

| Time  | Position | Number | M/F | Name                | Cat  | Club                   | Time  |
|-------|----------|--------|-----|---------------------|------|------------------------|-------|
| 37.13 | 1        | 123    | M   | Jonathan Pugh       | MS   |                        | 37.13 |
| 38.19 | 2        | 149    | M   | Gwynant Lewis Jones | MJ   |                        | 38.19 |
| 38.55 | 3        | 145    | M   | Sean Taylor         | MS   | Griffithstown Harriers | 38.55 |
| 39.41 | 4        | 131    | M   | Adrian Woods        | MV50 | Griffithstown Harriers | 39.41 |
| 40.14 | 5        | 120    | M   | Eliot Taylor        | MS   | Hereford Couriers      | 40.14 |
| 41.57 | 6        | 29     | M   | Richard Self        | MV45 | Les Croupiers          | 41.57 |
| 42    | 7        | 53     | M   | Neil Powell         | MV40 | Croft Ambrey           | 42    |
| 42.13 | 8        | 129    | M   | Dimitri Vorres      | MV45 | Griffithstown Harriers | 42.13 |
| 42.31 | 9        | 146    | M   | Luke James          | MS   |                        | 42.31 |
| 42.53 | 10       | 151    | M   | Kevin Lewis         | MV50 | Neath Harriers         | 42.53 |
| 43.19 | 11       | 100    | M   | Glyn Williams       | MS   | Prestigne Pacers       | 43.19 |
| 43.38 | 12       | 105    | M   | Matt Hopkins        | MS   | Les Croupiers          | 43.38 |
| 43.42 | 13       | 130    | M   | James Marr          | MS   | Hay Hotfooters         | 43.42 |
| 44.1  | 14       | 127    | F   | Emma McWilliams     | FS   | Mynydd Ddu             | 44.1  |
| 44.14 | 15       | 89     | M   | Mick Ligema         | MV55 | Croft Ambrey           | 44.14 |
| 44.15 | 16       | 46     | M   | Martin Carter       | MV45 | Hay Hotfooters         | 44.15 |
| 44.3  | 17       | 67     | M   | Steve Herington     | MV60 | Hereford Couriers      | 44.3  |
| 44.37 | 18       | 40     | M   | Michael Murphy      | MV55 | Les Croupiers          | 44.37 |
| 44.41 | 19       | 48     | M   | Richard Bundy       | MS   |                        | 44.41 |
| 45.14 | 20       | 74     | M   | James Bruce         | MS   | Les Croupiers          | 45.14 |
| 45.16 | 21       | 31     | M   | Ed Ashley           | MS   |                        | 45.16 |
| 45.19 | 22       | 25     | M   | Robert Evans        | MV45 | Ebbw Vale              | 45.19 |
| 46    | 23       | 150    | M   | Malcolm Edwards     | MS   | Wye Valley Runners     | 46    |
| 46.04 | 24       | 6      | M   | Howard Kent         | MV55 | Les Croupiers          | 46.04 |
| 46.17 | 25       | 57     | M   | John Lyden          | MV50 | Ludlow Runners         | 46.17 |
| 46.18 | 26       | 3      | F   | Nikki Hughes        | FS   |                        | 46.18 |
| 46.19 | 27       | 115    | M   | Paul Saville        | MV40 |                        | 46.19 |
| 46.26 | 28       | 138    | M   | Matt Moffatt        | MS   | Croft Ambrey           | 46.26 |
| 46.27 | 29       | 43     | M   | Joe Cambell         | MS   |                        | 46.27 |
| 46.28 | 30       | 137    | F   | Roz Viner           | FV35 |                        | 46.28 |
| 46.39 | 31       | 153    | M   | Andrew Stephens     | MS   |                        | 46.39 |
| 46.31 | 32       | 56     | M   | Peter Curran        | MV45 |                        | 46.31 |
| 46.52 | 33       | 108    | M   | David Rees          | MV60 | Hay Hotfooters         | 46.52 |
| 46.55 | 34       | 97     | M   | Tom Russell         | MS   | Mynyddl Ddu            | 46.55 |
| 46.56 | 35       | 17     | M   | John Magee          | MS   | Les Croupiers          | 46.56 |
| 47.01 | 36       | 45     | M   | Carl Anthony        | MV40 | Malvern joggers        | 47.01 |
| 47.04 | 37       | 42     | M   | Adam Saunders       | MS   |                        | 47.04 |
| 47.1  | 38       | 101    | M   | Scott Baddeley      | MS   |                        | 47.1  |
