

MALE INDIVIDUAL

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
1	75	A	Luke Williams	M	Micky Morris Racing Team	Micky Morris Racing Team	Senior Male (up to 159)	0:09:38	0:40:52
2	35	B	Lloyd Cottrell	M	Parc Bryn Bach RC	PBBRC Mens A	Senior Male (up to 159)	0:09:46	0:41:00
3	35	A	Daniel Bodman	M	Parc Bryn Bach RC	PBBRC Mens A	Senior Male (up to 159)	0:10:07	0:41:00
4	75	D	Mark Jennings	M	Micky Morris Racing Team	Micky Morris Racing Team	Senior Male (up to 159)	0:10:07	0:40:52
5	91	C	Jack Reddaway	M	Les Croupiers RC	Guinness RC	Senior Male (up to 159)	0:10:14	0:42:19
6	13	D	Jon Like	M	Parc Bryn Bach RC	Unfinished business - Three swifts and a cuckoo	Vet Mixed 2x2 (150+)	0:10:15	0:48:24
7	35	D	Sam Lewis-Jones	M	Parc Bryn Bach RC	PBBRC Mens A	Senior Male (up to 159)	0:10:27	0:41:00
8	83	A	Josh Fitton	M	Lliswerry Runners	3 old gits and a newly wed	Vet Male (160+)	0:10:28	0:42:58
9	28	A	Mark Gillett	M	Chepstow Harriers	Chepstow Harriers again	Senior Male (up to 159)	0:10:29	0:43:27
10	91	B	James Heyman	M	Les Croupiers RC	Guinness RC	Senior Male (up to 159)	0:10:29	0:42:19
11	83	C	Richard Jones	M	Lliswerry Runners	3 old gits and a newly wed	Vet Male (160+)	0:10:30	0:42:58
12	75	B	Lee Jones	M	Micky Morris Racing Team	Micky Morris Racing Team	Senior Male (up to 159)	0:10:30	0:40:52
13	86	A	Chris Oxley	M	San Domenico RC	San Domenico A	Senior Mixed 2x2 (up to 149)	0:10:31	0:47:37
14	65	A	Alex Line	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:10:32	0:46:18
15	75	C	Mark Hobbs	M	Micky Morris Racing Team	Micky Morris Racing Team	Senior Male (up to 159)	0:10:37	0:40:52
16	35	C	Dane Williams	M	Parc Bryn Bach RC	PBBRC Mens A	Senior Male (up to 159)	0:10:40	0:41:00
17	28	C	Tim Batchelor	M	Chepstow Harriers	Chepstow Harriers again	Senior Male (up to 159)	0:10:44	0:43:27
18	91	D	Ryan Pugsley	M	Les Croupiers RC	Guinness RC	Senior Male (up to 159)	0:10:44	0:42:19
19	90	C	John Pewtner	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:10:46	0:47:11
20	86	D	Daniel Rees	M	San Domenico RC	San Domenico A	Senior Mixed 2x2 (up to 149)	0:10:46	0:47:37
21	73	A	Ash Temudo	M	Caldicot running club	Let's flash with Ash!	Senior Male (up to 159)	0:10:49	0:48:12
22	53	C	David Jenkins	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:10:51	0:49:24
23	74	D	Dylan Powell	M	Rhymney Valley AC	4 the third time	Senior Male (up to 159)	0:10:52	0:45:26
24	91	A	David Craig	M	Les Croupiers RC	Guinness RC	Senior Male (up to 159)	0:10:52	0:42:19
25	83	B	Eddie Campbell-Adams	M	Lliswerry Runners	3 old gits and a newly wed	Vet Male (160+)	0:10:54	0:42:58
26	6	A	Tom Newman	M	Caerleon RC	Suicide quads	Vet Mixed 2x2 (150+)	0:10:54	0:48:13
27	27	D	James Blore	M	Chepstow Harriers	Chepstow Harriers	Vet Male (160+)	0:10:55	0:46:21
28	54	A	Harry Woodward	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:10:58	0:46:00
