

## ALL INDIVIDUALS

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	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 D	Lloyd Cottrell	M	Lliswerry Runners	Sticky toffee pudding club	Vet Male (160+)	0:41:51	0:09:58	0:41:51
3	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
4	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
5	1 C	Lewis Munro	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:34:51	0:10:16	0:46:33
6	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
7	53 B	Toby Jones	M	Lliswerry Runners	Sticky toffee pudding club	Vet Male (160+)	0:21:27	0:10:28	0:41:51
8	9 D	Michael Holloway	M	Brecon AC	Brecon Ac 1	Senior Male (up to 159)	0:43:33	0:10:28	0:43:33
9	52 C	Leighton Rawlinson	M	Micky Morris Racing Team	MMRT	Senior Male (up to 159)	0:31:53	0:10:29	0:41:42
10	24 A	Josh Fitton	M	Lliswerry Runners	Lliswerry Gents	Senior Male (up to 159)	0:10:35	0:10:35	0:52:34
11	52 B	Mark Hobbs	M	Micky Morris Racing Team	MMRT	Senior Male (up to 159)	0:21:24	0:10:38	0:41:42
12	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
13	9 A	Manny Trailor	M	Brecon AC	Brecon Ac 1	Senior Male (up to 159)	0:10:40	0:10:40	0:43:33
14	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
15	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
16	52 A	Mike Marsh	M	Micky Morris Racing Team	MMRT	Senior Male (up to 159)	0:10:46	0:10:46	0:41:42
17	53 A	Robert Pritchard	M	Lliswerry Runners	Sticky toffee pudding club	Vet Male (160+)	0:10:59	0:10:59	0:41:51
18	9 C	Tom Marshall	M	Brecon AC	Brecon Ac 1	Senior Male (up to 159)	0:33:05	0:10:59	0:43:33
19	13 D	Tom Newman	M	Caerleon RC	Scrambled Legs	Vet Male (160+)	0:46:44	0:11:07	0:46:44
20	37 C	Craig Cheedy	M	Griffithstown Harriers	Griffs Relay Rockets	Vet Male (160+)	0:34:53	0:11:14	0:46:24
21	13 C	Matt Turner	M	Caerleon RC	Scrambled Legs	Vet Male (160+)	0:35:37	0:11:17	0:46:44
22	80 D	Ricci Watts	M	Pont-y-Pwl & District	Tricky Ricci's	Vet Male (160+)	0:47:41	0:11:18	0:47:41
23	80 C	Adam Grey	M	Pont-y-Pwl & District	Tricky Ricci's	Vet Male (160+)	0:36:23	0:11:22	0:47:41
24	9 B	Rhodri Boggust	M	Brecon AC	Brecon Ac 1	Senior Male (up to 159)	0:22:06	0:11:26	0:43:33
25	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
26	37 D	Gareth Knight	M	Griffithstown Harriers	Griffs Relay Rockets	Vet Male (160+)	0:46:24	0:11:31	0:46:24
27	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
28	80 B	Andrei Arcana	M	Pont-y-Pwl & District	Tricky Ricci's	Vet Male (160+)	0:25:01	0:11:33	0:47:41
29	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
30	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	13 B	Matt Tooby	M	Caerleon RC	Scrambled Legs	Vet Male (160+)	0:24:20	0:11:38	0:46:44
32	20 D	Tony Marshall	M	Chepstow Harriers	Chepstow 242	Vet Mixed 2x2 (150+)	0:49:57	0:11:41	0:49:57
33	1 D	Owen Hacker	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:46:33	0:11:42	0:46:33
34	40 D	John Williams	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:49:34	0:11:43	0:49:34
35	37 A	Andrew Stamp	M	Griffithstown Harriers	Griffs Relay Rockets	Vet Male (160+)	0:11:45	0:11:45	0:46:24
36	51 B	Llewellyn Watts	M		0 Easier said than run	Senior Male (up to 159)	0:26:34	0:11:46	0:50:55
37	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
38	19 C	Alex Walden	M	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:41:01	0:11:50	0:55:25
39	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
40	22 D	Toby Jones	M	Lliswerry Runners	Lliswerry Mixologists	Vet Mixed 2x2 (150+)	0:58:52	0:11:53	0:58:52
41	37 B	Shane Roberts	M	Griffithstown Harriers	Griffs Relay Rockets	Vet Male (160+)	0:23:39	0:11:54	0:46:24
42	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
43	1 A	David Witts	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:11:59	0:11:59	0:46:33
44	30 D	Ewlna Ciesielska	F	PBB	Three Swifts and a Dodo	Vet Mixed 3+1 (150+)	0:49:36	0:12:00	0:49:36
45	30 A	Ewlna Ciesielska	F	PBB	Three Swifts and a Dodo	Vet Mixed 3+1 (150+)	0:12:01	0:12:01	0:49:36
46	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
47	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
48	20 B	Paul Dodd	M	Chepstow Harriers	Chepstow 240	Vet Mixed 2x2 (150+)	0:24:22	0:12:05	0:49:57
49	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
50	10 A	Stevie Bald	M	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:12:13	0:12:13	0:53:53
51	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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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
52	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
53	20 A	Cherry Fowler	F	Chepstow Harriers	Chepstow 239	Vet Mixed 2x2 (150+)	0:12:17	0:12:17	0:49:57
