

ALL INDIVIDUALS

	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	94	C	Chloe Leek	F	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:11:50	0:50:14
58	54	C	Matthew Pottenger	M	Caldicot running club	Caldicot RC - Sportshoes Regulars	Senior Male (up to 159)	0:11:51	0:46:00
59	65	C	Gethin Thomas	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:11:54	0:46:18
60	87	D	Harry Trend	M	San Domenico RC	San Domenico B	Senior Mixed 2x2 (up to 149)	0:11:55	0:49:43
61	71	D	Imogen Jones	F	Rhymney Valley AC	4 the first time	Senior Female (up to 139)	0:11:58	0:48:26
62	6	C	Matt Turner	M	Caerleon RC	Suicide quads	Vet Mixed 2x2 (150+)	0:11:59	0:48:13
63	40	B	Oliver Bracey	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:11:59	0:48:00

PONTYPOOL SPRINT RELAYS
Wednesday 18th June 2025
ALL INDIVIDUALS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
64	77	A	Thomas Rees-Gralton	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:12:01	0:51:08
65	71	A	Eleanor Wright-nicholas	F	Rhymney Valley AC	4 the first time	Senior Female (up to 139)	0:12:03	0:48:26
66	57	C	Nicky Tudor	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:12:05	0:48:33
67	36	A	Grace Williams	F	Parc Bryn Bach RC	PBBRC Womens A	Senior Female (up to 139)	0:12:06	0:53:27
68	84	A	Liam Moore	M	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:12:08	0:51:08
69	40	C	Huw Steadman	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:12:09	0:48:00
70	27	B	Andy Hughes	M	Chepstow Harriers	Chepstow Harriers	Vet Male (160+)	0:12:10	0:46:21
71	69	C	Dan Rees	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:12:10	0:53:03
72	58	B	Shane Roberts	M	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:12:11	0:59:32
73	71	B	Megan Pewtner	F	Rhymney Valley AC	4 the first time	Senior Female (up to 139)	0:12:11	0:48:26
74	90	D	Jac Matthews	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:12:12	0:47:11
75	94	D	Alyssa Baker	F	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:12:12	0:50:14
76	41	D	Karl Coughlin	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:12:13	0:51:55
77	65	D	Lee Mills	M	Islwyn RC	Islwyn A	Senior Male (up to 159)	0:12:14	0:46:18
78	1	B	Paul Dodd	M	Chepstow Harriers	Chepstow Mixed Oldies	Vet Mixed 2x2 (150+)	0:12:14	0:50:57
79	71	C	Eva Parry	F	Rhymney Valley AC	4 the first time	Senior Female (up to 139)	0:12:14	0:48:26
80	37	A	Kani Hinshelwood	F	Parc Bryn Bach RC	PBBRC Womens B	Vet Female (140+)	0:12:15	0:53:17
81	13	C	Kani Hinshelwood	F	Parc Bryn Bach RC	Unfinished business - Three swifts and a cuckoo	Vet Mixed 2x2 (150+)	0:12:18	0:48:24
82	94	B	Jackson Powell	M	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:12:19	0:50:14
83	88	C	Phil Rees	M	San Domenico RC	San Domenico C	Vet Male (160+)	0:12:19	0:46:10
84	13	B	Clare Patterson	F	Parc Bryn Bach RC	Unfinished business - Three swifts and a cuckoo	Vet Mixed 2x2 (150+)	0:12:20	0:48:24
85	40	D	Martin Thomas	M	Parc Bryn Bach RC	PBBRC Mens B	Vet Male (160+)	0:12:20	0:48:00
86	93	C	Emma Wyatt-Haines	F	Les Croupiers RC	Running late	Senior Female (up to 139)	0:12:20	0:50:30
87	93	A	Rachel McDowell	F	Les Croupiers RC	Running late	Senior Female (up to 139)	0:12:20	0:50:30
88	19	B	Lee Smith	M	Lliswerry Runners	Lliswerry A	Senior Male (up to 159)	0:12:23	0:49:15
89	1	A	Cherry Fowler	F	Chepstow Harriers	Chepstow Mixed Oldies	Vet Mixed 2x2 (150+)	0:12:24	0:50:57
90	14	D	Kathy Stringer	F	Chepstow Harriers	Chepstow Harriidans	Vet Female (140+)	0:12:25	0:51:31
91	69	A	Neil Profit	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:12:27	0:53:03
92	34	B	Christian Murphy	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:12:27	0:52:46
93	14	A	Sarah Bell	F	Chepstow Harriers	Chepstow Harriidans	Vet Female (140+)	0:12:30	0:51:31
94	85	A	Lily Jacklin	F	Aberdare Valley Amateur AC	Born to Slay-trained to relay	Senior Female (up to 139)	0:12:32	0:56:25
95	90	B	Jacob Thomas	M	Rhymney Valley AC	4 the fourth time	Senior Male (up to 159)	0:12:32	0:47:11
96	32	A	Matthew Lloyd	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:12:33	0:55:20
