

Gilwern Grunt
 Garn-yr-erw: 8 Miles
 Friday 17-Mar-2017 at 11:00
 Organised by: Rogue Runs
 Race Results

| Pos | Bib | Name | Cat | Gender | Club | Time | Gender Pos | Cat Pos |
|-----|-----|-------------------|------|--------|---------------------------------|----------|------------|---------|
| 1 | 473 | Daniel BODMAN | | M | Aberdare | 53:15 | 1 | |
| 2 | 456 | Samuel GREGORY | | M | Unattached | 53:34 | 2 | |
| 3 | 443 | Iwan MORTON | Mv40 | M | Mynydd Du | 56:15 | 3 | 1 |
| 4 | 454 | Richie JOHNSON | Mv40 | M | Mynydd Du | 57:31 | 4 | 2 |
| 5 | 408 | Richard WILDER | Mv40 | M | San Domenico Rc | 59:56 | 5 | 3 |
| 6 | 446 | Paul WHITE | Mv40 | M | Pont-y-pwl And District Runners | 01:00:03 | 6 | 4 |
| 7 | 330 | Hugh DAVIES | Mv40 | M | Worcester Ac | 01:01:58 | 7 | 5 |
| 8 | 331 | Rob NICHOLLS | | M | Spirit Of Monmouth Rc | 01:02:02 | 8 | |
| 9 | 461 | Justin PHILLIPS | Mv40 | M | Pontypridd Roadents Ac | 01:02:52 | 9 | 6 |
| 10 | 426 | Tom MOLLEKIN | | M | Mynydd Du | 01:03:02 | 10 | |
| 11 | 286 | Jon BELCHER | Mv40 | M | Llswerry Runners | 01:03:35 | 11 | 7 |
| 12 | 373 | Iain LARGE | | M | Bristol & West Ac | 01:03:53 | 12 | |
| 13 | 462 | Natasha COCKRAM | | F | Mmrt | 01:04:08 | 1 | |
| 14 | 318 | Lutz GOTTSCHALK | Mv50 | M | North Bristol Rc | 01:04:09 | 13 | 1 |
| 15 | 467 | Philip WILLIAMS | Mv40 | M | Pontypridd Roadents Ac | 01:04:16 | 14 | 8 |
| 16 | 474 | Matt STOTT | | M | Mdc | 01:04:22 | 15 | |
| 17 | 287 | Miles THOMAS | | M | Llswerry Runners | 01:04:24 | 16 | |
| 18 | 406 | Mark MATTHEWS | Mv40 | M | Forest Of Dean Ac | 01:04:39 | 17 | 9 |
| 19 | 281 | Phil BOORMAN | Mv40 | M | Llswerry Runners | 01:04:47 | 18 | 10 |
| 20 | 259 | Phil READ | Mv40 | M | Unattached | 01:04:48 | 19 | 11 |
| 21 | 275 | Rob DAVIES | Mv40 | M | Llswerry Runners | 01:05:12 | 20 | 12 |
| 22 | 328 | Robert PRITCHARD | | M | Monross Trailblazers | 01:05:14 | 21 | |
| 23 | 424 | Alun KING | | M | Llswerry Runners | 01:05:29 | 22 | |
| 24 | 322 | Nick BILBY | Mv40 | M | Unattached | 01:05:30 | 23 | 13 |
| 25 | 433 | Andy TURNER | | M | Unattached | 01:05:31 | 24 | |
| 26 | 377 | Mike LINK | Mv40 | M | Hereford Couriers | 01:05:40 | 25 | 14 |
| 27 | 469 | Adrian WOODS | Mv50 | M | Mynydd Du | 01:05:42 | 26 | 2 |
| 28 | 459 | Mark HURFORD | | M | Pont-y-pwl And District Runners | 01:05:42 | 27 | |
| 29 | 419 | Paul HAYWARD | | M | Islwyn Rc | 01:05:43 | 28 | |
| 30 | 415 | Gareth HALL | | M | Llswerry Runners | 01:05:46 | 29 | |
| 31 | 332 | George SMITH | Mv40 | M | Spirit Of Monmouth Rc | 01:05:51 | 30 | 15 |
| 32 | 301 | Darren OULD | | M | Maindy Harriers | 01:06:20 | 31 | |
| 33 | 444 | Matthew LAWSON | Mv40 | M | Chepstow Harriers | 01:06:30 | 32 | 16 |
