

Time	Position	Number	M/F	Name	Cat	Club
37.33	1	118	M	Austin Davies	MV45	Brecon AC
38	2	120	M	Mike Pfeiffer	MV45	Builth Wells
39.01	3	180	M	John Pullen	MV45	Wye Valley Runners
39.24	4	71	M	Matthew Hurford	MV40	Les Croupiers
39.54	5	170	M	Andrew Davies	MJ	Croft Ambrey
42.05	6	129	M	Peter Woodward	MS	Forest of Dean AC
42.43	7	121	M	Alex Lewis	MS	Neath Harriers
42.44	8	140	M	Glyn Williams	MV40	Croft Ambrey
42.56	9	52	M	Leyton Fleet	MV40	Forest of Dean AC
43.01	10	111	M	Mike Murphy	MV55	Les Croupiers
43.12	11	122	M	Chris Lewis	MS	Unattached
43.25	12	30	M	Julian Boon	MV40	Forest of Dean AC
43.27	13	193	M	Daniel Phillips	MS	Wye Valley Runners
43.29	14	178	M	Paul Coker	MV55	Les Croupiers
43.47	15	183	M	Rob Jones	MS	Croft Ambrey
43.51	16	10	M	Martin Carter	MV45	Hay Hotfooters
44.02	17	194	M	Steven Flowers	MS	Wye Valley Runners
44.12	18	195	M	Mike Fawcett	MV45	Wye Valley Runners
44.22	19	128	M	James Dobbing	MS	Forest of Dean AC
44.28	20	101	M	Vincent Playdon	MV40	Hay Hotfooters
44.34	21	119	M	Lyndon Gwilyn	MV55	Chepstow Harriers
44.44	22	78	M	Robert Evans	MV50	Ebbw Vale
44.55	23	31	M	Brian Dias	MS	Les Croupiers
45.06	24	196	M	Chris Smallman	MV50	Malvern Joggers
45.18	25	42	M	Steven Jones	MV40	Unattached
45.28	26	188	M	Martin Williams	MV45	Croft Ambrey
45.4	27	79	M	Damian Caswell	MS	Ebbw Vale
45.47	28	100	M	Kevin Artus	MS	Wye Valley Runners
45.54	29	151	M	Patrick Pearson	MV45	Croft Ambrey
46.03	30	91	F	Rebecca Davies	FS	Wye Valley Runners
46.21	31	62	F	Nikki Hughes	FS	Unattached
46.28	32	127	M	Steven Mesham	MV40	Unattached
46.35	33	98	M	Steve Herrington	MV60	Hereford Couriers
46.36	34	142	M	Ian Williams	MV50	Ebbw Vale
46.41	35	103	M	Steve Littlewood	MV60	Hereford Couriers
46.57	36	56	M	Mark Blake	MV45	Forest of Dean AC
47.09	37	25	M	Howard Kent	MV60	Les Croupiers
47.35	38	74	M	Chris Howell	MV45	Hay Hotfooters
47.42	39	179	F	Jane Coker	FV50	Les Croupiers
47.49	40	80	M	Alistair Powell	MV40	Unattached
48.15	41	113	M	Scott Baddeley	MV40	Wye Valley Runners
48.21	42	141	M	Robert Freeman	MV40	Forest of Dean AC
48.28	43	114	M	Craig Rees	MS	Wye Valley Runners
48.4	44	67	M	Harold Lambert	MV60	Kidderminster and Stourport
48.48	45	187	M	Marc Bingham	MS	Malvern Joggers
48.5	46	106	M	Kev Joyce	MV45	Unattached
49	47	123	M	John Lyden	MV50	Ludlow Runners
49.05	48	43	F	Helen Jones	FV40	Unattached
49.06	49	167	F	Laura Tootel	FV35	Wye Valley Runners
49.16	50	90	M	Clive Osmond	MV50	Les Croupiers
49.17	51	107	M	Darren Jones	MS	Unattached