97	6	B	Emily Laing	F	Caerleon RC	Suicide quads	Vet Mixed 2x2 (150+)	0:12:35	0:48:13
98	34	A	Spencer Cleave	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:12:36	0:52:46
99	21	B	Chris Potter	M	Lliswerry Runners	Lliswerry C	Vet Male (160+)	0:12:37	0:53:56
100	73	D	Ben Snell	M	No - not registered	Let's flash with Ash!	Senior Male (up to 159)	0:12:38	0:48:12
101	41	C	Nick Osman	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:12:39	0:51:55
102	19	D	Ellis Dyer	M	Lliswerry Runners	Lliswerry A	Senior Male (up to 159)	0:12:40	0:49:15
103	53	A	Mark Burchell	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:12:43	0:49:24
104	97	C	Michelle Deal	F	Pontypool & District	Pooler Ladies Vet 2	Vet Female (140+)	0:12:44	1:00:32
105	6	D	Lowenna Huggins	F	Caerleon RC	Suicide quads	Vet Mixed 2x2 (150+)	0:12:45	0:48:13
106	76	D	Liz Joslin	F	Caldicot Running Club	Faster than Gossip	Senior Female (up to 139)	0:12:45	0:53:18
107	61	B	Andrew Smith	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:12:45	0:53:23
108	86	B	Delyth Williams	F	San Domenico RC	San Domenico A	Senior Mixed 2x2 (up to 149)	0:12:46	0:47:37
109	19	C	Tim Fry	M	Lliswerry Runners	Lliswerry A	Senior Male (up to 159)	0:12:49	0:49:15
110	45	B	Jason Nash	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:12:51	0:48:23
111	5	D	Jade Wakley	F	Caerleon RC	Caerleon warriors	Vet Female (140+)	0:12:52	0:54:03
112	14	B	Niki Morgan	F	Chepstow Harriers	Chepstow Harriidans	Vet Female (140+)	0:12:52	0:51:31
113	93	D	Ella Jennings	F	Les Croupiers RC	Running late	Senior Female (up to 139)	0:12:52	0:50:30
114	76	B	Emily Wilcox	F	Caldicot Running Club	Faster than Gossip	Senior Female (up to 139)	0:12:52	0:53:18
115	36	D	Beth Jones	F	Parc Bryn Bach RC	PBBRC Womens A	Senior Female (up to 139)	0:12:53	0:53:27
116	84	C	Holly Greenwood	F	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:12:54	0:51:08
117	37	D	Kimberley Price	F	Parc Bryn Bach RC	PBBRC Womens B	Vet Female (140+)	0:12:55	0:53:17
118	63	A	Tom Rooney	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:12:58	0:57:27
119	87	C	Megan Poulson	F	San Domenico RC	San Domenico B	Senior Mixed 2x2 (up to 149)	0:12:58	0:49:43
120	93	B	Leah Stephens	F	Les Croupiers RC	Running late	Senior Female (up to 139)	0:12:58	0:50:30
121	26	D	Michael Hajdon	M	Lliswerry Runners	Lliswerry H	Vet Mixed 2x2 (150+)	0:13:00	1:02:48
122	31	C	Rob Symons	M	Guest of Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:13:01	0:59:35
123	61	C	Luciano Tomasulo	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:13:03	0:53:23
124	52	B	Ben Chard	M	Griffithstown Harriers	Injury Prone	Senior Mixed 2x2 (up to 149)	0:13:03	0:53:13
125	67	B	Billie McGourlick	F	Islwyn RC	Islwyn B	Vet Female (140+)	0:13:03	0:56:50
126	9	A	Matthew Mulcahy	M	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:13:05	0:56:33

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
127	76	A	Katie Pescod	F	Caldicot Running Club	Faster than Gossip	Senior Female (up to 139)	0:13:07	0:53:18
128	80	D	Richard Bracher	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:09	0:55:10
129	41	A	Mark Griffiths	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:13:09	0:51:55
130	44	B	Jason Lewis	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:13:13	0:58:40
131	11	D	Christian Ford	M	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:13:13	0:59:37
132	85	D	Chloe Piggott	F	Aberdare Valley Amateur AC	Born to Slay-trained to relay	Senior Female (up to 139)	0:13:15	0:56:25
133	78	C	Alex Medicke	M	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:13:16	1:07:57
134	80	A	James Fisher	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:16	0:55:10
135	32	C	Stuart Ball	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:13:17	0:55:20
136	21	C	John Foster	M	Lliswerry Runners	Lliswerry C	Vet Male (160+)	0:13:18	0:53:56
137	87	A	Catherine Whittle	F	San Domenico RC	San Domenico B	Senior Mixed 2x2 (up to 149)	0:13:18	0:49:43
