

## Magor 10K - sponsored by Chepstow Garden Centre

Undy: 10K

Sunday 31-Jul-16 at 10:00

Organised by: Chepstow Harriers

## Race Results

| Po<br>s | Bib | Name               | Cat           | Gender | Club                           | Time  | Gender<br>Pos | Cat<br>Pos |
|---------|-----|--------------------|---------------|--------|--------------------------------|-------|---------------|------------|
| 1       | 39  | Tom MERSON         | Senior Men    | M      | Bristol And West Ac            | 31:58 | 1             | 1          |
| 2       | 154 | Ian OWEN           | Senior Men    | M      | San Domenico Rc                | 35:43 | 2             | 2          |
| 3       | 53  | David AUBREY       | Senior Men    | M      | Cheltenham And County Harriers | 35:52 | 3             | 3          |
| 4       | 101 | Charlie LOWTHER    | Senior Men    | M      | Eden                           | 36:16 | 4             | 4          |
| 5       | 65  | Emma STEPTO        | FV45          | F      | Cornwall Ac                    | 36:20 | 1             | 1          |
| 6       | 91  | Phil COOK          | MV45          | M      | Les Croupiers Rc               | 36:24 | 5             | 1          |
| 7       | 132 | Stephen BARTLETT   | MV45          | M      | Pontypridd Roadents Ac         | 36:32 | 6             | 2          |
| 8       | 90  | Andrew BLAIR       | MV50          | M      | Les Croupiers Rc               | 36:35 | 7             | 1          |
| 9       | 59  | Katherine MATTHEWS | Senior Ladies | F      | Chepstow Harriers              | 36:51 | 2             | 1          |
| 10      | 156 | Richard WILDER     | MV40          | M      | San Domenico Rc                | 36:57 | 8             | 1          |
| 11      | 97  | Matthew HURFORD    | MV40          | M      | Les Croupiers Rc               | 37:22 | 9             | 2          |
| 12      | 85  | James HEAD         | MV40          | M      | Gloucester Ac                  | 37:24 | 10            | 3          |
| 13      | 327 | Gethin POWELL      | Senior Men    | M      | White Rock Runners             | 37:58 | 11            | 5          |
| 14      | 258 | Richard MILLIER    | Senior Men    | M      | Unattached                     | 38:04 | 12            | 6          |
| 15      | 221 | David HODGINS      | MV45          | M      | Unattached                     | 38:08 | 13            | 3          |
| 16      | 119 | Michael HARRIS     | MV40          | M      | Mickey Morris Racing Team      | 38:12 | 14            | 4          |
| 17      | 149 | Darren RAMAGE      | MV40          | M      | Road Runners Club              | 38:29 | 15            | 5          |
| 18      | 78  | Dan SANDFORD       | MV40          | M      | Forest Of Dean Ac              | 38:33 | 16            | 6          |
| 19      | 324 | Andy YU            | Senior Men    | M      | Unattached                     | 38:45 | 17            | 7          |
| 20      | 49  | Ryan CULLEN        | Senior Men    | M      | Cdf Runners                    | 38:48 | 18            | 8          |
| 21      | 36  | Gavin GATES        | Senior Men    | M      | Bridgend Ac                    | 38:53 | 19            | 9          |
| 22      | 329 | Rob JONES          | Senior Men    | M      | Worcester Ac                   | 39:29 | 20            | 10         |
| 23      | 328 | Nick HITCHINGS     | MV45          | M      | Worcester Ac                   | 39:50 | 21            | 4          |
| 24      | 121 | Kevin SEVILLE      | MV40          | M      | Newport Harriers               | 40:00 | 22            | 7          |
| 25      | 67  | Niki PULEIO        | Senior Men    | M      | Cwm Ogwr Running Club          | 40:02 | 23            | 11         |
| 26      | 37  | Nick STOCKER       | MV45          | M      | Bridgend Ac                    | 40:12 | 24            | 5          |
| 27      | 55  | Rob BEVES          | MV50          | M      | Chepstow Harriers              | 40:18 | 25            | 2          |
| 28      | 136 | Ian BIRD           | Senior Men    | M      | Port Talbot Harriers           | 40:53 | 26            | 12         |
