

| POSITION | TIME | NUMBER | AGE | M/F | NAME | CATEGORY | CLUB | TIME |
|----------|----------|--------|-----|-----|--------------------|----------|------------------------|----------|
| 1 | 00:38:04 | 218 | 38 | M | IWAN MORETON | MS | PONT-Y-PWL | 00:38:04 |
| 2 | 00:39:55 | 206 | 41 | M | JAMIE SHINGLER | MV40 | LUDLOW RC | 00:39:55 |
| 3 | 00:40:45 | 147 | 31 | M | STEVEN FLOWERS | MS | WYE VALLEY RUNNERS | 00:40:45 |
| 4 | 00:41:02 | 157 | 41 | M | ANDREW MAY | MV40 | UNATTACHED | 00:41:02 |
| 5 | 00:41:36 | 92 | 31 | M | CRAIG COLLIER | MS | LUDLOW RC | 00:41:36 |
| 6 | 00:42:00 | 80 | 31 | M | ROBERT WILLIAMS | MS | WYE VALLEY RUNNERS | 00:42:00 |
| 7 | 00:42:07 | 217 | 24 | M | PETER WOODWARD | MS | FOREST OF DEAN AC | 00:42:07 |
| 8 | 00:42:16 | 31 | 44 | M | LEYTON FLEET | MV40 | FOREST OF DEAN AC | 00:42:16 |
| 9 | 00:42:22 | 109 | 41 | M | DAN SANDFORD | MV40 | FOREST OF DEAN AC | 00:42:22 |
| 10 | 00:42:45 | 5 | 48 | M | MIKE FAWCETT | MV45 | WYE VALLEY RUNNERS | 00:42:45 |
| 11 | 00:43:37 | 188 | 52 | M | CHRIS SMALLMAN | MV50 | MALVERN JOGGERS | 00:43:37 |
| 12 | 00:44:04 | 53 | 44 | M | STEVEN JONES | MV40 | PORT TALBOT HARRIERS | 00:44:04 |
| 13 | 00:44:28 | 136 | 53 | M | ROBERT EVANS | MV50 | EBBW VALE RUNNING CLUB | 00:44:28 |
| 14 | 00:44:39 | 23 | 35 | M | ADAM THOMAS | MS | UNATTACHED | 00:44:39 |
| 15 | 00:44:46 | 168 | 38 | M | HOWARD SHEARING | MS | UNATTACHED | 00:44:46 |
| 16 | 00:44:49 | 194 | 54 | M | MARK GALLIMOND | MV50 | DUDLEY KINGSWINFORD | 00:44:49 |
| 17 | 00:44:52 | 128 | 62 | M | GEOFF KAY | MV60 | HEREFORD COURIERS | 00:44:52 |
| 18 | 00:44:54 | 26 | 48 | M | DAREN SMITH | MV45 | FOREST OF DEAN AC | 00:44:54 |
| 19 | 00:45:08 | 163 | 21 | M | MARCUS BENNETTO | MS | FOREST OF DEAN AC | 00:45:08 |
| 20 | 00:45:09 | 201 | 47 | M | MARTIN WILLIAMS | MV45 | CROFT AMBREY | 00:45:09 |
| 21 | 00:45:19 | 145 | 38 | F | LAURA TOOTELL | FV35 | WYE VALLEY RUNNERS | 00:45:19 |
| 22 | 00:45:31 | 220 | 45 | M | ANDREW DICKENS | MV45 | PONT-Y-PWL RUNNERS | 00:45:31 |
| 23 | 00:45:47 | 28 | 35 | M | CHRIS O'BRIEN | MS | BRECON TRIATHLON CLUB | 00:45:47 |
| 24 | 00:45:51 | 195 | 17 | M | JACK FLEET | MS | FOREST OF DEAN AC | 00:45:51 |
| 25 | 00:46:13 | 97 | 48 | F | NIKI MORGAN | FV45 | CHEPSTOW HARRIERS | 00:46:13 |
