

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1	983	Phillip	Matthews	Male Open	1	Swansea Harriers	1	01:13:40	01:13:41
2	827	Mark	Jones	Male Open	2	Newport Harriers	1	01:14:37	01:14:36
3	1396	Ciaran	McQuade	Male Open	3	Bristol & West AC	1	01:14:50	01:14:50
4	1594	Matt	Welsh	Male Open	4			01:15:57	01:15:57
5	1256	Leighton	Rawlinson	Male Open	5	MMRT	1	01:16:08	01:16:05
6	428	Matthew Charles	Edmonds	Male Open	6	Newport Harriers	2	01:16:33	01:16:31
7	1881	Neil	Evans	Male Open	7	Lliswerry Runners	1	01:16:54	01:16:53
8	1022	Chris	Millington	Male Open	8	Les Croupiers RC	1	01:17:06	01:17:06
9	11	Soren	Adams	Male Open	9			01:18:09	01:18:08
10	566	Matthew	Grantham	Male Open	10	Lliswerry Runners	2	01:18:17	01:18:17
11	131	Steven	Bone	Male Open	11			01:18:23	01:18:22
12	158	Nathan	Brickman	Male Open	12	Belper Harriers	1	01:19:08	01:19:07
13	1981	Luke	Smith	Male Open	13	Luke Smith	1	01:19:53	01:19:51
14	1829	David	Withers	Male Open	14			01:19:54	01:19:53
15	487	Nick	Faye	M40-49	1	Westbury Harriers	1	01:20:15	01:20:13
16	1582	Leighton	Webb	Male Open	15	Griffithstown Harriers	1	01:20:47	01:20:43
17	631	Michael	Harris	M40-49	2	Micky Morris Racing Team	1	01:20:52	01:20:51
18	1915	Lee	Mills	Male Open	16	Islwyn Running Club	1	01:21:04	01:21:00
19	92	Jon	Belcher	Male Open	17	Lliswerry Runners	3	01:21:12	01:21:11
20	1515	Colin	Traer	Male Open	19	Bristol & West AC	2	01:21:17	01:21:15
21	1939	Ben	Sinclair	Male Open	18	Pont-y-pwl & district runners	1	01:21:17	01:21:15
22	1114	Martin	Norton	Male Open	20	Lliswerry Runners	4	01:21:37	01:21:33
23	1855	Joedy	Batchelor	Male Open	21			01:21:48	01:21:45
24	1510	David	Tonkin	Male Open	22			01:22:34	01:22:30
25	414	Elliot	Dudley	Male Open	23			01:22:35	01:22:32
26	323	Sam	Dagleish	Male Open	24			01:22:48	01:22:43
27	204	Daniel	Carr	M40-49	3	Www.saltandsham.co.uk	1	01:23:17	01:23:14
28	1283	Dave	Rennick	Male Open	25			01:23:19	01:23:16
29	40	Chris	Aston	Male Open	26			01:24:00	01:23:54
30	35	Oliver	Anthony	Male Open	27	Lliswerry Runners	5	01:24:23	01:24:23
31	1555	Helen	Wallington	F40-49	2	Totton Running Club	1	01:24:30	01:24:22

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32	801	Rhian	Jinny-Jones	Female Open	1	Bristol & West AC	3	01:24:43	01:24:40
33	1876	Des	Devlin	Male Open	28	Team USW	1	01:24:44	01:24:43
34	1758	Gary	Herring	Male Open	29	Admiral	1	01:24:56	01:24:55
35	495	Kyle	Finnerty	M40-49	4			01:25:06	01:24:55
36	453	David	Engledew	M50-59	1	Bristol & West AC	4	01:25:09	01:25:06
37	942	Richard	Lund	Male Open	30			01:25:14	01:25:07
38	1540	Devilliers	Van Den Brink	Male Open	31			01:26:07	01:26:05
39	260	David	Cleere	Male Open	32			01:26:12	01:26:07
40	865	James	Kershaw-Naylor	Male Open	33			01:26:16	01:26:12
41	1607	Alex	Whittaker	Male Open	34	Bristol & West AC	5	01:26:20	01:26:12
42	365	Richard	Davies	Male Open	35	Port Talbot Harriers	1	01:26:37	01:26:30
43	1826	Martyn	Winser	Male Open	36	Chepstow Harriers	1	01:26:52	01:26:47
44	1007	Allan	Meek	M50-59	2	Spirit of monmouth	1	01:26:53	01:26:44
45	1833	Emma	Wookey	Female Open	2	Lliswerry Runners	6	01:27:02	01:26:52
46	350	Jamie	Davies	Male Open	37			01:27:08	01:27:04
47	426	Steve	Edge	M50-59	3	North Bristol Running Group	1	01:27:15	01:27:12
48	281	Daniel	Cook	Male Open	38	Southville running club	1	01:27:18	01:27:10
49	1897	Alexander	Johl	Male Open	39			01:27:19	01:27:16
50	157	Nathan	Briant	Male Open	40	Team Argus	1	01:27:22	01:27:17
51	1316	Shane	Roberts	M40-49	5	Parc Bryn Bach	1	01:27:36	01:27:33
52	719	Dean	House	M50-59	4	Pegasus RC	1	01:27:46	01:27:43
53	438	Richard	Elgar	Male Open	41	Lliswerry Runners	7	01:27:50	01:27:46
54	881	Matthew	Kitching	M40-49	6	Chepstow Harriers	2	01:27:56	01:27:45
55	1406	George	Smith	Male Open	42	Spirit of Monmouth	2	01:28:00	01:27:52
56	799	Darren	Jewell	Male Open	43			01:28:01	01:27:57
57	1784	Mark	Marrin	Male Open	44	Admiral	2	01:28:09	01:28:01
58	633	Oliver	Harris	Male Open	45	Lliswerry Runners	8	01:28:19	01:28:07
59	1818	Richie	Willmot	Male Open	46			01:28:25	01:28:07
60	179	Matthew	Bullock	Male Open	47			01:28:31	01:28:23

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61	1727	Adam	Morton	Male Open	48	Admiral	3	01:28:33	01:28:33
62	980	Oliver	Masters	Male Open	49	Spirit of Monmouth	3	01:28:36	01:28:23
63	1823	Simon	Wilson	Male Open	50			01:28:38	01:28:34
64	606	Chris	Haddock	Male Open	51	Griffithstown Harriers	2	01:28:38	01:28:29
65	992	Rory	McDermott	Male Open	52	Great Western Runners	1	01:28:39	01:28:36
66	87	Gareth	Beck	M40-49	7	Lliswerry Runners	9	01:28:43	01:28:33
67	989	Brian	McCarthy	Male Open	53			01:28:53	01:28:47
68	1549	Martin	Wade	M40-49	8			01:28:55	01:28:50
69	1797	Gareth	Rowlands	Male Open	54	Admiral	4	01:29:04	01:28:57
70	1121	Liam	Odey	Male Open	55			01:29:07	01:29:03
71	134	Phil	Boorman	M40-49	9	Lliswerry Runners	10	01:29:19	01:29:00
72	729	Richard	Hughes	Male Open	56	Caerleon RC	1	01:29:19	01:29:06
73	1886	Gareth	Hall	Male Open	57	Lliswerry Runners	11	01:29:20	01:29:09
74	1392	Ian	Slade	Male Open	58			01:29:21	01:29:12
75	301	Matt	Creed	Male Open	59			01:29:36	01:29:27
76	764	Keith	James	M40-49	10	Lliswerry Runners	12	01:29:42	01:29:31
77	451	Louise	England	Female Open	3			01:29:45	01:29:41
78	1383	Gareth	Sims	Male Open	60			01:29:47	01:29:41
79	1113	Chris	Norman	Male Open	61			01:29:57	01:29:40
80	609	Alan	Hall	Male Open	62	Port Talbot Harriers	2	01:30:08	01:30:01
81	1846	Nicky	Yevko	F50-59	1	Salisbury	1	01:30:08	01:29:50
82	480	Chris	Fairclough	Male Open	63			01:30:11	01:30:02
83	326	Reilly	Daniel	M60+	1			01:30:12	01:30:06
84	710	Rob	Hook	M50-59	5			01:30:20	01:30:11
85	1941	David	Standing	Male Open	64	Fairwater Runners Cwmbran	1	01:30:23	01:30:21
86	62	Mark	Barnett	M40-49	11	Chippenham harriers	1	01:30:29	01:30:20
87	1929	Steve	Peters	M40-49	12			01:30:29	01:30:21
88	147	Laurie	Carter	M50-59	6	Chepstow Harriers	3	01:30:32	01:30:20
89	366	Rob	Davies	M40-49	13	Lliswerry Runners	13	01:30:34	01:30:16
90	306	Phil	Cross	Male Open	65			01:30:39	01:30:34

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91	949	Christian	Madge	Male Open	66			01:30:44	01:30:39
92	889	Steve	Lane	M40-49	14	Islwyn Running Club	2	01:30:50	01:30:44
93	481	Rob	Falconer	M50-59	7	Swansea Harriers	2	01:30:53	01:30:49
94	550	Keith	Gittins	M50-59	8	Caerleon RC	2	01:31:04	01:30:50
95	922	Sean	Lewis	Male Open	67	Brackla Harriers	1	01:31:28	01:31:25
96	1556	Steve	Wallington	M50-59	9	Totton Running Club	2	01:31:29	01:31:21
97	1308	Arwyn	Roberts	M40-49	15			01:31:31	01:31:23
98	798	William	Jessop	Male Open	68			01:31:36	01:30:58
99	1397	Jon	Sliczny	Male Open	69	Griffithstown Harriers	3	01:31:38	01:31:29
100	847	Andrew	Kaye	M50-59	10	Forest of Dean AC	1	01:31:39	01:31:34
101	581	Ash	Grey-Smart	Male Open	70	RAF	1	01:31:41	01:31:36
102	605	Henry	Hackford	Male Open	71			01:31:46	01:31:33
103	283	Adam	Cooke	M40-49	16			01:31:53	01:31:48
104	410	Richard	Drewett	M50-59	11			01:31:58	01:31:54
105	979	Jeremy	Masters	M40-49	17	Spirit of Monmouth	4	01:32:03	01:31:51
106	858	Paul	Kemp	Male Open	72	Paul Kemp	1	01:32:14	01:31:59
107	838	Samuel	Jones	Male Open	73			01:32:18	01:32:01
108	1108	Rob	Nicholls	Male Open	74	Spirit of Monmouth	5	01:32:44	01:32:31
109	1956	Matt	Webb	Male Open	75	Pont-y-pwl & District Runners	2	01:32:44	01:32:39
110	1560	Nicholas James	Walsh	M40-49	18	Griffithstown harriers	4	01:32:45	01:32:37
111	34	Mike	Anthony	M50-59	12	Lliswerry Runners	14	01:32:50	01:32:36
112	1536	Carl	Urquhart	M50-59	13	Pont-y-pwl & district runners	3	01:32:50	01:32:39
113	1060	Ray	Morgan	Male Open	76	Pont-y-pwl & district runners	4	01:32:52	01:32:48
114	1006	Lubica	Meciarova	Female Open	4	Pont-y-pwl & district runners	5	01:32:53	01:32:48
115	802	Chris	John	Male Open	77			01:32:57	01:32:51
116	372	Hywel	Davis	M40-49	19	Great Western Runners	2	01:33:05	01:32:35
117	578	Paul	Greer	M40-49	20			01:33:06	01:32:39
118	1578	Ricci	Watts	Male Open	78	Pont-y-pwl & district runners	6	01:33:07	01:32:55
119	1357	Steven	Sargent	Male Open	79			01:33:12	01:32:58
120	335	Archie Gareth	Davies	Male Open	80	Pont-y-pwl & District Runners	7	01:33:18	01:33:13

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121	1553	Jade	Wakley	Female Open	5	Caerleon RC	3	01:33:19	01:33:04
122	1819	Colin	Wilmott	M50-59	14	Griffithstown Harriers	5	01:33:32	01:33:22
123	1400	Adrian	Smith	M50-59	15	Griffithstown Harriers	6	01:33:41	01:33:30
124	737	Luke	Hurley	Male Open	81			01:33:42	01:33:25
125	1028	Gemma	Mitchell	Female Open	6	Gemma Mitchell	1	01:33:44	01:33:30
126	831	Mostyn	Jones	Male Open	82	Caldicot Running Club	1	01:33:47	01:33:30
127	1729	Mohamed	Hashish	Male Open	83	Admiral	5	01:33:52	01:33:33
128	417	Antoinette	Dumayne	Female Open	7	Lliswerry Runners	15	01:33:57	01:33:41
129	1456	Lou	Summers	F40-49	3	Pont-y-pwl & district runners	8	01:33:58	01:33:54
130	173	Matthew	Brown	Male Open	84			01:33:59	01:33:47
131	981	David	Mather	M50-59	16	Spirit of Monmouth	6	01:34:00	01:33:37
132	1128	David	Otton	Male Open	85			01:34:01	01:33:03
133	348	James	Davies	Male Open	86			01:34:07	01:33:29
134	243	Paul	Chick	M40-49	21	Lliswerry Runners	16	01:34:08	01:33:52
135	32	Stuart	Anderson	M50-59	17	Burnham-on-Sea Harriers	1	01:34:10	01:33:55
136	1008	Glen	Meek	M40-49	22	Chepstow Harriers	4	01:34:12	01:34:02
137	1584	Gary	Webber	M40-49	23	Rhondda valley runners	1	01:34:15	01:34:03
138	346	Ian	Davies	M40-49	24	Caerleon RC	4	01:34:16	01:33:50
139	460	Dave	Evans	M40-49	25			01:34:18	01:34:07
140	232	Shaun	Chard	Male Open	87	N/a	1	01:34:19	01:34:09
141	1328	Peter	Rodger	M50-59	18	Caerleon RC	5	01:34:23	01:34:10
142	1567	David	Waters	M40-49	26	Islwyn Running Club	3	01:34:29	01:34:20
143	1796	Ben	Rowlands	Male Open	88	Admiral	6	01:34:39	01:34:15
144	873	Alun	King	Male Open	89	Lliswerry Runners	17	01:34:42	01:34:32
145	545	Simon	Gill	Male Open	90	Lliswerry Runners	18	01:34:44	01:34:33
146	1014	Ant	Metcalfe	M40-49	27			01:34:47	01:34:09
147	757	Andy	James	M40-49	28	Lliswerry Runners	19	01:34:49	01:34:28
148	1485	Richard	Thomas	M40-49	29			01:34:53	01:34:33

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149	825	Leyton	Jones	M40-49	30			01:34:54	01:34:37
150	429	Alun	Edwards	M40-49	31	Taff Ely Triathlon Club	1	01:34:56	01:34:42
151	1338	Andrew	Rosen	Male Open	91	Caerleon RC	6	01:35:04	01:34:46
152	126	Martin	Blakebrough	M50-59	19	Spirit of Monmouth	7	01:35:07	01:34:45
153	976	Paul	Martin	Male Open	92	Swansea Bay Triathlon Club	1	01:35:12	01:35:03
154	294	Clare	Corten	F40-49	4			01:35:22	01:35:01
155	736	Mark	Hurford	Male Open	93	Pont-y-pwl & district runners	9	01:35:25	01:32:24
156	208	Joseph	Carter	Male Open	94			01:35:32	01:34:53
157	1622	Billy	Williams	Male Open	95			01:35:36	01:35:19
158	1505	Mike	Thurgood	M40-49	32			01:35:42	01:35:28
159	946	Tony	MacKay	M50-59	20	Pegasus RC	2	01:35:44	01:35:31
160	203	Ivor	Cardwell	M50-59	21			01:35:56	01:35:44
161	574	Tim	Green	M40-49	33	Les Croupiers RC	2	01:35:59	01:35:37
162	68	Richie	Basham	M40-49	34			01:35:59	01:35:36
163	570	Alexander	Green	Male Open	96			01:36:04	01:35:34
164	1005	Phillip	Mears	M40-49	35	White Rock Runners	1	01:36:08	01:35:40
165	469	Mark	Evans	Male Open	97	Les Croupiers RC	3	01:36:09	01:35:46
166	1911	Christopher	Lyons	Male Open	98	Kenilworth Runners	1	01:36:09	01:35:58
167	693	Patrick	Hoare	M40-49	36	Lliswerry Runners	20	01:36:14	01:35:53
168	1980	Craig	Gibbs	Male Open	99			01:36:16	01:35:58
169	1354	Steven	Sanges	Male Open	100			01:36:24	01:36:06
170	231	Gavin	Chappelle	Male Open	101			01:36:26	01:36:09
171	1239	David	Proffitt	M60+	2	Lliswerry Runners	21	01:36:26	01:36:10
172	1469	Simon	Tang	Male Open	102	Caerleon RC	7	01:36:30	01:36:15
173	706	Dave	Holloway	Male Open	103	Caldicot Running Club	2	01:36:40	01:36:23
174	1036	Lewis	Monaghan	Male Open	104			01:36:46	01:36:05
175	28	Sarah	Alvis	Female Open	8	Chippenham Harriers	2	01:36:47	01:36:27
176	1551	Damian	Waite	M40-49	37	Caldicot Running Club	3	01:36:52	01:36:35
177	217	Christopher	Chamberlain	Male Open	105			01:36:55	01:36:21
178	1116	Daniel	O'Brien	Male Open	106			01:36:59	01:36:34

