

		NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
1		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	
2		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	
3		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	
4		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	
5		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	