| 26 | 00:46:19 | 117 | 32 | M | CRAIG MUSSELL | MS | WYE VALLEY RUNNERS | 00:46:19 |
| 27 | 00:46:32 | 148 | 46 | M | MARK WATKINS | MV45 | WYE VALLEY RUNNERS | 00:46:32 |
| 28 | 00:46:53 | 193 | 36 | M | ADAM MICHNIOK | MS | UNATTACHED | 00:46:53 |
| 29 | 00:46:54 | 173 | 27 | M | RHYS JONES | MS | LUDLOW RC | 00:46:54 |
| 30 | 00:46:59 | 67 | 45 | M | JULIAN BOON | MV45 | FOREST OF DEAN AC | 00:46:59 |
| 31 | 00:47:02 | 146 | 35 | F | GINTARE GAIGALIENE | FV35 | WYE VALLEY RUNNERS | 00:47:02 |
| 32 | 00:47:09 | 129 | 43 | M | STEVEN MESHAM | MV40 | PRESTEIGNE PACERS | 00:47:09 |
| 33 | 00:47:19 | 141 | 42 | M | ANDY BROAD | MV40 | HAY HOTFOOTERS | 00:47:19 |
| 34 | 00:47:26 | 200 | 24 | M | PETER EDWARDS | MS | FAIRWATER RUNNERS | 00:47:26 |
| 35 | 00:47:52 | 30 | 29 | M | THMAS POWELL | MS | LUDLOW RC | 00:47:52 |
| 36 | 00:47:56 | 39 | 49 | M | TREVR MATTY | MV45 | MALVERN JOGGERS | 00:47:56 |
| 37 | 00:47:57 | 93 | 59 | M | ANTHONY CHAMPKEN | MV55 | WYE VALLEY RUNNERS | 00:47:57 |
| 38 | 00:47:58 | 60 | 46 | F | HELEN TROMANS | FV45 | DUDLEY KINGSWINFORD | 00:47:58 |
| 39 | 00:47:58 | 61 | 46 | M | STUART TROMANS | MV45 | UNATTACHED | 00:47:58 |
| 40 | 00:48:04 | 106 | 45 | M | PAUL DAVIES | MV45 | WYE VALLEY RUNNERS | 00:48:04 |
| 41 | 00:48:10 | 185 | 28 | M | EDWARD SHORT | MS | WYE VALLEY RUNNERS | 00:48:10 |
| 42 | 00:48:18 | 54 | 46 | F | HELEN JONES | FV45 | PORT TALBOT HARRIERS | 00:48:18 |
| 43 | 00:48:22 | 50 | 26 | F | MEGAN JUDGE | FS | MALVERN JOGGERS | 00:48:22 |
| 44 | 00:48:30 | 170 | 31 | F | DONNA MORRIS | FS | BUILTH AND DISTRICT | 00:48:30 |
| 45 | 00:48:33 | 88 | 47 | M | MARK CHANNER | MV45 | FOREST OF DEAN AC | 00:48:33 |
| 46 | 00:48:37 | 105 | 39 | M | KEVIN ARTUS | MS | WYE VALLEY RUNNERS | 00:48:37 |
| 47 | 00:48:39 | 126 | 53 | M | SHAUN HOYES | MV50 | WYE VALLEY RUNNERS | 00:48:39 |
| 48 | 00:48:43 | 221 | 47 | F | LOU SUMMERS | FV45 | PONT-Y-PWL RUNNERS | 00:48:43 |
| 49 | 00:48:48 | 115 | 66 | M | STEVE HERRINGTON | MV65 | HEREFORD COURIERS | 00:48:48 |
| 50 | 00:48:54 | 118 | 53 | F | NIKKI CHILDS | FV50 | WYE VALLEY RUNNERS | 00:48:54 |
| 51 | 00:48:57 | 123 | 46 | M | ADRIAN TAYLOR | MV45 | UNATTACHED | 00:48:57 |
| 52 | 00:49:00 | 191 | 40 | F | LISA RUCK | FV40 | HEREFORD COURIERS | 00:49:00 |
