

MALE INDIVIDUAL

	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	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
3	53	D	Lloyd Cottrell	M	Lliswerry Runners	Sticky toffee pudding club	Vet Male (160+)	0:41:51	0:09:58	0:41:51
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	9	D	Michael Holloway	M	Brecon AC	Brecon Ac 1	Senior Male (up to 159)	0:43:33	0:10:28	0:43:33
8	53	B	Toby Jones	M	Lliswerry Runners	Sticky toffee pudding club	Vet Male (160+)	0:21:27	0:10:28	0:41:51
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 Traylor	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	9	C	Tom Marshall	M	Brecon AC	Brecon Ac 1	Senior Male (up to 159)	0:33:05	0:10:59	0:43:33
18	53	A	Robert Pritchard	M	Lliswerry Runners	Sticky toffee pudding club	Vet Male (160+)	0:10:59	0:10:59	0:41:51
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 fASH	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 fASH	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 fASH	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	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
45	20	B	Paul Dodd	M	Chepstow Harriers	Chepstow 240	Vet Mixed 2x2 (150+)	0:24:22	0:12:05	0:49:57
46	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
47	10	A	Stevie Bald	M	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:12:13	0:12:13	0:53:53
48	75	D	Chris Britten	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:52:58	0:12:13	0:52:58
49	40	B	Ben Chard	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:25:29	0:12:21	0:49:34
50	40	C	Mark Burchell	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:37:51	0:12:22	0:49:34
51	38	B	Kane Jellyman	M	Caldicot running club	Crc Over in a fASH	Senior Male (up to 159)	0:23:53	0:12:23	0:47:20
52	75	A	Martin Hamm	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:12:29	0:12:29	0:52:58
53	7	D	Lee Mills	M	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:56:54	0:12:31	0:56:54

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54	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
55	2	C	Steve Lane	M	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:41:39	0:12:32	0:54:17
56	1	B	Neil Profit	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:24:35	0:12:36	0:46:33
57	54	A	Richard Jones	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:12:37	0:12:37	0:57:08
58	2	D	Lloyd Hambridge	M	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:54:17	0:12:38	0:54:17
59	22	C	Tim Fry	M	Lliswerry Runners	Lliswerry Mixologists	Vet Mixed 2x2 (150+)	0:46:59	0:12:40	0:58:52
60	17	A	Wesley Harris	M	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:12:41	0:12:41	0:55:48
61	13	A	Leighton Everett	M	Caerleon RC	Scrambled Legs	Vet Male (160+)	0:12:42	0:12:42	0:46:44
62	24	B	Chris Potter	M	Lliswerry Runners	Lliswerry Gents	Senior Male (up to 159)	0:23:17	0:12:42	0:52:34
63	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
64	46	C	Matthew Lloyd	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:42:20	0:12:53	0:56:15
65	29	C	Marc Cross	M	Griffithstown Harriers	Felices Los 6	Vet Mixed 2x2 (150+)	0:42:39	0:13:03	0:59:34
66	48	A	Stephen Smith	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:13:03	0:13:03	0:56:21
67	6	C	Dai Hamm	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:42:33	0:13:04	0:57:03
68	33	D	Iestyn Perham	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:57:46	0:13:05	0:57:46
69	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
70	40	A	Jon Lewis	M	Griffithstown Harriers	The Team to Beat	Vet Male (160+)	0:13:08	0:13:08	0:49:34
71	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
72	54	B	Josh Reynolds	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:25:48	0:13:11	0:57:08
73	15	C	Jason Pritchard	M	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:40:34	0:13:15	0:54:04
74	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
75	19	A	Daniel Symmonds	M	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:13:25	0:13:25	0:55:25
76	47	A	Rob Symons	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:13:27	0:13:27	0:59:33
77	50	B	Adrian Parry Welson	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:26:56	0:13:27	0:56:05
78	80	A	James Arnold	M	Pont-y-Pwl & District	Tricky Ricci's	Vet Male (160+)	0:13:28	0:13:28	0:47:41
79	50	A	Nicholas Walsh	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:13:29	0:13:29	0:56:05
80	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
81	15	A	Elizabeth Richards	M	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:13:30	0:13:30	0:54:04
82	18	A	Ian Davies	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:13:31	0:13:31	0:55:53
83	10	D	Stephen Goodrich	M	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:53:53	0:13:31	0:53:53
84	12	D	Barry Griffiths	M	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:58:28	0:13:31	0:58:28
85	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
86	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
87	75	C	Dale Webb	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:40:45	0:13:34	0:52:58
88	12	A	Andrew Cadmore	M	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:13:35	0:13:35	0:58:28
89	48	D	Ryan Martin	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:56:21	0:13:39	0:56:21
90	16	D	Lyndon Mac	M	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:59:11	0:13:41	0:59:11
91	18	D	Gareth Hart	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:55:53	0:13:41	0:55:53
92	26	B	Adrian Orringe	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:27:56	0:13:41	0:58:48
93	48	B	Stephen Williams	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:26:49	0:13:46	0:56:21
94	24	C	James Hobson	M	Lliswerry Runners	Lliswerry Gents	Senior Male (up to 159)	0:37:09	0:13:52	0:52:34
95	17	D	Peter Rowlands	M	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:55:48	0:13:55	0:55:48
96	46	D	Stuart Ball	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:56:15	0:13:55	0:56:15
97	46	A	Mark Prosser	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:14:04	0:14:04	0:56:15
98	29	A	Andrew Spencer	M	Griffithstown Harriers	Felices Los 4	Vet Mixed 2x2 (150+)	0:14:08	0:14:08	0:59:34
99	41	D	Mark Breeze	M	Lliswerry Runners	The Tantive IV	Vet Male (160+)	1:07:12	0:14:11	1:07:12
100	18	C	Phil Cummings	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:42:12	0:14:12	0:55:53
101	6	B	Craig Ward	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:29:29	0:14:13	0:57:03
102	26	A	Terry White	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:14:15	0:14:15	0:58:48
103	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
104	50	C	Thomas Guy	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:41:23	0:14:27	0:56:05
105	26	C	Peter Welbirg	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:42:24	0:14:28	0:58:48
106	33	C	Morian Williams	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:44:41	0:14:29	0:57:46

