

Finish Number	Name	Club	Time	Cat	Cat Pos
1	Ian Smith	Forest of Dean AC	42.23	MV50	1
2	Christian Jones	Wye Valley Runners	47.35	MV40	1
3	Richard Bevan	Monross	49.03	MV40	2
4	Paul Dodd	Chepstow Harriers	49.15	MV50	2
5	Damian Cartland	Droitwich AC	49.26	MV40	3
6	Rhys Williams	MDC	49.33	MV40	4
7	Andew Allen		49.37	SM	1
8	Adam Parr	Bromsgrove & Redditch AC	49.42	SM	2
9	Ian Whistance	Wye Valley Runners	49.44	MV40	5
10	Mark Matthews	Forest of Dean AC	50.01	MV40	6
11	Sam John Goodenild	Ghost Runners	50.07	SM	3
12	Clare Dallimore	MDC	50.23	SL	1
13	Jonathan Dallimore	MDC	50.38	SM	4
14	James Dobbins	Forest of Dean AC	50.41	SM	5
15	Matthew Lawson	Chepstow Harriers	51.32	MV40	7
16	Paul Bouston	Wye Valley Runners	51.40	MV40	8
17	Neil Grinnell	Ledbury Harriers	51.45	SM	6
18	Andy Horlick		51.54	MV40	9
19	Neil Grant	Chepstow Harriers	52.10	MV60	1
20	Sam Weale	Monross	52.14	SM	7
21	Sam Harness	Monross	52.16	SM	8
22	Michael Lewis	Cardiff Met	52.25	SM	9
23	Julian Boon	Forest of Dean AC	52.39	MV40	10
24	Niki Morgan	Chepstow Harriers	53.04	LV40	1
25	Jonathan Sage	Malvern Joggers	53.19	MV50	3
26	Abe Ruiz	Chepstow Harriers	53.51	SM	10
27	David Harres	San Domemco RC	53.59	MV40	11
28	Matthew Davis		54.00	SM	11
29	David O'Burel	Wye Valley Runners	54.08	SM	12
30	Thorsten Alkermann		54.27	SM	13
31	Phil Johnson	Ledbury Harriers	54.35	MV40	12
32	Shane Cox	Rogue Runners	54.52	MV40	13
33	George Smith	Spirit of Monmouth	54.59	SM	14
34	Martin Blakebrogh	Spirit of Monmouth	55.04	MV50	4
35	Steve Owen	Chepstow Harriers	55.05	MV60	2
36	Glen Meek	Chepstow Harriers	55.14	MV40	14
37	Alex Innocent	Malvern Joggers	55.22	MV40	15
38	Ian Mosgann	Forest of Dean AC	55.25	SM	15
39	Brian Evans	Spirit of Monmouth	55.31	MV40	16
40	Les Bullock	Ghost Runners	55.32	MV40	17
41	Dominic Gladwyn		55.46	SM	16
42	Philip Jeyes	Almost Athletes	55.48	MV40	18
43	Debbie Stenner	Monmouth Tri	55.56	LV40	2
44	Chris Moore	Forest of Dean AC	56.06	MV60	3
45	Danielle Philipps		56.10	SL	2
46	David Jenkins	Forest of Dean AC	56.36	SM	17
47	Martyn Jenkins	Fairwater Runners	56.38	MV50	5
48	Robyn Louise Perkins	Rogue Runners	56.43	LV50	1
49	Stuart Duncan	Chepstow Harriers	57.11	MV50	6
50	Suer Shergold	Forest of Dean AC	57.28	LV40	3
51	Brian Watson	Caerphilly Runners	57.58	SM	18
52	Dan Gray		58.39	SM	19
53	Oliver Rennington	Forest of Dean AC	59.38	SM	20
54	Patrick Rennison	Forest of Dean AC	60.09	MV50	7
55	Paul Moulder		61.12	SM	21
56	Robin James Fletcher	Rogue Runners	61.49	MV40	19
57	Neville Turner	Forest of Dean AC	62.04	MV50	8
58	Michale Morris	Forest of Dean AC	62.09	MV40	20