| 53 | 00:49:12 | 21 | 41 | F | RACHEL RICHARDS | FV40 | UNATTACHED | 00:49:12 |
| 54 | 00:49:16 | 55 | 52 | M | JAMES ABRAMS | MV50 | UNATTACHED | 00:49:16 |
| 55 | 00:49:30 | 70 | 62 | M | STEPHEN GIBLIN | MV60 | CENTURION | 00:49:30 |
| 56 | 00:49:32 | 222 | 30 | F | DONA MACHACKOVA | FS | WYE VALLEY RUNNERS | 00:49:32 |
| 57 | 00:49:33 | 71 | 50 | M | DAN PAVITT | MV50 | LUDLOW RC | 00:49:33 |
| 58 | 00:49:43 | 161 | 43 | M | IAN DAVIES | MV40 | UNATTACHED | 00:49:43 |
| 59 | 00:49:47 | 144 | 40 | F | MARIA MILES | FV40 | WYE VALLEY RUNNERS | 00:49:47 |
| 60 | 00:49:54 | 140 | 46 | M | NEIL STEVENS | MV45 | EBBW VALE RUNNING CLUB | 00:49:54 |
| 61 | 00:49:58 | 48 | 61 | M | ALAN ROBERTSON | MV60 | FOREST OF DEAN AC | 00:49:58 |
| 62 | 00:50:02 | 151 | 45 | M | ANTONY WADE | MV45 | CROFT AMBREY | 00:50:02 |

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| 63 | 00:50:04 | 114 | 52 | F | TRACY MILES | FV50 | HEREFORD COURIERS | 00:50:04 |
| 64 | 00:50:12 | 150 | 55 | M | HUGH MORGAN-JONES | MV55 | FELL RUNNERS ASSOCIATION | 00:50:12 |
| 65 | 00:50:20 | 125 | 43 | M | SCOTT BADDELEY | MV40 | WYE VALLEY RUNNERS | 00:50:20 |
| 66 | 00:50:22 | 165 | 50 | M | ANDREW MILTON | MV50 | MALVERN JOGGERS | 00:50:22 |
| 67 | 00:50:31 | 198 | 47 | M | JONATHAN WILLIAMS | MV45 | FAIRWATER RUNNERS | 00:50:31 |
| 68 | 00:50:43 | 42 | 52 | F | JANE ROWLANDS | FV50 | LUDLOW RC | 00:50:43 |
| 69 | 00:50:57 | 6 | 25 | M | MATT WOODYATT | MS | COCKS MOORS WOODS | 00:50:57 |
| 70 | 00:51:02 | 49 | 61 | M | CHRIS MOORE | MV60 | FOREST OF DEAN AC | 00:51:02 |
| 71 | 00:51:16 | 83 | 48 | F | SHERRYL HALL | FV45 | FOREST OF DEAN AC | 00:51:16 |
| 72 | 00:51:20 | 116 | 48 | M | NEIL LEWIS | MV45 | HEREFORD COURIERS | 00:51:20 |
| 73 | 00:51:23 | 179 | 58 | M | FRANK LUSCOTT | MV55 | CROFT AMBREY | 00:51:23 |
| 74 | 00:51:26 | 158 | 51 | M | JEREMY TRUMPER | MV50 | UNATTACHED | 00:51:26 |
| 75 | 00:51:27 | 108 | 38 | M | ANTONY EVANS | MS | WYE VALLEY RUNNERS | 00:51:27 |
| 76 | 00:51:35 | 143 | 47 | M | NEIL JACKS | MV45 | WYE VALLEY RUNNERS | 00:51:35 |
| 77 | 00:51:44 | 3 | 40 | M | JAMES LLEWELLYN | MV40 | UNATTACHED | 00:51:44 |
| 78 | 00:51:48 | 149 | 50 | M | KEVIN ROWE | MV50 | WYE VALLEY RUNNERS | 00:51:48 |
| 79 | 00:51:52 | 95 | 34 | M | JOHN BRYON | MS | MALVERN JOGGERS | 00:51:52 |
