

PLACE	TIME(h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place
1	0:26:24	5155	Iwan MORTON	Pont-y-Pwl	M1739	MEN	1	1
2	0:27:41	1519	Mathew STOTT	Chepstow	M1739	MEN	2	2
3	0:28:07	4035	Gareth JONES	Monmouth	M1739	MEN	3	3
4	0:28:14	2057	Robert JOHN	Fairwater	M1739	MEN	4	4
5	0:28:30	3601	Paul BRUTON	Llswerry	M1739	MEN	5	5
6	0:28:32	4542	Sam LEWIS-JONES	Parc Bryn Bach	M1739	MEN	6	6
7	0:28:34	5170	Alun WOOD	Pont-y-Pwl	M1739	MEN	7	7
8	0:28:48	5135	Iestyn RHODES	Pont-y-Pwl	M1739	MEN	8	8
9	0:28:51	3191	Lee MILLS	Islwyn	M1739	MEN	9	9
10	0:28:54	4521	Damian WILLIAMS	Parc Bryn Bach	M4549	MEN	10	1
11	0:28:57	3573	Emma WOOKEY	Llswerry	F1734	LADIES	1	1
12	0:29:13	2575	Leighton WEBB	Griffithstown	M1739	MEN	11	10
13	0:29:24	1594	James BLORE	Chepstow	M1739	MEN	12	11
14	0:29:26	3020	Dafydd LAMBETH	Islwyn	M4044	MEN	13	1
15	0:29:31	3011	Philip WILLIAMS	Islwyn	M1739	MEN	14	12
16	0:29:36	1103	Rhys KNIGHT	Caerleon	M1739	MEN	15	13
17	0:29:38	5057	Steve DAVIES	Pont-y-Pwl	M5559	MEN	16	1
18	0:29:40	5136	Paul WHITE	Pont-y-Pwl	M1739	MEN	17	14
19	0:29:43	5148	Simon FAIRCLOUGH	Pont-y-Pwl	M1739	MEN	18	15
20	0:29:46	1090	Dan ARTHUR	Caerleon	M1739	MEN	19	16
21	0:29:49	5052	Adrian WOODS	Pont-y-Pwl	M5054	MEN	20	1
22	0:29:58	1595	Mark HARVEY (jr)	Chepstow	M1739	MEN	21	17
23	0:30:00	1624	Paul DODD	Chepstow	M5559	MEN	22	2
24	0:30:11	1580	Matt KITCHING	Chepstow	M4044	MEN	23	2
25	0:30:13	3658	Louise HOWELLS	Llswerry	F3539	LADIES	2	1
26	0:30:13	3670	Simon GILL	Llswerry	M1739	MEN	24	18
27	0:30:25	1655	Martyn WINSER	Chepstow	M1739	MEN	25	19
28	0:30:34	2559	Jonathan SLICZNY	Griffithstown	M1739	MEN	26	20
29	0:30:40	5093	Matt WEBB	Pont-y-Pwl	M1739	MEN	27	21
30	0:30:46	4013	Allan MEEK	Monmouth	M4549	MEN	28	2
31	0:30:55	5007	Emma BAYLISS	Pont-y-Pwl	F1734	LADIES	3	2
32	0:31:00	4562	Neil LLOYD	Parc Bryn Bach	M6064	MEN	29	1
33	0:31:01	4540	Richard BRACHER	Parc Bryn Bach	M1739	MEN	30	22
34	0:31:01	3548	Mark ENGLISH	Llswerry	M4549	MEN	31	3
35	0:31:06	2539	Gerard GORMLEY	Griffithstown	M4549	MEN	32	4
36	0:31:07	3098	Haydn HARTNELL	Islwyn	M5054	MEN	33	2
37	0:31:08	3752	Gavin BRACE	Llswerry	M1739	MEN	34	23
38	0:31:10	2540	Thomas GUY	Griffithstown	M4044	MEN	35	3
39	0:31:10	4516	Nichola GETHING	Parc Bryn Bach	F4044	LADIES	4	1
40	0:31:12	1043	Keith GITTINS	Caerleon	M5054	MEN	36	3
41	0:31:16	4063	Caroline JONES	Monmouth	F3539	LADIES	5	2
42	0:31:31	5051	Dimitri VORRÉS	Pont-y-Pwl	M5054	MEN	37	4
43	0:31:32	1031	Richard PERRY	Caerleon	M1739	MEN	38	24
