

## Tintern Trot - sponsored by Coates Physiotherapy Clinics

Tintern: 6M

Thursday 07-Jul-16 at 07:30

Organised by: Chepstow Harriers

## Race Results

Pos	Bib	Name	Cat	Gender	Club	Time	Gender Pos	Cat Pos
1	204	Peter RYDER		M	Cardiff Aac	37:28	1	
2	206	Stephen BARTLETT	MV45	M	Pontypridd Roadents Ac	39:56	2	1
3	228	Marcus BENNETTO		M	Forest Of Dean Ac	40:19	3	
4	264	Rob COWLARD	MV40	M	Thornbury Rc	40:35	4	1
5	224	Alec CARE		M	San Domenico Rc	40:51	5	
6	259	Ben ANDERSON	MV40	M	Unattached	40:52	6	2
7	61	Richard JACKSON-HOOKINS		M	Penarth And Dinas	41:03	7	
8	156	Alun WOOD		M	Mynydd Du	41:35	8	
9	110	Matt O'KEEFE		M	Unattached	41:47	9	
10	142	Dan SANDFORD	MV40	M	Forest Of Dean Ac	41:51	10	3
11	164	Karie ATKINS	MV40	M	Chepstow Harriers	42:08	11	4
12	212	Gavin BRACE		M	Llisbury Runners	42:44	12	
13	145	Jack FLEET		M	Forest Of Dean Ac	43:00	13	
14	112	Robin PHILLIPS	MV40	M	Westbury Harriers	43:22	14	5
15	14	Jonathan GLEDSON	MV45	M	Town And Country Harriers	43:29	15	2
16	205	Justin PHILLIPS	MV40	M	Pontypridd Roadents Ac	43:32	16	6
17	104	Rhys WILLIAMS	MV40	M	Mdc	43:36	17	7
18	235	Mark MATHEWS	MV40	M	Forest Of Dean Ac	43:39	18	8
19	143	Ross WALKER		M	Chepstow Harriers	43:51	19	
20	271	Julian BOON	MV45	M	Forest Of Dean Ac	43:54	20	3
21	153	Stuart PENNY	MV50	M	Chepstow Harriers	44:10	21	1
22	203	Rhian JINNY-JONES		F	Bristol & West Ac	44:19	1	
23	269	Emyr ROBERTS	MV40	M	Unattached	44:27	22	9
24	126	Rob BEVES	MV50	M	Chepstow Harriers	44:35	23	2
25	33	Andrew JONES		M	Penarth And Dinas	44:44	24	
26	187	Jullian BAILEY-GARD	MV40	M	Westbury Harriers	44:46	25	10
27	70	James PEARCE	MV40	M	Llisbury Runners	45:00	26	11
28	165	Ian MACKLIN	MV45	M	Mdc	45:20	27	4
29	72	Robert HOOK	MV50	M	Chepstow Harriers	45:27	28	3
30	155	Jonathan CARTER	MV45	M	Chepstow Harriers	45:31	29	5
31	268	Luke CONDER		M	Rifles	45:53	30	
32	117	Richard CRONIN		M	Llisbury Runners	45:55	31	
33	280	Ricci WATTS		M	Pont-y-pwl And District Runners	45:59	32	
34	266	Katie ROBY		F	Mdc	46:02	2	
35	50	Joseph HUSSEY		M	Town And Country Harriers	46:05	33	
36	53	Phil BOORMAN	MV45	M	Llisbury Runners	46:15	34	6
37	42	Richard SELF	MV50	M	Les Croupiers Rc	46:20	35	4
38	173	Howard OWEN		M	Les Croupiers Rc	46:25	36	
39	79	Niki MORGAN	FV45	F	Chepstow Harriers	46:32	3	1
40	281	Andrew DICKENS	MV45	M	Pont-y-pwl And District Runners	46:42	37	7
41	201	Andrew DAWE	MV50	M	Unattached	46:45	38	5
42	122	Dickie HUDD	MV45	M	Chepstow Harriers	46:48	39	8
43	176	Christopher JONES	MV55	M	Llisbury Runners	47:04	40	1
44	9	Rob DAVIES	MV40	M	Llisbury Runners	47:05	41	12