| 80 | 00:51:55 | 124 | 48 | M | MARK SEYLER | MV45 | MALVERN JOGGERS | 00:51:55 |
| 81 | 00:51:56 | 212 | 32 | F | LINDSEY JAMES | FS | UNATTACHED | 00:51:56 |
| 82 | 00:52:00 | 142 | 49 | M | MIKE LEWIS | MV45 | UNATTACHED | 00:52:00 |
| 83 | 00:52:12 | 211 | 31 | M | MARK DOWSE | MS | UNATTACHED | 00:52:12 |
| 84 | 00:52:38 | 186 | 38 | M | PAUL KEMP | MS | WYE VALLEY RUNNERS | 00:52:38 |
| 85 | 00:52:43 | 91 | 45 | M | BRYAN CLEE | MV45 | PRESTEIGNE PACERS | 00:52:43 |
| 86 | 00:52:50 | 139 | 54 | M | IAN WILLIAMS | MV50 | EBBW VALE RUNNING CLUB | 00:52:50 |
| 87 | 00:53:15 | 81 | 41 | M | GLEN MEEK | MV40 | CHEPSTOW HARRIERS | 00:53:15 |
| 88 | 00:53:19 | 166 | 63 | M | IAN WALWYN | MV60 | MALVERN JOGGERS | 00:53:19 |
| 89 | 00:53:21 | 184 | 46 | M | SIMON DOWNS | MV45 | EAST END ROAD RUNNERS | 00:53:21 |
| 90 | 00:53:30 | 208 | 55 | M | MARTYN JENKINS | MV55 | FAIRWATER RUNNERS | 00:53:30 |
| 91 | 00:53:40 | 98 | 41 | F | SAMANTHA HARPER | FV40 | CROFT AMBREY | 00:53:40 |
| 92 | 00:53:41 | 66 | 55 | M | KEITH VERHEYDEN | MV55 | FERC | 00:53:41 |
| 93 | 00:53:42 | 113 | 46 | M | GARY LEWIS | MV45 | PRESTEIGNE PACERS | 00:53:42 |
| 94 | 00:53:42 | 181 | 59 | M | PIOTR STIZESAK | MV55 | PRESTEIGNE PACERS | 00:53:42 |
| 95 | 00:53:44 | 199 | 30 | F | EWELINA SKOLIMOWSKA | FS | BLACK PEAR JOGGERS | 00:53:44 |
| 96 | 00:53:46 | 177 | 36 | M | WILLIAM FORD | MS | HAY HOTFOOTERS | 00:53:46 |
| 97 | 00:53:47 | 135 | 48 | F | LOUISE EVANS | FV45 | EBBW VALE RUNNING CLUB | 00:53:47 |
| 98 | 00:53:48 | 100 | 54 | F | SUE DAVIES | FV50 | BRECON AC | 00:53:48 |
| 99 | 00:53:51 | 64 | 42 | M | ANDREW BROWN | MV40 | MALVERN JOGGERS | 00:53:51 |
| 100 | 00:54:00 | 36 | 27 | M | STEVE COTTERRELL | MS | UNATTACHED | 00:54:00 |
| 101 | 00:54:06 | 32 | 67 | M | PETER SMITH | MV65 | WYE VALLEY RUNNERS | 00:54:06 |
| 102 | 00:54:11 | 205 | 44 | F | VIV DEMPSEY | FV40 | LUDLOW RC | 00:54:11 |
| 103 | 00:54:22 | 160 | 36 | F | CATH WATKINS | FV35 | WYE VALLEY RUNNERS | 00:54:22 |
| 104 | 00:54:33 | 213 | 46 | M | DAVID JOHN MILLICHAP | MV45 | UNATTACHED | 00:54:33 |
| 105 | 00:54:49 | 14 | 49 | M | IVAN WOODWARD | MV45 | FOREST OF DEAN AC | 00:54:49 |
| 106 | 00:54:56 | 96 | 57 | M | CARL FLINT | MV55 | MALVERN JOGGERS | 00:54:56 |
| 107 | 00:55:01 | 172 | 36 | M | JAMIE GREEN | MS | LUDLOW RC | 00:55:01 |