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179	57	Andrew	Barham	M40-49	38			01:37:13	01:36:43
180	65	Gareth	Barrington	M40-49	39	Lliswerry Runners	22	01:37:13	01:36:56
181	812	David	Jones	M40-49	40	Caldicot Running Club	4	01:37:18	01:37:01
182	416	Rob	Duggan	M40-49	41			01:37:19	01:37:04
183	248	Alistair	Church	M40-49	42			01:37:20	01:36:40
184	1323	Paul	Robey	M40-49	43			01:37:22	01:37:02
185	1809	Paula	Williams	F40-49	5	Caerleon RC	8	01:37:27	01:37:02
186	371	Giles	Davis	M40-49	44	HTFU	1	01:37:28	01:36:50
187	1246	Elliot	Quigley	Male Open	107	Rougemont School	1	01:37:30	01:37:07
188	1836	Tom	Wooller	Male Open	108	Rougemont School	2	01:37:30	01:37:08
189	1566	Tim	Washbrook	Male Open	109			01:37:31	01:37:11
190	1110	Alex	Nielsen	Male Open	110	Orange Moose	1	01:37:32	01:36:47
191	811	Christopher	Jones	M50-59	22	Lliswerry Runners	23	01:37:33	01:37:20
192	1213	Andrew	Powell	M40-49	45			01:37:34	01:36:57
193	1174	Richard	Perry	Male Open	111	Caerleon RC	9	01:37:35	01:37:21
194	1878	Kevin	Dupé	M50-59	23	Vegan Runners UK	1	01:37:39	01:37:03
195	355	Laura	Davies	Female Open	9			01:37:43	01:37:13
196	389	Andrew	Dickens	M40-49	46	Pont-y-pwl & district runners	10	01:37:47	01:37:42
197	1909	Thomas	Long	Male Open	112	White Rock Runners	2	01:37:48	01:37:19
198	742	Tim	Ingham	M40-49	47	Cirencester ac	1	01:37:52	01:37:31
199	1789	Will	Hughes	Male Open	113	Admiral	7	01:37:53	01:37:15
200	1747	Stuart	Lukins	M40-49	48	Admiral	8	01:37:54	01:37:21
201	325	Adam	Daniel	Male Open	114	N/a	2	01:37:54	01:37:28
202	996	Jim	McGuinness	M40-49	49			01:37:58	01:37:48
203	745	Sophie	Irvine	Female Open	10			01:38:00	01:37:28
204	1832	Neale	Wood	M50-59	24	Lliswerry Runners	24	01:38:06	01:37:22
205	1984	Ioan	Davies	Male Open	115			01:38:15	01:37:55
206	507	Tim	Ford	Male Open	116	Orange Moose	2	01:38:18	01:37:34
207	866	Will	Kershaw-Naylor	Male Open	117			01:38:21	01:37:55

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208	1860	Johan	Berendjy	Male Open	118			01:38:24	01:37:49
209	1123	Andrew	Oliver	M40-49	50	Chepstow Harriers	5	01:38:26	01:37:50
210	1467	Nick	Symonds	M40-49	51			01:38:32	01:38:04
211	1548	Anthony	Vines	M60+	3			01:38:38	01:38:21
212	385	Clive	Denton	M40-49	52	Rhondda Valley Runners	2	01:38:40	01:38:28
213	93	Ian	Bell	M50-59	25	San Domenico RC	1	01:38:40	01:38:18
214	1024	Owen	Mills	Male Open	119			01:38:43	01:38:21
215	747	Gwyn	Istance	M50-59	26	None	1	01:38:50	01:38:21
216	145	James	Boyle	M50-59	27	Chepstow Harriers	6	01:39:02	01:38:05
217	435	Lee	Edwards	Male Open	120	Centric Recruitment	1	01:39:07	01:38:30
218	1236	Jason	Pritchard	M40-49	53	Caerleon RC	10	01:39:08	01:38:53
219	1802	Matthew	Williams	Male Open	121			01:39:10	01:37:41
220	6	Michael	Abell	Male Open	122	N/A	3	01:39:11	01:38:37
221	430	Amy	Edwards	Female Open	11	Rhondda Valley Runners	3	01:39:11	01:38:59
222	1241	Simon	Prosser	M40-49	54			01:39:17	01:38:43
223	455	Mark	English	M40-49	55	Lliswerry Runners	25	01:39:20	01:35:55
224	880	Chris	Kirwan	Male Open	123			01:39:23	01:38:45
225	1575	Bob	Watson	M40-49	56			01:39:25	01:39:05
226	1062	Rhys	Morgan	Male Open	124			01:39:25	01:38:44
227	1543	Jamie	Vanstone	Male Open	126			01:39:28	01:39:12
228	1949	Nick	Venables	Male Open	125			01:39:28	01:39:04
229	784	Andrew	Jenkins	Male Open	127	J.A.F	1	01:39:31	01:38:54
230	1391	Michael	Skyrme	M40-49	57	Fairwater Runners Cwmbran	2	01:39:31	01:38:54
231	1615	David	Willey	Male Open	128			01:39:32	01:39:17
232	1091	Kieran	Mulrooney	M40-49	58			01:39:50	01:39:19
233	1709	Michael	Reeves	Male Open	129	Admiral	9	01:39:53	01:38:49
234	673	Paul	Henley	M40-49	59			01:39:57	01:39:16
235	830	Matthew	Jones	Male Open	130			01:40:04	01:38:10
236	1285	Sandy	Restall	Male Open	131	Dirty Daps Muddy Tracks	1	01:40:08	01:38:28
237	1237	Paul	Pritchard	M40-49	60			01:40:10	01:39:18

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
238	1930	Danielle	Phillips	Female Open	12	Park Bryn Bach	1	01:40:11	01:39:59
239	680	Owain	Hicks	Male Open	132			01:40:11	01:39:17
240	537	Ant	Gettins	Male Open	133			01:40:13	01:39:32
241	1204	Adam	Pontin	Male Open	134			01:40:14	01:39:02
242	959	Paddy	Maloney	M50-59	28			01:40:15	01:40:00
243	136	Phil	Booth	M50-59	29			01:40:16	01:39:25
244	1742	Kyle	Galtry	Male Open	135	Admiral	10	01:40:19	01:38:29
245	1087	Matthew	Mulcahy	M40-49	61			01:40:24	01:40:05
246	610	Anthony	Hall	M40-49	62			01:40:31	01:40:07
247	1629	Eryl	Williams	Male Open	136			01:40:33	01:39:39
248	291	Stephen	Corcoran	M40-49	63			01:40:36	01:40:05
249	1371	Andrew	Sheppard	Male Open	137			01:40:39	01:40:20
250	215	Stephen	Chadwick	M40-49	64			01:40:42	01:40:13
251	1922	Nathaniel	Palmer	M40-49	65			01:40:44	01:39:19
252	151	Marina	Wright	Female Open	13	Lliswerry Runners	26	01:40:47	01:40:14
253	1925	Kat	Patton	Female Open	14			01:40:58	01:40:46
254	1365	Aaron	Seldon	Male Open	138			01:41:03	01:40:20
255	282	Tony	Cook	M40-49	66	Southville Running club	2	01:41:05	01:40:56
256	1084	Rhys	Morton	M40-49	67			01:41:07	01:40:38
257	433	Gareth	Edwards	Male Open	139			01:41:08	01:40:13
258	88	Nicola	Beck	F40-49	6	Lliswerry Runners	27	01:41:10	01:40:38
259	265	Lewis	Coburn	Male Open	140			01:41:17	01:40:52
260	1037	Chris	Monks	Male Open	141			01:41:18	01:39:25
261	85	Martin	Beard	M40-49	68	Cwm Ogwr	1	01:41:25	01:40:44
262	618	Lee	Hammond	M40-49	69	Fairwater Runners Cwmbran	3	01:41:26	01:40:58
263	660	Andrew	Hayward	M40-49	70	Baneswell Red Sox	1	01:41:27	01:41:06
264	657	Scott	Hayden	Male Open	142	Lliswerry Runners	28	01:41:35	01:41:01

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
265	225	Nerys	Chaplin	Female Open	15	Spirit of Monmouth	8	01:41:41	01:41:18
266	452	Alison	Engledew	F50-59	2	Bristol & West AC	6	01:41:43	01:41:19
267	1041	Jonathan	Moore	M40-49	71			01:41:44	01:41:21
268	1912	Kevin	Mansell-Abell	Male Open	143			01:41:47	01:41:11
269	98	Jack	Benson	Male Open	144			01:41:49	01:39:54
270	473	Ross	Evans	Male Open	145			01:41:50	01:41:20
271	1824	John	Wiltshire	Male Open	146			01:41:51	01:40:59
272	9	Paul	Adams	M40-49	72			01:41:53	01:41:25
273	303	Michael	Crocker	Male Open	148			01:41:56	01:41:26
274	713	Aled	Hopton	Male Open	147			01:41:56	01:40:58
275	1958	Ian	Whatmough	M50-59	30	Llswerry Runners	29	01:42:01	01:41:28
276	1214	Luke	Powell	Male Open	149			01:42:03	01:40:52
277	1960	Jamie	Williamson	Male Open	150			01:42:12	01:41:33
278	518	Sarah	Francis	Female Open	16	Llswerry Runners	30	01:42:13	01:41:40
279	1047	Dan	Morgan	Male Open	151			01:42:14	01:41:34
280	970	Samuel	Marsh	Male Open	152			01:42:26	01:41:50
281	1923	David	Pantling	M40-49	73			01:42:31	01:42:00
282	1994	Jack	Thomas	Male Open	153			01:42:34	01:41:59
283	509	Lisa	Forey	Female Open	17			01:42:37	01:42:05
284	797	Nicholas	Jennings	M40-49	74	Southville running club	3	01:42:39	01:42:31
285	1726	Tom	Rains	Male Open	154	Admiral	11	01:42:39	01:42:10
286	394	Jason	Dixon	M40-49	75			01:42:40	01:41:37
287	548	Jamie	Gittins	Male Open	155			01:42:43	01:41:10
288	1139	Gethin	Parker	Male Open	157	Les Croupiers RC	4	01:42:46	01:42:13
289	1781	Harley	O'Donoghue	Male Open	156	Admiral	12	01:42:46	01:41:47
290	1558	Sophie	Walpole	Female Open	18	Team Stag	1	01:42:47	01:42:15
291	1954	Peter	Walsh	Male Open	158			01:42:48	01:42:13

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
292	153	William	Breen	Male Open	159			01:42:52	01:41:47
293	1717	Matthew	Bolton	Male Open	160	Admiral	13	01:42:55	01:40:20
294	1441	Richard	Steele	Male Open	161	Brackla Harriers	2	01:42:58	01:41:56
295	708	Rich	Holmes	M50-59	31			01:43:00	01:41:58
296	994	Marc	McDonough	Male Open	162			01:43:01	01:42:14
297	1545	Keith	Verheyden	M50-59	32	FETCH EVERYONE	1	01:43:08	01:42:43
298	1026	Alex	Milton	Male Open	163			01:43:10	01:41:25
299	895	Andrew	Lawrence	M40-49	76	Nil	1	01:43:11	01:42:19
300	1112	Kelly	Nock	Female Open	19			01:43:14	01:42:29
301	1083	Paul	Morton	Male Open	164			01:43:18	01:42:52
302	1798	Richard	Shuttleworth	Male Open	165	Admiral	14	01:43:21	01:43:00
303	185	Andrew	Burnford	M40-49	77			01:43:22	01:42:40
304	456	Lisa	Erickson	Female Open	20	Pont-y-pwl & district runners	11	01:43:29	01:42:57
305	308	James	Crossfield	Male Open	166			01:43:35	01:42:51
306	1966	Jenna	Roberts	Female Open	21			01:43:36	01:43:07
307	1891	Anthony	Hobbs	M40-49	78	RUN4ALL NEATH	1	01:43:42	01:42:59
308	1299	Liz	Richards	F50-59	3	Caerleon RC	11	01:43:52	01:43:03
309	934	Luke	Lockwood	Male Open	167			01:43:59	01:43:32
310	1738	Christopher	Howells	Male Open	168	Caerloen Runners	1	01:43:59	01:41:27
311	1178	Christopher	Phillips	Male Open	169			01:44:00	01:43:35
312	1186	Matthew	Phillips	Male Open	170			01:44:00	01:43:34
313	1206	Stephen	Pontin	Male Open	171			01:44:02	01:42:48
314	404	Ann-Marie	Doverman	F40-49	7			01:44:04	01:40:51
315	352	Jason	Davies	M40-49	79			01:44:05	01:43:35
316	1806	Neil	Williams	M50-59	33	USK RUNNERS	1	01:44:05	01:43:21
317	616	David	Hammond	M40-49	80			01:44:06	01:43:24
318	116	Lee	Bird	M40-49	81			01:44:07	01:42:49
319	766	Mike	James	M50-59	34			01:44:10	01:43:23

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
320	700	Stewart	Hole	Male Open	172			01:44:15	01:43:36
321	314	David	Cumpstone	Male Open	173			01:44:19	01:42:48
322	694	Leanne	Hockey	Female Open	22	White Rock Runners	3	01:44:21	01:43:09
323	406	Iwan	Dowie	M40-49	82	TEAM USW	2	01:44:23	01:43:39
324	843	Thomas	Jones	Male Open	174			01:44:28	01:43:41
325	794	Richard	Jenkins	M40-49	83			01:44:30	01:43:49
326	586	Justin	Griffiths	M40-49	84			01:44:35	01:43:44
327	1099	Stephen	Neil	Male Open	175	Swansea Harriers	3	01:44:36	01:44:05
328	45	Howard	Attwood	M60+	4	Lliswerry Runners	31	01:44:36	01:44:03
329	1203	Samuel	Pollard	Male Open	176	Caerleon RC	12	01:44:42	01:44:14
330	1943	Jamie	Suller	Male Open	177			01:44:43	01:44:02
331	769	Neil	James	M40-49	85	N.E.W.T	1	01:44:44	01:44:12
332	1175	Simon	Perry	M40-49	86			01:44:46	01:44:11
333	1711	Steven	Taylor	Male Open	178	Admiral	15	01:44:48	01:44:09
334	1945	Nick	Tamplin	Male Open	179			01:44:50	01:44:14
335	916	Natasha	Lewis	F40-49	8			01:44:53	01:44:27
336	917	Nathan	Lewis	M40-49	87			01:44:53	01:44:27
337	834	Philip	Jones	Male Open	180			01:44:56	01:43:53
338	418	Paul	Dunlop	Male Open	181			01:45:02	01:44:16
339	1104	Elizabeth	Neville	Female Open	23			01:45:03	01:44:29
340	80	Ian	Bayliss	M40-49	88	Y Fenni Tri	1	01:45:05	01:43:55
341	227	Joseph	Chapman	M40-49	89	Carmarthen University	1	01:45:10	01:43:27
342	457	Andy	Evans	M40-49	90	The pill poppers (jds evans pharm	1	01:45:13	01:41:45
343	336	Cennydd	Davies	Male Open	182			01:45:13	01:44:18
344	623	Stewart	Harding	Male Open	183	NIKE+ RUN CLUB CARDIFF	1	01:45:14	01:44:35
345	1448	Elizabeth	Stokes	F40-49	9	Griffithstown Harriers	7	01:45:15	01:43:57
346	188	Pete	Burrows	Male Open	184	Caerleon RC	13	01:45:15	01:41:44
347	1295	Alice	Richards	Female Open	24			01:45:18	01:44:30

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348	1547	Phil	Vincent	M40-49	91	EA Harriers	1	01:45:19	01:44:03
349	1264	David	Sinclair	M40-49	92	White Rock Runners	4	01:45:22	01:44:24
350	592	Darren	Griffiths-Warner	M50-59	35			01:45:26	01:44:24
351	549	Jamiee	Gittins	Female Open	25			01:45:26	01:44:42
352	1689	Elena	Willis	Female Open	26	Admiral	16	01:45:27	01:45:03
353	459	Dai	Evans	M50-59	36			01:45:32	01:44:35
354	20	Nicholas	Alford	Male Open	185			01:45:35	01:44:41
355	924	Terry	Lewis	M50-59	37	Islwyn Running Club	4	01:45:37	01:44:53
356	1271	Richard	Rees	Male Open	186	Team Rees Runners	1	01:45:38	01:45:23
357	1410	Matt	Smith	Male Open	187			01:45:39	01:45:13
358	1889	Lee	Harris	Male Open	188			01:45:42	01:44:28
359	1962	Darren	Winnel	Male Open	189			01:45:42	01:44:27
360	674	Iestyn	Henson	M40-49	93			01:45:48	01:44:47
361	973	Robert	Marshall	M40-49	94			01:45:49	01:45:06
362	1018	Sam	Miles	F40-49	10			01:45:50	01:44:33
363	1136	Ellen	Park	Female Open	27			01:45:50	01:44:26
364	223	David	Gates	M50-59	38	Lliswerry Runners	32	01:45:52	01:44:42
365	251	Daniel	Clare	Male Open	190			01:45:53	01:44:06
366	754	David	Jacob	Male Open	191	TEAM USW	3	01:45:55	01:44:20
367	1538	Matthew	Ursell	Male Open	192			01:45:55	01:45:14
368	1737	Rebecca	Rothwell	Female Open	28			01:45:55	01:45:23
369	961	Richie	Mann	Male Open	193			01:45:58	01:45:22
370	1845	Michael	Yearsley	Male Open	194			01:46:01	01:45:14
371	1591	Peter	Welbirg	M60+	5	Griffithstown Harriers	8	01:46:02	01:44:53
372	1235	Huw	Pritchard	Male Open	195			01:46:03	01:45:00
373	506	Jamie	Ford	Male Open	196			01:46:04	01:45:49
374	1990	Elliot	Gibbons	Male Open	197			01:46:08	01:44:29