| 29      | 44  | Matthew MULCAHY    | MV40          | M      | Caerleon Running Club          | 40:55 | 27            | 8          |
| 30      | 28  | Rebecca SLAYMAKER  | Senior Ladies | F      | Bedford And County             | 41:20 | 3             | 2          |
| 31      | 155 | Kevin PLANK        | MV45          | M      | San Domenico Rc                | 41:22 | 28            | 6          |
| 32      | 73  | Victoria BAKER     | Senior Ladies | F      | Forest Of Dean Ac              | 41:31 | 4             | 3          |
| 33      | 163 | Rupert BEDFORD     | Senior Men    | M      | Unattached                     | 41:39 | 29            | 13         |
| 34      | 146 | Gary WEBBER        | MV45          | M      | Rhondda Valley Runners         | 42:07 | 30            | 7          |
| 35      | 58  | Dickie HUDD        | MV45          | M      | Chepstow Harriers              | 42:10 | 31            | 8          |
| 36      | 279 | Sian POWELL        | Senior Ladies | F      | Unattached                     | 42:22 | 5             | 4          |
| 37      | 102 | Michael MURPHY     | MV60          | M      | Les Croupiers Rc               | 42:42 | 32            | 1          |
| 38      | 300 | Georgina DANDO     | Senior Ladies | F      | Bridgend Ac                    | 43:08 | 6             | 5          |
| 39      | 198 | Paul EDWARDS       | MV40          | M      | Unattached                     | 43:15 | 33            | 9          |
| 40      | 125 | Danielle PHILLIPS  | Senior Ladies | F      | Parc Bryn Bach Rc              | 43:29 | 7             | 6          |
| 41      | 153 | Philip HUGHES      | Senior Men    | M      | San Domenico Rc                | 44:25 | 34            | 14         |
| 42      | 152 | Ian BELL           | MV55          | M      | San Domenico Rc                | 44:40 | 35            | 1          |
| 43      | 232 | Stephen JENKINS    | Senior Men    | M      | Unattached                     | 44:52 | 36            | 15         |

|    |     |                        |               |   |                        |       |    |    |
|----|-----|------------------------|---------------|---|------------------------|-------|----|----|
| 44 | 251 | Jennifer MACMASTER     | Senior Ladies | F | Unattached             | 45:08 | 8  | 7  |
| 45 | 288 | Gareth RICHARDS        | Senior Men    | M | Unattached             | 45:09 | 37 | 16 |
| 46 | 114 | David PROFFITT         | MV60          | M | Lliswerry Runners      | 45:14 | 38 | 2  |
| 47 | 142 | Ross OWEN              | Senior Men    | M | Rhondda Valley Runners | 45:20 | 39 | 17 |
| 48 | 140 | Amy EDWARDS            | Senior Ladies | F | Rhondda Valley Runners | 45:25 | 9  | 8  |
| 49 | 330 | Naomi AYLWIN           | Senior Ladies | F | Unattached             | 45:38 | 10 | 9  |
| 50 | 145 | Carl WALSH             | MV40          | M | Rhondda Valley Runners | 45:54 | 40 | 10 |
| 51 | 4   | Alexander CLIFFORD     | Senior Men    | M | Team Evoqua            | 45:57 | 41 | 18 |
| 52 | 63  | Simon HANCOCK          | Senior Men    | M | Clevedon               | 45:58 | 42 | 19 |
| 53 | 266 | Alun NELSON            | MV40          | M | Unattached             | 45:58 | 43 | 11 |
| 54 | 194 | Lee DREW               | Senior Men    | M | Unattached             | 45:59 | 44 | 20 |
| 55 | 95  | Tim GREEN              | MV50          | M | Les Croupiers Rc       | 46:10 | 45 | 3  |
| 56 | 287 | David RANDMAN          | Senior Men    | M | Unattached             | 46:12 | 46 | 21 |
| 57 | 179 | Edd CEMERY             | Senior Men    | M | Unattached             | 46:21 | 47 | 22 |
| 58 | 107 | Craig BRINDLEY         | Senior Men    | M | Lliswerry Runners      | 46:24 | 48 | 23 |
| 59 | 161 | Joel BARWICK           | Senior Men    | M | Unattached             | 46:33 | 49 | 24 |
| 60 | 38  | Graham CRUMP           | MV55          | M | Bristol And West Ac    | 46:38 | 50 | 2  |
| 61 | 41  | Steve WAKLEY           | Senior Men    | M | Bristol Up & Runners   | 46:42 | 51 | 25 |
| 62 | 57  | Mark HARVEY            | MV50          | M | Chepstow Harriers      | 46:46 | 52 | 4  |
| 63 | 34  | Victoria WATKINS       | Senior Ladies | F | Black Pear Joggers     | 46:54 | 11 | 10 |