| 34 | 439 | Iestin RHODES | | M | Mynydd Du | 01:07:06 | 33 | |
| 35 | 359 | Kevin DUPE | Mv50 | M | Caerleon Running Club | 01:07:21 | 34 | 3 |
| 36 | 402 | Niki MORGAN | Fv50 | F | Mynydd Du | 01:07:42 | 2 | 1 |
| 37 | 374 | Hannah WALSH | | F | Bristol & West Ac | 01:08:19 | 3 | |
| 38 | 385 | Gary JENNINGS | Mv50 | M | Southville Rc | 01:08:33 | 35 | 4 |
| 39 | 299 | Simon DARKE | Mv50 | M | Maindy Harriers | 01:08:39 | 36 | 5 |
| 40 | 464 | Andrew DICKENS | Mv40 | M | Mynydd Du | 01:08:57 | 37 | 17 |
| 41 | 479 | Paul TUCKER | Mv50 | M | Brecon Ac | 01:09:00 | 38 | 6 |
| 42 | 279 | Nicky COLLIN | | F | Llswerry Runners | 01:09:11 | 4 | |
| 43 | 448 | Danielle PHILLIPS | | F | Parc Bryn Bach Rc | 01:09:23 | 5 | |
| 44 | 413 | Sandra CHIPPER | Fv40 | F | Llswerry Runners | 01:09:27 | 6 | 1 |
| 45 | 375 | Gareth THOMAS | | M | Cardiff Triathletes | 01:09:47 | 39 | |

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| Pos | Bib | Name | Cat | Gender | Club | Time | Gender Pos | Cat Pos |
|-----|-----|--------------------|-------|--------|---------------------------------|----------|------------|---------|
| 46 | 401 | Michael THURGOOD | MV40 | M | Caerleon Running Club | 01:10:17 | 40 | 18 |
| 47 | 366 | Tim HAYSOM | MV40 | M | Portishead Rc | 01:10:23 | 41 | 19 |
| 48 | 472 | Dimitri VORRES | MV50 | M | Pont-y-pwl And District Runners | 01:10:26 | 42 | 7 |
| 49 | 416 | Richard CRONIN | | M | Mdc | 01:10:30 | 43 | |
| 50 | 410 | Oliver HARRIS | | M | Lliswerry Runners | 01:10:55 | 44 | |
| 51 | 434 | Thomas COCHRANE | | M | Unattached | 01:11:05 | 45 | |
| 52 | 407 | Steve OWEN | MV60+ | M | Chepstow Harriers | 01:11:11 | 46 | 1 |
| 53 | 405 | Mark CHANNER | MV40 | M | Forest Of Dean Ac | 01:11:15 | 47 | 20 |
| 54 | 475 | Andy STOTT | MV50 | M | Mdc | 01:11:23 | 48 | 8 |
| 55 | 337 | Matthew MULCAHY | MV40 | M | Caerleon Running Club | 01:11:29 | 49 | 21 |
| 56 | 364 | Ian DAVIES | MV40 | M | Caerleon Running Club | 01:11:31 | 50 | 22 |
| 57 | 271 | Andrew POWELL | MV40 | M | Unattached | 01:11:33 | 51 | 23 |
| 58 | 343 | Laura CRONK | | F | Pontypridd Roadents Ac | 01:11:36 | 7 | |
| 59 | 427 | Antoinette DUMAYRE | | F | Lliswerry Runners | 01:11:42 | 8 | |
| 60 | 288 | Tim ROWLANDS | | M | Unattached | 01:11:44 | 52 | |
| 61 | 282 | Mark PHILLIPS | | M | Unattached | 01:11:48 | 53 | |
| 62 | 298 | Bob WATSON | MV40 | M | Lliswerry Runners | 01:12:14 | 54 | 24 |
| 63 | 258 | Tim REESE | MV50 | M | Lliswerry Runners | 01:12:35 | 55 | 9 |
| 64 | 412 | Chris O'BRIEN | MV40 | M | Lliswerry Runners | 01:12:44 | 56 | 25 |
| 65 | 393 | Charlie HURCUM | | F | Portishead Rc | 01:12:47 | 9 | |
