

Severn Bridge 5 Night Run
 Chepstow: 5M
 Wednesday 07-Dec-2016 at 07:15
 Organised by: Rogue Runs
 Race Results

| Pos | Bib | Name | Cat | Gender | Club | Time | Gender Pos | Cat Pos |
|-----|-----|-------------------|---------------|--------|---------------------------------|-------|------------|---------|
| 1 | 276 | Steve MILLWARD | Senior Men | M | Gloucester Ac | 27:36 | 1 | 1 |
| 2 | 373 | Dan WHAITES | Senior Men | M | Unattached | 29:26 | 2 | 2 |
| 3 | 298 | Darren OULD | Senior Men | M | Maindy Harriers | 30:52 | 3 | 3 |
| 4 | 324 | Andy RAYNOR | Senior Men | M | Unattached | 31:08 | 4 | 4 |
| 5 | 377 | Robert WIGGINTON | Senior Men | M | Pont-y-pwl And District Runners | 32:23 | 5 | 5 |
| 6 | 176 | Keith FAIRBURN | Senior Men | M | Abbey Runners | 32:28 | 6 | 6 |
| 7 | 339 | Cory SHERWIN | Junior Men | M | Forest Of Dean Ac | 32:47 | 7 | 1 |
| 8 | 125 | Wayne BEVAN | Senior Men | M | Forest Of Dean Ac | 32:55 | 8 | 7 |
| 9 | 349 | Ian SUMMERS | MV50 | M | Gloucester Ac | 33:12 | 9 | 1 |
| 10 | 243 | Lee KIBBLE | Senior Men | M | Unattached | 33:16 | 10 | 8 |
| 11 | 389 | Colin WILMOTT | MV50 | M | Griffithstown Harriers | 33:21 | 11 | 2 |
| 12 | 109 | Nigel BAKER | MV50 | M | Monross Trailblazers | 33:33 | 12 | 3 |
| 13 | 162 | Simon DARKE | MV50 | M | Maindy Harriers | 33:36 | 13 | 4 |
| 14 | 184 | Robert GALE | Senior Men | M | Parc Bryn Bach Rc | 33:39 | 14 | 9 |
| 15 | 274 | Glen MEEK | MV40 | M | Chepstow Harriers | 34:19 | 15 | 1 |
| 16 | 350 | Alex SWAFFER | Senior Men | M | Unattached | 34:25 | 16 | 10 |
| 17 | 178 | James FLETCHER | MV50 | M | Monross Trailblazers | 34:36 | 17 | 5 |
| 18 | 357 | Andrew THORPE | MV50 | M | Forest Of Dean Ac | 34:39 | 18 | 6 |
| 19 | 319 | Robert PRITCHARD | Senior Men | M | Monross Trailblazers | 34:56 | 19 | 11 |
| 20 | 331 | Catherine ROBERTS | FV40 | F | Forest Of Dean Ac | 34:59 | 1 | 1 |
| 21 | 299 | Steve OWEN | MV60+ | M | Chepstow Harriers | 35:05 | 20 | 1 |
| 22 | 192 | Ashley GREY-SMART | Senior Men | M | Unattached | 35:07 | 21 | 12 |
| 23 | 241 | Andrew KAYE | MV50 | M | Forest Of Dean Ac | 35:08 | 22 | 7 |
| 24 | 199 | Adrian GWILLIAM | MV50 | M | Fairwater Runners | 35:18 | 23 | 8 |
| 25 | 399 | Stuart REES | Senior Men | M | Unattached | 35:23 | 24 | 13 |
| 26 | 181 | Cherry FOWLER | FV40 | F | Forest Of Dean Ac | 35:28 | 2 | 2 |
| 27 | 369 | Carl WALSH | MV40 | M | Rhondda Valley Runners | 35:29 | 25 | 2 |
| 28 | 121 | Aaron BENNETT | Senior Men | M | Gloucester Ac | 35:31 | 26 | 14 |
| 29 | 213 | Richard HAZELL | Senior Men | M | Caerphilly Runners | 35:50 | 27 | 15 |
