

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip_total_time
1	674	Craig	Williams	Male Open	1	Newport Harriers	00:34:57	00:34:57
2	480	Adrien	Pilat	Male Open	2	Cdf Runners	00:36:26	00:36:26
3	294	Richard	Jackson-Hookins	Male Open	3	Penarth and Dinas Runners	00:36:44	00:36:44
4	23	Stephen	Bartlett	Male 40+	1	Pontypridd Roadents	00:37:11	00:37:11
5	660	Paul	White	Male Open	4	Pont-Y-Pwl & District Runners	00:37:24	00:37:23
6	672	Chris	Williams	Male Open	5	Islwyn Running Club	00:37:43	00:37:43
7	284	Terry	Watkins	Male 40+	2	Pont-Y-Pwl & District Runners	00:37:56	00:37:55
8	537	David	Richardson	Male Open	6	Pont-Y-Pwl & District Runners	00:38:13	00:38:13
9	286	Mark	Hurford	Male Open	7	Pont-Y-Pwl & District Runners	00:39:00	00:39:00
10	179	Chris	Fairclough	Male Open	8	Phil Kibble Coaching	00:39:18	00:39:18
11	538	Michael	Riley	Male Open	9	Les Croupiers Running Club	00:39:21	00:39:21
12	415	Allan	MEEK	Male 50+	1	Spirit of Monmouth	00:39:57	00:39:56
13	248	Paul	Hayward	Male Open	10	Islwyn Running Club	00:40:15	00:40:15
14	180	Simon	Fairclough	Male Open	11	Pont-Y-Pwl & District Runners	00:40:16	00:40:16
15	649	Ricci	Watts	Male Open	12	Pont-Y-Pwl & District Runners	00:40:23	00:40:23
16	530	Iestyn	Rhodes	Male Open	13	Pont-Y-Pwl & District Runners	00:41:00	00:41:00
17	521	Nathan	Reeks	Male Open	14	Caldicot Running Club	00:41:14	00:41:14
18	623	Robert	Bickel	Male 40+	3	Caerleon Running Club	00:41:26	00:41:26
19	371	Steve	Lane	Male 40+	4	Islwyn Running Club	00:41:37	00:41:37
20	299	Keith	James	Male 40+	5	Lliswerry Runners	00:41:41	00:41:41
21	680	Geraint	Williams	Male Open	15	Swansea Harriers	00:41:46	00:41:41
22	349	Nicola	Gething	Female 40+	5	Parc Bryn Bach Running Club	00:41:49	00:41:49
23	450	Haydn	O'Reilly	Male Open	16	Builth and District Running Club	00:42:16	00:42:14
24	668	Alun	Williams	Male 50+	2	Fairwater Runners Cwmbran	00:42:25	00:42:24
25	392	Neil	Lloyd	Male 60+	1	Parc Bryn Bach Running Club	00:42:33	00:42:33
26	365	Ieuan	Kingston	Male Open	17	Pont-Y-Pwl & District Runners	00:42:42	00:42:42
27	545	Shane	Roberts	Male 40+	6	Parc Bryn Bach Running Club	00:42:57	00:42:57
28	566	Jon	Sliczny	Male 40+	7	Griffithstown Harriers	00:42:59	00:42:57
30	640	David	Ward	Male Open	18		00:43:06	00:43:04
29	540	Carl	Roberts	Male Open	19	Pont-Y-Pwl & District Runners	00:43:06	00:42:54
31	3	Simon	Adams	Male 40+	8		00:43:09	00:43:02
33	518	Paul	Mason	Male Open	20	Griffithstown Harriers	00:43:26	00:43:24
32	552	Rebecca	Rothwell	Female Open	1	Lliswerry Runners	00:43:26	00:43:27
34	446	Terry	O'Brien	Male 60+	2		00:43:27	00:43:15
35	473	Richard	Perry	Male Open	21	Caerleon Running Club	00:43:28	00:43:27
36	120	Ian	Davies	Male 40+	9	Caerleon Running Club	00:43:30	00:43:27
37	353	Paul	Kehl	Male 50+	3		00:43:37	00:43:30
38	633	Carl	Urquhart	Male 50+	4	Pont-Y-Pwl & District Runners	00:43:52	00:43:51
39	595	Lou	Summers	Female 40+	6	Pont-Y-Pwl & District Runners	00:43:59	00:43:59
40	359	Nathan	Kersley	Male Open	22	Pont-Y-Pwl & District Runners	00:44:07	00:44:02
41	215	Lisa	Griffin	Female Open	2	Pont-Y-Pwl & District Runners	00:44:25	00:44:25
42	271	Dave	Holloway	Male Open	23	Caldicot	00:44:32	00:44:20
43	416	Huw	Meredydd	Male 40+	10		00:44:42	00:44:39
44	639	Nicholas	Walsh	Male 40+	11	Griffithstown Harriers	00:44:44	00:44:42
45	507	Jason	Pritchard	Male 40+	12	Caerleon Running Club	00:44:45	00:44:44
46	320	Andrew	Jones	Male 40+	13	Parc Bryn Bach Running Club	00:44:51	00:44:51
47	524	Christian	Rees	Male 40+	14	Bgac	00:45:05	00:44:59
48	104	Stephen	Corcoran	Male 40+	15	Pont-Y-Pwl & District Runners	00:45:20	00:45:17
50	442	Chris	O'Brien	Male 40+	16	Pont-Y-Pwl & District Runners	00:45:30	00:45:29
49	431	Paul	Morton	Male Open	24	Penarth and Dinas Runners	00:45:30	00:45:25
51	119	Ian	Davies	Male 50+	5	Parc Bryn Bach Running Club	00:45:40	00:45:39
52	662	Grant	Whiteside	Male 40+	17	Pont-Y-Pwl & District Runners	00:45:43	00:45:38

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip_total_time
53	676	Dean	Williams	Male Open	25		00:45:44	00:45:22
54	548	Peter	Rodger	Male 60+	3	Caerleon Running Club	00:45:47	00:45:41
55	65	Stuart	Buswell	Male 50+	6	Caerphilly Runners	00:45:53	00:45:53
56	517	Rabab	Rabab	Male 40+	18	Swansea Harriers	00:45:54	00:45:43
57	575	Steven	Smith	Male Open	26	Rhayader Ac	00:46:03	00:46:01
58	509	Paul	Pritchard	Male 40+	19	Lliswerry Runners	00:46:05	00:46:00
59	366	Ceri	Knight	Female 40+	7	Pont-Y-Pwl & District Runners	00:46:09	00:46:08
60	201	Kurtis	Gilling	Male Open	27		00:46:11	00:45:58
61	238	Paul	Harris	Male 40+	20	Roberttown Roadrunners	00:46:13	00:46:05
62	691	Paula	Williams	Female 50+	1	Caerleon Running Club	00:46:15	00:46:09
63	28	Mark	Beard	Male 50+	7		00:46:20	00:46:08
64	191	Matthew	Fowler	Male Open	28	Piranha Tri Club	00:46:28	00:46:21
65	596	Andrew	Dickens	Male 40+	21	Pont-Y-Pwl & District Runners	00:46:34	00:46:28
66	114	Rhys	Thomas	Male Open	29	Griffithstown Harriers	00:46:34	00:46:32
