

SENIOR MIXED TEAM

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	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 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
	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
	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
2	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
	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
	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
	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
3	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
	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
	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
	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
4	2 A		Alysha Bunston	F	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:15:12	0:15:12	0:54:17
	2 B		Carly Bunston	F	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:29:07	0:13:55	0:54:17
	2 C		Steve Lane	M	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:41:39	0:12:32	0:54:17
	2 D		Lloyd Hambridge	M	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:54:17	0:12:38	0:54:17