| 64 | 272 | Peter PAGE             | Senior Men    | M | Unattached             | 47:17 | 53 | 26 |
| 65 | 79  | Alan ROBERTSON         | MV60          | M | Forest Of Dean Ac      | 47:25 | 54 | 3  |
| 66 | 336 | Stuart DUNCAN          | MV55          | M | Chepstow Harriers      | 47:41 | 55 | 3  |
| 67 | 275 | David PHILLIPS         | MV40          | M | Unattached             | 47:44 | 56 | 12 |
| 68 | 62  | Mooch WILLIAMS         | Senior Ladies | F | Chepstow Harriers      | 48:08 | 12 | 11 |
| 69 | 134 | Brian GOUGH            | MV70+         | M | Pontypridd Roadents Ac | 48:14 | 57 | 1  |
| 70 | 193 | Marcus DOOLAN          | Senior Men    | M | Unattached             | 48:18 | 58 | 27 |
| 71 | 293 | Alan ROCKLIFFE         | MV55          | M | Unattached             | 48:29 | 59 | 4  |
| 72 | 307 | Haydn VOWLES           | Senior Men    | M | Unattached             | 48:34 | 60 | 28 |
| 73 | 322 | Emile WRATTEN          | Senior Men    | M | Unattached             | 48:39 | 61 | 29 |
| 74 | 252 | Kevin MANSELL-ABELL    | Senior Men    | M | Unattached             | 48:41 | 62 | 30 |
| 75 | 127 | Caroline BASSETT       | Senior Ladies | F | Pegasus Rc             | 48:46 | 13 | 12 |
| 76 | 285 | Michael PURSEY         | MV45          | M | Unattached             | 48:52 | 63 | 9  |
| 77 | 225 | Niall JAMES            | Senior Men    | M | Unattached             | 49:07 | 64 | 31 |
| 78 | 255 | William MAYERS         | Senior Men    | M | Unattached             | 49:10 | 65 | 32 |
| 79 | 262 | Lucy MORGAN            | FV40          | F | Unattached             | 49:23 | 14 | 1  |
| 80 | 281 | Rachel PRANGLEY        | Senior Ladies | F | Unattached             | 49:29 | 15 | 13 |
| 81 | 314 | Paul WHITE             | MV50          | M | Unattached             | 49:34 | 66 | 5  |
| 82 | 18  | Ian STENTIFORD         | MV45          | M | Team Evoqua            | 49:35 | 67 | 10 |
| 83 | 52  | Nick SLOPER            | MV40          | M | Chelsea Running Club   | 49:43 | 68 | 13 |
| 84 | 218 | Grant HAWKINS          | Senior Men    | M | Unattached             | 49:57 | 69 | 33 |
| 85 | 339 | Katy ROY               | Senior Ladies | F | Unattached             | 49:59 | 16 | 14 |
| 86 | 234 | Heather Gey JONES      | FV40          | F | Unattached             | 50:07 | 17 | 2  |
| 87 | 42  | Antony DERRICK         | MV45          | M | Caerleon Running Club  | 50:08 | 70 | 11 |
| 88 | 171 | Christopher BLOODWORTH | MV55          | M | Unattached             | 50:13 | 71 | 5  |
| 89 | 278 | Richard POULTER        | Senior Men    | M | Unattached             | 50:17 | 72 | 34 |
| 90 | 117 | Steve WILLIAMS         | MV40          | M | Lliswerry Runners      | 50:31 | 73 | 14 |
| 91 | 68  | Hannah BROOKES         | Senior Ladies | F | Dursley Ac             | 50:39 | 18 | 15 |
| 92 | 284 | Mi PRITCHARD           | MV60          | M | Unattached             | 50:46 | 74 | 4  |
| 93 | 83  | Jacqui WYNDY           | FV60          | F | Forest Of Dean Ac      | 50:48 | 19 | 1  |
| 94 | 112 | Roni MARGERISON        | FV40          | F | Lliswerry Runners      | 50:50 | 20 | 3  |

|     |     |                   |               |   |                             |       |     |    |
|-----|-----|-------------------|---------------|---|-----------------------------|-------|-----|----|
| 95  | 21  | Joe TITTERINGTON  | Senior Men    | M | Team Evoqua                 | 50:52 | 75  | 35 |
| 96  | 175 | Darren BROWN      | Senior Men    | M | Unattached                  | 50:55 | 76  | 36 |
| 97  | 122 | Andrew BLOWERS    | Senior Men    | M | Oark Park Rc                | 50:56 | 77  | 37 |
| 98  | 75  | David JENKINS     | MV40          | M | Forest Of Dean Ac           | 51:18 | 78  | 15 |
| 99  | 56  | Mike EVANS        | MV60          | M | Chepstow Harriers           | 51:23 | 79  | 5  |
| 100 | 26  | Malc LEWIS        | MV60          | M | Unattached                  | 51:29 | 80  | 6  |
| 101 | 5   | Ben DAVIDSON      | Senior Men    | M | Team Evoqua                 | 51:29 | 81  | 38 |
| 102 | 109 | Vicky FEAR        | Senior Ladies | F | Lliswerry Runners           | 51:30 | 21  | 16 |