67	345	Rhys	Jones	Male Open	30	Lliswerry Runners	00:46:40	00:46:36
68	195	Jason	Garrahan	Male 40+	22	Caerphilly Runners	00:46:46	00:46:44
69	358	Will	Kershaw-Naylor	Male Open	31	Caerleon Running Club	00:46:52	00:46:47
70	229	David	Hammond	Male 40+	23		00:47:09	00:46:58
71	326	John	Carroll	Male 50+	8	Roberttown Road Runners	00:47:29	00:47:21
72	500	Matthew	Price	Male Open	32	Lliswerry Runners	00:47:30	00:47:08
73	740	Gareth	Davies	Male Open	33	Pont-Y-Pwl & District Runners	00:47:40	00:47:32
74	314	Carl	Johnson	Male 40+	24	Islwyn Running Club	00:47:42	00:47:26
76	564	Darren	Skyrme	Male 40+	25		00:47:47	00:47:39
75	561	William	Sims	Male Open	34		00:47:47	00:47:25
77	534	Lee	Richards	Male 40+	26	Islwyn Running Club	00:47:50	00:47:34
78	278	Joanne	Hudson	Female 40+	8		00:47:59	00:47:48
79	254	Matthew	Henson	Male Open	35	Cdf Runners	00:48:02	00:47:54
80	690	Neil	Williams	Male 50+	9	Caerleon Running Club	00:48:11	00:48:04
81	102	Sarah	Coote	Female Open	3	Pont-Y-Pwl & District Runners	00:48:25	00:48:18
82	423	John	Morgan	Male 50+	10		00:48:38	00:48:35
83	622	Richard	Treadgold	Male 60+	4		00:48:42	00:48:25
84	183	Luke	Felton	Male Open	36	Spirit of Monmouth	00:48:50	00:48:48
85	571	Nicola	Smith	Female 50+	2	Pont-Y-Pwl & District Runners	00:48:57	00:48:48
86	652	Zoe	Welch	Female 40+	9	Dragons Running Club	00:49:01	00:49:00
87	127	Lloyd	Davies	Male Open	37		00:49:04	00:48:02
88	289	Mark	Hutchings	Male 50+	11		00:49:11	00:48:59
89	21	Dawson	Barrett	Male 40+	27		00:49:13	00:48:25
90	107	Jeremy	Creasey	Male 50+	12	Spirit of Monmouth	00:49:17	00:49:13
91	568	Andrew	Smith	Male Open	38	Pont-Y-Pwl & District Runners	00:49:25	00:49:13
92	730	Terry	Vaughan	Male 40+	28	Parc Bryn Bach Running Club	00:49:32	00:49:26
94	663	Brisn	Wiles	Male 50+	13		00:49:33	00:49:30
93	403	Jenny	Martin	Female Open	4	Les Croupiers Running Club	00:49:33	00:49:09
95	417	Andy	Millard	Male 50+	14	Pont-Y-Pwl & District Runners	00:49:40	00:49:35
96	449	Daffydd	Wheetman	Male 40+	29	Islwyn Running Club	00:49:41	00:49:27
97	562	Tom	Sims	Male Open	39		00:49:43	00:49:19
98	492	Bethan	Powell	Female Open	5	Pont-Y-Pwl & District Runners	00:49:48	00:49:38
99	61	Liam	Bryson	Male 40+	30	Caerphilly Runners	00:49:49	00:49:47
100	22	Andy	Barry	Male 50+	15	Lliswerry Runners	00:49:54	00:49:17
101	377	Richard	Leek	Male 50+	16		00:49:56	00:49:53
102	172	Ian	Evans	Male 40+	32		00:49:57	00:49:15
103	70	Chris	Carey	Male 40+	31	Pont-Y-Pwl & District Runners	00:49:57	00:49:48
104	230	Janeann	Hammond	Female 40+	10		00:50:01	00:49:50

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip _total_time
105	560	Simon	Cawthorn	Male 40+	33		00:50:02	00:49:39
107	364	Emma	King	Female Open	6	Spirit of Monmouth	00:50:04	00:50:02
106	428	Stacey Ann	Morgan	Female 50+	3	Team Forgeside	00:50:04	00:49:53
108	611	Carys-Sian	Malarczyk	Female Open	7	Islwyn Running Club	00:50:05	00:49:49
109	477	Simon	Peterson	Male 40+	34	Islwyn Running Club	00:50:06	00:49:49
110	679	Gareth	Williams	Male 50+	17	Parc Bryn Bach Running Club	00:50:11	00:50:01
111	216	Rhi	Griffin	Female 40+	11	Parc Bryn Bach Running Club	00:50:12	00:50:01
112	89	Andrew	Cockeram	Male 50+	18	Lliswerry Runners	00:50:13	00:50:09
113	558	Clare	Sheppard	Female 40+	12	Griffithstown Harriers	00:50:14	00:50:13
115	99	Simon	Cook	Male Open	40		00:50:16	00:49:52
114	605	Stefanie	Taylor	Female Open	8	Cdf Runners	00:50:16	00:50:08
116	137	Ron	Davies	Male 40+	35	Lliswerry Runners	00:50:21	00:50:17
117	367	Jonathan	Knight	Male 40+	36	Pont-Y-Pwl & District Runners	00:50:22	00:50:13
118	24	Lisa	Bateman	Female 40+	13	Lliswerry Runners	00:50:24	00:50:20
119	143	Kevin	Day	Male Open	41		00:50:24	00:50:18
120	11	Howard	Attwood	Male 60+	5	Lliswerry Runners	00:50:27	00:50:24
121	621	Emma	Tracey	Female Open	9	Caldicot Running Club	00:50:30	00:50:08
122	624	Darran	Tucker	Male 40+	37		00:50:39	00:50:16
123	290	Alexander	Hutton-Lewis	Male Open	42		00:50:41	00:50:03
124	579	Philip	Spiteri	Male 40+	38		00:50:44	00:50:41
125	592	Neil	Stovold	Male Open	45		00:50:45	00:50:41
127	635	Paul	Vincent	Male Open	44		00:50:45	00:50:24
126	412	Richard	McCarthy	Male Open	43		00:50:45	00:50:16
128	401	Geoff	Markey	Male 40+	39	Caldicot Running Club	00:50:48	00:50:30
129	293	Hayley	Jackson	Female 40+	14	Parc Bryn Bach Running Club	00:50:54	00:50:49
131	463	Chris	Parry	Male 40+	40		00:50:55	00:50:12
130	58	Gary	Brown	Male 50+	19		00:50:55	00:50:47
132	675	Cyril	Williams	Male 60+	6	Parc Bryn Bach Running Club	00:50:57	00:50:54
133	53	Kate	Bridgewater	Female Open	10		00:50:57	00:50:44
134	52	Gareth	Bridgewater	Male Open	46		00:50:57	00:50:43
135	427	Nicholas	Morgan	Male 50+	20		00:51:00	00:50:55
136	601	Andrew	Taylor	Male 60+	7	Caerleon Running Club	00:51:08	00:51:02
137	437	Daniel	Newton	Male 40+	41	Pont-Y-Pwl & District Runners	00:51:09	00:50:54
138	260	Glyn	Hicks	Male 60+	8	Roberttown Road Runners	00:51:22	00:51:08
139	396	Stephen	Locke	Male 40+	42	Newport Harriers	00:51:27	00:51:26