| 47.11 | 39       | 96     | M   | Gary Gunner         | MV65 | Croft Ambrey           | 47.11 |
| 47.37 | 40       | 20     | M   | Steven Jones        | MV40 |                        | 47.37 |
| 47.44 | 41       | 37     | M   | Stephen Owen        | MV50 | Les Croupiers          | 47.44 |
| 47.51 | 42       | 24     | M   | Brendon Amey-Jones  | MV40 | Les Croupiers          | 47.51 |
| 47.54 | 43       | 135    | M   | John Sandford       | MV45 | Wye Valley Runners     | 47.54 |
| 47.55 | 44       | 117    | M   | Barry Young         | MV45 |                        | 47.55 |
| 47.58 | 45       | 91     | M   | Phil Jones          | MV40 |                        | 47.58 |
| 48    | 46       | 87     | F   | Alyson Hayes        | FV40 | Les Croupiers          | 48    |
| 48.08 | 47       | 110    | M   | Richard Froggatt    | MV40 | Dudley / Kingswinford  | 48.08 |
| 48.13 | 48       | 103    | M   | Paul Bouston        | MV40 | Wye Valley Runners     | 48.13 |
| 48.16 | 49       | 90     | M   | Gary Cleaves        | MV50 | Ebbw Vale              | 48.16 |
| 48.18 | 50       | 92     | M   | Guy Mawson          | MV40 | San Domenico RRC       | 48.18 |
| 48.19 | 51       | 1      | M   | Ian Dyson           | MV55 | Malvern joggers        | 48.19 |
| 48.22 | 52       | 16     | M   | Ian Williams        | MV50 | Ebbw Vale              | 48.22 |
| 48.42 | 53       | 157    | M   | J Richard           | MV40 |                        | 48.42 |
| 48.47 | 54       | 116    | M   | Dennis Collins      | MV45 | Rhondda Valley Runners | 48.47 |
| 48.54 | 55       | 124    | M   | Kevin Barnes        | MV45 | Hereford Couriers      | 48.54 |
| 49.01 | 56       | 106    | F   | Anne Marie Harris   | FV40 | Mynydd Ddu             | 49.01 |
| 49.04 | 57       | 63     | M   | Lance O'Conner      | MV45 | Ebbw Vale              | 49.04 |
| 49.08 | 58       | 121    | M   | Xavier Laurent      | MS   |                        | 49.08 |
| 49.14 | 59       | 70     | M   | Dave Treherne       | MS   |                        | 49.14 |
| 49.22 | 60       | 28     | M   | David E Williams    | MV45 | Les Croupiers          | 49.22 |
| 49.26 | 61       | 132    | F   | Sharon Woods        | FV50 | Mynydd Ddu             | 49.26 |
| 49.3  | 62       | 13     | M   | Chris Mason         | MV45 | WVR                    | 49.3  |
| 50.01 | 63       | 144    | F   | Jean Turner         | FV50 | Telford Harrierws      | 50.01 |
| 50.03 | 64       | 86     | M   | Damian Caswell      | MS   | Ebbw Vale              | 50.03 |
| 50.08 | 65       | 47     | M   | Alistair Powell     | MV40 |                        | 50.08 |
| 50.17 | 66       | 39     | M   | Chris Darke         | MS   |                        | 50.17 |
| 50.29 | 67       | 59     | F   | Mike Shaw           | MV60 | WVR                    | 50.29 |
| 50.35 | 68       | 64     | M   | Oliver Yeats        | MS   |                        | 50.35 |

|          |     |     |   |                       |      |                           |          |
|----------|-----|-----|---|-----------------------|------|---------------------------|----------|
| 50.35    | 69  | 65  | M | Stuart Kramer         | MV45 | Spirit of Monmouth        | 50.35    |
| 50.48    | 70  | 19  | F | Helen Jones           | FV40 |                           | 50.48    |
| 50.5     | 71  | 147 | M | Tim O'Sullivan        | MV50 | Les Croupiers             | 50.5     |
| 51.15    | 72  | 75  | M | Chris Moore           | MV55 | Forest of Dean Athletics  | 51.15    |
| 51.18    | 73  | 82  | M | Ian Teague            | MV40 | Ludlow Runners            | 51.18    |
| 51.28    | 74  | 60  | M | Tom Davies            | MV60 | Croft Ambrey              | 51.28    |
| 51.35    | 75  | 8   | M | Mike woodyatt         | MV50 | Cocks Moors Woods         | 51.35    |
| 51.39    | 76  | 126 | F | Mandy Evans           | FV45 | Prestiegne Pacers         | 51.39    |