44	0:31:37	3661	Rob DAVIES	Llswerry	M4044	MEN	39	4
45	0:31:45	3190	Paul HAYWARD	Islwyn	M1739	MEN	40	25

PLACE	TIME(h:mm:ss)	#	NAME		CLUB	CATEGORY	GENDER	gender place	category place
46	0:31:47	1573	David	SOMERSALL	Chepstow	M4549	MEN	41	5
47	0:31:53	GUEST	Liz	DAVIES	0	0	LADIES	0	0
48	0:31:59	5115	Gareth	DAVIES	Pont-y-Pwl	M1739	MEN	42	26
49	0:32:02	1525	Niki	MORGAN	Chepstow	F4549	LADIES	6	1
50	0:32:05	3003	Ceri	BARTLEY	Islwyn	F1734	LADIES	7	3
51	0:32:08	1526	Rob	HOOK	Chepstow	M5054	MEN	43	5
52	0:32:08	2578	Chris	HADDOCK	Griffithstown	M1739	MEN	44	27
53	0:32:09	3120	Russell	WAREHAM	Islwyn	M4044	MEN	45	5
54	0:32:19	1536	Mathew	LAWSON	Chepstow	M4549	MEN	46	6
55	0:32:22	4515	Daman	JUKES	Parc Bryn Bach	M4044	MEN	47	6
56	0:32:25	2583	Adrian	SMITH	Griffithstown	M4044	MEN	48	7
57	0:32:26	2534	Andrew	SPENCER	Griffithstown	M5054	MEN	49	6
58	0:32:27	1513	Rob	BEVES	Chepstow	M5054	MEN	50	7
59	0:32:32	2056	Lee	HAMMOND	Fairwater	M4044	MEN	51	8
60	0:32:34	1009	Tom	EVANS	Caerleon	M1739	MEN	52	28
61	0:32:40	5067	Stewart	THOMSON	Pont-y-Pwl	M5054	MEN	53	8
62	0:32:41	4050	Robert	NELSON	Monmouth	M4044	MEN	54	9
63	0:32:42	1002	Howard	MASON	Caerleon	M5054	MEN	55	9
64	0:32:47	3576	Andrew	DAWE	Lliswerry	M4549	MEN	56	7
65	0:32:48	1567	Georgie	PRIOR	Chepstow	F1734	LADIES	8	4
66	0:32:49	5014	Louise	SUMMERS	Pont-y-Pwl	F4549	LADIES	9	2
67	0:32:53	1524	Neil	GRANT	Chepstow	M6064	MEN	57	2
68	0:32:56	1092	Andrew	ROSEN	Caerleon	M1739	MEN	58	29
69	0:33:01	2012	Michael	SKYRME	Fairwater	M4549	MEN	59	8
70	0:33:06	1010	Jade	WAKLEY	Caerleon	F1734	LADIES	10	5
71	0:33:07	1027	Emma	WILLIAMS	Caerleon	F1734	LADIES	11	6
72	0:33:09	1601	Sarah	BELL	Chepstow	F3539	LADIES	12	3
73	0:33:18	1044	Peter	RODGER	Caerleon	M5559	MEN	60	3
74	0:33:19	2563	Paul	MASON	Griffithstown	M1739	MEN	61	30
75	0:33:23	3031	Chris	GAPPER	Islwyn	M1739	MEN	62	31
76	0:33:23	1645	Glen	MEEK	Chepstow	M4044	MEN	63	10
77	0:33:32	1569	Gareth	JONES	Chepstow	M6569	MEN	64	1
78	0:33:35	3167	Carl	DAVIES	Islwyn	M1739	MEN	65	32
79	0:33:36	5016	Samantha	TOOP	Pont-y-Pwl	F1734	LADIES	13	7
80	0:33:39	5138	Daffyd	JONES	Pont-y-Pwl	M1739	MEN	66	33
81	0:33:40	5069	Andrew	DICKENS	Pont-y-Pwl	M4044	MEN	67	11
82	0:33:41	4048	Nick	LLOYD	Monmouth	M1739	MEN	68	34
83	0:33:42	4553	Danielle	PHILLIPS	Parc Bryn Bach	F1734	LADIES	14	8
84	0:33:44	4536	Darryl	COOK	Parc Bryn Bach	M1739	MEN	69	35
85	0:33:51	1599	Kevin	MCENTEE	Chepstow	M5559	MEN	70	4
86	0:33:58	4554	Richard	SHEEHY	Parc Bryn Bach	M1739	MEN	71	36
