

Pontypool 10km Home Run 2016

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
1	487	Adrien	Pilat	Nike Run Club Cardiff	Male Open	1	00:35:58	00:35:56
2	12	David	Aubrey	Cheltenham Harriers	Male Open	2	00:36:15	00:36:13
3	423	Lee	Mills	Islwyn Running Club	Male Open	3	00:36:44	00:36:42
4	334	Joshua	Jones	Griffithstown Harriers	Male Open	4	00:36:50	00:36:47
5	638	Leighton	Webb	Griffithstown Harriers	Male Open	5	00:37:05	00:37:03
6	435	Iwan	Morton	Mmrt	Male Open	6	00:37:06	00:37:04
7	425	Mark	Mogford	Caldicot Running Club	Male Open	7	00:37:21	00:37:19
8	306	Russell	James	Hereford Couriers	Male 40+	1	00:37:26	00:37:24
9	228	Matthew	Grantham	Lliswerry Runners	Male Open	8	00:37:57	00:37:55
10	363	Gareth	Knight	Newport Harriers	Male Open	9	00:38:56	00:38:54
11	292	Mark	Hurford	Pont-Y-Pwl & District Runners	Male Open	10	00:39:06	00:39:03
12	353	James	Kershaw-Naylor	Newt	Male Open	11	00:39:12	00:39:10
13	641	Ryan	Whatley	Newt	Male Open	12	00:39:24	00:39:22
14	407	James	Davies	Lliswerry Runners	Male Open	13	00:39:29	00:39:27
15	683	Keith	James	Islwyn	Male 40+	2	00:39:40	00:39:37
16	434	Ray	Morgan	Pont-Y-Pwl & District Runners	Male Open	14	00:40:02	00:39:59
17	19	Anthony	Bannon	San Domenico	Male Open	15	00:40:05	00:39:59
18	51	Andrew	Brasington	Ebbw Vale	Male 50+	1	00:40:10	00:40:04
19	321	Mr	Jolly	Team Jolly	Male 50+	2	00:40:35	00:40:30
20	264	Paul	Hayward	Islwyn Running Club	Male Open	16	00:40:43	00:40:40
21	280	David	Hodgins		Male 40+	3	00:40:44	00:40:40
22	623	Nicholas	Walsh	Griffithstown Harriers	Male 40+	4	00:40:54	00:40:49
23	571	Jon	Sliczny	Griffithstown Harriers	Male Open	17	00:40:55	00:40:52
24	367	Steve	Lane	Islwyn Running Club	Male 40+	5	00:40:56	00:40:53
25	394	Neil	Lloyd	Parc Bryn Bach Running Club	Male 60+	1	00:41:00	00:40:55
26	563	Scott	Shipton		Male Open	18	00:41:17	00:41:15
27	338	Martin	Jones	Islwyn Running Club	Male Open	19	00:41:18	00:40:55

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
28	232	Ray	Greenhouse	Ebbw Vale	Male 50+	3	00:41:19	00:41:17
29	152	James	Day	Pont-Y-Pwl & District Runners	Male Open	20	00:41:22	00:41:18
30	35	Rob	Bickel	Caerleon Running Club	Male 40+	6	00:41:26	00:41:19
31	471	Andrew	Pearce	Griffithstown Harriers	Male Open	21	00:41:33	00:41:26
32	122	William	Daniels	Ford Bridgend Running Club	Male 50+	4	00:41:39	00:41:35
33	467	Gavin	Patterson	Merthyr Running Club	Male Open	22	00:41:43	00:41:41
34	224	Keith	Gittins	Caerleon Running Club	Male 50+	5	00:42:00	00:41:56
35	198	Robert	Evans	Ebbw Vale	Male 50+	6	00:42:10	00:42:04
36	619	Jade	Wakley	Caerleon Running Club	Female Open	1	00:42:29	00:42:24
37	587	Lou	Summers	Pont-Y-Pwl & District Runners	Female 40+	1	00:42:48	00:42:45
38	535	David	Richardson		Male Open	23	00:42:50	00:42:19
39	416	Lubi	Meciarova	Pont-Y-Pwl & District Runners	Female Open	2	00:42:53	00:42:49
40	447	Chris	O'Brien	Pont-Y-Pwl & District Runners	Male 40+	7	00:42:58	00:42:52
41	469	Steve	Payne	Caerphilly Runners	Male 40+	8	00:43:11	00:43:01
42	483	Danielle	Phillips	Parc Bryn Bach Running Club	Female Open	3	00:43:14	00:43:09
43	548	Rebecca	Rothwell	Lliswerry Runners	Female Open	4	00:43:17	00:43:11
44	330	Gareth	Jones		Male Open	24	00:43:24	00:43:20
45	604	Michael	Thurgood	Caerleon Running Club	Male 40+	9	00:43:28	00:43:22
46	585	Neil	Stevens	Ebbw Vale	Male 40+	10	00:43:33	00:43:27
47	97	Robert	Coles	Caerphilly Runners	Male Open	25	00:43:34	00:43:24
48	192	Brian	Evans	Spirit of Monmouth	Male 40+	11	00:43:36	00:43:31
49	420	Phillip	Miles	Parc Bryn Bach Running Club	Male 60+	2	00:43:40	00:43:35
50	158	Andrew	Dickens	Pont-Y-Pwl & District Runners	Male 40+	12	00:43:42	00:43:40
51	325	David	Jones	Caldicot Running Club	Male 40+	13	00:43:57	00:43:44
52	190	Matthew	Ellis	Parc Bryn Bach Running Club	Male Open	26	00:44:02	00:43:56
53	679	Rabab	Rabab	Swansea Harriers	Male 40+	14	00:44:09	00:43:46
54	282	David	Holloway	Caldicot Running Club	Male Open	27	00:44:12	00:43:58
55	108	Ethan	Corcoran		Male 40+	15	00:44:18	00:44:07

