

VET MIXED TEAM

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	9 A		Angela Potter	F	Llswerry Runners	Llswerry commandos	Vet Mixed (150+)	0:13:00	0:13:00	0:50:17
	9 B		Christopher Potter	M	Llswerry Runners	Llswerry commandos	Vet Mixed (150+)	0:25:15	0:12:15	0:50:17
	9 C		Rachel Bowen	F	Llswerry Runners	Llswerry commandos	Vet Mixed (150+)	0:39:17	0:14:02	0:50:17
	9 D		Jon Belcher	M	Llswerry Runners	Llswerry commandos	Vet Mixed (150+)	0:50:17	0:11:00	0:50:17
2	1 A		Lyndsey Reddy	F	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:14:42	0:14:42	0:50:56
	1 B		Lee Walters	M	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:26:50	0:12:08	0:50:56
	1 C		Aimee Ferguson	F	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:39:26	0:12:36	0:50:56
	1 D		Andrew Reddy	M	Aberdare Valley AAC	Pimp my stride	Vet Mixed (150+)	0:50:56	0:11:30	0:50:56
3	63 A		Andrew Jones	M	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:12:10	0:12:10	0:50:59
	63 B		Sarah Coote	F	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:25:01	0:12:51	0:50:59
	63 C		Nicky Morgan	M	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:38:37	0:13:36	0:50:59
	63 D		Ceri Bartley	F	Parc Bryn Bach Running Club	Coordinated Chaos	Vet Mixed (150+)	0:50:59	0:12:22	0:50:59
4	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
	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
	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
	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
5	65 A		Sophie Williams	F	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:13:35	0:13:35	0:54:46
	65 B		Ben Burnett	M	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:27:16	0:13:41	0:54:46
	65 C		Karen Barratt	F	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:42:32	0:15:16	0:54:46
	65 D		Julian Howe	M	Spirit Of Monmouth	Spirit Sprinters	Vet Mixed (150+)	0:54:46	0:12:14	0:54:46
6	31 A		Kelly Cameron	F	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:14:24	0:14:24	0:55:31
	31 B		Leonie Roberts	F	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:28:42	0:14:18	0:55:31
	31 C		Mark Prosser	M	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:42:39	0:13:57	0:55:31
	31 D		Michael Skryme	M	Fairwater Runners Cwmbran	The Jolly Crows	Vet Mixed (150+)	0:55:31	0:12:52	0:55:31
7	45 A		Mike Titley	M	Llswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:13:44	0:13:44	0:55:44
	45 B		Leanne Westacott	F	Llswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:28:29	0:14:45	0:55:44
	45 C		Louise Muteham	F	Llswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:43:09	0:14:40	0:55:44
	45 D		Tom Watkins	M	Llswerry Runners	Mike's Miracles	Vet Mixed (150+)	0:55:44	0:12:35	0:55:44
8	62 A		Mark Jones	M	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:13:24	0:13:24	0:55:54
	62 B		Carys Thomas	F	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:27:40	0:14:16	0:55:54
	62 C		Lee James	M	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:41:49	0:14:09	0:55:54
	62 D		Ffion Davies	F	Dragons Running Club	Imagine Dragons	Vet Mixed (150+)	0:55:54	0:14:05	0:55:54
9	42 A		John Edwards	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:13:58	0:13:58	0:57:12
	42 B		Samantha Vaughan	F	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:29:48	0:15:50	0:57:12
	42 C		Kevin Davies	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:44:32	0:14:44	0:57:12
	42 D		Bryn Williams	M	NONE	URR Mcglock o clock	Vet Mixed (150+)	0:57:12	0:12:40	0:57:12
10	47 A		Chris Watkins	M	Llswerry Runners	The Addicts	Vet Mixed (150+)	0:13:47	0:13:47	0:58:12
	47 B		Michelle Shapland	F	Llswerry Runners	The Addicts	Vet Mixed (150+)	0:30:41	0:16:54	0:58:12
	47 C		Melanie Shipton	F	Llswerry Runners	The Addicts	Vet Mixed (150+)	0:46:01	0:15:20	0:58:12
	47 D		Chris Norman	M	Llswerry Runners	The Addicts	Vet Mixed (150+)	0:58:12	0:12:11	0:58:12
11	40 A		Lloyd Williams	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:14:05	0:14:05	0:58:17
	40 B		Tracey Arthur	F	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:30:19	0:16:14	0:58:17
	40 C		Rob Ollerton	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:45:36	0:15:17	0:58:17
	40 D		James Mcloughlin	M	NONE	URR Court of Queen Arthur	Vet Mixed (150+)	0:58:17	0:12:41	0:58:17

VET MIXED TEAM

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NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
35 A		Lorna Taylor	F	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	0:16:08	0:16:08	1:01:13
35 B		Vicky O'Brien	F	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	0:34:28	0:18:20	1:01:13
35 C		Maixent Gilliard	M	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	0:48:08	0:13:40	1:01:13
35 D		Alun Williams	M	Fairwater Runners Cwmbran	Crows with Spirit	Vet Mixed (150+)	1:01:13	0:13:05	1:01:13
36 A		Jon Tibke	M	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:15:59	0:15:59	1:01:58
36 B		Claire Phillips	F	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:31:25	0:15:26	1:01:58
36 C		Abgela Morgan	F	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	0:47:56	0:16:31	1:01:58
36 D		Damian Heward	M	NONE	Blaenafon Joggers Vets	Vet Mixed (150+)	1:01:58	0:14:02	1:01:58
26 A		Thomas David	M	NONE	Celtic Runners	Vet Mixed (150+)	0:13:37	0:13:37	1:02:35
26 B		Gemma Nelson	F	NONE	Celtic Runners	Vet Mixed (150+)	0:32:12	0:18:35	1:02:35
26 C		Kailey Pritchard-Parton	F	NONE	Celtic Runners	Vet Mixed (150+)	0:48:24	0:16:12	1:02:35
26 D		Reginald King	M	NONE	Celtic Runners	Vet Mixed (150+)	1:02:35	0:14:11	1:02:35
16 A		Rachel Jones	F	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:15:51	0:15:51	1:07:48
16 B		Nikki Hancox	F	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:32:38	0:16:47	1:07:48
16 C		Ceri Williams	M	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	0:51:33	0:18:55	1:07:48
16 D		Barrie Desmond	M	Griffithstown Harriers	Griff G Vet Mixed	Vet Mixed (150+)	1:07:48	0:16:15	1:07:48
61 A		Huw Davies	M	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:15:37	0:15:37	1:09:16
61 B		Lisa O'Connell	F	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:35:01	0:19:24	1:09:16
61 C		Suzanne Davies	F	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	0:52:16	0:17:15	1:09:16
61 D		Carwyn Evans	M	Dragons Running Club	Flying Dragons	Vet Mixed (150+)	1:09:16	0:17:00	1:09:16