

POSITION	NUMBER	Name	Surname	F/M	Age Cat	Club	TIME
1	155	MIKE	PFEIFFER	M	MV50	BRECON AC	0:37:43
2	194	MATT	JAMES	M	MS	HEREFORD COURIERS	0:39:12
3	203	GABRIEL	KAY	M	MS	BRECON AC	00:39:19
4	179	MATT	HURFORD	M	MV40	LES CROUPIERS	0:39:57
6	222	ANDREW	MAY	M	MV40	UNATTACHED	0:40:20
7	177	MARCUS	BENNETTO	M	MS	FOREST OF DEAN AC	0:41:26
8	16	JACK	FLEET	M	MS	FOREST OF DEAN AC	0:41:34
9	18	LEYTON	FLEET	M	MV45	FOREST OF DEAN AC	0:41:37
10	158	DEE	BUCHANAN	M	MS	SAN DOMENICO RC	0:41:53
11	127	DAN	SANDFORD	M	MV40	FOREST OF DEAN AC	0:41:59
12	75	DALE	WILLIAMS	M	MV40	BRECON AC	0:42:32
13	147	DAREN	SMITH	M	MV45	FOREST OF DEAN ATHLETICS	0:43:19
14	135	DAVID	DAVIES	M	MV60	BRECON AC	0:43:38
15	100	RICHARD	PEGLER	M	MV40	FOREST OF DEAN AC	0:43:49
16	191	MARK	MATHEWS	M	MV40	FOREST OF DEAN AC	00:44:40
17	82	STEVEN	JONES	M	MV45	PORT TALBOT HARRIERS	0:45:00
18	12	JULIAN	BOON	M	MV45	FOREST OF DEAN AC	0:45:14
19	11	PETER	FLYNN	M	MV40	WYE VALLEY RUNNERS	0:45:31
20	210	NIKI	MORGAN	F	FV45	CHEPSTOW HARRIERS	00:45:39
21	228	ANDREW	BRASINGTON	M	MV50	EBBW VALE RC	00:45:51
22	37	STUART	MOORE	M	MV45	WYE VALLEY RUNNERS	0:45:53
23	72	RICHARD	HOLMES	M	MS	LES CROUPIERS	0:45:57
24	71	JANET	HOLMES	F	FV35	LES CROUPIERS	0:46:27
26	36	ROBERT	EVANS	M	MV50	EBBW VALE RC	0:46:28
27	225	IAN	WHISTANCE	M	MV40	WYE VALLEY RUNNERS	00:47:01
28	42	MATTHEW	WOODYATT	M	MS	UNATTACHED	0:47:19
29	151	FAYE	JOHNSON	F	FS	PONTYPOOL AND DISTRICT RUNNERS	0:47:22
30	20	ANDREW	PYE	M	MS	MERCIA FELL RUNNERS	0:47:30
31	175	MARCUS	MEYRICK	M	MV45	LES CROUPIERS	0:47:40
32	66	CLARE	BRUCE	F	FV35	LES CROUPIERS	0:47:43
33	162	MICHAEL	MURPHY	M	MV60	LES CROUPIERS	0:47:54
34	192	MARK	BLAKE	M	MV45	FOREST OF DEAN AC	00:48:05
35	234	REBECCA	DAVIES	F	FS	WYE VALLEY RUNNERS	00:48:18
36	186	CLAIRE	JACOBS	F	FV40	LES CROUPIERS	00:48:23
37	217	KEVIN	LEWIS	M	MV55	NEATH HARRIERS	00:48:33
38	98	ROBERT	FREEMAN	M	MV40	FOREST OF DEAN AC	0:48:49
39	216	JOHN	MAGEE	M	MV40	LES CROUPIERS	00:48:51
40	70	IAN	WILLIAMS	M	MV55	EBBW VALE RC	0:48:58
41	230	PAUL	COLLEYDAVIES	M	MV50	CROFT AMBREY RC	00:49:08
42	104	NIC	DAUNCEY	M	MV45	UNATTACHED	0:49:09
43	88	CHERRY	FOWLER	F	FV45	FOREST OF DEAN AC	0:49:14
44	219	LINDSEY	JAMES	F	FS	UNATTACHED	00:49:19
45	165	ROB	LESTER	M	MV40	FOREST OF DEAN AC	0:49:21
46	115	DUNCAN	LOUGHREY	M	MV50	WYE VALLEY RUNNERS	0:49:25
47	157	PHILIP	COOMBES	M	MS	UNATTACHED	0:49:30
48	112	AINE	KENNY	F	FS	LES CROUPIERS	0:49:35