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56	618	Damian	Waite	Caldicot Running Club	Male 40+	16	00:44:19	00:44:06
57	265	David	Hazell	Caerphilly Runners	Male Open	28	00:44:22	00:44:05
58	544	Peter	Rodger	Caerleon Running Club	Male 50+	7	00:44:23	00:44:07
59	424	Paul	Milner	Ledbury & District Harriers	Male 40+	17	00:44:25	00:44:21
60	56	Liam	Bryson		Male 40+	18	00:44:26	00:44:16
61	257	Paul	Harris	Robbertown Road Runners	Male 40+	19	00:44:27	00:44:15
62	480	Simon	Peterson	Islwyn Running Club	Male 40+	20	00:44:28	00:44:10
63	305	Neil	James	Newt	Male 40+	21	00:44:30	00:44:27
64	635	Ricci	Watts	Pont-Y-Pwl & District Runners	Male Open	29	00:44:30	00:44:27
65	76	Gavin	Chappelle	Na	Male Open	30	00:44:45	00:44:27
66	579	Andrew	Spencer	Griffithstown Harriers	Male 50+	8	00:44:57	00:44:55
67	658	Hannah	Williams	Parc Bryn Bach Running Club	Female Open	5	00:45:00	00:44:34
68	109	Stephen	Corcoran		Male 40+	22	00:45:02	00:44:51
69	484	David	Phillips	Caerphilly Runners	Male 50+	9	00:45:04	00:44:48
70	10	Stuart	Arthur		Male Open	31	00:45:05	00:44:51
71	521	Richard	Regan	Pont-Y-Pwl & District Runners	Male 40+	23	00:45:13	00:45:09
72	569	Michael	Skyrme	Fairwater Runners Cwmbran	Male 40+	24	00:45:14	00:45:09
73	322	Andrew	Jones	Parc Bryn Bach Running Club	Male 40+	25	00:45:17	00:45:10
74	75	Martin	Chammings	Parc Bryn Bach Running Club	Male Open	32	00:45:29	00:45:22
75	509	Simon	Prosser		Male 40+	26	00:45:32	00:45:16
76	393	Dan	Lloyd	Nike Run Club Cardiff	Male 40+	27	00:45:40	00:45:32
77	486	Matthew	Trinder	Parc Bryn Bach Running Club	Male Open	33	00:45:46	00:45:41
78	135	Keith	Davies		Male 40+	28	00:45:49	00:45:39
79	368	Keith Jeffrey	Langley	Pont-Y-Pwl & District Runners	Male 60+	3	00:45:51	00:45:44
80	67	John	Carroll	Robbertown Road Runners	Male 50+	10	00:45:53	00:45:41
81	21	Gareth	Barrington	Lliswerry Runners	Male 40+	29	00:45:59	00:45:20
82	665	Paula	Williams	Caerleon Running Club	Female 40+	2	00:45:59	00:45:49
83	206	Kelly	Felstead	Islwyn Running Club	Female Open	6	00:46:02	00:45:53

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84	413	Marc	McDonough		Male Open	34	00:46:05	00:45:51
86	506	Jason	Pritchard	Caerleon Running Club	Male 40+	30	00:46:06	00:45:56
85	441	Sharon	Newell	Pont-Y-Pwl & District Runners	Female 40+	3	00:46:06	00:45:54
87	602	Phil	Thomas		Male 40+	31	00:46:07	00:45:49
88	457	Christopher	Panes	Robberttown Road Runners	Male 50+	11	00:46:10	00:46:02
89	482	Antony	Phillips	Ford Bridgend Running Club	Male 50+	12	00:46:16	00:46:12
90	1	Andrew	James		Male 40+	32	00:46:29	00:46:24
91	549	Dorian	Russell	Ford Bridgend Running club	Male 50+	13	00:46:31	00:46:27
92	397	Lea	Lohk		Female 50+	1	00:46:34	00:46:31
93	489	Justin	Pocknell	Caerleon Running Club	Male 40+	33	00:46:39	00:46:13
94	390	Terry	Lewis	Iswyn Running Club	Male 40+	34	00:46:40	00:46:35
95	191	Lisa	Erickson	Pont-Y-Pwl & District Runners	Female Open	7	00:46:43	00:46:28
97	182	Martyn	Dursley	Lliswerry Runners	Male Open	35	00:46:53	00:46:27
96	115	Jeremy	Creasey	Spirit of Monmouth	Male 40+	35	00:46:53	00:46:49
98	54	David	Brown	Lliswerry Runners	Male 40+	36	00:46:56	00:46:28
99	187	Emma	Edwards	Caerphilly Runners	Female Open	8	00:46:59	00:46:42
100	461	Malcolm	Parker	Islwyn Running Club	Male 60+	4	00:46:59	00:46:40
101	162	Jason	Dixon	Iswyn Running Club	Male 40+	37	00:47:01	00:46:43
102	263	Adrian	Hayward	Lliswerry Runners	Male 40+	38	00:47:04	00:46:34
103	657	Gareth	Williams	Ebbw Vale	Male 50+	14	00:47:07	00:47:00
104	554	Jackson	Sanders		Male Open	36	00:47:10	00:46:36
105	337	Mark	Jones	Robberttown Road Runners	Male 40+	39	00:47:14	00:47:06
106	567	Dave	Sinclair	Nike Run Club Cardiff	Male 40+	40	00:47:16	00:47:04
107	38	Dean	Birt	Pontypridd Roadents	Male 40+	41	00:47:24	00:47:17
108	249	Stewart	Harding	Nike Run Club Cardiff	Male Open	37	00:47:25	00:47:14
109	58	Pete	Burrows	Caerleon Running Club	Male Open	38	00:47:30	00:47:19
110	362	Steve	Bryant	Pont-Y-Pwl & District Runners	Male 50+	15	00:47:33	00:47:03
111	572	Nick	Sloper	Chelsea Running Club	Male 40+	42	00:47:36	00:47:28

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112	664	Neil	Williams	Usk Runners	Male 50+	16	00:47:36	00:47:28
113	27	Mark	Beard		Male 50+	17	00:47:40	00:47:14
115	319	Emma	Johnsey-Smith	Johnsey Estates	Female Open	9	00:47:41	00:46:48
114	66	Chris	Carey	Pont-Y-Pwl & District Runners	Male 40+	43	00:47:41	00:47:21
116	667	Simon	Williams	Caerphilly Runners	Male 40+	44	00:47:45	00:47:28
117	636	Elain	Weaver		Female 40+	4	00:47:47	00:47:40
118	314	Alun	Jeremiah		Male Open	39	00:47:48	00:47:34
119	581	Neyl	Fitzgerald	Islwyn Running Club	Male 40+	45	00:47:48	00:47:22
120	639	Dafydd	Weetman	Islwyn Running Club	Male 40+	46	00:47:49	00:47:21
121	70	Stephen	Carter	Crickhowell Running Club	Male 40+	47	00:48:07	00:48:01
122	637	Darren	Weaving	Fairwater Runners Cwmbran	Male 40+	48	00:48:08	00:48:03
123	681	Alex	Barnes	Lliswerry	Male Open	40	00:48:19	00:47:51
124	387	Nathan	Lewis		Male 40+	49	00:48:25	00:48:16
125	246	David	Hammond	Hammond	Male 40+	50	00:48:26	00:47:50
126	386	Natasha	Lewis		Female 40+	5	00:48:29	00:48:20
127	11	Howard	Attwood	Lliswerry Runners	Male 60+	5	00:48:30	00:47:56
128	88	Gary	Cleaves	Ebbw Vale	Male 50+	18	00:48:48	00:48:42
130	465	Chris	Parry		Male 40+	51	00:48:56	00:48:45
129	238	Darren	Griffiths-Warner	Pontypridd Roadents	Male 50+	19	00:48:56	00:48:31
131	550	Kevin	Russell	Lliswerry Runners	Male 50+	20	00:49:01	00:48:22
132	129	Hannah	Davies	Islwyn Running Club	Female Open	10	00:49:07	00:48:52
133	412	Luke	McCarthy-Reed		Male Open	41	00:49:24	00:49:15
134	625	Tanya	Walters		Female 40+	6	00:49:25	00:49:14
135	514	Charlotte	Ralph	Lliswerry Runners	Male Open	42	00:49:26	00:49:06
136	584	Ian	Stark		Male Open	43	00:49:39	00:49:23
137	183	Paul	Dursley	Lliswerry Runners	Male 60+	6	00:49:47	00:49:41
138	23	Andrew	Barry	Lliswerry Runners	Male 50+	21	00:49:49	00:49:07
139	303	Keith	James	Lliswerry Runners	Male 40+	52	00:49:49	00:49:06