| 66 | 351 | Heather GRAZ | FV40 | F | Unattached | 01:12:49 | 10 | 2 |
| 67 | 476 | Matt FISHER | | M | Unattached | 01:12:50 | 57 | |
| 68 | 403 | Jon THIEL | | M | Bridgend Ac | 01:13:06 | 58 | |
| 69 | 420 | Aaron BENNETT | | M | Gloucester Ac | 01:13:08 | 59 | |
| 70 | 394 | Grahame VINER | MV50 | M | Caerleon Running Club | 01:13:13 | 60 | 10 |
| 71 | 327 | Judith OAKLEY | FV50 | F | Vegan Runners | 01:13:16 | 11 | 2 |
| 72 | 321 | Richard BASHAM | MV40 | M | Lliswerry Runners | 01:13:21 | 61 | 26 |
| 73 | 294 | Peter LLEWELLYN | | M | Unattached | 01:13:28 | 62 | |
| 74 | 465 | Louise SUMMERS | FV40 | F | Mynydd Du | 01:13:30 | 12 | 3 |
| 75 | 293 | Tom DUCK | | M | Unattached | 01:13:36 | 63 | |
| 76 | 390 | Kevin RUSSELL | MV50 | M | Lliswerry Runners | 01:13:37 | 64 | 11 |
| 77 | 355 | Nick DENNIS | MV50 | M | Unattached | 01:13:46 | 65 | 12 |
| 78 | 455 | Howard MASON | MV50 | M | Caerleon Running Club | 01:14:20 | 66 | 13 |
| 79 | 319 | Christopher JONES | MV50 | M | Lliswerry Runners | 01:14:43 | 67 | 14 |
| 80 | 333 | Chris HOPES | MV50 | M | Southville Rc | 01:14:45 | 68 | 15 |
| 81 | 458 | David PLACE | MV50 | M | Unattached | 01:14:45 | 69 | 16 |
| 82 | 338 | Jonathan HANCOCK | MV60+ | M | Usk Runners | 01:14:46 | 70 | 2 |
| 83 | 350 | Michael GRAZ | MV40 | M | 100 Marathon Club | 01:14:53 | 71 | 27 |
| 84 | 320 | Michael MARKS | MV40 | M | Forest Of Dean Ac | 01:15:00 | 72 | 28 |
| 85 | 418 | Gareth HART | MV40 | M | Caerleon Running Club | 01:15:45 | 73 | 29 |
| 86 | 347 | Debbie STENNER | FV40 | F | Forest Of Dean Ac | 01:15:57 | 13 | 4 |
| 87 | 447 | Christopher JONES | MV40 | M | 3m Gorseinon Road Runners | 01:17:23 | 74 | 30 |
| 88 | 339 | Christopher THOMAS | MV50 | M | Ebbw Vale Rc | 01:17:31 | 75 | 17 |
| 89 | 361 | Luke BLAKEBROUGH | | M | Sziget Stumblerw | 01:17:35 | 76 | |
| 90 | 360 | Martin BLAKEBROUGH | MV50 | M | Spirit Of Monmouth Rc | 01:17:40 | 77 | 18 |

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|-----|-----|----------------------|-------|--------|------------------------------------|----------|------------|---------|
| 91 | 425 | Rod WYATT | MV40 | M | Spirit Of Monmouth Rc | 01:18:05 | 78 | 31 |
| 92 | 395 | Steve HERINGTON | MV60+ | M | Hereford Couriers | 01:18:07 | 79 | 3 |
| 93 | 398 | Justin POCKNELL | MV40 | M | Caerleon Running Club | 01:18:08 | 80 | 32 |
| 94 | 417 | Paul HARMET | MV50 | M | Lliswerry Runners | 01:18:08 | 81 | 19 |
| 95 | 477 | Zoe BROCKTOR | | F | Mynydd Du | 01:18:14 | 14 | |
| 96 | 421 | Marcelle MACKAY | FV40 | F | Brecon Triathlon | 01:18:16 | 15 | 5 |
| 97 | 442 | Llyd HUGHES | | M | Caerleon Running Club | 01:18:34 | 82 | |