| 103 | 94  | Eve GALLOP-EVANS  | FV50          | F | Les Croupiers Rc            | 51:36 | 22  | 1  |
| 104 | 326 | Michele HURST     | FV40          | F | Westbury Harriers           | 51:37 | 23  | 4  |
| 105 | 250 | Maria NEWTON      | FV40          | F | Unattached                  | 51:40 | 24  | 5  |
| 106 | 84  | Alan SMITH        | MV55          | M | Frampton Cotterell Harriers | 51:42 | 82  | 6  |
| 107 | 238 | Zoe JONES         | Senior Ladies | F | Unattached                  | 51:46 | 25  | 17 |
| 108 | 270 | Craig OWEN        | Senior Men    | M | Unattached                  | 51:51 | 83  | 39 |
| 109 | 289 | Michael RICHARDS  | Senior Men    | M | Unattached                  | 51:52 | 84  | 40 |
| 110 | 297 | Hussain RUBBAN    | MV40          | M | Unattached                  | 51:56 | 85  | 16 |
| 111 | 135 | Justin JONES      | MV40          | M | Pontypridd Roadents Ac      | 52:01 | 86  | 17 |
| 112 | 335 | Kirsty EVANS      | Senior Ladies | F | Cwm Ogwr Running Club       | 52:06 | 26  | 18 |
| 113 | 29  | Andy BRINDLE      | Senior Men    | M | Bitton Road Runners         | 52:08 | 87  | 41 |
| 114 | 86  | Sue MORGAN        | FV55          | F | Great Western Runners       | 52:17 | 27  | 1  |
| 115 | 92  | Loretta DALEY     | FV50          | F | Les Croupiers Rc            | 52:22 | 28  | 2  |
| 116 | 338 | Louise CROCKETT   | FV50          | F | Chepstow Harriers           | 52:31 | 29  | 3  |
| 117 | 224 | Kit HUNWICKS      | Senior Men    | M | Unattached                  | 52:38 | 88  | 42 |
| 118 | 160 | Stephen ALECOCK   | MV55          | M | Unattached                  | 52:42 | 89  | 7  |
| 119 | 298 | Peter SCULLY      | Senior Men    | M | Unattached                  | 52:43 | 90  | 43 |
| 120 | 144 | Gareth COPLEY     | Senior Men    | M | Refail Runners              | 52:43 | 91  | 44 |
| 121 | 305 | Rachel VERNALL    | FV45          | F | Unattached                  | 52:48 | 30  | 2  |
| 122 | 162 | Tom BEALE         | Senior Men    | M | Unattached                  | 52:55 | 92  | 45 |
| 123 | 229 | Edward JEFFRIES   | Senior Men    | M | Unattached                  | 52:58 | 93  | 46 |
| 124 | 170 | Matthew BLACKWELL | MV45          | M | Unattached                  | 53:10 | 94  | 12 |
| 125 | 23  | Stephen NEW       | MV50          | M | 100 Marathon Club           | 53:15 | 95  | 6  |
| 126 | 304 | Richard TAYLOR    | MV50          | M | Unattached                  | 53:20 | 96  | 7  |
| 127 | 147 | Huw WILLIAMS      | Senior Men    | M | Rhondda Valley Runners      | 53:23 | 97  | 47 |
| 128 | 20  | Phil THOMAS       | MV60          | M | Team Evoqua                 | 53:37 | 98  | 7  |
| 129 | 311 | Paul WATKINS      | MV50          | M | Unattached                  | 53:47 | 99  | 8  |
| 130 | 337 | Sian GRIFFITH     | FV40          | F | Chepstow Harriers           | 53:53 | 31  | 6  |
| 131 | 237 | Spencer JONES     | MV40          | M | Unattached                  | 53:55 | 100 | 18 |
| 132 | 209 | Emma GRIFFITHS    | Senior Ladies | F | Unattached                  | 53:58 | 32  | 19 |
| 133 | 168 | Linden POWELL     | MV40          | M | Unattached                  | 54:11 | 101 | 19 |
| 134 | 259 | Zoe MILLS         | Senior Ladies | F | Unattached                  | 54:20 | 33  | 20 |
| 135 | 217 | Graham HAWKINS    | MV55          | M | Unattached                  | 54:22 | 102 | 8  |
| 136 | 167 | Kate BERRY        | FV40          | F | Unattached                  | 54:23 | 34  | 7  |
| 137 | 248 | Alex LEWIS        | Senior Men    | M | Unattached                  | 54:25 | 103 | 48 |
| 138 | 46  | Emma TRACEY       | Senior Ladies | F | Caldicot Running Club       | 54:26 | 35  | 21 |
| 139 | 64  | Brett STEPTO      | MV40          | M | Cornwall Ac                 | 54:27 | 104 | 20 |
| 140 | 69  | Kris RYMER        | Senior Men    | M | Dursley Running Club        | 54:29 | 105 | 49 |
| 141 | 93  | Ralph DAVEY       | MV70+         | M | Les Croupiers Rc            | 54:31 | 106 | 2  |
| 142 | 89  | Richard COOK      | Senior Men    | M | Griffithstown Harriers      | 54:34 | 107 | 50 |
