

Time	Position	Number	M/F	Name	Cat
36.37	1	122	M	Jonathon Pugh	MS
37.17	2	129	M	Stuart Crees	MS
38.29	3	117	M	Tim Iveson	MS
38.35	4	51	M	Luke Mason	MS
39.53	5	158	M	David Dixon	M40
40.03	6	16	M	Stacey Morgan	MS
40.41	7	156	M	Adrian Woods	M40
41.11	8	15	M	Eliot Taylor	MS
41.44	9	164	M	Barry Thompson	MS
42.05	10	173	M	Matt Morris	MS
42.19	11	160	M	John Nicoll	MS
42.31	12	26	M	Richard Self	M40
42.37	13	6	M	Scott Kennedy	MS
42.38	14	134	M	Alun Williams	M40
42.51	16	150	M	Luke Williams	MS
42.55	17	72	M	Carl Gilmour	M40
43.09	18	140	M	Kyle Harvey	MS
43.46	19	62	M	Barry guckian	MS
43.5	20	13	M	Sean Birch	M40
43.53	21	68	M	Mark Paviour	M40
43.57	22	124	M	Glyn Williams	MS
44.01	23	96	M	David George	M50
44.09	24	34	M	Philip Miles	M50
44.26	26	146	M	Wheeze	M50
44.38	27	108	M	Neil Lewis	M40
45.11	28	127	M	C Fletcher	MS
45.19	29	87	M	Steve Herrington	M60
45.21	30	114	M	Mike Murphy	M50
45.25	31	180	M	Terry Caveney	M50
45.52	33	40	M	Tristan Plowman	MS
46.27	34	8	M	Simon Roche	MS
46.3	35	132	M	Matthew Townsend	M40
46.46	36	142	M	David Rees	M50
46.52	37	94	M	Paul Bouston	M40
47.04	39	161	M	Paul Elliot	M40
47.33	40	90	M	Nick Dallimore	M50
47.47	41	52	M	Clive Osmond	M50
47.57	42	179	M	Howard Kent	M50
48.14	44	43	M	Brendan Plowman	MS
48.46	46	70	M	Marcus Coles	MS
48.51	47	74	M	Guy Whitmarsh	M60
48.58	48	49	M	Martin Chamings	MS
49.16	50	58	M	Martin Carter	M40
49.26	51	93	M	Malcolm Edwards	M40
49.31	52	125	M	David Garlick	M50
49.36	53	172	M	Hamish Parkinson	M40
49.38	54	141	M	Richard Thomas	MS
49.45	55	163	M	Martin Flowers	M50
49.46	56	105	M	Paul Evans	MS

50.07	60	36	M	Graham Hutchings	M40
50.36	62	137	M	Mark Key	M40
50.4	63	178	M	Tom Russell	MS
50.45	64	106	M	Darren Lincoln	M40
51.02	65	95	M	Ian Davies	M50
51.13	66	82	M	Ian Teague	MS
51.3	72	138	M	Peter Edwards	MS
51.31	73	81	M	John Lyden	M50
51.45	74	48	M	Stephen Jones	MS
51.55	76	123	M	Graham Wood	M50
51.59	78	85	M	Frank Luscott	M60
52.16	80	154	M	Stephen Hall	M40
52.2	81	99	M	Jeff Aston	M60
52.29	82	5	M	Chris Mason	M40
53.02	86	143	M	Richard Bowie	M40
53.05	88	167	M	Toby Forester	M40
53.39	90	27	M	Christopher Darke	MS
53.47	91	112	M	Chris Lewis	MS
54.2	92	155	M	David W G Rouse	M50
54.3	93	181	M	Chris Thompson	MS
54.31	94	92	M	Dave Sherwood	M50
54.38	95	55	M	Tom Davies	M60
54.46	96	165	M	Geoff Baxter	M40
54.48	97	107	M	Steve Mesham	MS
54.55	98	25	M	Robin Macintosh	M40
55.07	100	17	M	Mike Woodyatt	M50
55.09	101	166	M	Matthew Mahoney	MS
55.13	102	131	M	Andrew Goodwin	MS
55.38	103	98	M	Bill Griffiths	M50
55.42	104	144	M	Mark Dowse	MS
56.24	106	139	M	Gary Woods	M40
56.55	108	111	M	Chris Coucell	M40
57.25	110	104	M	Andrew Williams	M50
58.07	115	175	M	Ryan Cardwallader	MS
58.1	116	176	M	Cliff Hinka	MS
59.13	117	151	M	Marsh Norris	M50
59.34	120	56	M	Mark Ibbs	MS
59.52	123	64	M	Andy Craswell	MS
60.27	125	76	M	Kim Chester	F35
60.58	127	103	M	Alwyn Edwards	M50
61.18	128	130	M	Nick Probert	M40
61.5	130	38	M	Glyn Hicks	M60
61.59	132	71	M	Martyn Tyler	M50
62.23	133	7	M	Martin Roche	M50
63.2	134	22	M	Graham Hall	M60
63.44	135	116	M	Brian Markham	M60
64.21	137	119	M	John Holdroyd	M50
64.28	138	145	M	Rod Jones	M60
65.1	140	14	M	Michael Burnett	M40
65.12	141	100	M	Terry Evans	M40