45	22	Rebecca ROTHWELL		F	Lliswerry Runners	47:08	4	
46	56	Andrew JONES	<b>MV40</b>	M	Parc Bryn Bach Rc	47:10	42	13
47	283	Gareth JONES		M	Parc Bryn Bach Rc	47:16	43	
48	191	Andrew BAKER	<b>MV50</b>	M	Pontypridd Roadents Ac	47:25	44	6
49	123	Mostyn JONES		M	Caldicot Running Club	47:31	45	
50	152	Faye JOHNSON		F	Pont-y-pwl And District Runners	47:34	5	
51	196	Gareth HOWELLS		M	Caerleon Running Club	47:37	46	
52	260	Lou SUMMERS	<b>FV45</b>	F	Pont-y-pwl And District Runners	47:40	6	2
53	213	David GEORGE	<b>MV60</b>	M	Westbury Harriers	47:42	47	1
54	136	Andrew THORPE	<b>MV55</b>	M	Forest Of Dean Ac	47:43	48	2
55	262	Jac HUGHES		M	Unattached	47:47	49	
56	179	Marcus FISHER		M	North Bristol Rc	47:50	50	
57	66	Michael MURPHY	<b>MV60</b>	M	Les Croupiers Rc	48:04	51	2
58	221	Richard POWLES	<b>MV40</b>	M	Forest Of Dean Ac	48:06	52	14
59	215	Jo CALLAGHAN		M	Unattached	48:23	53	
60	234	Mark BLAKE	<b>MV45</b>	M	Forest Of Dean Ac	48:25	54	9
61	95	Keith JAMES	<b>MV40</b>	M	Lliswerry Runners	48:47	55	15
62	241	Paul TUCKER	<b>MV50</b>	M	Brecon Ac	48:49	56	7
63	15	Matt MILKINS	<b>MV45</b>	M	Town And Country Harriers	48:51	57	10
64	291	Mark EVANS		M	Les Croupiers Rc	48:54	58	
65	168	David HARNESS	<b>MV40</b>	M	San Domenico Rc	48:58	59	16
66	249	Richard COATES	<b>MV40</b>	M	Chepstow Harriers	49:01	60	17
67	113	Neil GRANT	<b>MV60</b>	M	Chepstow Harriers	49:21	61	3
68	239	Kevin RUSSELL	<b>MV55</b>	M	Lliswerry Runners	49:34	62	3
69	181	Marc DURKIN		M	Penarth And Dinas	49:36	63	
70	106	Moray SLOAN	<b>MV45</b>	M	Thornbury Rc	49:37	64	11
71	49	Stephen OWEN	<b>MV60</b>	M	Chepstow Harriers	49:41	65	4
72	51	Bob WATSON	<b>MV45</b>	M	Lliswerry Runners	49:42	66	12
73	57	Victoria HOBBS		F	Lliswerry Runners	49:43	7	
74	254	Brian EVANS	<b>MV45</b>	M	Spirit Of Monmouth Rc	49:47	67	13
75	100	Glyn SANSOM	<b>MV50</b>	M	San Domenico Rc	49:48	68	8
76	214	Mike MEWSE	<b>MV60</b>	M	Westbury Harriers	49:52	69	5
77	37	Mike THURGOOD	<b>MV45</b>	M	Caerleon Running Club	49:54	70	14
78	302	Andy STOTT	<b>MV55</b>	M	Chepstow Harriers	49:58	71	4
79	175	Grahame VINER	<b>MV55</b>	M	Caerleon Running Club	50:00	72	5
80	222	Trish CHALK		F	Spirit Of Monmouth Rc	50:11	8	
81	300	Nicky McWILLIAM	<b>FV40</b>	F	Les Croupiers Rc	50:13	9	1
82	218	Clive ATTWOOD	<b>MV55</b>	M	Westbury Harriers	50:15	73	6
83	96	Sherryl HALL	<b>FV45</b>	F	Forest Of Dean Ac	50:20	10	3
84	43	Ian BELL	<b>MV55</b>	M	San Domenico Rc	50:30	74	7
85	169	Philip HYATT	<b>MV55</b>	M	Caerleon Running Club	50:32	75	8
86	298	Nicola FREEMAN		F	Unattached	50:34	11	
