

ALL INDIVIDUALS

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	21 D	Daniel Bodman	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:41:19	0:09:49	0:41:19
2	57 D	Ryan McFlynn	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:40:39	0:09:52	0:40:39
3	57 A	Mike Griffiths	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:10:05	0:10:05	0:40:39
4	21 C	Joe Reardon	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:31:30	0:10:06	0:41:19
5	28 D	Michael Lewis	M	Fairwater Runners Cwmbra	Flying Crows	Senior Male Team(up to 159)	0:46:34	0:10:16	0:46:34
6	57 C	James Elgar	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:30:47	0:10:20	0:40:39
7	57 B	Stefan Simms	M	Micky Morris Racing Team	MMRT Vet Team A	Vet Male Team (160+)	0:20:27	0:10:22	0:40:39
8	66 B	Gavin Jones	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:21:58	0:10:22	0:45:51
9	21 A	?(Matthew Evans)?	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:10:26	0:10:26	0:41:19
10	59 A	Leighton Rawlinson	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:10:27	0:10:27	0:42:38
11	58 B	Robert John	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:21:43	0:10:35	0:43:10
12	59 B	Lee Jones	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:21:08	0:10:41	0:42:38
13	58 C	Sean Taylor	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:32:25	0:10:42	0:43:10
14	59 D	Joel Price	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:42:38	0:10:44	0:42:38
15	58 D	Iestyn Rhodes	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:43:10	0:10:45	0:43:10
16	59 C	James Kemp	M	Micky Morris Racing Team	MMRT Senior Team	Senior Male Team(up to 159)	0:31:54	0:10:46	0:42:38
17	2 A	Sam Jones	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:10:46	0:10:46	0:44:12
18	2 D	Hywel Diplock	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:44:12	0:10:51	0:44:12
19	12 D	Gareth Jones	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:48:59	0:10:54	0:48:59
20	3 A	Martin Thomas	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:10:56	0:10:56	0:50:11
21	21 B	?(Adam Bull)?	M	Aberdare Valley AAC	Aberdare Vaac	Senior Male Team(up to 159)	0:21:24	0:10:58	0:41:19
22	25 D	Daniel Morgan	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:47:05	0:10:59	0:47:05
23	9 D	Jon Belcher	M	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:50:17	0:11:00	0:50:17
24	66 C	Peter Woodward	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:32:59	0:11:01	0:45:51
25	58 A	Lee Mills	M	Micky Morris Racing Team	MMRT Vet Team B	Vet Male Team (160+)	0:11:08	0:11:08	0:43:10
26	10 A	Mark Hobbs	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:11:11	0:11:11	0:46:32
27	25 A	Gabrielius Stukus	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:11:12	0:11:12	0:47:05
28	2 B	Jonathan Astley	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:21:58	0:11:12	0:44:12
29	46 D	Daryll Barnby	M	Fairwater Runners Cwmbra	For 1 Night Only	Senior Male Team(up to 159)	0:47:00	0:11:15	0:47:00
30	10 C	Max Hobbs	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:34:39	0:11:21	0:46:32
31	28 B	Jon Ford	M	Fairwater Runners Cwmbra	Flying Crows	Senior Male Team(up to 159)	0:23:34	0:11:23	0:46:34
32	2 C	Gavin Patterson	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male Team 1	Senior Male Team(up to 159)	0:33:21	0:11:23	0:44:12
33	41 D	Lewis Mcloughlin	M	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:55:27	0:11:23	0:55:27
34	1 D	Andrew Reddy	M	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:50:56	0:11:30	0:50:56
35	66 A	Richard Conin	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:11:36	0:11:36	0:45:51
36	46 A	Richard Lloyd	M	Fairwater Runners Cwmbra	For 1 Night Only	Senior Male Team(up to 159)	0:11:39	0:11:39	0:47:00
37	56 A	Katy Roy	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:11:45	0:11:45	0:49:27
38	3 D	Ian Kent	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:50:11	0:11:50	0:50:11
39	49 A	Archie Davies	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:11:52	0:11:52	0:50:08