29	45	A	Patrick Jarvis	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:11:01	0:48:23
30	45	D	Daniel Bodman	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:11:01	0:48:23
31	88	A	Luke Downing	M	San Domenico RC	San Domenico C	Vet Male (160+)	0:11:02	0:46:10
32	28	D	Christopher Martey	M	Chepstow Harriers	Chepstow Harriers again	Senior Male (up to 159)	0:11:06	0:43:27
33	83	D	Jeff Wherlock	M	Lliswerry Runners	3 old gits and a newly wed	Vet Male (160+)	0:11:06	0:42:58
34	88	D	Neil Williams	M	San Domenico RC	San Domenico C	Vet Male (160+)	0:11:08	0:46:10
35	28	B	Charlie Bendall	M	Chepstow Harriers	Chepstow Harriers again	Senior Male (up to 159)	0:11:08	0:43:27
36	77	D	Tom Jeffery	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:11:21	0:51:08
37	19	A	Liam Tucker	M	Lliswerry Runners	Lliswerry A	Senior Male (up to 159)	0:11:23	0:49:15
38	54	D	Ben Vaughan	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:11:24	0:46:00
39	73	B	Alex Barnston	M	Caldicot running club	Let's flash with Ash!	Senior Male (up to 159)	0:11:25	0:48:12
40	27	C	James Tucker	M	Chepstow Harriers	Chepstow Harriers	Vet Male (160+)	0:11:27	0:46:21
41	74	A	Gethyn Lehaj	M	Rhymney Valley AC	4 the third time	Senior Male (up to 159)	0:11:27	0:45:26
42	53	D	Hopkins Craig	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:11:29	0:49:24
43	57	A	Gareth Knight	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:11:30	0:48:33
44	57	B	Dan Fletcher	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:11:31	0:48:33
45	74	C	Charlie Malpas	M	Rhymney Valley AC	4 the third time	Senior Male (up to 159)	0:11:32	0:45:26
46	87	B	Ian Owen	M	San Domenico RC	San Domenico B	Senior Mixed 2x2 (up to 149)	0:11:32	0:49:43
47	40	A	Steven Duggan	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:11:32	0:48:00
48	52	D	John Williams	M	Griffithstown Harriers	Injury Prone	Senior Mixed 2x2 (up to 149)	0:11:34	0:53:13
49	74	B	Dafydd Powell	M	Rhymney Valley AC	4 the third time	Senior Male (up to 159)	0:11:35	0:45:26
50	65	B	Ben Fowler	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:11:38	0:46:18
51	88	B	Hywel Edwards	M	San Domenico RC	San Domenico C	Vet Male (160+)	0:11:41	0:46:10
52	90	A	Joseph Gibson parker	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:11:41	0:47:11
53	1	D	Tony Marshall	M	Chepstow Harriers	Chepstow Mixed Oldies	Vet Mixed 2x2 (150+)	0:11:45	0:50:57
54	84	D	Alex Walden	M	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:11:45	0:51:08
55	54	B	Kane Jellyman	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:11:47	0:46:00
56	27	A	Douglas Briggs	M	Chepstow Harriers	Chepstow Harriers	Vet Male (160+)	0:11:49	0:46:21
57	54	C	Matthew Pottenger	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:11:51	0:46:00
58	65	C	Gethin Thomas	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:11:54	0:46:18