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140	411	Peter	McCarthy		Male 40+	53	00:49:50	00:49:19
141	360	Ieuan	Kingston	Pont-Y-Pwl & District Runners	Male Open	44	00:49:51	00:49:26
142	376	Richard	Leek		Male 40+	54	00:49:53	00:49:22
143	617	Paul	Vincent		Male Open	45	00:49:54	00:49:20
144	369	Andy	Davies	Pontypridd Roadents	Male 50+	22	00:49:57	00:49:50
145	225	Stephen	Godwin	Ford Bridgend Running Club	Male 40+	55	00:49:59	00:49:54
146	36	Clare	Biddlecombe	Lliswerry Runners	Female 40+	7	00:50:03	00:49:42
147	141	Nick	Davies	Lliswerry Runners	Male 50+	23	00:50:06	00:49:35
148	295	Hayley	Jackson	Parc Bryn Bach Running Club	Female 40+	8	00:50:08	00:49:52
149	173	Jo	Dowdall	Robberttown Road Runners	Female Open	11	00:50:13	00:49:58
150	647	Lisa	Bateman	Lliswerry Runners	Female 40+	9	00:50:17	00:49:56
151	515	Andrew	Ramsey	Caerphilly Runners	Male Open	46	00:50:22	00:50:03
152	589	Michael	Swain	Pont-Y-Pwl & District Runners	Male 50+	24	00:50:24	00:50:00
153	615	Terry	Vaughan	Bryn Bach	Male 40+	56	00:50:25	00:50:09
154	223	Peter	Oliver		Male 50+	25	00:50:28	00:50:14
155	81	Mark	Faulkner	Lliswerry Runners	Male 50+	26	00:50:34	00:49:51
156	193	Dai	Evans	N/a	Male 50+	27	00:50:35	00:50:03
157	472	Melissa	Pearce	Blaenau Gwent Athletics Club	Female 40+	10	00:50:37	00:50:16
158	442	Daniel	Newton		Male 40+	57	00:50:46	00:50:19
159	219	Philip	Gilby	Rachels Rockets	Male 50+	28	00:50:48	00:50:10
160	543	Alan	Rockliffe		Male 50+	29	00:50:49	00:50:36
161	205	Dewi	Felstead		Male 40+	58	00:50:54	00:50:45
162	466	Mark	Parry		Male 40+	59	00:51:01	00:50:07
163	663	Mandy	Williams	Ledbury & District Harriers	Female 40+	11	00:51:04	00:50:59
164	417	Iain	Menzies		Male 60+	7	00:51:05	00:50:13
165	422	Jason	Millership		Male 40+	60	00:51:06	00:50:27
166	402	Gareth	Malson	Shelite Warriors	Male Open	47	00:51:09	00:50:28
167	142	Nicola	Davies		Female Open	12	00:51:17	00:51:09

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168	685	Nigel	Baker	Pontypool and district	Male 60+	8	00:51:18	00:50:46
169	92	Andrew	Cockeram	Lliswerry Runners	Male 40+	61	00:51:20	00:50:50
170	429	Amberley	Morgan	Pont-Y-Pwl & District Runners	Female Open	13	00:51:22	00:51:09
171	59	Eleanor	Phillips	Lliswerry	Female Open	14	00:51:23	00:51:02
172	42	Chris	Bloodworth		Male 50+	30	00:51:25	00:50:47
173	537	Carl	Roberts	Pont-Y-Pwl & District Runners	Male Open	48	00:51:32	00:51:04
174	14	Brenda	Avery	Chepstow Harriers	Female 60+	1	00:51:33	00:51:25
175	101	Nicholas	Cook		Male 40+	62	00:51:37	00:51:12
176	630	Thomas	Warwick		Male Open	49	00:51:37	00:50:57
177	364	Jonathan	Knight		Male 40+	63	00:51:40	00:51:12
178	627	Ruth	Ward	Spirit of Monmouth	Female 40+	12	00:51:44	00:51:35
179	500	Matt	Price	Lliswerry Runners	Male Open	50	00:51:45	00:51:01
180	45	Ella	Boorman	Lliswerry Runners	Female Open	15	00:51:46	00:51:25
181	237	Lee	Griffiths	Parc Bryn Bach Running Club	Male Open	51	00:51:48	00:51:25
182	418	Samantha	Methuen	Iswlyn Running Club	Female Open	16	00:51:48	00:51:33
183	396	Stephen	Locke	Newport Harriers	Male 40+	64	00:51:49	00:51:41
184	304	Nathan	James	N/a	Male Open	52	00:51:54	00:51:45
185	130	Jason	Davies		Male Open	53	00:51:57	00:51:44
186	53	Adam	Broomfield		Male Open	54	00:52:02	00:51:31
187	327	Desmond	Jones	Lliswerry Runners	Male 40+	65	00:52:05	00:51:20
188	117	Richard	Crew	Parc Bryn Bach Running Club	Male Open	55	00:52:07	00:51:51
189	222	Jamiee	Gittins	Caerleon Running Club	Female Open	17	00:52:13	00:51:40
190	358	Sian	Khalil	Pontypridd Roadents	Female 50+	2	00:52:13	00:52:00
191	32	Hiedi	Davies	Pont-Y-Pwl & District Runners	Female Open	18	00:52:14	00:52:02
192	5	Katie	Allen	Pont-Y-Pwl & District Runners	Female 40+	13	00:52:15	00:52:00
193	526	Alice	Richards	Caerleon Running Club	Female Open	19	00:52:21	00:52:10
194	532	Liz	Richards	Caerleon Running Club	Female 50+	3	00:52:21	00:52:10
195	421	Jason	Millership		Male 40+	66	00:52:26	00:52:22