87	0:34:04	3026	Kerry	PRICE	Islwyn	M5559	MEN	72	5
88	0:34:11	3002	Paul	THOMAS	Islwyn	M1739	MEN	73	37
89	0:34:13	4509	Ian	LINE	Parc Bryn Bach	M4044	MEN	74	12
90	0:34:15	3671	Sarah	LAUDER	Lliswerry	F3539	LADIES	15	4

PLACE	TIME(h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place
91	0:34:20	1114	Simon TANG	Caerleon	M1739	MEN	75	38
92	0:34:23	1127	Ian DAVIES	Caerleon	M4044	MEN	76	13
93	0:34:25	1587	Andy CREBER	Chepstow	M5559	MEN	77	6
94	0:34:28	1111	Michael REEVES	Caerleon	M1739	MEN	78	39
95	0:34:29	1653	Steve CHAVE	Chepstow	M5559	MEN	79	7
96	0:34:31	4583	Ceri YOUNG	Parc Bryn Bach	M1739	MEN	80	40
97	0:34:39	2545	Colin WILMOTT	Griffithstown	M5559	MEN	81	8
98	0:34:41	4020	Richard RAWLINGS	Monmouth	M4044	MEN	82	14
99	0:34:44	1598	Lisa JEFFREY	Chepstow	F4044	LADIES	16	2
100	0:34:47	3009	Jason DIXON	Islwyn	M4044	MEN	83	15
101	0:34:48	3141	Daffyd WEETMAN	Islwyn	M4044	MEN	84	16
102	0:34:50	3841	Ian WHATMOUGH	Lliswerry	M5054	MEN	85	10
103	0:34:54	1538	Stuart DUNCAN	Chepstow	M5054	MEN	86	11
104	0:34:56	2561	Steve MATTHEWS	Griffithstown	M5054	MEN	87	12
105	0:35:01	5541	Jon HANCOCK	Usk	M5559	MEN	88	9
106	0:35:03	5021	Fiona CROSS	Pont-y-Pwl	F1734	LADIES	17	9
107	0:35:06	5090	Carl URQUHART	Pont-y-Pwl	M5054	MEN	89	13
108	0:35:07	4014	Stephen BARRATT	Monmouth	M4044	MEN	90	17
109	0:35:09	2582	James DESMOND	Griffithstown	M1739	MEN	91	41
110	0:35:21	GUEST	Luke WAY	0	0	MEN	0	0
111	0:35:27	3043	Michael BUNSTON	Islwyn	M4549	MEN	92	9
112	0:35:29	4011	Lee JAMES	Monmouth	M4044	MEN	93	18
113	0:35:30	2004	Gary ADAMS	Fairwater	M4044	MEN	94	19
114	0:35:31	3208	Simon PETERSON	Islwyn	M4549	MEN	95	10
115	0:35:33	2024	Richard BOWIE	Fairwater	M5054	MEN	96	14
116	0:35:40	4537	David SMOUT	Parc Bryn Bach	M6569	MEN	97	2
117	0:35:43	1530	Jan MORRIS	Chepstow	F4549	LADIES	18	3
118	0:35:44	4535	James WILLIAMS	Parc Bryn Bach	M1739	MEN	98	42
119	0:35:46	1091	Grahame VINER	Caerleon	M5559	MEN	99	10
120	0:35:50	1606	Alan DOBBS	Chepstow	M1739	MEN	100	43
121	0:35:55	5535	Neil WILLIAMS	Usk	M5054	MEN	101	15
122	0:35:59	5536	Thomas WILLIAMS	Usk	M5559	MEN	102	11
123	0:36:07	1504	Sophie GILBERT	Chepstow	F4044	LADIES	19	3
124	0:36:24	3171	Nic HOWLS	Islwyn	F1734	LADIES	20	10
125	0:36:25	4038	Jeremy CREASEY	Monmouth	M4549	MEN	103	11
126	0:36:25	1063	Paula WILLIAMS	Caerleon	F4549	LADIES	21	4
127	0:36:33	3151	Aiden DAVIES	Islwyn	M1739	MEN	104	44
128	0:36:35	3794	Andrew BARRY	Lliswerry	M5054	MEN	105	16