| 98 | 278 | Tracie WILLIAMS-ROWE | FV40 | F | Lliswerry Runners | 01:18:36 | 16 | 6 |
| 99 | 272 | Rebecca COMINS | FV40 | F | Chepstow Harriers | 01:18:43 | 17 | 7 |
| 100 | 478 | Bev TUCKER | FV50 | F | Brecon Ac | 01:19:00 | 18 | 3 |
| 101 | 273 | Liz RICHARDS | FV50 | F | Caerleon Running Club | 01:19:02 | 19 | 4 |
| 102 | 457 | Martyn JENKINS | MV50 | M | Fairwater Runners | 01:19:50 | 83 | 20 |
| 103 | 314 | David BROWN | MV40 | M | Lliswerry Runners | 01:19:53 | 84 | 33 |
| 104 | 368 | Mark BREESE | MV40 | M | Unattached | 01:19:58 | 85 | 34 |
| 105 | 329 | Yvonne BROWN | FV50 | F | Vegetarian Cycling & Athletic Club | 01:20:22 | 20 | 5 |
| 106 | 387 | Kevin BARNES | MV50 | M | Hereford Couriers | 01:20:29 | 86 | 21 |
| 107 | 358 | Graham BINGHAM | MV50 | M | Pontypridd Roadents Ac | 01:20:35 | 87 | 22 |
| 108 | 463 | Richard NEWHOUSE | MV40 | M | Chepstow Harriers | 01:20:54 | 88 | 35 |
| 109 | 277 | Jeremy DICKSON | MV50 | M | Lliswerry Runners | 01:21:04 | 89 | 23 |
| 110 | 422 | David SMOUT | MV60+ | M | Mynydd Du | 01:21:16 | 90 | 4 |
| 111 | 313 | Adam HUGHES | | M | Unattached | 01:21:21 | 91 | |
| 112 | 296 | Daniel CLENAGHAN | MV50 | M | Corsham Running Club | 01:21:40 | 92 | 24 |
| 113 | 466 | Gerrard WATKINS | MV40 | M | Unattached | 01:21:44 | 93 | 36 |
| 114 | 261 | David EVANS | MV40 | M | Unattached | 01:21:54 | 94 | 37 |
| 115 | 383 | Christopher KEENE | MV40 | M | Unattached | 01:22:23 | 95 | 38 |
| 116 | 280 | Paul DURSLEY | MV60+ | M | Lliswerry Runners | 01:22:23 | 96 | 5 |
| 117 | 315 | Robert TUDHOPE | MV40 | M | Lliswerry Runners | 01:22:34 | 97 | 39 |
| 118 | 354 | David JENKINS | MV40 | M | Forest Of Dean Ac | 01:23:26 | 98 | 40 |
| 119 | 397 | Jamie PHILLIPS | | M | Unattached | 01:23:27 | 99 | |
| 120 | 399 | Joe POWELL | | M | Unattached | 01:23:30 | 100 | |
| 121 | 316 | Paul ADAMS | MV40 | M | Caerleon Running Club | 01:23:37 | 101 | 41 |
| 122 | 346 | Chris MUNTON | | M | Forest Of Dean Ac | 01:23:40 | 102 | |
| 123 | 302 | Sarah Lou FRANCIS | FV40 | F | Lliswerry Runners | 01:23:52 | 21 | 8 |
| 124 | 432 | Martin ROWNTREE | | M | Unattached | 01:24:01 | 103 | |
| 125 | 323 | Dave WEBSTER | MV50 | M | Lliswerry Runners | 01:24:06 | 104 | 25 |
| 126 | 430 | Sue SHERGOLD | FV40 | F | Forest Of Dean Ac | 01:24:33 | 22 | 9 |
| 127 | 291 | Russell BOWN | MV50 | M | Pontypridd Roadents Ac | 01:24:33 | 105 | 26 |
| 128 | 452 | Jonathan KNIGHT | MV40 | M | Pont-y-pwl And District Runners | 01:24:36 | 106 | 42 |
| 129 | 429 | Jody McCLAY | | M | Unattached | 01:24:41 | 107 | |
| 130 | 345 | Amy BROWNBILL | | F | Unattached | 01:24:57 | 23 | |
| 131 | 344 | Philip LEAKE | | M | Unattached | 01:24:57 | 108 | |