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375	1866	Christie	Coleman	M40-49	95	Cwm Ogwr running club	1	01:46:09	01:45:29
376	1042	Charlotte	Moran	Female Open	29			01:46:13	01:45:46
377	1882	Ryan	Farley	Male Open	198	Caerleon RC	14	01:46:16	01:44:19
378	1503	Ian	Thorne	M40-49	96	Ian	1	01:46:17	01:45:29
379	275	Rebecca	Comins	F40-49	11	Chepstow Harriers	7	01:46:19	01:45:43
380	1374	Robert	Shiple	Male Open	199			01:46:19	01:44:22
381	463	Ioan	Evans	M40-49	97	TEAM USW	4	01:46:21	01:45:26
382	1180	David	Phillips	M40-49	98	Davissi	1	01:46:25	01:45:57
383	839	Simon	Jones	Male Open	200			01:46:25	01:45:38
384	501	Robert	Flory	M40-49	99	MORGAN FLORY	1	01:46:26	01:44:35
385	1628	Emma	Williams	F40-49	12			01:46:28	01:45:47
386	1346	Conor	Ryan	Male Open	201	Rougemont School	3	01:46:32	01:43:35
387	329	Neil	Davey	M50-59	39	Caerleon RC	15	01:46:33	01:46:06
388	127	David	Bland	M50-59	40			01:46:36	01:45:57
389	643	Mark	Harvey	M50-59	41	Chepstow Harriers	8	01:46:41	01:45:12
390	950	Caroline	Madley	Female Open	30			01:46:42	01:45:56
391	687	Tom	Hill	Male Open	202			01:46:45	01:45:57
392	309	Charles	Crundwell	M40-49	100			01:46:49	01:45:33
393	176	Timothy	Buckley	M40-49	101	Chepstow Harriers	9	01:46:53	01:45:53
394	172	Lisa	Brown	Female Open	31			01:46:59	01:45:45
395	1221	Deri	Preece	Male Open	203			01:47:04	01:45:11
396	809	Brian	Jones	M40-49	102			01:47:06	01:46:31
397	1339	Bethan	Rossiter	Female Open	32			01:47:17	01:46:08
398	935	Simeon	Lolin	M40-49	103	Lliswerry Runners	33	01:47:19	01:46:46
399	285	Mark	Cooling	M40-49	104	Malvern Joggers	1	01:47:20	01:46:46
400	765	Michael	James	M50-59	42			01:47:22	01:46:28
401	230	Richard	Chappell	M40-49	105			01:47:22	01:46:23

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402	1579	Gareth	Way	Male Open	204			01:47:26	01:46:12
403	1189	Christian	Phillips Adams	Male Open	205			01:47:30	01:46:54
404	359	Matt	Davies	Male Open	206			01:47:32	01:46:26
405	1251	Charlotte	Ralph	Female Open	33	Lliswerry Runners	34	01:47:36	01:47:04
406	379	Chris	Deere	Male Open	207			01:47:37	01:47:14
407	767	Mike	James	M40-49	106	Port Talbot Harriers	3	01:47:38	01:47:11
408	644	Nick	Harvey	Male Open	208			01:47:40	01:46:52
409	233	Roseann	Charles	Female Open	34	Griffithstown Harriers	9	01:47:45	01:45:58
410	1506	Billy	Tilley	Male Open	209	Caerleon RC	16	01:47:45	01:47:20
411	421	Martyn	Dursley	Male Open	210	Lliswerry Runners	35	01:47:48	01:47:17
412	1019	Owen	Miller	Male Open	211			01:47:49	01:46:41
413	1581	Joshua	Webb	Male Open	212			01:47:53	01:46:01
414	1853	Laurence	Astill Wright	Male Open	213			01:47:53	01:45:59
415	1401	Amy	Smith	Female Open	35	Hereford couriers	1	01:47:55	01:47:27
416	503	Shell	Flynn	Female Open	36	White Rock Runners	5	01:48:02	01:46:50
417	875	Marc	King	M40-49	107			01:48:02	01:47:00
418	842	Sue	Jones	F40-49	13			01:48:02	01:47:11
419	1539	Robin	Ursell	M50-59	43			01:48:05	01:47:13
420	1072	Chris	Morris	M40-49	108			01:48:05	01:47:07
421	714	Ian	Houghton	M50-59	44			01:48:11	01:47:44
422	1730	James	Hart	Male Open	214	Admiral	17	01:48:11	01:46:35
423	1342	Adam	Rowbotham	Male Open	215	Alton Runners	1	01:48:12	01:46:51
424	702	Jonathan	Holland	M40-49	109			01:48:17	01:47:53
425	1348	Adam	Sadler	Male Open	216	Centric Recruitment	2	01:48:18	01:47:14
426	77	Mark	Batten	M40-49	110			01:48:20	01:47:45
427	494	Joanne	Filer	F40-49	14	Cr@p Tri	1	01:48:24	01:47:47
428	803	Dale	Johnson	Male Open	217			01:48:32	01:48:11

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429	1875	Hannah	Davies	Female Open	37	Islwyn Running Club	5	01:48:38	01:47:35
430	1688	Sara	Williams	F40-49	15	Admiral	18	01:48:38	01:48:02
431	398	Marcus	Doolan	Male Open	218			01:48:41	01:47:02
432	1290	Steph	Rhodes	Female Open	38	Lliswerry Runners	36	01:48:49	01:48:27
433	1479	Adam	Thomas	Male Open	219			01:48:52	01:47:01
434	1451	Chris	Suller	M40-49	111			01:48:53	01:47:33
435	978	Erika	Masna	Female Open	39	Calne SMaRTT	1	01:48:54	01:48:12
436	1156	Debbie	Pearce	F40-49	16	Calne SMaRTT	2	01:48:54	01:48:11
437	763	Hywel	James	Male Open	220			01:48:55	01:47:53
438	988	Paul	McAfee	M50-59	45	Spirit of Monmouth	9	01:49:02	01:47:56
439	258	Richard	Clay	Male Open	221			01:49:06	01:47:24
440	1844	Rich	Wyse	Male Open	222			01:49:08	01:48:24
441	1164	Anna	Pennington	Female Open	40			01:49:12	01:48:04
442	476	Mark	Everson	M40-49	112	Batrunners	1	01:49:18	01:48:35
443	1625	Dan	Williams	M40-49	113			01:49:20	01:48:43
444	1609	Rhyan	Wilcox	Male Open	223			01:49:22	01:48:51
445	1240	Mark	Prosser	M40-49	114			01:49:25	01:48:50
446	1843	Harry	Wynne	Male Open	224	Rougemont School	4	01:49:26	01:47:09
447	143	Michael	Bowman	M40-49	115	Rougemont School	5	01:49:30	01:49:05
448	1602	Paul	Whewell	M50-59	46			01:49:31	01:48:52
449	4	Michael	Hard	Female Open	41	Lliswerry Runners	37	01:49:38	01:49:15
450	440	Gareth	Elliott	Male Open	225			01:49:44	01:48:46
451	1880	Mark	Edinborough	Male Open	226			01:49:44	01:49:01
452	1898	David	Jones	Male Open	227	Les Croupiers RC	5	01:49:45	01:48:25
453	284	Emily	Cooke	Female Open	42			01:49:46	01:48:58

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454	1586	Dave	Webster	M50-59	47	Lliswerry Runners	38	01:49:46	01:48:19
455	1462	Michael	Swain	M50-59	48	Gavenny runners	1	01:49:47	01:48:40
456	1508	Michael	Titley	M40-49	116	Lliswerry Runners	39	01:49:56	01:48:31
457	66	Andy	Barry	M50-59	49	Lliswerry Runners	40	01:49:57	01:48:31
458	1518	Helen	Trollope	Female Open	43			01:49:57	01:48:47
459	991	Luke	McCarthy-Reed	Male Open	228			01:49:59	01:48:19
460	1720	Sandeep	Gill	Male Open	229	Admiral	19	01:50:05	01:49:33
461	1	Guto	Aaron	Male Open	230	Unaffiliated	1	01:50:09	01:48:33
462	319	Mark	Curtis	M40-49	117	N/A	4	01:50:11	01:49:03
463	555	Paul	Godbold	M40-49	118	Team Bath AC	1	01:50:12	01:49:11
464	778	Hayley	Jeavons	Female Open	44			01:50:16	01:48:20
465	1216	Richard	Powell	M40-49	119	Lliswerry Runners	41	01:50:23	01:48:39
466	671	Nick	Henderson	Male Open	231			01:50:25	01:48:46
467	1521	Ashley	Truman	Male Open	232			01:50:26	01:48:30
468	819	Ian	Jones	Male Open	233			01:50:28	01:49:11
469	467	Lloyd	Evans	Male Open	234			01:50:40	01:50:06
470	247	Gareth	Chislett	M40-49	120			01:50:41	01:50:07
471	1600	David	Wheeler	Male Open	235			01:50:41	01:47:48
472	1131	David	Palmer	M50-59	50			01:50:43	01:49:25
473	1950	Lorraine	Wadley	Female Open	45			01:50:43	01:49:28
474	1472	James	Taylor	Male Open	236	AB INBEV MAGOR	1	01:50:44	01:48:39
475	1840	Peter	Wright	M40-49	121			01:50:45	01:49:47
476	1309	Dave	Timson	M50-59	51	Pont-y-pwl & district runners	12	01:50:46	01:49:59
477	681	Andrew	Hill	M40-49	122			01:50:51	01:49:50
478	732	Donna	Hunkin	F40-49	17	Taff Ely Tri	1	01:50:52	01:49:49
479	1352	Chai	Sanapala	Male Open	237			01:50:53	01:49:15
480	608	Robert	Haley	Male Open	238			01:50:53	01:49:19
481	351	Jared	Davies	M40-49	123	TEAM USW	5	01:50:56	01:50:17

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
482	1152	Dean	Peacock	M40-49	124			01:50:57	01:49:46
483	1531	Karl	Turner	Male Open	239			01:50:57	01:49:38
484	118	Emma	Bisgrove	Female Open	46	Wimbledon Windmilers	1	01:50:57	01:50:00
485	1550	Lee	Wadley	Male Open	240			01:50:59	01:50:00
486	1666	Carissa	Forbes	Female Open	47	Admiral	20	01:51:00	01:49:55
487	396	Martin	Donovan	M50-59	52	Welsh Diving	1	01:51:01	01:50:12
488	1399	Caroline	Smart	Female Open	48			01:51:06	01:50:00
489	1858	Mary	Beech	F50-59	4	Brackla Harriers	3	01:51:07	01:50:09
490	1859	Richard	Beech	M50-59	53	Brackla Harriers	4	01:51:08	01:50:09
491	1385	Thomas	Sims	Male Open	241			01:51:11	01:50:12
492	590	Paul	Griffiths	M40-49	125			01:51:17	01:50:37
493	86	Rhys	Bebb	Male Open	242	CMS Runners	1	01:51:18	01:49:51
494	1457	Graham	Sumsion	Male Open	243			01:51:18	01:50:10
495	130	Mike	Bobbett	Male Open	244	CMS Runners	2	01:51:22	01:49:55
496	1590	Luke	Weigel	Male Open	245			01:51:23	01:49:59
497	1921	Timothy	Murphy	M50-59	54	Fairwater Runners Cwmbran	4	01:51:23	01:50:26
498	333	Aled	Davies	Male Open	246			01:51:24	01:50:45
499	1171	Laura	Perry	Female Open	49			01:51:25	01:50:34
500	292	Rich	Corken	M40-49	126			01:51:27	01:50:22
501	1312	Holl	Roberts	Female Open	50			01:51:28	01:50:06
502	1589	Robert	Weeks	M40-49	127			01:51:28	01:50:43
503	472	Richard	Evans	M40-49	128			01:51:29	01:50:56
504	920	Peter	Lewis	M40-49	129			01:51:30	01:49:50
505	1234	Marcus	Primhak	M40-49	130			01:51:34	01:50:28
506	1033	Sally	Mogg	Female Open	51			01:51:35	01:50:10

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
507	756	Alexandrea	Jakeway	F40-49	18			01:51:35	01:50:24
508	486	Mark	Faulkner	M50-59	55	Lliswerry Runners	42	01:51:36	01:50:42
509	264	Duncan	Cobb	Male Open	247	Rougemont School	6	01:51:36	01:50:05
510	641	James	Harvey	Male Open	248			01:51:39	01:51:03
511	367	Robert	Davies	Male Open	249			01:51:39	01:49:35
512	340	Ffion	Davies	Female Open	52	Islwyn Running Club	6	01:51:48	01:51:25
513	1871	Paul	Cummins	M40-49	131			01:51:48	01:51:11
514	1854	Brenda	Avery	F60+	1	Chepstow Harriers	10	01:51:54	01:51:39
515	1424	Spencer	Spencer	M60+	6			01:51:55	01:50:39
516	837	Ryan	Jones	Male Open	250			01:51:56	01:51:06
517	1526	Rob	Tudhope	M40-49	132	Lliswerry Runners	43	01:51:57	01:50:14
518	499	Matthew	Fletcher	Male Open	251			01:52:00	01:48:37
519	1190	Mark	Picton	M50-59	56			01:52:02	01:51:01
520	266	Andrew	Cockeram	M40-49	133	Lliswerry Runners	44	01:52:05	01:51:13
521	72	Lisa	Bateman	F40-49	19	Lliswerry runners	45	01:52:06	01:51:15
522	515	Paul	Foy	M40-49	134			01:52:06	01:51:21
523	510	Phil	Forman	M40-49	135			01:52:07	01:51:20
524	1791	Peter	Olivier	M50-59	57	Admiral	21	01:52:09	01:50:51
525	441	Keely	Elliott	F40-49	20			01:52:10	01:50:23
526	295	John	Courtney	M40-49	136	Unattached Silver Bullets	1	01:52:10	01:50:23
527	940	Katy	Luff	Female Open	53	Caldicot Running Club	5	01:52:16	01:51:02
528	826	Maison	Jones	M40-49	137			01:52:18	01:51:21
529	113	Simon	Biggs	M50-59	58			01:52:19	01:52:00
530	327	Trevor	Daniels	M40-49	138			01:52:19	01:51:09
531	135	Kevin	Booth	M50-59	59			01:52:22	01:51:02
532	439	Christopher	Elliott	Male Open	252	Caerleon RC	17	01:52:28	01:51:30
533	1193	Adam	Pirouet	Male Open	253			01:52:32	01:51:13
534	755	Nick	Jacques	M50-59	60			01:52:35	01:51:24
535	1074	Jacob	Morris	M50-59	61			01:52:36	01:51:37

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536	1228	Matthew	Price	Male Open	254	Lliswerry Runners	46	01:52:40	01:51:07
537	1488	Helen	Thomas	F50-59	5	Caerleon RC	18	01:52:42	01:51:53
538	1870	David	Cornelius	M40-49	139			01:52:48	01:51:40
539	411	Steve	Drewitt	Male Open	255			01:52:49	01:51:12
540	836	Ryan	Jones	Male Open	256			01:52:53	01:51:14
541	1639	Linzi	Williams	F40-49	21	Crossfit Shadow Valley	1	01:52:53	01:52:05
542	703	Matthew	Hollifield	Male Open	257			01:52:55	01:51:58
543	817	Holly	Jones	Female Open	54			01:52:56	01:51:08
544	1616	Liz	Willey	Female Open	55			01:52:57	01:52:07
545	1089	Darren	Mullan	M40-49	140			01:52:58	01:51:12
546	1420	Emma	Sowrey	F40-49	22	Pont-y-pwl & district runners	13	01:53:00	01:52:28
547	212	Peter	Carwardine	M50-59	62	Hereford couriers	2	01:53:00	01:52:33
548	1523	Phil	Tucker	M40-49	141			01:53:01	01:52:03
549	111	Abigail	Bidgood	Female Open	57			01:53:02	01:51:41
550	1129	Tara	Paisey	Female Open	56	Griffithstown harriers	10	01:53:02	01:51:41
551	883	Jonathan	Knight	M40-49	142			01:53:04	01:51:49
552	1872	David	Daniel	Male Open	258			01:53:08	01:52:33
553	1106	Dan	Newton	M40-49	143	Pont-y-pwl & district runners	14	01:53:10	01:51:53
554	312	Alistair	Cummings	Male Open	259	Pont-y-pwl & district runners	15	01:53:11	01:51:54
555	752	Kraig	Jackson	Male Open	260	Lliswerry Runners	47	01:53:12	01:52:27
556	878	Ieuan	Kingston	Male Open	261	Pont-y-pwl & district runners	16	01:53:14	01:51:58
557	1916	Tim	Monckton	Male Open	262	Penarth and Dinas Runners	1	01:53:16	01:51:57
558	646	Lauren	Harvison	Female Open	58			01:53:16	01:52:02
559	1541	Mark	Van Vliet	Male Open	263			01:53:17	01:50:59
560	514	Suzanne	Foster	Female Open	59			01:53:17	01:51:22

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561	1153	Joanne	Peacock	F50-59	6	Caerleon RC	19	01:53:18	01:52:29
562	1500	Rebekah Olivia	Thompson	Female Open	60			01:53:21	01:52:27
563	1931	Matthew	Potter	M40-49	144	Lliswerry Runners	48	01:53:27	01:52:44
564	13	Yvette	Adamson	F40-49	23	Hunts ac	1	01:53:36	01:52:27
565	1145	Mark	Parry	M40-49	145	N/A	5	01:53:37	01:52:00
566	1588	Coumoi	Weeks	F40-49	24			01:53:38	01:52:55
567	1440	Matthew	Steed	Male Open	264			01:53:43	01:52:35
568	1377	Kieran	Shreves	Male Open	265			01:53:45	01:51:04
569	1751	James	Armstrong	Male Open	266	Admiral	22	01:53:49	01:53:03
570	901	Sarah	Lees	F40-49	25	TEAM USW	6	01:53:55	01:52:54
571	833	Nicola	Jones	Female Open	61			01:53:56	01:53:06
572	1260	Samuel Michael	Reader	M40-49	146	Samuel Michael Reader	1	01:54:03	01:53:04
573	64	Paul	Barnston	M40-49	147			01:54:07	01:53:24
574	380	Sophie	Deere	Female Open	62	Brackla Harriers	5	01:54:12	01:53:48
575	744	Chris	Innes	Male Open	267			01:54:15	01:53:12
576	600	Bryony	Gurmin	Female Open	63			01:54:16	01:52:15
577	214	Simon	Cawthorn	M40-49	148	Not affiliated	1	01:54:18	01:52:54
578	1166	Kate	Penny	Female Open	64			01:54:19	01:52:32
579	746	Chris	Isaac	Male Open	268			01:54:22	01:53:39
580	1231	Vince	Price	M40-49	149			01:54:22	01:53:13
581	272	Mark	Collins	M40-49	150			01:54:25	01:53:06
582	1433	Susan	Standford	F50-59	7			01:54:25	01:53:18
583	711	Jonathan	Hooper	M50-59	63			01:54:26	01:53:47
584	1210	Angela	Potter-Collins	F40-49	26	Lliswerry Runners	49	01:54:27	01:53:05
585	25	Katie	Allen	F40-49	27	Pont-y-pwl & District Runners	17	01:54:28	01:53:40