| 30 | 332 | Alan ROBERTSON | MV60+ | M | Forest Of Dean Ac | 35:59 | 28 | 2 |
| 31 | 305 | Simon PETERSON | MV40 | M | Islwyn Rc | 36:14 | 29 | 3 |
| 32 | 370 | Bob WATSON | MV40 | M | Lliswerry Runners | 36:18 | 30 | 4 |
| 33 | 194 | James GRIFFITHS | MV50 | M | Newent Runners | 36:20 | 31 | 9 |
| 34 | 207 | Paul HARVEY | Senior Men | M | Pont-y-pwl And District Runners | 36:23 | 32 | 16 |
| 35 | 338 | Michael MARKS | MV40 | M | Forest Of Dean Ac | 36:25 | 33 | 5 |
| 36 | 173 | Emma EDWARDS | Senior Ladies | F | Caerphilly Runners | 37:12 | 3 | 1 |
| 37 | 264 | Lindsey LYES | Senior Ladies | F | Gloucester Ac | 37:13 | 4 | 2 |
| 38 | 203 | Jonathan HANCOCK | MV50 | M | Usk Runners | 37:15 | 34 | 10 |
| 39 | 110 | Christopher BAKER | Senior Men | M | Fairwater Runners | 37:20 | 35 | 17 |
| 40 | 294 | Mike NORMAN | Senior Men | M | Team Am | 37:27 | 36 | 18 |
| 41 | 334 | Philip ROWE | MV50 | M | Newent Runners | 37:34 | 37 | 11 |

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| 42 | 224 | Nathan HOUGHAM | Senior Men | M | Unattached | 37:52 | 38 | 19 |
| 43 | 384 | Sara WILLIAMS | FV40 | F | Caerphilly Runners | 38:04 | 5 | 3 |
| 44 | 134 | Ander BROADMAN | MV40 | M | Unattached | 38:07 | 39 | 6 |
| 45 | 214 | Peter HEWITT | Senior Men | M | Forest Of Dean Ac | 38:16 | 40 | 20 |
| 46 | 275 | Emma MILLMAN | FV40 | F | Angels Rc | 38:18 | 6 | 4 |
| 47 | 234 | Martyn JENKINS | MV50 | M | Fairwater Runners | 38:23 | 41 | 12 |
| 48 | 235 | Jeanette JENKINS | FV50 | F | Fairwater Runners | 38:24 | 7 | 1 |
| 49 | 394 | Stephen WOOD | Senior Men | M | Pegasus Rc | 38:28 | 42 | 21 |
| 50 | 206 | Joe HARRISON | MV50 | M | Almost Athletes | 38:37 | 43 | 13 |
| 51 | 111 | Joseph BALDWIN | Senior Men | M | Unattached | 38:55 | 44 | 22 |
| 52 | 322 | Sarah PRYOR | FV40 | F | Pegasus Rc | 39:05 | 8 | 5 |
| 53 | 142 | Tim BUCKLEY | MV50 | M | Chepstow Harriers | 39:08 | 45 | 14 |
| 54 | 367 | James VIDLER | MV50 | M | Unattached | 39:15 | 46 | 15 |
| 55 | 265 | Ben LYONS | Senior Men | M | Unattached | 39:15 | 47 | 23 |
| 56 | 137 | Michael BRYANT | MV50 | M | Newent Runners | 39:36 | 48 | 16 |
| 57 | 182 | Kevin FOWLER | MV50 | M | Pegasus Rc | 39:47 | 49 | 17 |
| 58 | 145 | Kim CARWARDINE | Senior Ladies | F | Chepstow Harriers | 39:48 | 9 | 3 |
| 59 | 348 | Charlie STREAT | MV40 | M | Unattached | 39:49 | 50 | 7 |
| 60 | 250 | Emma KOLASINSKA | Senior Ladies | F | Bmf | 39:50 | 10 | 4 |
| 61 | 398 | Chris YOUNG | MV40 | M | Dursley Running Club | 39:56 | 51 | 8 |