54	8 C	Lauren Mackie	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:41:20	0:12:20	0:54:22
55	40 B	Ben Chard	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:25:29	0:12:21	0:49:34
56	40 C	Mark Burchell	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:37:51	0:12:22	0:49:34
57	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
58	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
59	75 A	Martin Hamm	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:12:29	0:12:29	0:52:58
60	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
61	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
62	7 D	Lee Mills	M	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:56:54	0:12:31	0:56:54
63	2 C	Steve Lane	M	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:41:39	0:12:32	0:54:17
64	1 B	Neil Profit	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:24:35	0:12:36	0:46:33
65	54 A	Richard Jones	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:12:37	0:12:37	0:57:08
66	2 D	Lloyd Hambridge	M	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:54:17	0:12:38	0:54:17
67	22 C	Tim Fry	M	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:46:59	0:12:40	0:58:52
68	17 A	Wesley Harris	M	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:12:41	0:12:41	0:55:48
69	13 A	Leighton Everett	M	Caerleon RC	Scrambled Legs	Vet Male (160+)	0:12:42	0:12:42	0:46:44
70	24 B	Chris Potter	M	Llswerry Runners	Llswerry Gents	Senior Male (up to 159)	0:23:17	0:12:42	0:52:34
71	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
72	14 B	Jade Wakely	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:26:22	0:12:45	0:53:13
73	46 C	Matthew Lloyd	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:42:20	0:12:53	0:56:15
74	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
75	8 D	Carys Thomas	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:54:22	0:13:02	0:54:22
76	29 C	Marc Cross	M	Griffithstown Harriers	Felices Los 6	Vet Mixed 2x2 (150+)	0:42:39	0:13:03	0:59:34
77	48 A	Stephen Smith	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:13:03	0:13:03	0:56:21
78	6 C	Dai Hamm	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:42:33	0:13:04	0:57:03
79	33 D	Iestyn Perham	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:57:46	0:13:05	0:57:46
80	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
81	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
82	40 A	Jon Lewis	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:13:08	0:13:08	0:49:34
83	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
84	10 C	Naomi Law	F	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:40:22	0:13:10	0:53:53
85	54 B	Josh Reynolds	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:25:48	0:13:11	0:57:08
86	15 C	Jason Pritchard	M	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:40:34	0:13:15	0:54:04
87	14 C	Lauren Williams	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:39:41	0:13:19	0:53:13
88	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
89	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
90	19 A	Daniel Symmonds	M	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:13:25	0:13:25	0:55:25
91	76 C	Sarah Wilkes	F	Llswerry Runners	Llswerry Ladies Seniors	Senior Female (up to 139)	0:45:15	0:13:25	0:59:13
92	47 A	Rob Symons	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:13:27	0:13:27	0:59:33
93	50 B	Adrian Parry Welson	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:26:56	0:13:27	0:56:05
94	80 A	James Arnold	M	Pont-y-Pwl & District	Tricky Ricci's	Vet Male (160+)	0:13:28	0:13:28	0:47:41
95	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
96	50 A	Nicholas Walsh	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:13:29	0:13:29	0:56:05
97	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
98	15 A	Elizabeth Richards	M	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:13:30	0:13:30	0:54:04
99	15 D	Dan Jones	F	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:54:04	0:13:30	0:54:04
100	10 D	Stephen Goodrich	M	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:53:53	0:13:31	0:53:53
101	18 A	Ian Davies	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:13:31	0:13:31	0:55:53
102	12 D	Barry Griffiths	M	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:58:28	0:13:31	0:58:28

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
103	3 C	Melissa Morgan	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:43:13	0:13:32	0:58:00
104	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
105	14 D	Avisa Talemi	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:53:13	0:13:32	0:53:13