49	232	LUCY	WATHAN	F	FV35	UNATTACHED	00:49:36
50	21	SHERRYL	HALL	F	FV45	FOREST OF DEAN AC	0:49:42
51	13	CHRIS	MOORE	M	MV60	FOREST OF DEAN AC	0:49:45
52	110	MARK	CHANNER	M	MV45	FOREST OF DEAN AC	0:50:04
53	22	TONY	CHAMPKEN	M	MV60	WYE VALLEY RUNNERS	0:50:09
54	235	MICHAEL	BRYANT	M	MV55	HIGHWORTH RC	00:50:21
55	83	HELEN	JONES	F	FV45	PORT TALBOT HARRIERS	0:50:23
56	231	MATTHEW	MULCANY	M	MV40	UNATTACHED	00:50:25
57	199	BEN	TOON	M	MS	MALVERN JOGGERS	00:50:33
58	180	GERAINT	EVANS	M	MV45	LLANDOVERY	0:50:43
59	101	ROBERT	GRICE	M	MV50	WYE VALLEY RUNNERS	0:50:51
60	129	STEVE	HERRINGTON	M	MV65	HEREFORD COURIERS	0:50:57
61	55	MARTIN	FLOWERS	M		WYE VALLEY RUNNERS	0:51:07
62	91	BRENDAN	PRICE	M	MV40	DRAGONS RUNNING CLUB	0:51:16
63	56	MEGAN	JUDGE	F	FS	MALVERN JOGGERS	0:51:21

64	68	LUKE	WALKER	M	MS	UNATTACHED	0:51:28
65	207	BARRY	GRIFFITHS	M	MV50	BRECON AC	00:51:31
66	244	GORDON	DANIEL	M	MV50	UNATTACHED	00:51:38
67	236	DIC	EVANS	M	MV65	CARDIFF AAC	00:51:40
68	167	CLIVE	OSMOND	M	MV55	LES CROUPIERS	0:51:41
69	221	ED	GOLDSMITH	M	MS	UNATTACHED	00:51:50
70	226	MICHAEL	MARKS	M	MV45	FOREST OF DEAN AC	00:51:56
71	3	ALAN	ROBERTSON	M	MV60	FOREST OF DEAN AC	0:52:06
72	43	TRACY	MILES	F	FV50	HEREFORD COURIERS	0:52:10
73	14	HELEN	LIPSCOMB	F	FV35	FOREST OF DEAN AC	0:52:12
74	206	ARKADIUSZ	JASZCZANIN	M	MV45	UNATTACHED	00:52:28
75	122	STEVEN	MESHAM	M	MV40	PRESTEIGNE PACERS	0:52:30
76	130	IAN	DYSON	M	MV60	MALVERN JOGGERS	0:52:38
77	44	DAVID	MILLICHAP	M	MV45	CROFT AMBREY RC	0:52:39
78	124	WILLIAM	PHELPS	M	MV55	NEJ RUNNING CLUB	0:52:40
79	84	KEITH	VERHEYDEN	M	MV55	FERC	0:52:41
80	237	WILL	FORD	M	MS	HAY HOTFOOTERS	00:52:42
81	173	BOB	JENNER	M	MV40	HEREFORD GHOST RUNNERS	0:52:43
82	120	JULIAN	SATCHELL	M	MV55	MALVERN JOGGERS	0:52:53
83	239	KELLY	BOWEN	F	FS	CROFT AMBREY RC	00:52:55
84	163	ROXANNE	JONES	F	FS	HEREFORD COURIERS	0:52:56
85	218	STEVE	HAMES	M	MV50	NEATH HARRIERS	00:53:00
86	33	BRIAN	FRANCIS	M	MV50	FOREST OF DEAN AC	0:53:02
87	87	ANDREW	BROWN	M	MV40	MALVERN JOGGERS	0:53:17
88	141	ADRIAN	ROCKE	M	MS	HEREFORD GHOST RUNNERS	0:53:18
89	198	CHRISTOPHER	THOMAS	M	MV55	EBBW VALE RC	00:53:19
90	58	BRIAN	MORGAN	M	MV45	HAY HOTFOOTERS	0:53:24
91	209	MIKE	LEWIS	M	MV50	UNATTACHED	00:53:29
92	190	ANNE MARIE	HARRIS	F	FV45	MYNNYDD DDU	00:53:39
93	143	CHRISTOPHER	CLEARY	M	MS	HEREFORD COURIERS	0:53:50
94	144	KEVIN	BARNES	M	MV50	HEREFORD COURIERS	0:53:53
95	224	JON	BRIGGS	M	MV40	UNATTACHED	00:53:55
