

Forename	Surname	Gender	Club	BIB	Position	Time	Points
Daniel	Bodman	Male	Parc Bryn Bach	426	2	00:39:14	1000
Ricci	Watts	Male	Pontypool	227	4	00:42:00	999
Toby	Jones	Male	Lliswerry Runners	165	5	00:42:39	998
Ryan	Worlock-Morgan	Male	Parc Bryn Bach Running Club	54	11	00:43:53	997
Jack	Rowland	Male	Lliswerry Runners	204	12	00:43:55	996
Shaun	Styles	Male	Griffithstown Harriers	273	15	00:44:42	995
Craig	Collins	Male	Liswerry	390	16	00:44:49	994
Tom	Newman	Male	Caerleon RC	251	17	00:44:52	993
Matt	Turner	Male	Caerleon RC	351	20	00:45:25	992
adam	grey	Male	Pontypool runners	307	21	00:46:18	991
Andrew	Stamp	Male	Griffithstown Harriers	208	23	00:46:32	990
Gareth	Knight	Male	Griffithstown Harriers	48	24	00:46:33	989
John	Williams	Male	Griffithstown Harriers	295	27	00:46:55	988
Karl	Coughlin	Male	Parc B/ryn Bach	400	36	00:48:12	987
Brian	James	Male	Pontypool	429	39	00:48:44	986
Phillip	Lee	Male	Lliswerry Runners	329	40	00:49:03	985
Leighton	Everett	Male	Caerleon RC	170	44	00:50:00	984
Richard	Camilleri	Male	Lliswerry Runners	339	45	00:50:07	983
Paul	Mason	Male	Griffithstown Harriers	396	46	00:50:08	982
Mike	Jones	Male	Hengoed Harriers	417	48	00:50:14	981
Alun	Wood	Male	Parc Bryn Bach	385	60	00:50:52	980
Cornel	Pirvu	Male	Caerleon RC	260	61	00:50:56	979
Alex	Lyne	Male	Caldicot Running Club	350	63	00:51:04	978
Ryan	Lambeth	Male	islwyn rc	420	66	00:51:13	977
Darren	Hill	Male	Islwyn RC	78	71	00:51:44	976
Neil	Profit	Male	Islwyn RC	197	75	00:52:38	975
Simon	Cawthorn	Male	Lliswerry Runners	95	77	00:52:56	974
J	East	Male	Lliswerry Runners	240	78	00:53:23	973
Celyn	Davies	Male	Parc Bryn Bach Running Club	97	80	00:53:39	972
Robert	Davies	Male	Lliswerry Runners	144	81	00:53:41	971
Christopher	Guy	Male	Liswerry	394	85	00:54:04	970
Mark	Williams	Male	Aberdare Valley AAC	279	87	00:54:15	969

		Runners	Score	Points
A	Lliswerry	6	5930	30
	Griffithstown	6	5907	29
	PBB	6	5903	28
	Islwyn	6	5822	27
	Fairwater	6	5883	26
	Caerleon RC	6	5943	25
	Pontypool	4	3895	24
	Caerphilly	4	3926	23
	Aberdare Valley	3	2973	22
	Hengoed	2	1895	21
	Caldicot RC	1	978	20
	Chepstow	1	934	19
	Ystrad Mynach	1	928	18

B	Lliswerry	6	5795	30
	Islwyn	6	5683	29
	Griffithstown	6	5660	28
	PBB	3	2811	27
	Fairwater	3	2770	26
	Caerleon RC	3	2762	25