| 143 | 178 | Kev FITZGERALD    | MV65          | M | Unattached                  | 54:37 | 108 | 1  |
| 144 | 120 | Stephen LOCKE     | MV45          | M | Newport Harriers            | 54:40 | 109 | 13 |
| 145 | 206 | Simon GIBBS       | MV50          | M | Unattached                  | 54:52 | 110 | 9  |

|     |     |                   |               |   |                             |          |     |    |
|-----|-----|-------------------|---------------|---|-----------------------------|----------|-----|----|
| 146 | 332 | Jonathan WILLIAMS | Senior Men    | M | Unattached                  | 54:57    | 111 | 51 |
| 147 | 165 | Lauryn BENTHAM    | Senior Ladies | F | Unattached                  | 55:11    | 36  | 22 |
| 148 | 51  | Kayleigh WILDING  | Senior Ladies | F | Cdf Runners                 | 55:16    | 37  | 23 |
| 149 | 133 | Graham BINGHAM    | MV50          | M | Pontypridd Roadents Ac      | 55:29    | 112 | 10 |
| 150 | 81  | Karen HAILE       | FV50          | F | Forest Of Dean Ac           | 55:35    | 38  | 4  |
| 151 | 99  | Alan MANN         | MV55          | M | Les Croupiers Rc            | 55:42    | 113 | 9  |
| 152 | 290 | Nicola RICHINGS   | Senior Ladies | F | Unattached                  | 55:46    | 39  | 24 |
| 153 | 128 | Ellen SUGDEN      | Senior Ladies | F | Pegasus Rc                  | 55:54    | 40  | 25 |
| 154 | 77  | Tracy LORD        | FV45          | F | Forest Of Dean Ac           | 56:16    | 41  | 3  |
| 155 | 108 | Katija DEW        | FV45          | F | Llisbury Runners            | 56:19    | 42  | 4  |
| 156 | 110 | Trudy HURFORD     | FV40          | F | Llisbury Runners            | 56:27    | 43  | 8  |
| 157 | 197 | Rhiannon JONES    | FV40          | F | Unattached                  | 56:28    | 44  | 9  |
| 158 | 294 | Kim ROCKLIFFE     | FV55          | F | Unattached                  | 57:00    | 45  | 2  |
| 159 | 12  | Michael HEATON    | Senior Men    | M | Team Evoqua                 | 57:11    | 114 | 52 |
| 160 | 276 | Jacek PIJANKA     | Senior Men    | M | Unattached                  | 57:16    | 115 | 53 |
| 161 | 244 | Helen LANE        | Senior Ladies | F | Unattached                  | 57:18    | 46  | 26 |
| 162 | 88  | Keren BEARD       | FV45          | F | Griffithstown Harriers      | 57:23    | 47  | 5  |
| 163 | 10  | Phillip BATES     | MV50          | M | Unattached                  | 57:32    | 116 | 11 |
| 164 | 1   | Mike BARRATT      | Senior Men    | M | Team Evoqua                 | 57:34    | 117 | 54 |
| 165 | 308 | Ian WARNER        | MV55          | M | Unattached                  | 57:36    | 118 | 10 |
| 166 | 267 | Lisa NELSON       | Senior Ladies | F | Unattached                  | 57:47    | 48  | 27 |
| 167 | 291 | Christina ROBERTS | FV40          | F | Unattached                  | 57:54    | 49  | 10 |
| 168 | 189 | Neale DAVIES      | MV50          | M | Unattached                  | 57:54    | 119 | 12 |
| 169 | 260 | Bryn MORGAN       | Senior Men    | M | Unattached                  | 57:55    | 120 | 55 |
| 170 | 228 | Maxine JANUARY    | FV50          | F | Unattached                  | 58:00    | 50  | 5  |
| 171 | 223 | Tim HUGHES        | Senior Men    | M | Unattached                  | 58:05    | 121 | 56 |
| 172 | 321 | Lisa WORGAN       | Senior Ladies | F | Unattached                  | 58:10    | 51  | 28 |
| 173 | 138 | Leon BLACK        | Senior Men    | M | Rhondda Valley Runners      | 58:15    | 122 | 57 |
| 174 | 139 | Mark DOUGLAS      | Senior Men    | M | Rhondda Valley Runners      | 58:21    | 123 | 58 |
| 175 | 80  | Victoria SIMS     | Senior Ladies | F | Forest Of Dean Ac           | 58:28    | 52  | 29 |
| 176 | 185 | Alan CROMACK      | MV45          | M | Unattached                  | 58:38    | 124 | 14 |
| 177 | 282 | Lindsey PRIDDLE   | Senior Ladies | F | Unattached                  | 59:09    | 53  | 30 |
| 178 | 233 | Abby JONES        | Senior Ladies | F | Unattached                  | 59:15    | 54  | 31 |
| 179 | 137 | Mat JONES         | MV40          | M | Port Talbot Harriers        | 59:15    | 125 | 21 |
| 180 | 87  | Taryn TALBOTT     | Senior Ladies | F | Great Western Runners       | 59:24    | 55  | 32 |