96	247	MICHAEL	SMALLWOOD	M	MV50	WYE VALLEY RUNNERS	00:54:08
97	40	JULIE	SCHOLEY	F	FV55	LES CROUPIERS	0:54:11
98	50	PATRICK	RENNISON	M	MV50	FOREST OF DEAN AC	0:54:13
99	182	CATH	WATKINS	F	FV35	WYE VALLEY RUNNERS	0:54:19
100	107	PETE	HASTINGS	M		DRAGONS	0:54:35
101	137	BRYAN	CLEE	M	MV45	PRESTEIGNE PACERS	0:54:37
102	35	LOUISE	EVANS	F	FV45	EBBW VALE RC	0:54:39
103	19	KEVIN	WARREN	M	MV40	UNATTACHED	0:54:45
104	183	CRAIG	MUSSELL	M	MS	WYE VALLEY RUNNERS	0:54:49
105	52	GERALD	SANDERS	M	MV55	AMAZING FEET	0:54:55
106	74	GARY	LEWIS & DOG HARRY	M	MV45	PRESTEIGNE PACERS	0:55:00
107	15	ANDY	MORGAN	M	MV40	FOREST OF DEAN AC	0:55:06
108	29	STEPHEN	SUTTON	M	MV50	ROYAL SUTTON AC	00:55:07
109	208	AIMEE	FERGUSON	F	FS	BRECON AC	00:55:11
110	214	CHRIS	DODDS	M	MV50	UNATTACHED	00:55:14
111	119	DEBORAH	PARKER	F	FV40	MALVERN JOGGERS	0:55:30
112	4	JESSICA	HOWARD	F	FS	MALVERN JOGGERS	0:55:31
113	146	MELINDA	RUCK	F	FV45	FODAC	0:55:35
114	46	CATHERINE	OLIVANT	F	FV40	BRECON AC	0:55:36
115	69	STEVE	ROODE	M	MV50	MALVERN JOGGERS	0:55:43
116	94	EMILY	DAVIES	F	FV35	WYE VALLEY RUNNERS	0:55:45
117	125	DAVID	JENKINS	M	MV40	FOREST OF DEAN AC	0:55:58
118	142	PETER	LITTLE	M	MV40	UNATTACHED	0:56:00
119	9	ALISON	PRIEST	F	FV50	MALVERN JOGGERS	0:56:04
120	86	DEBORAH	EVANS	F	FV55	DRAGONS RUNNING CLUB	0:56:22
121	78	MARGARET	POWLES	F	FV55	FOREST OF DEAN ATHLETIC CLUB	0:56:24
122	48	PETER	SMITH	M	MV65	WYE VALLEY RUNNERS	0:56:44
123	96	LYNNE	COMPTON	F	FV50	WYE VALLEY RUNNERS	0:56:49
124	2	CHRISTOPHER	HUDSON	M	MV45	UNATTACHED	0:57:07
125	189	SHARON	WOODS	F	FV55	MYNNYDD DDU	00:57:43

126	181	GRAHAM	BENNETTO	F	MV55	FOREST OF DEAN AC	0:57:50
127	241	MALCOLM	EDWARDS	M	MV40	WYE VALLEY RUNNERS	00:58:04
128	128	DAVE	SHERWOOD	M	MV55	WYE VALLEY RUNNERS	0:58:07
129	123	SHAUNE	RUSSELL	M	MV50	UNATTACHED	0:58:08
130	121	MARK	PREECE	M	MV45	UNATTACHED	0:58:23
131	77	JO	EDWARDS	F	FV45	FOREST OF DEAN	0:58:24
132	111	CHRIS	HAWKINS	M	MV65	FOREST OF DEAN AC	0:58:31
133	73	RITA	TOMPkins & DOG ERIC	F	FV55	PRESTEIGNE PACERS	0:58:34
134	185	JAN	EDWARDS	F	FV60	WYE VALLEY RUNNERS	00:58:50
135	139	DONNA	WOODWARD WILLIAMS	F	FV35	HEREFORD GHOST RUNNERS	0:58:57
136	1	JULIE	CASLEY	F	FV55	MALVERN JOGGERS	0:58:59
137	28	MIKE	WOODYATT	M	MV55	COCKS MOORS WOODS	0:59:10
138	34	STEFANIE	FRANCIS	F	FV50	FOREST OF DEAN AC	0:59:16
139	30	PETER	COVINGTON-JONES	M	MV55	FOREST OF DEAN AC	0:59:24
140	79	GEMMA	HEWITT	F	FS	FOREST OF DEAN AC	0:59:25