129	0:36:39	2506	Rose CHARLES	Griffithstown	F1734	LADIES	22	11
130	0:36:42	1013	Liz RICHARDS	Caerleon	F4549	LADIES	23	5
131	0:36:44	2043	Martyn JENKINS	Fairwater	M5559	MEN	106	12
132	0:36:47	4505	Brian MOFFET	Parc Bryn Bach	M6569	MEN	107	3
133	0:36:50	3108	Garfield JONES	Islwyn	M5559	MEN	108	13
134	0:36:55	1510	Berna CANTWELL	Chepstow	F5054	LADIES	24	1
135	0:36:57	5076	Paul GRAINGER JONES	Pont-y-Pwl	M4044	MEN	109	20

PLACE	TIME(h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place	
136	0:36:58	2542	Peter	WELBIRG	Griffithstown	M6064	MEN	110	3
137	0:36:59	4058	Nerys	CHAPLIN	Monmouth	F1734	LADIES	25	12
138	0:37:01	5147	Alistair	CUMMINGS	Pont-y-Pwl	M1739	MEN	111	45
139	0:37:02	2030	Andrew	JAMES	Fairwater	M4044	MEN	112	21
140	0:37:02	5038	Anne Marie	HARRIS	Pont-y-Pwl	F4044	LADIES	26	4
141	0:37:03	2031	Deb	COCKRAM	Fairwater	F5054	LADIES	27	2
142	0:37:05	2530	Mike	SHIRLOW	Griffithstown	M5054	MEN	113	17
143	0:37:09	4519	Kelly	COLLINS	Parc Bryn Bach	F3539	LADIES	28	5
144	0:37:14	1015	Sian	JONES	Caerleon	F1734	LADIES	29	13
145	0:37:18	1126	Chris	ELLIOT	Caerleon	M1739	MEN	114	46
146	0:37:26	4533	Riannon	GRIFFIN	Parc Bryn Bach	F3539	LADIES	30	6
147	0:37:28	4001	Emma	KING	Monmouth	F1734	LADIES	31	14
148	0:37:28	4069	Toby	WALES	Monmouth	M4549	MEN	115	12
149	0:37:34	1113	Peter	HARDING	Caerleon	M1739	MEN	116	47
150	0:37:35	3014	Glyn	HICKS	Islwyn	M6569	MEN	117	4
151	0:37:36	1535	Brenda	AVERY	Chepstow	F6099	LADIES	32	1
152	0:37:41	2529	Elizabeth	STOKES	Griffithstown	F4044	LADIES	33	5
153	0:37:48	3693	David	GATES	Lliswerry	M5559	MEN	118	14
154	0:37:49	2032	Helen	WILLIAMS	Fairwater	F4044	LADIES	34	6
155	0:37:56	3143	Michelle	JOHNSON	Islwyn	F1734	LADIES	35	15
156	0:37:56	3527	Howard	ATTWOOD	Lliswerry	M6569	MEN	119	5
157	0:37:57	3838	Gayle	SHEPPARD	Lliswerry	F4044	LADIES	36	7
158	0:37:59	3176	Samantha	METHUEN	Islwyn	F3539	LADIES	37	7
159	0:38:00	1032	Ian	PRICE	Caerleon	M4549	MEN	120	13
160	0:38:02	3187	Samuel Evan	JONES	Islwyn	M1739	MEN	121	48
161	0:38:03	3637	Janet	RICHARDS	Lliswerry	F5054	LADIES	38	3
162	0:38:05	1001	Andrew	TAYLOR	Caerleon	M5559	MEN	122	15
163	0:38:06	4551	Kevin	BRADFIELD	Parc Bryn Bach	M4549	MEN	123	14
164	0:38:07	1658	Sian	STROUD	Chepstow	F5054	LADIES	39	4
165	0:38:08	5171	Sean	STANDON	Pont-y-Pwl	M1739	MEN	124	49
166	0:38:09	1089	Peter	BURROWS	Caerleon	M1739	MEN	125	50
167	0:38:16	5554	Karen	POTTER	Usk	F5054	LADIES	40	5
168	0:38:19	1553	Teresa	TRANTER	Chepstow	F6099	LADIES	41	2