| 181 | 3   | Owen BRADLEY      | Senior Men    | M | Team Evoqua                 | 59:27    | 126 | 59 |
| 182 | 249 | Gene LEWIS        | MV45          | M | Unattached                  | 59:34    | 127 | 15 |
| 183 | 207 | Kieran GINGELL    | Senior Men    | M | Unattached                  | 59:36    | 128 | 60 |
| 184 | 71  | John FRY          | MV70+         | M | Fairwater Runners           | 59:49    | 129 | 3  |
| 185 | 303 | Denise SUNDERLAND | FV50          | F | Unattached                  | 59:56    | 56  | 6  |
| 186 | 159 | Jennifer ADAMS    | Senior Ladies | F | Unattached                  | 01:00:05 | 57  | 33 |
| 187 | 212 | Deb HARRIS        | FV50          | F | Unattached                  | 01:00:11 | 58  | 7  |
| 188 | 277 | Charlotte POINTON | Senior Ladies | F | Unattached                  | 01:00:12 | 59  | 34 |
| 189 | 213 | Emily HARRIS      | Senior Ladies | F | Unattached                  | 01:00:12 | 60  | 35 |
| 190 | 115 | Louise QUATERMASS | Senior Ladies | F | Llisbury Runners            | 01:00:19 | 61  | 36 |
| 191 | 70  | Debra PARSONS     | FV45          | F | Emersons Green Running Club | 01:00:30 | 62  | 6  |
| 192 | 40  | Rachel TARR       | Senior Ladies | F | Bristol Up & Runners        | 01:00:40 | 63  | 37 |
| 193 | 245 | Andy LANG         | Senior Men    | M | Unattached                  | 01:00:46 | 130 | 61 |
| 194 | 333 | Jon BUTCHER       | Senior Men    | M | Unattached                  | 01:00:51 | 131 | 62 |
| 195 | 129 | Jeff ELLAWAY      | MV60          | M | Run Newport                 | 01:00:53 | 132 | 8  |
| 196 | 172 | Dennis BOYETT     | MV65          | M | Unattached                  | 01:01:05 | 133 | 2  |

|     |     |                       |                       |   |                              |          |     |    |
|-----|-----|-----------------------|-----------------------|---|------------------------------|----------|-----|----|
| 197 | 263 | Stephen MORGAN        | <b>M</b> V55          | M | Unattached                   | 01:01:22 | 134 | 11 |
| 198 | 334 | Craig BERTIE          | <b>S</b> enior Men    | M | Unattached                   | 01:02:24 | 135 | 63 |
| 199 | 176 | Sian CAIN-CULVERWELL  | <b>S</b> enior Ladies | F | Unattached                   | 01:02:29 | 64  | 38 |
| 200 | 104 | Amanda THOMPSON       | <b>F</b> V55          | F | Les Croupiers Rc             | 01:02:45 | 65  | 3  |
| 201 | 72  | Liselette ADAMS       | <b>S</b> enior Ladies | F | Forest Of Dean Ac            | 01:02:55 | 66  | 39 |
| 202 | 246 | Susan LAWRENCE        | <b>F</b> V60          | F | Unattached                   | 01:03:20 | 67  | 2  |
| 203 | 301 | Chris STENNER         | <b>S</b> enior Men    | M | Unattached                   | 01:03:33 | 136 | 64 |
| 204 | 310 | Lisa WATKINS          | <b>F</b> V40          | F | Unattached                   | 01:03:37 | 68  | 11 |
| 205 | 261 | Charlotte MORGAN      | <b>S</b> enior Ladies | F | Unattached                   | 01:03:38 | 69  | 40 |
| 206 | 340 | Joanne THOMAS         | <b>S</b> enior Ladies | F | Personal Running             | 01:03:40 | 70  | 41 |
| 207 | 283 | Gareth JONES          | <b>S</b> enior Men    | M | Personal Running             | 01:03:40 | 137 | 65 |
| 208 | 143 | Melanie THOMAS        | <b>F</b> V40          | F | Rhondda Valley Runners       | 01:03:54 | 71  | 12 |
| 209 | 312 | Joanne WHEATLEY       | <b>S</b> enior Ladies | F | Unattached                   | 01:04:04 | 72  | 42 |
| 210 | 25  | Jason HESLOP          | <b>M</b> V45          | M | Ab-inbev                     | 01:04:10 | 138 | 16 |
| 211 | 24  | Graham CAMERON        | <b>S</b> enior Men    | M | Ab-inbev                     | 01:04:39 | 139 | 66 |
| 212 | 126 | Rhian WHITE           | <b>S</b> enior Ladies | F | Parc Bryn Bach Rc            | 01:04:42 | 73  | 43 |
| 213 | 76  | Wendy LAWRENCE        | <b>F</b> V60          | F | Forest Of Dean Ac            | 01:04:45 | 74  | 3  |
| 214 | 286 | Elizabeth PURVIS      | <b>F</b> V45          | F | Unattached                   | 01:04:48 | 75  | 7  |
| 215 | 331 | Pamela BROWNING       | <b>F</b> V45          | F | Parc Bryn Bach Rc            | 01:04:50 | 76  | 8  |