87	223	Simon LAMB	<b>MV45</b>	M	San Domenico Rc	50:40	76	15
88	127	Lisa JEFFREY	<b>FV45</b>	F	Chepstow Harriers	50:42	12	4
89	296	Stewart THOMSON	<b>MV50</b>	M	Pont-y-pwl And District Runners	50:44	77	9
90	289	Ian BEDDIS		M	Unattached	50:47	78	
91	246	Thomas MOLLEKIN		M	Mynydd Du	50:48	79	
92	26	Patrick RENNISON	<b>MV50</b>	M	Forest Of Dean Ac	50:51	80	10
93	297	Lucien CAMPBELL-KEMP	<b>MV45</b>	M	Town And Country Harriers	50:55	81	16
94	159	Dominic SHIELDS	<b>MV50</b>	M	San Domenico Rc	50:56	82	11
95	133	Paul CHRISTIE	<b>MV45</b>	M	Unattached	51:25	83	17
96	233	James FLETCHER	<b>MV50</b>	M	Unattached	51:35	84	12

97	170	Gareth JONES	<b>MV65</b>	M	Mdc	51:41	85	1
98	188	Tailby CATH	<b>FV45</b>	F	Penarth And Dinas	51:45	13	5
99	73	Robert GALE		M	Unattached	51:48	86	
100	23	Thomas HUNT		M	Town And Country Harriers	51:54	87	
101	139	Richard NEWHOUSE	<b>MV45</b>	M	Chepstow Harriers	52:03	88	18
102	263	Richard DENNANT	<b>MV50</b>	M	Forest Of Dean Ac	52:04	89	13
103	109	Daniel O'KEEFE		M	Unattached	52:06	90	
104	102	Laura CRONK		F	Pontypridd Roadents Ac	52:10	14	
105	54	David JENKINS	<b>MV40</b>	M	Forest Of Dean Ac	52:15	91	18
106	278	Michael BRYANT	<b>MV55</b>	M	Highworth Rc	52:17	92	9
107	162	Peter BROWN	<b>MV65</b>	M	Town And Country Harriers	52:18	93	2
108	2	Michael MARKS	<b>MV45</b>	M	Forest Of Dean Ac	52:19	94	19
109	245	Chris MATTHEW	<b>MV50</b>	M	Llswerry Runners	52:20	95	14
110	4	Alan ROBERTSON	<b>MV60</b>	M	Forest Of Dean Ac	52:22	96	6
111	270	Kevin McENTEE	<b>MV60</b>	M	Chepstow Harriers	52:23	97	7
112	244	Matthew BRERETON		M	Crop Tri	52:25	98	
113	150	Nerys CHAPLIN		F	Spirit Of Monmouth Rc	52:27	15	
114	240	Richie BRISTOW	<b>MV50</b>	M	South Wales Police	52:30	99	15
115	227	Peter HEWITT		M	Forest Of Dean Ac	52:56	100	
116	131	Dave HOLLOWAY		M	Caldicot Running Club	53:11	101	
117	307	Steve MORGAN	<b>MV40</b>	M	Fairwater Runners	53:16	102	19
118	237	Becca JONES		F	Brecon Ac	53:23	16	
119	211	Gwyn LLOYD	<b>MV60</b>	M	Pontypridd Roadents Ac	53:27	103	8
120	91	Brian FRANCIS	<b>MV50</b>	M	Forest Of Dean Ac	53:29	104	16
121	134	Andrew JOHNSON	<b>MV50</b>	M	Llswerry Runners	53:32	105	17
122	87	Scott BERRY	<b>MV40</b>	M	Forest Of Dean Ac	53:34	106	20
123	184	Robin MACINTOSH	<b>MV50</b>	M	Unattached	53:37	107	18
124	12	Chris MOORE	<b>MV60</b>	M	Forest Of Dean Ac	53:57	108	9
125	20	Malcolm BRADLEY	<b>MV65</b>	M	Penarth And Dinas	53:58	109	3
126	11	Helen LIPSCOMB		F	Forest Of Dean Ac	54:00	17	
127	135	Rachel HIPKISS		F	Chepstow Harriers	54:06	18	