140	445	Rory	O'Brien	Male Open	47		00:51:29	00:51:16
141	332	Gareth	Jones	Male Open	48		00:51:38	00:51:21
142	346	Ryan	Jones	Male Open	49		00:51:38	00:51:21
143	8	Beth	Appllyn	Female Open	11	Penarth and Dinas Runners	00:51:39	00:51:35
144	209	Randal	Jones	Male 50+	21	Lliswerry Runners	00:51:45	00:51:35
145	361	Sian	Khalil	Female 50+	4	Pontypridd Roadents Running Club	00:51:52	00:51:37
146	170	David	Evans	Male Open	50	Dc Agency	00:51:53	00:51:20
147	510	Unknown	Runner	Male 40+	43		00:51:54	00:51:39
148	484	Mike	Pobjoy	Male 40+	44		00:51:56	00:51:12
149	163	Rachel	Ellis	Female Open	12		00:51:57	00:51:49
150	63	Pete	Burrows	Male Open	51	Caerleon Running Club	00:52:03	00:51:57
151	360	Maad	Khalil	Male 50+	22	Pontypridd Roadents	00:52:05	00:50:32
152	689	Mo	Williams	Male 40+	45	Run Newport	00:52:16	00:52:15
153	135	Neil	Davies	Male Open	52		00:52:17	00:51:57
154	206	Daniela	Gormley	Female 40+	15	Griffithstown Harriers	00:52:18	00:52:16
155	441	Stella	Nowell	Female Open	14	Griffithstown Harriers	00:52:25	00:52:21
156	440	Maxine	Harrison	Female Open	13	Griffithstown Harriers	00:52:25	00:52:21

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip total_time
157	329	Desmond	Jones	Male 40+	46	Lliswerry Runners	00:52:34	00:52:25
158	657	Ian	West	Male 50+	23		00:52:36	00:52:30
159	117	Morris	Urquhart	Male 40+	47	Caerleon Running Club	00:52:37	00:52:01
160	307	David	Jenkins	Male 40+	48	Forest of Dean Ac	00:52:38	00:52:16
161	526	Jade	Wakley	Female Open	15	Caerleon Running Club	00:52:39	00:52:31
162	411	Peter	McCarthy	Male 50+	24		00:52:41	00:52:07
163	505	Rhys	Pritchard	Male Open	53	Lliswerry Runners	00:52:45	00:52:15
164	615	Miles	Thomas	Male 40+	49	Roberttown Road Runners	00:52:48	00:52:35
165	18	Shane	Baker	Male Open	54		00:52:52	00:52:28
166	2	Guto	Aaron	Male Open	55	Fairwater Runners Cwmbran	00:52:59	00:52:45
167	465	Mark	Parry	Male 40+	50	Pont-Y-Pwl & District Runners	00:53:05	00:52:20
168	235	Julie	Harding	Female 60+	1		00:53:10	00:52:26
169	574	Steve	Smith	Male 40+	51		00:53:16	00:53:08
170	547	Alan	Rockliffe	Male 50+	25		00:53:17	00:52:59
171	630	Tracy	Turberville	Female Open	16		00:53:19	00:53:18
172	233	Paul	Hancox	Male 50+	26	Griffithstown Harriers	00:53:25	00:53:16
173	647	Chris	Watkins	Male 40+	52	Lliswerry Runners	00:53:30	00:53:06
174	36	Jeff	Bevan	Male 40+	53		00:53:35	00:53:12
175	200	Emily	Gilling	Female Open	17		00:53:36	00:53:22
176	133	Sue	Williams	Female 40+	16		00:53:40	00:53:39
177	265	Laura	Hire	Female Open	18	First Strides	00:53:41	00:53:38
178	739	Carl	Roberts	Male Open	56	Pont-Y-Pwl & District Runners	00:53:43	00:53:36
179	600	Bobbie-Jo	Swift	Female 40+	17	Parc Bryn Bach Running Club	00:53:47	00:53:44
180	113	Peter	Curran	Male 50+	27		00:53:48	00:53:19
181	470	Matthew	Penny	Male 40+	54		00:53:50	00:53:44
182	251	Charlene	Henshall	Female Open	19	Caerleon Running Club	00:53:51	00:53:42
183	543	Peter	Roberts	Male 40+	55	#teambeut	00:53:51	00:53:27
184	128	Lucy	Davies	Female 40+	18		00:53:52	00:53:51
185	132	Chris	O'Donnel	Female 60+	2		00:53:52	00:53:51
186	732	James	Windle	Male Open	57		00:53:58	00:53:28
187	106	Malcolm	Cox	Male 60+	9	Griffithstown Harriers	00:53:59	00:53:47
188	476	Peter	Short	Male 60+	10		00:54:01	
189	455	Christophe	Panes	Male 50+	28	Roberttown Road Runners	00:54:03	00:53:51
190	341	Peter	Jones	Male 40+	56	Fairwater Runners Cwmbran	00:54:10	00:53:48
191	627	Sarah	Tugwell	Female Open	20		00:54:11	00:53:52
192	598	Michael	Swain	Male 50+	29	Pont-Y-Pwl & District Runners	00:54:13	00:54:07
193	6	Sarah	Angel	Female 40+	19		00:54:13	00:54:05
194	292	Debbie	Jackson	Female 50+	5	Caerphilly Runners	00:54:14	00:54:01
195	297	Emma	James	Female 40+	20		00:54:20	00:54:01
196	666	Matthew	Willcox	Male Open	58		00:54:22	00:54:02
197	264	Andrea	Thomas	Female 40+	21	Islwyn Running Club	00:54:24	00:54:23
198	678	Emma	Williams	Female Open	21	Blaenau Gwent Athletics	00:54:27	00:54:22
199	27	Keren	Beard	Female 40+	22		00:54:31	00:54:23
200	304	Dave	Jeffries	Male 60+	11	Simply Gym Runners	00:54:32	00:53:46
201	686	Liam	Williams	Male Open	59	Roberttown Road Runners	00:54:35	00:54:24
202	418	Margrett	Monk	Female 60+	3	Parc Bryn Bach Running Club	00:54:36	00:54:27
203	268	Steven	Hoare	Male Open	60	Roberttown Roadrunners	00:54:39	00:54:29
204	650	Jason	Webb	Male 40+	57		00:54:41	00:54:07
205	40	Christophe	Bloodworth	Male 50+	30		00:54:42	00:54:24
206	337	Huw	Jones	Male Open	61		00:54:43	00:54:13
207	516	Natalie	Pusey	Female Open	22		00:54:46	00:54:22
208	692	Sarah	Williams	Female 40+	23		00:54:49	00:54:44

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209	634	Rachel	Vernall	Female 40+	24		00:54:50	00:54:28
210	46	Jessica	Bowman	Female Open	23		00:54:55	00:54:35
211	557	Alison	Sheedy	Female 50+	6	Lliswerry Runners	00:54:56	00:54:10
212	144	Michele	Deal	Female 50+	7	Pont-Y-Pwl & District Runners	00:54:57	00:54:47
214	391	Erika	Lloyd	Female Open	24		00:54:58	00:54:29
