

Time	Position	Number	M/F	Name	Cat	Club	Time
36.37	1	122	M	Jonathon Pugh	MS	Builth and District	36.37
37.17	2	129	M	Stuart Crees	MS	Les Croupiers	37.17
38.29	3	117	M	Tim Iveson	MS	Builth and District	38.29
38.35	4	51	M	Luke Mason	MS	Wye Valley Runners	38.35
39.53	5	158	M	David Dixon	M40	British Airways AC	39.53
40.03	6	16	M	Stacey Morgan	MS	Croft Ambrey	40.03
40.41	7	156	M	Adrian Woods	M40	Mynydd Du	40.41
41.11	8	15	M	Eliot Taylor	MS	Hereford Couriers	41.11
41.44	9	164	M	Barry Thompson	MS	Ledbury and District Harriers	41.44
42.05	10	173	M	Matt Morris	MS	Brecon Multisport	42.05
42.19	11	160	M	John Nicoll	MS	Keswick	42.19
42.3	12	128	F	Katie Beecher	FS	Les Croupiers	42.3
42.31	13	26	M	Richard Self	M40	Les Croupiers	42.31
42.37	14	6	M	Scott Kennedy	MS	Wye Valley Runners	42.37
42.38	15	134	M	Alun Williams	M40	Fairwater	42.38
42.51	16	150	M	Luke Williams	MS	Hereford Couriers	42.51
42.55	17	72	M	Carl Gilmour	M40	Hay Hotfooters	42.55
43.09	18	140	M	Kyle Harvey	MS	Fairwater	43.09
43.46	19	62	M	Barry guckian	MS	Unattached	43.46
43.5	20	13	M	Sean Birch	M40	Islwyn	43.5
43.53	21	68	M	Mark Paviour	M40	Croft Ambrey	43.53
43.57	22	124	M	Glyn Williams	MS	Presteigne Pacers	43.57
44.01	23	96	M	David George	M50	Unattached	44.01
44.09	24	34	M	Philip Miles	M50	Parc Brynbach Runners	44.09
44.26	25	146	M	Wheeze	M50	Brycheiniog	44.26
44.38	26	108	M	Neil Lewis	M40	Hereford Couriers	44.38
45.11	27	127	M	C Fletcher	MS	Wye Valley Runners	45.11
45.19	28	87	M	Steve Herrington	M60	Hereford Couriers	45.19
45.21	29	114	M	Mike Murphy	M50	Les Croupiers	45.21
45.25	30	180	M	Terry Caveney	M50	Les Croupiers	45.25
45.44	31	153	F	Kelly Morgan	FS	Pontypridd Roadents	45.44
45.52	32	40	M	Tristan Plowman	MS	Unattached	45.52
46.27	33	8	M	Simon Roche	MS	Wye Valley Runners	46.27
46.3	34	132	M	Matthew Townsend	M40	Les Croupiers	46.3
46.46	35	142	M	David Rees	M50	Hay Hotfooters	46.46
46.52	36	94	M	Paul Bouston	M40	Wye Valley Runners	46.52
46.56	37	67	F	Susan Davies	F45	Croft Ambrey	46.56
47.04	38	161	M	Paul Elliot	M40	Ludlow Runners	47.04
47.33	39	90	M	Nick Dallimore	M50	Les Croupiers	47.33
47.47	40	52	M	Clive Osmond	M50	Les Croupiers	47.47
47.57	41	179	M	Howard Kent	M50	Les Croupiers	47.57
47.58	42	65	F	Jane Rowlands	F45	Ludlow Runners	47.58
48.14	43	43	M	Brendan Plowman	MS	Unattached	48.14
48.46	44	70	M	Marcus Coles	MS	Les Croupiers	48.46
48.51	45	74	M	Guy Whitmarsh	M60	Croft Ambrey	48.51
48.58	46	49	M	Martin Chamings	MS	Parc Brynbach Runners	48.58
49.07	47	135	F	Cheryl Hudgell	FS	Unattached	49.07
49.16	48	58	M	Martin Carter	M40	Hay Hotfooters	49.16
49.26	49	93	M	Malcolm Edwards	M40	Wye Valley Runners	49.26
49.31	50	125	M	David Garlick	M50	Brecon AC	49.31
49.36	51	172	M	Hamish Parkinson	M40	Brecon Multisport	49.36
49.38	52	141	M	Richard Thomas	MS	Fairwater	49.38