| 62 | 180 | James FOTHERINGHAM | Senior Men | M | Serpentine Rc | 39:58 | 52 | 24 |
| 63 | 245 | Rita KINGDON | Senior Ladies | F | Cardiff Tri Club | 40:08 | 11 | 5 |
| 64 | 112 | Alex BARNES | Senior Men | M | Liswerry Runners | 40:08 | 53 | 25 |
| 65 | 313 | Mark POWELL | MV40 | M | Unattached | 40:15 | 54 | 9 |
| 66 | 361 | Helen TROLLOPE | Senior Ladies | F | Mudstacle | 40:23 | 12 | 6 |
| 67 | 215 | Robert HICK | MV50 | M | Wessex Orienteering Club | 40:28 | 55 | 18 |
| 68 | 320 | Tony PRIVITERA | MV50 | M | Unattached | 40:33 | 56 | 19 |
| 69 | 247 | Jonathan KNIGHT | MV40 | M | Pont-y-pwl And District Runners | 40:34 | 57 | 10 |
| 70 | 383 | Huw WILLIAMS | Senior Men | M | Rhondda Valley Runners | 40:36 | 58 | 26 |
| 71 | 175 | Julia EVANS | FV50 | F | Pegasus Rc | 40:45 | 13 | 2 |
| 72 | 157 | Jeremy CREASEY | MV40 | M | Spirit Of Monmouth Rc | 40:48 | 59 | 11 |
| 73 | 129 | Nigel BLEACH | MV40 | M | Seriously Mad Runners (barry) | 40:56 | 60 | 12 |
| 74 | 164 | Emma DAVIES | FV40 | F | Spirit Of Monmouth Rc | 41:01 | 14 | 6 |
| 75 | 148 | Claire CLARK | FV40 | F | Fod Cc | 41:02 | 15 | 7 |
| 76 | 318 | Solitaire PRITCHARD | FV40 | F | Unattached | 41:06 | 16 | 8 |
| 77 | 356 | Ian THORNE | MV40 | M | Pegasus Rc | 41:09 | 61 | 13 |
| 78 | 135 | Julie BROUGHTON | FV50 | F | Les Croupiers Rc | 41:09 | 17 | 3 |
| 79 | 172 | Jo EDWARDS | FV40 | F | Forest Of Dean Ac | 41:11 | 18 | 9 |
| 80 | 344 | Liam SNELL | MV40 | M | Unattached | 41:13 | 62 | 14 |
| 81 | 283 | Roger MORGAN | MV60+ | M | Forest Of Dean Ac | 41:30 | 63 | 3 |
| 82 | 152 | Chris COOKSEY | Senior Men | M | Unattached | 41:34 | 64 | 27 |
| 83 | 397 | Jacqui WYNDY | FV60+ | F | Forest Of Dean Ac | 41:40 | 19 | 1 |
| 84 | 205 | Jack HARRINGTON | Senior Men | M | Unattached | 41:44 | 65 | 28 |
| 85 | 257 | Dafydd LEWIS | MV40 | M | Fetch | 41:45 | 66 | 15 |
| 86 | 392 | Hannah WITHERS | FV40 | F | San Domenico Rc | 41:50 | 20 | 10 |
| 87 | 198 | Claire GWILLIAM | FV40 | F | Angels Rc | 41:54 | 21 | 11 |
| 88 | 229 | Tim INGHAM | MV40 | M | Cirencester Ac | 42:00 | 67 | 16 |
| 89 | 189 | Ben GOODING | Senior Men | M | Pegasus Rc | 42:18 | 68 | 29 |
| 90 | 187 | Jamiee GITTINS | Senior Ladies | F | Caerleon Running Club | 42:20 | 22 | 7 |

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| 91 | 128 Em BISSEX | FV40 | F | Pegasus Rc | 42:21 | 23 | 12 |
| 92 | 168 Carolyn DENT | FV50 | F | Westbury Harriers | 42:33 | 24 | 4 |
| 93 | 304 Suzanne PETERS | FV50 | F | Forest Of Dean Ac | 42:36 | 25 | 5 |
| 94 | 246 Anne KIRK | FV50 | F | Forest Of Dean Ac | 42:49 | 26 | 6 |
