

36.48	1	177	M	Austin Davies	M45	Brecon AC
37.53	2	82	M	Oliver Williams	MS	Les Croupiers
38.17	3	250	M	James Smith	MS	Black Pear Joggers
38.24	4	206	M	Mike Pfeiffer	M45	Brecon AC
38.56	5	113	M	Mathew Hurford	M40	Les Croupiers
39.24	6	105	M	Daniel King	MS	Wye Valley Runners
39.41	7	146	M	Matt James	MS	Hereford Couriers
40.06	8	226	M	John Pullen	M45	Wye Valley Runners
40.12	9	170	M	Jamie Shingler	M40	Ludlow Runners
40.13	10	187	M	Jim Masters	MS	Wye Valley Runners
40.40	11	204	M	Peter Woodward	MS	Forest of Dean AC
41.22	12	23	M	Steven Mccowliff	MS	Unaffiliated
41.39	13	174	M	Tim Taylor	M55	Hereford Couriers
42.46	14	133	M	Robert Williams	MS	Wye Valley Runners
42.50	15	156	M	Steve Flowers	MS	Wye Valley Runners
42.52	16	171	M	James Dobbing	MS	Forest of Dean AC
43.00	17	166	M	Gary Pearson	M40	Croft Ambrey
43.24	18	90	M	Leyton Fleet	M40	Forest of Dean AC
43.44	19	232	M	David Williams	M50	Hereford Couriers
43.50	20	233	M	Sam Mayglothling	MS	Croft Ambrey
43.51	21	118	M	Glyn Williams	M40	Croft Ambrey
43.54	22	34	M	Darren Smith	M45	Forest of Dean AC
43.55	23	123	M	John Russell	M40	Forest of Dean AC
44.15	24	211	M	Richard Bevan	M40	Monross Trailblazers
44.26	25	58	M	Richard Pegler	M40	Forest of Dean AC
44.29	26	104	M	Andrew May	M40	Unaffiliated
44.35	27	186	M	Jeremy Jenan	M40	Wye Valley Runners
44.45	28	220	M	Max Suff	M50	Hereford Couriers
44.46	29	178	M	Marcus Bennetto	MS	Forest of Dean AC
44.54	30	185	M	Craig Collier	MS	Ludlow Runners
45.18	31	122	M	Richard Powles	M40	Forest of Dean AC
45.32	32	81	M	Steven Jones	M40	Port Talbot Harriers
45.43	33	201	M	Julian Boon	M40	Forest of Dean AC
45.43	34	181	M	Martin Williams	M45	Croft Ambrey
45.56	35	150	M	Mike Murphy	M60	Les Croupiers
46.04	36	210	M	Toby Forrester	M40	Mercia Fell Runners
46.05	37	131	M	Johnathan Meadows	MS	Wye Valley Runners
46.10	38	241	M	Chris Smallman	M50	Malvern Joggers
46.13	39	135	M	Daniel Lewis	MS	Wye Valley Runners
46.16	40	162	M	Robert Evans	M50	Ebbw Vale RC
46.23	41	167	M	Patrick Pearson	M45	Croft Ambrey
46.31	42	100	M	Stuart Tromans	M45	Unaffiliated
46.35	43	46	M	Matt Woodyatt	MS	Cocks Moors Woods
46.44	44	234	M	Reuben Paul Anson Crouch	MS	Unaffiliated
46.47	45	138	F	Nadine Lewycky	FS	Unaffiliated
46.55	46	19	M	Ian Williams	M50	Ebbw Vale RC
47.01	47	111	M	Steve Herington	M65	Hereford Couriers
47.05	48	24	M	Howard Kent	M60	Les Croupiers
47.10	49	128	F	Nikki Childs	F50	Wye Valley Runners
47.17	50	175	M	Scott Badeley	M40	Wye Valley Runners
47.53	51	191	F	Laura Tootell	F35	Wye Valley Runners
47.56	52	164	M	Terry Caveney	M50	Les Croupiers
48.07	53	36	M	Chris O'Brien	MS	Unaffiliated
48.12	54	147	F	Rebecca Davies	FS	Wye Valley Runners
48.37	55	202	M	Mark Blake	M45	Forest of Dean AC
48.43	56	83	M	Clive Osmond	M50	Les Croupiers