| 108 | 00:55:08 | 27 | 40 | M | MICHAEL MARKS | MV40 | FOREST OF DEAN AC | 00:55:08 |
| 109 | 00:55:15 | 178 | 44 | M | ARKADIUSZ JASZCZANIN | MV40 | UNATTACHED | 00:55:15 |
| 110 | 00:55:20 | 7 | 56 | M | MIKE WOODYATT | MV55 | COCKS MOORS WOODS | 00:55:20 |
| 111 | 00:55:21 | 15 | 65 | M | ASHLEY ROBINSON | MV65 | CROFT AMBREY | 00:55:21 |
| 112 | 00:55:23 | 12 | 55 | F | JULIE CASELEY | FV55 | MALVERN JOGGERS | 00:55:23 |
| 113 | 00:55:28 | 190 | 41 | F | JILL WILLIAMS | FV40 | THE HAY RUNNERS | 00:55:28 |
| 114 | 00:55:39 | 57 | 50 | M | PAT REID | MV50 | UNATTACHED | 00:55:39 |
| 115 | 00:55:41 | 103 | 29 | M | PHILIP COOMBES | MS | UNATTACHED | 00:55:41 |
| 116 | 00:55:43 | 219 | 36 | F | HELEN LIPSCOMB | FV35 | FOREST OF DEAN AC | 00:55:43 |
| 117 | 00:55:50 | 180 | 63 | M | KEITH YOUNG | MV60 | UNATTACHED | 00:55:50 |
| 118 | 00:55:55 | 203 | 21 | F | CLARE EVANS | FS | CROFT AMBREY | 00:55:55 |
| 119 | 00:56:08 | 183 | 46 | M | LES BULLOCK | MV45 | UNATTACHED | 00:56:08 |
| 120 | 00:56:09 | 210 | 55 | M | NEVILLE TURNER | MV55 | FOREST OF DEAN AC | 00:56:09 |
| 121 | 00:56:13 | 209 | 32 | F | REBECCA POOLE | FS | FAIRWATER RUNNERS | 00:56:13 |
| 122 | 00:56:29 | 189 | 43 | M | MALCOLM EDWARDS | MV40 | WYE VALLEY RUNNERS | 00:56:29 |
| 123 | 00:56:32 | 43 | 59 | F | JAN EDWARDS | FV55 | WYE VALLEY RUNNERS | 00:56:32 |
| 124 | 00:56:43 | 104 | 48 | M | ANDREW HEWITT | MV45 | HAY HOTFOOTERS | 00:56:43 |
| 125 | 00:56:46 | 182 | 45 | M | NIKKI TYLER | FV45 | WYE VALLEY RUNNERS | 00:56:46 |

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| 126 | 00:56:51 | 75 | 45 | F | AMANDA DUNCAN | FV45 | MALVERN JOGGERS | 00:56:51 |
| 127 | 00:56:59 | 38 | 23 | F | ROBIN JONES | FS | MALDWYN | 00:56:59 |
| 128 | 00:57:00 | 131 | 49 | M | SIMON OLIVER | MV45 | WYE VALLEY RUNNERS | 00:57:00 |
| 129 | 00:57:03 | 89 | 39 | M | PAUL ADAMS | MS | UNATTACHED | 00:57:03 |
| 130 | 00:57:10 | 44 | 72 | M | BRIAN SYMONDS | MV70 | WYE VALLEY RUNNERS | 00:57:10 |
| 131 | 00:57:20 | 171 | 64 | M | BILL GRIFFITHS | MV60 | WYE VALLEY RUNNERS | 00:57:20 |
| 132 | 00:57:41 | 112 | 55 | F | RITA TOMPKINS | FV55 | PRESTEIGNE PACERS | 00:57:41 |
| 133 | 00:57:44 | 41 | 63 | F | ROSE THOMAS | FV60 | RHAYADER RC | 00:57:44 |