| 95 | 107 Ashleigh BAILEY | Senior Ladies | F | Unattached | 42:53 | 27 | 8 |
| 96 | 336 Jude RUSSELL | Senior Ladies | F | Unattached | 42:58 | 28 | 9 |
| 97 | 153 Rebecca CORBETT | Senior Ladies | F | Maindy Harriers | 43:02 | 29 | 10 |
| 98 | 233 Philip JAMES | MV50 | M | Forest Of Dean Ac | 43:11 | 69 | 20 |
| 99 | 378 Bernadette WILKINSON | FV50 | F | San Domenico Rc | 43:12 | 30 | 7 |
| 100 | 124 Kate BERRY | FV40 | F | Unattached | 43:15 | 31 | 13 |
| 101 | 372 Samantha WEBBER | Senior Ladies | F | Seriously Mad Runners (barry) | 43:20 | 32 | 11 |
| 102 | 158 Jane CREED | FV40 | F | Forest Of Dean Ac | 43:21 | 33 | 14 |
| 103 | 197 Sally GROVES | FV50 | F | Pegasus Rc | 43:22 | 34 | 8 |
| 104 | 202 Anne HALL | FV40 | F | Spirit Of Monmouth Rc | 43:27 | 35 | 15 |
| 105 | 311 Linden POWELL | MV40 | M | Unattached | 43:29 | 70 | 17 |
| 106 | 133 Rosie BRISTOW | FV40 | F | Pegasus Rc | 43:47 | 36 | 16 |
| 107 | 104 Dave ANDREWS | MV60+ | M | Chepstow Harriers | 43:48 | 71 | 4 |
| 108 | 166 Michele DEAL | FV50 | F | Pont-y-pwl And District Runners | 43:57 | 37 | 9 |
| 109 | 114 Emma BARTLETT | FV40 | F | Unattached | 44:00 | 38 | 17 |
| 110 | 365 Victoria TURNER | FV40 | F | Unattached | 44:02 | 39 | 18 |
| 111 | 272 Kristian McCALLUM | MV40 | M | Unattached | 44:06 | 72 | 18 |
| 112 | 273 Andrew MEADOWS | Senior Men | M | Brecon Ac | 44:14 | 73 | 30 |
| 113 | 244 Marc KING | MV40 | M | Unattached | 44:17 | 74 | 19 |
| 114 | 216 Andrew HILL | MV40 | M | Unattached | 44:17 | 75 | 20 |
| 115 | 295 John O'BRIEN | MV50 | M | Great Western Runners | 44:18 | 76 | 21 |
| 116 | 314 Chloe POWLES | Senior Ladies | F | Forest Of Dean Ac | 44:18 | 40 | 12 |
| 117 | 258 Gene LEWIS | MV40 | M | Unattached | 44:19 | 77 | 21 |
| 118 | 315 Richard POWLES | MV40 | M | Forest Of Dean Ac | 44:21 | 78 | 22 |
| 119 | 277 Salli-Anne MILLWARD-BRYANT | FV40 | F | Forest Of Dean Ac | 44:21 | 41 | 19 |
| 120 | 364 Barry TURNER | MV50 | M | Caldicot Running Club | 44:24 | 79 | 22 |
| 121 | 240 Abigail JONES | Senior Ladies | F | Unattached | 44:29 | 42 | 13 |
| 122 | 340 Victoria SIMS | Senior Ladies | F | Forest Of Dean Ac | 44:30 | 43 | 14 |
| 123 | 188 Michelle GOOCH | FV40 | F | Pont-y-pwl And District Runners | 44:38 | 44 | 20 |
| 124 | 185 Sue GERSHENSON | FV40 | F | White Rock Runners | 44:40 | 45 | 21 |
| 125 | 146 Sheila CHATTERLEY | FV60+ | F | Almost Athletes | 44:40 | 46 | 2 |
| 126 | 290 Fonlar NAMP | Senior Ladies | F | Unattached | 44:43 | 47 | 15 |
| 127 | 195 Eleri GRIFFITHS | Senior Ladies | F | Team Am | 44:45 | 48 | 16 |
