143 | 42     | D     | Jessica James         | F      | Parc Bryn Bach RC       | PBBRC Womens E              | Vet Female (140+)         | 0:17:51  | 1:12:32   |
| 144 | 24     | C     | Bethan Williams       | F      | Lliswerry Runners       | Lliswerry F                 | Senior Female (up to 139) | 0:17:52  | 1:05:05   |
| 145 | 33     | D     | Alison Davis          | F      | Fairwater Runners       | Cwmbran Mixture             | Vet Mixed 2x2 (150+)      | 0:17:52  | 1:05:38   |
| 146 | 60     | B     | Angela Phillips       | F      | Caldicot Running Club   | The Hot Flashes             | Vet Female (140+)         | 0:17:53  | 1:09:30   |
| 147 | 15     | C     | Michelle Treacy       | F      | Chepstow Harriers       | MADGe                       | Vet Female (140+)         | 0:17:53  | 1:18:48   |
| 148 | 58     | D     | Jo Paling             | F      | Griffithstown Harriers  | Griff 3                     | Vet Mixed 2x2 (150+)      | 0:18:00  | 0:59:32   |
| 149 | 70     | D     | Stacey Rendall        | F      | Islwyn RC               | Islwyn G                    | Senior Female (up to 139) | 0:18:01  | 1:01:03   |
| 150 | 98     | C     | Vanessa Israel        | F      | Yate & Sodbury Striders | Yate & Sodbury Striders     | Vet Female (140+)         | 0:18:05  | 1:06:02   |
| 151 | 95     | C     | Wendy Morgan          | F      | Pontypool & District    | Pooler Super Sue's Club     | Vet Female (140+)         | 0:18:07  | 1:11:39   |
| 152 | 20     | C     | Bernadette Wilkinson  | F      | Lliswerry Runners       | Lliswerry B                 | Vet Female (140+)         | 0:18:08  | 1:19:58   |
| 153 | 4      | B     | Jennifer Harding      | F      | Chepstow Harriers       | Haphazard Harriers          | Vet Female (140+)         | 0:18:12  | 1:05:25   |
| 154 | 66     | A     | Fiona Wakley          | F      | Islwyn RC               | Islwyn D                    | Vet Female (140+)         | 0:18:13  | 1:05:58   |
| 155 | 51     | A     | Joanne Smith          | F      | RUNNewport              | RUNNewport 5                | Vet Female (140+)         | 0:18:14  | 1:12:43   |
| 156 | 95     | A     | Eigen Halpin          | F      | Pontypool & District    | Pooler Super Sue's Club     | Vet Female (140+)         | 0:18:15  | 1:11:39   |
| 157 | 51     | D     | Katrina Soper         | F      | RUNNewport              | RUNNewport 5                | Vet Female (140+)         | 0:18:18  | 1:12:43   |
| 158 | 7      | D     | Charlotte Leigh       | F      | Caerleon RC             | Caerleon Trojans            | Vet Mixed 2x2 (150+)      | 0:18:24  | 1:13:45   |
| 159 | 16     | B     | Lisa Riddington       | F      | Chepstow Harriers       | All tapped out              | Vet Female (140+)         | 0:18:30  | 1:10:54   |
| 160 | 78     | B     | Claire Rennie         | F      | Safran RCC              | Safran Team 1               | Vet Mixed 2x2 (150+)      | 0:18:30  | 1:07:57   |
| 161 | 42     | C     | Beth James            | F      | Parc Bryn Bach RC       | PBBRC Womens E              | Vet Female (140+)         | 0:18:36  | 1:12:32   |
| 162 | 59     | A     | Isabelle Wilkinson    | F      | Griffithstown Harriers  | Griff 4                     | Senior Female (up to 139) | 0:18:44  | 1:04:27   |
| 163 | 39     | D     | Sarah Eaton           | F      | Parc Bryn Bach RC       | PBBRC Womens D              | Vet Female (140+)         | 0:18:46  | 1:15:08   |
| 164 | 55     | A     | Sarah Gunn            | F      | Caldicot Running Club   | Goldilocks and the 3 Queers | Vet Mixed 2x2 (150+)      | 0:18:51  | 1:13:05   |
| 165 | 42     | B     | Sian Steadman         | F      | Parc Bryn Bach RC       | PBBRC Womens E              | Vet Female (140+)         | 0:18:59  | 1:12:32   |
| 166 | 51     | B     | Gillian Lewis         | F      | RUNNewport              | RUNNewport 5                | Vet Female (140+)         | 0:19:16  | 1:12:43   |
| 167 | 78     | D     | Natalie Tanner        | F      | Safran RCC              | Safran Team 1               | Vet Mixed 2x2 (150+)      | 0:19:16  | 1:07:57   |