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196	431	Gareth	Morgan	Ford Bridgend Running Club	Male 40+	67	00:52:41	00:52:37
197	270	Jason	Hewitt		Male 40+	68	00:52:44	00:52:19
198	530	Janet	Richards	Lliswerry Runners	Female 50+	4	00:52:46	00:52:10
199	203	Roger	Fawke	Islwyn Running Club	Male 60+	9	00:52:47	00:52:15
200	609	Tracy	Turberville		Female Open	20	00:52:49	00:52:46
201	504	Martin	Pring		Male Open	56	00:52:52	00:52:27
202	258	Rebecca	Harris		Female Open	21	00:52:53	00:52:31
203	668	Steve	Williams	Lliswerry Runners	Male 50+	31	00:52:53	00:52:11
204	113	Malcolm	Cox	Griffithstown Harriers	Male 60+	10	00:52:59	00:52:41
205	651	Matthew	Willcox	N/a	Male Open	57	00:53:03	00:52:44
206	682	Danielle	Evans		Female Open	22	00:53:05	00:52:45
207	613	Jordan	Urquhart		Male Open	58	00:53:09	00:53:01
208	127	David	Davies	Caerleon Running Club	Male 40+	69	00:53:11	00:53:00
209	89	Toby	Clifford		Male 40+	70	00:53:12	00:52:20
211	449	Kenneth Wayne	Oliver	Islwyn Running Club	Male 50+	32	00:53:14	00:52:46
210	145	Ryan	Davies		Male Open	59	00:53:14	00:52:16
212	95	Ian	Cole		Male 50+	33	00:53:15	00:52:42
213	207	Alan	Fishwick	Lliswerry Runners	Male 50+	34	00:53:18	00:52:29
214	677	Tim	Wright	Lliswerry Runners	Male 50+	35	00:53:20	00:52:34
215	541	Julie	Roche	Fairwater Runners Cwmbran	Female 40+	14	00:53:21	00:52:58
216	381	Jeff	Lewis	Caerphilly Runners	Male 40+	71	00:53:22	00:53:04
217	437	Sharron	Mulcahy		Female 40+	15	00:53:23	00:52:59
218	161	Colin	Dixon	Islwyn Running Club	Male 60+	11	00:53:28	00:52:56
219	212	Paul	French		Male Open	60	00:53:35	00:53:26
220	71	Julie	Cashell	Parc Bryn Bach Running Club	Female 40+	16	00:53:42	00:53:34
221	476	Phil	Perkins		Male 40+	72	00:53:44	00:53:41
222	44	Michael	Bonnett	Lliswerry Runners	Male 50+	36	00:53:53	00:53:09
223	616	Rachel	Vernall		Female 40+	17	00:53:55	00:53:44

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224	577	Karen	Southgate		Female 40+	18	00:54:00	00:53:51
225	272	Owen	Hewlett		Male Open	61	00:54:02	00:53:50
226	547	Shane	Rolph		Female Open	23	00:54:03	00:53:55
227	479	Martin	Perry		Male 40+	73	00:54:17	00:54:01
228	300	Emma	James		Female 40+	19	00:54:18	00:54:04
229	608	Sarah	Tugwell		Female Open	24	00:54:18	00:54:05
230	427	Margrett	Monk	Parc Bryn Bach Running Club	Female 60+	2	00:54:21	00:54:06
231	315	Kath	Jervis	Parc Bryn Bach Running Club	Female 50+	5	00:54:24	00:54:15
232	268	Katie	Healey	Nike Run Club Cardiff	Female Open	25	00:54:29	00:54:17
233	357	Maad	Khalil		Male 50+	37	00:54:31	00:53:52
234	382	Julie	Lewis	Slwyn	Female 40+	20	00:54:31	00:54:15
235	61	Ruth	Butterfield	Crickhowell Running Club	Female Open	26	00:54:32	00:53:55
236	151	Chris	Day		Male Open	62	00:54:37	00:54:04
237	83	Gareth	Chislett		Male Open	63	00:54:38	00:54:22
238	291	Marie	Hurford	Pont-Y-Pwl & District Runners	Female Open	27	00:54:39	00:54:05
239	209	Anne	Follan	Robberttown Road Runners	Female 40+	21	00:54:46	00:54:19
240	354	Will	Kershaw-Naylor		Male Open	64	00:54:56	00:54:38
241	674	Moira	Wooles	Lliswerry Runners	Female Open	28	00:54:58	00:54:18
242	601	Miles	Thomas	Robberttown Road Runners	Male 40+	74	00:55:01	00:54:34
243	525	Anne	Rice-Jones	Islwyn Running Club	Female 50+	6	00:55:03	00:54:46
244	269	Donna	Hewitt	Pont-Y-Pwl & District Runners	Female 40+	22	00:55:06	00:54:42
245	399	Emma	Lynch	Caerleon Running Club	Female Open	29	00:55:09	00:54:41
246	653	Angharad	Williams	Lliswerry Runners	Female Open	30	00:55:10	00:54:48
247	593	Leanne	Tarling		Female 40+	23	00:55:12	00:55:02
248	383	Karen	Lewis	Caerphilly Runners	Female 40+	24	00:55:14	00:54:57
250	392	Alex-Marie	Llewellyn	Caldicot Running Club	Female Open	31	00:55:20	00:54:43
249	166	Emma	Spaffard	Caldicot Running Club	Female Open	32	00:55:20	00:54:43
251	463	Carys	Parr	Team Richard Rees	Female Open	33	00:55:22	00:54:50

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
252	47	Geraint	Bowen	Johnsey Estates	Male Open	65	00:55:24	00:54:31
253	284	Isabelle	Hontebeyrie		Female 40+	25	00:55:39	00:54:46
254	96	Marie	Coles	Caerphilly Runners	Female Open	34	00:55:40	00:55:22
255	503	Claire	Pring		Female Open	35	00:55:43	00:55:18
256	30	Kathryn	Benson		Female Open	36	00:55:44	00:55:18
257	77	Richard	Chappelle	Cardiff Nike Run Club	Male Open	66	00:55:46	00:55:33
258	118	Ceri	Crewe		Female 40+	26	00:55:49	00:55:24
259	493	Bethan	Powell	Pont-Y-Pwl & District Runners	Female Open	37	00:55:50	00:55:26
260	226	Michelle	Gooch	Pont-Y-Pwl & District Runners	Female 40+	27	00:55:51	00:55:39
261	477	Carrie	Perry	Robberttown Road Runners	Female Open	38	00:55:55	00:55:40
262	570	Angharrad	Sliczny	Griffithstown Harriers	Female Open	39	00:55:55	00:55:33
263	586	Claire	Sullivan	Parc Bryn Bach Running Club	Female Open	40	00:56:02	00:55:53
264	375	Anita	Leek		Male 40+	75	00:56:08	00:55:36
265	634	Mirka	Virtaen		Female Open	41	00:56:08	00:55:22
266	680	Karen	Beard		Female 40+	28	00:56:11	00:55:59
267	524	Kirsty	Rhodes	Pont-Y-Pwl & District Runners	Female Open	42	00:56:16	00:55:52
268	102	Rich	Cook		Male Open	67	00:56:24	00:56:12
269	204	Vicky	Fear	Lliswerry Runners	Female Open	43	00:56:28	00:56:06
270	7	Clare	Anderson	Lliswerry Runners	Female 50+	7	00:56:36	00:56:09
271	283	Alison	Holton	Parc Bryn Bach Running Club	Female 40+	29	00:56:36	00:56:14
272	120	Tom	Damsell		Male Open	68	00:56:39	00:55:53
273	320	Eleanor	Johnston	Lliswerry Runners	Female Open	44	00:56:40	00:56:20
274	633	Lucy	Watkins	N/A	Female Open	45	00:56:40	00:55:52
275	384	Mark	Lewis		Male 40+	76	00:56:47	00:55:48
276	438	Joanne	Nelms	Caerphilly Runners	Female 50+	8	00:56:48	00:56:31
277	281	Clare	Holford		Female Open	46	00:56:49	00:56:38
278	542	Kim	Rockiffe		Female 50+	9	00:56:54	00:56:34
279	632	Chris	Watkins		Male Open	69	00:56:55	00:56:12