| 128 | 191 Julian GOODWIN | MV40 | M | Cheltenham Triathlon Club | 44:47 | 80 | 23 |
| 129 | 282 Claire MORGAN | FV50 | F | Forest Of Dean Ac | 45:00 | 49 | 10 |
| 130 | 130 Angela BOWKETT | FV50 | F | Forest Of Dean Ac | 45:16 | 50 | 11 |
| 131 | 204 Jen Danger HARDING | Senior Ladies | F | Chepstow Harriers | 45:16 | 51 | 17 |
| 132 | 291 Mark NICOL | MV40 | M | Chepstow Harriers | 45:35 | 81 | 24 |
| 133 | 169 Mark DOUGLAS | Senior Men | M | Rhondda Valley Runners | 45:36 | 82 | 31 |
| 134 | 280 Jon MORGAN | MV50 | M | Unattached | 45:38 | 83 | 23 |
| 135 | 312 Kate POWELL | FV40 | F | Unattached | 45:51 | 52 | 22 |
| 136 | 123 Mike BERRY | MV40 | M | Unattached | 45:52 | 84 | 25 |
| 137 | 143 Cath BUFTON | Senior Ladies | F | Unattached | 45:56 | 53 | 18 |
| 138 | 278 Adele MITCHELL | FV40 | F | Newent Runners | 46:03 | 54 | 23 |
| 139 | 323 Elizabeth PURVIS | FV40 | F | Unattached | 46:07 | 55 | 24 |

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| 140 | 249 | Jessica KO | Senior Ladies | F | Forest Of Dean Ac | 46:08 | 56 | 19 |
| 141 | 155 | Joana COURT | Senior Ladies | F | Unattached | 46:18 | 57 | 20 |
| 142 | 330 | Sarah RIORDAN | Senior Ladies | F | Unattached | 46:19 | 58 | 21 |
| 143 | 395 | Emma WOOTTEN | Senior Ladies | F | Unattached | 46:20 | 59 | 22 |
| 144 | 270 | Natalie MATTHEWS | Senior Ladies | F | Unattached | 46:23 | 60 | 23 |
| 145 | 253 | Laura HAYWARD | Senior Ladies | F | Unattached | 46:23 | 61 | 24 |
| 146 | 108 | Mary BAKER | FV40 | F | Unattached | 46:25 | 62 | 25 |
| 147 | 102 | Phil ALLEN | MV50 | M | Pegasus Rc | 46:27 | 85 | 24 |
| 148 | 127 | John BEVAN | MV60+ | M | Forest Of Dean Ac | 46:35 | 86 | 5 |
| 149 | 396 | Linda WOZENCROFT | FV40 | F | Unattached | 46:36 | 63 | 26 |
| 150 | 161 | Colin CROOKS | MV60+ | M | Pegasus Rc | 46:39 | 87 | 6 |
| 151 | 260 | Tracy LORD | FV40 | F | Forest Of Dean Ac | 46:50 | 64 | 27 |
| 152 | 382 | Julie WILLIAMS | FV40 | F | Islwyn Rc | 46:51 | 65 | 28 |
| 153 | 252 | Daniel LANDEG | MV50 | M | Unattached | 46:58 | 88 | 25 |
| 154 | 359 | Toni ASHWORTH | FV40 | F | Chepstow Harriers | 47:07 | 66 | 29 |
| 155 | 385 | Mooch WILLIAMS | Senior Ladies | F | Chepstow Harriers | 47:07 | 67 | 25 |
| 156 | 160 | Richard CROOK | MV50 | M | Vegetarian Cycling & Ac | 47:16 | 89 | 26 |
| 157 | 325 | Sophie REEVES | Senior Ladies | F | Unattached | 47:17 | 68 | 26 |
| 158 | 379 | Gary WILLCOX | MV50 | M | Usk Runners | 47:19 | 90 | 27 |
| 159 | 261 | Nick LORD | MV40 | M | Forest Of Dean Ac | 47:21 | 91 | 26 |
| 160 | 269 | Karen MARSHALL | FV50 | F | Forest Of Dean Ac | 47:25 | 69 | 12 |