141	200	TONY	POWNALL	M	MV50	FOREST OF DEAN AC	00:59:26
142	60	MAX	CULLEN	M	MV55	UNATTACHED	0:59:37
143	140	SCOTT	BRUTON	M	MS	HEREFORD GHOST RUNNERS	0:59:42
144	205	ROB	CLEAVET	M	MV60	BRECON TRIATHLON CLUB	00:59:43
145	53	LIZ	DAVIS	F	FV35	HAY RUNNERS (UNATTACHED)	0:59:44
146	153	MIKE	ANSTEY	M	MV55	MALVERN JOGGERS	0:59:48
147	118	STUART	COTTERELL	M	MV55	UNATTACHED	0:59:50
148	176	SAHRAH	WILDING	F	FV45	PRESTEIGNE PACERS	1:00:01
149	196	SHAUN	PERKINS	M	MS	HEREFORD GHOST RUNNERS	01:00:08
150	246	BILLY	SMALLWOOD	F	FV50	WYE VALLEY RUNNERS	01:00:10
151	188	TONY	DAVIS	M	MV55	COCKS MOORS WOODS	01:00:31
152	63	EMILY	CURTIS	F	FV35	HEREFORD GHOST RUNNERS	1:00:34
153	220	CHRIS	TULLEY	M	MV55	MALVERN JOGGERS	01:00:39
154	89	BECKY	HUMPHREYS	F	FS	WYE VALLEY RUNNERS	1:00:42
155	24	BILL	GRIFFITHS	M	MV65	WYE VALLEY RUNNERS	1:00:51
156	187	PAUL	BUFTON	M	MV40	BRECON TRIATHLON CLUB	01:00:56
157	64	SARAH	BAYLEY	F	FS	WYE VALLEY RUNNERS	1:01:03
158	172	GRAEME	DONNAN	M	MV60	LES CROUPIERS	1:01:07
159	38	BRYAN	LOW	M	MV50	UNATTACHED	1:01:11
160	32	AMANDA	DUNCON	F	FV45	MALVERN JOGGERS	1:01:16
161	99	VANESSA	PEGLER	F	FV45	FOREST OF DEAN AC	1:01:52
162	184	BRIAN	SYMONS	M	MV70	WYE VALLEY RUNNERS	1:01:56
163	159	ANDREW	MEADOWS	M	MS	BRECON ATHLETICS CLUB	1:02:05
164	160	ANIA	CIOLEK	F	FV35	BRECON	1:02:06
165	54	ROGER	PEACOCK	M	MV55	UNATTACHED	1:02:48
166	243	ALED	EDWARDS	M	MV40	BRECON TRIATHLON CLUB	01:02:56
167	27	IAN	JAMES	M	MV60	FOREST OF DEAN AC	1:02:58
168	156	KATE	HOVERS	F	FV55	BRECON TRIATHLON CLUB	1:03:02
169	113	PETER	HEWITT	M	MS	FORETS OF DEAN ATHLETIC CLUB	1:03:10
170	114	DONNA	SHEEN	F	FV35	FORETS OF DEAN ATHLETIC CLUB	1:03:11
171	152	ASHLEY	WILLIAMS	M	MV55	HAY HOTFOOTERS	1:03:37
172	6	MARK	DILLON	M	MV50	BLACK PEAR JOGGER	1:03:39
173	102	LUCY	EVANS	F	FS	DRAGONS RUNNING CLUB	1:03:40
174	106	SAM	HASTINGS	F	FV40	DRAGONS RUNNING CLUB	1:03:41
175	51	JEMMA	NURSE	F	FV40	LES CROUPIERS	1:03:45
176	193	LES	CHAMBERLAIN	F	MV65	WYE VALLEY RUNNERS	01:03:49
177	240	PHILIP	SHERIDAN	M	MS	UNATTACHED	01:03:55
178	161	GILLIAN	MURPHY	F	FV60	LES CROUPIERS	1:04:17
179	211	ANDY	CREBER	M	MV55	CHEPSTOW HARRIERS	01:04:23
180	245	DAVE	LLOYD	M	MV60	PRESTEIGNE PACERS	01:04:39
181	166	JANE	MESHAM	F	FV50	PRESTEIGNE PACERS	1:04:56
182	229	BRYONY	GITTINS	F	FS	UNATTACHED	01:05:10
183	57	MICHAEL	THOMAS	M	MV55	UNATTACHED	1:05:28
184	238	EMMA	DAVIES	F	FS	UNATTACHED	01:05:41
