

2016 Rose Inn Relays - 7PM, Monday 5th September 2016

Pos.	Bib	Team Name	Time	Category	Runner 1	R1 Split	Runner 2	R2 Split	Runner 3	R3 Split
1.	199	MMRT1	0:29:59.7	RC - MM1 (105 - 149)	Mark Jennings	0:09:36.1	Robert John	0:10:11.9	Leighton	0:10:11.5
2.	200	MMRT2	0:30:57.4	RC - Men (to 104 years)	Daryll Barnby	0:09:59.2	Martin Norton	0:10:28.5	Matthew	0:10:29.5
3.	126	Pontypridd A team	0:31:27.6	RC - Men (to 104 years)	Billy Hayton	0:10:25.0	Darren Bishop	0:10:33.2	Samuel	0:10:29.3
4.	112	FODAC YOUNG BLOODS	0:31:35.4	RC - Men (to 104 years)	JACK FLEET	0:10:27.8	MARCUS	0:10:49.9	PETER	0:10:17.6
5.	186	Back once again for the	0:32:43.0	RC - MM1 (105 - 149)	Simon Gill	0:11:29.2	Jon Belcher	0:10:58.7	Neil Evans	0:10:15.0
6.	136	Pontypridd Roadents AC	0:32:48.5	RC - MM1 (105 - 149)	PETER COLES	0:11:15.7	DAVID JOHN	0:10:31.2	PHILIP J	0:11:01.5
7.	160	CDF Runners 1	0:33:55.0	Allcomers Men	Ryan Cullen	0:10:58.0	Tom Martin	0:11:10.0	Paul Hubbard	0:11:46.9
8.	127	San Domenico Men A	0:33:59.8	RC - MM1 (105 - 149)	Johnny Lam	0:10:51.9	Ceri Davies	0:12:05.7	Alec Care	0:11:02.0
9.	170	Short Striders	0:34:02.9	RC - Men (to 104 years)	Alexander	0:10:09.2	Gavin Williams	0:11:18.7	Kevin Hale	0:12:34.9
10.	110	Wanderers Reunited	0:34:11.0	RC - MM1 (105 - 149)	richard pegler	0:11:06.2	leyton fleet	0:11:25.2	dan sandford	0:11:39.4
11.	183	Caerphilly runners men's 1	0:34:38.8	RC - MM1 (105 - 149)	Richard hazell	0:11:35.6	Robert coles	0:12:10.2	Steve Payne	0:10:52.8
12.	105	Win or lose we are on the	0:34:46.0	RC - Men (to 104 years)	Gareth Howells	0:11:25.7	Dan Arthur	0:11:52.6	Richard Hughes	0:11:27.6
13.	189	Lliswerry Va Va Voom Vets	0:34:55.5	RC - MM2 (150 - 199)	Chris Jones	0:11:38.6	Nick Rees	0:11:48.7	Phil Boorman	0:11:28.1
14.	124	caerleon 150	0:35:08.0	RC - MM2 (150 - 199)	Laurence Moran	0:10:47.5	Howard Mason	0:12:13.9	Matthew	0:12:06.5
15.	146	ross boys	0:35:17.7	RC - MM1 (105 - 149)	Luke Felton	0:12:30.3	Allan Meek	0:11:17.1	George Smith	0:11:30.1
16.	180	The forest farts	0:35:30.7	RC - MM1 (105 - 149)	Hubert	0:11:13.8	Ian morgan	0:12:44.4	Mark channer	0:11:32.3
17.	118	Tri hard	0:36:38.4	RC - Ladies (to 104 years)	Briony Bishop	0:12:13.1	Natalie	0:12:27.9	Laura McPeake	0:11:57.3
18.	176	Lliswerry brunettes	0:36:55.7	RC - Ladies (to 104 years)	Rebecca	0:11:42.9	Victoria Hobbs	0:12:38.7	Ruth Phillips	0:12:34.1
19.	120	old buggers and me	0:36:57.2	Allcomers Mixed 1 (to 149 years)	Stephenie Davies	0:14:27.5	Steve Hooper	0:11:43.4	Billy Hayton	0:10:46.3
20.	128	San Domenico Men B	0:37:11.4	RC - MM2 (150 - 199)	John Ross	0:12:52.3	Ian Bell	0:12:47.8	Kevin Plank	0:11:31.3