106	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
107	75 C	Dale Webb	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:40:45	0:13:34	0:52:58
108	12 A	Andrew Cadmore	M	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:13:35	0:13:35	0:58:28
109	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
110	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
111	14 A	Tammy Fry	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:13:37	0:13:37	0:53:13
112	48 D	Ryan Martin	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:56:21	0:13:39	0:56:21
113	18 D	Gareth Hart	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:55:53	0:13:41	0:55:53
114	16 D	Lyndon Mac	M	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:59:11	0:13:41	0:59:11
115	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
116	26 B	Adrian Orringe	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:27:56	0:13:41	0:58:48
117	3 A	Michelle Johnson	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:13:44	0:13:44	0:58:00
118	16 C	Siwan Purkis	F	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:45:30	0:13:45	0:59:11
119	48 B	Stephen Williams	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:26:49	0:13:46	0:56:21
120	15 B	Charlotte Moran	F	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:27:19	0:13:49	0:54:04
121	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
122	24 C	James Hobson	M	Llisbury Runners	Llisbury Gents	Senior Male (up to 159)	0:37:09	0:13:52	0:52:34
123	20 C	Jan Morris	F	Chepstow Harriers	Chepstow 241	Vet Mixed 2x2 (150+)	0:38:16	0:13:54	0:49:57
124	17 D	Peter Rowlands	M	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:55:48	0:13:55	0:55:48
125	46 D	Stuart Ball	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:56:15	0:13:55	0:56:15
126	2 B	Carly Bunston	F	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:29:07	0:13:55	0:54:17
127	7 A	Coral Putman	F	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:13:57	0:13:57	0:56:54
128	76 D	Emma Maloney	F	Llisbury Runners	Llisbury Ladies Seniors	Senior Female (up to 139)	0:59:13	0:13:58	0:59:13
129	81 D	Chloe Leek	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:59:28	0:14:01	0:59:28
130	46 A	Mark Prosser	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:14:04	0:14:04	0:56:15
131	8 A	Corinna Jones	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:14:06	0:14:06	0:54:22
132	29 A	Andrew Spencer	M	Griffithstown Harriers	Felices Los 4	Vet Mixed 2x2 (150+)	0:14:08	0:14:08	0:59:34
133	41 D	Mark Breese	M	Llisbury Runners	The Tantine IV	Vet Male (160+)	1:07:12	0:14:11	1:07:12
134	18 C	Phil Cummings	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:42:12	0:14:12	0:55:53
135	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
136	6 B	Craig Ward	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:29:29	0:14:13	0:57:03
137	26 A	Terry White	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:14:15	0:14:15	0:58:48
138	42 A	Victoria Boxhall-James	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:14:17	0:14:17	0:59:30
139	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
140	17 C	Anna Symmonds	F	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:41:53	0:14:22	0:55:48
141	19 D	Abbie Thomas	F	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:55:25	0:14:24	0:55:25
142	50 C	Thomas Guy	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:41:23	0:14:27	0:56:05
143	26 C	Peter Welbirg	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:42:24	0:14:28	0:58:48
144	32 D	Lorraine Fergus	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	1:01:08	0:14:28	1:01:08
145	33 C	Morian Williams	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:44:41	0:14:29	0:57:46
146	18 B	Paul Adams	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:28:00	0:14:29	0:55:53
147	6 D	Aled Wynne	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:57:03	0:14:30	0:57:03
148	28 C	Timothy Miles	M	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:45:34	0:14:39	1:01:01
149	7 C	Matthew Clark	M	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:44:23	0:14:40	0:56:54
150	32 B	Marnee Hicks	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	0:30:19	0:14:41	1:01:08
151	75 B	Graham Bath	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:27:11	0:14:42	0:52:58
152	50 D	Paul Watkins	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:56:05	0:14:42	0:56:05
153	47 C	Phillip Allsopp	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:44:33	0:14:43	0:59:33

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
154	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