40	10 D	Gerard Gormley	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:46:32	0:11:53	0:46:32
41	5 C	Lee Phillips	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:38:22	0:11:56	0:51:38
42	27 D	Dan Sandford	M	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:50:25	0:11:56	0:50:25
43	4 A	Mathew Trinder	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:11:59	0:11:59	0:51:09
44	46 C	Matthew Lloyd	M	Fairwater Runners Cwmbra	For 1 Night Only	Senior Male Team(up to 159)	0:35:45	0:12:00	0:47:00
45	25 C	Luke Davies	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:36:06	0:12:05	0:47:05
46	46 B	Peter Edwards	M	Fairwater Runners Cwmbra	For 1 Night Only	Senior Male Team(up to 159)	0:23:45	0:12:06	0:47:00

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
47	10 B	Shaun Styles	M	Griffithstown Harriers	Griff A Men	Senior Male Team(up to 159)	0:23:18	0:12:07	0:46:32
48	1 B	Lee Walters	M	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:26:50	0:12:08	0:50:56
49	8 A	Stephen Williams	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:12:08	0:12:08	0:57:05
50	67 A	Ethan Thomas	M	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:12:09	0:12:09	1:07:10
51	63 A	Andrew Jones	M	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:12:10	0:12:10	0:50:59
52	27 B	Chloe Wheeler	F	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:25:46	0:12:11	0:50:25
53	28 A	Shane Roberts	M	Fairwater Runners Cwmbra	Flying Crows	Senior Male Team(up to 159)	0:12:11	0:12:11	0:46:34
54	47 D	Chris Norman	M	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:58:12	0:12:11	0:58:12
55	65 D	Julian Howe	M	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:54:46	0:12:14	0:54:46
56	9 B	Christopher Potter	M	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:25:15	0:12:15	0:50:17
57	56 D	Sarah Bell	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:49:27	0:12:15	0:49:27
58	34 D	Lee Hammond	M	Fairwater Runners Cwmbra	The Mixed Crows	Senior Mixed (up to 149)	0:54:56	0:12:18	0:54:56
59	44 A	Sandra Chipper	F	Lliswerry Runners	Likely Lliswerians #2	Vet Female Team (140+)	0:12:18	0:12:18	1:03:18
60	63 D	Ceri Bartley	F	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:50:59	0:12:22	0:50:59
61	56 B	Niki Morgan	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:24:08	0:12:23	0:49:27
62	54 A	Adrian Murkin	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:12:23	0:12:23	0:51:11
63	8 D	Haydn Hartnell	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:57:05	0:12:23	0:57:05
64	18 A	Richard Appleby	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:12:27	0:12:27	0:53:43
65	12 B	Nick Walsh	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:25:24	0:12:28	0:48:59
66	49 B	Shane Baker	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:24:20	0:12:28	0:50:08
67	11 C	Mark Burchell	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:38:55	0:12:32	0:52:18
68	45 D	Tom Watkins	M	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:55:44	0:12:35	0:55:44
69	4 D	Hannah Williams	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:51:09	0:12:36	0:51:09
70	32 A	Chris Baker	M	Fairwater Runners Cwmbra	All Male Crows	Senior Male Team(up to 159)	0:12:36	0:12:36	0:58:49
71	1 C	Aimee Ferguson	F	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:39:26	0:12:36	0:50:56
72	42 D	Bryn Williams	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:57:12	0:12:40	0:57:12
73	40 D	James Mcloughlin	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:58:17	0:12:41	0:58:17
74	12 C	Richard Roberts	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:38:05	0:12:41	0:48:59
75	27 C	James Fletcher	M	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:38:29	0:12:43	0:50:25
76	60 A	Brendan Price	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:12:44	0:12:44	0:54:29
77	28 C	Chris O Brien	M	Fairwater Runners Cwmbra	Flying Crows	Senior Male Team(up to 159)	0:36:18	0:12:44	0:46:34
