

## VET MIXED TEAM

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	20 A		Cherry Fowler	F	Chepstow Harriers	Chepstow 239	Vet Mixed 2x2 (150+)	0:12:17	0:12:17	0:49:57
	20 B		Paul Dodd	M	Chepstow Harriers	Chepstow 240	Vet Mixed 2x2 (150+)	0:24:22	0:12:05	0:49:57
	20 C		Jan Morris	F	Chepstow Harriers	Chepstow 241	Vet Mixed 2x2 (150+)	0:38:16	0:13:54	0:49:57
	20 D		Tony Marshall	M	Chepstow Harriers	Chepstow 242	Vet Mixed 2x2 (150+)	0:49:57	0:11:41	0:49:57
2	10 A		Stevie Bald	M	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:12:13	0:12:13	0:53:53
	10 B		Cara Perfrement	F	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:27:12	0:14:59	0:53:53
	10 C		Naomi Law	F	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:40:22	0:13:10	0:53:53
	10 D		Stephen Goodrich	M	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:53:53	0:13:31	0:53:53
3	15 A		Elizabeth Richards	M	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:13:30	0:13:30	0:54:04
	15 B		Charlotte Moran	F	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:27:19	0:13:49	0:54:04
	15 C		Jason Pritchard	M	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:40:34	0:13:15	0:54:04
	15 D		Dan Jones	F	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:54:04	0:13:30	0:54:04
4	19 A		Daniel Symmonds	M	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:13:25	0:13:25	0:55:25
	19 B		Ffion Morgan	F	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:29:11	0:15:46	0:55:25
	19 C		Alex Walden	M	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:41:01	0:11:50	0:55:25
	19 D		Abbie Thomas	F	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:55:25	0:14:24	0:55:25
5	17 A		Wesley Harris	M	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:12:41	0:12:41	0:55:48
	17 B		Liz Sims	F	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:27:31	0:14:50	0:55:48
	17 C		Anna Symmonds	F	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:41:53	0:14:22	0:55:48
	17 D		Peter Rowlands	M	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:55:48	0:13:55	0:55:48
6	7 A		Coral Putman	F	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:13:57	0:13:57	0:56:54
	7 B		Karen Woodsford	F	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:29:43	0:15:46	0:56:54
	7 C		Matthew Clark	M	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:44:23	0:14:40	0:56:54
	7 D		Lee Mills	M	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:56:54	0:12:31	0:56:54
7	12 A		Andrew Cadmore	M	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:13:35	0:13:35	0:58:28
	12 B		Bryony Dix	F	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:30:07	0:16:32	0:58:28
	12 C		Catherine Gilbert	F	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:44:57	0:14:50	0:58:28
	12 D		Barry Griffiths	M	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:58:28	0:13:31	0:58:28
8	22 A		Barbara Wilkinson	F	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:17:17	0:17:17	0:58:52
	22 B		Diane Potter	F	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:34:19	0:17:02	0:58:52
	22 C		Tim Fry	M	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:46:59	0:12:40	0:58:52
	22 D		Toby Jones	M	Llswerry Runners	Llswerry Mixologists	Vet Mixed 2x2 (150+)	0:58:52	0:11:53	0:58:52
9	16 A		Steve Dance	F	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:16:08	0:16:08	0:59:11
	16 B		Rachel Yeoman	M	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:31:45	0:15:37	0:59:11
	16 C		Siwan Purkis	F	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:45:30	0:13:45	0:59:11
	16 D		Lyndon Mac	M	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:59:11	0:13:41	0:59:11
10	29 A		Andrew Spencer	M	Griffithstown Harriers	Felices Los 4	Vet Mixed 2x2 (150+)	0:14:08	0:14:08	0:59:34
	29 B		Mikiko Minty	F	Griffithstown Harriers	Felices Los 5	Vet Mixed 2x2 (150+)	0:29:36	0:15:28	0:59:34
	29 C		Marc Cross	M	Griffithstown Harriers	Felices Los 6	Vet Mixed 2x2 (150+)	0:42:39	0:13:03	0:59:34
	29 D		Wilkinson Anna	F	Griffithstown Harriers	Felices Los 7	Vet Mixed 2x2 (150+)	0:59:34	0:16:55	0:59:34

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	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
11	28	A	Lyndon Kenney	M	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:14:55	0:14:55	<b>1:01:01</b>
	28	B	Keren Beard	F	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:30:55	0:16:00	<b>1:01:01</b>
	28	C	Timothy Miles	M	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:45:34	0:14:39	<b>1:01:01</b>
	28	D	Jeninifer Mcpadden	F	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	1:01:01	0:15:27	<b>1:01:01</b>
12	35	A	Lorna Thurston	F	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:16:53	0:16:53	<b>1:07:10</b>
	35	B	Rachel Everson	F	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:33:27	0:16:34	<b>1:07:10</b>
	35	C	Jeff Elaway	M	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:49:18	0:15:51	<b>1:07:10</b>
	35	D	Gary Brewster	M	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	1:07:10	0:17:52	<b>1:07:10</b>
13	34	A	Emma Wootten	F	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:16:36	0:16:36	<b>1:08:38</b>
	34	B	Kevin Sharpe	M	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:34:45	0:18:09	<b>1:08:38</b>
	34	C	Lauren Ringquest	F	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:52:16	0:17:31	<b>1:08:38</b>
	34	D	Andrew James	M	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	1:08:38	0:16:22	<b>1:08:38</b>