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
280	410	Philip	Matthews	Parc Brynbach Running Club	Male 60+	12	00:56:57	00:56:40
281	404	Geoff	Markey	Caldicot Running Club	Male 40+	77	00:56:59	00:56:46
282	600	Mike	Thomas		Male 40+	78	00:57:06	00:56:23
283	485	Laura	Phillips	Caerleon Running Club	Female Open	47	00:57:10	00:57:00
284	624	Jayne	Walters	Pont-Y-Pwl & District Runners	Female 40+	30	00:57:10	00:56:46
285	458	Dawn	Parfitt		Female Open	48	00:57:12	00:57:08
286	168	Sue	Donoghue	Retail Runners	Female 50+	10	00:57:19	00:56:30
287	403	Anna	Markall	Caerphilly Runners	Female 50+	11	00:57:24	00:57:07
288	583	Ben	Squire		Male Open	70	00:57:24	00:57:12
289	481	Sarah	Pettit		Female Open	49	00:57:29	00:57:25
290	137	Llinos	Davies	Run4all Neath	Female Open	50	00:57:31	00:56:51
291	594	Dominic	Taylor		Male Open	71	00:57:32	00:57:14
292	419	Natalie	Meyrick		Female Open	51	00:57:34	00:57:15
293	172	Claire	Douglas	Caerleon Running Club	Female 40+	31	00:57:44	00:57:02
294	84	Michelle	Clabon		Female 50+	12	00:57:50	00:57:35
295	590	Stephanie	Swain	Pont-Y-Pwl & District Runners	Female 40+	32	00:57:52	00:57:28
296	171	Jane	Dorrian	Pont-Y-Pwl & District Runners	Female 40+	33	00:57:58	00:57:30
297	174	Malcolm	Downes		Male 40+	79	00:58:02	00:57:43
298	46	Colleen	Bowen	Lliswerry Runners	Female Open	52	00:58:03	00:57:17
299	614	Steve	Vaughan		Male 50+	38	00:58:09	00:57:40
300	671	Leah	Woodcock		Female Open	53	00:58:09	00:57:39
301	8	Emma	Andrews		Female Open	54	00:58:12	00:57:46
305	451	Andy	Ormiston		Male 40+	80	00:58:16	00:57:20
304	333	Jayne	Jones	Iswlyn Running Club	Female 40+	34	00:58:16	00:57:50
302	179	Rowena	Duffield		Female Open	55	00:58:16	00:58:02
303	178	Ross	Duffield		Male Open	72	00:58:16	00:58:01
306	2	Catherine	Adams		Female 40+	35	00:58:17	00:57:52
307	588	Sian	Summers		Female Open	56	00:58:24	00:57:37

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
308	299	Angela	James	Run4all	Female 40+	36	00:58:25	00:57:41
309	341	Samuel	Jones	Islwyn Running Club	Male Open	73	00:58:25	00:57:45
310	153	Michele	Deal	Pont-Y-Pwl & District Runners	Female 50+	13	00:58:30	00:58:06
311	233	Barry	Greenow		Male Open	74	00:58:32	00:58:09
312	409	Jill	Matthews	Parc Brynbach Running Club	Female 60+	3	00:58:32	00:58:16
313	468	Sarah	Payne	Caerphilly Runners	Female Open	57	00:58:36	00:57:55
316	576	Tracey	Smith	Islwyn Running Club	Female 40+	37	00:58:37	00:58:04
314	355	Rhian	Kerton		Female Open	58	00:58:37	00:58:27
315	373	Victoria	Lee		Female Open	59	00:58:37	00:58:28
317	372	Jay	Leach	Islwyn Running Club	Male 40+	81	00:58:48	00:58:17
318	659	Julian	Williams		Male 40+	82	00:58:53	00:58:21
319	85	Claire	Clark		Female Open	60	00:58:57	00:58:31
321	508	Vanessa	Pritchard	Caerleon Running Club	Female 40+	38	00:58:59	00:58:48
320	391	William	Lewis		Male 50+	39	00:58:59	00:58:46
322	133	Julie	Davies	Lliswerry Runners	Female 50+	14	00:59:02	00:58:21
323	107	Gareth	Copley	Refail Runners	Male Open	75	00:59:06	00:58:13
324	87	Emma	Clarke		Female Open	61	00:59:08	00:58:31
325	492	Lyndsay	Poulsom	Pont-Y-Pwl & District Runners	Female Open	62	00:59:09	00:58:55
326	527	Anna	Richards	Pont-Y-Pwl & District Runners	Female Open	63	00:59:13	00:58:50
327	125	Adam	Davies		Male Open	76	00:59:16	00:59:10
328	433	Kay	Morgan	Pont-Y-Pwl & District Runners	Female Open	64	00:59:19	00:58:55
329	250	Tony	Hardy	Spirit of Monmouth	Male 50+	40	00:59:23	00:58:46
330	562	Melanie	Shipton	Lliswerry Runners	Female 40+	39	00:59:24	00:58:43
331	380	Anthony	Lewis	Parc Bryn Bach Running Club	Male 40+	83	00:59:26	00:59:04
332	167	Stuart	Dominy	Caerleon Running Club	Male 40+	84	00:59:28	00:59:17
333	379	Angela	Lewis		Female 40+	40	00:59:31	00:59:23
334	339	Martyn	Jones	Lliswerry Runners	Male 50+	41	00:59:36	00:58:51
335	378	Charlotte	Leigh	Caerleon Running Club	Female Open	65	00:59:37	00:59:08