78	49 D	Gareth Rees	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:50:08	0:12:47	0:50:08
79	54 C	Craig Hopkins	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:38:14	0:12:48	0:51:11
80	50 C	Chloe Leek	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:42:21	0:12:49	0:56:26
81	25 B	Bernard Murphy	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:24:01	0:12:49	0:47:05
82	55 B	Matt Webb	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:26:12	0:12:50	0:54:37
83	63 B	Sarah Coote	F	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:25:01	0:12:51	0:50:59
84	31 D	Michael Skryme	M	Fairwater Runners Cwmbra	The Jolly Crows	Vet Mixed (150+)	0:55:31	0:12:52	0:55:31
85	66 D	Chris Munton	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:45:51	0:12:52	0:45:51
86	18 C	Lloyd Bartley	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:40:17	0:12:53	0:53:43
87	34 C	Nud Rehman	M	Fairwater Runners Cwmbra	The Mixed Crows	Senior Mixed (up to 149)	0:42:38	0:12:54	0:54:56
88	12 A	Colin Wilmott	M	Griffithstown Harriers	Griff C Vet Men	Vet Male Team (160+)	0:12:56	0:12:56	0:48:59
89	54 D	Andrew Smith	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:51:11	0:12:57	0:51:11
90	11 B	Andrew Spencer	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:26:23	0:12:57	0:52:18
91	9 A	Angela Potter	F	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:13:00	0:13:00	0:50:17
92	49 C	Dan Mutlow	M	Pont-Y-Pwl & District Runners	Pont-y-pwl senior men	Senior Male Team(up to 159)	0:37:21	0:13:01	0:50:08

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93	54	B	Chris Baker	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 1	Vet Male Team (160+)	0:25:26	0:13:03	0:51:11
94	48	A	Michael Brennan	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:13:03	0:13:03	0:56:41
95	56	C	Lisa Jeffrey	F	Chepstow Harriers	Harrier Harridans	Vet Female Team (140+)	0:37:12	0:13:04	0:49:27
96	4	B	Sian Jones	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:25:04	0:13:05	0:51:09
97	29	B	Emma Price	F	Fairwater Runners Cwmbran	3 Old Crows and a Chick	Vet Mixed (150+)	0:27:09	0:13:05	0:54:30
98	5	A	Ian Davies	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:13:05	0:13:05	0:51:38
99	35	D	Alun Williams	M	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	1:01:13	0:13:05	1:01:13
100	13	A	Jon Lewis	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:13:08	0:13:08	0:56:57
101	3	B	Roger Freeman	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:24:06	0:13:10	0:50:11
102	7	A	Hayley Jackson	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:13:12	0:13:12	0:56:01
103	5	D	Steven Phillips	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:51:38	0:13:16	0:51:38
104	7	D	Rachael Lewis	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:56:01	0:13:18	0:56:01
105	5	B	Gareth Williams	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 1	Vet Male Team (160+)	0:26:26	0:13:21	0:51:38
106	55	A	Paul Harvey	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:13:22	0:13:22	0:54:37
107	11	D	Ben Jenkins	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:52:18	0:13:23	0:52:18
108	62	A	Mark Jones	M	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:13:24	0:13:24	0:55:54
109	11	A	Luke Styles	M	Griffithstown Harriers	Griff B Men	Senior Male Team(up to 159)	0:13:26	0:13:26	0:52:18
110	19	C	Peter Welbirg	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	0:46:28	0:13:26	1:00:05
111	18	D	James Avery	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:53:43	0:13:26	0:53:43
112	14	B	Deanne Rogers	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:27:01	0:13:27	0:55:26
113	4	C	Chris Cummings	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Mixed Team 1	Senior Mixed (up to 149)	0:38:33	0:13:29	0:51:09
114	6	A	Nicky Osman	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:13:32	0:13:32	0:55:48
115	48	C	Gary Clark	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:42:36	0:13:32	0:56:41
116	14	A	Rose Charles	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:13:34	0:13:34	0:55:26