65.17	142	39	M	Don Lovejoy	M50
65.18	143	148	M	Mark Sykes	M40
68.5	149	1	M	William Wake	M40
68.59	150	102	M	Mark Watkins	MS
69.43	155	41	M	John Plowman	M60
69.43	156	42	M	Liam Plowman	MS
74.33	159	120	M	Steve Williams	M40
74.33	160	121	M	Paul Bate	M40
77.1	162	45	M	Tony Gould	M50
	dnf	20	M	Stephen Sutton	M40
	dnf	91	M	Mick Ligema	M50
	dnf	109	M	David Ameghino	MS

Club	Time
Builth and District	36.37
Les Croupiers	37.17
Builth and District	38.29
Wye Valley Runners	38.35
British Airways AC	39.53
Croft Ambrey	40.03
Mynydd Du	40.41
Hereford Couriers	41.11
Ledbury and District Harriers	41.44
Brecon Multisport	42.05
Keswick	42.19
Les Croupiers	42.31
Wye Valley Runners	42.37
Fairwater	42.38
Hereford Couriers	42.51
Hay Hotfooters	42.55
Fairwater	43.09
Unattached	43.46
Islwyn	43.5
Croft Ambrey	43.53
Presteigne Pacers	43.57
Unattached	44.01
Parc Brynbach Runners	44.09
Brycheiniog	44.26
Hereford Couriers	44.38
Wye Valley Runners	45.11
Hereford Couriers	45.19
Les Croupiers	45.21
Les Croupiers	45.25
Unattached	45.52
Wye Valley Runners	46.27
Les Croupiers	46.3
Hay Hotfooters	46.46
Wye Valley Runners	46.52
Ludlow Runners	47.04
Les Croupiers	47.33
Les Croupiers	47.47
Les Croupiers	47.57
Unattached	48.14
Les Croupiers	48.46
Croft Ambrey	48.51
Parc Brynbach Runners	48.58
Hay Hotfooters	49.16
Wye Valley Runners	49.26
Brecon AC	49.31
Brecon Multisport	49.36
Fairwater	49.38
Wye Valley Runners	49.45
Brecon AC	49.46

Black pear Joggers	50.07
Fairwater	50.36
Parc Brynbach Runners	50.4
Croft Ambrey	50.45
Builth and District	51.02
Ludlow Runners	51.13
Fairwater	51.3
Ludlow Runners	51.31
Unattached	51.45
Ludlow Runners	51.55
Croft Ambrey	51.59
MOTI	52.16
Les Croupiers	52.2
Wye Valley Runners	52.29
Fairwater	53.02
Cocks Moors Woods	53.05
Unattached	53.39
Hogweed Trotters	53.47
Croft Ambrey	54.2
Unattached	54.3
Wye Valley Runners	54.31
Croft Ambrey	54.38
Unattached	54.46
Unattached	54.48
Unattached	54.55
Cocks Moors Woods	55.07
Unattached	55.09
Builth and District	55.13
Wye Valley Runners	55.38
Builth and District	55.42
Fairwater	56.24
Unattached	56.55
Billies Running Club	57.25
Unattached	58.07
Unattached	58.1
Unattached	59.13
Unattached	59.34
Unattached	59.52
Womens Running Nework	60.27
Billies Running Club	60.58
Builth and District	61.18
Islwyn	61.5
Cocks Moors Woods	61.59
Unattached	62.23
Cocks Moors Woods	63.2
Croft Ambrey	63.44
Wye Valley Runners	64.21
Les Croupiers	64.28
Unattached	65.1
Unattached	65.12

Ludlow Runners	65.17
Wye Valley Runners	65.18
	68.5
Unattached	68.59
Unattached	69.43
Unattached	69.43
Unattached	74.33
Unattached	74.33
Unattached	77.1
Royal Sutton AC	
Croft Ambrey	
Croft Ambrey	