| 51.49    | 77  | 114 | M | Steve Saville         | MV45 |                           | 51.49    |
| 51.5     | 78  | 113 | M | Gerry West            | MV50 | Hereford Tri Club         | 51.5     |
| 51.54    | 79  | 156 | M | M Mulcahy             | MS   | ?                         | 51.54    |
| 52       | 80  | 122 | M | Simon Hayes           | MV40 |                           | 52       |
| 52.05    | 81  | 18  | M | Bill Griffiths        | MV60 | WVR                       | 52.05    |
| 52.08    | 82  | 68  | M | Rich Munro            | MV50 |                           | 52.08    |
| 52.13    | 83  | 143 | M | Daron Windle          | MV45 | Statton Tri               | 52.13    |
| 52.19    | 84  | 36  | F | Elizabeth Mellet      | FS   |                           | 52.19    |
| 52.27    | 85  | 88  | M | John Price            | MV50 | Hay Hotfooters            | 52.27    |
| 52.28    | 86  | 118 | M | Gary Bodman           | MV45 | Les Croupiers             | 52.28    |
| 52.3     | 87  | 27  | M | Peter Wilks           | MS   | Les Croupiers             | 52.3     |
| 52.39    | 88  | 33  | F | Davina Powell         | FS   |                           | 52.39    |
| 52.4     | 89  | 7   | M | Denis Murphy          | MV55 | Les Croupiers             | 52.4     |
| 52.42    | 90  | 54  | M | Clive Richardson      | MV55 | Ludlow Runners            | 52.42    |
| 52.49    | 91  | 152 | M | Steve Hames           | MV45 | Neath Harriers            | 52.49    |
| 52.52    | 92  | 155 | M | Jason Smith           | MV40 | Wye Valley Runners        | 52.52    |
| 52.55    | 93  | 77  | M | Steve Prior           | MV60 | Spirit of Monmouth        | 52.55    |
| 53.04    | 94  | 134 | M | Graham Wood           | MV50 | Ludlow Runners            | 53.04    |
| 53.19    | 95  | 104 | M | Ian Davies            | MV55 | Builth Wells RC           | 53.19    |
| 53.29    | 96  | 119 | F | Julie Scholey         | FV50 | Les Croupiers             | 53.29    |
| 54.07    | 97  | 76  | F | Esme Doyle            | FV45 | Spirit of Monmouth        | 54.07    |
| 54.24    | 98  | 78  | F | Emma Burgess          | FV35 | Hay Hotfooters            | 54.24    |
| 54.4     | 99  | 66  | M | Chris Hawkins         | MV60 | The Forest of Dean        | 54.4     |
| 54.57    | 100 | 80  | F | Sarah Rees            | FV45 |                           | 54.57    |
| 55.02    | 101 | 5   | M | Mark Watkins          | MV40 |                           | 55.02    |
| 55.04    | 102 | 23  | F | Catherine West        | FS   | Forest of Dean Athletics  | 55.04    |
| 55.34    | 103 | 34  | M | Richard Watkins       | MV40 |                           | 55.34    |
| 55.42    | 104 | 139 | M | Leslie Chamberlain    | MV60 | Wye Valley Runners        | 55.42    |
| 55.46    | 105 | 9   | F | Julie Caseley         | FV50 | Malvern Joggers           | 55.46    |
| 55.46    | 106 | 84  | F | Amanda Dawson         | FV40 | Malvern Joggers           | 55.46    |
| 55.5     | 107 | 61  | F | Rachel Freeman        | FV45 |                           | 55.5     |
| 55.58    | 108 | 125 | F | Justine Lee           | FV40 | Spirit of Monmouth        | 55.58    |
| 56.09    | 109 | 142 | M | Mike Baker            | MV45 | Spirit of Monmouth        | 56.09    |
| 56.27    | 110 | 158 | M | Steve Hall            | MV40 |                           | 56.27    |
| 56.5     | 111 | 35  | M | Lloyd Cresswell       | MV40 |                           | 56.5     |
| 56.57    | 112 | 22  | M | Peter Horvath-Howard  | MV50 | Hay Hotfooters            | 56.57    |
| 56.57    | 113 | 21  | M | Richard Gee           | MV50 |                           | 56.57    |
| 57.03    | 114 | 136 | M | Martin Williams       | MS   |                           | 57.03    |
| 57.03    | 115 | 102 | F | Alexandra Man         | FS   | Hay Hotfooters            | 57.03    |
| 57.17    | 116 | 159 | M | Andrychiewicz Tadcysz | MS   |                           | 57.17    |