117	27	A	Vanessa Ball	F	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:13:35	0:13:35	0:50:25
118	65	A	Sophie Williams	F	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:13:35	0:13:35	0:54:46
119	29	D	Malc Gonnella	M	Fairwater Runners Cwmbran	3 Old Crows and a Chick	Vet Mixed (150+)	0:54:30	0:13:36	0:54:30
120	63	C	Nicky Morgan	M	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:38:37	0:13:36	0:50:59
121	19	D	Terry White	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	1:00:05	0:13:37	1:00:05
122	26	A	Thomas David	M	NONE	Celtic Runners	Vet Mixed (150+)	0:13:37	0:13:37	1:02:35
123	35	C	Maixent Gilliard	M	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	0:48:08	0:13:40	1:01:13
124	60	D	Kevin MacDonald	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:54:29	0:13:40	0:54:29
125	65	B	Ben Burnett	M	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:27:16	0:13:41	0:54:46
126	14	D	Natalie Meyrick	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:55:26	0:13:44	0:55:26
127	45	A	Mike Titley	M	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:13:44	0:13:44	0:55:44
128	29	C	Rob Symons	M	Fairwater Runners Cwmbran	3 Old Crows and a Chick	Vet Mixed (150+)	0:40:54	0:13:45	0:54:30
129	47	A	Chris Watkins	M	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:13:47	0:13:47	0:58:12
130	6	B	Marcus Smith	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:27:25	0:13:53	0:55:48
131	55	C	Andy Millard	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:40:07	0:13:55	0:54:37
132	37	D	Kelly Langford	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	1:00:01	0:13:55	1:00:01
133	13	B	Andrew Meaney	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:27:04	0:13:56	0:56:57
134	60	B	Marcus Davies	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:26:40	0:13:56	0:54:29
135	31	C	Mark Prosser	M	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:42:39	0:13:57	0:55:31
136	42	A	John Edwards	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:13:58	0:13:58	0:57:12
137	41	A	Ceri Richards	F	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:14:00	0:14:00	0:55:27
138	9	C	Rachel Bowen	F	Lliswerry Runners	Lliswerry commandos	Vet Mixed (150+)	0:39:17	0:14:02	0:50:17

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139	36 D	Damian Heward	M	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	1:01:58	0:14:02	1:01:58
140	29 A	Jeanette Jenkins	F	Fairwater Runners Cwmbran	3 Old Crows and a Chick	Vet Mixed (150+)	0:14:04	0:14:04	0:54:30
141	48 D	Michael William Probert	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:56:41	0:14:05	0:56:41
142	62 D	Ffion Davies	F	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:55:54	0:14:05	0:55:54
143	50 D	Bethan Richardson	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:56:26	0:14:05	0:56:26
144	40 A	Lloyd Williams	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:14:05	0:14:05	0:58:17
145	8 B	Michael Williams	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:26:17	0:14:09	0:57:05
146	60 C	Robert Price	M	Dragons Running Club	Dragons	Vet Male Team (160+)	0:40:49	0:14:09	0:54:29
147	62 C	Lee James	M	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:41:49	0:14:09	0:55:54
148	6 D	Stephen Price	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:55:48	0:14:09	0:55:48
149	64 A	Sarah Kembrey	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:14:11	0:14:11	1:01:43
150	26 D	Reginald King	M	NONE	Celtic Runners	Vet Mixed (150+)	1:02:35	0:14:11	1:02:35
151	6 C	Tony Lewis	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Vet Team 2	Vet Male Team (160+)	0:41:39	0:14:14	0:55:48
152	15 B	Carly Stone	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	0:29:28	0:14:14	1:00:59
153	3 C	Ieuan Powell	M	Parc Bryn Bach Running Club	Parc Bryn Bach RC Senior Male 2	Senior Male Team(up to 159)	0:38:21	0:14:15	0:50:11
154	34 A	Rebecca Poole	F	Fairwater Runners Cwmbran	The Mixed Crows	Senior Mixed (up to 149)	0:14:15	0:14:15	0:54:56
