

No	Pos	Name	Club	Sex	Cat	EW	Time	Award
3	1	Mark Palmer	Mynydd Du	M	40		00:53:41	1st + Team
26	2	Martin Shaw	Mynydd Du	M	40	Y	00:53:47	2nd + Team
14	3	Richard Johnson	Mynydd Du	M	40	Y	00:56:26	3rd + Team
74	4	Thomas Burden		M	S		01:01:02	
11	5	Jonathan Gledson	Town & Country Harriers	M	40		01:01:07	1st MV 40
41	6	Crispin Flower	Mynydd Du	M	40	y	01:01:27	
16	7	Jos Jones	Swansea Harriers	M	S		01:01:39	
48	8	Steve Davies	Ponty-y-pwl and district runners	M	50	y	01:03:15	1st MV 50
2	9	Kevin Hagley	SWRR	M	50		01:03:54	
60	10	Liza Barry	CLC Striders	F	S		01:04:04	1st Lady
17	11	Helen Marshall	Swansea Harriers	F	S		01:04:41	2nd Lady
7	12	Will Griffiths	Strathern Harriers	M	40		01:04:51	
4	13	Sharon Leech	Carmarthen Harriers	F	40		01:05:03	3rd Lady
77	14	Paul White		M	S		01:05:30	
52	15	Sam Griffiths	Strathern Harriers	F	S		01:06:01	
76	16	Steve HARRY	Lliswerry	M	50	y	01:06:14	
47	17	Simon Blease	Brycheniog	M	50		01:06:20	
27	18	Nick Dallimore	MDC	M	50		01:06:27	
30	19	Paul Lane	U/A	M	S		01:06:38	
67	20	Gavin Brace		M	S	y	01:06:41	
61	21	Billy Bradshaw	CLC Striders	M	40		01:06:56	
15	22	Neil Lewis	Hereford Couriers	M	40	y	01:07:08	
19	23	Steve Littlewood	Hereford Couriers	M	60		01:07:09	1st MV 60
33	24	Julian Price	Mynydd Du	M	40		01:07:23	
9	25	Mark Cason	U/A	M	40		01:07:27	

43	26	Richard Wall	Hereford Couriers	M	50	y	01:07:41	
37	27	Clara Evans	Pontypridd Roadents	F	S		01:07:42	
10	28	John Stokes	Bitton Road Runners	M	40		01:07:44	
20	29	Don Powell	Basingstoke & Mid Hants AC	M	60		01:08:50	
31	30	Scott Howells	U/A	M	S		01:09:00	
13	31	Steve Herington	Hereford Couriers	M	60		01:09:02	
59	32	Mike Fawcett	Wye Valley Runners	M	40		01:09:27	
5	33	Timothy Osman	Crocodiles	M	40		01:09:34	
45	34	David Smout	Mynydd Du	M	60	y	01:09:36	
40	35	Haydn Hartnell	Islwyn LC	M	50	y	01:09:51	
70	36	Andrew Dickens	Mynydd Du	M	40	y	01:09:53	
23	37	David Wright	Newbury AC	M	40		01:09:56	
25	38	Samantha Toop	Mynydd Du	F	S	Y	01:10:00	Ladies Team
8	39	Yori Griffiths	Strathern Harriers	M	40		01:10:27	
55	40	Stewart Thompson	Mynydd Du	M	50	y	01:12:00	
32	41	Matthew Burton	Taff Attack Tri	M	S		01:12:18	
57	42	Ben Buckle	Mynydd Du	M	S		01:13:07	
68	43	David Collins		M	S	y	01:13:14	
69	44	Dominic Shields	San Domenico	M	40		01:13:20	
64	45	Roger Mills	Fairwater runners	M	40		01:13:34	
22	46	Christopher Hobson	Newbury AC	M	S		01:13:51	
49	47	Naomi Law	Mynydd Du	F	40	y	01:14:02	1st Lady 40 + Team
34	48	Sasha Habgood	Mynydd Du	F	40		01:14:23	Ladies Team
12	49	Naomi Prosser	Cardiff University Harriers	F	S		01:14:37	
56	50	Malcolm Bradley	Penarth n Dinas runners	M	60	y	01:15:00	
21	51	Caryl Davies	Sarn Helen	F	S		01:15:05	

72	52	James Jones		M	S		01:15:14	
18	53	Clive Rowberry	Hereford Couriers	M	50		01:15:34	
6	54	Paul Symons	Mynydd Du	M	40	y	01:16:36	
28	55	Caroline Dallimore	MDC	F	50		01:16:44	1st Lady 50
46	56	Rob Kilgour	Amazing feet	M	40		01:18:16	
39	57	Phil Wilson		M	50		01:18:51	
29	58	Carl Brancher	Mynydd Du	M	50	Y	01:19:15	
51	59	Lloyd Griffiths	Startheran Harriers	M	60		01:19:17	
65	60	Rebecca Reynolds	Mynydd Du	F	S		01:20:58	
58	61	Sue Tagg	Parc Bryn Bach	F	40	y	01:21:07	
42	62	Colin Downey	Mercia	M	50		01:21:12	
75	63	Emma Davies	Spirit of Monmouth	F	40		01:21:26	
36	64	Gareth Jones	MDC	M	60	y	01:22:14	
71	65	Peter Fleming		M	50		01:22:20	
24	66	Rebecca Coxhead	Newbury AC	F	S		01:22:43	
38	67	Maggie Wilson		F	50		01:24:09	
44	68	Laurie Cowdell	Bryn Bach Park	F	S	y	01:26:15	
73	69	Dick Finch	Chepstow Harriers	M	60	y	01:26:43	
1	70	Andrew Johnson	Mynydd Du	M	40	Y	01:26:58	
78	71	Martin Peters	Hereford Couriers	M	60		01:27:39	
54	72	Rob Brown	Chepstow Harriers	M	60	y	01:30:33	
62	73	Tilly Shaw	Town & Country Harriers	F	S		01:30:34	
35	74	Karen Elvers	Chepstow Harriers	F	40	y	01:32:08	
50	75	William Darby	Mynydd Du	M	60	y	01:33:00	
66	76	Stephen Turner	Wye Valley Runners	M	50		01:35:36	
53	77	Colin Prosser	Chepstow Harriers	M	40	y	DNF	

63	78	Glyn Sansom	San Domenico	M	50		fin	