

Time	Position	Number	M/F	Name	Cat	Club	Time
		1 92	M	Mike Pfeiffer	MV40	Unattached	00:41:04
		2 31	M	Jordan Mcqueen	MS18	Presteigne Pacers	00:41:22
		3 41	M	Alan Lewis	MV40	Wye Valley Runners	00:41:33
		4 45	M	Laurie Donaldson	MS18	Wye Valley Runners	00:41:55
		5 48	M	Tristan Plowman	MS18	Unattached	00:41:59
		6 85	M	Peter Woodward	MS18	Forest Of Dean	00:43:20
		7 72	M	Chris Fletcher	MV40	Wye Valley Runners	00:43:38
		8 105	M	Glyn Williams	MV40	Croft Ambrey Running Club	00:43:50
		9 18	M	Philip Williams	MS18	Islwyn	00:44:00
		10 42	M	David Ameghino	MV40	Croft Ambrey Running Club	00:44:08
		11 87	M	Leyton Fleet	MV40	Forest Of Dean	00:44:11
		12 116	M	Alex Lewis	MS18	Unattached	00:44:15
		13 128	M	Richard Bevan	MS18	Monros Trailblazers	00:44:35
		14 53	M	Simon Dimmer	MV50	Forest Of Dean	00:44:52
		15 77	M	Scott Baddeley	MV40	Wye Valley Runners	00:45:37
		16 49	M	Brendan Plowman	MS18	Unattached	00:45:45
		17 67	M	Steve Herrington	MV60	Hereford Couriers	00:46:07
		18 94	M	Adam Michniok	MS18	Wye Valley Runners	00:46:22
		19 109	M	Andrew Stephens	MS18	Monros Trailblazers	00:46:29
		20 35	M	Julian Boon	MV40	Forest Of Dean	00:46:33
		21 132	M	Adrian Taylor	MV50	Park Bryn Bach	00:46:40
		22 81	M	Thomas Russell	MS18	Mynydd Du	00:46:54
		23 78	M	Paulo Bouston	MV40	Wye Valley Runners	00:47:38
		24 115	M	Nick Hitchings	MV40	Malvern Joggers	00:47:43
		25 130	M	Andrew Dickens	MV40	Pontypool Runners	00:48:04
		26 99	M	Martin Woodhead	MV50	Mynydd Du	00:48:06
		27 1	M	Kevin Artus	MS18	Wye Valley Runners	00:48:15
		28 75	M	Steve Mesham	MV40	Unattached	00:48:31
		29 40	M	Ian Prentice	MV40	Ludlow Runners	00:48:53
		30 39	F	Fiona Turner	FV45	Forest Of Dean	00:48:59
		31 127	M	David Smout	MV60	Parc Bryn Bach Running Club	00:49:09
		32 112	M	Vinny Duffin	MS18	Spirit Of Monmouth	00:49:10
		33 8	M	Matthew Woodyatt	MS18	Cocks Moors Wood	00:49:19
		34 79	M	Gregg Weale	MS18	Wye Valley Runners	00:49:25
		35 58	M	Martin Williams	MV40	Croft Ambrey Running Club	00:49:41
		36 4	M	Alistair Powell	MV40	Unattached	00:49:46
		37 100	M	Mike Lewis	MV40	Unattached	00:49:49
		38 69	M	Ashley Williams	MV50	Hay Hotfooters	00:49:56
		39 33	M	John Oliver	MV50	Abingdon Amblers	00:50:05
		40 66	M	Paul Smolas	MV40	Hay Hotfooters	00:50:36
		41 104	M	Gareth Lloyd	MJ	Unattached	00:50:43
		42 114	F	Sue Davies	FV45	Brecon Athletics Club	00:50:59
		43 96	M	Mike Hackman	MV40	Wye Valley Runners	00:51:09
		44 126	M	Robert Jones	MS18	Croft Ambrey Running Club	00:51:13
		45 106	F	Lucy Allen	FV45	Spirit Of Monmouth	00:51:16