| 132 | 276 | Gayle SHEPPARD | FV40 | F | Lliswerry Runners | 01:25:10 | 24 | 10 |
| 133 | 268 | Nick SLOPER | MV40 | M | Unattached | 01:25:53 | 109 | 43 |
| 134 | 414 | David SHEARD | MV50 | M | Cwm Ogwr Running Club | 01:25:54 | 110 | 27 |
| 135 | 481 | Richard GOSLING | | M | Lliswerry Runners | 01:26:09 | 111 | |

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|-----|-----|--------------------|--------------|--------|-----------------------------------|----------|------------|---------|
| 136 | 357 | Adam HOLDER | | M | Unattached | 01:26:14 | 112 | |
| 137 | 449 | Emma ING | | F | Spirit Of Monmouth Rc | 01:26:55 | 25 | |
| 138 | 362 | Derren RICHARDSON | MV40 | M | Bfunctional Triathlon Club | 01:27:00 | 113 | 44 |
| 139 | 363 | Mark FAULKNER | MV50 | M | Lliswerry Runners | 01:27:19 | 114 | 28 |
| 140 | 380 | Jane ROSCOE | FV50 | F | Portishead Rc | 01:27:22 | 26 | 6 |
| 141 | 428 | Simeon LOLIN | MV40 | M | Unattached | 01:27:26 | 115 | 45 |
| 142 | 257 | Jeremy CREASEY | MV50 | M | Spirit Of Monmouth Rc | 01:27:36 | 116 | 29 |
| 143 | 468 | Mark BEARD | MV50 | M | Unattached | 01:27:55 | 117 | 30 |
| 144 | 480 | Jak ROSE | | M | Unattached | 01:27:56 | 118 | |
| 145 | 445 | Peter OLIVER | MV50 | M | Caerleon Running Club | 01:27:58 | 119 | 31 |
| 146 | 308 | Cerianne JENKINS | FV40 | F | Lliswerry Runners | 01:28:41 | 27 | 11 |
| 147 | 438 | Catherine ETCHHELL | FV50 | F | Unattached | 01:28:47 | 28 | 7 |
| 148 | 336 | Sue JEDDI | FV50 | F | Avon Valley Runners | 01:28:50 | 29 | 8 |
| 149 | 365 | Jonathan HUGHES | MV40 | M | Unattached | 01:28:55 | 120 | 46 |
| 150 | 404 | Kate BURKE | FV40 | F | Forest Of Dean Ac | 01:29:42 | 30 | 12 |
| 151 | 453 | Andrew COCKERAM | MV50 | M | Lliswerry Runners | 01:30:04 | 121 | 32 |
| 152 | 352 | Andrew JOHNSON | MV50 | M | Lliswerry Runners | 01:31:27 | 122 | 33 |
| 153 | 392 | Helen THOMAS | FV50 | F | Caerleon Running Club | 01:33:10 | 31 | 9 |
| 154 | 367 | Karen PAYNE | FV40 | F | Caerleon Running Club | 01:33:16 | 32 | 13 |
| 155 | 283 | Colin WESTBURY | MV40 | M | Gloucester Ac | 01:33:31 | 123 | 47 |
| 156 | 326 | Katy SHOESMITH | | F | Bitton Road Runners | 01:33:36 | 33 | |
| 157 | 284 | Kirstie DEVONS | FV40 | F | Unattached | 01:33:38 | 34 | 14 |
| 158 | 441 | Michelle CLABON | FV50 | F | Caerleon Running Club | 01:33:43 | 35 | 10 |
| 159 | 382 | Lee ROGERS | MV40 | M | Newport Edition | 01:33:48 | 124 | 48 |
| 160 | 379 | Bubbles YOUNG | | F | Bristol Town And Country Harriers | 01:33:54 | 36 | |
| 161 | 437 | Carly SELBY | | F | Unattached | 01:34:10 | 37 | |
| 162 | 265 | Sarah WEST | | F | Unattached | 01:34:15 | 38 | |
| 163 | 306 | Desmond JONES | MV40 | M | Lliswerry Runners | 01:34:45 | 125 | 49 |