155	62 B	Carys Thomas	F	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:27:40	0:14:16	0:55:54
156	31 B	Leonie Roberts	F	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:28:42	0:14:18	0:55:31
157	51 B	Tracy Baker	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	0:30:23	0:14:19	1:00:37
158	31 A	Kelly Cameron	F	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:14:24	0:14:24	0:55:31
159	7 B	Suzanne Stockham-Tew	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:27:37	0:14:25	0:56:01
160	50 A	Jen Watkins	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:14:28	0:14:28	0:56:26
161	55 D	Steve Matthews	M	Pont-Y-Pwl & District Runners	Pont-y-pwl Male Vet 2	Vet Male Team (160+)	0:54:37	0:14:30	0:54:37
162	30 D	Elizabeth Walsh	F	Fairwater Runners Cwmbran	The Chirpy Crows	Vet Female Team (140+)	1:03:01	0:14:30	1:03:01
163	41 C	Tom Annetts	M	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:44:04	0:14:34	0:55:27
164	64 D	Michelle Johnston	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	1:01:43	0:14:34	1:01:43
165	23 A	Mo Williams	M	NONE	RUNNewport 2	Vet Male Team (160+)	0:14:37	0:14:37	1:02:26
166	45 C	Louise Muteham	F	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:43:09	0:14:40	0:55:44
167	14 C	Kaylie Porter	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:41:42	0:14:41	0:55:26
168	1 A	Lyndsey Reddy	F	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:14:42	0:14:42	0:50:56
169	13 D	Lyn Kenney	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:56:57	0:14:43	0:56:57
170	42 C	Kevin Davies	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:44:32	0:14:44	0:57:12
171	45 B	Leanne Westacott	F	Lliswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:28:29	0:14:45	0:55:44
172	53 A	Lubi Ford	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	0:14:47	0:14:47	1:06:30
173	32 B	Michael Barnes	M	Fairwater Runners Cwmbran	All Male Crows	Senior Male Team(up to 159)	0:27:29	0:14:53	0:58:49
174	43 D	Dee Thomas	F	Lliswerry Runners	Likely Lliswerians #1	Vet Female Team (140+)	1:06:07	0:14:53	1:06:07
175	51 D	Nicola Smith	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	1:00:37	0:14:54	1:00:37
176	17 A	Daniela Gormley	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	0:14:56	0:14:56	1:04:36
177	18 B	Thomas Guy	M	Griffithstown Harriers	Griff I Snr Men	Senior Male Team(up to 159)	0:27:24	0:14:57	0:53:43
178	50 B	Alex Rae Jones	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:29:32	0:15:04	0:56:26
179	7 C	Delphine Jones	F	Parc Bryn Bach Running Club	Parc Bryn Bach RC Female Vet 1	Vet Female Team (140+)	0:42:43	0:15:06	0:56:01
180	13 C	Paul Hancox	M	Griffithstown Harriers	Griff D Vet Men	Vet Male Team (160+)	0:42:14	0:15:10	0:56:57
181	15 A	Helen Warrender	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	0:15:14	0:15:14	1:00:59
182	37 A	Carrie Perry	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	0:15:15	0:15:15	1:00:01
183	65 C	Karen Barratt	F	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:42:32	0:15:16	0:54:46
184	40 C	Rob Ollerton	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:45:36	0:15:17	0:58:17

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
185	47 C	Melanie Shipton	F	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:46:01	0:15:20	0:58:12
186	51 C	Stacey Morgan	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	0:45:43	0:15:20	1:00:37
187	37 B	Elaine Rees	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	0:30:36	0:15:21	1:00:01
188	17 C	Jessica Appleby	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	0:47:15	0:15:23	1:04:36
189	36 B	Claire Phillips	F	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:31:25	0:15:26	1:01:58
190	32 D	Andy Baker	M	Fairwater Runners Cwmbran	All Male Crows	Senior Male Team(up to 159)	0:58:49	0:15:27	0:58:49
191	39 A	Vicky Stroud	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	0:15:29	0:15:29	1:03:35
192	34 B	Rhiannon Thomas	F	Fairwater Runners Cwmbran	The Mixed Crows	Senior Mixed (up to 149)	0:29:44	0:15:29	0:54:56