		46 137	M	Rupert Gwillim	MJ	Unattached	00:51:17
		47 74	F	Kim Chester	FV35	Forest Of Dean	00:51:44
		48 103	M	Bryan Lloyd	MV50	Unattached	00:51:46
		49 98	M	Malcolm Edwards	MV40	Wye Valley Runners	00:51:51
		50 86	M	Mike Shald	MV60	Wye Valley Runners	00:51:55
		51 10	M	Andrew Blackman	MV50	Wye Valley Runners	00:52:10
		52 20	M	Stuart Kramer	MV40	Spirit Of Monmouth	00:52:20
		53 9	M	Mike Woodyatt	MV50	Cocks Moors Wood	00:52:34
		54 119	M	Paddy Nugent	MV50	Wye Valley Runners	00:52:44
		55 90	M	Barry Griffiths	MV50	Brecon Athletics Club	00:52:51
		56 73	M	Michael Halsall	MS18	Llanelli Athletic Club	00:53:01
		57 25	M	Chris Moore	MV50	Forest Of Dean	00:53:10
		58 29	M	Matthew Mulchay	MV40	Unattached	00:53:11
		59 129	M	Stewart Thomson	MV50	Mynydd Du	00:53:12
		60 55	M	Roger Morgan	MV50	Forest Of Dean	00:53:36
		61 91	M	Wayne Jones	MS18	Unattached	00:53:38
		62 64	M	Peter Smith	MV60	Wye Valley Runners	00:53:49
		63 59	F	Mary Mills	FV45	Holme Pierrepont Running Club	00:53:59
		64 71	M	Piotr Strzesak	MV50	Presteigne Pacers	00:54:01
		65 51	M	Ralph Lloyd	MV50	Wye Valley Runners	00:54:17
		66 134	M	Dean Thomas	MV40	Pac Bryn Bach	00:54:20
		67 124	M	Tim Sheppard	MS18	Brecon Athletics Club	00:54:24
		68 27	M	Alan Robertson	MV50	Forest Of Dean	00:54:46

	69	133	F	Janet Richards	FV45	Unattached	00:55:19
	70	21	F	Jan Edwards	FV55	Wye Valley Runners	00:55:33
	71	89	M	Ian Smith	MV50	Wye Valley Runners	00:55:37
	72	65	M	Mark Davies	MV50	Unattached	00:55:38
	73	7	M	Andrew Price	MV40	Hay Hotfooters	00:55:49
	74	95	M	Ricardo Martins	MS18	Wye Valley Runners	00:56:01
	75	26	F	Julie Caseley	FV45	Malvern Joggers	00:56:03
	76	125	M	Rob Williams	MV50	Brecon Athletics Club	00:56:09
	77	118	M	Steve Roode	MV40	Malvern Joggers	00:57:15
	78	117	M	Andrew Banham	MV50	Malvern Joggers	00:57:15
	79	88	F	Jackie Green	FV55	Forest Of Dean	00:57:30
	80	111	M	Stephen Hall	MV40	Unattached	00:57:50
	81	6	M	Gregory Plowman	MV40	Unattached	00:57:53
	82	50	M	Tony Davis	MV50	Cocks Moors Wood	00:58:25
	83	22	M	Brian Simonds	MV60	Wye Valley Runners	00:58:31
	84	122	M	Andy Shorthouse	MV40	Cocks Moors Wood	00:58:36
	85	108	M	Mike Bennet	MV50	Monros Trailblazers	00:58:40
	86	107	F	Emma King	FS18	Spirit Of Monmouth	00:58:49
	87	102	M	Alan Hodgkiss	MV60	Telford AC	00:59:22
	88	36	M	Leslie Chamberlain	MV60	Wye Valley Runners	00:59:40
	89	3	M	Graham Hall	MV60	Cocks Moors Wood	00:59:42
	90	32	F	Sarah Williams	FS18	Ludlow Runners	00:59:48
	91	16	M	Sandy Ross	MV60	Ludlow Runners	00:59:55