49.45	53	163	M	Martin Flowers	M50	Wye Valley Runners	49.45
49.46	54	159	F	Mandy Evans	F45	Presteigne Pacers	49.46
49.46	55	105	M	Paul Evans	MS	Brecon AC	49.46
49.57	56	110	F	Lily Dyu	F35	Hay Hotfooters	49.57
50.07	57	36	M	Graham Hutchings	M40	Black pear Joggers	50.07
50.1	58	177	F	Lydia Davies	F35	Unattached	50.1
50.36	59	137	M	Mark Key	M40	Fairwater	50.36
50.4	60	178	M	Tom Russell	MS	Parc Brynbach Runners	50.4
50.45	61	106	M	Darren Lincoln	M40	Croft Ambrey	50.45
51.02	62	95	M	Ian Davies	M50	Builth and District	51.02
51.13	63	82	M	Ian Teague	MS	Ludlow Runners	51.13
51.16	64	169	F	Lisa Hughes	FS	Cocks Moors Woods	51.16
51.2	65	75	F	Julie Scholey	F45	Les Croupiers	51.2
51.25	66	66	F	Anne Marie-Harris	F35	Parc Brynbach Runners	51.25
51.28	67	136	F	Nikki Edwards	F35	Hereford Couriers	51.28
51.3	68	138	M	Peter Edwards	MS	Fairwater	51.3

51.31	69	81	M	John Lyden	M50	Ludlow Runners	51.31
51.45	70	48	M	Stephen Jones	MS	Unattached	51.45
51.5	71	19	F	Ali Powell	M40	Unattached	51.5
51.55	72	123	M	Graham Wood	M50	Ludlow Runners	51.55
51.58	73	88	F	Sam Pearce	FS	Hay Hotfooters	51.58
51.59	74	85	M	Frank Luscott	M60	Croft Ambrey	51.59
52	75	47	F	Helen Jones	F35	Unattached	52
52.16	76	154	M	Stephen Hall	M40	MOTI	52.16
52.17	77	157	F	Sharon Woods	F45	Mynydd Du	52.17
52.2	78	99	M	Jeff Aston	M60	Les Croupiers	52.2
52.29	79	5	M	Chris Mason	M40	Wye Valley Runners	52.29
52.44	80	162	F	Rhian Jinny-Jones	FS	Unattached	52.44
53.02	81	89	F	Caroline Dallimore	F55	Les Croupiers	53.02
53.02	82	143	M	Richard Bowie	M40	Fairwater	53.02
53.05	83	167	M	Toby Forester	M40	Cocks Moors Woods	53.05
53.16	84	18	F	Nicky Turvey	F45	Croft Ambrey	53.16
53.39	85	27	M	Christopher Darke	MS	Unattached	53.39
53.47	86	112	M	Chris Lewis	MS	Hogweed Trotters	53.47
54.2	87	155	M	David W G Rouse	M50	Croft Ambrey	54.2
54.3	88	181	M	Chris Thompson	MS	Unattached	54.3
54.31	89	92	M	Dave Sherwood	M50	Wye Valley Runners	54.31
54.38	90	55	M	Tom Davies	M60	Croft Ambrey	54.38
54.46	91	165	M	Geoff Baxter	M40	Unattached	54.46
54.48	92	107	M	Steve Mesham	MS	Unattached	54.48
54.55	93	25	M	Robin Macintosh	M40	Unattached	54.55
55	94	53	F	Rebecca Cain	MS	Unattached	55
55.07	95	17	M	Mike Woodyatt	M50	Cocks Moors Woods	55.07
55.09	96	166	M	Matthew Mahoney	MS	Unattached	55.09
55.13	97	131	M	Andrew Goodwin	MS	Builth and District	55.13
55.38	98	98	M	Bill Griffiths	M50	Wye Valley Runners	55.38
55.42	99	144	M	Mark Dowse	MS	Builth and District	55.42
56.18	100	79	F	Tracy Edwards	F45	Rhondda Valley Runners	56.18
56.24	101	139	M	Gary Woods	M40	Fairwater	56.24
56.51	102	97	F	Angela Price	F35	Hay Hotfooters	56.51
56.55	103	111	M	Chris Coucell	M40	Unattached	56.55
56.57	104	168	F	Kay France	FS	Cocks Moors Woods	56.57
57.25	105	104	M	Andrew Williams	M50	Billies Running Club	57.25
57.29	106	152	F	Liza Austin	F45	Croft Ambrey	57.29