MALE INDIVIDUAL

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
59	87	D	Harry Trend	M	San Domenico RC	San Domenico B	Senior Mixed 2x2 (up to 149)	0:11:55	0:49:43
60	6	C	Matt Turner	M	Caerleon RC	Suicide quads	Vet Mixed 2x2 (150+)	0:11:59	0:48:13
61	40	B	Oliver Bracey	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:11:59	0:48:00
62	77	A	Thomas Rees-Gratton	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:12:01	0:51:08
63	57	C	Nicky Tudor	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:12:05	0:48:33
64	84	A	Liam Moore	M	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:12:08	0:51:08
65	40	C	Huw Steadman	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:12:09	0:48:00
66	27	B	Andy Hughes	M	Chepstow Harriers	Chepstow Harriers	Vet Male (160+)	0:12:10	0:46:21
67	69	C	Dan Rees	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:12:10	0:53:03
68	58	B	Shane Roberts	M	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:12:11	0:59:32
69	90	D	Jac Matthews	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:12:12	0:47:11
70	41	D	Karl Coughlin	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:12:13	0:51:55
71	65	D	Lee Mills	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:12:14	0:46:18
72	1	B	Paul Dodd	M	Chepstow Harriers	Chepstow Mixed Oldies	Vet Mixed 2x2 (150+)	0:12:14	0:50:57
73	94	B	Jackson Powell	M	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:12:19	0:50:14
74	88	C	Phil Rees	M	San Domenico RC	San Domenico C	Vet Male (160+)	0:12:19	0:46:10
75	40	D	Martin Thomas	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:12:20	0:48:00
76	19	B	Lee Smith	M	Llswerry Runners	Llswerry A	Senior Male (up to 159)	0:12:23	0:49:15
77	69	A	Neil Profit	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:12:27	0:53:03
78	34	B	Christian Murphy	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:12:27	0:52:46
79	90	B	Jacob Thomas	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:12:32	0:47:11
80	32	A	Matthew Lloyd	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:12:33	0:55:20
81	34	A	Spencer Cleave	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:12:36	0:52:46
82	21	B	Chris Potter	M	Llswerry Runners	Llswerry C	Vet Male (160+)	0:12:37	0:53:56
83	73	D	Ben Snell	M	No - not registered	Let's flash with Ash!	Senior Male (up to 159)	0:12:38	0:48:12
84	41	C	Nick Osman	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:12:39	0:51:55
85	19	D	Ellis Dyer	M	Llswerry Runners	Llswerry A	Senior Male (up to 159)	0:12:40	0:49:15
86	53	A	Mark Burchell	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:12:43	0:49:24
87	61	B	Andrew Smith	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:12:45	0:53:23
88	19	C	Tim Fry	M	Llswerry Runners	Llswerry A	Senior Male (up to 159)	0:12:49	0:49:15
89	45	B	Jason Nash	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:12:51	0:48:23
90	63	A	Tom Rooney	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:12:58	0:57:27
91	26	D	Michael Hajdon	M	Llswerry Runners	Llswerry H	Vet Mixed 2x2 (150+)	0:13:00	1:02:48
92	31	C	Rob Symons	M	Guest of Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:13:01	0:59:35
93	61	C	Luciano Tomasulo	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:13:03	0:53:23
94	52	B	Ben Chard	M	Griffithstown Harriers	Injury Prone	Senior Mixed 2x2 (up to 149)	0:13:03	0:53:13
95	9	A	Matthew Mulcahy	M	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:13:05	0:56:33
96	80	D	Richard Bracher	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:09	0:55:10
97	41	A	Mark Griffiths	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:13:09	0:51:55
98	44	B	Jason Lewis	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:13:13	0:58:40
99	11	D	Christian Ford	M	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:13:13	0:59:37
100	78	C	Alex Medicke	M	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:13:16	1:07:57
101	80	A	James Fisher	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:16	0:55:10
102	32	C	Stuart Ball	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:13:17	0:55:20
103	21	C	John Foster	M	Llswerry Runners	Llswerry C	Vet Male (160+)	0:13:18	0:53:56
104	73	C	Dan Lynch	M	Caldicot running club	Let's flash with Ash!	Senior Male (up to 159)	0:13:20	0:48:12
105	89	D	Ben Gooding	M	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:13:21	1:00:39
106	80	B	Richard Payton	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:25	0:55:10
107	57	D	Lloyd Horrobin	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:13:27	0:48:33
108	9	D	Philip Hyatt	M	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:13:29	0:56:33
109	61	A	Dan Jones	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:13:29	0:53:23
110	69	B	Dai Hamm	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:13:29	0:53:03
111	45	C	Spencer Cleave	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:13:30	0:48:23
112	13	A	Andy Creber	M	Almost Parc Bryn Bach	Unfinished business - Three swifts and a cuckoo	Vet Mixed 2x2 (150+)	0:13:31	0:48:24
113	21	D	Rob Davies	M	Llswerry Runners	Llswerry C	Vet Male (160+)	0:13:32	0:53:56
114	34	D	Scott Greaves	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:13:35	0:52:46
115	29	B	Mike Skyrme	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:13:43	0:58:18
116	77	B	Harish Rama	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:13:43	0:51:08
117	22	B	Elliot Counsell	M	Llswerry Runners	Llswerry D	Senior Male (up to 159)	0:13:44	1:03:32