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
336	111	Laura	Cox		Female Open	66	00:59:42	00:59:39
337	332	Hywel	Jones	Lliswerry Runners	Male 40+	85	00:59:47	00:59:02
338	65	Nicholas	Card	Pont-Y-Pwl & District Runners	Male 50+	42	00:59:58	00:59:35
339	650	Gary	Willcox	Usk Runners	Male 50+	43	01:00:03	00:59:43
340	662	Lisa	Williams	Caerphilly Runners	Female 40+	41	01:00:07	00:59:50
341	296	N. J.	Jackson		Female Open	67	01:00:08	00:59:36
342	253	Louise	Harris	Robbertown Road Runners	Female 40+	42	01:00:09	00:59:22
343	241	Michelle	Hadfield		Female Open	68	01:00:11	00:59:48
344	460	Malcolm	Parker	Islwyn Running Club	Male 60+	13	01:00:22	00:59:52
345	340	Rachel	Jones	Islwyn Running Club	Female Open	69	01:00:39	01:00:09
346	389	Rhys	Lewis	Parc Bryn Bach Running Club	Male 40+	86	01:00:43	00:59:55
347	199	Sarah	Evans	Pont-Y-Pwl & District Runners	Female 40+	43	01:00:45	01:00:35
348	316	Katie	Johns		Female Open	70	01:00:45	01:00:36
349	138	Louise	Davies	Refail Runners	Female 40+	44	01:00:48	00:59:57
350	596	Andrea	Thomas	Islwyn Running Club	Female 40+	45	01:00:50	01:00:33
351	180	Helen	Dunn	Spirit of Monmouth	Female 50+	15	01:01:02	01:00:05
352	436	Sarah	Mruk		Female Open	71	01:01:04	01:00:39
353	640	John	West	The Two Muppeteers	Male 40+	87	01:01:08	01:00:23
354	181	Lynda	Dursley	Lliswerry Runners	Female 50+	16	01:01:18	01:00:39
355	242	Denise	Hadigate	Islwyn Running Club	Female 40+	46	01:01:18	01:00:48
356	622	Edward Charles	Walsh		Male 60+	14	01:01:21	01:01:02
357	326	Delphine	Jones	Parc Bryn Bach Running Club	Female Open	72	01:01:29	01:01:07
358	595	Amy	Thomas		Female Open	73	01:01:29	01:00:39
359	310	Maxine	January		Female 50+	17	01:01:32	01:00:54
360	156	Joanne	Dendle		Female 40+	47	01:01:38	01:00:49
361	119	Claire	Cross		Female 50+	18	01:01:42	01:01:28
362	302	Karen	James	Griffithstown Harriers	Female Open	74	01:01:45	01:01:26
363	655	Emily	Williams		Female Open	75	01:01:48	01:01:34

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
364	25	Anne	Beard		Female 50+	19	01:01:49	01:00:57
365	426	Fiona	Moncur		Female 50+	20	01:01:58	01:01:43
367	592	Natalie	Tamplin		Female Open	76	01:01:59	01:01:24
366	351	Lyndon	Kenney		Male 50+	44	01:01:59	01:01:25
368	55	Pamela	Browning	Back Bryn Bach Running Club	Female 40+	48	01:02:02	01:01:40
369	329	Emma	Jones	Robberttown Road Runners	Female Open	77	01:02:03	01:01:16
370	518	Catherine	Reen	Robberttown Road Runners	Female 40+	49	01:02:04	01:01:18
371	49	Kevin	Bradfield	Parc Bryn Bach Running Club	Male 50+	45	01:02:14	01:01:41
372	644	Kieran	White	johnsey estates	Male Open	77	01:02:20	01:01:26
373	136	Laura	Davies		Female Open	78	01:02:22	01:01:31
374	50	Patricia	Bicknell	Spirit of Monmouth	Female 50+	21	01:02:23	01:01:47
375	522	Laura	Rendell	Lliswerry Runners	Female Open	79	01:02:36	01:01:53
376	211	Yvonne	Forsey	Lliswerry Runners	Female 60+	4	01:02:43	01:02:13
377	558	Ioan	Seaward		Male Open	78	01:02:44	01:02:37
378	298	Alexandria	James	Class Act 1992	Female Open	80	01:03:00	01:02:19
379	673	Kristel	Woodward		Female Open	81	01:03:04	01:02:45
380	499	Kathryn	Price	Parc Bryn Bach Running Club	Female 40+	50	01:03:05	01:02:43
381	52	Rosie Drake	Brockman		Female 40+	51	01:03:08	01:03:01
382	286	Delilah	Howells		Female 40+	52	01:03:09	01:03:02
384	371	Susan	Lawrence		Female 60+	5	01:03:10	01:02:23
383	157	Jodie	Denniss	GWK Kenney Pontardawe Running Club	Female 40+	53	01:03:10	01:02:26
385	534	Sarah	Richards	Spirit of Monmouth	Female Open	82	01:03:17	01:02:41
386	473	Joanna	Pearson	Cadlicot Running Club	Female 40+	54	01:03:19	01:02:42
387	645	Rhian	White	Parc Bryn Bach Running Club	Female Open	83	01:03:25	
388	377	Richard	Legg		Male 40+	88	01:03:26	01:03:07
389	243	Ruth	Hale	Run4all	Female Open	84	01:03:28	01:02:55
390	428	Aisling	Morgan	Caerleon Running Club	Female Open	85	01:03:29	01:03:00
391	501	Ruth	Price		Female 40+	55	01:03:40	01:03:14