138	73	C	Dan Lynch	M	Caldicot running club	Let's flash with Ash!	Senior Male (up to 159)	0:13:20	0:48:12
139	89	D	Ben Gooding	M	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:13:21	1:00:39
140	5	C	Lauren Williams	F	Caerleon RC	Caerleon warriors	Vet Female (140+)	0:13:23	0:54:03
141	52	A	Karen Silver	F	Griffithstown Harriers	Injury Prone	Senior Mixed 2x2 (up to 149)	0:13:24	0:53:13
142	80	B	Richard Payton	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:13:25	0:55:10
143	57	D	Lloyd Horrobin	M	Griffithstown Harriers	Griff 2	Senior Male (up to 159)	0:13:27	0:48:33
144	9	D	Philip Hyatt	M	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:13:29	0:56:33
145	61	A	Dan Jones	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:13:29	0:53:23
146	69	B	Dai Hamm	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:13:29	0:53:03
147	45	C	Spencer Clease	M	Parc Bryn Bach RC	PBBRC Paddy's extras	Vet Male (160+)	0:13:30	0:48:23
148	67	A	Melissa Morgan	F	Islwyn RC	Islwyn B	Vet Female (140+)	0:13:30	0:56:50
149	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
150	21	D	Rob Davies	M	Lliswerry Runners	Lliswerry C	Vet Male (160+)	0:13:32	0:53:56
151	86	C	Sara Vilar-Lluch	F	San Domenico RC	San Domenico A	Senior Mixed 2x2 (up to 149)	0:13:34	0:47:37
152	34	D	Scott Greaves	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:13:35	0:52:46
153	46	A	Julia Bajjada	F	Chepstow Harriers	The Harlyn Trotters	Vet Female (140+)	0:13:40	1:00:01
154	29	B	Mike Skyrme	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:13:43	0:58:18
155	77	B	Harish Rama	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:13:43	0:51:08
156	14	C	Lisa Jeffrey	F	Chepstow Harriers	Chepstow Harridans	Vet Female (140+)	0:13:44	0:51:31
157	22	B	Elliot Counsell	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:13:44	1:03:32
158	17	B	Andrew Oliver	M	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:13:45	0:57:19
159	59	B	Tara Leanne Paisey	F	Griffithstown Harriers	Griff 4	Senior Female (up to 139)	0:13:46	1:04:27
160	44	C	Ian Line	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:13:46	0:58:40
161	36	B	Jessica Young	F	Parc Bryn Bach RC	PBBRC Womens A	Senior Female (up to 139)	0:13:48	0:53:27
162	48	C	Rhys Thurston	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:13:48	0:59:29
163	33	C	Stephen Smith	M	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:13:50	1:05:38
164	37	B	Sarah Jeremiah	F	Parc Bryn Bach RC	PBBRC Womens B	Vet Female (140+)	0:13:53	0:53:17
165	5	B	Avisa Talemi	F	Caerleon RC	Caerleon warriors	Vet Female (140+)	0:13:53	0:54:03
166	94	A	Joey Line	M	Pontypool & District	Pooler Young guns	Senior Mixed 2x2 (up to 149)	0:13:53	0:50:14
167	70	B	Carly Bunston	F	Islwyn RC	Islwyn G	Senior Female (up to 139)	0:13:54	1:01:03
168	41	B	Steve Wiles	M	Parc Bryn Bach RC	PBBRC Mens D	Vet Male (160+)	0:13:54	0:51:55
169	5	A	Elizabeth Richards	F	Caerleon RC	Caerleon warriors	Vet Female (140+)	0:13:55	0:54:03
170	77	C	Richard Hopcraft	M	Safran RCC	Safran Team 3	Vet Male (160+)	0:14:03	0:51:08
171	17	A	Thomas Riddington	M	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:14:03	0:57:19
172	61	D	Adrian Parry Welson	M	Griffithstown Harriers	Griff 5	Senior Male (up to 159)	0:14:06	0:53:23
173	81	B	Prasanth Sripathi	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:14:06	1:04:09
174	11	C	Siwan Purkis	F	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:14:06	0:59:37
175	62	C	Paul Watkins	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:06	0:57:41
176	29	A	Alan Legge	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:14:07	0:58:18
177	70	A	Coral Putman	F	Islwyn RC	Islwyn G	Senior Female (up to 139)	0:14:07	1:01:03
178	34	C	Stephen Price	M	Parc Bryn Bach	PBBRC Mens C	Vet Male (160+)	0:14:08	0:52:46
179	48	A	Martin Croucher	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:14:11	0:59:29
180	17	D	Jane Roscoe	F	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:14:11	0:57:19
181	49	D	Marnee Hicks	F	RUNNewport	RUNNewport 3	Senior Female (up to 139)	0:14:12	1:00:37