169	0:38:21	3729	Desmond	JONES	Lliswerry	M4044	MEN	126	22
170	0:38:23	4037	David	MATHER	Monmouth	M5054	MEN	127	18
171	0:38:29	5143	Nigel	BAKER	Pont-y-Pwl	M6569	MEN	128	6
172	0:38:32	1054	David	DAVIES	Caerleon	M4549	MEN	129	15
173	0:38:33	2025	Julie	LEES	Fairwater	F4044	LADIES	42	8
174	0:38:35	4074	Ian	LAW	Monmouth	M6569	MEN	130	7
175	0:38:36	3783	Mark	FAULKNER	Lliswerry	M5559	MEN	131	16
176	0:38:41	5550	Graham	SIMPSON	Usk	M5054	MEN	132	19
177	0:38:45	1608	Karen	ELVERS	Chepstow	F4044	LADIES	43	9
178	0:38:49	5103	Linda	THOMAS	Pont-y-Pwl	F5054	LADIES	44	6
179	0:38:57	5107	Dean	ARNOLD	Pont-y-Pwl	M4549	MEN	133	16
180	0:39:00	4539	Rachel	LEWIS	Parc Bryn Bach	F3539	LADIES	45	8

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181	0:39:02	1534	Dave ANDREWS	Chepstow	M6569	MEN	134	8
182	0:39:02	2055	Tim MURPHY	Fairwater	M5559	MEN	135	17
183	0:39:07	2547	Anthony PHILIPS	Griffithstown	M5559	MEN	136	18
184	0:39:12	2535	Malcolm COX	Griffithstown	M6569	MEN	137	9
185	0:39:12	4534	Richard CREW	Parc Bryn Bach	M1739	MEN	138	51
186	0:39:14	3140	Jay LEACH	Islwyn	M4549	MEN	139	17
187	0:39:18	1619	Mike EVANS	Chepstow	M5559	MEN	140	19
188	0:39:19	1051	Helen THOMAS	Caerleon	F5054	LADIES	46	7
189	0:39:21	1509	Andy BRAY	Chepstow	M5559	MEN	141	20
190	0:39:23	5095	Nicola SMITH	Pont-y-Pwl	F4549	LADIES	47	6
191	0:39:25	1515	Joc DODD	Chepstow	F6099	LADIES	48	3
192	0:39:28	2014	Jeanette JENKINS	Fairwater	F5054	LADIES	49	8
193	0:39:40	4004	Lucy ALLEN	Monmouth	F5054	LADIES	50	9
194	0:39:46	3189	Mark DUDDRIDGE	Islwyn	M1739	MEN	142	52
195	0:39:48	3822	Brian PHILLIPS	Llswerry	M1739	MEN	143	53
196	0:39:51	4547	Hayley JACKSON	Parc Bryn Bach	F4044	LADIES	51	10
197	0:39:58	3666	Stacey OWEN	Llswerry	F1734	LADIES	52	16
198	0:40:01	3174	Rachel JONES	Islwyn	F1734	LADIES	53	17
199	0:40:03	5034	Amberely MORGAN	Pont-y-Pwl	F1734	LADIES	54	18
200	0:40:06	2002	Julie ROCHE	Fairwater	F4549	LADIES	55	7
201	0:40:09	5104	Andrew THOMAS	Pont-y-Pwl	M5054	MEN	144	20
202	0:40:16	5176	Lisa ERICKSON	Pont-y-Pwl	F3539	LADIES	56	9
203	0:40:18	5054	Christopher SIMMS	Pont-y-Pwl	M6569	MEN	145	10
204	0:40:22	1597	Brett REGULSKI	Chepstow	M5559	MEN	146	21
205	0:40:29	3738	Neil SIDNEY	Llswerry	M4044	MEN	147	23
206	0:40:33	4580	Anthony LEWIS	Parc Bryn Bach	M4549	MEN	148	18
207	0:40:35	3665	Michael BONNETT	Llswerry	M5559	MEN	149	22
208	0:40:37	3118	Sara ARNOLD	Islwyn	F4044	LADIES	57	11
209	0:40:40	1005	Karen PAYNE	Caerleon	F4044	LADIES	58	12