| 161 | 122 | Hannah BENNETT | Senior Ladies | F | Gloucester Ac | 47:26 | 70 | 27 |
| 162 | 355 | Gwenno THOMAS | FV40 | F | Les Croupiers Rc | 47:27 | 71 | 30 |
| 163 | 163 | Abigail DAVIES | Senior Ladies | F | Maindy Harriers | 47:33 | 72 | 28 |
| 164 | 230 | Ann JAMES | FV50 | F | Runnewport | 47:34 | 73 | 13 |
| 165 | 211 | Jeff HAYMAN | MV40 | M | Unattached | 47:37 | 92 | 27 |
| 166 | 201 | Emma HALE | Senior Ladies | F | Unattached | 47:41 | 74 | 29 |
| 167 | 387 | Sarah WILLS | Senior Ladies | F | Team Am | 47:45 | 75 | 30 |
| 168 | 141 | Sarah BUCKLEY | Senior Ladies | F | Runnewport | 47:56 | 76 | 31 |
| 169 | 263 | Gaynor LUGG | FV50 | F | Runnewport | 47:57 | 77 | 14 |
| 170 | 228 | Ellie HUGHES | Senior Ladies | F | Unattached | 48:21 | 78 | 32 |
| 171 | 300 | Rob PARRY | Senior Men | M | Unattached | 48:23 | 93 | 32 |
| 172 | 380 | Kevin WILLIAM | Senior Men | M | Unattached | 48:23 | 94 | 33 |
| 173 | 208 | Hannah HATCH | Senior Ladies | F | Unattached | 48:26 | 79 | 33 |
| 174 | 375 | Jo WHITE | FV40 | F | Newent Runners | 48:26 | 80 | 31 |
| 175 | 154 | Stuart COTTERELL | MV50 | M | Cottys Couriers | 48:27 | 95 | 28 |
| 176 | 326 | Tom RICHARDS | Senior Men | M | Unattached | 48:47 | 96 | 34 |
| 177 | 307 | Michaela PITT | Senior Ladies | F | Unattached | 48:52 | 81 | 34 |
| 178 | 327 | Hannah RICHARDS | Senior Ladies | F | Unattached | 48:53 | 82 | 35 |
| 179 | 292 | Rachael NOLAN | Senior Ladies | F | Almost Athletes | 49:08 | 83 | 36 |
| 180 | 293 | Oliver NOLAN | MV60+ | M | Unattached | 49:14 | 97 | 7 |
| 181 | 284 | Liz MORGAN | FV40 | F | San Domenico Rc | 49:16 | 84 | 32 |
| 182 | 386 | Laura WILLIAMS | Senior Ladies | F | Pegasus Rc | 49:18 | 85 | 37 |
| 183 | 225 | Joanna HOWELL | Senior Ladies | F | Unattached | 49:19 | 86 | 38 |
| 184 | 368 | Claire WALBY | FV40 | F | Forest Of Dean Ac | 49:32 | 87 | 33 |
| 185 | 301 | Virginia PAWLYN | FV60+ | F | Almost Athletes | 49:57 | 88 | 3 |
| 186 | 159 | Wendy CROCKER | FV40 | F | Unattached | 50:04 | 89 | 34 |
| 187 | 271 | Mike MAYERS | MV50 | M | Unattached | 50:05 | 98 | 29 |
| 188 | 329 | Caroline RICKARDS | Senior Ladies | F | Forest Of Dean Ac | 50:12 | 90 | 39 |

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| 189 | 390 | Vicky WILSON | Senior Ladies | F | Unattached | 50:15 | 91 | 40 |
| 190 | 259 | Jane LLEWELLYN | FV50 | F | Unattached | 50:25 | 92 | 15 |
| 191 | 138 | Lowri BRYER | Senior Ladies | F | Unattached | 50:35 | 93 | 41 |
| 192 | 239 | Alison JONES | FV50 | F | Unattached | 50:36 | 94 | 16 |
