

SENIOR MALE TEAM

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	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
	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
	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
	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	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
	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
	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
	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
3	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
	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
	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
	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
4	66 A		Richard Conin	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:11:36	0:11:36	0:45:51
	66 B		Gavin Jones	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:21:58	0:10:22	0:45:51
	66 C		Peter Woodward	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:32:59	0:11:01	0:45:51
	66 D		Chris Munton	M	Monross Trailblazers	FOMO	Senior Male Team(up to 159)	0:45:51	0:12:52	0:45:51
5	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
	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
	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
	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
6	28 A		Shane Roberts	M	Fairwater Runners Cwmbran	Flying Crows	Senior Male Team(up to 159)	0:12:11	0:12:11	0:46:34
	28 B		Jon Ford	M	Fairwater Runners Cwmbran	Flying Crows	Senior Male Team(up to 159)	0:23:34	0:11:23	0:46:34
	28 C		Chris O'Brien	M	Fairwater Runners Cwmbran	Flying Crows	Senior Male Team(up to 159)	0:36:18	0:12:44	0:46:34
	28 D		Michael Lewis	M	Fairwater Runners Cwmbran	Flying Crows	Senior Male Team(up to 159)	0:46:34	0:10:16	0:46:34
7	46 A		Richard Lloyd	M	Fairwater Runners Cwmbran	For 1 Night Only	Senior Male Team(up to 159)	0:11:39	0:11:39	0:47:00
	46 B		Peter Edwards	M	Fairwater Runners Cwmbran	For 1 Night Only	Senior Male Team(up to 159)	0:23:45	0:12:06	0:47:00
	46 C		Matthew Lloyd	M	Fairwater Runners Cwmbran	For 1 Night Only	Senior Male Team(up to 159)	0:35:45	0:12:00	0:47:00
	46 D		Daryll Barnby	M	Fairwater Runners Cwmbran	For 1 Night Only	Senior Male Team(up to 159)	0:47:00	0:11:15	0:47:00
8	25 A		Gabrielius Stuokus	M	Swansea Harriers	Swansea Harriers AC	Senior Male Team(up to 159)	0:11:12	0:11:12	0:47:05
	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
	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
	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
9	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
	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
	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
	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
10	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
	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
	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
	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
11	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
	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
	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
	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

SENIOR MALE TEAM

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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
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
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
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
32 A	Chris Baker	M	Fairwater Runners Cwmbran	All Male Crows	Senior Male Team(up to 159)	0:12:36	0:12:36	0:58:49
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
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
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