| 216 | 230 | Steven JEFFRIES       | <b>M</b> V60          | M | Unattached                   | 01:04:50 | 140 | 9  |
| 217 | 273 | Andrew PEARCE         | <b>M</b> V50          | M | Unattached                   | 01:04:59 | 141 | 13 |
| 218 | 219 | Sara HEWITT           | <b>S</b> enior Ladies | F | Unattached                   | 01:05:03 | 77  | 44 |
| 219 | 190 | Shaun DAVIES          | <b>M</b> V45          | M | Unattached                   | 01:05:05 | 142 | 17 |
| 220 | 271 | Nathan OWEN           | <b>S</b> enior Men    | M | Unattached                   | 01:05:06 | 143 | 67 |
| 221 | 118 | Deb WOOD              | <b>F</b> V40          | F | Llswerry Runners             | 01:05:19 | 78  | 13 |
| 222 | 82  | Sally TURNER          | <b>F</b> V45          | F | Forest Of Dean Ac            | 01:05:38 | 79  | 9  |
| 223 | 113 | Lisa NICHOLLS         | <b>F</b> V45          | F | Llswerry Runners             | 01:05:51 | 80  | 10 |
| 224 | 148 | Andy BOOTH            | <b>M</b> V55          | M | Road Runners Club            | 01:05:56 | 144 | 12 |
| 225 | 254 | Michael MAYERS        | <b>M</b> V55          | M | Unattached                   | 01:06:24 | 145 | 13 |
| 226 | 236 | Sian JONES            | <b>S</b> enior Ladies | F | Unattached                   | 01:06:27 | 81  | 45 |
| 227 | 184 | Cheryl COPESTAKE      | <b>F</b> V45          | F | Unattached                   | 01:06:27 | 82  | 11 |
| 228 | 150 | Sarah ROGERS          | <b>F</b> V40          | F | Run Mummy Run                | 01:06:34 | 83  | 14 |
| 229 | 50  | Sian DAVID            | <b>S</b> enior Ladies | F | Cdf Runners                  | 01:06:47 | 84  | 46 |
| 230 | 141 | Dawne MEYNELL-WESTERN | <b>S</b> enior Ladies | F | Rhondda Valley Runners       | 01:06:48 | 85  | 47 |
| 231 | 45  | Claire GRIFFITHS      | <b>S</b> enior Ladies | F | Caerphilly Runners           | 01:06:54 | 86  | 48 |
| 232 | 226 | Tania JAMES PRICE     | <b>F</b> V45          | F | Unattached                   | 01:06:59 | 87  | 12 |
| 233 | 166 | Leon BERRILL          | <b>S</b> enior Men    | M | Unattached                   | 01:07:00 | 146 | 68 |
| 234 | 2   | Bradley BATES         | <b>S</b> enior Men    | M | Team Evoqua                  | 01:07:01 | 147 | 69 |
| 235 | 315 | Sarah WHITTLE         | <b>F</b> V45          | F | Unattached                   | 01:07:02 | 88  | 13 |
| 236 | 268 | Amanda NURSE          | <b>F</b> V45          | F | Unattached                   | 01:07:03 | 89  | 14 |
| 237 | 60  | Mark NICOL            | <b>M</b> V45          | M | Chepstow Harriers            | 01:07:03 | 148 | 18 |
| 238 | 66  | Bethan CROSS          | <b>S</b> enior Ladies | F | Cwm Ogwr Running Club        | 01:07:25 | 90  | 49 |
| 239 | 61  | Sydney WHEELER        | <b>M</b> V70+         | M | Chepstow Harriers            | 01:07:34 | 149 | 4  |
| 240 | 319 | Victoria WINDSOR      | <b>F</b> V40          | F | Unattached                   | 01:07:39 | 91  | 15 |
| 241 | 183 | Veneta COONEY         | <b>F</b> V45          | F | Unattached                   | 01:07:49 | 92  | 15 |
| 242 | 202 | Lynne GARNER          | <b>F</b> V55          | F | Unattached                   | 01:08:26 | 93  | 4  |
| 243 | 200 | Laura EVANS           | <b>S</b> enior Ladies | F | Unattached                   | 01:08:39 | 94  | 50 |
| 244 | 316 | Sarah TEAGUE          | <b>F</b> V45          | F | Forest Of Dean Ac            | 01:08:52 | 95  | 16 |
| 245 | 299 | Sue SPITERI           | <b>F</b> V45          | F | Unattached                   | 01:09:01 | 96  | 17 |
| 246 | 157 | Janet SMITH           | <b>F</b> V50          | F | Sole Sisters (north Bristol) | 01:09:10 | 97  | 8  |
| 247 | 241 | Rob KEITCH            | <b>S</b> enior Men    | M | Unattached                   | 01:09:31 | 150 | 70 |

|     |     |                     |               |   |                       |          |     |    |
|-----|-----|---------------------|---------------|---|-----------------------|----------|-----|----|
| 248 | 227 | Nicola JAMESON      | Senior Ladies | F | Unattached            | 01:09:38 | 98  | 51 |
