

## SENIOR MALE TEAM

	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	9	A	Manny Traylor	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
3	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
5	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
6	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	Griffithstown Harriers	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
7	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
8	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