193	37 C	Emelye Allmark	F	NONE	Kelly's Robbies Ladies	Vet Female Team (140+)	0:46:06	0:15:30	1:00:01
194	41 B	Carys Williams	F	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:29:30	0:15:30	0:55:27
195	38 A	Kirstie Davies	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	0:15:31	0:15:31	1:07:01
196	15 D	Samantha Walker	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	1:00:59	0:15:33	1:00:59
197	23 B	Jim Kinsey	M	NONE	RUNNewport 2	Vet Male Team (160+)	0:30:13	0:15:36	1:02:26
198	30 C	Jane Lewis	F	Fairwater Runners Cwmbran	The Chirpy Crows	Vet Female Team (140+)	0:48:31	0:15:37	1:03:01
199	61 A	Huw Davies	M	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:15:37	0:15:37	1:09:16
200	33 D	Julie Roche	F	Fairwater Runners Cwmbran	The Filly Crows	Vet Female Team (140+)	1:13:33	0:15:38	1:13:33
201	39 D	Esther Sowerby	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	1:03:35	0:15:46	1:03:35
202	42 B	Samantha Vaughan	F	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:29:48	0:15:50	0:57:12
203	16 A	Rachel Jones	F	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:15:51	0:15:51	1:07:48
204	32 C	Rob Lewis	M	Fairwater Runners Cwmbran	All Male Crows	Senior Male Team(up to 159)	0:43:22	0:15:53	0:58:49
205	44 B	Claire Price	F	Lliswerry Runners	Likely Lliswerians #2	Vet Female Team (140+)	0:28:12	0:15:54	1:03:18
206	15 C	Keren Beard	F	Griffithstown Harriers	Griff F Vet Women	Vet Female Team (140+)	0:45:26	0:15:58	1:00:59
207	39 B	Coral Putman	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	0:31:27	0:15:58	1:03:35
208	36 A	Jon Tibke	M	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:15:59	0:15:59	1:01:58
209	48 B	Chris Bryant	M	Pont-Y-Pwl & District Runners	The Odd Balls	Vet Male Team (160+)	0:29:04	0:16:01	0:56:41
210	19 B	Barrie Parham	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	0:33:02	0:16:02	1:00:05
211	51 A	Kath Parkinson	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 1	Vet Female Team (140+)	0:16:04	0:16:04	1:00:37
212	23 D	Kevin Bagenal	M	NONE	RUNNewport 2	Vet Male Team (160+)	1:02:26	0:16:05	1:02:26
213	35 A	Lorna Taylor	F	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	0:16:08	0:16:08	1:01:13
214	23 C	Kevin Sharpe	M	NONE	RUNNewport 2	Vet Male Team (160+)	0:46:21	0:16:08	1:02:26
215	53 B	Melinda Daley	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	0:30:56	0:16:09	1:06:30
216	52 C	Marisa Benjamin	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	0:49:33	0:16:11	1:06:18
217	26 C	Kailey Pritchard-Parton	F	NONE	Celtic Runners	Vet Mixed (150+)	0:48:24	0:16:12	1:02:35
218	40 B	Tracey Arthur	F	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:30:19	0:16:14	0:58:17
219	16 D	Barrie Desmond	M	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	1:07:48	0:16:15	1:07:48
220	30 B	Stella Symons	F	Fairwater Runners Cwmbran	The Chirpy Crows	Vet Female Team (140+)	0:32:54	0:16:16	1:03:01
221	64 C	Eleanor Howell	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:47:09	0:16:21	1:01:43
222	39 C	Debbie Otley	F	NONE	Debbie's Robbies Ladies	Vet Female Team (140+)	0:47:49	0:16:22	1:03:35
223	52 A	Kay Morgan	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	0:16:24	0:16:24	1:06:18
224	43 A	Louise Hopkins	F	Lliswerry Runners	Likely Lliswerians #1	Vet Female Team (140+)	0:16:26	0:16:26	1:06:07
225	24 A	Gill Lewis	F	NONE	RUNNewport 3	Vet Female Team (140+)	0:16:29	0:16:29	1:17:05
226	36 C	Abgela Morgan	F	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:47:56	0:16:31	1:01:58
227	38 B	Claire Lloyd-Thomas	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	0:32:05	0:16:34	1:07:01
228	64 B	Delilah Howells	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:30:48	0:16:37	1:01:43
229	30 A	Alison Davies	F	Fairwater Runners Cwmbran	The Chirpy Crows	Vet Female Team (140+)	0:16:38	0:16:38	1:03:01
230	44 D	Lisa Nichols	F	Lliswerry Runners	Likely Lliswerians #2	Vet Female Team (140+)	1:03:18	0:16:39	1:03:18