49.17	52	125	M	Iain Prentice	MV45	Ludlow Runners
49.44	53	130	M	Frank Luscott	MV55	Croft Ambrey
49.51	54	105	M	Dan Pavitt	MV45	Ludlow Runners
49.53	55	206	M	Josh Griffiths	MS	Unattached
49.54	56	44	M	Stephen Owen	MV55	Les Croupiers
49.56	57	117	M	Wayne Jones	MV40	Brecon AC
49.58	58	126	M	Gary Gunner	MV65	Croft Ambrey
50.19	59	115	M	Gary Lewis	MV40	Prestigne Pacers
50.24	60	47	M	Matthew Mulcahy	MV40	Unattached
50.28	61	102	M	Hugh Morgan Jones	MV50	FRA
50.35	62	155	M	Andy Chamberlain	MS	Wye Valley Runners

50.4	63	150	M	Barry Griffiths	MV45	Brecon AC
50.42	64	148	M	Chris Moore	MV55	Forest of Dean AC
50.4	65	185	M	Antony Wade	MV40	Unattached
50.55	66	174	F	Nikki Tyler	FV40	Wye Valley Runners
51.01	67	135	M	Guy Whitmarsh	MV65	Croft Ambrey
51.07	68	97	M	Andrew Blackman	MV55	Wye Valley Runners
51.11	69	124	F	Fiona Turner	FV50	Forest of Dean AC
51.17	70	36	F	Julie Scholey	FV50	Les Croupiers
51.21	71	181	M	Ed Goldsmith	MS	Unattached
51.3	72	6	M	Alan Robertson	MV55	Forest of Dean AC
51.41	73	197	F	Kim Chester	FV35	Forest of Dean AC
51.5	74	70	M	Tom Davies	MV60	Croft Ambrey
51.59	75	54	M	Michael Marks	MV45	Forest of Dean AC
52.17	76	41	M	Tom Powell	MS	Unattached
52.21	77	84	M	Ashley Robinson	MV60	Croft Ambrey
52.23	78	112	M	Neil Murphy	MS	Unattached
52.3	79	46	F	Aine Kenny	FS	Les Croupiers
52.36	80	94	M	Jerry Greer	MV50	Malvern Joggers
52.45	81	158	F	Anne Marie Harris	FV40	Mynydu du
53.03	82	175	F	Catherine Gilbert	FV35	Brecon AC
53.14	83	53	M	Keith Verheyden	MV50	FERC
53.24	84	152	F	Louise Evans	FV45	Ebbw Vale
53.29	85	39	M	Gary Bodman	MV50	Les Croupiers
53.48	86	68	M	Peter Smith	MV65	Wye Valley Runners
53.59	87	28	F	Sarah Rees	FV50	Brecon AC
54.04	88	207	M	Gareth Jones	MS	Unattached
54.06	89	86	F	Megan Judge	FS	Malvern Joggers
54.21	90	93	M	Andrew Banham	MV50	Malvern Joggers
54.21	91	162	M	Bill Griffiths	MV60	Wye Valley Runners
54.21	92	166	F	Maria Miles	FV35	Wye Valley Runners
54.22	93	144	M	Roger Morgan	MV55	Forest of Dean AC
54.34	94	131	M	Daniel Vandenburg	MS	Les Croupiers
54.37	95	154	M	Chris Price	MV40	Rhayader AC
54.5	96	48	M	Trevor Matty	MV45	Malvern Joggers
54.51	97	61	F	Samantha Harper	FV35	Croft Ambrey
54.55	98	4	M	David Dunn	MV50	Unattached
54.58	99	27	M	Clive Richardson	MV55	Ludlow Runners
55.02	100	16	F	Imme Davies	FV40	Hay Hotfooters
55.05	101	99	M	John Price	MV55	Hay Hotfooters
55.12	102	22	M	Jack Pomroy	MS	Unattached
55.17	103	116	F	Rita Tomkins	FV50	Prestigne Pacers
55.18	104	12	F	Julie Caseley	FV50	Malvern Joggers