182	37	C	Jo Kilby	F	Parc Bryn Bach RC	PBBRC Womens B	Vet Female (140+)	0:14:14	0:53:17
183	64	B	Paul Brookes	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:14:15	1:01:29
184	63	B	Alex Phillips	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:14:17	0:57:27
185	10	A	Phil Cummings	M	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:14:18	1:01:38
186	4	D	Charlotte Giles	F	Chepstow Harriers	Haphazard Harriers	Vet Female (140+)	0:14:19	1:05:25
187	62	B	Colin Wilmott	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:19	0:57:41
188	32	B	Ieuan Kingston	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:14:20	0:55:20
189	29	C	Danny	M	Guest of Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:14:20	0:58:18

PONTYPOOL SPRINT RELAYS
Wednesday 18th June 2025
ALL INDIVIDUALS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
190	53	B	Derek Paginton	M	Pontypool Triathlon and Endurance Club	Wrinkly runners	Vet Male (160+)	0:14:21	0:49:24
191	84	B	Meg Balmont	M	Caerleon RC	Can't catch Caerleon	Senior Mixed 2x2 (up to 149)	0:14:21	0:51:08
192	64	A	Craig Ward	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:14:22	1:01:29
193	62	A	Andrew Spencer	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:24	0:57:41
194	10	C	Tammy Fry	F	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:14:25	1:01:38
195	49	B	Naomi Handley	F	RUNNewport	RUNNewport 3	Senior Female (up to 139)	0:14:28	1:00:37
196	58	A	Sarah Roberts	F	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:14:28	0:59:32
197	21	A	Josh Green	M	Lliswerry Runners	Lliswerry C	Vet Male (160+)	0:14:29	0:53:56
198	3	A	Tom Annetts	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:14:31	0:59:35
199	44	D	Matthew Berryman	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:14:32	0:58:40
200	76	C	Chloe Buttery	F	Caldicot Running Club	Faster than Gossip	Senior Female (up to 139)	0:14:34	0:53:18
201	1	C	Jan Morris	F	Chepstow Harriers	Chepstow Mixed Oldies	Vet Mixed 2x2 (150+)	0:14:34	0:50:57
202	48	B	Morian Williams	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:14:36	0:59:29
203	72	A	Poppy Howells	F	Rhymney Valley AC	4 the second time	Senior Female (up to 139)	0:14:37	1:00:52
204	33	B	Mark Prosser	M	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:14:39	1:05:38
205	3	B	Andrew Wall	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:14:40	0:59:35
206	36	C	Victoria Boxhall-James	F	Parc Bryn Bach RC	PBBRC Womens A	Senior Female (up to 139)	0:14:40	0:53:27
207	22	C	Josh Ford	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:14:42	1:03:32
208	89	A	Niall Hughes	M	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:14:46	1:00:39
209	96	A	Michelle Gooch	F	Pontypool & District	Pooler Ladies Vet 1	Vet Female (140+)	0:14:48	1:05:50
210	67	D	Michelle Johnson	F	Islwyn RC	Islwyn B	Vet Female (140+)	0:14:48	0:56:50
211	85	B	Nia Reddy	F	Pontypridd Roadents AC	Born to Slay-trained to relay	Senior Female (up to 139)	0:14:49	0:56:25
212	11	A	Aneulu Cornel Pirvu	M	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:14:50	0:59:37
213	97	A	Marissa Benjamin	F	Pontypool & District	Pooler Ladies Vet 2	Vet Female (140+)	0:14:51	1:00:32
214	9	C	Abbie Thomas	F	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:14:51	0:56:33
215	62	D	John Doolan	M	Griffithstown Harriers	Griff 6	Vet Male (160+)	0:14:52	0:57:41
216	38	C	Samantha Bills	F	Parc Bryn Bach RC	PBBRC Womens C	Vet Female (140+)	0:14:52	1:03:24
217	79	C	Nick Monk	M	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:14:52	1:14:46
218	58	C	Shane Matthews	M	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:14:53	0:59:32
219	72	B	Emily Bessant-evans	F	Rhymney Valley AC	4 the second time	Senior Female (up to 139)	0:14:55	1:00:52
220	46	C	Ruth Richardson	F	Chepstow Harriers	The Harlyn Trotters	Vet Female (140+)	0:14:55	1:00:01
221	25	B	Karen Day	F	Lliswerry Runners	Lliswerry G	Vet Female (140+)	0:14:56	1:02:17
222	31	A	Phillip Allsopp	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:14:56	0:59:35