128	71	Paul DURSLEY	<b>MV60</b>	M	Llswerry Runners	54:17	110	10
129	103	Mark HARVEY	<b>MV50</b>	M	Chepstow Harriers	54:18	111	19
130	88	Karen ELVERS	<b>FV40</b>	F	Mdc	54:26	19	2
131	199	Paul ADAMS	<b>MV40</b>	M	Caerleon Running Club	54:38	112	21
132	163	Sam EDWARDS	<b>MV55</b>	M	Town And Country Harriers	54:50	113	10
133	120	Ross HOWELLS		M	Unattached	54:51	114	
134	116	Debbie STENNER	<b>FV40</b>	F	Unattached	54:56	20	3
135	277	Desmond JONES	<b>MV40</b>	M	Llswerry Runners	55:06	115	22
136	62	Jeremy CREASEY	<b>MV45</b>	M	Spirit Of Monmouth Rc	55:10	116	20
137	229	Paul HARVEY		M	Pont-y-pwl And District Runners	55:12	117	
138	161	Simeon LOLIN	<b>MV45</b>	M	Llswerry Runners	55:15	118	21
139	55	Julie SCHOLEY	<b>FV55</b>	F	Les Croupiers Rc	55:20	21	1
140	148	Paul DAY	<b>MV65</b>	M	Llswerry Runners	55:26	119	4
141	157	William POWELL		M	Hendre Lake Running Club	55:29	120	
142	151	Adrian HAYWARD	<b>MV40</b>	M	Llswerry Runners	55:29	121	23
143	197	Peter OLIVIER	<b>MV50</b>	M	Caerleon Running Club	56:02	122	20
144	243	Graham JAMES	<b>MV50</b>	M	Forest Of Dean Ac	56:05	123	21
145	92	Tim REESE	<b>MV50</b>	M	Llswerry Runners	56:08	124	22
146	185	Ruth OWENS		F	Penarth And Dinas	56:20	22	
147	202	Paddy MACORY	<b>MV50</b>	M	Unattached	56:21	125	23
148	115	Chris MUNTUN		M	Unattached	56:27	126	

149	28 Nick SLOPER	<b>M</b> V40	M	Chelsea Running Club	56:27	127	24
150	19 Andy FAGG	<b>M</b> V60	M	Town And Country Harriers	56:30	128	11
151	21 Chris SPENCE	<b>M</b> V40	M	Unattached	56:33	129	25
152	94 Mark FAULKNER	<b>M</b> V55	M	Lliswerry Runners	56:35	130	11
153	275 Rachael CRATCHLEY		F	Unattached	56:38	23	
154	208 Justin JONES	<b>M</b> V40	M	Pontypridd Roadents Ac	56:40	131	26
155	305 Richard BOWIE	<b>M</b> V50	M	Fairwater Runners	56:41	132	24
156	257 Sharon WOODS	<b>F</b> V55	F	Pont-y-pwl And District Runners	56:44	24	2
157	177 Paul GONCALVES	<b>M</b> V40	M	Lliswerry Runners	56:50	133	27
158	32 Rob HICK	<b>M</b> V55	M	Town And Country Harriers	56:56	134	12
159	27 Marina WRIGHT		F	Lliswerry Runners	57:02	25	
160	198 Charlotte MORAN		F	Caerleon Running Club	57:04	26	
161	108 Jo EDWARDS	<b>M</b> V45	M	Forest Of Dean Ac	57:05	135	22
162	301 Michelle AMBLIN	<b>F</b> V40	F	Les Croupiers Rc	57:07	27	4
163	242 Roger TUCKER	<b>M</b> V55	M	Unattached	57:34	136	13
164	267 Kevin FOWLER	<b>M</b> V55	M	Pegasus Rc	57:35	137	14
165	160 Peter HAVARD	<b>M</b> V65	M	Mdc	57:38	138	5
166	69 Ella BOORMAN		F	Lliswerry Runners	57:51	28	
167	290 Dennis COLLINS	<b>M</b> V50	M	Rhondda Valley Runners	57:52	139	25
