

	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
		B	Lee Jones	M	Micky Morris Racing Team			0:10:30	
		C	Mark Hobbs	M	Micky Morris Racing Team			0:10:37	
		D	Mark Jennings	M	Micky Morris Racing Team			0:10:07	
2	35	A	Daniel Bodman	M	Parc Bryn Bach RC	PBBRC Mens A	Senior Male (up to 159)	0:10:07	0:41:00
		B	Lloyd Cottrell	M	Parc Bryn Bach RC			0:09:46	
		C	Dane Williams	M	Parc Bryn Bach RC			0:10:40	
		D	Sam Lewis-Jones	M	Parc Bryn Bach RC			0:10:27	
3	91	A	David Craig	M	Les Croupiers RC	Guinness RC	Senior Male (up to 159)	0:10:52	0:42:19
		B	James Heyman	M	Les Croupiers RC			0:10:29	
		C	Jack Reddaway	M	Les Croupiers RC			0:10:14	
		D	Ryan Pugsley	M	Les Croupiers RC			0:10:44	
4	28	A	Mark Gillett	M	Chepstow Harriers	Chepstow Harriers again	Senior Male (up to 159)	0:10:29	0:43:27
		B	Charlie Bendall	M	Chepstow Harriers			0:11:08	
		C	Tim Batchelor	M	Chepstow Harriers			0:10:44	
		D	Christopher Martey	M	Chepstow Harriers			0:11:06	
5	74	A	Gethyn Lehaj	M	Rhymney Valley AC	4 the third time	Senior Male (up to 159)	0:11:27	0:45:26
		B	Dafydd Powell	M	Rhymney Valley AC			0:11:35	
		C	Charlie Malpas	M	Rhymney Valley AC			0:11:32	
		D	Dylan Powell	M	Rhymney Valley AC			0:10:52	
6	54	A	Harry Woodward	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:10:58	0:46:00
		B	Kane Jellyman	M	Caldicot running club			0:11:47	
		C	Matthew Pottenger	M	Caldicot running club			0:11:51	
		D	Ben Vaughan	M	Caldicot running club			0:11:24	
7	65	A	Alex Line	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:10:32	0:46:18
		B	Ben Fowler	M	Islwyn RC			0:11:38	
		C	Gethin Thomas	M	Islwyn RC			0:11:54	
		D	Lee Mills	M	Islwyn RC			0:12:14	
8	90	A	Joseph Gibson parker	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:11:41	0:47:11
		B	Jacob Thomas	M	Rhymney Valley AC			0:12:32	
		C	John Pewtner	M	Rhymney Valley AC			0:10:46	
		D	Jac Matthews	M	Rhymney Valley AC			0:12:12	
9	73	A	Ash Temudo	M	Caldicot running club	Let's flash with Ash!	Senior Male (up to 159)	0:10:49	0:48:12
		B	Alex Barnston	M	Caldicot running club			0:11:25	
		C	Dan Lynch	M	Caldicot running club			0:13:20	
		D	Ben Snell	M	No - not registered			0:12:38	
10	57	A	Gareth Knight	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:11:30	0:48:33
		B	Dan Fletcher	M	Griffithstown Harriers			0:11:31	
		C	Nicky Tudor	M	Griffithstown Harriers			0:12:05	
		D	Lloyd Horrobin	M	Griffithstown Harriers			0:13:27	
11	19	A	Liam Tucker	M	Lliswerry Runners	Lliswerry A	Senior Male (up to 159)	0:11:23	0:49:15
		B	Lee Smith	M	Lliswerry Runners			0:12:23	
		C	Tim Fry	M	Lliswerry Runners			0:12:49	
		D	Ellis Dyer	M	Lliswerry Runners			0:12:40	
12	61	A	Dan Jones	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:13:29	0:53:23
		B	Andrew Smith	M	Griffithstown Harriers			0:12:45	
		C	Luciano Tomasulo	M	Griffithstown Harriers			0:13:03	
		D	Adrian Parry Welson	M	Griffithstown Harriers			0:14:06	

13	80	A	James Fisher	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:16	0:55:10
	B		Richard Payton	M	Safran RCC			0:13:25	
	C		James Woodington	M	Safran RCC			0:15:20	
	D		Richard Bracher	M	Safran RCC			0:13:09	
14	63	A	Tom Rooney	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:12:58	0:57:27
	B		Alex Phillips	M	Caldicot Running Club			0:14:17	
	C		Tom Beale	M	Caldicot Running Club			0:15:05	
	D		Jon Paisley	M	Caldicot Running Club			0:15:07	
15	22	A	Scott Routley	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:18:07	1:03:32
	B		Elliot Counsell	M	Lliswerry Runners			0:13:44	
	C		Josh Ford	M	Lliswerry Runners			0:14:42	
	D		Andrew Hart	M	Lliswerry Runners			0:16:59	