| 168 | 33     | A     | Sheree Mann           | F      | Fairwater Runners       | Cwmbran Mixture             | Vet Mixed 2x2 (150+)      | 0:19:17  | 1:05:38   |
| 169 | 16     | A     | Jane Rymer            | F      | Chepstow Harriers       | All tapped out              | Vet Female (140+)         | 0:19:18  | 1:10:54   |
| 170 | 96     | C     | Sarah Hiron           | F      | Pontypool & District    | Pooler Ladies Vet 1         | Vet Female (140+)         | 0:19:30  | 1:05:50   |
| 171 | 15     | D     | Gill Ellis            | F      | Chepstow Harriers       | MADGe                       | Vet Female (140+)         | 0:19:35  | 1:18:48   |
| 172 | 8      | B     | Corinna Tannian       | F      | Chepstow Harriers       | Sole Sisters                | Vet Female (140+)         | 0:19:37  | 1:17:50   |

**FEMALE INDIVIDUAL**

|     | NUMBER | STAGE | RUNNER            | GENDER | CLUB                   | TEAM                        | CATEGORY             | RUN TIME | TEAM TIME |
|-----|--------|-------|-------------------|--------|------------------------|-----------------------------|----------------------|----------|-----------|
| 173 | 92     | A     | Helen Clancy      | F      | Chepstow Harriers      | Tail Runners                | Vet Mixed 2x2 (150+) | 0:19:38  | 1:24:21   |
| 174 | 2      | B     | Jane Bayliss      | F      | Chepstow Harriers      | 297 and still counting      | Vet Mixed 2x2 (150+) | 0:19:48  | 1:24:30   |
| 175 | 8      | C     | Wendy Briggs      | F      | Chepstow Harriers      | Sole Sisters                | Vet Female (140+)    | 0:19:55  | 1:17:50   |
| 176 | 92     | D     | Rebecca Lane      | F      | Chepstow Harriers      | Tail Runners                | Vet Mixed 2x2 (150+) | 0:20:00  | 1:24:21   |
| 177 | 55     | C     | Hannah Bradley    | F      | Caldicot Running Club  | Goldilocks and the 3 Queers | Vet Mixed 2x2 (150+) | 0:20:04  | 1:13:05   |
| 178 | 95     | B     | Susan Lawrence    | F      | Pontypool & District   | Pooler Super Sue's Club     | Vet Female (140+)    | 0:20:04  | 1:11:39   |
| 179 | 20     | B     | Jo Voisey         | F      | Llswerry Runners       | Llswerry B                  | Vet Female (140+)    | 0:20:09  | 1:19:58   |
| 180 | 12     | D     | Sonia Unsted      | F      | Chepstow Harriers      | Run Steady Crew             | Vet Female (140+)    | 0:20:22  | 1:22:17   |
| 181 | 15     | B     | Deb Franklin      | F      | Chepstow Harriers      | MADGe                       | Vet Female (140+)    | 0:20:26  | 1:18:48   |
| 182 | 79     | D     | Jessica Hargrave  | F      | Safran RCC             | Safran Team 2               | Vet Mixed 2x2 (150+) | 0:20:38  | 1:14:46   |
| 183 | 15     | A     | Anne Jenner       | F      | Chepstow Harriers      | MADGe                       | Vet Female (140+)    | 0:20:54  | 1:18:48   |
| 184 | 79     | B     | Lisa Fotune       | F      | Safran RCC             | Safran Team 2               | Vet Mixed 2x2 (150+) | 0:21:13  | 1:14:46   |
| 185 | 8      | D     | Kate Webster      | F      | Chepstow Harriers      | Sole Sisters                | Vet Female (140+)    | 0:21:19  | 1:17:50   |
| 186 | 56     | D     | Gaynor Watkins    | F      | Griffithstown Harriers | Griff 1                     | Vet Female (140+)    | 0:21:52  | 1:11:45   |
| 187 | 39     | C     | Cheryl Cross      | F      | Parc Bryn Bach RC      | PBBRC Womens D              | Vet Female (140+)    | 0:22:00  | 1:15:08   |
| 188 | 12     | B     | Vicki Vowles      | F      | Chepstow Harriers      | Run Steady Crew             | Vet Female (140+)    | 0:22:18  | 1:22:17   |
| 189 | 12     | C     | Carrie Williams   | F      | Chepstow Harriers      | Run Steady Crew             | Vet Female (140+)    | 0:22:26  | 1:22:17   |
| 190 | 2      | C     | Margret Griffiths | F      | Chepstow Harriers      | 298 and still counting      | Vet Mixed 2x2 (150+) | 0:22:31  | 1:24:30   |
| 191 | 20     | A     | Suzanne Taylor    | F      | Llswerry Runners       | Llswerry B                  | Vet Female (140+)    | 0:23:51  | 1:19:58   |