21.	152	CDF Runners 7	0:37:19.7	Allcomers Mixed 1 (to 149 years)	Rachel Bishop	0:13:24.2	Ben Winton	0:12:06.6	Howard Owen	0:11:48.7
22.	154	Caerleon Masters 1	0:37:26.2	RC - MM1 (105 - 149)	Richard Perry	0:12:12.5	Lloyd Hughes	0:12:44.7	Ian Davies	0:12:28.9
23.	162	CDF Runners 4	0:37:26.9	Allcomers Men	Sam Evans	0:11:38.5	Matt Henson	0:13:01.5	Mikhail Paur	0:12:46.8
24.	167	Llama Club on Tour 'A'	0:37:29.0	RC - Ladies (to 104 years)	Elise Turner	0:12:33.2	Molly Ball	0:12:26.2	Holly-Mai Bowen	0:12:29.4
25.	159	Gotta catch 'em all	0:37:45.4	RC - Men (to 104 years)	Simon Tang	0:12:31.1	Michael Reeves	0:12:32.8	Pete Burrows	0:12:41.4
26.	172	The Pie Eating Slackers	0:37:49.5	RC - LM1 (105 - 149)	Lisa Jeffrey	0:12:55.3	Niki Morgan	0:12:28.2	Jane Horler	0:12:25.9
27.	184	Team Davies	0:37:56.0	RC - MM1 (105 - 149)	Chris Davies	0:13:19.2	Nick Davies	0:13:27.8	Jamie Davies	0:11:08.9
28.	106	Florence and the machines	0:38:00.6	RC - MM1 (105 - 149)	Jamie L'Escargot	0:11:35.5	Nicholas Pounder	0:13:37.8	Darren Bishop	0:12:47.3
29.	158	Blood, Sweat & Tears	0:38:01.8	RC - MM1 (105 - 149)	Rob Lester	0:12:37.9	Greg Nash	0:12:33.1	Rob Freeman	0:12:50.6
30.	111	Caerleon Mature	0:38:14.1	RC - MM2 (150 - 199)	Peter Rodger	0:12:24.5	Grahame Viner	0:12:48.5	Phil Hyatt	0:13:01.0
31.	182	Under 40 and feeling young	0:38:22.8	RC - Men (to 104 years)	Samuel Clayton	0:12:37.0	James Ball	0:13:02.0	Ellis Grist	0:12:43.7
32.	156	CDF Runners 3	0:38:31.7	Allcomers Men	Jamie Hindle	0:12:10.0	Daniel Griffiths	0:13:30.4	Stewart Harding	0:12:51.2
33.	115	Teach, Drink, Run, Repeat	0:38:49.3	RC - Ladies (to 104 years)	Jade Wakley	0:12:13.0	Emma Williams	0:13:06.1	Sian Jones	0:13:30.2
34.	130	Ponty Pelicans	0:38:56.0	RC - Ladies (to 104 years)	Gwen Richards	0:13:42.1	Kristie O Connell	0:12:00.6	Elaine Ferguson	0:13:13.2
35.	193	forest flyers	0:39:03.7	Allcomers Mixed 1 (to 149 years)	Daren Smith	0:11:43.6	Claire Mansfield	0:13:30.1	Sarah Bishop	0:13:49.9

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36.	195	Ponty Old Boys	0:39:08.0	RC - MM2 (150 - 199)	Andy Davies	0:13:42.6	Brian Gough	0:14:02.1	Peter Coles	0:11:23.2
37.	113	Roadents Lucky DIP	0:39:26.1	RC - MM1 (105 - 149)	Darren	0:13:35.1	Phil Wall	0:12:53.8	Iestyn Henson	0:12:57.1
38.	164	CDF Runners 2	0:39:27.9	Allcomers Ladies	Eli Mc	0:12:56.4	Cel McRun	0:12:48.5	Stefanie Taylor	0:13:43.0
39.	188	The FODAC fruitcakes	0:39:33.1	RC - LM2 (150 - 199)	Sherryl Hall	0:12:46.2	Melinda Ruck	0:12:59.4	Fiona Turner	0:13:47.3
