Time	Position	Number	M/F	Name	Cat	Club
69.09	1	52	M	Austin Davies	MV45	Brecon AC
72.57	2	42	M	Warren Miles	MV45	Worcester AC
74.09	3	26	M	Matt Biggs	MS	Dudley Kingswinford Running Club
74.57	4	41	M	John Newey	MV40	Malvern Joggers
75.22	5	13	M	Richard Walsh	MS	Black Pear Joggers
76.35	6	40	M	Andrew Stephens	MV40	Monross Trailblazers
76.44	7	33	M	Steve Davies	MV55	PONT-Y-PWL AND DISTRICT RUNNERS
78.17	8	50	M	Andy Parmley	MV40	DROITWICH AC
79.20	9	49	M	Paul Cullen	MV40	Unattached
79.48	10	14	M	Stephen Jones	MV40	Port Talbot Harriers
80.29	11	22	M	Damian Cartland	MV40	DROITWICH AC
82.44	12	55	M	Andrew May	MV40	Unattached
84.17	13	44	M	Sam Burnage	MV40	Malvern Joggers
86.20	14	58	M	Julian Boon	MV45	Forest of Dean AC
86.27	15	15	F	Helen Jones	FV45	Port Talbot Harriers
87.05	16	24	M	Carl Gilmour	MV45	Hay Hotfooter
88.28	17	35	M	Howard Shearing	MS	Unattached
89.02	18	19	F	Megan Judge	FS	Malvern Joggers
90.08	19	62	F	Carolyn Thomas	FV50	Dragons
90.22	20	57	M	Dave Hughes	MV40	Unattached
91.29	21	61	M	Haydn O'Reily	MS	Rhayader RC
91.41	22	64	F	Natalie Taylor	FS	Brecon AC
92.06	23	11	M	Daniel Badger	MS	Malvern Joggers
92.47	24	9	M	Trevor Matty	MV45	Malvern Joggers
92.53	25	53	M	Wayne Jones	MV40	Brecon AC
93.00	26	63	M	Ben Toon	MS	Malvern Joggers
93.17	27	48	M	Ian Dyson	MV60	Malvern Joggers
93.22	28	60	M	Matthew Hall	MV45	Monross Trailblazers
94.14	29	51	F	Lorna Shaw	FV50	Usk Runners
94.16	30	54	M	Barry Griffiths	MV50	Brecon AC
94.38	31	34	M	Allan Todd	MV60	Warley Woods Pacers
95.45	32	8	M	Ashley Robinson	MV60	Croft Ambrey
96.16	33	32	F	Louise Bright	FV35	PONT-Y-PWL AND DISTRICT RUNNERS
96.43	34	28	M	Kev Joyce	MV45	Unattached
96.58	35	45	M	Peter Wilson	MV45	Malvern Joggers
97.13	36	7	M	John Bryan	MS	Malvern Joggers
97.47	37	59	M	Andrew Powell	MV40	Unattached
97.56	38	1	F	Julie Casley	FV55	Malvern Joggers
98.26	39	5	M	Mark Wrathall	MS	Unattached
98.39	40	56	M	Dan Johns	MS	Brecon AC
100.52	41	29	M	Harold Lambert	MV65	Kidderminster & Stourport
101.40	42	2	M	Peter Short	MV60	Forest of Dean AC
101.43	43	69	M	Steve Roode	MV50	Malvern Joggers
101.52	44	43	F	Tracy Miles	FV50	Worcester AC
102.27	45	16	F	Zoe Elver	FV40	PONT-Y-PWL AND DISTRICT RUNNERS
102.46	46	38	M	Andrew Banham	MV55	Malvern Joggers
104.18	47	25	M	Colin Downey	MV55	Stourbridge
104.52	48	46	F	Catherine Gilbert	FV40	Brecon AC
104.59	49	30	M	Lee Brighton	MV40	Black Pear Joggers
105.33	50	31	F	Nicki Allen	FV40	Black Pear Joggers
105.58	51	47	M	Rob Williams	MV55	Brecon AC
107.11	52	10	M	Glyn Davies	MV40	Malvern Joggers
107.28	53	27	M	Tom Powell	MS	Unattached
107.47	54	36	M	Chris Jolley	MV55	Malvern Joggers
107.50	55	37	F	Mary Morton	FV40	Rhayader RC
107.51	56	4	F	Rose Thomas	F60	Rhayader RC
108.47	57	39	F	Emma King	FS	Spirit of Monmouth
109.38	58	18	F	Amanda Duncan	FV40	Malvern Joggers
113.32	59	23	M	John Price	MV55	Hay Hotfooter
135.29	60	12	F	Emma Mccance	FS	Malvern Joggers
	DNS	3	F	Catherine Olivant	F40	Brecon AC
	DNS	21	F	Sarah Heatley	FV50	Malvern Joggers
	DNS	17	M	Steve Waygood	MV55	Forest of Dean AC
	DNS	20	M	Paul Webb	MV55	Malvern Joggers
	DNS	6	M	Clive Richardson	MV70	Unattached