48.46	57	21	M	Marcus Meyrick	M40	Les Croupiers
48.57	58	145	M	Gary Lewis	M45	Presteigne Pacers
49.05	59	20	M	Daniel Badger	MS	Malvern Joggers
49.10	60	168	M	Phil Thomas	M50	Pembs Tri Club
49.14	61	28	M	Scott Berry	MS	Forest of Dean AC
49.29	62	14	M	Trevor Matty	M45	Malvern Joggers
50.04	63	99	F	Helen Tromans	F45	Dudley-Kingswinford RC

50.10	64	71	F	Megan Judge	FS	Malvern Joggers
50.15	65	80	F	Helen Jones	F40	Port Talbot Harriers
50.20	66	200	M	Paul Davies	M40	Wye Valley Runners
50.26	67	66	F	Aine Kenny	FS	Les Croupiers
50.51	68	169	F	Jo Meadowcroft	F40	Unaffiliated
50.55	69	173	F	Daneen Hughes	FS	Wye Valley Runners
50.59	70	193	F	Maria Miles	F35	Wye Valley Runners
51.12	71	142	M	Ian Dyson	M60	Malvern Joggers
51.14	72	182	M	Mike Lewis	M45	Unaffiliated
51.20	73	249	F	Kate Wray	FS	Shelton Striders
51.26	74	228	M	Allan Todd	M60	Warley Woods Pacers
51.26	75	87	F	Kim Braznell	F55	Mercia
51.40	76	130	M	Shaune Russell	M50	RRC
51.45	77	248	M	Nicolas Preist	MS	Unaffiliated
52.05	78	136	M	Ashley Robinson	M60	Croft Ambrey
52.11	79	116	M	Guy Whitmarsh	M70	Croft Ambrey
52.33	80	61	M	Thomas Powell	MS	Ludlow Runners
52.34	81	30	M	Brendon Price	MS	Dragons Running Club
52.40	82	153	M	Barry Griffiths	M50	Brecon AC
52.50	83	144	M	Brendan Beal	MS	Hay Hotfooters
52.55	84	94	M	Brian Francis	M50	Forest of Dean AC
52.56	85	247	M	Sam Brindley	MS	Unaffiliated
53.07	86	125	M	Andrew Blackman	M55	Wye Valley Runners
53.10	87	1	M	John Bryan	MS	Malvern Joggers
53.14	88	229	M	Piotr Strzesak	M55	Presteigne Pacers
53.17	89	114	F	Julie Scholey	F50	Les Croupiers
53.34	90	194	F	Fiona Turner	F50	Forest of Dean AC
53.38	91	238	M	Malcolm Edwards	M40	Wye Valley Runners
53.44	92	244	M	Mark Classick	M50	Unaffiliated
53.48	93	25	M	Chris Moore	M60	Forest of Dean AC
53.52	94	245	F	Claire Thomas	FS	Ludlow Runners
53.56	95	240	M	Mathew Peter Dorn	M40	Unaffiliated
53.59	96	129	F	Emily Davies	FS	Wye Valley Runners
54.10	97	219	M	Richard Wall	M50	Hereford Couriers
54.19	98	76	M	Rod Perrons	M50	Les Croupiers
54.23	99	126	M	John Lyden	M50	Ludlow Runners
54.28	100	115	F	Jo Marriot	F45	Croft Ambrey
54.33	101	154	F	AnneMarie Harris	F40	Mynydd Du
54.38	102	74	M	Peter Smith	M65	Wye Valley Runners
54.40	103	157	M	Nick Hitchings	M45	Wye Valley Runners
54.47	104	72	M	Steve Roode	M45	Malvern Joggers
55.02	105	188	M	Ralph Lloyd	M50	Wye Valley Runners
55.05	106	3	F	Julie Caseley	F50	Malvern Joggers
55.08	107	172	M	Frank Luscott	M55	Croft Ambrey
55.16	108	161	F	Louise Evans	F45	Ebbw Vale RC
55.25	109	134	F	Lynne Compton	F45	Wye Valley Runners
55.29	110	110	M	Andrew Brown	M40	Malvern Joggers
55.55	111	124	F	Jodie Broad	F40	Hay Hotfooters
56.00	112	47	M	Mike Woodyatt	M55	Cocks Moors Woods
56.09	113	203	F	Emma Frost	F45	Hay Hotfooters
56.28	114	101	M	Tom Davies	M65	Croft Ambrey