213	435	Daniel	Neale	Male Open	62		00:54:58	00:54:47
215	121	Davies	Irene	Female Open	25		00:55:00	00:54:41
216	204	Michelle	Gooch	Female 50+	8	Pont-Y-Pwl & District Runners	00:55:03	00:54:52
218	92	Serafina	Cole	Female 50+	9		00:55:11	00:54:52
217	321	Delphine	Jones	Female Open	26	Parc Bryn Bach Running Club	00:55:11	00:55:02
219	585	Damita	Stathakis	Female 40+	25	Lliswerry Runners	00:55:12	00:54:33
220	734	Michael	Probert	Male 40+	58	Pont-Y-Pwl & District Runners	00:55:19	00:54:38
221	522	Gemma	Reeks	Female Open	27	Caldicot Running Club	00:55:21	00:55:00
222	685	Kathryn	Williams	Female Open	28		00:55:23	00:55:22
223	354	Dean	Morgan	Male Open	63		00:55:33	00:54:56
224	736	Ian	Bevan	Male 40+	59		00:55:37	00:55:03
225	636	Luke	Voleinik-Haddock	Male Open	64		00:55:38	00:55:26
226	184	Lorraine	Fergus	Female 40+	26		00:55:38	00:54:43
228	581	Emma	Spuffard	Female Open	30	Caldicot Running Club	00:55:39	00:55:18
227	357	Beth	Kershaw-Naylor	Female Open	29	Caerleon Running Club	00:55:39	00:55:30
229	372	Joy	Langan	Female 60+	4		00:55:41	00:55:23
230	376	Johanna	Leek	Female Open	31		00:55:45	00:55:16
231	499	Ian	Price	Male 40+	60	Caerleon Running Club	00:55:50	00:55:45
233	108	Ceri	Crewe	Female 40+	27	Pont-Y-Pwl & District Runners	00:55:52	00:55:26
232	490	Lyndsay	Poulsom	Female Open	32	Pont-Y-Pwl & District Runners	00:55:52	00:55:41
234	224	Lindsey	Haile	Female Open	33		00:55:55	00:55:40
235	203	Ron	Godfrey	Male 50+	31	Pont-Y-Pwl & District Runners	00:55:57	00:55:16
236	387	Alex	Llewellyn	Female Open	34	Caldicot Running Club	00:55:58	00:55:38
237	648	Diane	Watkins	Female Open	35		00:56:00	00:55:42
238	311	Kath	Jervis	Female 50+	10	Parc Bryn Bach Running Club	00:56:10	00:56:00
239	607	Suzie	Tew	Female 40+	28		00:56:11	00:56:07
240	589	Lee	Stephens	Male Open	65	Faucets	00:56:13	00:55:25
241	375	Anita	Leek	Female 40+	29		00:56:18	00:55:49
242	285	Marie	Hurford	Female Open	36	Pont-Y-Pwl & District Runners	00:56:31	00:56:05
243	658	John	West	Male 40+	61		00:56:32	00:56:25
244	49	Sonja	Breese	Female 40+	30		00:56:34	00:56:21
245	385	Rhys	Lewis	Male 40+	62		00:56:38	00:56:28
246	398	Simon	Mainwaring	Male 40+	63		00:56:40	00:56:00
247	150	Laura	Doel	Female Open	37		00:56:42	00:56:16
248	655	Philip	Wellesley	Male Open	66		00:56:43	00:55:55
250	731	Alun	Jones	Male 50+	32		00:56:48	00:56:08
249	654	Henry	Wellesley	Male 40+	64		00:56:48	00:56:01
251	77	Ceri	Caswell	Female Open	38	Parc Bryn Bach Running Club	00:56:51	00:56:42
252	368	Sian	Knight	Female 50+	11		00:56:55	00:56:38
254	466	Sarah	Parry	Female Open	39		00:56:57	00:56:56
253	472	Carrie	Perry	Female Open	40	Robertown Road Runners	00:56:57	00:56:43
255	154	Tony	Dronfield	Male 50+	33		00:57:02	00:56:07
256	584	Mark	Stark	Male 40+	65		00:57:03	00:56:32
257	160	Mark	Edwards	Male 40+	66		00:57:07	00:56:20
259	153	Claire	Douglas	Female 40+	31	Caerleon Running Club	00:57:11	00:56:47
258	389	Barry	Llewellyn	Male 50+	34		00:57:11	00:56:30
260	493	Alexander	Powell	Male 40+	67		00:57:13	00:56:11

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip_total_time
261	555	Vanessa	Sanders	Female Open	41		00:57:14	00:56:53
262	1	Amberley	Morgan	Female Open	42	Pont-Y-Pwl & District Runners	00:57:24	00:57:13
263	671	Cerys	Williams	Female Open	43	Pontypool First Steps	00:57:26	00:57:06
264	243	Graham	Hawkins	Male 50+	35		00:57:27	00:56:53
265	148	Heidi	Desmond	Female 40+	33		00:57:31	00:56:59
266	48	Nicola	Brann	Female 40+	32	Lliswerry Runners	00:57:31	00:57:24
267	432	Matt	Murray	Male 40+	68	Cwm Ogwr RC	00:57:34	00:57:34
268	98	Lisa	Cook	Female 40+	34	First Strides	00:57:34	00:57:30
269	261	Christophe	Hill	Male 50+	36	Lliswerry Runners	00:57:38	00:57:26
271	336	Harvey	Jones	Male 40+	69		00:57:40	00:56:50
272	288	Kara	Hutchings	Female Open	44		00:57:40	00:57:20
270	142	Chris	Day	Male Open	67		00:57:40	00:57:15
273	222	Steve	Gummer	Male 40+	70		00:57:44	00:57:04
275	523	Caci	Reen	Female 40+	36	Roberttown Road Runners	00:57:50	00:57:37
274	464	Jayne	Walters	Female 40+	35	Pont-Y-Pwl & District Runners	00:57:50	00:57:11
276	237	Nathan	Harper	Male Open	68	Parc Bryn Bach Running Club	00:57:56	00:57:29
277	327	Christophe	Jones	Male 40+	71	3ms Gorseinon Road Runners	00:57:59	00:57:35
278	300	Shane	James	Male Open	69	Torfaen Triathlon Club	00:58:01	00:57:15
279	291	Steven	Ison	Male 40+	72		00:58:02	00:57:30
280	73	Sharon	Carter	Female 40+	37		00:58:08	00:57:58
281	497	Amy	Price	Female Open	45		00:58:12	00:57:53
282	694	Simon	Williams	Male Open	70		00:58:14	00:57:55
284	303	Angela	Jeffery	Female Open	46		00:58:15	00:58:02
283	9	Chris	Ashton	Male 50+	37	Avon Valley Runners	00:58:15	00:57:55
285	422	Erica	Morgan	Female 40+	38		00:58:18	00:57:51
286	287	Trudy	Hurford	Female 40+	39	Lliswerry Runners	00:58:29	00:58:17
287	642	Amy	Waskiewicz	Female Open	47		00:58:38	00:58:18
288	616	Nick	Thomas	Male 40+	73		00:58:39	00:57:43
290	546	Kim	Rockliffe	Female 50+	12		00:58:42	00:57:56