223	18	C	Barry Evans	M	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:14:56	1:03:32
224	69	D	Matt Clark	M	Islwyn RC	Islwyn C	Vet Male (160+)	0:14:57	0:53:03
225	98	A	Marian Grace	F	Yate & Sodbury Striders	Yate & Sodbury Striders	Vet Female (140+)	0:15:00	1:06:02
226	70	C	Alysha Bunston	F	Islwyn RC	Islwyn G	Senior Female (up to 139)	0:15:01	1:01:03
227	30	D	Leonie Roberts	F	Fairwater Runners	Cwmbran Ladies	Vet Female (140+)	0:15:02	1:02:27
228	18	B	Michael Evans	M	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:15:03	1:03:32
229	31	D	Stephen Williams	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:15:03	0:59:35
230	3	C	Christopher Cox	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:15:05	0:59:35
231	63	C	Tom Beale	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:15:05	0:57:27
232	59	C	Abbie Kidner	F	Griffithstown Harriers	Griff 4	Senior Female (up to 139)	0:15:06	1:04:27
233	63	D	Jon Paisley	M	Caldicot Running Club	Tofu Relay Team	Senior Male (up to 159)	0:15:07	0:57:27
234	9	B	Liz Sims	F	Caerleon RC	Caerleon Titans	Vet Mixed 2x2 (150+)	0:15:08	0:56:33
235	96	B	Karen Southgate	F	Pontypool & District	Pooler Ladies Vet 1	Vet Female (140+)	0:15:09	1:05:50
236	32	D	Ian Smith	M	Fairwater Runners	Cwmbran Younger Men	Vet Male (160+)	0:15:10	0:55:20
237	52	C	Kyra Chard	F	Griffithstown Harriers	Injury Prone	Senior Mixed 2x2 (up to 149)	0:15:12	0:53:13
238	82	C	Pedro Davies	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:15:13	1:08:00
239	95	D	Marrisa Benjamin	F	Pontypool & District	Pooler Super Sue's Club	Vet Female (140+)	0:15:13	1:11:39
240	38	A	Sarah Aylett	F	Parc Bryn Bach RC	PBBRC Womens C	Vet Female (140+)	0:15:14	1:03:24
241	43	C	Bob Craft	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:15:17	1:03:10
242	3	D	Joff Phelps	M	Chepstow Harriers	Sweat and Tears	Vet Male (160+)	0:15:19	0:59:35
243	80	C	James Woodington	M	Safran RCC	Safran Team 4	Senior Male (up to 159)	0:15:20	0:55:10
244	17	C	Louise Crockett	F	Chepstow Harriers	Loony Legs	Vet Mixed 2x2 (150+)	0:15:20	0:57:19
245	46	D	Bridget Davies	F	Chepstow Harriers	The Harlyn Trotters	Vet Female (140+)	0:15:23	1:00:01
246	30	A	Megan Jackson	F	Fairwater Runners	Cwmbran Ladies	Vet Female (140+)	0:15:24	1:02:27
247	98	B	Caroline Lavis	F	Yate & Sodbury Striders	Yate & Sodbury Striders	Vet Female (140+)	0:15:26	1:06:02
248	97	B	Louise Bright	F	Pontypool & District	Pooler Ladies Vet 2	Vet Female (140+)	0:15:26	1:00:32
249	72	D	Ariana Sullivan	F	Rhymney Valley AC	4 the second time	Senior Female (up to 139)	0:15:27	1:00:52
250	67	C	Sarah Davies	F	Islwyn RC	Islwyn B	Vet Female (140+)	0:15:29	0:56:50
251	24	D	Zoe Holloway	F	Lliswerry Runners	Lliswerry F	Senior Female (up to 139)	0:15:35	1:05:05
252	25	A	Jacqueline Davidge	F	Lliswerry Runners	Lliswerry G	Vet Female (140+)	0:15:37	1:02:17

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
253	43	B	Vincent Gregory	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:15:41	1:03:10
254	66	D	Sheryl Clark	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:15:41	1:05:58
255	10	B	Yangi Vundamina	F	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:15:43	1:01:38
256	24	A	Morgan Westacott	F	Lliswerry Runners	Lliswerry F	Senior Female (up to 139)	0:15:45	1:05:05
257	56	C	Mikiko Minty	F	Griffithstown Harriers	Griff 1	Vet Female (140+)	0:15:47	1:11:45
258	25	C	Jane Lewis	F	Lliswerry Runners	Lliswerry G	Vet Female (140+)	0:15:47	1:02:17
259	85	C	Isabelle Jacklin	F	Aberdare Valley Amateur AC	Born to Slay-trained to relay	Senior Female (up to 139)	0:15:49	0:56:25
260	24	B	Rebecca Yearling	F	Lliswerry Runners	Lliswerry F	Senior Female (up to 139)	0:15:53	1:05:05
261	72	C	Jessica Bateman	F	Rhymney Valley AC	4 the second time	Senior Female (up to 139)	0:15:53	1:00:52
262	23	D	Mike Williams	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:15:56	1:09:41
263	25	D	Leanne Westacott	F	Lliswerry Runners	Lliswerry G	Vet Female (140+)	0:15:57	1:02:17