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107	18	B	Paul Adams	M	Caerleon RC	Caerleon Cadence Crusaders	Vet Male (160+)	0:28:00	0:14:29	0:55:53
108	6	D	Aled Wynne	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:57:03	0:14:30	0:57:03
109	28	C	Timothy Miles	M	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:45:34	0:14:39	1:01:01
110	7	C	Matthew Clark	M	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:44:23	0:14:40	0:56:54
111	75	B	Graham Bath	M	Yate & Sodbury Striders	YASS Gentlemen Athletes	Vet Male (160+)	0:27:11	0:14:42	0:52:58
112	50	D	Paul Watkins	M	Griffithstown Harriers	Double Century	Vet Male (160+)	0:56:05	0:14:42	0:56:05
113	47	C	Phillip Allsopp	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:44:33	0:14:43	0:59:33
114	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
115	54	D	Reg King	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:57:08	0:14:51	0:57:08
116	28	A	Lyndon Kenney	M	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:14:55	0:14:55	1:01:01
117	33	A	Martin Croucher	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:14:58	0:14:58	0:57:46
118	47	D	Andy Baker	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:59:33	0:15:00	0:59:33
119	33	B	Julian Taylor	M	RuNNewport	RuNNewport 2	Vet Male (160+)	0:30:12	0:15:14	0:57:46
120	6	A	Keith Davies	M	Islwyn RC	Islwyn F	Vet Male (160+)	0:15:16	0:15:16	0:57:03
121	46	B	Peter Jones	M	Fairwater Runners	Fairwater Male Runners 1	Vet Male (160+)	0:29:27	0:15:23	0:56:15
122	24	D	Andrew Hart	M	Lliswerry Runners	Lliswerry Gents	Senior Male (up to 159)	0:52:34	0:15:25	0:52:34
123	16	B	Rachel Yeoman	M	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:31:45	0:15:37	0:59:11
124	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
125	35	C	Jeff Elaway	M	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:49:18	0:15:51	1:07:10
126	48	C	Richard Bowie	M	Fairwater Runners	Fairwater Male Runners 3	Vet Male (160+)	0:42:42	0:15:53	0:56:21
127	34	D	Andrew James	M	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	1:08:38	0:16:22	1:08:38
128	47	B	Stewart Seaborne	M	Fairwater Runners	Fairwater Male Runners 2	Vet Male (160+)	0:29:50	0:16:23	0:59:33
129	26	D	Barrie Parham	M	Griffithstown Harriers	Thigh Anxiety	Vet Male (160+)	0:58:48	0:16:24	0:58:48
130	54	C	Paul Hancox	M	Griffithstown Harriers	The Legion Of Doom	Vet Male (160+)	0:42:17	0:16:29	0:57:08
131	41	C	Ian Macrory	M	Lliswerry Runners	The Tantive IV	Vet Male (160+)	0:53:01	0:17:17	1:07:12
132	41	A	Christopher Hill	M	Lliswerry Runners	The Tantive IV	Vet Male (160+)	0:17:39	0:17:39	1:07:12
133	35	D	Gary Brewster	M	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	1:07:10	0:17:52	1:07:10
134	41	B	Steve Crowther	M	Lliswerry Runners	The Tantive IV	Vet Male (160+)	0:35:44	0:18:05	1:07:12
135	34	B	Kevin Sharpe	M	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:34:45	0:18:09	1:08:38