289	705	Mike	Workman	Male 40+	74	Caerphilly Runners	00:58:42	00:58:07
291	483	Sarah	Brown	Female Open	48		00:58:44	00:58:23
292	673	Claire	Williams	Female 40+	40		00:58:45	00:58:30
293	620	Julie	Toy	Female 50+	13	Merthyr Tydfil Running Club	00:58:49	00:58:01
294	277	Michelle	Hudd	Female Open	49		00:58:52	00:58:45
295	733	Andrew	Williams	Male Open	71	Parc Bryn Bach Running Club	00:58:56	00:58:45
296	130	Andrea	Lewis	Female 50+	14		00:58:57	00:58:57
297	454	Laura	Palfrey	Female Open	50	Caerleon Running Club	00:58:59	00:58:27
298	556	Debbie	Satchell	Female 50+	15		00:59:04	00:58:25
299	379	Gaynor	Lewis	Female 50+	16		00:59:07	00:59:03
300	637	Jane	Voyle	Female 40+	42	Roberttown Road Runners	00:59:08	00:58:54
301	410	Elizabeth	McCarthy	Female 40+	41		00:59:08	00:58:35
302	381	Michael	Lewis	Male 60+	12	Parc Bryn Bach Running Club	00:59:09	00:58:44
303	683	Julian	Williams	Male 40+	75		00:59:12	00:58:20
304	220	Hannah	Griffiths	Female Open	51	Roberttown Road Runners	00:59:13	00:58:59
305	5	Katie	Allen	Female 40+	43	Pont-Y-Pwl & District Runners	00:59:16	00:58:57
306	667	Alexandra	Hills	Female 40+	44		00:59:17	00:58:27
308	68	Gareth	Caddy	Male Open	72		00:59:28	00:58:43
307	47	Kristian	Sinclair	Male Open	73		00:59:28	00:58:51
309	29	Rachel	Beckley	Female 40+	45	Roberttown Road Runners	00:59:30	00:59:16
310	281	Michelle	Hughes	Female Open	53		00:59:34	00:59:02
311	485	Sarah	Pontin	Female Open	52	Islwyn Running Club	00:59:34	00:58:56
312	280	Joel	Hughes	Male 40+	76		00:59:44	00:59:27

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip _total_time
313	501	Tim	Watson	Male 40+	77		00:59:46	00:59:15
314	577	Jen	Smithson	Female Open	54		00:59:48	00:58:47
315	181	Vicky	Fear	Female Open	55	Lliswerry Runners	00:59:54	00:59:47
316	453	Kate	Palfrey	Female Open	56	Fairwater Runners Cwmbran	00:59:55	00:59:22
317	298	Karen	James	Female 40+	46	Griffithstown Harriers	01:00:16	01:00:14
318	528	Laura	Rendell	Female Open	57	Lliswerry Runners	01:00:19	01:00:15
320	129	Gemma	Jeffries	Female 40+	47		01:00:26	01:00:26
319	511	Gavin	Protherough	Male Open	74		01:00:26	00:59:34
321	221	Dan	Groves	Male 40+	78		01:00:30	00:59:51
322	661	Rhian	White	Female Open	58	Parc Bryn Bach Running Club	01:00:32	01:00:23
323	591	Joanna	Stibbon	Female Open	59		01:00:43	01:00:32
325	255	Rachel	Henwood	Female Open	61		01:00:44	01:00:05
324	531	Emma	Hope	Female Open	60		01:00:44	01:00:20
327	614	Claire	Lloyd-Thomas	Female 40+	48	Roberttown Road Runners	01:00:49	01:00:35
326	83	Sharon	Clancy	Female 50+	17		01:00:49	01:00:23
328	156	Lynda	Dursley	Female 50+	18	Lliswerry Runners	01:00:53	01:00:49
329	737	Pam	Grantham	Female 50+	19	Lliswerry Runners	01:00:55	01:00:38
330	502	Kathryn	Price	Female 40+	49	Parc Bryn Bach Running Club	01:00:56	01:00:30
331	536	Rhys	Richards	Male Open	75	Roberttown Roadrunners	01:00:57	01:00:45
333	159	Hayley	Edwards	Female Open	62		01:00:58	01:00:32
332	421	Face Book	Morgan	Female 40+	50		01:00:58	01:00:32
334	118	Caroline	Davies	Female Open	63		01:01:09	01:00:23
335	236	Tony	Hardy	Male 50+	38	Spirit of Monmouth	01:01:11	01:00:34
336	533	Laura	Richards	Female Open	64		01:01:13	01:00:47
337	295	Ann	James	Female 50+	20	Runnewport	01:01:21	01:01:05
338	380	Karen	Lewis	Female 40+	52	Caerphilly Runners	01:01:21	01:00:59
339	232	Nikki	Hancox	Female 40+	51		01:01:21	01:01:12
340	169	Danielle	Evans	Female 40+	53	Caerleon Running Club	01:01:23	01:01:03
342	539	Sian	Roach	Female 40+	54	Caerphilly Runners	01:01:27	01:01:06
341	126	Laura	Davies	Female Open	65	Pont-Y-Pwl & District Runners	01:01:27	01:00:53
343	197	Michelle	George	Female 40+	55	Caerphilly Runners	01:01:28	01:00:53
344	241	Louise	Harris	Female 40+	56	Roberttown Roadrunners	01:01:33	01:01:18
346	175	Sarah	Evans	Female 40+	57	Pont-Y-Pwl & District Runners	01:01:37	01:00:45
345	252	Joanne	Henshall	Female 40+	58	Caerleon Running Club	01:01:37	01:01:06
347	226	Stephanie	Hall	Female Open	66		01:01:40	01:01:36
348	198	Samantha	George	Female Open	67	First Strides	01:01:42	01:01:38
349	158	Catherine	Edwards	Female 50+	21	Griffithstown Harriers	01:01:57	01:01:47
350	55	Bryony	Brown	Female 40+	59		01:02:06	01:01:47
351	429	Joanne	Morris	Female Open	68	Bryn Bach Park First Striders	01:02:09	01:01:49
352	333	Rebecca	Blackwell	Female Open	69		01:02:10	01:01:52
353	451	Sarah	Orford	Female 40+	60		01:02:13	01:01:15
354	338	Hywel	Jones	Male 40+	79	Lliswerry Runners	01:02:16	01:01:38
355	618	Jude	Toasland	Female 50+	22		01:02:18	01:01:40
356	257	Matthew	Hern	Male Open	76		01:02:18	01:01:47
357	506	Vanessa	Pritchard	Female 40+	61	Caerleon Running Club	01:02:21	01:01:50
358	131	Cliff	Mighten	Male 50+	39		01:02:25	01:02:24
359	256	Anita	Herbert	Female 50+	23		01:02:35	01:01:52
360	273	Rebecca	Hopes	Female Open	70		01:02:39	01:01:49
361	223	Susie	Gurner	Female Open	71	Caerphilly Runners	01:02:42	01:02:09
362	178	Annette	Exley	Female 50+	24		01:02:45	01:02:12