| 193 | 238 | William JONES | MV60+ | M | Almost Athletes | 50:42 | 99 | 8 |
| 194 | 219 | Sue HOBBS | FV50 | F | Unattached | 51:07 | 95 | 17 |
| 195 | 218 | Gary HOBBS | MV40 | M | Unattached | 51:07 | 100 | 28 |
| 196 | 286 | Suzanne MOSS | FV40 | F | Dursley Running Club | 51:37 | 96 | 35 |
| 197 | 287 | James MOSS | MV60+ | M | Dursley Running Club | 51:37 | 101 | 9 |
| 198 | 362 | Morwenna TUDOR | Senior Ladies | F | Newent Runners | 51:46 | 97 | 42 |
| 199 | 341 | Shirley SLADEN | FV50 | F | Unattached | 51:51 | 98 | 18 |
| 200 | 256 | Charlotte LEIGH | Senior Ladies | F | Caerleon Running Club | 52:33 | 99 | 43 |
| 201 | 343 | Ruth SMITH | FV50 | F | Caerleon Running Club | 52:34 | 100 | 19 |
| 202 | 371 | Rebekah WATTS | Senior Ladies | F | Unattached | 52:36 | 101 | 44 |
| 203 | 196 | Sarah GRONOW | FV40 | F | Seriously Mad Runners (barry) | 52:38 | 102 | 36 |
| 204 | 232 | Sarah JAMES | FV40 | F | Pegasus Rc | 52:41 | 103 | 37 |
| 205 | 105 | Denise APLIN | FV40 | F | Unattached | 52:41 | 104 | 38 |
| 206 | 366 | Geoff TWIGG | MV60+ | M | Seriously Mad Runners (barry) | 52:42 | 102 | 10 |
| 207 | 217 | Jodi HILTON | Senior Ladies | F | Unattached | 52:52 | 105 | 45 |
| 208 | 310 | Stephen PONTIN | Senior Men | M | Unattached | 52:52 | 103 | 35 |
| 209 | 212 | Carly HAYWOOD | FV40 | F | Unattached | 53:05 | 106 | 39 |
| 210 | 119 | Owain BAULCH | Junior Men | M | Unattached | 53:07 | 104 | 2 |
| 211 | 118 | Dai BAULCH | MV50 | M | Unattached | 53:07 | 105 | 30 |
| 212 | 165 | Catherine DAVIES | Senior Ladies | F | Unattached | 53:22 | 107 | 46 |
| 213 | 220 | Nigel HOLDER | MV50 | M | Unattached | 53:24 | 106 | 31 |
| 214 | 221 | Tania HOLDER | Senior Ladies | F | Unattached | 53:25 | 108 | 47 |
| 215 | 101 | Catherine ADAMS | FV40 | F | Unattached | 53:39 | 109 | 40 |
| 216 | 171 | Cath EDWARDS | FV50 | F | Griffithstown Harriers | 53:40 | 110 | 20 |
| 217 | 353 | Natalie TAYLOR | FV40 | F | Seriously Mad Runners (barry) | 53:45 | 111 | 41 |
| 218 | 167 | Julie DENNIS | FV40 | F | Seriously Mad Runners (barry) | 53:46 | 112 | 42 |
| 219 | 374 | Syd WHEELER | MV60+ | M | Chepstow Harriers | 53:49 | 107 | 11 |
| 220 | 174 | Lena EVANS | FV40 | F | Griffithstown Harriers | 53:59 | 113 | 43 |
| 221 | 352 | Sally TAYLOR | FV50 | F | Newent Runners | 54:07 | 114 | 21 |
| 222 | 358 | Jane TILLINGS | FV40 | F | Forest Of Dean Ac | 54:19 | 115 | 44 |
| 223 | 139 | Tracy BUCKLE | FV40 | F | Pegasus Rc | 54:33 | 116 | 45 |
| 224 | 140 | Paul BUCKLE | MV40 | M | Seriously Mad Runners (barry) | 54:34 | 108 | 29 |