56.38	115	225	F	Carmen Rodriguez	FS	Forest of Dean AC
56.41	116	121	M	Richard Broad	M65	Unaffiliated
56.48	117	53	M	Bryan Clee	M40	Presteigne Pacers
56.58	118	70	M	Nik Sheen	M40	Les Croupiers
57.03	119	192	F	Karen Webb	F35	Unaffiliated
57.13	120	40	M	Ian Walwyn	M60	Malvern Joggers
57.16	121	196	F	Lynne Park	F50	Forest of Dean AC
57.24	122	37	F	Caroline O'Brien	FS	Unaffiliated
57.24	123	89	M	Dale Prince	M45	Unaffiliated
57.35	124	31	M	Glyn Davies	M40	Malvern Joggers
57.40	125	199	M	Bill Griffiths	M60	Wye Valley Runners
57.44	126	12	M	Stephen Sutton	M50	Unaffiliated

57.46	127	96	F	Rosie Davidson	F45	Unaffiliated
57.48	128	208	M	Paul Holder	M55	Cocks Moors Woods
57.56	129	4	M	Alan Robertson	M60	Forest of Dean AC
58.03	130	207	M	Dave Sherwood	M55	Wye Valley Runners
58.14	131	155	F	Louise Ainger	F35	Wye Valley Runners
58.19	132	160	F	Alison Buttle	F35	Wye Valley Runners
58.21	133	176	M	Graham Bennetto	M50	Forest of Dean AC
58.24	134	163	M	Colin Downey	M55	Stourbridge
58.30	135	38	M	Chris Hawkins + Dog (Maya)	M60	Forest of Dean AC
58.35	136	198	M	Michael Marks	M45	Forest of Dean AC
58.43	137	158	F	Lizzie Mesham	F45	Unaffiliated
58.43	138	159	M	Steven Mesham	M40	Presteigne Pacers
59.06	139	189	M	Tony Champken	M55	Wye Valley Runners
59.11	140	39	M	Andrew Banham	M55	Malvern Joggers
59.12	141	184	F	Jan Edwards	F55	Wye Valley Runners
59.13	142	180	M	Simon Oliver	M45	Wye Valley Runners
59.17	143	43	M	Sandy Ross	M60	Ludlow Runners
59.18	144	197	F	Jackie Green	F55	Forest of Dean AC
59.37	145	65	F	Shirley Albrow	F55	Forest of Dean AC
59.38	146	13	F	Jaqui Wynds	F60	Forest of Dean AC
59.44	147	63	F	Kirsty Roberts	FS	Les Croupiers
59.59	148	33	M	Neil Humpage	M45	Malvern Joggers
60.29	149	112	F	Rose Thomas	F60	Rhayader RC
60.39	150	93	F	Stefanie Francis	F45	Forest of Dean AC
60.53	151	183	M	Brian Symonds	M70	Wye Valley Runners
62.09	152	120	M	Terry Evans	M45	Presteigne Pacers
62.21	153	109	F	Helen Philip	F45	Unaffiliated
62.53	154	242	M	Nathan Cooper	M5	Malvern Joggers
62.56	155	139	F	Alison Lehame	F40	Black Pear Joggers
63.00	156	67	F	Sarah Andrews	F45	Unaffiliated
63.01	157	227	F	Sobrina Wolski	FS	Unaffiliated
63.25	158	51	F	Sara Horton-walsh	F45	Unaffiliated
63.36	159	49	M	Michael Anstey	M55	Malvern Joggers
63.36	160	27	M	Nick Box	M65	Unaffiliated
63.40	161	148	F	Dana Machackova	FS	Wye Valley Runners
63.40	162	50	F	Lynda Broadway	M50	Malvern Joggers
63.53	163	52	F	Dors Hough	F45	Unaffiliated
64.09	164	165	M	Robert Prowse	M45	Unaffiliated
64.11	165	41	F	Amanda Duncan	F40	Malvern Joggers
64.22	166	26	F	Hilary O'Shea	F60	Trail Running Association
64.49	167	107	F	Anita Williams	F45	Unaffiliated
64.49	168	108	M	Justyn Smith	M40	Unaffiliated
64.56	169	215	F	Jane Kerr	F45	Builth and District