55.23	105	163	F	Janet Edwards	FV55	Wye Valley Runners
55.26	106	210	F	Lisel Walker	FV40	Unattached
55.44	107	209	M	Justyn Smith	MV40	Unattached
55.45	108	88	F	Ellen Bishop	FJ	Unattached
55.53	109	165	F	Bryony Hope	FV35	Brecon AC
55.54	110	29	M	Stuart Rees	MV45	Unattached
55.57	111	85	M	Steve Roode	MV45	Malvern Joggers
56.05	112	17	F	Kirsty Roberts	FS	Les Croupiers
56.11	113	26	F	Jane Ash	FV35	Les Croupiers
56.11	114	157	M	Dave Sherwood	MV55	Wye Valley Runners
56.13	115	160	F	Emma Frost	FV40	Hay Hotfooters
56.14	116	49	F	Catherine Olivant	FV35	Brecon AC
56.44	117	161	M	Rob Williams	MV55	Brecon AC
56.48	118	146	F	Shirley Albrow	FV55	Forest of Dean AC
57.01	119	205	F	Justine Lee	FV40	Spirit of Monmouth
57.12	120	33	M	Brian Clee	MV40	Prestigne Pacers
57.2	121	164	M	Brian Symonds	MV70	Wye Valley Runners
57.25	122	24	M	Richard Nash	MS	Unattached
57.33	123	50	M	Mick Olivant	MV60	Brecon AC
57.42	124	208	M	Bleddyn Williams	MS	Unattached
57.43	125	156	M	Les Chamberlain	MV60	Wye Valley Runners

57.45	126	133	F	Jackie Green	FV55	Forest of Dean AC
57.48	127	14	F	Jaqui Wynds	FV55	Forest of Dean AC
57.54	128	77	M	Chris Hawkins	MV60	Forest of Dean AC
58	129	5	M	Charlie Querelle	MV40	Unattached
58.12	130	182	M	Will Steel	MV40	Unattached
58.51	131	147	F	Lynne Park	FV50	Forest of Dean AC
58.06	132	199	M	David Lloyd	MV55	Prestigne Pacers
59.16	133	203	F	Amanda Wild	FV35	Pont-y-pwl
59.2	134	76	M	Patrick Thurston	MV55	Malvern Joggers
59.26	135	143	F	Claire Morgan	FV50	Forest of Dean AC
59.39	136	11	M	Dave Kempton	MV55	Unattached
59.46	137	138	F	Rachel Nelson	FV45	Croft Ambrey
59.52	138	137	M	Graham Bennetto	MV50	Forest of Dean AC
59.56	139	8	M	Michael Anstey	MV55	Malvern Joggers
59.58	140	190	M	Tony Rownall	MV50	Forest of Dean AC
60.04	141	189	F	Kate Frost	FV35	Forest of Dean AC
60.04	142	184	F	Rosie Davidson	FV45	Unattached
60.09	143	136	F	Sharon Clarke	FV45	Ludlow Runners
60.09	144	9	F	Lynda Broadway	FV45	Malvern Joggers
60.35	145	186	F	Susan Wrigley	FV45	Leigh on Sea Striders
61.06	146	64	M	Terry Evans	MV45	Prestigne Pacers
61.15	147	149	M	Andrew Cadmore	MV40	Brecon AC
61.31	148	45	M	Thomas Harding	MS	Unattached
61.35	149	66	M	Bryan Low	MV45	Unattached
61.36	150	2	M	Stephen Sutton	MV50	Royal Sutton
62.03	151	200	M	Rihards Krauze	MS	Unattached
62.29	152	104	M	Harry Franklin	MV70	Wye Valley Runners
62.38	153	139	F	Karen Barnett	FV40	Forest of Dean AC
62.42	154	204	M	Gareth Jenkins	MV45	Pont-y-pwl
63	155	15	F	Helen Smith - CX	FV45	Liss Runner
63.13	156	173	F	Sian Williams	FV50	Brecon AC