| 225 | 297 | Lisa ORGAN | FV40 | F | Unattached | 54:51 | 117 | 46 |
| 226 | 136 | Jackie BROWN | FV50 | F | Unattached | 54:52 | 118 | 22 |
| 227 | 335 | Nicola ROYLANCE | Senior Ladies | F | Caerphilly Runners | 54:53 | 119 | 48 |
| 228 | 120 | Cerian BAULCH | Junior Ladies | F | Unattached | 54:55 | 120 | 1 |
| 229 | 281 | Kate MORGAN | Senior Ladies | F | Runnewport | 55:14 | 121 | 49 |
| 230 | 236 | Rebecca JOHNS | Senior Ladies | F | Unattached | 55:16 | 122 | 50 |
| 231 | 117 | Aimee BAULCH | Senior Ladies | F | Unattached | 55:32 | 123 | 51 |
| 232 | 268 | Alexandra MARSH | Senior Ladies | F | Unattached | 55:34 | 124 | 52 |
| 233 | 116 | Sarah BARTRAM | Senior Ladies | F | Unattached | 55:35 | 125 | 53 |
| 234 | 115 | Gary BARTRAM | MV40 | M | Unattached | 55:36 | 109 | 30 |
| 235 | 255 | Mandy LEAMAN | FV40 | F | Unattached | 55:37 | 126 | 47 |
| 236 | 376 | Kymerley WHITEHOUSE | Senior Ladies | F | Unattached | 55:38 | 127 | 54 |
| 237 | 131 | Clare BOWN | FV40 | F | Griffithstown Harriers | 56:13 | 128 | 48 |

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| 238 | 186 | Julie GIBSON | F V50 | F | Lliswerry Runners | 56:20 | 129 | 23 |
| 239 | 296 | Tracy O'BRIEN | S enior Ladies | F | Runnewport | 56:20 | 130 | 55 |
| 240 | 144 | Roy BURLAND | M V50 | M | Unattached | 56:33 | 110 | 32 |
| 241 | 308 | Natasha PLANT | F V40 | F | Unattached | 57:16 | 131 | 49 |
| 242 | 190 | Danielle GOODWIN | S enior Ladies | F | Unattached | 57:31 | 132 | 56 |
| 243 | 231 | Hilary JAMES | F V50 | F | Seriously Mad Runners (barry) | 58:02 | 133 | 24 |
| 244 | 306 | Carol LOADE | F V40 | F | Newent Runners | 58:32 | 134 | 50 |
| 245 | 248 | Helen KNOWLES | F V50 | F | Newent Runners | 58:41 | 135 | 25 |
| 246 | 151 | Katie COOK | S enior Ladies | F | Newent Runners | 58:44 | 136 | 57 |
| 247 | 183 | Evee FREITAG | S enior Ladies | F | Team Am | 58:54 | 137 | 58 |
| 248 | 388 | Tom WILLS | S enior Men | M | Team Am | 58:54 | 111 | 36 |
| 249 | 337 | Mandy SHARDLOW | F V40 | F | Almost Athletes | 01:00:47 | 138 | 51 |
| 250 | 200 | Sarah HADFIELD | S enior Ladies | F | Unattached | 01:00:50 | 139 | 59 |
| 251 | 302 | Coralie PEARSON | S enior Ladies | F | Almost Athletes | 01:00:51 | 140 | 60 |
| 252 | 351 | Suzanne TAYLOR | S enior Ladies | F | Llamau | 01:03:44 | 141 | 61 |
| 253 | 347 | Elizabeth STOKES | F V40 | F | Griffithstown Harriers | 01:03:45 | 142 | 52 |
| 254 | 156 | Joanna COWELL | F V50 | F | Unattached | 01:04:10 | 143 | 26 |
| 255 | 262 | Gaynor LOVELESS | F V50 | F | Seriously Mad Runners (barry) | 01:04:17 | 144 | 27 |