168	10 Gayle SHEPPARD	<b>F</b> V40	F	Lliswerry Runners	57:54	29	5
169	138 Colin DOWNEY	<b>M</b> V55	M	Mercia Fell Runners	58:02	140	15
170	82 Adam FARR		M	Unattached	58:07	141	
171	18 Catherine FAGG	<b>F</b> V60	F	Town And Country Harriers	58:08	30	1
172	189 Paula ALLEN	<b>F</b> V40	F	Pegasus Rc	58:09	31	6
173	192 Stephen WOOD		M	Pegasus Rc	58:10	142	
174	294 Kevin CASTER	<b>M</b> V40	M	Unattached	58:35	143	28
175	17 Bubbles YOUNG		F	Town And Country Harriers	58:36	32	
176	39 Matthew ROBERTSON		M	Penarth And Dinas	58:42	144	
177	232 Andrew BARRY	<b>M</b> V50	M	Lliswerry Runners	58:47	145	26
178	80 Peter SHORT	<b>M</b> V60	M	Forest Of Dean Ac	58:51	146	12
179	230 Nev TURNER	<b>M</b> V55	M	Forest Of Dean Ac	58:57	147	16
180	209 Caroline DALLIMORE	<b>F</b> V60	F	Mdc	59:04	33	2
181	38 Emma POSTLETHWAITE	<b>F</b> V45	F	Town And Country Harriers	59:08	34	6
182	78 Cormack CHISHOLM		M	Unattached	59:17	148	
183	158 Christine FARR	<b>F</b> V40	F	Swoc	59:21	35	7
184	288 Steven EWERS		M	Unattached	59:32	149	
185	287 David WILLIAMS		M	Unattached	59:33	150	
186	286 Andrew WALL		M	Unattached	59:34	151	
187	299 Jane ASH	<b>F</b> V40	F	Les Croupiers Rc	59:35	36	8
188	74 Robert TUDHOPE	<b>M</b> V40	M	Lliswerry Runners	59:43	152	29
189	75 Jacqui TUDHOPE	<b>F</b> V40	F	Lliswerry Runners	59:45	37	9
190	253 Angela BUSHELL	<b>F</b> V45	F	Thornbury Rc	59:47	38	7
191	97 Darren HARDWELL	<b>M</b> V40	M	Unattached	59:53	153	30
192	279 Chris FOLEY	<b>M</b> V65	M	Thornbury Rc	59:54	154	6
193	255 Peter MAINSTONE	<b>M</b> V65	M	Thornbury Rc	01:00:16	155	7
194	90 Stefanie FRANCIS	<b>F</b> V50	F	Forest Of Dean Ac	01:00:28	39	1
195	304 Fiona CROSS		F	Fairwater Runners	01:00:39	40	
196	77 Andy CHISHOLM	<b>M</b> V55	M	Unattached	01:00:46	156	17
197	105 Robert BARKER	<b>M</b> V45	M	Tgc	01:00:55	157	23
198	256 Jacqui WYNDY	<b>F</b> V60	F	Forest Of Dean Ac	01:01:00	41	3
199	186 Chris HAWKINS	<b>M</b> V65	M	Forest Of Dean Ac	01:01:09	158	8
200	93 Christopher WILSON	<b>M</b> V45	M	Unattached	01:01:29	159	24

201	147	Hugh McPHERSON	<b>M</b> V60	M	Thornbury Rc	01:01:46	160	13
202	251	Tony POWNALL	<b>M</b> V50	M	Forest Of Dean Ac	01:01:51	161	27
203	182	Helen GRIFFITHS		F	Penarth And Dinas	01:01:54	42	
204	85	Nathaniel SWAIN		M	Unattached	01:02:02	162	
205	86	John McCABE		M	Unattached	01:02:03	163	
206	3	Ceri JENKINS	<b>F</b> V40	F	Llisbury Runners	01:02:10	43	10
207	154	Sian KNIGHT	<b>F</b> V55	F	Unattached	01:02:17	44	3
208	303	Lauren FOULKES		F	Les Croupiers Rc	01:02:27	45	
209	36	Ruth ARMSTRONG	<b>F</b> V40	F	Unattached	01:02:29	46	11