65.01	170	221	F	Catherine Lyne	F35	Forest of Dean AC
65.13	171	5	M	Bryan Low	M45	Unaffiliated
66.03	172	149	F	Sue Williams	F50	Unaffiliated
66.22	173	98	F	Debbie Richards	F50	Dudley-Kingswinford RC
66.31	174	151	F	Gill Murphy	F60	Les Croupiers
66.41	175	92	F	Amanda Thompson	F50	Les Croupiers
66.45	176	16	M	Richard Nash	M5	Black Pear Joggers
67.08	177	117	F	Claire Carden	F40	Unaffiliated
67.24	178	86	F	Kylie Huffa	F40	Unaffiliated
67.37	179	231	F	Jill Williams	F40	Gwernyfedd Ladies Running Club
67.41	180	218	F	Lorraine Bunn	F45	Unaffiliated
67.58	181	11	M	Ian James	M55	Forest of Dean AC
67.59	182	103	F	Anna Freeman	F40	Forest of Dean AC
68.12	183	56	F	Sue Richards	F55	Brecon AC
68.20	184	222	F	Jo Babij	F40	Forest of Dean AC
68.21	185	143	F	Nadia Brown	F45	Unaffiliated
68.26	186	205	F	Louise Mckenzie	FS	Forest of Dean AC
69.19	187	57	F	Vanessa Pegler	F40	Forest of Dean AC
69.39	188	48	M	Graham Hall	M65	Cocks Moors Woods
69.49	189	237	F	Alison Gilbert	DOG	Unaffiliated

69.50	190	45	F	Angela Bowkett	F45	Forest of Dean AC
69.51	191	235	F	Wendy Lawrence	F55	Forest of Dean AC
69.53	192	190	F	Sian Champken	F40	Wye Valley Runners
69.57	193	137	F	Vivien Tolley	F50	Malvern Joggers
70.20	194	91	F	Sharla Fleet	F40	Forest of Dean AC
70.26	195	152	M	Andrew Cadmore	M45	Brecon AC
70.56	196	54	F	Deb Clee	F40	Presteigne Pacers
71.31	197	217	F	Nicola Kelly	F40	Builth and District
71.37	198	140	M	Paul Rowe	M50	Unaffiliated
71.38	199	77	F	Sarah Perrons	F50	Les Croupiers
71.44	200	62	F	Cari Randall	FS	Les Croupiers
71.53	201	224	F	Benna Waites	F45	St Margarets Running Club
71.59	202	62	F	Emma Tebbutt	F40	Unaffiliated
72.02	203	17	F	Emma Mccance	FS	Malvern Joggers
72.16	204	236	F	Eva Goodhead	F40	Forest of Dean AC
72.16	205	214	F	Joane Jones	F45	Builth and District
72.16	206	216	F	Hayley Waller	F40	Builth and District
72.42	207	243	M	George Classick	MJ	Unaffiliated
73.10	208	179	F	Clare Johnson	F65	Les Croupiers
74.18	209	64	M	Stephen Gibson	M50	Unaffiliated
74.21	210	209	F	Sarah Edgecombe	FS	Ludlow Runners
75.36	211	230	F	Rew Williams	FS	Unaffiliated
75.45	212	10	F	Bev James	F55	Forest of Dean AC
76.38	213	195	M	Paul Bate	M50	Unaffiliated
76.49	214	32	F	Kay Parry	F40	Black Pear Joggers
77.21	215	6	F	Joanne Page	F35	Halesowen AC
77.23	216	7	M	Adrain Low	M50	Halesowen AC
77.54	217	119	F	Donna Evans	F45	Presteigne Pacers
77.56	218	213	F	Meryl Sinclair	F45	Brecon AC
77.58	219	141	F	Tara Fildes Jackson	F40	Brecon AC
78.01	220	212	F	Sue Jones	F45	Brecon AC
78.09	221	246	M	Arthur Lockyear	MS	Malvern Joggers
78.12	222	239	F	Samantha Dorn	F40	Unaffiliated
79.01	223	9	F	Rebecca Low	F35	Unaffiliated
83.28	224	102	F	Maggie Morris	F50	Ludlow Runners
87.27	225	79	F	Joanna Sharp	F50	Ludlow Runners
87.28	226	42	F	Diane Pritchard (Sweeper)	F45	Hay Hotfooters