210	0:40:42	3600	Lucy HEATH	Llswerry	F1734	LADIES	59	19
211	0:40:58	1130	Dan FOSTER	Caerleon	M1739	MEN	150	54
212	0:41:14	2047	Rebecca JENKINS	Fairwater	F1734	LADIES	60	20
213	0:41:32	4517	Michelle JAYNE	Parc Bryn Bach	F3539	LADIES	61	10
214	0:41:33	3076	Colin DIXON	Islwyn	M6064	MEN	151	4
215	0:41:36	3186	Ryan LAMBETH	Islwyn	M1739	MEN	152	55
216	0:41:42	3153	Kirsty HOLTHAM-MORGAN	Islwyn	F3539	LADIES	62	11
217	0:41:47	2050	Jane LEWIS	Fairwater	F4549	LADIES	63	8
218	0:41:48	3599	Dave WESTLEY	Llswerry	M5559	MEN	153	23
219	0:41:52	4005	Karen BARRATT	Monmouth	F4044	LADIES	64	13
220	0:41:53	3172	Kelly JACKA	Islwyn	F3539	LADIES	65	12
221	0:41:54	3150	Suzanne DAVISON	Islwyn	F3539	LADIES	66	13
222	0:41:55	4501	Clive COOKSEY	Parc Bryn Bach	M7099	MEN	154	1
223	0:41:56	4036	Jo MARSH	Monmouth	F4549	LADIES	67	9
224	0:41:58	1506	Geoff BAYLISS	Chepstow	M6569	MEN	155	11
225	0:42:07	5114	Michelle DAVEY	Pont-y-Pwl	F4549	LADIES	68	10

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226	0:42:11	3207	Dean LITTLE	Islwyn	M1739	MEN	156	56
227	0:42:12	4581	Phillip MATTHEWS	Parc Bryn Bach	M6064	MEN	157	5
228	0:42:15	1106	Emma LYNCH	Caerleon	F1734	LADIES	69	21
229	0:42:17	4582	Julie CASHELL	Parc Bryn Bach	F3539	LADIES	70	14
230	0:42:20	5172	Hannah KILLICK	Pont-y-Pwl	F1734	LADIES	71	22
231	0:42:26	1079	Frances TAYLOR	Caerleon	F1734	LADIES	72	23
232	0:42:32	5035	Kate ALLEN	Pont-y-Pwl	F4044	LADIES	73	14
233	0:42:40	3149	Louise SADLER	Islwyn	F4044	LADIES	74	15
234	0:42:43	4059	Tracey BURNS	Monmouth	F1734	LADIES	75	24
235	0:42:49	3180	Vicki JONES	Islwyn	F4044	LADIES	76	16
236	0:42:57	5142	Mike BRUNNOCK	Pont-y-Pwl	M4549	MEN	158	19
237	0:42:59	4504	Kath JERVIS	Parc Bryn Bach	F5559	LADIES	77	1
238	0:43:04	5128	Kirsty RHODES	Pont-y-Pwl	F1734	LADIES	78	25
239	0:43:11	3148	Lisa LAWFORD	Islwyn	F4044	LADIES	79	17
240	0:43:22	1527	Geoff CRAM	Chepstow	M6569	MEN	159	12
241	0:43:25	4530	Samantha STANDERWICK	Parc Bryn Bach	F4044	LADIES	80	18
242	0:43:26	1132	Ruth BISHOP	Caerleon	F5559	LADIES	81	2
243	0:43:29	1020	Kim HOWELL	Caerleon	F5559	LADIES	82	3
244	0:43:50	4566	Jillian MATTHEWS	Parc Bryn Bach	F6099	LADIES	83	4
245	0:43:51	2069	Jennifer LILLEY	Fairwater	F1734	LADIES	84	26
246	0:44:04	3192	Fiona WALKLEY	Islwyn	F4044	LADIES	85	19
247	0:44:33	2505	Rachel MADDY	Griffithstown	F3539	LADIES	86	15
248	0:44:35	GUEST	Catherine ADAMS	0	0	LADIES	0	0
249	0:44:38	3688	Cara GATES	Llswerry	F4549	LADIES	87	11