264	49	C	Justine Blaber	F	RUNNewport	RUNNewport 3	Senior Female (up to 139)	0:15:58	1:00:37
265	38	B	Maria Meredith	F	Parc Bryn Bach RC	PBBRC Womens C	Vet Female (140+)	0:15:58	1:03:24
266	30	C	Laura Grey	F	Fairwater Runners	Cwmbran Ladies	Vet Female (140+)	0:15:59	1:02:27
267	49	A	Steph Rhodes	F	RUNNewport	RUNNewport 3	Senior Female (up to 139)	0:15:59	1:00:37
268	2	D	Paul Griffiths	M	Chepstow Harriers	299 and still counting	Vet Mixed 2x2 (150+)	0:16:00	1:24:30
269	26	C	John Maloney	M	Lliswerry Runners	Lliswerry H	Vet Mixed 2x2 (150+)	0:16:00	1:02:48
270	66	B	Louise Saddler	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:16:01	1:05:58
271	30	B	Meghan Brickley	F	Fairwater Runners	Cwmbran Ladies	Vet Female (140+)	0:16:02	1:02:27
272	66	C	Kelly Hall	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:16:03	1:05:58
273	46	B	Kim Carwardine	F	Chepstow Harriers	The Harlyn Trotters	Vet Female (140+)	0:16:03	1:00:01
274	16	C	Pam Suter	F	Chepstow Harriers	All tapped out	Vet Female (140+)	0:16:04	1:10:54
275	43	A	Matthew Harvey-Knowles	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:16:05	1:03:10
276	68	C	Emma Larson	F	Islwyn RC	Islwyn F	Vet Female (140+)	0:16:05	1:07:10
277	18	A	Denise Evans	F	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:16:06	1:03:32
278	89	C	Armanda Rees-Van-Wolferen	F	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:16:07	1:00:39
279	43	D	Gareth Williams	M	Parc Bryn Bach RC	PBBRC Mens F	Vet Male (160+)	0:16:07	1:03:10
280	29	D	Andy Baker	M	Fairwater Runners	Cwmbran Men	Vet Male (160+)	0:16:08	0:58:18
281	4	A	Antoinette Burrows	F	Chepstow Harriers	Haphazard Harriers	Vet Female (140+)	0:16:08	1:05:25
282	64	C	Neill Parker	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:16:11	1:01:29
283	47	B	Lauren Ringquest	F	RUNNewport	RUNNewport 1	Senior Female (up to 139)	0:16:19	1:06:47
284	81	A	Kerry Morgan	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:16:22	1:04:09
285	96	D	Kate Black	F	Pontypool & District	Pooler Ladies Vet 1	Vet Female (140+)	0:16:23	1:05:50
286	89	B	Hannah Withers	F	San Domenico RC	San Domenico D	Vet Mixed 2x2 (150+)	0:16:25	1:00:39
287	7	B	Ffion Morgan	F	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:16:29	1:13:45
288	81	D	Mark Williams	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:16:29	1:04:09
289	23	C	Ian Macrory	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:16:33	1:09:41
290	82	D	Remi Blanc	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:16:33	1:08:00
291	31	B	Richard Bowie	M	Fairwater Runners	Cwmbran Older Men	Vet Male (160+)	0:16:35	0:59:35
292	68	D	Amanda Horton	F	Islwyn RC	Islwyn F	Vet Female (140+)	0:16:36	1:07:10
293	55	B	Alasdair Stewart	M	Caldicot Running Club	Goldilocks and the 3 Queens	Vet Mixed 2x2 (150+)	0:16:38	1:13:05
294	26	A	Cheryl Jones	F	Lliswerry Runners	Lliswerry H	Vet Mixed 2x2 (150+)	0:16:39	1:02:48
295	47	A	Emma Wootten	F	RUNNewport	RUNNewport 1	Senior Female (up to 139)	0:16:39	1:06:47
296	64	D	Simon Johnson	M	Islwyn RC	Islwyn E	Vet Male (160+)	0:16:41	1:01:29
297	68	B	Lauren Holtham Morgan	F	Islwyn RC	Islwyn F	Vet Female (140+)	0:16:42	1:07:10
298	60	C	Keila Mayo	F	Caldicot Running Club	The Hot Flashes	Vet Female (140+)	0:16:42	1:09:30
299	4	C	Lindsey Coode	F	Chepstow Harriers	Haphazard Harriers	Vet Female (140+)	0:16:46	1:05:25
300	47	D	Lorna Thurston	F	RUNNewport	RUNNewport 1	Senior Female (up to 139)	0:16:51	1:06:47
301	50	D	Julian Taylor	M	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:16:51	1:08:34
302	59	D	Ellie Robins	F	Griffithstown Harriers	Griff 4	Senior Female (up to 139)	0:16:51	1:04:27
303	39	A	Kath Wiles	F	Parc Bryn Bach RC	PBBRC Womens D	Vet Female (140+)	0:16:53	1:15:08
304	48	D	Michael Waters	M	RUNNewport	RUNNewport 2	Vet Male (160+)	0:16:54	0:59:29
305	51	C	Lynne Williams	F	RUNNewport	RUNNewport 5	Vet Female (140+)	0:16:55	1:12:43
306	78	A	Julian Guy	M	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:16:55	1:07:57
307	47	C	Moir Woolees	F	RUNNewport	RUNNewport 1	Senior Female (up to 139)	0:16:58	1:06:47