| 134 | 00:57:51 | 90 | 38 | F | CHARLOTTE MORAN | FV35 | UNATTACHED | 00:57:51 |
| 135 | 00:57:53 | 207 | 54 | F | JEANETTE JENKINS | FV50 | FAIRWATER RUNNERS | 00:57:53 |
| 136 | 00:58:12 | 9 | 36 | F | REBECCA LOW | FV35 | UNATTACHED | 00:58:12 |
| 137 | 00:58:25 | 169 | 50 | M | STEVE ROODE | MV50 | MALVERN JOGGERS | 00:58:25 |
| 138 | 00:58:29 | 51 | 42 | F | KYLIE HUFFA | FV40 | UNATTACHED | 00:58:29 |
| 139 | 00:58:35 | 152 | 56 | M | NEIL STONE | MV55 | UNATTACHED | 00:58:35 |
| 140 | 00:58:37 | 17 | 48 | F | DEE COWHIG | FV45 | UNATTACHED | 00:58:37 |
| 141 | 00:58:39 | 174 | 50 | M | ANDREW TIPTOW | MV50 | LUDLOW RC | 00:58:39 |
| 142 | 00:58:40 | 162 | 55 | M | GRAHAM BENNETTO | MV55 | FOREST OF DEAN AC | 00:58:40 |
| 143 | 00:58:48 | 82 | 38 | F | KATE BURKE | FV35 | FOREST OF DEAN AC | 00:58:48 |
| 144 | 00:58:50 | 134 | 52 | F | SUE WILLIAMS | FV50 | HAY HOTFOOTERS | 00:58:50 |
| 145 | 00:58:51 | 225 | 40 | M | ALED EDWARDS | MV40 | BRECON TRI CLUB | 00:58:51 |
| 146 | 00:58:55 | 122 | 66 | M | TOM DAVIES | MV65 | CROFT AMBREY | 00:58:55 |
| 147 | 00:59:16 | 214 | 20 | M | OWEN BRIAN GOODE | MS | UNATTACHED | 00:59:16 |
| 148 | 00:59:17 | 79 | 59 | F | IAN JAMES | MV55 | FOREST OF DEAN AC | 00:59:17 |
| 149 | 00:59:19 | 25 | 49 | F | STEFFANIE FRANCIS | FV45 | FOREST OF DEAN AC | 00:59:19 |
| 150 | 00:59:41 | 167 | 56 | M | ANDREW BANHAM | MV55 | MALVERN JOGGERS | 00:59:41 |
| 151 | 01:00:00 | 13 | 53 | M | STEPHEN SUTTON | MV50 | ROYAL SUTTON AC | 01:00:00 |
| 152 | 01:00:34 | 192 | 50 | F | JANE KERR | FV50 | BUILTH AND DISTRICT | 01:00:34 |
| 153 | 01:00:41 | 102 | 70 | M | GEOFF KEY | MV70 | UNATTACHED | 01:00:41 |
| 154 | 01:00:50 | 2 | 58 | M | MIKE ANSTEY | MV55 | MALVERN JOGGERS | 01:00:50 |
| 155 | 01:00:54 | 111 | 34 | M | DANIEL COOMBES | MS | UNATTACHED | 01:00:54 |
| 156 | 01:01:14 | 119 | 79 | M | HARRY FRANKLIN | MV70 | WYE VALLEY RUNNERS | 01:01:14 |
| 157 | 01:01:18 | 85 | 48 | M | TERRY EVANS | MV45 | PRESTEIGNE PACERS | 01:01:18 |
| 158 | 01:01:20 | 35 | 57 | M | STUART COTTERELL | MV55 | UNATTACHED | 01:01:20 |
| 159 | 01:01:36 | 133 | 65 | M | LES CHAMBERLAIN | MV65 | WYE VALLEY RUNNERS | 01:01:36 |
| 160 | 01:01:47 | 20 | 37 | F | EMMA JOHNSTONE | FV35 | UNATTACHED | 01:01:47 |
| 161 | 01:01:59 | 130 | 50 | F | JANE MESHAM | FV50 | PRESTEIGNE PACERS | 01:01:59 |