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
231	22 C	Alison Ellis	F	NONE	RUNNewport 1	Vet Female Team (140+)	0:55:01	0:16:43	1:12:29
232	52 D	Katie Allen	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	1:06:18	0:16:45	1:06:18
233	16 B	Nikki Hancox	F	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:32:38	0:16:47	1:07:48
234	33 C	Kate Palfrey	F	Fairwater Runners Cwmbran	The Filly Crows	Vet Female Team (140+)	0:57:55	0:16:49	1:13:33
235	53 C	Sharon Herbert	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	0:47:46	0:16:50	1:06:30
236	47 B	Michelle Shapland	F	Lliswerry Runners	The Addicts	Vet Mixed (150+)	0:30:41	0:16:54	0:58:12
237	17 B	Emma Smith	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	0:31:52	0:16:56	1:04:36
238	52 B	Emma Batty	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 2	Vet Female Team (140+)	0:33:22	0:16:58	1:06:18
239	19 A	Peter Roberts	M	Griffithstown Harriers	Griff J Vet Male	Vet Male Team (160+)	0:17:00	0:17:00	1:00:05
240	61 D	Carwyn Evans	M	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	1:09:16	0:17:00	1:09:16
241	43 C	Lauren Potter	F	Lliswerry Runners	Likely Lliswerians #1	Vet Female Team (140+)	0:51:14	0:17:05	1:06:07
242	67 D	Kate Pritchard	F	NONE	Clydach Harriers	Senior Mixed (up to 149)	1:07:10	0:17:08	1:07:10
243	20 B	Frances Brennan-Davies	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	0:34:55	0:17:14	1:12:01
244	61 C	Suzanne Davies	F	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:52:16	0:17:15	1:09:16
245	17 D	Nicola Allford	F	Griffithstown Harriers	Griff H Vet Women	Vet Female Team (140+)	1:04:36	0:17:21	1:04:36
246	38 C	Emma Jones	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	0:49:28	0:17:23	1:07:01
247	22 D	Cath Ingleson	F	NONE	RUNNewport 1	Vet Female Team (140+)	1:12:29	0:17:28	1:12:29
248	24 B	Ann James	F	NONE	RUNNewport 3	Vet Female Team (140+)	0:33:59	0:17:30	1:17:05
249	38 D	Bethan Jones	F	NONE	Claire's Robbies Ladies	Vet Female Team (140+)	1:07:01	0:17:33	1:07:01
250	67 B	Philip Pritchard	M	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:29:47	0:17:38	1:07:10
251	20 A	Jenny Bradfield	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	0:17:41	0:17:41	1:12:01
252	43 B	Gaynor Lugg	F	Lliswerry Runners	Likely Lliswerians #1	Vet Female Team (140+)	0:34:09	0:17:43	1:06:07
253	20 D	Sharon Horseman	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	1:12:01	0:17:55	1:12:01
254	22 B	Julie Bagnell Thomas	F	NONE	RUNNewport 1	Vet Female Team (140+)	0:38:18	0:18:18	1:12:29
255	35 B	Vicky O'Brien	F	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	0:34:28	0:18:20	1:01:13
256	8 C	Stephen Whelband	M	Parc Bryn Bach Running Club	Parc Bryn Bach Vet Male 3	Vet Male Team (160+)	0:44:42	0:18:25	0:57:05
257	44 C	Tracy Strydom	F	Lliswerry Runners	Likely Lliswerians #2	Vet Female Team (140+)	0:46:39	0:18:27	1:03:18
258	26 B	Gemma Nelson	F	NONE	Celtic Runners	Vet Mixed (150+)	0:32:12	0:18:35	1:02:35
259	53 D	Eigen Halpin	F	Pont-Y-Pwl & District Runners	Pont-y-pwl ladies vet 3	Vet Female Team (140+)	1:06:30	0:18:44	1:06:30
260	16 C	Ceri Williams	M	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:51:33	0:18:55	1:07:48
261	20 C	Helen Desmond	F	Griffithstown Harriers	Griff K Vet Women	Vet Female Team (140+)	0:54:06	0:19:11	1:12:01
262	61 B	Lisa O'Connell	F	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:35:01	0:19:24	1:09:16
263	22 A	Emma Williams	F	NONE	RUNNewport 1	Vet Female Team (140+)	0:20:00	0:20:00	1:12:29
264	67 C	Rebecca Pritchard	F	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:50:02	0:20:15	1:07:10
265	33 A	Sarah Kelland	F	Fairwater Runners Cwmbran	The Filly Crows	Vet Female Team (140+)	0:20:25	0:20:25	1:13:33
266	33 B	Sue Williams	F	Fairwater Runners Cwmbran	The Filly Crows	Vet Female Team (140+)	0:41:06	0:20:41	1:13:33
267	24 D	Suzanne Elizabeth	F	NONE	RUNNewport 3	Vet Female Team (140+)	1:17:05	0:21:00	1:17:05
268	24 C	Glynis Appleby	F	NONE	RUNNewport 3	Vet Female Team (140+)	0:56:05	0:22:06	1:17:05