

	1	48	M	Jonathon Pugh	MS	Builth and District	01:11:19
	2	54	M	Andrew Taylor	MS	Serpentine	01:15:11
	3	15	M	Matt Biggs	MS	Unattached	01:16:20
	4	23	M	Steve Davies	M50	Griffithstown Harriers	01:17:22
	5	4	M	Stuart Moore	MS	Wye Valley Runners	01:19:21
	6	39	M	John Bristow	MS	Malvern Joggers	01:19:50
	7	6	M	Philip Williams	MS	Islwyn Runners	01:21:46
	8	31	M	Mark Dunscombe	M40	Sarn Helen	01:22:05
	9	13	F	Fiona Alexander	FS	Serpentine	01:22:38
	10	29	M	Paul Taylor	F40	Hay Hotfooters	01:22:51
	11	45	M	David Smout	M60	Parc Bryn Bach	01:24:00
	12	24	F	Melanie White	FS	Unattached	01:24:22
	13	47	M	John Morgan	M40	Brackla Harriers	01:25:45
	14	30	M	Jim Stewart	M60	Unattached	01:25:56
	15	27	M	Kevin Barnes	M40	Hereford Couriers	01:26:03
	16	22	M	Paul Bouston	M40	Wye Valley Runners	01:26:22
	17	2	M	John Sandford	M40	Wye Valley Runners	01:26:54
	18	42	M	John Parry	M50	Builth and District	01:27:09
	19	1	M	Martin Carter	M40	HH	01:27:10
	20	37	M	Paddy Nugent	M40	Wye Valley Runners	01:27:32
	21	26	F	Alison Cooke	F45	Hereford Couriers	01:27:36
	22	41	M	Phillip Howard	MS	Unattached	01:27:50
	23	3	M	Mike Jones	M40	Unattached	01:27:53
	24	32	M	Malcolm Edwards	MS	Wye Valley Runners	01:28:57
	25	38	M	Nigel Taylor	M40	Unattached	01:29:44
	26	14	M	Guy Watkins	M40	Unattached	01:29:54
	27	35	M	Richard Gilbert	M50	Almost Athletes	01:29:56
	28	11	F	Kylie Mansfield	FS	Wye Valley Runners	01:30:00
	29	52	M	James Adam	MS	Serpentine	01:30:15
	30	55	F	Sam Pearce	FS	Hay Hotfooters	01:30:53
	31	53	F	Samantha Ludlow	FS	Serpentine	01:32:07
	32	20	F	Jean Turner	F45	Telford Harriers	01:32:36
	33	56	F	Gemma Greenwood	FS	Serpentine	01:32:52
	34	28	F	Anne Marie Harris	F35	Parc Bryn Bach	01:33:14
	35	44	M	Ian Davies	M50	Builth Wells RC	01:34:16
	36	50	M	Mark Lewis	MS	Unattached	01:34:31
	37	40	M	Derek Rainbird	M50	Parc Bryn Bach	01:35:12
	38	21	M	Daron Windle	M40	Stafford Tri Club	01:36:02
	39	34	M	John Price	M50	Hay Hotfooters	01:37:09
	40	25	F	Alex Champ	F35	Wye Valley Runners	01:37:13
	41	33	M	Steven Pugh	M40	Unattached	01:38:20
	42	18	M	Colin Downey	M50	Dudley Kingswinford	01:39:37
	43	16	M	Simon Roche	MS	Wye Valley Runners	01:40:43
	44	49	M	Wayne Lewis	MS	Unattached	01:40:52
	45	51	M	Ian Thomas	MS	Unattached	01:40:52
	46	7	F	Imme Davies	F35	Wye Valley Runners	01:40:55
	47	12	F	Francesca Moignard-Howarth	FS	Unattached	01:41:22
	48	46	F	Jenni Conti	F55	Builth and District	01:42:21
	49	17	F	Angela Price	F35	Hay Hotfooters	01:44:45
	50	36	M	Alan Nicholls	M50	Hay Hotfooters	01:50:59
	51	43	F	Kirsty Mansfield	FS	Unattached	01:53:14
	52	19	M	Peter Howard	M50	Hay Hotfooters	01:53:20
		5	M	Bill Pope	M40	Unattached	00:00:00
		8	M	Chris Mason	M40	Wye Valley Runners	00:00:00