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586	1118	Carolyn	O'Leary	Female Open	65			01:54:30	01:52:49
587	1988	Francis	Smith	Male Open	269			01:54:31	01:52:57
588	595	Adrian	Groves	M40-49	151			01:54:32	01:51:30
589	1351	Darren	Samuel	M40-49	152	Pont-y-pwl & district runners	18	01:54:39	01:53:34
590	877	Rita	Kingdon	Female Open	66	Cardiff Triathlon Club	1	01:54:43	01:54:07
591	1982	Hayley	Ford	Female Open	67	Admiral	23	01:54:44	01:51:41
592	727	Dai	Hughes	M40-49	153	N/A	6	01:54:45	01:53:29
593	1088	Sharon	Mulcahy	F40-49	28			01:54:48	01:54:01
594	1787	Aleem	Javed	Male Open	270	Admiral	24	01:54:50	01:51:31
595	1313	John	Roberts	Male Open	271			01:54:50	01:53:50
596	1265	Caroline	Rees	Female Open	68			01:54:53	01:53:27
597	159	Paul	Bridges	M40-49	154			01:54:59	01:54:13
598	1471	Matthew	Gobbett	Male Open	272	Caerleon RC	20	01:54:59	01:53:55
599	696	Andrew	Hoffrock	M40-49	155			01:54:59	01:53:30
600	1133	Richard	Parcell	M50-59	64	Lliswerry Runners	50	01:55:01	01:53:51
601	899	Jonathan	Lee	M50-59	65	Penarth and dinas runners	2	01:55:02	01:54:00
602	1085	Jaroslav	Moscibrodzki	Male Open	274			01:55:02	01:51:34
603	1951	Dominik	Walczak	Male Open	273			01:55:02	01:51:33
604	497	Alan	Fishwick	M50-59	66	Lliswerry Runners	51	01:55:03	01:54:07
605	1619	Andrew	Williams	Male Open	275			01:55:04	01:54:00
606	317	Alun	Curnow	Male Open	276			01:55:05	01:54:12
607	1765	Brendon	White	Male Open	277	Admiral	25	01:55:11	01:54:01
608	1439	Spiro	Stathakis	M40-49	156	Lliswerry Runners	52	01:55:13	01:54:10
609	1332	Lee	Rogers	Male Open	278			01:55:20	01:54:27
610	1989	David	Beddowe	M40-49	157			01:55:25	01:53:21
611	1749	Alex	Mayes	Male Open	279	Admiral	26	01:55:29	01:54:08

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612	1181	Elinor	Phillips	Female Open	69	Lliswerry Runners	53	01:55:32	01:54:38
613	1522	Darran	Tucker	M40-49	158			01:55:32	01:54:07
614	918	Nathan	Lewis	Male Open	280			01:55:35	01:52:59
615	1814	Steve	Williams	M50-59	67	Lliswerry Runners	54	01:55:35	01:54:44
616	1464	Chris	Sweeney	Male Open	281			01:55:38	01:54:25
617	1598	Neil	Whatley	M40-49	159			01:55:40	01:54:26
618	8	Chris	Adams	M40-49	160	Taff Attack Racing	1	01:55:44	01:54:03
619	1914	Sam	Methuen	Female Open	70	Islwyn Running Club	7	01:55:48	01:54:46
620	1803	Melanie	Williams	Female Open	71	White Rock Runners	6	01:55:48	01:54:41
621	1437	Marion	Stanley	F40-49	29			01:55:53	01:52:36
622	1065	Robert	Morgan	M40-49	161	MORGAN FLORY	2	01:56:01	01:54:09
623	1076	Phil	Morris	M40-49	162			01:56:03	01:54:35
624	1698	Luke	Trigg	Male Open	282	Admiral	27	01:56:05	01:52:58
625	867	Gareth	Key	Male Open	283	NIKE+ RUN CLUB CARDIFF	2	01:56:06	01:54:38
626	491	Luke	Felton	Male Open	284	Spirit of Monmouth	10	01:56:07	01:55:03
627	211	Kim	Carwardine	Female Open	72	Chepstow Harriers	11	01:56:07	01:54:06
628	822	Katie	Jones	Female Open	73	Caldicot Running Club	6	01:56:07	01:54:52
629	612	Dale	Hall	Male Open	285	Fat Boys Running Club	1	01:56:09	01:53:33
630	1303	Derren	Richardson	M40-49	163	BFunctional	1	01:56:09	01:54:28
631	968	Anthony	Marsh	M40-49	164			01:56:11	01:54:50
632	1710	Richard	Roberts	M40-49	165	Admiral	28	01:56:15	01:55:42
633	349	Jamie	Davies	Male Open	286	Daisy-Mae Davies	1	01:56:17	01:54:28
634	1773	James	Graham	Male Open	287	Admiral	29	01:56:18	01:55:08
635	1501	Samantha	Thompson	Female Open	74			01:56:20	01:55:09
636	1187	Robin	Phillips	M50-59	68	Avon Valley Runners	1	01:56:24	01:55:00

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637	102	Leigh	Besley	Male Open	288			01:56:24	01:52:59
638	1896	Adrian	Jenkins	M50-59	69	Llisbury Runners	55	01:56:25	01:55:35
639	1039	Christine	Moore	F50-59	8	Chippenham Tri	1	01:56:26	01:55:17
640	446	Richard	Ellwood	M40-49	166	NEWT	1	01:56:29	01:54:36
641	1429	Mark	Spooner	M50-59	70			01:56:30	01:54:44
642	1427	Gareth	Jenkins	M40-49	167	Llisbury Runners	56	01:56:31	01:54:28
643	1743	Rob	Golledge	Male Open	289	Admiral	30	01:56:33	01:54:54
644	1504	Jason	Thorne	M40-49	168			01:56:34	01:54:58
645	933	Michael	Locke	Male Open	290			01:56:35	01:54:30
646	368	Ruth	Davies	F50-59	9	Llisbury Runners	57	01:56:38	01:55:15
647	1233	Nathan	Priest	Male Open	291			01:56:40	01:55:45
648	124	Adrian	Blair	Male Open	292			01:56:40	01:55:27
649	1250	Mithu	Rahman	M40-49	169	White Rock Runners	7	01:56:41	01:55:29
650	1546	Rachel	Vernall	F40-49	30			01:56:41	01:55:45
651	585	John	Griffiths	M50-59	71			01:56:42	01:56:28
652	1040	Jamie	Moore	Male Open	293			01:56:42	01:56:23
653	1282	Sian	Rendell	Female Open	75	Team Rees Runners	2	01:56:42	01:56:27
654	884	Emily	Knox	Female Open	76			01:56:45	01:55:29
655	332	Rob	Davidson	Male Open	294	Team Stag	2	01:56:46	01:55:54
656	1124	Kenneth Wayne	Oliver	M50-59	72	Islwyn Running Club	8	01:56:48	01:55:38
657	666	James	Heard	Male Open	295			01:56:49	01:55:53
658	1230	Tarran	Price	F40-49	31	Great Western runners	3	01:56:51	01:55:39
659	583	Elizabeth	Griffiths	Female Open	77			01:56:51	01:55:23
660	1888	Ann-Marie	Harris	Female Open	78			01:56:51	01:55:45
661	1480	Andrew	Thomas	Male Open	296			01:56:57	01:55:39
662	1341	Kate	Rowberry	Female Open	79			01:57:01	01:55:50

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663	663	Rhys	Heal	Male Open	297	NIKE+ RUN CLUB CARDIFF	3	01:57:02	01:56:17
664	161	Paul	Brookes	M40-49	170	Piranhas Tri	1	01:57:04	01:55:48
665	1202	Geraint	Pollard	Male Open	298			01:57:06	01:56:06
666	60	Jonathan	Barne	M40-49	171			01:57:07	01:55:32
667	1580	Emma	Weaving	Female Open	80	Pont-y-pwl & district runners	19	01:57:07	01:55:32
668	1768	Jordan	Urquhart	Male Open	299	Admiral	31	01:57:07	01:55:32
669	1232	Mark	Pridgeon	M50-59	73	Otib	1	01:57:08	01:55:45
670	277	Jason	Conibeer	M40-49	172	Lliswerry Runners	58	01:57:10	01:56:04
671	169	David	Brown	M40-49	173	Lliswerry Runners	59	01:57:16	01:55:50
672	44	Warren	Attewell	M40-49	174			01:57:17	01:56:28
673	1259	John	Read	M40-49	175			01:57:21	01:56:14
674	259	Francesca	Clayton	Female Open	81			01:57:25	01:55:54
675	343	Heidi	Davies	Female Open	82			01:57:27	01:55:32
676	851	Jan	Keelan	F40-49	32			01:57:32	01:56:30
677	391	Jennifer	Digweed	F40-49	33			01:57:32	01:55:37
678	1986	Mo	Williams	M40-49	176	Mo	1	01:57:36	01:56:46
679	1605	Michael	White	Male Open	300			01:57:36	01:54:44
680	1431	Emma	Spuffard	Female Open	83	Caldicot Running Club	7	01:57:41	01:56:26
681	297	Nick	Cox	Male Open	301			01:57:41	01:57:00
682	786	Cerianne	Jenkins	F40-49	34	Lliswerry Runners	60	01:57:47	01:56:57
683	1415	Steve	Smith	M40-49	177	Caerleon RC	21	01:57:47	01:56:14
684	651	Peter	Hawkins	M40-49	178			01:57:49	01:56:17
685	1107	M. J.	Nicholls	M60+	7	Team Bath AC	2	01:57:54	01:56:09
686	449	Zoe	Elver	F40-49	35	Pont-y-pwl & district runners	20	01:57:55	01:56:22
687	1850	Michael	Addis	Male Open	302			01:57:55	01:55:53
688	168	Andrew	Brown	M50-59	74			01:57:56	01:56:08
689	424	John	Eagle	M50-59	75			01:57:57	01:56:25

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690	560	Ben	Gooding	Female Open	84			01:57:58	01:56:05
691	121	Em	Bissex	Female Open	85			01:57:58	01:56:05
692	489	Christopher	Feehan	Male Open	303			01:57:59	01:56:21
693	1933	Solitaire	Pritchard	F40-49	36			01:58:00	01:56:22
694	14	Priscilla	Ager	Female Open	86			01:58:01	01:54:50
695	162	James	Brooks	M40-49	179	Crescent Runners	1	01:58:02	01:57:06
696	551	James	Gladwin	M40-49	180			01:58:05	01:56:57
697	1979	Joshua	Skinner	Male Open	304			01:58:05	01:55:58
698	1381	Alex	Sim	Male Open	305			01:58:06	01:57:27
699	1572	Paul	Watkins	M50-59	76			01:58:06	01:56:37
700	1165	Chris	Pennington	Male Open	306			01:58:07	01:57:02
701	906	Aaron	Lewis	Male Open	307			01:58:11	01:55:35
702	816	Geraint	Jones	Male Open	308	DTKO	1	01:58:13	01:57:01
703	1492	Katie	Thomas	Female Open	87	Slimming World	1	01:58:17	01:56:43
704	444	Richard	Ellis	Male Open	309			01:58:18	01:56:32
705	1326	Julie	Roche	F40-49	37	Fairwater Runners Cwmbran	5	01:58:20	01:56:29
706	995	Philip	McGill	Male Open	310			01:58:25	01:56:19
707	1378	John	Shutt	Male Open	311			01:58:28	01:57:27
708	1333	Rachael	Rogers	F40-49	38			01:58:32	01:57:08
709	653	Charles	Haworth-Booth	Male Open	312			01:58:35	01:57:28
710	1489	Hollie	Thomas	Female Open	88			01:58:35	01:57:24
711	863	Rachel	Kennedy	F40-49	39	Lliswerry Runners	61	01:58:36	01:57:17
712	19	Mark	Alford	M50-59	77	Slimming World	2	01:58:36	01:57:05
713	1906	Peter	Leach	Male Open	313			01:58:37	01:57:07
714	1884	Georgina	Graham	Female Open	89			01:58:37	01:57:07

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
715	425	Catherine	Ealey-Fitzgerald	F40-49	40	Rhayader Running Club	1	01:58:38	01:57:39
716	683	Domenico	Hill	M50-59	78	Southville Running Club	4	01:58:38	01:57:21
717	187	Oliver	Burridge	Male Open	314	Rougemont School	7	01:58:38	01:55:42
718	1319	Steve	Roberts	M40-49	181			01:58:42	01:57:49
719	1292	Hannah	Rich	Female Open	90			01:58:42	01:56:44
720	1293	Mark	Rich	M50-59	79			01:58:42	01:56:44
721	730	Stephen	Hughes	M50-59	80	Llanwiggly Harriers	1	01:58:44	01:56:18
722	1700	Jesse	Andrews	Male Open	315	Admiral	32	01:58:48	01:57:08
723	1075	Nicola	Morris	Female Open	91			01:58:50	01:57:50
724	99	Kathryn	Benson	Female Open	92			01:58:53	01:57:43
725	1046	Chris	Morgan	Male Open	316			01:58:57	01:55:51
726	1835	Moira	Wooles	Female Open	93	TEAM USW	7	01:59:00	01:57:40
727	1191	Lisa	Pinch	F40-49	41			01:59:00	01:58:28
728	856	Tomos	Kelly	Male Open	317			01:59:01	01:57:23
729	569	Scott	Greaves	Male Open	318			01:59:02	01:58:40
730	523	Craig	Fussell	M40-49	182			01:59:02	01:58:16
731	853	Paul	Kelemen	M40-49	183			01:59:02	01:58:16
732	1932	Jeanie	Prince	Female Open	94			01:59:02	01:58:13
733	655	Margaret	Hay	Female Open	95			01:59:03	01:57:51
734	804	Eleanor	Johnston	Female Open	96	Lliswerry Runners	62	01:59:04	01:58:19
735	1528	Sarah	Tugwell	Female Open	97			01:59:05	01:57:33
736	761	Emma	James	F40-49	42			01:59:06	01:57:34

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
737	896	Sian	Lawrence	Female Open	98			01:59:06	01:57:30
738	442	Lorna	Elliott	Female Open	99			01:59:07	01:57:58
739	664	Vikki	Healan	Female Open	100			01:59:07	01:57:50
740	67	Heidi	Barry	Female Open	101			01:59:08	01:57:50
741	791	Jamie	Jenkins	Male Open	319			01:59:08	01:57:52
742	1336	Alison	Roper-Marshall	Female Open	102	Y Fenni Tri	2	01:59:08	01:57:51
743	1617	Alex	Williams	Male Open	320	Alex Williams	1	01:59:08	01:58:12
744	886	Mark	Lanchbury	M40-49	184			01:59:08	01:56:54
745	1394	Mathew	Slape	Male Open	321			01:59:09	01:57:27
746	422	Paul	Dursley	M60+	8	Lliswerry Runners	63	01:59:09	01:57:28
747	893	Lisa	Lawford	F40-49	43	Islwyn Running Club	9	01:59:10	01:58:07
748	861	Jason	Kennedy	M40-49	186			01:59:10	01:57:50
749	1051	Glyn	Morgan	M40-49	185			01:59:10	01:57:45
750	1055	Kate	Morgan	F40-49	44			01:59:11	01:57:46
751	614	Julien	Halsberghe	Male Open	322	AB INBEV MAGOR	2	01:59:11	01:57:06
752	760	Deborah	James	Female Open	103			01:59:16	01:57:54
753	1261	Stephen	Reardon	Male Open	323			01:59:16	01:57:54
754	83	Tom	Beale	Male Open	324			01:59:16	01:57:52
755	553	Rhys	Gladwyn	M40-49	187	Cross keys Silver Slugs	1	01:59:18	01:58:21
756	1388	Lisa	Singer	Female Open	104	Rougemont School	8	01:59:18	01:57:48
757	795	Robert	Jenkins	Male Open	325	RIOTS & MIOTS	1	01:59:19	01:58:00
758	47	Daren	Bailey	M40-49	188			01:59:22	01:57:42
759	1894	Phil	Hughes	Male Open	326			01:59:22	01:57:59
760	1568	Sam	Waters	Male Open	327			01:59:24	01:58:37

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
761	1849	Ping	Zou	Male Open	328			01:59:28	01:58:08
762	1330	Carl	Rogers	Male Open	329			01:59:28	01:59:00
763	665	Carol	Heard	F50-59	10			01:59:29	01:58:34
764	915	Morgan	Lewis	Male Open	330			01:59:30	01:58:02
765	1807	Nicola Jane	Williams	Female Open	105			01:59:30	01:58:00
766	1287	Ian	Reynolds	Male Open	331	Team Stag	3	01:59:33	01:56:21
767	1626	Darren	Williams	M40-49	189	Lliswerry Runners	64	01:59:34	01:58:04
768	164	Mark	Brooks	M40-49	190	Caerphilly Runners	1	01:59:36	01:57:42
769	1623	Chris	Williams	Male Open	332			01:59:36	01:57:40
770	478	Rachel	Everson	Female Open	106			01:59:37	01:58:39
771	522	Adrienn	Fulop	Female Open	107			01:59:38	01:59:14
772	927	David	Limbrick	M50-59	81			01:59:40	01:57:42
773	105	Simon	Best	M40-49	191	Pont-y-pwl & District Runners	21	01:59:40	01:58:31
774	885	Claire	Kulisa	Female Open	108			01:59:41	01:59:06
775	37	Matthew	Armstrong	M40-49	192			01:59:41	01:59:05
776	415	Simon	Duffin	Male Open	333	Simon Duffin	1	01:59:43	01:57:52
777	536	Sue	Gershenson	F40-49	45	White Rock Runners	8	01:59:44	01:58:56
778	848	Tony	Kear	M40-49	193	Caerleon RC	22	01:59:46	01:58:27
779	1310	Carl	Roberts	Male Open	334	Crescent Runners	2	01:59:46	01:58:51
780	376	Thomas	Davy	Male Open	335	DTKO	2	01:59:47	01:58:35
781	1604	Mercedes	White	Female Open	109			01:59:49	01:58:08
782	944	Jason	MacEy	Male Open	336	N/A	7	01:59:51	01:58:54
783	1946	Rhian	Taylor	Female Open	110			01:59:55	01:58:56
784	948	Ian	MacRory	M40-49	194			01:59:56	01:58:30
785	1304	Mike	Ridd	Male Open	337	Lliswerry Runners	65	01:59:58	01:58:45