MALE INDIVIDUAL

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
118	17	B	Andrew Oliver	M	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:13:45	0:57:19
119	44	C	Ian Line	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:13:46	0:58:40
120	48	C	Rhys Thurston	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:13:48	0:59:29
121	33	C	Stephen Smith	M	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:13:50	1:05:38
122	94	A	Joey Line	M	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:13:53	0:50:14
123	41	B	Steve Wiles	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:13:54	0:51:55
124	77	C	Richard Hopcraft	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:14:03	0:51:08
125	17	A	Thomas Riddington	M	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:14:03	0:57:19
126	61	D	Adrian Parry Welson	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:14:06	0:53:23
127	81	B	Prasanth Sripathi	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:14:06	1:04:09
128	62	C	Paul Watkins	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:06	0:57:41
129	29	A	Alan Legge	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:14:07	0:58:18
130	34	C	Stephen Price	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:14:08	0:52:46
131	48	A	Martin Croucher	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:14:11	0:59:29
132	64	B	Paul Brookes	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:14:15	1:01:29
133	63	B	Alex Phillips	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:14:17	0:57:27
134	10	A	Phil Cummings	M	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:14:18	1:01:38
135	62	B	Colin Wilmott	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:19	0:57:41
136	32	B	Ieuan Kingston	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:14:20	0:55:20
137	29	C	Danny	M	Guest of Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:14:20	0:58:18
138	53	B	Derek Paginton	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:14:21	0:49:24
139	84	B	Meg Balmont	M	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:14:21	0:51:08
140	64	A	Craig Ward	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:14:22	1:01:29
141	62	A	Andrew Spencer	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:24	0:57:41
142	21	A	Josh Green	M	Lliswerry Runners	Lliswerry C	Vet Male (160+)	0:14:29	0:53:56
143	3	A	Tom Annetts	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:14:31	0:59:35
144	44	D	Matthew Berryman	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:14:32	0:58:40
145	48	B	Morian Williams	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:14:36	0:59:29
146	33	B	Mark Prosser	M	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:14:39	1:05:38
147	3	B	Andrew Wall	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:14:40	0:59:35
148	22	C	Josh Ford	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:14:42	1:03:32
149	89	A	Niall Hughes	M	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:14:46	1:00:39
150	11	A	Aneulu Cornel Pirvu	M	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:14:50	0:59:37
151	62	D	John Doolan	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:52	0:57:41
152	79	C	Nick Monk	M	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:14:52	1:14:46
153	58	C	Shane Matthews	M	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:14:53	0:59:32
154	31	A	Phillip Allsopp	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:14:56	0:59:35
155	18	C	Barry Evans	M	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:14:56	1:03:32
156	69	D	Matt Clark	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:14:57	0:53:03
157	18	B	Michael Evans	M	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:15:03	1:03:32
158	31	D	Stephen Williams	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:15:03	0:59:35
159	3	C	Christopher Cox	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:15:05	0:59:35
160	63	C	Tom Beale	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:15:05	0:57:27
161	63	D	Jon Paisley	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:15:07	0:57:27
162	32	D	Ian Smith	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:15:10	0:55:20
163	82	C	Pedro Davies	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:15:13	1:08:00
164	43	C	Bob Craft	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:15:17	1:03:10
165	3	D	Joff Phelps	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:15:19	0:59:35
166	80	C	James Woodington	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:15:20	0:55:10
167	43	B	Vincent Gregory	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:15:41	1:03:10
168	23	D	Mike Williams	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:15:56	1:09:41
169	2	D	Paul Griffiths	M	Chepstow Harriers	299 and still counting	Vet Mixed 2x2 (150+)	0:16:00	1:24:30
170	26	C	John Maloney	M	Lliswerry Runners	Lliswerry H	Vet Mixed 2x2 (150+)	0:16:00	1:02:48
171	43	A	Matthew Harvey-Knowles	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:16:05	1:03:10
172	43	D	Gareth Williams	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:16:07	1:03:10
173	29	D	Andy Baker	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:16:08	0:58:18
174	64	C	Neill Parker	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:16:11	1:01:29

MALE INDIVIDUAL

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
175	81	A	Kerry Morgan	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:16:22	1:04:09
176	81	D	Mark Williams	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:16:29	1:04:09
177	23	C	Ian Macrory	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:16:33	1:09:41
178	82	D	Remi Blanc	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:16:33	1:08:00
179	31	B	Richard Bowie	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:16:35	0:59:35
180	55	B	Alasdair Stewart	M	Caldicot Running Club	Goldilocks and the 3 Queers	Vet Mixed 2x2 (150+)	0:16:38	1:13:05
181	64	D	Simon Johnson	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:16:41	1:01:29
182	50	D	Julian Taylor	M	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:16:51	1:08:34
183	48	D	Michael Waters	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:16:54	0:59:29
184	78	A	Julian Guy	M	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:16:55	1:07:57
185	22	D	Andrew Hart	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:16:59	1:03:32
186	44	A	James Langridge-Thomas	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:17:09	0:58:40
187	81	C	Vikram Vhanmane	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:17:12	1:04:09
188	10	D	Gulesh Kumar	M	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:17:12	1:01:38
189	55	D	Borja Lazaro Toralles	M	Caldicot Running Club	Goldilocks and the 3 Queers	Vet Mixed 2x2 (150+)	0:17:32	1:13:05
190	50	C	Lee Oakey	M	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:17:41	1:08:34
191	92	C	Graham Taylor	M	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:17:54	1:24:21
192	82	B	David Llewellyn	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:17:55	1:08:00
193	79	A	Phil Hopkins	M	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:18:03	1:14:46
194	22	A	Scott Routley	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:18:07	1:03:32
195	82	A	Stuart Jones	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:18:19	1:08:00
196	23	A	Chris Hill	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:18:30	1:09:41
197	23	B	Ken Goodger	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:18:42	1:09:41
198	7	C	Dave Davies	M	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:18:44	1:13:45
199	7	A	Steve Dance	M	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:20:08	1:13:45
200	2	A	Geoff Bayliss	M	Chepstow Harriers	296 and still counting	Vet Mixed 2x2 (150+)	0:26:11	1:24:30
201	92	B	Sean Clancy	M	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:26:49	1:24:21