155	81 C	Karen Southgate	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:45:27	0:14:44	0:59:28
156	5 A	Julie Gould	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:14:46	0:14:46	1:03:08
157	3 D	Sarah Davies	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:58:00	0:14:47	0:58:00
158	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
159	17 B	Liz Sims	F	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:27:31	0:14:50	0:55:48
160	12 C	Catherine Gilbert	F	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:44:57	0:14:50	0:58:28
161	54 D	Reg King	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:57:08	0:14:51	0:57:08
162	42 D	Abbie Kidner	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:59:30	0:14:52	0:59:30
163	8 B	Louise Lloyd	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:29:00	0:14:54	0:54:22
164	28 A	Lyndon Kenney	M	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:14:55	0:14:55	1:01:01
165	33 A	Martin Croucher	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:14:58	0:14:58	0:57:46
166	10 B	Cara Perfrement	F	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:27:12	0:14:59	0:53:53
167	47 D	Andy Baker	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:59:33	0:15:00	0:59:33
168	42 B	Sarah Roberts	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:29:24	0:15:07	0:59:30
169	43 B	Rebecca Poole	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:34:15	0:15:08	1:06:52
170	55 B	Mary Derrick	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:31:10	0:15:08	1:06:09
171	81 B	Michelle Gooch	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:30:43	0:15:10	0:59:28
172	2 A	Alysha Bunston	F	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:15:12	0:15:12	0:54:17
173	33 B	Julian Taylor	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:30:12	0:15:14	0:57:46
174	42 C	Samantha Walker	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:44:38	0:15:14	0:59:30
175	6 A	Keith Davies	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:15:16	0:15:16	0:57:03
176	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
177	46 B	Peter Jones	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:29:27	0:15:23	0:56:15
178	24 D	Andrew Hart	M	Llisbury Runners	Llisbury Gents	Senior Male (up to 159)	0:52:34	0:15:25	0:52:34
179	28 D	Jeninifer Mcpadden	F	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	1:01:01	0:15:27	1:01:01
180	29 B	Mikiko Minty	F	Griffithstown Harriers	Felices Los 5	Vet Mixed 2x2 (150+)	0:29:36	0:15:28	0:59:34
181	5 C	Kelly Hall	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:46:51	0:15:28	1:03:08
182	81 A	Michele Deal	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:15:33	0:15:33	0:59:28
183	21 B	Leanne Westacott	F	Llisbury Runners	Llisbury Ladies Mixers	Vet Female (140+)	0:31:36	0:15:35	1:04:00
184	16 B	Rachel Yeoman	M	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:31:45	0:15:37	0:59:11
185	76 A	Georgia Potter-Floyd	F	Llisbury Runners	Llisbury Ladies Seniors	Senior Female (up to 139)	0:15:37	0:15:37	0:59:13
186	32 A	Justine Blaber	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	0:15:38	0:15:38	1:01:08
187	43 D	Kelly Cameron	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	1:06:52	0:15:40	1:06:52
188	7 B	Karen Woodsford	F	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:29:43	0:15:46	0:56:54
189	19 B	Ffion Morgan	F	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:29:11	0:15:46	0:55:25
190	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
191	4 A	Clare Barrett	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:15:50	0:15:50	1:07:41
192	35 C	Jeff Elaway	M	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:49:18	0:15:51	1:07:10
193	48 C	Richard Bowie	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:42:42	0:15:53	0:56:21
194	3 B	Carys-Sian Malarczyk	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:29:41	0:15:57	0:58:00
195	21 D	Vicky Fear	F	Llisbury Runners	Llisbury Ladies Mixers	Vet Female (140+)	1:04:00	0:15:58	1:04:00
196	28 B	Keren Beard	F	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:30:55	0:16:00	1:01:01
197	21 A	Raegan Russell	F	Llisbury Runners	Llisbury Ladies Mixers	Vet Female (140+)	0:16:01	0:16:01	1:04:00
198	55 A	Caroline Lavis	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:16:02	0:16:02	1:06:09
199	36 C	Moira Wooles	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:55:26	0:16:04	1:16:24
200	16 A	Steve Dance	F	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:16:08	0:16:08	0:59:11
201	76 B	Morgan Westacott	F	Llisbury Runners	Llisbury Ladies Seniors	Senior Female (up to 139)	0:31:50	0:16:13	0:59:13