210	124	Katie JONES		F	Caldicot Running Club	01:02:49	47	
211	140	Judy MILLS	<b>F</b> V55	F	Thornbury Rc	01:03:05	48	4
212	84	Lee ROGERS	<b>M</b> V40	M	Unattached	01:03:05	164	31
213	119	James BRAZIER	<b>M</b> V45	M	Unattached	01:03:11	165	25
214	231	Gemma HEWITT		F	Forest Of Dean Ac	01:03:20	49	
215	132	Martin ADAMS		M	Forest Of Dean Ac	01:03:26	166	
216	44	Gemma ACREMAN		F	Llisbury Runners	01:03:34	50	
217	107	Anna HELSING	<b>F</b> V50	F	Penarth And Dinas	01:03:39	51	2
218	292	Tania MIRANDA	<b>F</b> V45	F	Penarth And Dinas	01:03:42	52	8
219	101	Nigel ADAMS	<b>M</b> V50	M	Penarth And Dinas	01:03:54	167	28
220	183	Mark ALFORD	<b>M</b> V50	M	Caerleon Running Club	01:03:58	168	29
221	99	Salli MILLWARD-BRYANT	<b>F</b> V45	F	Forest Of Dean Ac	01:04:08	53	9
222	226	Donna SHEEN		F	Forest Of Dean Ac	01:04:10	54	
223	194	Andy BRAY	<b>M</b> V60	M	Chepstow Harriers	01:04:16	169	14
224	8	Lisa BATEMAN	<b>F</b> V45	F	Llisbury Runners	01:04:22	55	10
225	217	Samuel JONES		M	Unattached	01:04:40	170	
226	130	Alex LLEWELLYN		F	Caldicot Running Club	01:04:51	56	
227	45	Tim WRIGHT	<b>M</b> V50	M	Llisbury Runners	01:05:13	171	30
228	285	Rebecca POOLE		F	Fairwater Runners	01:05:26	57	
229	284	Beverley JONES	<b>F</b> V45	F	Fairwater Runners	01:05:26	58	11
230	5	Darren WILLIAMS	<b>M</b> V40	M	Llisbury Runners	01:05:38	172	32
231	47	Kay RIDGWELL	<b>F</b> V55	F	Westbury Harriers	01:05:40	59	5
232	258	Maddie PARROTT	<b>F</b> V50	F	Thornbury Rc	01:05:49	60	3
233	137	Mary BECKETT		F	Hendre Lake Running Club	01:06:32	61	
234	63	Sophie GOTT		F	Hendre Lake Running Club	01:06:33	62	
235	306	Bernadette WILKINSON	<b>F</b> V50	F	San Domenico Rc	01:06:41	63	4
236	261	Graeme DONNAN	<b>M</b> V60	M	Les Croupiers Rc	01:06:48	173	15
237	30	Nigel HALE	<b>M</b> V60	M	Thornbury Rc	01:06:54	174	16
238	216	Steve NEW	<b>M</b> V50	M	Caerphilly Runners	01:07:15	175	31
239	219	Angela BOWKETT	<b>F</b> V50	F	Forest Of Dean Ac	01:07:17	64	5
240	67	Gillian MURPHY	<b>F</b> V60	F	Les Croupiers Rc	01:07:26	65	4
241	68	Sasha MACKEN	<b>F</b> V40	F	Les Croupiers Rc	01:07:27	66	12
242	89	Kate BERRY	<b>F</b> V40	F	Unattached	01:07:31	67	13
243	190	Clare ANDERSON	<b>F</b> V50	F	Llisbury Runners	01:07:42	68	6
244	118	Nicola MEEK		F	Unattached	01:07:52	69	
245	141	Thomas JONES		M	Spirit Of Monmouth Rc	01:08:02	176	
246	1	Michael FAULDS		M	Llisbury Runners	01:08:06	177	
247	248	Karen BARNETT	<b>F</b> V45	F	Forest Of Dean Ac	01:08:20	70	12
248	247	Vannessa Jane PEGLER	<b>F</b> V45	F	Forest Of Dean Ac	01:08:21	71	13