40.	116	Barking Mad	0:39:57.4	Allcomers Mixed 1 (to 149 years)	Fiona Drysdale	0:14:59.4	Vanessa Turnbull	0:13:39.0	James Griffiths	0:11:18.9
41.	173	Caerphilly Runners	0:40:28.1	RC - LM1 (105 - 149)	Claire Kulisa	0:13:25.0	Sara Williams	0:13:53.2	Emma Edwards	0:13:09.7
42.	147	CDF Runners 10	0:40:29.0	Allcomers Men	Carl Evans	0:13:09.3	Andrew Caple	0:14:06.9	Andrew Griffiths	0:13:12.7
43.	143	Pete's Magic Dragons	0:40:31.6	RC - MM1 (105 - 149)	Pete Hastings	0:13:46.7	Brendan Price	0:12:54.8	Michael Evans	0:13:50.0
44.	168	Llama Club on Tour 'B'	0:40:40.1	RC - Ladies (to 104 years)	Isabel Clark	0:12:27.9	Maisie Pearce	0:13:33.5	Megan Williams	0:14:38.6
45.	175	The Lliswerry Girls	0:40:43.6	RC - Ladies (to 104 years)	Angharad	0:13:32.3	Ella Boorman	0:13:36.7	Charlotte Ralph	0:13:34.5
46.	157	Caerleon Runners	0:40:44.6	RC - Ladies (to 104 years)	Paula Williams	0:13:06.1	Charlotte Moran	0:13:38.4	Jamiee Gittins	0:14:00.0
47.	109	The Forest Gumps	0:40:50.0	RC - MM1 (105 - 149)	Peter Hewitt	0:13:29.2	David Jenkins	0:13:57.4	Michael Marks	0:13:23.3
48.	179	Celtic Warriors	0:41:04.3	RC - MM2 (150 - 199)	Chris Hawkins	0:15:20.1	Brian Francis	0:12:44.5	Patrick	0:12:59.6
49.	132	Bridgend athletic 1	0:41:17.7	RC - MM1 (105 - 149)	Nick Harris	0:11:48.3	Christie Coleman	0:15:51.3	Gareth Jenkins	0:13:38.0
50.	114	Trellech Massive	0:41:23.5	RC - MM1 (105 - 149)	Rod Wyatt	0:14:28.0	Jeremy Creasey	0:13:47.8	Toby Wales	0:13:07.6
51.	149	CDF team 9	0:41:52.1	Allcomers Mixed 1 (to 149 years)	Adam Johnson	0:13:05.7	Dhana Caple	0:14:42.9	Gethin Price	0:14:03.4
52.	129	San Domenico Women A	0:42:24.4	RC - Ladies (to 104 years)	Ruth Robertson	0:15:58.5	Megan Poulson	0:13:57.9	Heledd Roberts	0:12:27.9
53.	142	Over the Hill Dragons	0:42:34.9	RC - MM2 (150 - 199)	Michael Evans	0:13:02.9	Gordan Carter	0:16:13.4	Wyn Evans	0:13:18.5
54.	198	Pursuing Pegs	0:42:54.4	Allcomers Mixed 1 (to 149 years)	Stephen Wood	0:14:01.2	Sally Groves	0:15:16.5	Laura Evans	0:13:36.6
55.	174	On our last legs	0:43:19.1	Allcomers Mixed 1 (to 149 years)	Lisa Bateman	0:14:23.3	Leanne Phillips	0:15:45.9	Dean Turner	0:13:09.8
56.	163	Monmouth Maidens	0:43:25.8	RC - LM1 (105 - 149)	Sally Gilson	0:16:30.4	Emma King	0:14:41.9	Jacqueline	0:12:13.4
57.	141	Disney Debs Dragons	0:43:36.4	RC - LM1 (105 - 149)	Nicola Jones	0:15:11.6	Carys Morgan	0:14:19.7	Deborah Evans	0:14:05.0
58.	197	Persistent Pegs	0:43:37.9	Allcomers Mixed 1 (to 149 years)	Carson Pryce	0:15:02.7	Paula Allen	0:14:38.7	Stephen Wood	0:13:56.4
59.	169	Team Improvement	0:43:43.2	Allcomers Mixed 1 (to 149 years)	Emma Williams	0:15:45.9	Christian Rees	0:13:15.7	Rhys Bowen	0:14:41.5