63.16	157	3	F	Pamela Warnes	FV40	Unattached
63.31	158	198	M	Adam Maycock	MS	Unattached
63.49	159	55	F	Hilary O'Shea	FV60	Trail Running Association
64.06	160	132	M	Robert Horton	MV65	Unattached
64.13	161	110	F	Gill Murphy	FV55	Les Croupiers
64.27	162	1	M	Graham Hall	MV65	Cocks Moors wood
64.32	163	192	F	Clare Johnson	FV65	Les Croupiers
64.38	164	32	F	Deb Clee	FV40	Prestigne Pacers
64.5	165	145	F	Angela Bowkett	FV45	Forest of Dean AC
65.53	166	73	F	Sue Richards	FV55	Brecon AC
65.54	167	191	F	Jo Babij	FV40	Unattached
65.58	168	72	F	Amanda Thompson	FV50	Les Croupiers
67	169	18	M	Clive Richardson	MV70	Unattached
67.15	170	59	F	Christina Santos	FV50	Rhayader AC
67.2	171	83	F	Leanne Howells	FS	Unattached
67.24	172	159	F	Kath Jervis	FV55	Parc Bryn Bach Tredegar
67.28	173	202	F	Trish Petterson	FV55	Unattached
67.33	174	153	M	Ian Dennis	MV55	Unattached
68	175	96	F	Nicola Rolinson	FV45	Builth and District
68.56	176	176	F	Caroline Frampton	FV50	Brecon AC
68.56	177	169	M	Paul Evans	MS	Brecon AC
69.03	178	201	M	Mark Freake	MV45	Prestigne Pacers
70.08	179	109	F	Harriet English	FV55	Hay Hotfooters
70.12	180	81	F	Sian Wigley	FV50	Unattached
70.22	181	19	M	Geoff Pomroy	MV55	Unattached
71.06	182	134	F	Maggie Morris	FV50	Ludlow Runners
71.08	183	172	F	Tara Fildes-Jackson	FV40	Brecon AC
71.12	184	168	F	Meryl Sinclair	FV40	Brecon AC
71.19	185	171	F	Sue Jones	FV40	Brecon AC
71.32	186	60	M	Adrain Hedgley	MV50	Unattached
72.14	187	63	F	Donna Evans	FV45	Prestigne Pacers
73.05	188	87	F	Louise Bishop	FV45	Unattached

73.2	189	20	F	Lucy Pomroy	FS	Unattached
73.27	190	65	F	Rebecca Low	FS	Unattached
73.33	191	82	M	Manon Wigley	MJ	Unattached
73.58	192	89	M	Don Lovejoy	MV60	Ludlow Runners
74.04	193	40	F	Cari Randell	FS	Les Croupiers
74.12	194	177	M	David Jenkins	MV45	BRAT Club
74.44	195	34	F	Jo Preece	FV45	Prestigne Pacers
76.46	196	95	F	Paula Randell	FS	Prestigne Pacers
90.51	197	35	F	Carrol Stoker	FV55	Prestigne Pacers
	dnf	108	M	Kevin Lewis	MV50	Neath Harriers
	dns	7	M	Richard Self	MV45	Les Croupiers
	dns	13	M	Christopher Hudson	MV45	Unattached
	dns	21	M	Owain Parry	MS	Unattached
	dns	23	F	Kathy Ling	FV65	Wrekin RR
	dns	37	M	Daniel Badger	MS	Malvern Joggers
	dns	38	M	Oliver Fox	MS	Malvern Joggers
	dns	51	M	David E Williams	MV50	Les Croupiers
	dns	57	M	Alan Riddoch	MV40	Unattached
	dns	58	F	Sarah andrews	FV45	Unattached
	dns	69	F	Sahrah Wilding	FV45	Prestigne Pacers
	dns	75	M	Calum Vennard	MS	Les Croupiers
	dns	92	M	Colin Downey	MV50	Stowbridge