249	64	Victoria SIMS		F	Forest Of Dean Ac	01:08:29	72	
250	7	Andrew PAUL	<b>M</b> V60	M	Unattached	01:08:48	178	17
251	282	Sue LOW	<b>F</b> V50	F	Town And Country Harriers	01:08:50	73	7
252	220	Mary BAKER	<b>F</b> V45	F	Unattached	01:08:54	74	14

253	238	Claire KEY	<b>FV45</b>	F	Brecon Ac	01:09:12	75	15
254	293	Elinore PHILLIPS		F	Llswerry Runners	01:09:24	76	
255	31	Carolyn DENT	<b>FV50</b>	F	Town And Country Harriers	01:09:33	77	8
256	195	Roberta HAVERS		F	Chepstow Harriers	01:09:43	78	
257	174	Karen JAMES	<b>FV45</b>	F	Unattached	01:10:04	79	16
258	98	Caroline RICKARDS		F	Forest Of Dean Ac	01:10:06	80	
259	250	Jo BABIJ	<b>FV45</b>	F	Forest Of Dean Ac	01:10:09	81	17
260	144	Sharla FLEET	<b>FV40</b>	F	Forest Of Dean Ac	01:10:58	82	14
261	146	Julie WILKS	<b>FV45</b>	F	Unattached	01:10:59	83	18
262	129	Carol DUNSBEE	<b>FV45</b>	F	Chepstow Harriers	01:11:11	84	19
263	171	Julie STOKES	<b>FV45</b>	F	Llswerry Runners	01:11:21	85	20
264	180	Chris WATKINS		M	Llswerry Runners	01:11:46	179	
265	52	Trudy HURFORD	<b>FV40</b>	F	Llswerry Runners	01:12:15	86	15
266	59	Denise HADIGATE	<b>FV40</b>	F	Islwyn Rc	01:12:20	87	16
267	60	Vicki JONES	<b>FV40</b>	F	Islwyn Rc	01:12:21	88	17
268	76	Nick JACKSON	<b>MV50</b>	M	Llswerry Runners	01:12:48	180	32
269	272	Gerry BLAKE	<b>MV45</b>	M	Brecon Ac	01:13:42	181	26
270	274	Carl ELLIOTT	<b>MV70+</b>	M	Llswerry Runners	01:13:57	182	1
271	252	Natalie TAYLOR		F	Mynydd Du	01:14:30	89	
272	172	Louise QUATERMASS		F	Llswerry Runners	01:14:35	90	
273	167	Louise PHILLIPS		F	Pontypridd Roadents Ac	01:14:39	91	
274	225	Karolina OBST		F	Unattached	01:14:58	92	
275	210	Bev JAMES	<b>FV55</b>	F	Forest Of Dean Ac	01:15:07	93	6
276	273	Penny MAISEY	<b>FV45</b>	F	Unattached	01:15:21	94	21
277	295	Laura RENDELL		F	Llswerry Runners	01:15:42	95	
278	276	Janine LANE		F	Llswerry Runners	01:16:56	96	
279	35	Tanya BOLLEN	<b>FV45</b>	F	Unattached	01:17:05	97	22
280	24	Megan SMITH	<b>FV40</b>	F	Llswerry Runners	01:17:06	98	18
281	34	Ruth OVEY	<b>FV40</b>	F	Llswerry Runners	01:17:06	99	19
282	207	Brenda EVANS	<b>FV60</b>	F	Pontypridd Roadents Ac	01:17:11	100	5
283	125	Maria ATKIN	<b>FV45</b>	F	Llswerry Runners	01:17:31	101	23
284	121	Hannah RICHARDS		F	Unattached	01:18:05	102	
285	166	Lisa NICHOLLS	<b>FV45</b>	F	Llswerry Runners	01:18:28	103	24
286	149	Paul WILLIAMS	<b>MV60</b>	M	Llswerry Runners	01:18:53	183	18
287	128	Catherine PHILLIPS		F	Chepstow Harriers	01:20:35	104	
288	200	Aisling MORGAN		F	Caerleon Running Club	01:23:14	105	
289	83	Lowri OWEN		F	Unattached	01:23:15	106	