C	Lliswerry	6	5615	30
	Islwyn	3	2786	29

Alexander	Line	Male	Islwyn RC	28	88	00:54:20	968
Ethan	Sayce	Male	Parc Bryn Bach Running Club	380	89	00:54:23	967
Randal	Jones	Male	Lliswerry Runners	287	92	00:54:31	966
John	Lee	Male	islwyn rc	399	93	00:54:43	965
Leon gleed	Gleed	Male	Fairwater Runners Cwmbran	363	95	00:54:49	964
Keith	Davies	Male	Griffithstown harriers	311	96	00:54:55	963
Stephen	smith	Male	Fairwater Runners Cwmbran	376	97	00:55:05	962
David	Waters	Male	Islwyn RC	296	98	00:55:07	961
James	Mcloughlin	Male	Lliswerry Runners	178	102	00:55:26	960
Michael	Skyrme	Male	fairwater	397	103	00:55:27	959
Samuel	Harmer	Male	Islwyn RC	157	106	00:55:40	958
Ian	Line	Male	Parc Bryn Bach Running Club	343	111	00:56:07	957
Daniel	Jones	Male	Caerleon RC	309	112	00:56:08	956
Andrew	Dawe	Male	Lliswerry Runners	360	113	00:56:08	955
Nicholas	Walsh	Male	Griffithstown Harriers	94	114	00:56:10	954
Richard	Jones	Male	Griffithstown Harriers	164	115	00:56:13	953
Michael	Bunston	Male	Islwyn RC	101	118	00:56:20	952
Ryan	Martin	Male	Fairwater Runners Cwmbran	176	123	00:56:46	951
Phillip	Allsopp	Male	Fairwater Runners Cwmbran	127	124	00:56:51	950
Andrew	Spencer	Male	Griffithstown Harriers	207	126	00:56:59	949
Craig	Ward	Male	islwyn rc	395	132	00:57:28	948
Jack	Blackburn	Male	Islwyn RC	16	143	00:58:54	947
Richard Thomas	Jones	Male	Lliswerry Runners	84	144	00:58:57	946
Luciano	Tomasalo	Male	Griffithstown Harriers	427	146	00:59:11	945
Christopher	Jones	Male	Lliswerry Runners	85	147	00:59:13	944
Matt	Clark	Male	islwyn rc	388	158	01:00:13	943
Paul	Watkins	Male	Griffithstown Harriers	226	161	01:00:26	942
Lyn	Mac	Male	Caerleon RC	2	162	01:00:28	941
James	Hobson	Male	Lliswerry Runners	42	165	01:00:35	940
Steven	Phillips	Male	Parc Bryn Bach Running Club	191	170	01:00:40	939
James	Taylor	Male	Aberdare Valley AAC	276	172	01:00:41	938
Ray	Davies	Male	Aberdare Valley Amateur Athletic Club	362	173	01:00:48	937
Lee	Canning	Male	Caerphilly Runners	137	176	01:01:06	936

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Paul	Brookes	Male	Islwyn RC	11	178	01:01:12	935
Stephen	Owen	Male	Chepstow Harriers	45	179	01:01:20	934
Keith	Davies	Male	islwyn rc	386	182	01:01:41	933
Andy	Baker	Male	Fairwater Runners Cwmbran	346	187	01:01:49	932
Mike	Pobjoy	Male	Liswerry	185	191	01:02:12	931
Matthew	Parry	Male	Islwyn RC	121	192	01:02:13	930
Chris	Davies	Male	Lliswerry Runners	143	193	01:02:21	929
Kieran	Loughlin	Male	Ystrad Mynach Running Club	174	200	01:02:54	928
Martyn	Jenkins	Male	Fairwater Runners Cwmbran	365	204	01:03:06	927
Martin	Croucher	Male	Caerleon RC	141	207	01:03:19	926
James	Moseley	Male	Lliswerry Runners	110	214	01:04:18	925
Howard	Attwood	Male	Lliswerry Runners	39	215	01:04:18	924
Keston	Griffiths	Male	Islwyn RC	21	219	01:04:41	923
Peter	Jones	Male	Fairwater Runners Cwmbran	120	221	01:05:00	922
Richard	Bowie	Male	Fairwater runners cwmbran	349	225	01:05:20	921
Tony	Derrick	Male	Caerleon RC	328	230	01:05:27	920
Andy	Millard	Male	Pont-y-pwl & District Runners	30	235	01:06:26	919
Russell	Dobbs	Male	Islwyn Running Club	1	249	01:07:49	918
Andrew	Howells-Smith	Male	Griffithstown Harriers	159	256	01:08:32	917
Steve	Dance	Male	Caerleon RC	66	261	01:09:00	916
James	Langridge-Thomas	Male	Parc Bryn Bach Running Club	246	282	01:11:03	915
Russ	Pearce	Male	Hengoed Harriers	290	283	01:11:06	914
Jeremy	Dickson	Male	Lliswerry Runners	105	302	01:13:28	913
Richard	Thomas	Male	Caerphilly Runners	216	323	01:18:58	912
Jamie	Fraser	Male	Lliswerry Runners	319	328	01:19:53	911
Simon	Roberts	Male	Caerphilly Runners	342	330	01:20:46	910
Neil	Thomas	Male	islwyn rc	389	331	01:21:29	909
Simon	Cawthorn	Male	Lliswerry Runners	238	336	01:24:23	908
Chris	Demellweek	Male	Caerphilly Runners	195	345	01:26:29	907

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