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392	188	Hayley	Edwards	Lliswerry Runners	Female Open	86	01:03:45	01:03:02
393	370	Lisa	Williams	Pontypridd Roadents	Female 40+	56	01:03:45	01:02:56
394	123	Sian	David	Nike Run Club Cardiff	Female Open	87	01:03:48	01:03:35
395	290	Allison	Humphreys		Female 40+	57	01:03:50	01:03:16
396	261	Samantha	Hawksworth	Pont-Y-Pwl & District Runners	Female Open	88	01:03:56	01:03:46
397	293	Donna	Hurley	Class Act 1992	Female Open	89	01:04:07	01:03:51
398	385	Michael	Lewis	Parc Bryn Bach Running Club	Male 60+	15	01:04:22	01:03:43
399	443	Frances	Newton		Female 40+	58	01:04:25	01:03:55
400	259	Rhiannon	Hastings	N/a	Female Open	90	01:04:31	01:04:01
401	69	Lynne	Carter	Islwyn Running Club	Male 40+	89	01:04:32	01:04:03
403	575	Diane	Smith	spirit of monmouth	Female 60+	6	01:04:55	01:03:58
402	148	Julia	Davis	Spirit of Monmouth	Female 40+	59	01:04:55	01:04:19
404	497	Gaynor	Price		Female 50+	22	01:05:01	01:04:11
405	628	Hannah	Warrender		Female Open	91	01:05:13	01:04:22
406	629	Helen	Warrender	Pont-Y-Pwl & District Runners	Female 40+	60	01:05:13	01:04:22
410	531	Lee	Richards	Islwyn Running Club	Male 40+	90	01:05:24	01:04:58
408	294	Kelly	Jacka	Islwyn Running Club	Female Open	92	01:05:24	01:04:58
409	344	Vicki	Jones	Islwyn Running Club	Female 40+	61	01:05:24	01:04:55
407	163	Kay	Dixon	Islwyn Running Club	Female 40+	62	01:05:24	01:04:57
411	400	Ann Marie	Maloney		Female 40+	63	01:05:27	01:04:40
412	582	Suzanne	Spiteri		Female 40+	64	01:05:40	01:05:12
413	324	Darren	Jones	Shelite Warriors	Male 50+	46	01:05:41	01:04:59
414	343	Stuart	Jones	Shelite Warriors	Male 40+	91	01:05:41	01:05:01
415	454	Lee	Owen		Male 40+	92	01:05:42	01:05:09
416	512	Leslie	Pugh	Mdc	Male 60+	16	01:05:49	01:05:14
417	86	Colette	Clarke		Female Open	93	01:06:10	01:05:17
418	395	Claire	Lloyd Thomas	Robberttown Road Runners	Female 40+	65	01:06:10	01:05:24
419	121	Annette	Dando	The Two Muppeteers	Female 40+	66	01:06:12	01:05:27

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420	28	Beth	Beemer	Refail Runners	Female Open	94	01:06:20	01:05:27
421	347	Sukhjinder	Kaur		Female 40+	67	01:06:22	01:05:30
423	276	Jodi	Hilton		Female Open	95	01:06:28	01:05:50
422	63	Sian	Cain-Culverwell	N/a	Female Open	96	01:06:28	01:05:49
424	676	Nicola	Wright	Class Act 1992	Female Open	97	01:06:28	01:06:12
425	260	Hayley	Hawkins		Female Open	98	01:06:44	01:06:00
426	252	Kerrie Anne	Harris		Female Open	99	01:06:55	01:06:05
427	3	Natalie	Addis		Female Open	100	01:07:03	01:06:53
428	189	Kirsty Louise	Edwards	Lliswerry Runners	Female Open	101	01:07:05	01:06:23
429	566	Helen	Simmonds	Islwyn Running Club	Female Open	102	01:07:06	01:06:36
430	312	Sarah Jane	Jenkins	Pont-Y-Pwl & District Runners	Female Open	103	01:07:06	01:06:20
432	318	Gemma	Johnsey Plumley	Johnsey Estates	Female Open	104	01:07:10	01:06:16
431	114	James	Crawford	Johnsey Estates	Male 50+	47	01:07:10	01:06:16
433	345	Kirsty	Joy		Female Open	105	01:07:11	01:06:50
434	79	John	Charlton		Male 40+	93	01:07:30	01:06:40
436	214	Dionne	Gamble	Caerphilly Runners	Female 40+	68	01:07:33	01:07:13
437	267	Ruth	Hazell	Caerphilly Runners	Female Open	106	01:07:33	01:07:13
435	99	Sarah	Conway	Caerphilly Runners	Female Open	107	01:07:33	01:07:13
438	301	Joanne	James		Female Open	108	01:07:36	01:07:17
439	656	Emma	Williams		Female Open	109	01:07:36	01:07:16
440	197	Lena	Evans	Griffithstown Harriers	Female 40+	69	01:07:53	01:07:25
441	297	Nick	Jackson	Lliswerry Runners	Male 50+	48	01:07:56	01:07:11
442	406	Dayna	Marsden		Female Open	110	01:07:59	01:07:10
443	62	Stephen	Caddy		Male 50+	49	01:08:00	01:07:21
444	445	Joanne	Norris		Female 40+	70	01:08:05	01:07:31
445	139	Lyn	Davies		Female 40+	71	01:08:09	01:07:58
447	262	Helen	Hayhurst		Female 60+	7	01:08:20	01:07:58
448	323	Anna	Jones		Female Open	111	01:08:20	01:07:53

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
446	146	Vanessa	Davies		Female Open	112	01:08:20	01:07:57
450	564	A	Shirlow		Female Open	113	01:08:23	01:07:56
449	231	Sarah	Green		Female Open	114	01:08:23	01:08:02
451	533	Nicola	Richards	Islwyn Running Club	Female 40+	72	01:08:31	01:08:03
452	239	Claire	Gunter		Female Open	115	01:08:33	01:08:06
453	462	Nicola	Parker	Spirit of Monmouth	Female Open	116	01:08:42	01:07:45
454	235	Emma	Griffiths	Spirit of Monmouth	Female Open	117	01:08:47	01:08:11
455	103	Clive	Cooksey	Parc Bryn Bach Running Club	Male 60+	17	01:08:54	01:08:32
456	104	Rebecca	Cooksey	Parc Bryn Bach Running Club	Female 40+	73	01:08:54	01:08:32
457	444	Anthony	Nocivelli	Johnsey Estates	Male 50+	50	01:09:01	01:08:06
458	490	Nick	Polcock	Johnsey Estates	Male 50+	51	01:09:01	01:08:08
459	68	Kate	Carter		Female 40+	74	01:09:02	01:08:33
460	336	Luke	Jones		Male Open	79	01:09:21	01:09:15
461	414	Luke	McRoy-Jones	Caerphilly Runners	Male Open	80	01:09:29	01:08:48
462	539	Pam	Roberts		Female 50+	23	01:09:33	01:09:18
463	248	Lisa	Hancock		Female 40+	75	01:09:42	01:09:06
464	612	Michelle	Unsworth	Lliswerry Runners	Female 40+	76	01:09:42	01:09:03
465	202	Rachel	Fawcett		Female Open	118	01:09:43	01:09:05
466	124	Jackie	Davidge	Rachels Rockets	Female 40+	77	01:09:47	01:08:51
467	277	Sarah	Hirons	Rachels Rockets	Female 40+	78	01:09:47	01:08:51
468	308	Tania	James Price		Female 40+	79	01:09:49	01:08:57
469	546	Sarah	Rogers		Female 40+	80	01:09:50	01:08:58
470	244	Nicola	Hall	Rachels Rockets	Female 40+	81	01:09:55	01:08:59
473	536	Matthew	Roach	Crickhowell Running Club	Male Open	81	01:10:02	01:09:24
471	128	Paul	Storey		Male Open	82	01:10:02	01:09:25
472	143	Richard	Davies		Male Open	83	01:10:02	01:09:25
474	210	Mandy	Forrest		Female Open	119	01:10:06	01:09:28
475	498	Joanne	Price	Lliswerry Runners	Female 40+	82	01:10:09	01:09:24