308	50	B	Nicola Dando	F	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:16:59	1:08:34
309	8	A	Barbara Maddison	F	Chepstow Harriers	Sole Sisters	Vet Female (140+)	0:16:59	1:17:50
310	22	D	Andrew Hart	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:16:59	1:03:32
311	16	D	Jenni Bell	F	Chepstow Harriers	All tapped out	Vet Female (140+)	0:17:02	1:10:54
312	56	B	Rachel Jones	F	Griffithstown Harriers	Griff 1	Vet Female (140+)	0:17:02	1:11:45
313	50	A	Clare Roberts	F	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:17:03	1:08:34
314	56	A	Anna Wilkinson	F	Griffithstown Harriers	Griff 1	Vet Female (140+)	0:17:04	1:11:45
315	42	A	Ceri Caswell	F	Parc Bryn Bach RC	PBBRC Womens E	Vet Female (140+)	0:17:06	1:12:32

ALL INDIVIDUALS

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
316	26	B	Zoe Elver	F	Lliswerry Runners	Lliswerry H	Vet Mixed 2x2 (150+)	0:17:09	1:02:48
317	44	A	James Langridge-Thomas	M	Parc Bryn Bach RC	PBBRC Mens E	Vet Male (160+)	0:17:09	0:58:40
318	12	A	Liz Downham	F	Chepstow Harriers	Run Steady Crew	Vet Female (140+)	0:17:11	1:22:17
319	81	C	Vikram Vhanmane	M	Safran RCC	Safran Team 5	Vet Male (160+)	0:17:12	1:04:09
320	10	D	Gulesh Kumar	M	Caerleon RC	Caerleon gladiators	Vet Mixed 2x2 (150+)	0:17:12	1:01:38
321	60	D	Sue Pant	F	Caldicot Running Club	The Hot Flashes	Vet Female (140+)	0:17:17	1:09:30
322	38	D	Laura Pinney	F	Parc Bryn Bach RC	PBBRC Womens C	Vet Female (140+)	0:17:20	1:03:24
323	18	D	Brenda Avery	F	Chepstow Harriers	A&E	Vet Mixed 2x2 (150+)	0:17:27	1:03:32
324	11	B	Emily Taylor	F	Caerleon RC	Caerleon Centurions	Vet Mixed 2x2 (150+)	0:17:28	0:59:37
325	39	B	Cath Price	F	Parc Bryn Bach RC	PBBRC Womens D	Vet Female (140+)	0:17:29	1:15:08
326	98	D	Liz Lewis	F	Yate & Sodbury Striders	Yate & Sodbury Striders	Vet Female (140+)	0:17:31	1:06:02
327	97	D	Tracy Baker	F	Pontypool & District	Pooler Ladies Vet 2	Vet Female (140+)	0:17:31	1:00:32
328	55	D	Borja Lazaro Toralles	M	Caldicot Running Club	Goldilocks and the 3 Queens	Vet Mixed 2x2 (150+)	0:17:32	1:13:05
329	60	A	Helen Wilcox	F	Caldicot Running Club	The Hot Flashes	Vet Female (140+)	0:17:38	1:09:30
330	50	C	Lee Oakley	M	RUNNewport	RUNNewport 4	Vet Mixed 2x2 (150+)	0:17:41	1:08:34
331	68	A	Kirsty Hotham Morgan	F	Islwyn RC	Islwyn F	Vet Female (140+)	0:17:47	1:07:10
332	20	D	Diane Potter	F	Lliswerry Runners	Lliswerry B	Vet Female (140+)	0:17:50	1:19:58
333	42	D	Jessica James	F	Parc Bryn Bach RC	PBBRC Womens E	Vet Female (140+)	0:17:51	1:12:32
334	24	C	Bethan Williams	F	Lliswerry Runners	Lliswerry F	Senior Female (up to 139)	0:17:52	1:05:05
335	33	D	Alison Davis	F	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:17:52	1:05:38
336	60	B	Angela Phillips	F	Caldicot Running Club	The Hot Flashes	Vet Female (140+)	0:17:53	1:09:30
337	15	C	Michelle Treacy	F	Chepstow Harriers	MADGe	Vet Female (140+)	0:17:53	1:18:48
338	92	C	Graham Taylor	M	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:17:54	1:24:21
339	82	B	David Llewellyn	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:17:55	1:08:00
340	58	D	Jo Paling	F	Griffithstown Harriers	Griff 3	Vet Mixed 2x2 (150+)	0:18:00	0:59:32
341	70	D	Stacey Rendall	F	Islwyn RC	Islwyn G	Senior Female (up to 139)	0:18:01	1:01:03
342	79	A	Phil Hopkins	M	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:18:03	1:14:46
343	98	C	Vanessa Israel	F	Yate & Sodbury Striders	Yate & Sodbury Striders	Vet Female (140+)	0:18:05	1:06:02
344	95	C	Wendy Morgan	F	Pontypool & District	Pooler Super Sue's Club	Vet Female (140+)	0:18:07	1:11:39
345	22	A	Scott Routley	M	Lliswerry Runners	Lliswerry D	Senior Male (up to 159)	0:18:07	1:03:32
346	20	C	Bernadette Wilkinson	F	Lliswerry Runners	Lliswerry B	Vet Female (140+)	0:18:08	1:19:58
347	4	B	Jennifer Harding	F	Chepstow Harriers	Haphazard Harriers	Vet Female (140+)	0:18:12	1:05:25
348	66	A	Fiona Wakley	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:18:13	1:05:58
349	51	A	Joanne Smith	F	RUNNewport	RUNNewport 5	Vet Female (140+)	0:18:14	1:12:43