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
786	943	Emma	Lynch	Female Open	111	Caerleon RC	23	02:00:01	01:58:27
787	1771	Ian	Harford	Male Open	338	Admiral	33	02:00:05	01:59:04
788	557	Jennifer	Goldsack	Female Open	112			02:00:05	01:58:39
789	1926	Eleanor	Payne	Female Open	113	Southville Running club	5	02:00:07	01:58:40
790	1368	Michelle	Shapland	F40-49	46	Lliswerry Runners	66	02:00:10	01:59:17
791	1344	Kev	Russell	M50-59	82	Lliswerry Runners	67	02:00:10	01:59:16
792	100	Jayne	Bentall	F40-49	48			02:00:11	01:58:34
793	154	Sonja	Breese	F40-49	47			02:00:11	01:58:34
794	152	Emma	Brearley	F40-49	49	Newport Harriers	3	02:00:17	01:58:26
795	287	Joseph	Cooper	Male Open	339			02:00:18	01:57:18
796	288	Ian	Cope	M50-59	83			02:00:22	01:58:57
797	1754	Peter	Brown	Male Open	340	Admiral	34	02:00:24	01:58:33
798	1903	Nadeem	Khan	Male Open	341			02:00:24	02:00:11
799	395	Kay	Dixon	F40-49	50			02:00:27	01:58:38
800	1603	Annette	Whitchurch	F60+	2			02:00:39	01:58:41
801	1126	Graham	Organ	M40-49	195	Westbury Harriers	2	02:00:42	01:58:55
802	1857	Claire	Bedford	Female Open	114			02:00:42	01:58:56
803	1964	Alex-Marie	?	Female Open	115	Caldicot Running Club	8	02:00:43	01:59:29
804	1163	Sam	Pembridge	Female Open	116			02:00:45	01:59:45
805	1274	Brett	Regulski	M50-59	84	Chepstow Harriers	12	02:00:45	01:59:07
806	488	Vicky	Fear	Female Open	117	Lliswerry Runners	68	02:00:46	01:59:55
807	1574	Matthew	Rees	Male Open	342			02:00:50	01:58:25
808	382	Jacqui	Denning	F50-59	11			02:00:52	01:58:30

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
809	403	Gayle	Douglass	Female Open	118			02:00:53	01:58:54
810	731	Shelly	Humphrey	Female Open	119			02:00:54	01:58:55
811	1446	Natalie	Stinton	Female Open	120	Running for Rose	1	02:00:55	01:59:26
812	524	Mark	Gabb	Male Open	343	RUN4ALL NEATH	2	02:01:01	01:59:44
813	1185	Leanne	Phillips	F40-49	51	Lliswerry Runners	69	02:01:01	02:00:09
814	56	Lanie	Ball	Female Open	121			02:01:01	01:59:40
815	1577	Paul	Watts	M50-59	85			02:01:03	02:00:09
816	1096	Daniel	Nascimento	Male Open	344			02:01:04	01:59:16
817	1736	Nick	Davies	M50-59	86			02:01:05	01:59:44
818	1021	Jason	Millership	M40-49	196			02:01:05	01:59:39
819	725	Qiaofeng	Huang	Male Open	345			02:01:07	02:00:48
820	1481	Connor	Thomas	Male Open	346			02:01:13	01:58:55
821	1847	Richard	Young	Male Open	347			02:01:15	01:59:47
822	1291	Anne	Rice-Jones	F50-59	12	Islwyn Running Club	10	02:01:17	01:59:47
823	963	Ruth	Mansfield	Female Open	122			02:01:17	01:59:46
824	1215	Mark	Powell	M40-49	197	CDP 1	1	02:01:20	02:00:08
825	132	Michael	Bonnett	M50-59	87	Lliswerry Runners	70	02:01:24	02:00:32
826	1419	Tom	Southwell	Male Open	348	USK RUNNERS	2	02:01:28	01:59:25
827	1608	Richard	Whittaker	Male Open	349			02:01:32	01:59:49
828	1795	Dean	Robinson	Male Open	350	Admiral	35	02:01:34	01:59:44
829	1993	David	Jones	Male Open	351			02:01:36	01:59:30
830	1296	Andy	Richards	Male Open	352	Rougemont School	9	02:01:37	02:00:07
831	1565	Helen	Warrender	F40-49	52			02:01:40	01:59:25
832	1362	Mal	Scofield	Male Open	353	TEAM USW	8	02:01:43	02:00:07
833	640	Sian	Hartstill	Female Open	123	TEAM USW	9	02:01:43	02:00:07

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
834	149	Joel	Brain	Male Open	354			02:01:45	01:59:44
835	645	Sally	Harvey	Female Open	124			02:01:49	02:00:08
836	1763	Matthew	Woart	Male Open	355	ADMIRAL	36	02:01:51	01:58:50
837	504	Neil	Forbes	Male Open	356			02:01:52	02:00:07
838	139	Debbie	Bowen	Female Open	125			02:01:53	01:59:54
839	945	Alex	Maclas	Male Open	357			02:01:54	02:00:59
840	1728	Craig	Marchant	Male Open	358	Admiral	37	02:01:54	01:59:24
841	30	Clare	Anderson	F50-59	13	Lliswerry runners	71	02:01:56	02:00:20
842	905	Caitlin	Leverett	Female Open	126			02:01:56	01:59:55
843	567	Nicola	Gray	F40-49	53	Lliswerry runners	72	02:01:58	02:01:04
844	860	Melanie	Kendall	Female Open	127			02:02:01	02:00:48
845	1367	Daniel	Shahrokni	Male Open	359			02:02:07	01:59:17
846	1507	Jerome	Timbrell	M40-49	198	Quantock Harriers	1	02:02:11	02:00:09
847	1680	Cornelle	Wisdom	Female Open	128	Admiral	38	02:02:14	02:00:22
848	1227	Lloyd	Price	Male Open	360			02:02:15	02:00:02
849	890	Scott	Lanyon	Male Open	361	Centric Recruitment	3	02:02:17	01:59:07
850	1327	Steve	Roderick	M40-49	199			02:02:26	01:59:24
851	947	Kate	MacKenzie	Female Open	129			02:02:28	02:01:15
852	408	Gary	Dowthwaite	M40-49	200			02:02:39	02:01:16
853	910	James	Lewis	Male Open	362			02:02:41	01:59:52
854	261	Kirsten	Clements	Female Open	130			02:02:44	02:01:59
855	2000	Steven	Hamley-Locke	Male Open	363			02:02:46	02:00:52
856	1463	Stephanie	Swain	F50-59	14	Gavenny runners	2	02:02:50	02:01:44

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857	500	Amy Louisa	Flinn	Female Open	131	Pont-y-pwl & district runners	22	02:02:54	02:01:04
858	498	Marc	Fletcher	Male Open	364			02:02:54	02:01:52
859	998	James	McLaughlin	M40-49	201			02:02:59	02:01:23
860	1168	Ariana	Perry	Female Open	132			02:03:00	02:01:37
861	356	Lisa	Davies	F40-49	54			02:03:06	02:01:32
862	735	Marie	Hurford	Female Open	133	Pont-y-pwl & district runners	23	02:03:10	02:01:14
863	1386	James	Sinclair	Male Open	365	Rougemont School	10	02:03:16	02:00:21
864	695	Becca	Gledhill	Female Open	134	Pontypool	1	02:03:17	02:01:27
865	1561	Jayne	Walters	F40-49	55	Pont-y-pwl & district runners	24	02:03:18	02:01:29
866	540	Nathan	Gibbons	Male Open	366			02:03:19	01:59:57
867	150	Gemma	Bramwell	Female Open	135			02:03:21	02:02:17
868	1673	Abigail	Peckham	Female Open	136	Admiral	39	02:03:23	02:00:21
869	887	Keith	Lane	M40-49	202			02:03:25	02:00:34
870	733	Nicholas	Hunt	M40-49	203			02:03:27	02:00:05
871	1167	Iestyn	Perham	Male Open	367			02:03:27	02:00:31
872	465	John	Evans	M50-59	88			02:03:28	02:00:04
873	1497	Jennifer	Thompson	Female Open	137			02:03:29	02:01:34
874	562	Nicola	Gowing	Female Open	138	U/a	1	02:03:29	02:01:09
875	445	Samantha	Ellis	F40-49	56			02:03:29	02:01:09
876	245	Emily	Chinn	F40-49	57			02:03:33	02:01:28
877	1761	Mike	Carruthers	Male Open	368	Admiral	40	02:03:37	02:02:35
878	1767	Patrick	Ward	Male Open	369	Admiral	41	02:03:39	02:02:16
879	928	Stephen	Little	M50-59	89			02:03:39	02:01:37

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880	1279	Vaida	Reklaityte	Female Open	139			02:03:41	02:01:27
881	679	Donna	Hewitt	Female Open	140	Pont-y-pwl & district runners	25	02:03:41	02:01:53
882	1289	Kirsty	Rhodes	Female Open	141	Pont-y-pwl & district runners	26	02:03:41	02:01:53
883	990	Jenny	McCarthy	Female Open	142			02:03:42	02:01:43
884	1525	Jacqui	Tudhope	F40-49	58	Lliswerry Runners	73	02:03:50	02:02:07
885	443	Alison	Ellis	F50-59	15	Lliswerry Runners	74	02:04:02	02:02:16
886	1721	Morris	Urquhart	M40-49	204			02:04:02	02:02:16
887	1597	Karl	Westwood	M50-59	90	None	2	02:04:04	02:02:19
888	1376	Melanie	Shipton	F40-49	59	Lliswerry Runners	75	02:04:05	02:03:11
889	603	Jonathan	Gwilliam	M40-49	205			02:04:05	02:02:14
890	770	Nicky	James	Male Open	370			02:04:08	02:02:44
891	709	Kirsty	Holtham-Morgan	Female Open	143	Islwyn Running Club	11	02:04:11	02:02:22
892	758	Catherine	Dinham	F40-49	60	Lliswerry Runners	76	02:04:14	02:01:18
893	1841	Tim	Wright	M50-59	91	Lliswerry Runners	77	02:04:19	02:02:11
894	1612	Matthew	Willcox	Male Open	371			02:04:23	02:03:45
895	1372	Rhys	Sheppard	Male Open	372			02:04:24	02:02:06
896	1813	Si_n	Williams	Male Open	373			02:04:25	02:02:37
897	1900	Simon	Jones	M40-49	206			02:04:27	02:02:18
898	1593	Gavin	Welsh	Male Open	374			02:04:28	02:02:09
899	1349	James	Sadler	Male Open	375			02:04:30	02:02:46
900	165	Adam	Broomfield	Male Open	376			02:04:32	02:02:03
901	872	Alan	King	M50-59	92			02:04:35	02:03:28
902	210	Tim	Carter	M50-59	93			02:04:36	02:02:58
903	471	Nathan	Evans	Male Open	377			02:04:41	02:02:51
904	1705	Huw	Phillips	Male Open	378	Admiral	42	02:04:42	02:03:03
905	1887	Mary	Hare	F50-59	16			02:04:48	02:03:01

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906	1430	Mike	Spragg	M40-49	207	Malvern Joggers	2	02:04:51	02:03:17
907	864	Hannah	Kerr	Female Open	144	Southville Running Club	6	02:04:56	02:03:29
908	334	Andrew	Davies	Male Open	379			02:04:57	02:03:19
909	1122	Pete	Oldfield	M50-59	94			02:05:05	02:02:28
910	573	Ian	Green	M50-59	95			02:05:05	02:02:48
911	184	Jordan	Burgwyn	Female Open	145			02:05:08	02:03:22
912	192	James	Cady	Male Open	380	Rougemont School	11	02:05:08	02:02:09
913	888	Rhys	Lane	Male Open	381			02:05:13	02:02:22
914	244	Sian	Chicken	F40-49	61			02:05:14	02:02:50
915	1025	Emma	Milner	Female Open	146			02:05:17	02:03:36
916	625	Gareth	Harfoot	Male Open	382			02:05:23	02:03:40
917	987	Paul	Mayo	Male Open	383	Chepstow Harriers	13	02:05:25	02:03:23
918	369	Tony	Davies	M40-49	208			02:05:29	02:03:27
919	191	Andrew	Butcher	M40-49	209			02:05:29	02:03:27
920	656	Robert	Hay	M50-59	96			02:05:36	02:04:18
921	667	Alex	Hearnden	M40-49	210			02:05:37	02:03:51
922	1052	John	Morgan	M40-49	211			02:05:38	02:02:47
923	206	Alison	Carter	F50-59	17			02:05:40	02:04:02
924	1963	Mark	Worrall	M50-59	97	Cwm Ogwr running club	2	02:05:40	02:04:24
925	1638	Kim	Williams	Female Open	147			02:05:41	02:04:47
926	965	Paul	Mardon	Male Open	384			02:05:47	02:04:36
927	1142	Louise	Parr	Female Open	148	Rougemont School	12	02:05:49	02:02:52
928	1248	Amy	Rackham	Female Open	149			02:05:51	02:04:03
929	1935	Lewis	Richards	M40-49	212			02:05:52	02:04:17
930	374	Michelle	Davis	F40-49	62			02:05:54	02:04:31

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
931	577	Damien	Greenslade	Male Open	385			02:06:08	02:02:55
932	939	Carol	Lowrey	F50-59	18	Bitton Road Runners	1	02:06:10	02:04:11
933	1757	Michael	Cordner	M50-59	98	Admiral	43	02:06:13	02:03:41
934	1671	Hannah	King	Female Open	150	Admiral	44	02:06:15	02:04:23
935	1562	Adam	Wanklyn	Male Open	386	DTKO	3	02:06:16	02:05:08
936	250	David	Churchill	Male Open	387	Team Stag	4	02:06:17	02:02:59
937	534	Ian	George	M40-49	213	RUN4ALL NEATH	3	02:06:18	02:03:38
938	535	Janine	George	F40-49	63	RUN4ALL NEATH	4	02:06:18	02:03:36
939	316	Nikki	Cunningham	Female Open	151			02:06:23	02:05:33
940	1098	Grant	Neale	Male Open	388			02:06:34	02:05:06
941	249	Clare	Churchill	F40-49	64	Team Stag	5	02:06:35	02:03:19
942	437	Gary	Egan	M40-49	214			02:06:42	02:05:14
943	1069	Iain	Morgan-Jones	M40-49	215	N/a	8	02:06:48	02:04:46
944	559	Michelle	Gooch	F40-49	65	Pont-y-pwl & district runners	27	02:06:49	02:05:45
945	1620	Angharad	Williams	Female Open	152			02:06:51	02:05:25
946	520	Gwenllian	Frost	F40-49	66			02:06:55	02:04:36
947	58	Anne	Barker	Female Open	153			02:06:56	02:04:37
948	119	Karl	Bishop	M50-59	99			02:06:57	02:05:39
949	620	Paul	Hancox	M50-59	100			02:06:58	02:05:40
950	10	Paul	Adams	Male Open	389			02:07:04	02:04:52
951	1867	Emma	Cook	Female Open	154			02:07:04	02:05:20
952	84	James	Beaman	Male Open	390			02:07:07	02:05:08
953	1148	Marc	Parsons	Male Open	391			02:07:07	02:05:08
954	1380	Dave	Siegel	M50-59	101			02:07:13	02:06:01
955	525	Chris	Garfield	M50-59	102			02:07:15	02:05:22
956	181	Mike	Bunn	M40-49	216			02:07:21	02:05:40

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
957	79	Garry	Bayliss	M50-59	103			02:07:28	02:06:21
958	985	Steve	Matthews	Male Open	392	Centric Recruitment	4	02:07:29	02:04:19
959	1300	Nigel	Richards	M40-49	217	Lliswerry Runners	78	02:07:30	02:06:35
960	205	Georgina	Carson	F40-49	67			02:07:33	02:05:38
961	1735	Rebecca	Hopes	Female Open	155			02:07:36	02:05:23
962	43	Sam	Attewell	Male Open	393			02:07:38	02:06:50
963	1865	Paula	Casling	F40-49	68			02:07:38	02:05:37
964	1724	Adam	Scott	Male Open	394	Admiral	45	02:07:39	02:06:38
965	1343	Jen	Harding	Male Open	395	Chepstow Harriers	14	02:07:42	02:05:03
966	1043	Ricky	Morelli	Male Open	396			02:07:44	02:05:32
967	1899	Lauretta	Jones	F40-49	69	Spirit of Monmouth	11	02:07:47	02:05:15
968	546	Sally	Gilson	F40-49	70	Spirit of Monmouth	12	02:07:48	02:06:03
969	1542	T	Vanderlinde	F40-49	71	Rougemont School	13	02:07:51	02:04:54
970	496	Lucy	Finney	Female Open	156			02:07:58	02:05:49
971	1748	Gareth	Mason	Male Open	397	Admiral	46	02:08:00	02:06:24
972	832	Nadia	Jones	Female Open	157			02:08:06	02:06:36
973	104	Michelle	Best	F40-49	72	Pont-y-pwl & District Runners	28	02:08:08	02:06:41
974	344	Helen	Davies	F40-49	73	Islwyn Running Club	12	02:08:09	02:06:20
975	554	Cai	Glover	Male Open	398	Glover Walker	1	02:08:10	02:06:03
976	1554	Natasha	Walker	Female Open	158	Glover Walker	2	02:08:10	02:06:02
977	33	Kevin	Anthony	M50-59	104			02:08:13	02:06:44
978	857	Sarah	Kembrey	Female Open	159	Lliswerry Runners	79	02:08:15	02:06:31
979	156	Matthew	Briant	M50-59	105			02:08:16	02:06:38
980	1634	Joel	Williams	Male Open	399			02:08:20	02:06:38
981	1635	Julian	Williams	M40-49	218			02:08:24	02:07:15
982	1991	Emma	Jenkins	F40-49	74	Team Stag	6	02:08:27	02:05:10