| 57.26    | 117 | 38  | M | David Cross           | MV55 | Ebbw Vale                 | 57.26    |
| 57.37    | 118 | 95  | M | Steve Williams        | MV45 |                           | 57.37    |
| 57.39    | 119 | 85  | F | Ruth Stanley          | FV35 |                           | 57.39    |
| 57.41    | 120 | 52  | M | Daniel Palmer         | MS   |                           | 57.41    |
| 57.45    | 121 | 154 | F | Lucy Thomas           | FS   | Wye Valley Runners        | 57.45    |
| 58.09    | 122 | 148 | F | Claire Morgan         | FV45 | Forest of Dean Athletics  | 58.09    |
| 59.26    | 123 | 140 | F | Jan Edwards           | FV55 | Wye Valley Runners        | 59.26    |
| 01:00:42 | 124 | 107 | F | Cindy Froggatt        | FV45 | Dudley / Kingswinford     | 01:00:42 |
| 01:00:58 | 125 | 112 | F | Sian Wigley           | FV45 | Rhondda Valley Runners    | 01:00:58 |
| 01:01:44 | 126 | 15  | F | Laura Vickers         | FV55 | Ludlow Runners            | 01:01:44 |
| 01:01:44 | 127 | 14  | M | Brian Symonds         | MV65 | WVR                       | 01:01:44 |
| 01:01:51 | 128 | 62  | F | Hilary O'Shea         | FV60 | Trail Runners Association | 01:01:51 |
| 01:02:53 | 129 | 30  | F | Peggy Male            | FV35 |                           | 01:02:53 |
| 01:04:42 | 130 | 99  | M | Terry Evans           | MV40 | Prestiegne Pacers         | 01:04:42 |
| 01:04:54 | 131 | 72  | F | Paula Randell         | FS   | Prestiegne Pacers         | 01:04:54 |
| 01:05:23 | 132 | 128 | F | Christine Vorres      | FV50 | Mynydd Ddu                | 01:05:23 |
| 01:05:29 | 133 | 73  | F | Vanessa Pegler        | FV40 |                           | 01:05:29 |
| 01:05:51 | 134 | 83  | F | Deb Clee              | FV35 | Prestiegne Pacers         | 01:05:51 |
| 01:06:11 | 135 | 93  | F | Kate Joseph           | FS   |                           | 01:06:11 |
| 01:06:48 | 136 | 44  | F | Catherine Cambell     | FV50 |                           | 01:06:48 |
| 01:06:55 | 137 | 98  | F | Donna Evans           | FV45 | Prestiegne Pacers         | 01:06:55 |

|          |     |     |   |                   |      |                        |          |
|----------|-----|-----|---|-------------------|------|------------------------|----------|
| 01:07:08 | 138 | 133 | F | Amie Symes        | FS   |                        | 01:07:08 |
| 01:08:22 | 139 | 141 | F | Sally Fletcher    | FV35 | Spirit of Monmouth     | 01:08:22 |
| 01:08:57 | 140 | 12  | F | Deb Bufton        | FV45 | Ludlow Runners         | 01:08:57 |
| 01:12:49 | 141 | 94  | F | Bev James         | FV50 | Team Treherne          | 01:12:49 |
| 01:13:20 | 142 | 111 | M | Paul Warburton    | MV60 | Rhondda Valley Runners | 01:13:20 |
| 01:16:44 | 143 | 49  | F | Maggie Morris     | FV45 | Ludlow Runners         | 01:16:44 |
| 01:21:32 | 144 | 71  | F | Gill Hiatt        | FV45 |                        | 01:21:32 |
|          |     | 2   | F | Charlotte Allport | FS   |                        |          |
|          |     | 4   | F | Louise Edwards    | FV35 | WVR                    |          |
|          |     | 10  | M | Darren Hoskins    | MS   | WVR                    |          |
|          |     | 11  | M | Stephen D Suttan  | MV45 | Royal Sutton AC        |          |
|          |     | 41  | F | Gillian Murphy    | FV55 | Les Croupiers          |          |
|          |     | 50  | F | Lauren Shurety    | FS   |                        |          |
|          |     | 51  | M | Owen Shadick      | MS   |                        |          |
|          |     | 55  | F | Rhiannon Davies   | FS   |                        |          |
|          |     | 58  | F | Hazel Aulsebrook  | MV45 | Builth and District    |          |
|          |     | 69  | F | Ellie Munro       | FV50 |                        |          |
|          |     | 81  | F | Carrol Stocker    | FV55 | Prestiegnе Pacers      |          |