POSITION	RACE NO	FIRSTNAME	LASTNAME	CLUB	CATEGORY	CAT POS	TIME	CHIP TIME
476	24	Sheridan	Bartlett		Female Open	120	01:10:23	01:10:16
477	217	Julie	Gibson	Runnewport	Female 50+	24	01:10:55	01:10:18
478	405	Sarah	Markey	Caldicot Running Club	Female 40+	83	01:10:55	01:10:19
479	311	Susan	Jeffer	Pont-Y-Pwl & District Runners	Female 50+	25	01:11:40	01:11:01
480	450	Claire	Orford		Female 40+	84	01:11:49	01:11:10
481	446	Russ	Nutman	Johnsey Estates	Male 40+	94	01:12:07	01:11:12
482	607	Rachel	Truscott		Female Open	121	01:12:19	01:11:32
483	132	Jemma	Davies		Female Open	122	01:12:20	01:11:32
484	134	Karen	Davies		Female 40+	85	01:12:29	01:11:39
485	475	Kerry	Peat		Female 50+	26	01:12:30	01:11:31
486	511	Hayley	Pugh	Pontypridd Roadents	Female 40+	86	01:12:30	01:11:39
487	591	Helen	Swidenbank		Female Open	123	01:12:34	01:11:50
488	598	Emma	Thomas		Female Open	124	01:12:34	01:11:50
489	507	Sandra	Pritchard		Female 50+	27	01:12:39	01:12:04
490	573	Sarah	Smit		Female 40+	87	01:12:40	01:12:05
491	401	Kristy	Maloney		Female Open	125	01:12:53	01:12:19
492	452	Clare	Ormiston	Spirit of Monmouth	Female 40+	88	01:12:56	01:12:00
493	349	Matthew	Kelynack	Pont-Y-Pwl & District Runners	Male 40+	95	01:13:00	01:12:29
494	388	Nicola	Lewis	Parc Bryn Bach Running Club	Female Open	126	01:13:26	01:12:39
495	610	Samatha	Turner	Robbertown Road Runners	Female 40+	89	01:13:44	01:12:57
496	432	Helen	Morgan		Female 40+	90	01:14:06	01:13:49
498	185	Catherine	Edwards	Griffithstown Harriers	Female 50+	28	01:15:16	01:14:50
497	48	Clare	Bown		Female 40+	91	01:15:16	01:14:49
500	559	Sandra	Seaward		Female 50+	29	01:15:34	01:15:28
499	106	Jonathan	Cooper		Male Open	84	01:15:34	01:15:28
501	439	Isabelle	Neumann		Female Open	127	01:15:44	01:15:01
502	155	Luke	Dempsey		Male Open	85	01:15:57	01:15:10
503	661	Kirstyn	Williams		Female Open	128	01:15:58	01:15:11

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504	317	Clair	Johnsey	Johnsey Estates	Female 50+	30	01:16:07	01:15:13
505	359	Catherine	King		Female Open	129	01:16:20	01:16:00
506	529	Gail	Richards	Spirit of Monmouth	Female 60+	8	01:16:23	01:15:28
507	342	Shiree	Jones		Female Open	130	01:16:47	01:16:40
508	307	Tracy	James	Shelite Warriors	Female 40+	92	01:16:51	01:16:09
509	580	Catherine	Spencer	Griffithstown Harriets	Female 50+	31	01:16:54	01:16:26
510	335	Lisa	Jones	Shelite Warriors	Female 40+	93	01:17:01	01:16:20
511	478	Karen	Perry		Female Open	131	01:17:11	01:16:54
512	415	Lyndsey	McSweeney		Female 40+	94	01:17:28	01:17:09
513	200	Sarah	Evans	And The Winner Is	Female 40+	95	01:17:36	01:16:40
514	255	Nicola	Harris	And The Winner Is	Female 40+	96	01:17:36	01:16:39
515	440	Vicky	Newcombe		Female Open	132	01:17:36	01:16:48
516	266	Joanne	Hazell	And The Winner Is	Female 40+	97	01:17:37	01:16:41
517	13	Daphne	Austerberry	Chepstow Harriers	Female 60+	9	01:17:46	01:16:49
518	285	Clare	Howard		Female 40+	98	01:17:50	01:17:06
519	16	Daniel	Baker	Johnsey Estates	Male Open	86	01:18:24	01:17:29
520	313	Steph	Jenkins		Female Open	133	01:18:50	01:18:17
521	230	Alison	Green		Female 50+	32	01:18:51	01:18:15
522	505	Cath	pritchard		Female Open	134	01:18:51	01:18:18
523	116	Sarah	Creed		Female Open	135	01:18:59	01:18:21
524	43	Melissa	Blow		Female Open	136	01:19:44	01:19:09
525	91	Annie	Clothier		Female Open	137	01:19:45	01:19:09
526	22	Catherine	Pugh	Pont-Y-Pwl & District Runners	Female 40+	99	01:20:10	01:19:13
527	176	Claire	Drake-Brockman		Female 60+	10	01:20:24	01:20:17
528	331	Hannah	Jones	Islwyn Running Club	Female Open	138	01:21:30	01:21:01
529	100	Lisa	Cook		Female Open	139	01:21:55	01:20:57
530	557	Philip	Scriven		Male 40+	96	01:23:02	01:22:54
531	456	Glenys	Palmer		Female 50+	33	01:23:54	01:22:56

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532	273	Elaine	Hicks	Robberttown Road Runners	Female 60+	11	01:24:19	01:23:30
533	278	Debbie	Hoad	Robberttown Road Runners	Female 40+	100	01:24:20	01:23:31
534	287	Sarah	Powell	Robberttown Road Runners	Female Open	140	01:24:20	01:23:32
535	474	Carly	Smith		Female Open	141	01:26:55	01:26:34
536	227	Anna-Marie	Gough		Female 40+	101	01:27:45	01:27:03
537	453	Julie	Owen		Female Open	142	01:27:54	01:27:33
539	513	Rachael	Pugh	Shelite Warriors	Female 40+	102	01:27:56	01:27:14
538	289	Samantha	Hughes	Shelite Warriors	Female Open	143	01:27:56	01:27:14
540	164	Charlotte	Dodd	For The Jones'	Female Open	144	01:28:16	01:27:18
541	516	Amelia	Reakes		Female Open	145	01:29:14	01:28:25
542	165	Susan	Dodd	For The Jones'	Female 50+	34	01:29:57	01:28:58
543	160	Rebecca	Dillon		Female Open	146	01:32:20	01:31:31
544	39	Charlotte	Bishop		Female Open	147	01:33:06	01:32:46
545	672	Jane	Woods		Female Open	148	01:34:34	01:34:10