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
983	1716	Chris	Wynn	Male Open	400	Admiral	47	02:08:30	02:07:05
984	1447	Thomas	Stockton	Male Open	401	Rougemont School	14	02:08:34	02:05:38
985	200	Egg	Cameron	Female Open	160			02:08:39	02:07:58
986	1755	Russ	Burt	M40-49	219	Admiral	48	02:08:51	02:05:58
987	1693	Michael	Faulds	Male Open	402	Admiral	49	02:08:52	02:07:16
988	140	Scott	Bowen	Male Open	403			02:08:55	02:06:56
989	588	Michael	Griffiths	Male Open	404			02:09:05	02:08:06
990	1263	Andrew Mark	Rees	Male Open	405			02:09:07	02:07:17
991	1095	Sian	Mytton	Female Open	161	RUN4ALL NEATH	5	02:09:12	02:07:13
992	1985	Aled	Wynne	Male Open	406	TEAM USW	10	02:09:13	02:07:30
993	338	Daniel	Davies	Male Open	407			02:09:13	02:07:37
994	1366	Mark	Sexton	Male Open	408	N/A	9	02:09:15	02:08:38
995	1512	Andrew	Townsend	M40-49	220	Caerphilly Runners	2	02:09:18	02:07:22
996	447	Matt	Elms	Male Open	409			02:09:21	02:08:00
997	904	Andy	Leonard	M40-49	221	Taff Attack Racing	2	02:09:29	02:07:46
998	661	Gemma	Hayward	Female Open	162			02:09:32	02:07:41
999	364	Rhys	Davies	Male Open	410			02:09:33	02:07:26
1000	1969	Stanley	?	Male Open	411			02:09:36	02:08:45
1001	1130	David	Palmer	Male Open	412			02:09:37	02:07:36
1002	109	William	Bewg	M60+	9	Chepstow Harriers	15	02:09:41	02:07:34
1003	305	Gary	Crook	Male Open	413			02:09:43	02:07:46
1004	1856	Sarah	Beamish	F40-49	75	Lliswerry Runners	80	02:09:44	02:08:49
1005	958	James	Maloney	M40-49	222	Newport East Wales Triathlon	1	02:09:45	02:07:52
1006	1449	Andrew	Strickland	Male Open	414			02:09:46	02:07:35
1007	1475	Richard	Taylor	M50-59	106			02:09:46	02:07:35
1008	370	Tracy	Davies	Female Open	163			02:09:47	02:07:31
1009	1640	Lloyd	Williams	M40-49	223	TEAM USW	11	02:09:51	02:07:19

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1010	171	Lauren	Brown	Female Open	164			02:09:52	02:08:14
1011	354	Julie	Davies	F50-59	19	Lliswerry Runners	81	02:09:55	02:08:21
1012	1992	Nathan	Jenkins	Male Open	415	Team Stag	7	02:09:58	02:06:41
1013	1229	Sarah	Price	Female Open	165			02:09:59	02:08:19
1014	1184	Laura	Phillips	Female Open	166	Caerleon RC	24	02:10:00	02:08:27
1015	401	Claire	Douglas	F40-49	76	Caerleon RC	25	02:10:00	02:08:26
1016	1533	Marco	Ubaldi	Male Open	416			02:10:06	02:08:22
1017	852	Peter	Keen	M40-49	224			02:10:15	02:07:53
1018	315	Zara	Cumpstone	Female Open	167			02:10:16	02:08:45
1019	279	David	Constant	M40-49	225	Team Stag	8	02:10:16	02:07:00
1020	52	Gareth	Baker	Male Open	417			02:10:21	02:07:43
1021	1057	Liz	Morgan	Female Open	168	Rougemont School	15	02:10:23	02:08:08
1022	1160	Coralie	Pearson	Female Open	169	Almost Athletes	1	02:10:25	02:08:12
1023	911	Julie	Lewis	F40-49	77	Islwyn Running Club	13	02:10:26	02:08:35
1024	516	Cheryl	Francis	Female Open	170	Islwyn Running Club	14	02:10:26	02:08:37
1025	1161	Ray	Pearson	M60+	10	Almost Athletes	2	02:10:27	02:08:15
1026	823	Kevin	Jones	Male Open	418			02:10:31	02:08:36
1027	1418	Nicola	Southan	Female Open	171			02:10:33	02:09:20
1028	818	Hywel	Jones	M40-49	226	Lliswerry Runners	82	02:10:33	02:07:27
1029	739	Nathalie	Hurst	Female Open	172			02:10:39	02:08:24
1030	1610	Carol	Williams	F50-59	20	Bitton Road Runners	2	02:10:40	02:08:42
1031	636	Wesley	Harris	Male Open	419			02:10:41	02:07:40

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1032	1905	Sian	Knight	F50-59	21			02:10:42	02:09:25
1033	402	Mark	Douglas	Male Open	420	Rhondda Valley Runners	4	02:10:42	02:08:35
1034	1837	Emma	Wootten	Female Open	173			02:10:44	02:09:06
1035	239	Mark	Cheshire	M40-49	227			02:10:47	02:08:52
1036	846	Matthew	Kavanagh	Male Open	421			02:10:47	02:08:28
1037	1200	Charlotte	Pointon	Female Open	174			02:10:50	02:09:09
1038	218	Lis	Chamberlain	Female Open	175	Griffithstown Harriers	11	02:10:52	02:08:43
1039	806	Alun	Jones	M40-49	228			02:10:57	02:08:20
1040	611	Ceri	Hall	Female Open	176			02:10:58	02:08:07
1041	845	Katie	Jukes	Female Open	177			02:10:58	02:08:06
1042	228	Andrew	Chappell	M40-49	229			02:11:05	02:09:09
1043	1059	Rachel	Morgan	Female Open	178			02:11:13	02:08:45
1044	186	Ailsa	Burridge	F40-49	78	Rougemont School	16	02:11:13	02:09:43
1045	1702	Daniel	O'Leary	Male Open	422	Admiral	50	02:11:18	02:08:56
1046	50	Natasha	Bailey	Female Open	179			02:11:21	
1047	95	Thomas	Bell	Male Open	423			02:11:22	02:08:54
1048	51	Victoria	Bailey	F50-59	22			02:11:22	02:09:31
1049	49	Lucy	Bailey	Female Open	180			02:11:23	02:09:32
1050	381	Joanne	Dendle	F40-49	79			02:11:26	02:09:02
1051	807	Anna	Jones	Female Open	181			02:11:31	02:09:14
1052	513	Catherine	Foster	F40-49	80	Welsh Wonders	1	02:11:34	02:10:02
1053	1012	Adrian	Menhennet	M40-49	230			02:11:34	02:09:34

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1054	341	Garey	Davies	M40-49	231			02:11:39	02:08:29
1055	337	Craig	Davies	Male Open	424			02:11:44	02:08:52
1056	1519	James	Trott	Male Open	425			02:11:45	02:08:43
1057	1157	Gareth	Pearce	M40-49	232			02:11:46	02:10:05
1058	1064	Richard	Morgan	M40-49	233	None	3	02:11:46	02:08:16
1059	1863	Joanna	Burridge	Female Open	182			02:11:48	02:08:26
1060	383	Louise	Dennis	Female Open	183			02:11:53	02:11:33
1061	891	Robert	Larkins	M60+	11			02:11:55	02:09:43
1062	138	Colleen	Bowen	Female Open	184	Lliswerry Runners	83	02:11:55	02:09:46
1063	1444	Sarah	Stevens	Female Open	185			02:11:55	02:09:57
1064	16	Les	Ainscough	M50-59	107			02:11:57	02:09:20
1065	529	Rachel	Garrod	Female Open	186	Rougemont School	17	02:12:00	02:09:43
1066	1697	Martyn	Spencer	Male Open	426	Admiral	51	02:12:00	02:10:59
1067	1000	Catherine	McNamara	F40-49	81			02:12:01	02:09:10
1068	762	Hazel	James	Female Open	187			02:12:02	02:10:39
1069	1158	Gareth	Pearce	Male Open	427	Lliswerry Runners	84	02:12:03	02:09:58
1070	1324	Sarah	Robey	Female Open	188			02:12:04	02:09:47
1071	1967	Loulabelle	?	Female Open	189			02:12:04	02:10:35
1072	1205	Sarah	Pontin	Female Open	190			02:12:04	02:09:43
1073	1851	Emma	Alee	Female Open	191			02:12:10	02:09:57
1074	750	Callum	Jackson	Male Open	428	Rougemont School	18	02:12:12	02:09:18

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1075	1404	Emma	Smith	F40-49	83			02:12:13	02:11:05
1076	1450	Alison	Strong	F40-49	82			02:12:13	02:11:05
1077	502	Catherine	Flower	Female Open	192			02:12:15	02:09:15
1078	1176	Owen	Peters	Male Open	429			02:12:15	02:09:15
1079	1198	Jennifer	Pocock	Female Open	193			02:12:17	02:10:06
1080	1141	Malcolm	Parker	M60+	12	Islwyn Running Club	15	02:12:23	02:09:45
1081	1257	Gerard	Ray	M60+	13			02:12:27	02:10:23
1082	748	Jasmine	Iszard	Female Open	194			02:12:35	02:10:13
1083	407	Mandy	Downton	Female Open	195	Celtic Tri	1	02:12:36	02:10:55
1084	712	Matthew	Hooper	Male Open	430	Fat Boys Running Club	2	02:12:36	02:10:00
1085	1937	Mara	Roberts	Female Open	196			02:12:36	02:10:22
1086	952	Mark	Mahoney	M40-49	234			02:12:36	02:10:53
1087	120	Paul	Bishop	Male Open	431			02:12:40	02:09:17
1088	1432	Donna	Stagg	Female Open	197			02:12:43	02:10:20
1089	1775	Christopher	Fido	Male Open	432	Admiral	52	02:12:43	02:10:43
1090	1223	Becky	Price	Female Open	198			02:12:43	02:10:20
1091	1119	Kathryn	O'Sullivan	F40-49	84	Team Stag	9	02:12:51	02:09:33
1092	253	Claire	Clark	Female Open	199			02:12:52	02:10:40
1093	1086	Sarah	Mruk	Female Open	200			02:12:52	02:10:38
1094	508	Tanya	Forehead	F40-49	85	Chepstow Harriers	16	02:12:54	02:10:45
1095	1740	Rory	Collingbourne	Male Open	433			02:12:54	02:11:09
1096	339	David	Davies	M40-49	235	Caerleon RC	26	02:13:10	02:12:20

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1097	363	Rhian	Davies	Female Open	201			02:13:18	02:10:47
1098	257	Jane	Clay	Female Open	202			02:13:24	02:11:43
1099	580	Joseph	Gregory	Male Open	434	Fat Boys Running Club	3	02:13:26	02:10:51
1100	685	Martin	Hill	M50-59	108			02:13:28	02:11:20
1101	1011	Shaun	Melling	Male Open	435			02:13:33	02:13:16
1102	1238	Vanessa	Pritchard	F40-49	86	Caerleon RC	27	02:13:35	02:12:01
1103	1913	Sarah	McCluskey	Female Open	203			02:13:35	02:11:04
1104	1611	Gary	Willcox	M50-59	109	USK RUNNERS	3	02:13:41	02:11:24
1105	903	Charlotte	Leigh	Female Open	204	Caerleon RC	28	02:13:47	02:11:10
1106	387	Jack	Derrick	Male Open	436			02:13:47	02:11:21
1107	1683	Chelsey	McGillycuddy	Female Open	205	Admiral	53	02:13:52	02:12:19
1108	1703	Nevern	O'Neill	Male Open	437	Admiral	54	02:13:52	02:12:19
1109	1995	Rich	Maitland	Male Open	438			02:13:54	02:11:52
1110	420	Lynda	Dursley	F50-59	23	Lliswerry Runners	85	02:14:02	02:12:28
1111	1138	Elizabeth	Parker	F40-49	87	Lliswerry Runners	86	02:14:02	02:12:27
1112	375	Jo	Daviss	F40-49	88	Caerleon RC	29	02:14:03	02:12:04
1113	1685	Laura	Rogers	Female Open	206	Admiral	55	02:14:18	02:12:31
1114	682	David	Hill	Male Open	439			02:14:19	02:10:56
1115	921	Rhys	Lewis	M40-49	236	Parc Bryn Bach	2	02:14:19	02:11:11
1116	828	Martyn	Jones	M50-59	110	Lliswerry Runners	87	02:14:32	02:12:26
1117	1527	Nia	Tudur	F40-49	89			02:14:32	02:12:19
1118	1387	Kristian	Sinclair	Male Open	440	Lliswerry Runners	88	02:14:35	02:12:07
1119	1585	Thomas	Webber	Male Open	441			02:14:37	02:11:52
1120	101	Gareth	Berry	Male Open	442			02:14:38	02:12:37
1121	1109	Ian	Nicholson	M40-49	237	Slimming World	3	02:14:42	02:12:28

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1122	1874	Chris	Davies	Male Open	443			02:14:44	02:12:06
1123	1373	Johanna	Shergold	Female Open	207			02:14:45	02:12:38
1124	1182	Joanne	Phillips	Female Open	208			02:14:46	02:12:32
1125	1311	Eleanor C.T.	Roberts	Female Open	209	N/A	10	02:14:48	02:12:37
1126	659	Rebecca	Hayes	Female Open	210	Rougemont School	19	02:14:49	02:13:18
1127	1987	Robert	Prowse	M50-59	111			02:14:53	02:11:55
1128	1149	Bretti	Paxton	Female Open	211	Pontypridd roadents	1	02:14:56	02:12:26
1129	1997	Jason	Prothero	Male Open	444	Santos	1	02:15:03	02:12:43
1130	1254	Amy	Rappell	Female Open	212	Rampant Fluffy	1	02:15:05	02:13:08
1131	1277	Danielle	Reid	Female Open	213			02:15:06	02:13:01
1132	902	Sian	Lees	Female Open	214			02:15:08	02:12:57
1133	621	Patrick	Hanlon	Male Open	445			02:15:09	02:13:10
1134	241	Mei	Cheung	F40-49	90	Lliswerry Runners	89	02:15:10	02:13:00
1135	964	Lloyd	Manship	Male Open	446	AB INBEV MAGOR	3	02:15:16	02:12:49
1136	1957	Oliver	Weigel	Male Open	447			02:15:17	02:12:38
1137	599	Heath	Gunter	Male Open	448			02:15:17	02:12:47
1138	1020	Sophie	Miller	Female Open	215			02:15:17	02:13:08
1139	1934	Anna	Richards	Female Open	216	Pont-y-pwl & district runners	29	02:15:18	02:13:30
1140	677	Jason	Heslop	M40-49	238			02:15:22	02:12:55
1141	1445	Anne	Stewart	F40-49	91			02:15:24	02:13:03

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1142	198	Sarah	Calway	Female Open	217			02:15:26	02:12:21
1143	1222	Sara	Wakefield	Female Open	218	Pontypool	2	02:15:29	02:13:38
1144	73	Catherine	Bates	F40-49	92			02:15:32	02:12:37
1145	1224	Emma	Baines	F40-49	93	Pontypool	3	02:15:33	02:13:44
1146	1056	Kay	Morgan	Female Open	219	Pont-y-pwl & district runners	30	02:15:33	02:13:44
1147	1483	Dee	Thomas	F40-49	94	Running The Distance	1	02:15:34	02:14:11
1148	1208	Diane	Potter	F40-49	95	Lliswerry Runners	90	02:15:35	02:13:30
1149	1281	Laura	Rendell	Female Open	220	Lliswerry Runners	91	02:15:44	02:13:40
1150	91	Cara	Beech	Female Open	221			02:15:50	02:13:54
1151	1996	Richard	Commons	M40-49	239	SANTOS	2	02:15:58	02:13:37
1152	678	Cara	Gates	Female Open	222	Lliswerry Runners	92	02:15:58	02:13:33
1153	707	Charlie	Holmes	F40-49	96	Bfunctional	2	02:15:59	02:13:50
1154	1978	Spare	Chip		1			02:16:02	02:13:49
1155	1195	Jon	Pitman	Male Open	449			02:16:03	02:13:23
1156	1194	Gareth	Pitman	Male Open	450			02:16:05	02:13:26
1157	741	Thomas	Hyett	Male Open	451	Rougemont School	20	02:16:05	02:13:07
1158	106	Graham	Betty	Male Open	452	Be The Best Military Fitness	1	02:16:06	02:14:09
1159	1904	Laura	Kirkham-Jones	Female Open	223	Be The Best Military Fitness	2	02:16:06	02:14:10
1160	898	Susan	Lazarus	F50-59	24	TEAM USW	12	02:16:07	02:14:25
1161	1892	Helen	Hodgson	F40-49	97	Women Running Penarth	1	02:16:08	02:14:26
1162	734	Tom	Hunter	Male Open	453	Rougemont School	21	02:16:10	02:13:13
1163	1073	Huw	Morris	Male Open	454	Rougemont School	22	02:16:11	02:13:15
1164	167	Jon	Broughton	M40-49	240			02:16:13	02:13:45
1165	1731	Roni	Margerison	M40-49	241			02:16:13	02:14:08