57.35	107	73	F	Rachel Nelson	F35	Croft Ambrey	57.35
57.42	108	149	F	Leah Mann	FS	Wye Valley Runners	57.42
58.02	109	59	F	Sarah Jamieson	F35	Ludlow Runners	58.02
58.07	110	175	M	Ryan Cardwallader	MS	Unattached	58.07
58.1	111	176	M	Cliff Hinka	MS	Unattached	58.1
59.13	112	151	M	Marsh Norris	M50	Unattached	59.13
59.16	113	174	F	Susan Deval	F35	Brecon Multisport	59.16
59.21	114	61	F	Justine Lee	F35	Spirit of Monmouth	59.21
59.34	115	56	M	Mark Ibbs	MS	Unattached	59.34
59.44	116	133	F	Jeanette Jenkins	F45	Fairwater	59.44
59.45	117	113	F	Eve McDonald	FS	Hay Hotfooters	59.45
59.52	118	64	M	Andy Craswell	MS	Unattached	59.52
60.04	119	12	F	Coleen Birch	F35	Islwyn	60.04
60.27	120	76	M	Kim Chester	F35	Womens Running Network	60.27
60.53	121	57	F	Jennie Conti	F55	Builth and District	60.53
60.58	122	103	M	Alwyn Edwards	M50	Billies Running Club	60.58
61.18	123	130	M	Nick Probert	M40	Builth and District	61.18
61.25	124	69	F	Charlie Peters	FS	Hay Hotfooters	61.25
61.5	125	38	M	Glyn Hicks	M60	Islwyn	61.5
61.54	126	147	F	Ruth Mason	F45	Wye Valley Runners	61.54
61.59	127	71	M	Martyn Tyler	M50	Cocks Moors Woods	61.59
62.23	128	7	M	Martin Roche	M50	Unattached	62.23
63.2	129	22	M	Graham Hall	M60	Cocks Moors Woods	63.2
63.44	130	116	M	Brian Markham	M60	Croft Ambrey	63.44
63.45	131	84	F	Kayleigh Luscott	F18	Croft Ambrey	63.45
64.21	132	119	M	John Holdroyd	M50	Wye Valley Runners	64.21
64.28	133	145	M	Rod Jones	M60	Les Croupiers	64.28
64.51	134	54	F	Hilary O'Shea	F55	Trail Runners Association	64.51
65.1	135	14	M	Michael Burnett	M40	Unattached	65.1
65.12	136	100	M	Terry Evans	M40	Unattached	65.12
65.17	137	39	M	Don Lovejoy	M50	Ludlow Runners	65.17

65.18	138	148	M	Mark Sykes	M40	Wye Valley Runners	65.18
66.03	139	9	F	Laura Vickers	F55	Ludlow Runners	66.03
66.24	140	171	F	Sian Wigley	F45	Rhondda Valley Runners	66.24
66.38	141	118	F	Catherine Holdroyd	F45	Wye Valley Runners	66.38
67.31	142	44	F	Debbie Bufton	F35	Ludlow Runners	67.31
68.5	143	1	M	William Wake	M40		68.5
68.59	144	102	M	Mark Watkins	M5	Unattached	68.59
69.18	145	170	F	Lydia Homer	F35	Unattached	69.18
69.22	146	115	F	Gill Murphy	F55	Les Croupiers	69.22
69.43	147	41	M	John Plowman	M60	Unattached	69.43
69.43	148	42	M	Liam Plowman	M5	Unattached	69.43
70.03	149	182	F	Peggy Male	F35	Cocks Moors Woods	70.03
70.53	150	101	F	Donna Evans	F35	Unattached	70.53
74.33	151	120	M	Steve Williams	M40	Unattached	74.33
74.33	152	121	M	Paul Bate	M40	Unattached	74.33
76.53	153	83	F	Catherine Cambell	F45	Unattached	76.53
77.1	154	46	F	Mia Gould	F45	Unattached	77.1
77.1	155	45	M	Tony Gould	M50	Unattached	77.1
79.31	156	77	F	Maggie Morris	F45	Ludlow Runners	79.31
80.53	157	35	F	Dawn Holder	F35	Builth and District RC	80.53
	dnf	20	M	Stephen Sutton	M40	Royal Sutton AC	
	dnf	91	M	Mick Ligema	M50	Croft Ambrey	
	dnf	109	M	David Ameghino	M5	Croft Ambrey	