350	95	A	Eigen Halpin	F	Pontypool & District	Pooler Super Sue's Club	Vet Female (140+)	0:18:15	1:11:39
351	51	D	Katrina Soper	F	RUNNewport	RUNNewport 5	Vet Female (140+)	0:18:18	1:12:43
352	82	A	Stuart Jones	M	Safran RCC	Safran Team 6	Vet Male (160+)	0:18:19	1:08:00
353	7	D	Charlotte Leigh	F	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:18:24	1:13:45
354	16	B	Lisa Riddington	F	Chepstow Harriers	All tapped out	Vet Female (140+)	0:18:30	1:10:54
355	23	A	Chris Hill	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:18:30	1:09:41
356	78	B	Claire Rennie	F	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:18:30	1:07:57
357	42	C	Beth James	F	Parc Bryn Bach RC	PBBRC Womens E	Vet Female (140+)	0:18:36	1:12:32
358	23	B	Ken Goodger	M	Lliswerry Runners	Lliswerry E	Vet Male (160+)	0:18:42	1:09:41
359	7	C	Dave Davies	M	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:18:44	1:13:45
360	59	A	Isabelle Wilkinson	F	Griffithstown Harriers	Griff 4	Senior Female (up to 139)	0:18:44	1:04:27
361	39	D	Sarah Eaton	F	Parc Bryn Bach RC	PBBRC Womens D	Vet Female (140+)	0:18:46	1:15:08
362	55	A	Sarah Gunn	F	Caldicot Running Club	Goldilocks and the 3 Queens	Vet Mixed 2x2 (150+)	0:18:51	1:13:05
363	42	B	Sian Steadman	F	Parc Bryn Bach RC	PBBRC Womens E	Vet Female (140+)	0:18:59	1:12:32
364	51	B	Gillian Lewis	F	RUNNewport	RUNNewport 5	Vet Female (140+)	0:19:16	1:12:43
365	78	D	Natalie Tanner	F	Safran RCC	Safran Team 1	Vet Mixed 2x2 (150+)	0:19:16	1:07:57
366	33	A	Sheree Mann	F	Fairwater Runners	Cwmbran Mixture	Vet Mixed 2x2 (150+)	0:19:17	1:05:38
367	16	A	Jane Rymer	F	Chepstow Harriers	All tapped out	Vet Female (140+)	0:19:18	1:10:54
368	96	C	Sarah Hiron	F	Pontypool & District	Pooler Ladies Vet 1	Vet Female (140+)	0:19:30	1:05:50
369	15	D	Gill Ellis	F	Chepstow Harriers	MADGe	Vet Female (140+)	0:19:35	1:18:48
370	8	B	Corinna Tannian	F	Chepstow Harriers	Sole Sisters	Vet Female (140+)	0:19:37	1:17:50
371	92	A	Helen Clancy	F	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:19:38	1:24:21
372	2	B	Jane Bayliss	F	Chepstow Harriers	297 and still counting	Vet Mixed 2x2 (150+)	0:19:48	1:24:30
373	8	C	Wendy Briggs	F	Chepstow Harriers	Sole Sisters	Vet Female (140+)	0:19:55	1:17:50
374	92	D	Rebecca Lane	F	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:20:00	1:24:21
375	55	C	Hannah Bradley	F	Caldicot Running Club	Goldilocks and the 3 Queens	Vet Mixed 2x2 (150+)	0:20:04	1:13:05
376	95	B	Susan Lawrence	F	Pontypool & District	Pooler Super Sue's Club	Vet Female (140+)	0:20:04	1:11:39
377	7	A	Steve Dance	M	Caerleon RC	Caerleon Trojans	Vet Mixed 2x2 (150+)	0:20:08	1:13:45
378	20	B	Jo Voisey	F	Lliswerry Runners	Lliswerry B	Vet Female (140+)	0:20:09	1:19:58

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
379	12	D	Sonia Unsted	F	Chepstow Harriers	Run Steady Crew	Vet Female (140+)	0:20:22	1:22:17
380	15	B	Deb Franklin	F	Chepstow Harriers	MADGe	Vet Female (140+)	0:20:26	1:18:48
381	79	D	Jessica Hargrave	F	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:20:38	1:14:46
382	15	A	Anne Jenner	F	Chepstow Harriers	MADGe	Vet Female (140+)	0:20:54	1:18:48
383	79	B	Lisa Fotune	F	Safran RCC	Safran Team 2	Vet Mixed 2x2 (150+)	0:21:13	1:14:46
384	8	D	Kate Webster	F	Chepstow Harriers	Sole Sisters	Vet Female (140+)	0:21:19	1:17:50
385	56	D	Gaynor Watkins	F	Griffithstown Harriers	Griff 1	Vet Female (140+)	0:21:52	1:11:45
386	39	C	Cheryl Cross	F	Parc Bryn Bach RC	PBBRC Womens D	Vet Female (140+)	0:22:00	1:15:08
387	12	B	Vicki Vowles	F	Chepstow Harriers	Run Steady Crew	Vet Female (140+)	0:22:18	1:22:17
388	12	C	Carrie Williams	F	Chepstow Harriers	Run Steady Crew	Vet Female (140+)	0:22:26	1:22:17
389	2	C	Margret Griffiths	F	Chepstow Harriers	298 and still counting	Vet Mixed 2x2 (150+)	0:22:31	1:24:30
390	20	A	Suzanne Taylor	F	Lliswerry Runners	Lliswerry B	Vet Female (140+)	0:23:51	1:19:58
391	2	A	Geoff Bayliss	M	Chepstow Harriers	296 and still counting	Vet Mixed 2x2 (150+)	0:26:11	1:24:30
392	92	B	Sean Clancy	M	Chepstow Harriers	Tail Runners	Vet Mixed 2x2 (150+)	0:26:49	1:24:21