202	5 D	Sara Date	F	Islwyn RC	Islwyn E	Vet Female (140+)	1:03:08	0:16:17	1:03:08
203	32 C	Clare Roberts	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	0:46:40	0:16:21	1:01:08
204	34 D	Andrew James	M	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	1:08:38	0:16:22	1:08:38

## ALL INDIVIDUALS

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
205	47 B	Stewart Seaborne	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:29:50	<b>0:16:23</b>	0:59:33
206	26 D	Barrie Parham	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:58:48	<b>0:16:24</b>	0:58:48
207	21 C	Cheryl Jones	F	Llswerry Runners	Llswerry Ladies Mixers	Vet Female (140+)	0:48:02	<b>0:16:26</b>	1:04:00
208	54 C	Paul Hancox	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:42:17	<b>0:16:29</b>	0:57:08
209	12 B	Bryony Dix	F	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:30:07	<b>0:16:32</b>	0:58:28
210	35 B	Rachel Everson	F	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:33:27	<b>0:16:34</b>	1:07:10
211	34 A	Emma Wootten	F	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:16:36	<b>0:16:36</b>	1:08:38
212	5 B	Sheryl Clark	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:31:23	<b>0:16:37</b>	1:03:08
213	4 B	Mandy Horton	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:32:29	<b>0:16:39</b>	1:07:41
214	45 B	Laura Grey	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:34:12	<b>0:16:44</b>	1:11:41
215	55 D	Jane Glasspool	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	1:06:09	<b>0:16:51</b>	1:06:09
216	35 A	Lorna Thurston	F	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:16:53	<b>0:16:53</b>	1:07:10
217	29 D	Wilkinson Anna	F	Griffithstown Harriers	Felices Los 7	Vet Mixed 2x2 (150+)	0:59:34	<b>0:16:55</b>	0:59:34
218	43 C	Jenkins Ceri	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:51:12	<b>0:16:57</b>	1:06:52
219	22 B	Diane Potter	F	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:34:19	<b>0:17:02</b>	0:58:52
220	4 C	Hilary Preece	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:49:43	<b>0:17:14</b>	1:07:41
221	41 C	Ian Macrory	M	Llswerry Runners	The Tantive IV	Vet Male (160+)	0:53:01	<b>0:17:17</b>	1:07:12
222	22 A	Barbara Wilkinson	F	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:17:17	<b>0:17:17</b>	0:58:52
223	74 A	Lorna Massey	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:17:20	<b>0:17:20</b>	1:13:37
224	45 A	Alison Davis	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:17:28	<b>0:17:28</b>	1:11:41
225	34 C	Lauren Ringquest	F	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:52:16	<b>0:17:31</b>	1:08:38
226	41 A	Christopher Hill	M	Llswerry Runners	The Tantive IV	Vet Male (160+)	0:17:39	<b>0:17:39</b>	1:07:12
227	35 D	Gary Brewster	M	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	1:07:10	<b>0:17:52</b>	1:07:10
228	4 D	Holtham-Morgan Kirsty	F	Islwyn RC	Islwyn D	Vet Female (140+)	1:07:41	<b>0:17:58</b>	1:07:41
229	23 C	Emma Henley	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	1:01:21	<b>0:17:59</b>	1:21:21
230	41 B	Steve Crowther	M	Llswerry Runners	The Tantive IV	Vet Male (160+)	0:35:44	<b>0:18:05</b>	1:07:12
231	55 C	Vanessa Israel	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:49:18	<b>0:18:08</b>	1:06:09
232	34 B	Kevin Sharpe	M	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:34:45	<b>0:18:09</b>	1:08:38
233	74 B	Carol Roberts	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:35:38	<b>0:18:18</b>	1:13:37
234	45 C	Sheree Mann	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:52:45	<b>0:18:33</b>	1:11:41
235	74 D	Carmel Rosenthal	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	1:13:37	<b>0:18:34</b>	1:13:37
236	45 D	Stella Symons	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	1:11:41	<b>0:18:56</b>	1:11:41
237	43 A	Helen Brown	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:19:07	<b>0:19:07</b>	1:06:52
238	23 B	Lowri Hawrot	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	0:43:22	<b>0:19:13</b>	1:21:21
239	36 B	Joanne Smith	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:39:22	<b>0:19:17</b>	1:16:24
240	74 C	Sandy Webb	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:55:03	<b>0:19:25</b>	1:13:37
241	23 D	Cheryl Hill	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	1:21:21	<b>0:20:00</b>	1:21:21
242	36 A	Sally Austin	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:20:05	<b>0:20:05</b>	1:16:24
243	36 D	Lisa Davies	F	RuNNewport	RuNNewport 5	Vet Female (140+)	1:16:24	<b>0:20:58</b>	1:16:24
244	23 A	Sian Jones	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	0:24:09	<b>0:24:09</b>	1:21:21