| 162 | 01:02:11 | 196 | 48 | F | SAHRAH WILDING | FV45 | PRESTEIGNE PACERS | 01:02:11 |
| 163 | 01:02:23 | 224 | 42 | F | RACHEL NASH | FV40 | FOREST OF DEAN AC | 01:02:23 |
| 164 | 01:02:24 | 77 | 64 | M | CHRIS HAWKINS | MV60 | FOREST OF DEAN AC | 01:02:24 |
| 165 | 01:02:45 | 159 | 21 | F | BECKY HUMPHREYS | FS | WYE VALLEY RUNNERS | 01:02:45 |
| 166 | 01:02:57 | 197 | 50 | F | SARAH COX | FV50 | DUDLEY KINGSWINFORD | 01:02:57 |
| 167 | 01:02:58 | 22 | 59 | F | SUSANNAH ENGLISH | FV55 | HAY HOTFOOTERS | 01:02:58 |
| 168 | 01:03:13 | 19 | 56 | F | BETH TINDLE | FV55 | HALESOWEN | 01:03:13 |
| 169 | 01:03:16 | 110 | 64 | M | ALAN NICHOLLS | MV60 | HAY HOTFOOTERS | 01:03:16 |
| 170 | 01:03:17 | 87 | 36 | M | BEN TOON | MS | MALVERN JOGGERS | 01:03:17 |
| 171 | 01:03:31 | 176 | 47 | F | NADIA BROWN | FV45 | THE HAY RUNNERS | 01:03:31 |
| 172 | 01:03:41 | 24 | 47 | F | RACHEL E NELSON | FV45 | CROFT AMBREY | 01:03:41 |
| 173 | 01:03:46 | 202 | 37 | F | LEANNE HOWELLS | FV35 | UNATTACHED | 01:03:46 |
| 174 | 01:03:47 | 204 | 53 | F | SIAN WIGLEY | FV50 | RHONDDA VALLEY RUNNERS | 01:03:47 |
| 175 | 01:04:23 | 94 | 44 | F | SIAN CHMAPKEN | FV40 | WYE VALLEY RUNNERS | 01:04:23 |
| 176 | 01:04:40 | 73 | 53 | M | SHAUNE RUSSELL | MV50 | UNATTACHED | 01:04:40 |
| 177 | 01:04:41 | 74 | 39 | M | MARK STEVENSON | MS | UNATTACHED | 01:04:41 |
| 178 | 01:04:42 | 72 | 44 | M | MARK PREECE | MV40 | UNATTACHED | 01:04:42 |
| 179 | 01:05:11 | 62 | 55 | F | VIVIAN TOLLEY | FV55 | MALVERN JOGGERS | 01:05:11 |
| 180 | 01:05:15 | 10 | 51 | F | DEBBIE RICHARDS | FV50 | DUDLEY KINGSWINFORD | 01:05:15 |
| 181 | 01:05:15 | 11 | 52 | M | PAUL RICHARDS | MV50 | DUDLEY KINGSWINFORD | 01:05:15 |
| 182 | 01:05:22 | 84 | 43 | F | DEBBIE CLEE | FV40 | PRESTEIGNE PACERS | 01:05:22 |
| 183 | 01:05:59 | 1 | 51 | F | LYNDA BROADWAY | FV50 | MALVERN JOGGERS | 01:05:59 |
| 184 | 01:06:06 | 107 | 45 | F | NICOLA KELLY | FV45 | BUILTH AND DISTRICT | 01:06:06 |
| 185 | 01:06:48 | 76 | 39 | M | DAVID JENKINS | MS | FOREST OF DEAN AC | 01:06:48 |
| 186 | 01:07:29 | 29 | 39 | F | KERRY HAMILTON | FV35 | UNATTACHED | 01:07:29 |
| 187 | 01:08:39 | 18 | 67 | M | PETER TINDLE | MV65 | UNATTACHED | 01:08:39 |
| 188 | 01:08:44 | 34 | 67 | M | GRAHAM HALL | MV65 | COCKS MOORS WOODS | 01:08:44 |