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1166	627	Emily	Harris	Female Open	224			02:16:15	02:14:48
1167	1188	Tom	Phillips	Male Open	455	Rougemont School	23	02:16:15	02:13:18
1168	242	Lucia	Chiariello	F50-59	25			02:16:15	02:13:40
1169	1426	Katrina	Spielmann	F40-49	98			02:16:19	02:14:42
1170	876	Rachael	King	Female Open	225			02:16:20	02:13:15
1171	1407	Ian	Smith	M40-49	242			02:16:21	02:12:50
1172	1321	Jodie	Robertson	Female Open	226			02:16:23	02:14:20
1173	423	Jordanna	Dymond	Female Open	227			02:16:23	02:14:20
1174	815	Gavin	Jones	Male Open	456			02:16:28	02:13:49
1175	1170	Julia	Perry	Female Open	228	RUN4ALL NEATH	6	02:16:31	02:14:09
1176	1511	Zowie	Tovey	Female Open	229			02:16:31	02:14:08
1177	971	Steve	Marsh	Male Open	457	Lliswerry Runners	93	02:16:35	02:14:24
1178	148	Carl	Brain	M50-59	112			02:16:35	02:15:10
1179	183	Amanda	Burgwyn	Female Open	230			02:16:37	02:14:50
1180	1398	Tom	Sloan	Male Open	458			02:16:39	02:13:31
1181	1172	Luke	Perry	M50-59	113			02:16:41	02:14:48
1182	728	David	Hughes	M50-59	114	Llanwiggly Harriers	2	02:17:02	02:14:34
1183	271	Kathryn	Collins	Female Open	232			02:17:04	02:15:12
1184	740	Dawne	Meynell Westen	Female Open	231	Rhondda Valley Runners	5	02:17:04	02:14:15
1185	103	Caroline	Best	Female Open	233	Pontypridd Roadents	2	02:17:14	02:14:44
1186	1286	Sarah-Jane	Restall	F40-49	99	Dirty Daps Muddy Tracks	2	02:17:26	02:15:44

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1187	1329	Margaret	Rodie	F40-49	100			02:17:32	02:14:14
1188	1808	Oj	Williams	Male Open	459	DTKO	4	02:17:34	02:16:22
1189	48	Jack	Bailey	Male Open	460	Rougemont School	24	02:17:35	02:14:36
1190	576	Marianne	Greening	F40-49	101			02:17:46	02:15:24
1191	1817	Paula	Willis	Female Open	234	Griffithstown harriers	12	02:17:46	02:14:52
1192	1318	Sioned	Roberts	Female Open	235			02:17:47	02:15:35
1193	1016	Szczepan	Michnowski	Male Open	461	None	4	02:17:52	02:14:59
1194	624	Tony	Hardy	M50-59	115	Spirit of Monmouth	13	02:17:53	02:15:57
1195	434	Hayley	Edwards	Female Open	236			02:17:58	02:14:49
1196	1583	Tim	Webb	M40-49	243	Rougemont School	25	02:17:58	02:16:26
1197	226	Jason	Chapman	M40-49	244			02:18:01	02:14:49
1198	1938	Rebecca	Rowlands	F40-49	102			02:18:01	02:15:43
1199	26	Nicola	Allison	Female Open	237			02:18:13	02:15:11
1200	71	Kyle	Bassett	Male Open	462	Rougemont School	26	02:18:25	02:15:26
1201	782	Alison	Jenkins	F50-59	26	Smile with Libby	1	02:18:27	02:16:23
1202	897	Susan	Lawrence	F60+	3			02:18:28	02:15:45
1203	201	Kelly	Cameron	Female Open	238			02:18:36	02:16:05
1204	840	Sonja	Jones	F40-49	103			02:18:48	02:16:22
1205	5	Mecca	Abdi	F40-49	104			02:18:48	02:16:21
1206	1334	Angela	Roper	Female Open	239			02:18:48	02:16:22
1207	470	Nathan	Evans	Male Open	463			02:18:54	02:16:19
1208	1509	Jude	Toasland	F50-59	27	Kings Heath Running Club	1	02:18:57	02:16:20
1209	652	Mike	Haworth	Male Open	464			02:19:06	02:15:55
1210	1079	Gareth	Morrison	Male Open	465	Fat Boys Running Club	4	02:19:07	02:16:31
1211	405	Mike	Doverman	M40-49	245			02:19:08	02:16:31

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1212	412	Sharon	Driscoll	F40-49	105			02:19:08	02:16:31
1213	1587	Sue	Webster	F50-59	28	Lliswerry Runners	94	02:19:14	02:16:08
1214	1652	Rhiannon	Akers	Female Open	240	Admiral	56	02:19:16	02:16:33
1215	572	Karen	James	Female Open	241	Griffithstown Harriers	13	02:19:17	02:16:23
1216	808	Hannah	Warrender	Female Open	242			02:19:18	02:17:03
1217	27	Georgina Kate	Allman	Female Open	243			02:19:24	02:17:15
1218	1460	Val	Sutton	F40-49	106			02:19:30	02:18:12
1219	7	Gemma	Acreman	Female Open	244	Lliswerry runners	95	02:19:35	02:18:10
1220	1557	Rachel	Walpole	F40-49	107	Team Stag	10	02:19:45	02:19:13
1221	1050	Gareth	Morgan	Male Open	466	Fat Boys Running Club	5	02:19:51	02:17:14
1222	1379	Neil	Sidney	M40-49	246	Lliswerry Runners	96	02:19:51	02:17:15
1223	1044	Aisling	Morgan	Female Open	245	Caerleon RC	30	02:19:54	02:17:39
1224	1030	Debbie	Mitson	F40-49	108			02:19:57	02:18:50
1225	869	Shahid	Khalid	Male Open	467			02:20:10	02:17:12
1226	1212	Lyndsay	Poulsom	Female Open	246	Pont-y-pwl & district runners	31	02:20:14	02:18:00
1227	482	Jon	Farley	Male Open	468			02:20:25	02:17:01
1228	1701	Andrew	Merrick	Male Open	469	Admiral	57	02:20:31	02:17:54
1229	1812	Scott	Williams	Male Open	470			02:20:34	02:19:06
1230	1691	James	Carmichael	Male Open	471	Admiral	58	02:20:39	02:18:01
1231	256	Rachel	Clarke	Female Open	247			02:21:02	02:18:14
1232	722	Danielle	Howell	Female Open	248			02:21:02	02:18:14

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1233	1002	Aime	McSherry	Female Open	249			02:21:04	02:18:47
1234	626	Anita	Harper	F40-49	109			02:21:10	02:17:53
1235	527	Heather	Garratt	Female Open	250	Rougemont School	27	02:21:16	02:18:19
1236	1023	Ethan	Mills	Male Open	472	Rougemont School	28	02:21:16	02:18:22
1237	1618	Amy	Williams	Female Open	251			02:21:17	02:18:42
1238	1322	Sharron	Robertson	F40-49	110			02:21:20	02:19:16
1239	1530	Arthur	Turner	M60+	14	N/A	11	02:21:31	02:19:21
1240	814	Desmond	Jones	M40-49	247	Lliswerry Runners	97	02:21:34	02:20:08
1241	194	Sian	Cain-Culverwell	Female Open	253			02:21:46	02:18:33
1242	688	Jodi	Hilton	Female Open	252			02:21:46	02:18:34
1243	1965	Amanda	?	Female Open	254			02:21:56	02:19:47
1244	511	Yvonne	Forsey	F60+	4	Lliswerry Runners	98	02:21:59	02:19:49
1245	957	Ann-Marie	Maloney	F40-49	111			02:22:12	02:19:04
1246	141	Tracey	Bowen-Quirk	F40-49	112			02:22:15	02:19:59
1247	1143	Anna	Parry	Female Open	255	Pont-y-pwl & district runners	32	02:22:26	02:20:37
1248	639	Sian	Hartland	Female Open	256			02:22:36	02:19:31
1249	1477	John	Terrell	M40-49	248			02:22:37	02:20:32
1250	533	Chris	Gentle	M40-49	249	Lliswerry Runners	99	02:22:38	02:20:29
1251	1707	Jacob	Pritchard	Male Open	473	Admiral	59	02:22:52	02:21:00
1252	237	Matthew	Chatfield	Male Open	474			02:23:04	02:19:59
1253	1868	Paul	Cooper	M40-49	250	Taunton Running Club	1	02:23:06	02:20:45
1254	1869	Wayne	Cooper	M40-49	251	Lliswerry Runners	100	02:23:06	02:20:45

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1255	1061	Rebecca	Morgan	Female Open	257			02:23:09	02:20:17
1256	238	Marc	Cheshire	M40-49	252			02:23:11	02:21:00
1257	1486	Gareth	Thomas	M40-49	253	Team Stag	11	02:23:12	02:19:57
1258	1266	Charlotte	Rees	Female Open	258	Griffithstown Harriers	14	02:23:16	02:20:22
1259	1272	Wendy	Rees	F50-59	29	Griffithstown Harriers	15	02:23:17	02:20:23
1260	925	Kevyn	Ley	Male Open	475			02:23:26	02:20:01
1261	1732	Kane	Johnsey	Female Open	259			02:23:26	02:21:41
1262	1105	Richard	Newman	Male Open	476			02:23:48	02:20:33
1263	1370	Sharon	Shepherd	F40-49	113			02:23:51	02:21:33
1264	1409	Mark	Smith	M50-59	116			02:23:51	02:21:07
1265	123	Jo	Blackborow	F40-49	114			02:24:09	02:21:38
1266	322	Robert	Dalgleish	M50-59	117			02:24:10	02:21:44
1267	705	Charlotte	Holloway	Female Open	260	NA	1	02:24:28	02:21:51
1268	1111	Nick	Noble	Male Open	477			02:24:36	02:22:11
1269	913	Mark	Lewis	M40-49	254			02:24:38	02:21:09
1270	1217	Sam	Powell	F40-49	115			02:24:38	02:21:08
1271	1669	Lara	Cox	Female Open	261	Admiral	60	02:24:40	02:21:18
1272	1712	Luis	Walker	Male Open	478	Admiral	61	02:24:40	02:21:17
1273	263	Sarah	Clifton	Female Open	262	Spirit of Monmouth	14	02:24:47	02:22:13
1274	1403	Diane	Smith	F60+	5	Spirit of Monmouth	15	02:24:47	02:22:14
1275	1375	Jackie	Shipp	F40-49	116			02:25:30	02:22:27
1276	236	Kathryn	Chatfield	Female Open	263			02:25:30	02:22:24
1277	278	Jayne	Constance	F40-49	117			02:25:31	02:23:09
1278	175	David	Browning	M60+	15	Browning	1	02:25:32	02:23:39

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1279	1918	Tracey	Morgans	F40-49	118			02:25:34	02:23:18
1280	1679	Sarah	Williams	Female Open	264	Admiral	62	02:25:35	02:22:34
1281	493	Andrew	Fiddow	M50-59	118	Team Fido	1	02:25:40	02:23:40
1282	1353	Paul	Sanders	Male Open	479	Unaffiliated	2	02:25:47	02:22:53
1283	1038	Laura	Montgomery	Female Open	265	The Goal Sashers	1	02:25:56	02:22:35
1284	302	John	Cregg	M50-59	119			02:25:57	02:22:25
1285	1458	Rob	Supple	M40-49	255			02:26:14	02:24:26
1286	221	Rory	Chandler	Male Open	480			02:26:19	02:23:42
1287	409	Gemma	Draper	Female Open	266	Lliswerry runners	101	02:26:19	02:23:40
1288	1890	D	Harvey	M60+	16			02:26:24	02:24:10
1289	962	Sheree	Mann	F40-49	119	Fairwater Runners Cwmbran	6	02:26:31	02:23:18
1290	1101	Samantha	Nelmes	Female Open	267			02:26:35	02:23:53
1291	293	Paul	Cornwall	Male Open	481			02:26:37	02:23:45
1292	1529	Andrew	Turner	Male Open	482			02:26:55	02:24:44
1293	1414	Ruth	Smith	F50-59	30	Caerleon RC	31	02:26:57	02:24:58
1294	1461	Helen	Swain	F40-49	120			02:27:00	02:23:55
1295	1137	Andy	Parker	M40-49	256	Lliswerry Runners	102	02:27:10	02:24:47
1296	953	Penny	Maisey	F40-49	121			02:27:21	02:25:11
1297	1361	Neil	Scoble	M40-49	257			02:27:24	02:24:11
1298	55	Jarrold	Baker	Male Open	483			02:27:26	02:24:20
1299	1423	Sam	Bulley	Female Open	268	Be The Best Military Fitness	3	02:27:26	02:25:29
1300	1901	Kirsty	Joy	Female Open	269	Be The Best Military Fitness	4	02:27:26	02:25:28
1301	1893	Adam	Hughes	Male Open	484			02:27:27	02:25:30
1302	1070	Andrew	Morris	M40-49	258			02:27:34	02:24:24

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1303	1686	Sian	Turner	Female Open	270	Admiral	63	02:27:37	02:24:30
1304	107	Hannah	Bevan	Female Open	271			02:27:37	02:24:57
1305	1532	Lesley C	Turner	F50-59	31	Caldicot Running Club	9	02:27:38	02:24:30
1306	966	Liam	Maries	Male Open	485			02:27:41	02:24:38
1307	1306	Lucy	Riglin	Female Open	272			02:27:41	02:24:38
1308	1910	Sandra	Loy	F40-49	122			02:27:45	02:24:49
1309	1199	Nicholas	Pocock	M50-59	120			02:28:05	02:26:31
1310	1694	Daniel	Herman	Male Open	486	Admiral	64	02:28:08	02:24:55
1311	125	Gerry	Blake	F40-49	123	Brecon Aac	1	02:28:13	02:26:03
1312	373	Julia	Davis	F40-49	124	Spirit of monmouth	16	02:28:23	02:25:50
1313	1495	Clive	Thompson	M60+	17			02:28:31	02:25:54
1314	909	Hayley	Lewis	F40-49	125			02:28:32	02:26:12
1315	923	Suzanne	Lewis	F50-59	32			02:28:32	02:26:12
1316	1820	Nina	Wilmott	Female Open	273			02:28:34	02:26:02
1317	70	Keir	Bassett	Male Open	487			02:28:49	02:25:49
1318	753	Nick	Jackson	M50-59	121	Lliswerry Runners	103	02:28:58	02:28:04
1319	670	Mary	Henderson	F50-59	33	No	1	02:29:01	02:26:27
1320	1302	Sarah	Richards	Female Open	274	Spirit of Monmouth	17	02:29:06	02:26:31
1321	1792	Vaughan	Pugsley	Male Open	488	Admiral	65	02:29:13	02:26:22
1322	1067	Sue	Morgan	F50-59	34	Rougemont School	29	02:29:14	02:26:59
1323	1058	Philippa	Morgan	F60+	6	Stroud and District Athletics Club	1	02:29:15	02:25:56
1324	290	Chloe	Copeman	Female Open	275			02:29:23	02:26:55
1325	1115	Steven	Norvill	Male Open	489			02:29:26	02:26:31
1326	519	Haley	Fraser	Female Open	276	The goal Smashers	1	02:29:29	02:26:09

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1327	353	Jennifer	Davies	F50-59	35	Malvern Joggers	3	02:29:31	02:27:40
1328	1048	Dean	Morgan	Male Open	490			02:29:36	02:27:08
1329	1102	Caroline	Nelson	F40-49	126			02:29:36	02:27:09
1330	967	True I	Marsden	F40-49	127			02:29:38	02:27:31
1331	1830	Deb	Wood	F40-49	128	Lliswerry Runners	104	02:29:38	02:27:32
1332	1537	Julie	Urquhart	F50-59	36			02:29:43	02:27:15
1333	602	Ray	Guscott	Male Open	491			02:29:48	02:27:17
1334	63	Nicole	Barnett	Female Open	277			02:29:50	02:27:43
1335	22	Chris	Allan	Male Open	492			02:29:54	02:27:49
1336	1305	Shani	Rigby	F50-59	37			02:29:55	02:26:29
1337	692	Josie	Hoare	Female Open	278	Team Stag	12	02:30:11	02:26:53
1338	594	Sophie	Grinter	Female Open	279	Team Stag	13	02:30:12	02:26:54
1339	1220	Robert	Pratt	Male Open	493			02:30:15	02:27:55
1340	1948	Nicola	Trangmar	F40-49	129			02:30:40	02:28:27
1341	12	Victoria	Adams	Female Open	280			02:30:45	02:28:16
1342	1831	Kelly	Wood	Female Open	281			02:30:49	02:28:11
1343	749	Rachel	Ivins	F40-49	130	Hereford Runners	1	02:30:51	02:27:48
1344	1253	Karen	Ralph	F40-49	131	Lliswerry Runners	105	02:30:52	02:28:27
1345	1805	Natalie	Williams	Female Open	282			02:30:57	02:28:46
1346	969	Isabel	Marsh	Female Open	283			02:31:14	02:28:59
1347	1125	Claire	Orford	F40-49	132			02:31:15	02:28:21
1348	112	Tig	Bidmead	M60+	18			02:31:23	02:28:14
1349	900	Kelly	Lee	Female Open	284			02:31:29	02:28:34

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1350	1284	Kimberley	Rennick	Female Open	285			02:31:29	02:28:34
1351	538	Alice	Gibbins	Female Open	286			02:31:37	02:29:57
1352	1273	Jonathan	Regan	Male Open	494			02:31:50	02:29:18
1353	129	Julia	Bleaney	F40-49	133	RUN4ALL NEATH	7	02:31:55	02:29:32
1354	38	Erin	Askew	Female Open	287	RIOTS & MIOTS	2	02:32:03	02:29:49
1355	1211	Kelly	Potts	Female Open	288	Team Smiffy	1	02:32:10	02:29:13
1356	914	Michael	Lewis	Male Open	495			02:32:13	02:29:38
1357	320	Mair	Dabson	Female Open	289			02:32:14	02:29:39
1358	1027	Karen	Minto	F50-59	38	White Rock Runners	9	02:32:16	02:29:53
1359	1425	Alice	Spiby	Female Open	290			02:32:19	02:29:16
1360	1364	Huw	Selby	Male Open	496	Foul Boys Running Club	1	02:32:27	02:29:46
1361	993	Samuel	McDonald	Male Open	497	Rougemont School	30	02:32:33	02:31:07
1362	598	Shelly	Gummery	Female Open	291	Hereford Hotsteppers	1	02:32:37	02:29:32
1363	1624	Clare	Williams	F40-49	134	Hereford Hotsteppers	2	02:32:37	02:29:33
1364	1834	Laura	Wooles	Female Open	292	Hereford Hotsteppers	3	02:32:37	02:29:33
1365	1535	Michelle	Unsworth	F50-59	39	Lliswerry Runners	106	02:32:40	02:29:34
1366	235	John	Charlton	M40-49	259			02:32:49	02:29:25
1367	1120	Huw	Oddy	M50-59	122			02:32:51	02:30:24
1368	41	Phillip	Atherton	Male Open	498			02:33:25	02:30:38
1369	42	Rachael	Atherton	Female Open	293			02:33:27	02:30:41
1370	771	Rachael	James	F40-49	135			02:33:32	02:30:50
1371	1297	Clare	Richards	F40-49	136			02:33:33	02:30:51