60.	125	Marriage made in heaven	0:43:44.7	Allcomers Mixed 1 (to 149 years)	Heather Garratt	0:14:27.7	Richard Garratt	0:14:53.1	Kelly Owen	0:14:23.7
61.	171	pretty in purple	0:43:55.8	RC - Ladies (to 104 years)	helen thomas	0:14:41.3	charlene hensall	0:14:26.4	natalie walker	0:14:47.9
62.	144	Dancing Dragons	0:44:01.1	Allcomers Mixed 1 (to 149 years)	Lucy Evans	0:14:46.4	Robert Price	0:15:38.6	Byron Jones	0:13:36.0
63.	121	Prosecco Princesses	0:44:21.0	RC - LM1 (105 - 149)	Gemma Hewitt	0:14:34.7	Kate Burke	0:15:01.0	Rachel Nash	0:14:45.2
64.	196	Chepstow Golden Oldies	0:45:14.8	Allcomers 200+ (200 plus)	Steve Owen	0:12:30.6	Brenda Avery	0:14:57.3	Dick Finch	0:17:46.9
65.	161	The Forest Old Dears	0:45:30.6	RC - LM2 (150 - 199)	Jacqueline Green	0:15:21.9	Jacqui Wynds	0:14:40.4	Lynne Park	0:15:28.1
66.	178	CDF Runners 11	0:45:32.6	Allcomers Ladies	Zoe James	0:15:27.1	Maru Saavedra	0:15:15.0	Bethan Rees	0:14:50.4
67.	165	Just for fun	0:45:33.5	Allcomers Mixed 1 (to 149 years)	Yangi Vundamina	0:15:56.2	Michelle Clabon	0:15:59.3	Morris Urquhart	0:13:37.9
68.	150	CDF Runners 12	0:45:41.4	Allcomers Mixed 1 (to 149 years)	Stephanie Ferry	0:15:32.9	Gareth Key	0:13:28.7	Lily Aoife	0:16:39.7
69.	100	Caerleon DIM	0:45:45.0	RC - MM2 (150 - 199)	David Davies	0:15:17.6	Ian Price	0:15:21.8	Mark Alford	0:15:05.6
70.	192	Roni's Rockets	0:45:58.1	Allcomers Mixed 1 (to 149 years)	Dave Westley	0:14:20.7	Melanie Shipton	0:16:35.3	Roni Margerison	0:15:02.0

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71.	117	Pontypridd Roadents "2	0:45:58.6	RC - Ladies (to 104 years)	Caroline Best	0:14:48.3	Bretti Paxton	0:16:12.7	Bethan Ford	0:14:57.5
72.	122	Wilmaaaaa	0:46:01.7	RC - MM2 (150 - 199)	Steve riddler	0:15:17.8	Jonathan Edwards	0:18:03.3	Kevin Raymond	0:12:40.5
73.	148	The FODAC Kettle Bitches	0:46:03.9	RC - LM1 (105 - 149)	Anna Freeman	0:15:52.1	Claire Morgan	0:15:14.8	Stefanie Francis	0:14:57.0
74.	133	Cwm Ogwr three little birds	0:46:21.5	RC - LM1 (105 - 149)	Claire	0:14:39.4	Liz Davis	0:16:13.3	Eryl James	0:15:28.6
75.	107	Dizzy Divas	0:46:51.5	RC - LM1 (105 - 149)	Vanessa Pegler	0:16:06.6	Karen Barnett	0:15:23.5	Donna Sheen	0:15:21.3
76.	181	Caerphilly runners	0:47:00.7	RC - LM1 (105 - 149)	Marie Coles	0:14:03.4	Anna markell	0:16:27.6	Karen Lewis	0:16:29.6
77.	123	Cwm Ogwr Mashup	0:47:36.0	RC - MM1 (105 - 149)	Gareth John	0:13:45.3	Gary Piper	0:16:10.5	Chris Stanlake	0:17:40.1
78.	138	Pontypridd Roadents	0:47:38.9	RC - LM2 (150 - 199)	Sian Khalil	0:14:20.6	Hayley Pugh	0:19:19.9	Fiona Davies	0:13:58.3