185	150	SALLI-ANNE	MILLWARD-BRYANT	F	FV45	UNATTACHED	1:05:42
186	233	ALLIE	GILBERT	F	FV50	UNATTACHED	01:05:45
187	81	SIAN	WIGLEY	F	FV50	REFAIL RUNNERS	1:06:14

188	90	LEANNE	HOWELLS	F	FV35	RHONDDA VALLEY RUNNERS	1:06:15
189	47	HELEN	CULSHAW	F	FV35	UNATTACHED	1:06:21
190	103	TRICIA	CURTIS	F	FV40	DRAGONS	1:06:29
191	145	TERESA	JEFFRIES	F	FV50	DRAGONS RUNNING CLUB	1:06:30
192	174	LINDA	WOZENCROFT	F	FV40	HEREFORD GHOST RUNNERS	1:06:47
193	171	HARRY	FRANKLIN	M	MV75	WYE VALLEY RUNNERS	1:06:56
194	215	LUCY	JARDINE	F	FV45	JO'S HAY RUNNERS	01:07:12
195	8	LESLEY	PYMM	F	FV60	BOURNVILLE HARRIERS	1:07:28
196	23	SIAN	CHAMPKEN	F	FV45	WYE VALLEY RUNNERS	1:07:35
197	93	KAREN	BARNETT	F	FV45	FOREST OF DEAN AC	1:07:50
198	227	JOANNE	CORLETT	F	FV35	UNATTACHED	01:07:57
199	134	JO	CLARKE	F	FS	HAY HOTFOOTERS	1:08:39
200	154	LYNDA	BROADWAY	F	FV50	MALVERN JOGGERS	1:08:40
201	97	GRAHAM	HALL	M	MV65	UNATTACHED	1:08:41
202	92	RACHEL	NASH	F	FV40	FOREST OF DEAN AC	1:08:59
203	138	DEB	CLEE	F	FV40	PRESTEIGNE PACERS	1:09:01
204	62	CAROL	DAVIES HOOPER	F	FV55	WYE VALLEY RUNNERS	1:09:05
205	116	VICTORIA	DICKINSON	F	FV50	UNATTACHED	1:09:08
206	49	CAZ	PHILIPS	F	FV35	HAY RUNNERS (UNATTACHED)	1:09:29
207	242	CLARE	CARDEN	F	FV40	UNATTACHED	01:09:34
208	168	GERRY	BLAKE	F	FV45	BRECON	1:09:40
209	149	CAROLINE	RICKARDS	F	FV35	FOREST OF DEAN ATHLETICS CLUB	1:09:54
210	41	IAN	DENNIS	M	MV55	UNATTACHED	1:09:55
211	201	BEATA	BRZOSKOWSKA	F	FV40	UNATTACHED	01:10:37
212	202	ZAMATA	STRZESAK	F	FV55	UNATTACHED	01:10:37
213	67	KAREN	CHADWELL	F	FV45	LES CROUPIERS	1:10:48
214	126	STUART	BALL	M	MS	LES CROUPIERS	1:10:48
215	17	SHARLA	FLEET	F	FV40	FOREST OF DEAN AC	1:11:38
216	169	PENNY	MAISEY	F	FV45	UNATTACHED	1:12:26
217	178	AMANDA	THOMPSON	F	FV55	LES CROUPIERS	1:12:54
218	131	SUE	RICHARDS	F	FV60	BRECON AC	1:13:03
219	170	MURIEL	THOMSON	F	FV55	BRECON AC	1:13:08
220	26	BEV	JAMES	F	FV55	FOREST OF DEAN AC	1:13:57
221	39	REBECCA	LOW	F	FV35	UNATTACHED	1:14:02
222	204	MARA	CAMAN-DAVIES	F	FV60	UNATTACHED	01:14:03
223	117	CHRISTOPHER	WALDEN	M	MV65	WYE VALLEY RUNNERS	1:14:04
224	7	EVALENA	???	F			1:15:00
225	136	NATASHA	PLANT	F	FV45	HEREFORD GHOSTRUNNERS	1:17:31
226	197	DONNA	PERKINS	F	FV35		01:17:43
227	223	PAUL	BATE	M	MV50	UNATTACHED	01:18:32
228	85	CARWYN	EVANS	M	MV45	DRAGONS RUNNING CLUB	1:19:10
229	195	AMBER	BEARASLEY	F	FS	HEREFORD GHOST RUNNERS	01:30:00
230	61	CARROL	STOCKER	F	FV60	UNATTACHED	1:40:00