Finish Number	Name	Club	Time	Cat	Cat Pos
59	Graham James	Forest of Dean AC	62.35	MV50	9
60	Lisa Ruck	Ghost Runners	62.47	LV40	4
61	Shawn Curtis	Ghost Runners	62.50	MV40	21
62	David Hollard		62.55	MV40	22
63	Jake Virgo		62.57	SM	22
64	Nikki Tyler	Ghost Runners	62.58	LV40	5
65	Cathy Fletcher	Rogue Runners	63.04	LV40	6
66	Martin Beard	Cwm Ogwr	63.26	MV40	23
67	Alan John Robetson	Forest of Dean AC	63.47	MV60	4
68	Nicholas Tyler	Ledbury Harriers	63.49	MV40	24
69	Ivan Woodward	Forest of Dean AC	64.03	MV40	25
70	Emma King	Spirit of Monmouth	64.06	SL	3
71	Jo Ellis	Ghost Runners	64.08	SL	4
72	Joyce Dodd	Chepstow Harriers	64.09	LV60	1
73	Jeanette Jenkins	Fairwater Runners	64.14	LV50	2
74	Cath Watkins	Wye Valley Runners	64.16	SL	5
75	Tony Pownall	Forest of Dean AC	64.17	MV50	10
76	Jeremy Creasey	Spirit of Monmouth	64.25	MV40	26
77	Jake Underhill	Ghost Runners	64.34	SM	23
78	Alan Cook		64.36	MV40	27
79	helen Williams	Fairwater Runners	64.37	LV40	7
80	Glynn Drucker	Caerphilly Runners	64.38	LV40	8
81	Graham Benetto	Forest of Dean AC	65.08	MV50	11
82	Chris Warren	Gym & Tonic	65.25	SM	24
83	Julia Jackson	Gym & Tonic	65.28	LV40	9
84	Helen Brown	Forest of Dean AC	65.37	LV40	10
85	Adam Hill	Malvern Joggers	65.38	MV40	28
86	Betty Lee	Cwm Ogwr	65.40	SL	6
87	Emily Curtiss	Ghost Runners	65.41	SL	7
88	Richard Bennett	Almost Athletes	65.42	SM	25
89	Emma Danies	Forest of Dean AC	65.48	LV40	11
90	Carl Lewis	Caerphilly Runners	66.01	SM	26
91	Annoula Raptis	Black Pear Joggers	66.21	SL	8
92	Dave Beadsmore		66.21	SM	27
93	Jan Edwards	Wye Valley Runners	66.29	LV50	3
94	Patrick Murphy		66.35	MV40	29
95	Martin Heath		66.47	MV40	30
96	Russel Tanner	Ghost Runners	67.06	SM	28
97	Christopher Jelley	Malvern Joggers	67.18	MV50	12
98	Sian Golding	Triks	67.29	SL	9
99	Amy Jones	Cwm Ogwr	67.29	SL	9
100	Daniel Cobley	Forest of Dean AC	67.54	SM	29
101	Catherine Williams		68.04	LV40	12
102	Richard Ellam		68.09	MV40	31
103	Becky Humphreys	Wye Valley Runners	68.11	SL	11
104	Stuart Lotterell	Ghost Runners	68.23	MV50	13
105	Brian Symonds	Wye Valley Runners	68.32	MV60	5
106	Chris Hawkins	Forest of Dean AC	68.52	MV60	6
107	Timothy Milnes	Rogue Runners	68.53	MV40	32
108	Ian Fuller		69.37	MV40	33
109	Les Chamberlain	Wye Valley Runners	69.42	MV60	7
110	Emma Jane Gunmmery		69.51	SL	12
111	Ian Whistance	Wye Valley Runners	70.25	MV40	5
112	Mark Preece	Ghost Runners	70.25	MV40	34
113	Lynne Compton	Wye Valley Runners	70.27	LV40	13
114	Ide McEnea		70.33	SL	13
115	Shaun Perkins	Ghost Runners	71.12	SM	30
116	Amy Howell		71.50	SL	14

Finish Number	Name	Club	Time	Cat	Cat Pos
117	Amy Morgan	Caerphilly Runners	72.16	SL	15
118	Nigel Brown		72.51	MV50	14
119	Rachel Reeve	Ghost Runners	73.10	SL	16
120	Rachel Wilson		73.21	SL	17
121	Lisa Peam		73.47	SL	18
122	Rebecca Louise Forshaw		73.55	SL	19
123	Howard Miles	Gym & Tonic	74.04	MV50	15
124	Abigail Grice		74.06	SL	20
125	Paul McAfe	Spirit of Monmouth	74.09	MV50	16
126	Tracey Burns	Spirit of Monmouth	74.09	SL	21
127	Nerys Chaplin	Spirit of Monmouth	74.16	SL	22
128	Michelle Peachy	Forest of Dean AC	74.47	LV40	14
129	Sally Rooke	Ledbury Harriers	76.14	LV40	15
130	Pieter Mos	Almost Athletes	76.19	MV50	17
131	Anne Hall	Spirit of Monmouth	76.24	LV40	16
132	Jill Cook	Spirit of Monmouth	76.24	LV40	16
133	Anna Markall	Caerphilly Runners	77.14	LV40	18
134	Joanne Nelms	Caerphilly Runners	77.33	LV40	19
135	Jane Lewis	Fairwater Runners	78.08	LV40	20
136	Rebecca Poole	Fairwater Runners	78.08	SL	23
137	Julie Roche	Fairwater Runners	78.08	LV40	20
138	Sarah Clifton	Spirit of Monmouth	79.27	SL	24
139	Neil Cooper	Rogue Runners	84.56	SM	31
140	Jaci Ide		88.43	LV40	22
141	Flower Povey-Jones	Ghost Runners	89.42	SL	25
142	Natasha Plant	Ghost Runners	89.45	LV40	23
143	Sara Butcher	Weston AC	93.39	SM	32
144	Zak Edwards		94.30	SM	33
145	Rhys Dunderdale	Forest Monsters	94.31	SM	34
146	Robert Lewis	Fairwater Runners	96.52	MV50	18
147	Alex Bootsma		97.25	LV40	24
148	Jackie Brown		99.57	LV50	4
149	Stuart Fisher		102.53	SM	35
150	Natasha Andre		102.53	SL	26
151	Victoria Newton	TTC	105.31	SL	27
152	Karen Brown	Stratford upon Avon AC	107.00	LV50	5
153	Andy Brown	Stratford upon Avon AC	107.00	MV50	19
154	Shaune Russell	Ghost Runners	107.00	MV50	20
DNF	Chris Penny	Forest of Dean AC	DNF	MV40	35
DNF	Marcus benetto	Forest of Dean AC	DNF	SM	36
DNF	Hubert Ashley-Towell	Forest of Dean AC	DNF	MV40	35