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1372	1571	Lisa	Watkins	F40-49	137			02:33:34	02:30:52
1373	189	Kelly	Burson-Griffiths	F40-49	138			02:33:35	02:30:53
1374	1435	Christopher	Stanford	M40-49	260			02:33:36	02:30:10
1375	647	Nina	Hastings	Female Open	294			02:33:39	02:31:30
1376	777	Christopher	Jayne	M40-49	261			02:33:49	02:31:18
1377	689	Dasche	Hinton	Female Open	295	Team Stag	14	02:33:50	02:30:34
1378	485	Richard	Farmer	Male Open	499			02:33:51	02:30:29
1379	1169	Charlotte	Perry	Female Open	296			02:33:56	02:31:40
1380	146	Russell	Boyle	Male Open	500			02:33:57	02:31:56
1381	3	David	Abbinet	Male Open	501			02:34:18	02:31:28
1382	912	Leah	Lewis	Female Open	297	Gwent neonatal dragons	1	02:34:34	02:32:04
1383	835	Ruth	Jones	Female Open	298			02:34:37	02:32:02
1384	1864	David	Carpenter	Male Open	502			02:34:41	02:32:11
1385	1350	Rhi	Salter	Female Open	299	Rougemont School	31	02:35:14	02:32:25
1386	397	Zoe	Donovan	F40-49	139			02:35:16	02:32:45
1387	776	Helen	Jarvis	F40-49	140			02:35:16	02:32:46
1388	638	Amelia	Hartland	F40-49	141			02:35:20	02:32:15
1389	1947	Andrew	Thomas	M50-59	123			02:35:30	02:33:12
1390	1077	Ruby	Morris	Female Open	300	Rougemont School	32	02:35:32	02:34:06
1391	427	Allyson	Edmonds	F40-49	142	Lliswerry Runners	107	02:35:48	02:33:23
1392	584	Emma	Griffiths	Female Open	301	Spirit of Monmouth	18	02:35:52	02:33:18
1393	862	Mark	Kennedy	M40-49	262			02:36:19	02:33:04
1394	1520	Stuart	Truckel	M40-49	263	Team Stag	15	02:36:23	02:33:08

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1395	790	Hester	Jenkins	Female Open	302	Rougemont School	33	02:36:52	02:34:03
1396	1955	Jason	Watkins	M50-59	124			02:36:53	02:33:30
1397	269	Craig	Collingwood	M40-49	264	Imagine Cruising	1	02:37:09	02:33:58
1398	1416	Victoria	Smith	Female Open	303			02:37:12	02:34:20
1399	110	Jo	Biddiscombe	F40-49	143			02:37:21	02:35:10
1400	190	Louise	Burt	Female Open	304			02:37:22	02:35:11
1401	855	Peter	Kelly	Male Open	503			02:37:28	02:35:50
1402	1494	Sarah	Thomas-Britton	F40-49	144			02:37:33	02:34:22
1403	528	Alexander	Garrod	M40-49	265	Rougemont School	34	02:37:33	02:37:11
1404	907	Amber	Lewis	Female Open	305			02:37:48	02:34:53
1405	575	Claire	Greengrass	Female Open	306			02:37:49	02:34:31
1406	128	Rachel	Bland	Female Open	307			02:37:50	02:34:55
1407	1140	Kelly	Parker	Female Open	308			02:37:56	02:34:40
1408	1150	Helen	Payne	F40-49	146	Team Stag	16	02:38:07	02:34:51
1409	1455	Natasha	Sullivan-Dungey	F40-49	145	Team Stag	17	02:38:07	02:34:51
1410	197	James	Calnon	Male Open	504	None	5	02:38:08	02:35:51
1411	1225	Joanne	Price	F40-49	147	Lliswerry Runners	108	02:38:19	02:35:54
1412	15	Louise	Ahern	F40-49	148	LLISWERRY RUNNERS	109	02:38:20	02:35:56
1413	1999	Brodi	Parfitt	Male Open	505	Rougemont School	35	02:38:32	02:35:44
1414	1001	Lucy	McNamara	Female Open	309	Rougemont School	36	02:38:34	02:35:43
1415	1944	Sara	Swift	F40-49	149			02:38:34	02:35:59
1416	662	Sian	Hayward	F50-59	40			02:38:41	02:35:30

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1417	1081	Ali	Morton	Female Open	310	The Goal Smashers	2	02:38:41	02:35:21
1418	1524	Kimberly	Tuddenham	Female Open	311			02:38:42	02:35:22
1419	202	Nick	Card	M50-59	125	Pont-y-pwl & district runners	33	02:39:11	02:36:24
1420	419	Lee	Durkee	Male Open	506	Pont-y-pwl & district runners	34	02:39:11	02:36:23
1421	137	Angela	Bowen	Female Open	312			02:39:14	02:36:43
1422	219	Cameron	Chandler	Male Open	507			02:39:32	02:36:57
1423	222	Russell	Chandler	M50-59	126			02:39:34	02:36:58
1424	738	Catherine	Hurst	Female Open	313			02:39:41	02:37:25
1425	1595	Sam	West	Male Open	508			02:39:53	02:38:34
1426	1786	Matt	Jones	Male Open	509	Admiral	66	02:40:38	02:37:16
1427	307	Sam	Cross	Female Open	314			02:40:56	
1428	579	David	Gregory	Male Open	510			02:41:01	02:38:33
1429	751	Hannah	Jackson	Female Open	315			02:41:26	02:38:19
1430	1183	Joseph	Phillips	Male Open	511			02:41:26	02:38:20
1431	318	Christopher	Curtis	M40-49	266			02:41:49	02:38:41
1432	1677	Jesca	Williams	Female Open	316	Admiral	67	02:41:55	02:38:54
1433	1355	Cameron	Sansom	Male Open	512			02:41:56	02:38:55
1434	1646	Melissa	Dowsell	Female Open	317	Admiral	68	02:42:01	02:39:40
1435	1821	Kate	Wilson	Female Open	318			02:42:07	02:38:49
1436	783	Alison	Jenkins	F40-49	150	Rougemont School	37	02:42:08	02:39:10
1437	46	Jessica	Axford	Female Open	319	Rougemont School	38	02:42:12	02:39:25

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1438	69	Emyr	Bassett	Male Open	513			02:42:29	02:39:28
1439	1017	David	Middleton	M40-49	267	CMS Runners	3	02:42:31	02:40:01
1440	1576	Clare	Watson	Female Open	320			02:42:38	02:39:32
1441	1013	Victoria	Mercieca	Female Open	321			02:42:50	02:39:36
1442	870	Mushfik	Khan	Female Open	322	Rougemont School	39	02:42:55	02:39:56
1443	1100	Rebecca	Neill	Female Open	323	Rougemont School	40	02:42:56	02:39:58
1444	1473	Megan	Taylor	Female Open	324			02:42:57	02:40:48
1445	1034	Anisan	Mohammed	Female Open	325	Rougemont School	41	02:43:08	02:40:10
1446	78	George Lewis	Baugh	M60+	19			02:43:14	02:39:54
1447	868	Sarah Jane	Key	Female Open	326	Islwyn Running Club	16	02:43:14	02:40:50
1448	1443	Shaun	Stephens	Male Open	514			02:43:19	02:39:59
1449	1631	Jamie	Williams	Male Open	515			02:43:20	02:40:00
1450	1278	Daniel	Reilly	Male Open	516			02:43:25	02:40:12
1451	36	Louise	Apperley	Female Open	327			02:43:42	02:41:25
1452	532	Hilary	Gauntlett-Small	F50-59	41	Hereford Runners	2	02:43:50	02:40:48
1453	780	Susan	Jeffer	F50-59	42	Pont-y-pwl & district runners	35	02:43:57	02:40:52
1454	1998	Ben	Pugh	Male Open	517			02:44:01	02:40:59
1455	1337	Christian	Rose	Male Open	518	Team Stag	18	02:44:03	02:40:46
1456	298	Rhian	Cox	Female Open	328			02:44:11	02:41:52
1457	1359	Matthew	Saunders	Male Open	519			02:44:38	02:41:38
1458	1358	Julie	Saunders	Female Open	329			02:44:39	02:41:39

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1459	717	Colin	Houlding	M50-59	127			02:45:00	02:41:54
1460	716	Carrie	Houlding	Female Open	330			02:45:01	02:41:54
1461	718	Keith	Houlding	M60+	20			02:45:01	02:41:55
1462	286	Dean	Coombes	M50-59	128	Canton Chargers	1	02:45:09	02:41:57
1463	690	Tracy	Hinton	Female Open	331			02:45:17	02:43:44
1464	1499	Natalie	Thompson	Female Open	332	Chippenham Harriers	3	02:45:34	02:42:10
1465	919	Nicola	Lewis	F40-49	151	Parc Bryn Bach	3	02:45:36	02:42:26
1466	479	Stephanie	Every	F60+	7	Sole Sisters (North Bristol)	1	02:45:54	02:42:41
1467	74	Kathryn	Bates	F40-49	152	Pontypridd Roadents	3	02:46:05	02:43:48
1468	721	Lauren	Howe	Female Open	333			02:46:17	02:43:48
1469	1258	Thomas	Rayner	Male Open	520			02:46:50	02:43:27
1470	1544	Jane	Vaughan	F40-49	153	Welsh wonders	2	02:47:11	02:43:57
1471	1146	Chris	Parsley	M50-59	129			02:47:19	02:43:57
1472	390	Laura	Dickinson	Female Open	334			02:48:11	02:44:54
1473	144	Clare	Bown	F40-49	154	Griffithstown Harriers	16	02:48:13	02:45:20
1474	466	Lena	Evans	F40-49	155	Griffithstown Harriers	17	02:48:14	02:45:21
1475	413	Michelle	Ducker	F40-49	156			02:48:18	02:45:38
1476	997	Spencer	McKinney	Male Open	521			02:48:22	02:45:05
1477	956	Linda	Malolepszy	F40-49	157	Pill poppers (JDS Evans pharmacy)	1	02:48:29	02:45:09
1478	1613	Grace	Willding	Female Open	335			02:48:36	02:47:46
1479	1614	Hugh	Willding	M60+	21			02:48:36	02:47:46
1480	796	Sarah	Jenkins	Female Open	336	Pont-y-pwl & District Runners	36	02:48:38	02:45:57
1481	542	Julie	Gibson	F50-59	43	Lliswerry Runners	110	02:48:45	02:46:15
1482	841	Stephanie	Jones	F40-49	158	Pontypridd Roadents	4	02:48:48	02:46:19

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1483	1054	Kate	Morgan	Female Open	337			02:48:51	02:46:22
1484	781	Victoria	Jeffs	Female Open	338	Pont-y-pwl & district runners	37	02:49:43	02:46:37
1485	1317	Simon	Roberts	M40-49	268			02:50:05	02:46:52
1486	268	Paul	Coker	M40-49	269	1BloodyDrop	1	02:50:38	02:47:48
1487	270	Dennis	Collins	M50-59	130	Rhondda Valley Runners	6	02:50:38	02:47:47
1488	977	Gary	Mascetti	M60+	22			02:50:49	02:49:37
1489	937	James	Loughlin	M50-59	131			02:51:25	02:48:29
1490	637	Bex	Harrison	F40-49	159			02:51:28	02:48:31
1491	1908	Phillipa	Lewis	Female Open	339			02:51:43	02:49:09
1492	1045	Amberley	Morgan	Female Open	340	Pont-y-pwl & district runners	38	02:51:44	02:49:09
1493	1209	Sharon	Potter	Female Open	341			02:52:12	02:48:54
1494	1599	Teresa	Whatty	Female Open	342			02:52:13	02:48:55
1495	1094	Wango	Musa	Female Open	343	Rougemont School	42	02:52:42	02:49:47
1496	788	Gwyn	Jenkins	Male Open	522			02:52:48	02:50:15
1497	571	Alison	Green	F50-59	44			02:53:39	02:51:21
1498	792	Lee	Jenkins	M40-49	270	Pont-y-pwl & District Runners	39	02:55:08	02:52:27
1499	384	Stephanie	Densley	Female Open	344	Team Birnbeck	1	02:55:20	02:52:54
1500	565	Sarah	Granger	F40-49	160	Team Birnbeck	2	02:55:20	02:52:55
1501	1192	Sara	Pincott	F40-49	161	Team Birnbeck	3	02:55:21	02:52:56
1502	94	Lucy	Bell	Female Open	345	BELL	1	02:56:13	02:53:35
1503	1766	Michael	Westerberg	Male Open	523	Admiral	69	02:57:06	02:54:44

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1504	464	Jeni	Evans	Female Open	346	Team Stag	19	02:58:09	02:54:53
1505	1465	Angie	Sykes	F40-49	162	Team Stag	20	02:58:09	02:54:53
1506	1621	Ann	Williams	F50-59	45			02:59:10	02:55:46
1507	1752	Richard	Boobyer	Male Open	524	Admiral	70	02:59:32	02:56:54
1508	1907	Michael	Lewis	M60+	23	Parc Bryn Bach	4	03:01:02	02:57:54
1509	220	Rebecca	Chandler	Female Open	347			03:01:25	02:58:43
1510	1983	William	Rattenbury	Male Open	525	Rougemont School	43	03:01:47	03:00:21
1511	1294	Abbi	Richards	Female Open	348			03:02:53	03:00:27
1512	1097	Shree	Nathdwarawala	Female Open	349	Rougemont School	44	03:04:10	03:01:11
1513	960	Shruthi	Mankal	Female Open	350	Rougemont School	45	03:04:11	03:01:12
1514	195	Jaime	Cajade	M40-49	271			03:05:16	03:01:52
1515	468	Margie	Evans	Female Open	351			03:05:16	03:01:50
1516	1082	Hayley	Morton	Female Open	352			03:06:16	03:03:44
1517	311	Aimee	Cummings	Female Open	353			03:06:16	03:03:43
1518	313	Jan	Cummings	F50-59	46			03:06:16	03:03:43
1519	1739	Hannah	Williams	Female Open	354			03:06:16	03:03:44
1520	1651	Samantha	Brewer	Female Open	355	Admiral	71	03:07:05	03:03:51
1521	1534	Joanna	Underwood	F40-49	163	Imagine Cruising	2	03:07:34	03:04:22
1522	1879	Lee	Durkee	Male Open	526	Pont-Y-Pwl & District Runners	40	03:08:30	03:05:17
1523	1470	Karen	Tarrant	F50-59	47			03:09:00	03:05:34

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1524	1421	Abbey	Sparks	Female Open	356	Rougemont School	46	03:10:26	03:07:28
1525	1516	Hannah	Travers	Female Open	357	Rougemont School	47	03:10:26	03:07:28
1526	1393	Nicholas	Slade	Male Open	527			03:11:14	03:08:12
1527	568	Sarah	Gray	Female Open	358			03:11:14	03:08:11
1528	1459	Balneeshe	Surdhar	Female Open	359	Rougemont School	48	03:11:27	03:08:30
1529	1655	Jade	Maskell	Female Open	360	Admiral	72	03:13:33	03:10:51
1530	1825	Robert	Wiltshire	Male Open	528			03:14:26	03:10:59
1531	1144	Louise	Parry	Female Open	361			03:14:26	03:10:58
1532	531	Sean	Gattrell	Male Open	529			03:15:35	03:12:33
1533	273	Shawn	Collins	Male Open	530			03:15:47	03:12:46
1534	1307	Laura	Riley	Female Open	362	Lliswerry Runners	111	03:15:55	03:13:16
1535	1103	Rachael	Netherway	F40-49	164	RUNNewport	1	03:15:55	03:12:22
1536	635	Shannon	Harris	F40-49	165			03:17:10	03:14:50
1537	628	Lee Michael	Harris	M40-49	272			03:17:10	03:14:51
1538	720	Clair	Houston	Female Open	363	Pontypridd roadents	5	03:20:32	03:17:04
1539	229	Janice	Chappell	F40-49	166			03:23:55	03:20:46
1540	458	Catherine	Evans	F40-49	167	Centric Recruitment	5	03:24:03	03:20:53
1541	388	Binoti	Desai	Female Open	364	Rougemont School	49	03:24:40	03:21:43
1542	75	Lizzie	Bates	Female Open	365	Rougemont School	50	03:24:40	03:21:53
1543	1452	Ceri-Ann	Sullivan	F40-49	168	Pill poppers (JDS Evans pharmacy)	2	03:24:45	03:21:25
1544	53	Hazel	Baker	F40-49	169	Pill poppers (JDS Evans pharmacy)	3	03:24:52	03:21:33

Position	BIB	firstname	lastname	age category	cat position	club_name	club position	total time	chip_to_chip _total_time
1545	1633	Jayne	Williams	F40-49	170	Pill poppers (JDS Evans pharmacy	4	03:24:52	03:21:33
1546	1476	Sue	Taylor	F40-49	171	Pill poppers (JDS Evans pharmacy	5	03:24:53	03:21:33
1547	477	Mark	Everson	M50-59	132			03:25:40	03:22:27
1548	392	Vicki	Dillon	Female Open	366	Centric Recruitment	6	03:30:54	03:27:43
1549	774	Emily	Janes	Female Open	367	Centric Recruitment	7	03:30:54	03:27:44
1550	108	Joshua	Bevan	Male Open	531	Tech Heores	1	03:47:26	03:43:59
1551	1708	Dwayne	Quamina	Male Open	532	Admiral	73	04:01:39	03:58:18
1552	1436	Estilla	Stanford	Female Open	368			04:03:39	04:00:13
1553	81	Sophie	Bayliss	Female Open	369	MS Society	1	04:03:39	04:00:13
1554	1434	Chloe	Stanford	Female Open	370	Tech Heroes	1	04:03:39	04:00:12
1555	743	Rhys	Ingram	Male Open	533	Tech Heroes	2	04:03:40	04:00:14