250	0:44:39	4041	Carol Anne USHER	Monmouth	F5054	LADIES	88	10
251	0:44:40	4541	Sian PRICE	Parc Bryn Bach	F1734	LADIES	89	27
252	0:44:43	1121	Charlotte LEIGH	Caerleon	F3539	LADIES	90	16
253	0:44:45	1556	Suzie SHEPHERD	Chepstow	F4549	LADIES	91	12
254	0:44:49	2501	Lauren REES	Griffithstown	F1734	LADIES	92	28
255	0:45:01	3110	Mel SENIOR	Islwyn	F4549	LADIES	93	13
256	0:45:03	3803	Julie DAVIES	Llswerry	F5054	LADIES	94	11
257	0:45:25	1505	Jane BAYLISS	Chepstow	F6099	LADIES	95	5
258	0:45:32	2006	John FRY	Fairwater	M7099	MEN	160	2
259	0:45:40	3790	Nigel RICHARDS	Llswerry	M4549	MEN	161	20
260	0:45:45	3503	Yvonne FORSEY	Llswerry	F5559	LADIES	96	4
261	0:45:54	3183	Helen DAVIES	Islwyn	F4549	LADIES	97	14
262	0:45:58	3165	Louis MORGAN	Islwyn	M1739	MEN	162	57
263	0:45:59	3135	Kay DIXON	Islwyn	F4044	LADIES	98	20
264	0:46:04	3682	Karen PENNY	Llswerry	F4549	LADIES	99	15
265	0:46:17	4579	Terry VAUGHAN	Parc Bryn Bach	M4044	MEN	163	24
266	0:46:23	3175	Cheryl FRANCIS	Islwyn	F3539	LADIES	100	17
267	0:46:32	1507	Bill BEWG	Chepstow	M7099	MEN	164	3
268	0:46:41	2525	Wendy REES	Griffithstown	F5054	LADIES	101	12
269	0:46:49	5173	Vicky JEFFS	Pont-y-Pwl	F1734	LADIES	102	29
270	0:46:50	4565	Katie HAMER	Parc Bryn Bach	F3539	LADIES	103	18

PLACE	TIME(h:mm:ss)	#	NAME	CLUB	CATEGORY	GENDER	gender place	category place
271	0:46:56	4071	Claire JONES	Monmouth	F3539	LADIES	104	19
272	0:47:14	5027	Kay MORGAN	Pont-y-Pwl	F3539	LADIES	105	20
273	0:47:17	1119	Kate DIXON	Caerleon	F1734	LADIES	106	30
274	0:47:29	1131	Phil BISHOP	Caerleon	M5559	MEN	165	24
275	0:47:31	3170	Helen SIMMONDS	Islwyn	F1734	LADIES	107	31
276	0:48:08	3522	Elizabeth PARKER	Llswerry	F4044	LADIES	108	21
277	0:48:35	2021	Suzanne WILLIAMS	Fairwater	F4549	LADIES	109	16
278	0:49:04	1508	Jenny BELL	Chepstow	F4044	LADIES	110	22
279	0:49:09	1107	Aisling MORGAN	Caerleon	F1734	LADIES	111	32
280	0:49:11	4067	Tracey WILLIAMS	Monmouth	F5054	LADIES	112	13
281	0:49:12	4062	Trish BICKNELL	Monmouth	F5054	LADIES	113	14
282	0:49:21	3154	Kath GLADWYN	Islwyn	F4044	LADIES	114	23
283	0:49:24	1019	Gwyn HOWELLS	Caerleon	F6099	LADIES	115	6
284	0:49:55	3195	Elizabeth MILLINGTON	Islwyn	F3539	LADIES	116	21
285	0:50:14	3696	Roni MARGERISON	Llswerry	F4044	LADIES	117	24
286	0:50:35	3789	Amanda RICHARDS	Llswerry	F4549	LADIES	118	17
287	0:50:43	1571	Syd WHEELER	Chepstow	M7099	MEN	166	4
288	0:50:50	5120	Susan JEFFS	Pont-y-Pwl	F5054	LADIES	119	15
289	0:51:10	4010	Tony HARDY	Monmouth	M5054	MEN	167	21