363	161	Jackie	Phillips	Female 40+	62		01:02:49	01:02:11
364	665	Gary	Willcox	Male 50+	40	Usk Runners	01:02:53	01:02:22

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip _total_time
365	26	Anne	Beard	Female 50+	25		01:02:58	01:02:33
366	559	Jo	Shergold	Female Open	72	Lliswerry Runners	01:02:59	01:02:43
367	344	Rachel	Jones	Female 40+	63	Cwmbran Pub Runners	01:03:01	01:02:19
368	343	Rhiannon	Thomas	Female Open	73		01:03:04	01:02:42
369	599	Tania	James Price	Female 40+	64	Pont-Y-Pwl & District Runners	01:03:12	01:02:32
370	313	Johns	Sharon	Female 40+	66	Caerphilly Runners	01:03:13	01:02:52
371	312	Jayne	Owen	Female 40+	65	Caerphilly Runners	01:03:13	01:02:51
373	617	Ann	Timbrell	Female 40+	67	Caerleon Running Club	01:03:14	01:02:42
372	4	Tracey	Riggs	Female 50+	26		01:03:14	01:02:25
374	436	Frances	Newton	Female 40+	68	Pont-Y-Pwl & District Runners	01:03:16	01:02:59
375	12	Yvonne	Forsey	Female 50+	27	Lliswerry Runners	01:03:21	01:03:04
376	625	Jennifer	Godwin	Female Open	74		01:03:34	01:03:07
377	30	Marisa	Benjamin	Female Open	75	Pont-Y-Pwl & District Runners	01:03:35	01:03:22
378	482	Paula	Piper	Female Open	76	Caerphilly Runners	01:03:36	01:03:01
379	549	Andrew	Rogers	Male 40+	80		01:03:38	01:02:57
380	687	Lloyd	Williams	Male 40+	81		01:03:40	01:02:58
381	458	Gwawr	Parker	Female Open	77	Caerleon Running Club	01:03:42	01:03:07
382	583	Hayley	Stark	Female 40+	69		01:03:51	01:03:19
383	192	Andrea	Gale	Female 40+	70		01:03:52	01:03:33
384	631	Christophe	Turley	Male 40+	82		01:03:53	01:03:20
385	404	Jon	Martin	Male Open	77	Les Croupiers Running Club	01:03:56	01:03:16
386	447	Victoria	O'Brien	Female 40+	71	Cwmbran Pub Runners	01:03:57	01:03:31
387	87	Sarah	Clifton	Female 40+	72	Spirit of Monmouth	01:04:00	01:03:15
388	393	Ryland	Lloyd	Male 40+	83	Lliswerry Runners	01:04:02	01:03:46
389	331	Gareth	Jones	Male Open	78		01:04:09	01:03:39
390	266	Sarah	Hirons	Female Open	78	Pont-Y-Pwl & District Runners	01:04:14	01:03:34
392	394	Michelle	Lloyd-Jones	Female 50+	28		01:04:17	01:03:40
391	395	Janice	Lock	Female 50+	29		01:04:17	01:03:39
393	551	Sarah	Rogers	Female 40+	73		01:04:19	01:03:38
394	116	Jackie	Davidge	Female 50+	30	Lliswerry Runners	01:04:26	01:03:46
396	573	Ruth	Smith	Female 50+	32	Caerleon Running Club	01:04:29	01:03:57
395	735	Louise	Ahern	Female 50+	31	Lliswerry Runners	01:04:29	01:04:13
397	62	Emma	Burrell	Female 40+	74		01:04:30	01:03:36
398	151	Stuart	Dominy	Male 40+	84	Caerleon Running Club	01:04:34	01:04:03
399	402	Dayna	Marsden	Female Open	79		01:04:38	01:03:47
400	196	Jamie	Garrett	Male Open	79		01:04:39	01:03:40
401	171	Gerald	Evans	Male 50+	41		01:04:48	01:03:58
402	576	Victoria	Smith	Female 40+	75		01:04:48	01:04:30
403	227	Katie	Hamer	Female 40+	76	Parc Bryn Bach Running Club	01:04:52	01:04:25
404	69	Stephen	Caddy	Male 50+	42		01:04:55	01:04:10
405	378	Charlotte	Leigh	Female Open	80	Caerleon Running Club	01:05:03	01:04:31
406	514	Leslie	Pugh	Male 60+	13	Mdc	01:05:05	01:04:40
407	602	Claire	Hughes	Female 40+	78		01:05:11	01:05:07
408	603	Hayley	Taylorr	Female 40+	77		01:05:11	01:05:06
409	703	Sue	Woodruff	Female 50+	33	Caerleon Running Club	01:05:13	01:04:37
410	316	Alison	Jones	Female 50+	34		01:05:14	01:04:51
411	460	Kath	Parkinson	Female 40+	79		01:05:15	01:04:49
413	147	Jane	Derrick	Female Open	81	Caerleon Running Club	01:05:17	01:04:40
412	124	Julie	Davies	Female 50+	35	Caerphilly Runners	01:05:17	01:04:54
414	374	Susan	Lawrence	Female 60+	5		01:05:29	01:05:06
415	253	Andy	Baker	Male 40+	85	Cwmbran Pub Runners	01:05:31	01:05:06
416	44	Tanya	Bollen	Female 40+	80		01:05:50	01:05:32



position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip _total_time
417	64	Isabel	Buswell	Female 50+	36	Caerphilly Runners	01:06:02	01:05:49
418	176	Malc	Evans	Male 50+	43		01:06:12	01:05:20
419	157	Catharyn	Edwards	Female Open	82		01:06:13	01:05:20
420	457	Rachel	Morgan	Female Open	83		01:06:17	01:05:40
421	699	Sian	Witt	Female 40+	81		01:06:22	01:05:40
422	593	Victoria	Stuart	Female Open	84		01:06:27	01:06:27
423	330	Ellena	Jones	Female Open	85		01:06:29	01:06:10
424	97	Kathryn	Cook	Female Open	86		01:06:35	01:05:52
425	93	Rebecca	Coles	Female Open	87		01:06:37	01:06:17
426	101	Kirsty	McGowen	Female Open	88		01:06:40	01:06:01
427	84	Claire	Clark	Female Open	89		01:06:41	01:06:02
428	619	Caren	Todd	Female Open	90	Cwmbran Pub Runners	01:06:45	01:06:02
429	249	Karin	Haywood	Female 40+	82		01:06:57	01:06:28
430	15	Kevin	Bagenal	Male Open	80	None	01:07:03	01:06:08
433	90	Clare	Cole	Female Open	91		01:07:09	01:06:54
431	123	Jessica	Davies	Female Open	92		01:07:09	01:06:54
432	245	Jennifer	Hawkins	Female 40+	83		01:07:09	01:06:55
434	369	Joanne	Lane		1		01:07:21	01:07:09
435	468	Emily	Blewitt	Female Open	93		01:07:30	01:06:59
436	469	Richard	Pearce	Male 50+	44		01:07:30	01:06:59
437	231	Lisa	Hancock	Female 40+	84		01:07:33	01:06:39
438	275	Sharon	Howells	Female 40+	85		01:07:34	01:07:00