79.	177	Forest gigglers	0:47:46.4	RC - LM1 (105 - 149)	Jane Creed	0:16:43.4	Jo Edwards	0:14:33.6	Angela Bowkett	0:16:29.3
80.	185	Cwm Ogwr Stalwarts	0:48:20.1	Allcomers Mixed 2 (150 plus)	Jackie Lewis	0:17:47.8	Ian Lewis	0:15:43.6	David Sheard	0:14:48.6
81.	145	Dragons in Daps	0:48:27.6	Allcomers Mixed 1 (to 149 years)	Rob Jones	0:14:24.2	Samantha	0:15:28.1	Carwyn Evans	0:18:35.2
82.	104	Pontypridd puffers	0:48:49.1	Allcomers Mixed 1 (to 149 years)	Helen welch	0:18:03.9	Leah Morris	0:16:48.5	Darren	0:13:56.6
83.	153	CDF Runners	0:48:54.4	Allcomers Ladies	Angela Farmer	0:16:08.7	Bethan Jenkins	0:17:01.7	Lisa Innes	0:15:43.9
84.	139	Roadrunners	0:49:19.7	RC - LM1 (105 - 149)	Laura palfrey	0:16:17.1	Vanessa Pritchard	0:16:34.5	Mary scourfield	0:16:28.0
85.	99	Rats on Tour	0:49:55.0	Allcomers Mixed 1 (to 149 years)	Mike Gwynne	0:13:18.5	Fiona Campbell	0:17:45.1	Jo Gwynne	0:18:51.3
86.	135	Cwm ogwr Tenby trio	0:49:58.9	RC - LM1 (105 - 149)	Dawn Hopkins	0:15:50.6	Kirstie Warburton	0:18:16.8	Emma Loyns	0:15:51.4
87.	166	Smells like team spirit	0:50:38.7	RC - LM2 (150 - 199)	Sian Burns	0:16:40.3	Nicola Allan	0:17:13.4	Madeline	0:16:44.9
88.	137	Great Expectations	0:51:54.5	RC - LM1 (105 - 149)	Rhian Kinsella	0:19:30.3	Diana Purnell	0:16:43.1	Sarah Littlewood	0:15:41.1
89.	102	3 Non Blondes	0:51:59.1	RC - LM2 (150 - 199)	sharla fleet	0:17:22.9	bev james	0:18:34.3	michelle peacey	0:16:01.9
90.	155	CDF Runners 8	0:52:03.3	Allcomers Ladies	Ella Williams	0:16:19.2	Sian David	0:19:10.2	Kemesha Bogle	0:16:33.7
91.	191	JCR	0:52:18.5	RC - LM1 (105 - 149)	Charlotte leigh	0:16:21.7	Joanna daviss	0:17:30.7	Ruth smith	0:18:26.0
92.	194	The Caerleon Plodders	0:53:32.4	RC - LM1 (105 - 149)	Sue Woodruff	0:17:06.6	Claire Orford	0:17:43.4	Aisling Morgan	0:18:42.3
93.	140	Ratties	0:54:46.1	Allcomers Mixed 1 (to 149 years)	Graham Bingham	0:15:53.6	Rhiannon Bowen	0:21:16.7	Pam Flanagan	0:17:35.7
94.	190	Lliswerry tail Runners	0:55:42.0	Allcomers Mixed 1 (to 149 years)	Allyson edmonds	0:19:05.5	Paul williams	0:18:42.4	Louise ahern	0:17:54.0
95.	131	Ponty Posse	0:58:28.6	RC - LM1 (105 - 149)	Julia Herbert	0:16:19.1	Sarah Boothby	0:20:50.6	Laura Pinney	0:21:18.9
96.	151	CDF 6	1:00:24.0	Allcomers Ladies	Maryam Alsefri	0:21:49.9	Debbie Cumming	0:18:20.8	Ruth Roberts	0:20:13.3
97.	103	Ponty Pandas	1:06:41.8	RC - Ladies (to 104 years)	Clair Houston	0:23:18.2	Lisa Williams	0:17:32.7	Dianne Davies	0:25:50.7
98.	119	Team Turtle	1:09:49.2	RC - Ladies (to 104 years)	Rhiannon	0:21:27.1	Pippa Clark	0:27:57.0	Angela Parry	0:20:25.0

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