	92	113	F	Ros Lloyd	FS18	Wye Valley Runners	01:00:15
	93	47	F	Jacqui Wynds	FV55	Forest Of Dean	01:00:27
	94	101	M	Steve Prior	MV60	Spirit Of Monmouth	01:00:35
	95	60	M	Gareth Holyfield	MV40	Abergavenny Striders	01:00:46
	96	135	F	Kelly Collins	FS18	Pac Bryn Bach	01:00:48
	97	54	F	Clare Morgan	FV45	Forest Of Dean	01:00:52
	98	34	F	Hilary O'Shea	FV55	Trail Runners Association	01:01:20
	99	80	F	Sheridan Butterfield	FV35	Wye Valley Runners	01:01:34
	100	13	M	Stephen David Sutton	MV50	Royal Sutton AR	01:01:41
	101	82	M	Steve Williams	MV40	Unattached	01:02:05
	102	57	F	Karen Barnett	FV35	Forest Of Dean	01:02:33
	103	46	M	Liam Plowman	MV40	Unattached	01:02:55
	104	123	F	Eluned Gatehouse	FS18	Brecon Athletics Club	01:03:21
	105	52	F	Victoria Watkins	FS18	Brecon Athletics Club	01:03:22
	106	83	M	John Holdroyd	MV50	Wye Valley Runners	01:03:23
	107	84	F	Catherine Holdroyd	FV45	Wye Valley Runners	01:03:28
	108	76	M	Harry Franklin	MV70	Wye Valley Runners	01:03:31
	109	43	F	Rosalind Scarnell	FV60	Unattached	01:04:07
	110	70	F	Flick Gill	FS18	Hay Hotfooters	01:04:36
	111	120	F	Sue Richards	FV55	Brecon Athletics Club	01:05:40
	112	63	M	David Kempton	MV50	Unattached	01:05:40
	113	97	F	Elizabeth Jones	FS18	Brecon Athletics Club	01:05:56
	114	93	F	Bryony Hope	FV35	Brecon Athletics Club	01:06:06
	115	11	F	Deb Clee	FV35	Presteigne Pacers	01:07:00
	116	136	F	Michelle Jayne	FV35	Pac Bryn Bach	01:08:17
	117	121	F	Sian Williams	FV45	Brecon Athletics Club	01:08:24
	118	5	M	John Plowman	MV70	Unattached	01:08:42
	119	28	M	Adrian Low	MV40	Halesowen AC & CC	01:09:49
	120	56	F	Annie Ransome	FS18	Wye Valley Runners	01:10:09
	121	68	M	Don Lovejoy	MV50	Ludlow Runners	01:10:10
	122	38	F	Alison Wareing	FS18	Brecon Athletics Club	01:11:08
	123	110	F	Elin Jones	FV35	Unattached	01:11:10
	124	44	F	Paula Randell	FS18	Presteigne Pacers	01:11:11
	125	131	F	Peggy Male	FV35	Cocks Moors Wood	01:13:42
	126	15	F	Lucy O'Connell	FS18	Unattached	01:17:44
	127	14	F	Rebecca Low	FS18	Unattached	01:18:17
	128	19	F	Maggie Morris	FV45	Ludlow	01:21:01
	129	37	F	Carol Stocker	FV55	Presteigne Pacers	01:24:40
		23	M	Pete Howard	MV50	Hay Hotfooters	dns
		2	M	Clive Rowberry	MV50	Hereford Couriers	dns
		17	M	Colin Downey	MV50	Stourbridge Running Club	dns
		62	F	Sarah Andrews	FV35	Unattached	dns
		30	F	Katheryn Breen	FV45	Unattached	dns
		12	M	Ed Gillet	MV40	Unattached	dns
		24	M	Richard Gee	MV50	Unattached	dns
		61	M	Christopher Blake	MV50	Unattached	dns

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