| 249 | 9   | Neil FARRANT        | MV50          | M | Team Evoqua           | 01:10:32 | 151 | 14 |
| 250 | 111 | Janine LANE         | Senior Ladies | F | Lliswerry Runners     | 01:10:42 | 99  | 52 |
| 251 | 210 | Mathew GRIFFITHS    | Senior Men    | M | Unattached            | 01:10:43 | 152 | 71 |
| 252 | 191 | Steve DAVIES        | Senior Men    | M | Unattached            | 01:10:47 | 153 | 72 |
| 253 | 22  | Nicola WILLIAMS     | FV40          | F | Team Evoqua           | 01:11:04 | 100 | 16 |
| 254 | 32  | Patricia HARLEY     | FV65          | F | Bitton Road Runners   | 01:11:12 | 101 | 1  |
| 255 | 30  | Alyson COLMAN       | FV50          | F | Bitton Road Runners   | 01:11:13 | 102 | 9  |
| 256 | 31  | David COLMAN        | MV50          | M | Bitton Road Runners   | 01:11:13 | 154 | 15 |
| 257 | 306 | Dewi VILE           | Senior Men    | M | Unattached            | 01:11:30 | 155 | 73 |
| 258 | 205 | Owen GENT           | Senior Men    | M | Unattached            | 01:12:03 | 156 | 74 |
| 259 | 43  | Jane DERRICK        | Senior Ladies | F | Caerleon Running Club | 01:12:21 | 103 | 53 |
| 260 | 16  | Jennie OWEN         | Senior Ladies | F | Team Evoqua           | 01:12:26 | 104 | 54 |
| 261 | 13  | Danielle McPHERSON  | Senior Ladies | F | Team Evoqua           | 01:12:27 | 105 | 55 |
| 262 | 292 | Pam ROBERTS         | FV50          | F | Unattached            | 01:13:06 | 106 | 10 |
| 263 | 302 | Chris STEWART       | MV50          | M | Unattached            | 01:13:12 | 157 | 16 |
| 264 | 243 | Barbara KINGMAN     | FV50          | F | Unattached            | 01:13:39 | 107 | 11 |
| 265 | 186 | Angharad DAVIES     | FV40          | F | Unattached            | 01:13:40 | 108 | 17 |
| 266 | 256 | Bev MAYO            | FV45          | F | Unattached            | 01:14:06 | 109 | 18 |
| 267 | 220 | Jodi HILTON         | Senior Ladies | F | Unattached            | 01:14:07 | 110 | 56 |
| 268 | 325 | Nichola ZERK        | Senior Ladies | F | Unattached            | 01:14:07 | 111 | 57 |
| 269 | 309 | David WATKINS       | MV50          | M | Unattached            | 01:14:25 | 158 | 17 |
| 270 | 7   | Mark DURGAN         | MV45          | M | Team Evoqua           | 01:14:40 | 159 | 19 |
| 271 | 192 | Suzanne DAVIES      | FV40          | F | Unattached            | 01:15:21 | 112 | 18 |
| 272 | 180 | Becky CHANDLER      | Senior Ladies | F | Unattached            | 01:15:44 | 113 | 58 |
| 273 | 6   | Chris DAVIDSON      | MV45          | M | Team Evoqua           | 01:16:03 | 160 | 20 |
| 274 | 274 | Charlotte PEARCE    | FV45          | F | Unattached            | 01:16:16 | 114 | 19 |
| 275 | 17  | Richard PATEMAN     | MV45          | M | Team Evoqua           | 01:16:43 | 161 | 21 |
| 276 | 318 | Elaine WILLIAMS     | FV45          | F | Unattached            | 01:17:52 | 115 | 20 |
| 277 | 106 | Helen WILLIAMS      | FV40          | F | Les Croupiers Rc      | 01:18:16 | 116 | 19 |
| 278 | 313 | Tim WHITCHER        | Senior Men    | M | Unattached            | 01:18:17 | 162 | 75 |
| 279 | 177 | Clare CARTER        | FV40          | F | Unattached            | 01:19:33 | 117 | 20 |
| 280 | 257 | Bernadette McCARTHY | FV45          | F | Unattached            | 01:19:34 | 118 | 21 |
| 281 | 54  | Daphne AUSTERBERRY  | FV70+         | F | Chepstow Harriers     | 01:19:40 | 119 | 1  |
| 282 | 208 | David GREGORY       | MV40          | M | Unattached            | 01:19:58 | 163 | 22 |
| 283 | 222 | Tyler HOLPIN        | Senior Men    | M | Unattached            | 01:20:57 | 164 | 76 |
| 284 | 8   | Dave ELEY           | Senior Men    | M | Team Evoqua           | 01:21:14 | 165 | 77 |
| 285 | 235 | Hunter JONES        | MV50          | M | Unattached            | 01:22:12 | 166 | 18 |
| 286 | 247 | Tracey LEBBON       | FV40          | F | Unattached            | 01:22:44 | 120 | 21 |
| 287 | 182 | Kate COEN           | FV45          | F | Unattached            | 01:23:38 | 121 | 22 |
| 288 | 14  | Amanda MITCHELL     | FV45          | F | Team Evoqua           | 01:27:49 | 122 | 23 |
| 289 | 201 | Neil FOWLER         | MV55          | M | Unattached            | 01:34:18 | 167 | 14 |