439	390	Karen	Llewelyn	Female 50+	37		01:07:35	01:07:09
442	406	Diana	Mattheou	Female 40+	86		01:07:57	01:07:06
441	56	Chris	Stewart	Male 50+	45	Lliswerry Runners	01:07:57	01:07:14
440	214	Robert	Green	Male 50+	46		01:07:57	01:07:21
443	95	Shaun	Connor	Male 40+	86		01:07:58	01:07:51
444	186	Sarah	James	Female Open	95		01:07:59	01:07:30
445	185	Elena	Fernandez	Female Open	94		01:07:59	01:07:30
446	138	Lisa	Nichols	Female 40+	87		01:08:01	01:07:49
448	413	Timothy	Meddick	Male 40+	87		01:08:06	01:07:11
447	342	Georgina	Jones	Female 40+	88		01:08:06	01:07:44
449	535	Nicola	Richards	Female 40+	89	Islwyn Running Club	01:08:09	01:07:30
450	606	Helen	Tew	Female 50+	38		01:08:10	01:07:24
452	94	Victoria	Coles	Female 40+	91		01:08:14	01:07:50
451	677	Elizabeth	Williams	Female 40+	90		01:08:14	01:07:51
454	608	Alex	Thomas	Female Open	96	Parc Bryn Bach Running Club	01:08:18	01:07:48
453	318	Alun	Jones	Male 50+	47		01:08:18	01:07:44
456	188	Cara	Price	Female 50+	39		01:08:20	01:08:14
457	407	Caroline	Matthews	Female 40+	92		01:08:20	01:07:54
455	604	Sarah	Taylor	Female 40+	93		01:08:20	01:07:36
458	328	Delyth	Jones	Female 50+	40		01:08:23	01:07:49
459	35	Amy	Bevan	Female Open	97	Ystrad Mynach Running Club	01:08:24	01:08:03
460	34	Scott	Bessant	Male Open	81	Pont-Y-Pwl & District Runners	01:08:26	01:08:06
461	681	Maricel	Jenkins-Belohorskg	Female Open	98	Parc Bryn Bach Running Club	01:08:32	01:08:06
462	335	Hannah	Jones	Female Open	99	Islwyn Running Club	01:08:33	01:07:58
463	693	Shelley	Williams	Female Open	100		01:08:48	01:08:00
464	25	Cecilia	Bawler	Female 40+	94		01:08:58	01:08:10
465	202	Laura	Glass	Female 40+	95		01:09:03	01:08:14
466	315	Cathy	Johnson	Female 50+	41		01:09:05	01:08:35
467	352	Wendy	Keepin		2		01:09:07	01:08:51
468	628	Martin	Etheridge	Male Open	82	Shelite Warriors	01:09:21	01:08:38

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469	38	Joanne	Biddiscombe	Female 40+	96		01:09:37	01:08:40
470	408	Hannah	McAtee	Female Open	101		01:09:37	01:09:16
472	384	Nicola	Lewis	Female Open	102		01:09:44	01:09:18
471	664	Johanna	Wiles	Female 50+	42		01:09:44	01:09:14
473	193	Bev	Gardner	Female 50+	43		01:09:52	01:09:11
474	532	Kathryn	Richards	Female 40+	97		01:10:05	01:09:41
475	439	Nikki	Noble	Female Open	103		01:10:06	01:09:45
476	140	Debbie	Dawkins	Female 40+	98		01:10:26	01:09:55
477	626	Sarah	Tucker	Female 40+	99		01:10:28	01:10:01
478	334	Hannah	Jones	Female Open	104		01:10:31	01:09:57
479	580	Suzanne	Spiteri	Female 40+	100		01:10:33	01:09:52
480	498	Angharad	Price	Female Open	105		01:10:34	01:09:56
481	697	Nicola	Matthews	Female 40+	101		01:10:35	01:09:57
482	613	Karen	Thomas	Female 50+	44	First Striders	01:10:38	01:10:08
483	529	Alison	Reynolds	Female 40+	102		01:10:49	01:10:05
484	688	Lynne	Williams	Female 40+	103	Cwmbran Pub Runners	01:10:56	01:10:40
485	481	Lisa	Piper	Female 40+	104	Cwmbran Pub Runners	01:11:02	01:10:33
486	405	Louise	Martin	Female 50+	45	Cwmbran Pub Runners	01:11:02	01:10:34
487	569	Jan	Smith	Female 50+	46	Cwmbran Pub Runners	01:11:10	01:10:43
488	588	Sue	Steele	Female 40+	105		01:11:12	01:10:18
489	67	Hywel	Butts	Male 40+	88		01:11:14	01:10:12
490	208	Claire	Gough	Female 40+	106		01:11:35	01:11:05
491	317	Alison	Jones	Female 50+	47	Cwmbran Pub Runners	01:11:37	01:11:09
492	350	Samantha	Kear	Female 40+	107	Roberttown Roadrunners	01:11:39	01:11:05
493	31	Caitlin	Bennett	Female Open	106		01:11:40	01:11:14
494	100	Laura	Coombes	Female 40+	108		01:11:42	01:11:03
495	50	Frances	Brennan-Davies	Female 40+	109	Griffithstown Harriers	01:11:43	01:10:44
496	582	Ben	Squire	Male Open	83		01:11:44	01:11:00
497	205	Danielle	Goodwin	Female Open	107		01:11:52	01:11:28
499	228	Steve	Hamer	Male 40+	89	Parc Bryn Bach Running Club	01:11:53	01:11:26
498	60	Lowri	Bryer	Female Open	108		01:11:53	01:11:30
500	42	Melissa	Blow	Female Open	109	The Dream Team	01:11:54	01:11:01
501	240	Michael	Kelly	Male Open	84		01:11:57	01:11:20
502	461	John	Hewlett	Male 60+	14		01:11:58	01:11:01
503	239	Jo	Harris	Female Open	110	Islwyn Running Club	01:11:59	01:11:23
504	355	Mark	Kennedy	Male 40+	90		01:12:01	01:11:01
505	71	Kate	Cardwell	Female 40+	110	Islwyn Running Club	01:12:09	01:11:31
506	72	Lynne	Carter	Female 40+	111	Islwyn Running Club	01:12:09	01:11:31
507	698	Leeanne	Witcombe	Female 40+	112		01:12:11	01:11:20
508	565	Maggie	Slack	Female Open	111		01:12:15	01:11:28
509	386	William Ba	Lewis	Male 60+	15		01:12:18	01:11:41
510	247	Linda	Herbert	Female 50+	48		01:12:38	01:11:51
511	246	Lisa	Hayward	Female 40+	113		01:12:38	01:11:51
512	383	Nicky	Lewis	Female 40+	114	Newport Harriers	01:12:47	01:11:59
513	425	Kate	Morgan	Female Open	112		01:12:52	01:12:36
514	199	Lucy	Gibbs	Female 40+	115		01:12:57	01:12:24
515	478	Melanie	Phillips	Female 40+	116	Parc Bryn Bach Running Club	01:13:01	01:12:30
516	81	Sally	Yearsley	Female Open	113		01:13:11	01:12:50
517	430	Rhian	Morris	Female Open	114		01:13:18	01:12:29