290	0:51:18	3205	Hayley NEW	Islwyn	F4044	LADIES	120	25
291	0:51:40	3206	Danielle WARD	Islwyn	F1734	LADIES	121	33
292	0:51:45	3203	Chelsea TAYLOR	Islwyn	F1734	LADIES	122	34
293	0:51:52	3204	Sam HICKS	Islwyn	F3539	LADIES	123	22
294	0:53:51	1547	Daphne AUSTERBERRY	Chepstow	F6099	LADIES	124	7
295	0:53:53	3202	Angela PRICE	Islwyn	F4044	LADIES	125	26
296	0:55:55	2581	Catherine SPENCER	Griffithstown	F4549	LADIES	126	18

TEAM RESULTS

<u>MALE "A" TEAM</u>				<u>FEMALE "A" TEAM</u>					
	<u>RUNNERS</u>	<u>SCORE</u>	<u>POINTS</u>		<u>RUNNERS</u>	<u>SCORE</u>	<u>POINTS</u>		
1	PONT-Y-PWL	10	9817	10	1	CHEPSTOW	6	5927	10
2	CHEPSTOW	10	9725	9	2	PONT-Y-PWL	6	5894	9
3	ISLWYN	10	9584	8	3	CAERLEON	6	5866	8
4	GRIFFITHSTOWN	10	9536	7	4	LLISWERRY	6	5862	7
5	CAERLEON	10	9526	6	5	PARC BRYN BACH	6	5834	6
6	PARC BRYN BACH	10	9497	5	6	ISLWYN	6	5797	5
7	LLISWERRY	10	9394	4	7	MONMOUTH	6	5764	4
8	MONMOUTH	10	9247	3	8	FAIRWATER	6	5739	3
9	FAIRWATER	9	8192	2	9	GRIFFITHSTOWN	6	5546	2
10	USK	4	3581	1	10	USK	1	961	1

<u>MALE TEAM "B&C" TEAM</u>			<u>FEMALE "B&C" TEAM</u>				
	<u>RUNNERS</u>	<u>SCORE</u>		<u>RUNNERS</u>	<u>SCORE</u>		
1	CHEPSTOW(B)	10	9140	1	CHEPSTOW(B)	6	5779
2	PONT-Y-PWL(B)	10	8986	2	PONT-Y-PWL(B)	6	5637
3	ISLWYN(B)	10	8925	3	ISLWYN(B)	6	5584
4	CAERLEON(B)	10	8792	4	CAERLEON(B)	6	5554
5	PARC BRYN BACH(B)	8	6920	5	PARC BRYN BACH(B)	6	5546
6	LLISWERRY(B)	7	5997	6	LLISWERRY(B)	6	5463
7	CHEPSTOW(C)	6	5075	7	ISLWYN(C)	6	5426
8	GRIFFITHSTOWN(B)	5	4418	8	MONMOUTH(B)	5	4513
9	ISLWYN(C)	4	3383	9	PONT-Y-PWL(C)	4	3600
10	MONMOUTH(B)	2	1705	10	CHEPSTOW(C)	4	3584
11	PONT-Y-PWL(C)	2	1699	11	FAIRWATER(B)	3	2747
	CAERLEON(C)	0	0	12	CAERLEON(C)	3	2671
	FAIRWATER(B)	0	0	13	LLISWERRY(C)	2	1767
	FAIRWATER(C)	0	0	14	PARC BRYN BACH(C)	1	898
	GRIFFITHSTOWN(C)	0	0		FAIRWATER(C)	0	0
	LLISWERRY(C)	0	0		GRIFFITHSTOWN(B)	0	0
	MONMOUTH(C)	0	0		GRIFFITHSTOWN(C)	0	0
	PARC BRYN BACH(C)	0	0		MONMOUTH(C)	0	0
	USK(B)	0	0		USK(B)	0	0
	USK(C)	0	0		USK(C)	0	0

RACE SUMMARY

NUMBER OF RUNNERS BY CATEGORY			
F1734	34	M1739	57
F3539	22	M4044	24
F4044	26	M4549	20
F4549	18	M5054	21
F5054	15	M5559	24
F5559	4	M6064	5
F6099	7	M6569	12
Guests (F)	2	M7099	4
		Guests (M)	1
LADIES TOTAL	128	MENS TOTAL	168

NUMBER OF RUNNERS BY CLUB			
CLUB	LADIES	MEN	TOTAL
CAERLEON	15	20	35
CHEPSTOW	16	26	42
FAIRWATER	9	9	18
GRIFFITHSTOWN	6	15	21
ISLWYN	25	24	49
LLISWERRY	14	17	31
MONMOUTH	11	12	23
PARC BRYN BACH	13	18	31
PONTYPOOL	16	22	38
USK	1	4	5
Guests	2	1	3
TOTAL	128	168	296