

SENIOR MIXED TEAM

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	27 A	Vanessa Ball	F	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:13:35	0:13:35	0:50:25
	27 B	Chloe Wheeler	F	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:25:46	0:12:11	0:50:25
	27 C	James Fletcher	M	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:38:29	0:12:43	0:50:25
	27 D	Dan Sandford	M	Monross Trailblazers	MOFOS	Senior Mixed (up to 149)	0:50:25	0:11:56	0:50:25
2	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
	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
	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
	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
3	34 A	Rebecca Poole	F	Fairwater Runners Cwmbbran	The Mixed Crows	Senior Mixed (up to 149)	0:14:15	0:14:15	0:54:56
	34 B	Rhiannon Thomas	F	Fairwater Runners Cwmbbran	The Mixed Crows	Senior Mixed (up to 149)	0:29:44	0:15:29	0:54:56
	34 C	Nud Rehman	M	Fairwater Runners Cwmbbran	The Mixed Crows	Senior Mixed (up to 149)	0:42:38	0:12:54	0:54:56
	34 D	Lee Hammond	M	Fairwater Runners Cwmbbran	The Mixed Crows	Senior Mixed (up to 149)	0:54:56	0:12:18	0:54:56
4	41 A	Ceri Richards	F	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:14:00	0:14:00	0:55:27
	41 B	Carys Williams	F	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:29:30	0:15:30	0:55:27
	41 C	Tom Annetts	M	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:44:04	0:14:34	0:55:27
	41 D	Lewis Mcloughlin	M	NONE	URR Carys Collective	Senior Mixed (up to 149)	0:55:27	0:11:23	0:55:27
5	67 A	Ethan Thomas	M	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:12:09	0:12:09	1:07:10
	67 B	Philip Pritchard	M	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:29:47	0:17:38	1:07:10
	67 C	Rebecca Pritchard	F	NONE	Clydach Harriers	Senior Mixed (up to 149)	0:50:02	0:20:15	1:07:10
	67 D	Kate Pritchard	F	NONE	Clydach Harriers	Senior Mixed (up to 149)	1:07:10	0:17:08	1:07:10