518	541	Catrin	Roberts		3		01:13:25	01:12:34
519	419	Susan	Monk	Female 40+	117		01:13:26	01:12:37
520	590	Emma	Stevens	Female Open	115		01:13:30	01:12:55

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip _total_time
521	234	Sharon	Hanne	Female 50+	49		01:13:38	01:12:44
522	586	Mike	Steele	Male 40+	91		01:13:39	01:12:45
524	244	Hayley	Hawkins	Female Open	116		01:13:42	01:13:13
523	363	Michelle	Kimble	Female 40+	118	The Dream Team	01:13:42	01:12:48
525	115	Annette	Dando	Female 40+	119		01:13:46	01:13:39
526	187	Sian	Fielding	Female 40+	120		01:13:47	01:13:41
527	597	Geraldine	Sutcliffe	Female 40+	121		01:13:55	01:12:57
528	610	Carolyn	Thomas	Female 40+	122		01:14:11	01:13:13
529	527	Reanne	Reffell	Female Open	117	Les Croupiers Running Club	01:14:20	01:13:40
532	339	Lisa	Jones	Female 40+	124	Shelite Warriors	01:14:22	01:13:39
530	302	Tracyl	James	Female 40+	125	Shelite Warriors	01:14:22	01:13:38
531	515	Rachael	Pugh	Female 40+	123	Shelite Warriors	01:14:22	01:13:38
533	51	Claire	Brian	Female Open	118		01:14:23	01:13:36
534	105	Steph	Coward	Female 40+	126		01:14:34	01:14:25
535	16	Janice	Baker	Female 50+	50	Pont-Y-Pwl & District Runners	01:14:39	01:14:16
536	308	Sandra	Travers	Female 40+	127		01:14:39	01:14:16
538	305	Susan	Jeffs	Female 50+	51	Pont-Y-Pwl & District Runners	01:14:48	01:14:08
537	306	Victoria	Jeffs	Female Open	119	Pont-Y-Pwl & District Runners	01:14:48	01:14:08
539	259	Elaine	Hicks	Female 60+	6	Roberttown Road Runners	01:14:52	01:14:16
540	456	Debbie	Panes	Female 50+	52	Roberttown Road Runners	01:14:55	01:14:19
541	553	Johanna	Rudge	Female Open	120		01:15:05	01:14:23
542	656	Emily	Welsh	Female Open	121	Islwyn Running Club	01:15:06	01:14:29
543	78	Ali	Chard	Female 40+	128		01:15:10	01:15:00
544	54	Claire	Broome	Female Open	122		01:15:23	01:14:32
546	643	Nick	Watcher	Male Open	85		01:15:23	01:14:31
545	659	Alison	Whatmore	Female 40+	129		01:15:23	01:14:31
547	409	Bernadette	McCarthy	Female 40+	130		01:15:32	01:14:33
548	242	Jane	Hawkesford	Female 40+	131		01:15:38	01:14:46
549	570	Megan	Smith	Female 40+	132	Lliswerry Runners	01:15:44	01:15:28
550	189	Anna	Ford	Female Open	123		01:15:52	01:15:02
551	542	Pam	Roberts	Female 50+	53		01:16:10	01:15:55
552	190	Stephen	Ford	Male 40+	92		01:16:15	01:15:25
553	644	Alison	Waters	Female Open	124		01:16:19	01:15:26
554	670	Shelley	Williams	Female 40+	133		01:16:23	01:15:34
555	82	Kelly	Chown	Female Open	125		01:16:57	01:16:02
557	39	Graham	Bingham	Male 50+	48	Pontypridd Roadents	01:17:07	01:16:32
556	373	Christine	Lawrence	Female 40+	134		01:17:07	01:16:32
558	325	Christine	Jones		4	Cwmbran Pub Runners	01:17:09	01:16:13
559	486	Amanda	Portlock-White	Female 40+	135	Bea Fit	01:18:03	01:17:21
560	474	Rosie	Perry	Female Open	126		01:18:07	01:17:18
561	19	Jonathan	Bannon	Male 40+	93		01:18:45	01:17:52
562	134	Lynette	Davies	Female 50+	54	Griffithstown Harriers	01:19:07	01:18:08
563	487	Sharon	Potter	Female Open	127		01:19:13	01:18:27
564	340	Martyn	Jones	Male 50+	49	Lliswerry Runners	01:19:20	01:18:39
565	347	Sian	Jones	Female Open	128	Lliswerry Runners	01:19:21	01:18:39
566	519	Ryan	Randall	Male Open	86		01:20:15	01:19:28
567	452	Tanya	Oshea	Female Open	129		01:20:44	01:19:55
568	59	Karen	Bryant	Female 40+	136		01:20:45	01:20:36
569	700	Sally	Wood	Female 40+	138		01:20:46	01:20:42
570	165	Lucy	England	Female 40+	137		01:20:46	01:20:42
571	738	Claire	Long	Female 40+	139		01:20:56	01:20:34
572	438	Helen	Newton	Female Open	130		01:22:50	01:21:55

position	Bib No.	firstname	lastname	age_category	category position	club	total_time	chip_to_chip _total_time
573	20	Rachael	Barclay	Female Open	131		01:22:52	01:22:02
574	348	Suzanne	Jones	Female Open	132	Cwmbran Pub Runners	01:22:59	01:22:31
575	213	Katrina	Green	Female 50+	55		01:23:47	01:22:56
576	309	Vicky	Jenkins	Female Open	133		01:24:02	01:23:05
577	544	Ruth	Roberts	Female Open	134	Cdf Runners	01:24:22	01:23:33
578	88	Annie	Clothier	Female 40+	140	Dream Team	01:24:25	01:23:31
579	162	Karen	Eley	Female 40+	141		01:24:51	01:24:00
580	434	Sarah	Natale	Female 40+	142		01:24:53	01:24:02
581	207	Anna	Gough	Female 40+	143	Shelite Warriors	01:25:26	01:24:33
582	13	Daphne	Austerberry	Female 60+	7	Chepstow Harriers	01:25:47	01:24:48
583	272	Linda	Holmes	Female 40+	144		01:27:15	01:26:20
584	110	Rosemary	Cribb	Female 40+	145		01:28:13	01:27:16
585	356	Jenkins	Kerry	Female 40+	146		01:28:18	01:27:50
586	177	Joanne	Everson	Female 40+	147	Cwmbran Pub Runners	01:28:23	01:27:55
587	75	Sara	Evans	Female Open	135	Bea Fit	01:31:15	01:30:18
588	7	Tania	Ansell	Female Open	136		01:32:19	01:31:19
589	37	Helen	Ashill	Female Open	137		01:32:20	01:31:20
590	651	Rebecca	Webb	Female Open	138	Cwmbran Pub Runners	01:33:48	01:33:20
591	57	David	Brown	Male 40+	94	Pont-Y-Pwl & District Runners	01:37:57	01:36:57
592	109	Clare	Rogers	Female 40+	148	Cwmbran Pub Runners	01:37:57	01:37:28
	139	Jo	Daviss	Female 40+		Caerleon Running Club		