| 164 | 423 | Terry VAUGHAN | MV40 | M | Mynydd Du | 01:34:55 | 126 | 50 |
| 165 | 317 | Charlotte MORAN | FV40 | F | Caerleon Running Club | 01:34:57 | 39 | 15 |
| 166 | 388 | Robert WOOD | MV40 | M | Lliswerry Runners | 01:34:58 | 127 | 51 |
| 167 | 274 | Gemma ACREMAN | | F | Lliswerry Runners | 01:35:01 | 40 | |
| 168 | 356 | Sonja BREESE | FV40 | F | Lliswerry Runners | 01:35:09 | 41 | 16 |
| 169 | 440 | Leanne PHILLIPS | FV40 | F | Lliswerry Runners | 01:35:19 | 42 | 17 |
| 170 | 335 | Sarah BARKER | | F | Avon Valley Runners | 01:35:31 | 43 | |
| 171 | 372 | Jason ROISSETTER | MV40 | M | Unattached | 01:35:41 | 128 | 52 |
| 172 | 340 | Jon STONES | MV40 | M | Lliswerry Runners | 01:36:15 | 129 | 53 |
| 173 | 460 | Louise PHILLIPS | | F | Pontypridd Roadents Ac | 01:37:40 | 44 | |
| 174 | 409 | Carl ELLIOT | MV60+ | M | Lliswerry Runners | 01:40:07 | 130 | 6 |
| 175 | 309 | Lauryn BENTHAM | | F | Unattached | 01:40:39 | 45 | |
| 176 | 267 | Andy LEONARD | MV40 | M | Unattached | 01:40:49 | 131 | 54 |
| 177 | 471 | Ben JONES | MV40 | M | Fairwater Runners | 01:40:51 | 132 | 55 |
| 178 | 353 | Claire LEWIS | FV40 | F | Unattached | 01:42:51 | 46 | 18 |
| 179 | 470 | Jane LEWIS | FV40 | F | Fairwater Runners | 01:42:52 | 47 | 19 |
| 180 | 376 | Zoe ELVER | FV40 | F | Pont-y-pwl And District Runners | 01:42:58 | 48 | 20 |

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|-----|-----|---------------------|---------------|--------|-----------------------|----------|------------|---------|
| 181 | 431 | Nigel SHAW | M V50 | M | Unattached | 01:46:38 | 133 | 34 |
| 182 | 436 | Chantelle WATSON | | F | Unattached | 01:47:39 | 49 | |
| 183 | 369 | Gaz BAILEY | | M | Newportedition | 01:47:45 | 134 | |
| 184 | 451 | Moira WOOLLES | | F | Lliswerry Runners | 01:48:15 | 50 | |
| 185 | 349 | Jackie PHILLIPS | F V40 | F | Unattached | 01:48:19 | 51 | 21 |
| 186 | 269 | Sally GILSON | F V40 | F | Spirit Of Monmouth Rc | 01:49:20 | 52 | 22 |
| 187 | 312 | Sammi BULLEY | | F | Unattached | 01:49:54 | 53 | |
| 188 | 292 | Annette EXLEY | F V50 | F | Usk Runners | 01:49:57 | 54 | 11 |
| 189 | 435 | Bernadette DAVIES | F V40 | F | Caerleon Running Club | 01:49:58 | 55 | 23 |
| 190 | 263 | Darija MANN | | F | Cwm Ogwr Running Club | 01:50:00 | 56 | |
| 191 | 391 | Leah MORRIS | | F | Spirit Of Monmouth Rc | 01:50:05 | 57 | |
| 192 | 295 | Esther DAWSON | F V40 | F | Usk Runners | 01:50:08 | 58 | 24 |
| 193 | 334 | Clare ANDERSON | F V50 | F | Lliswerry Runners | 01:50:17 | 59 | 12 |
| 194 | 400 | Mary SCOURFIELD | F V50 | F | Caerleon Running Club | 01:50:31 | 60 | 13 |
| 195 | 324 | Sue WEBSTER | F V50 | F | Lliswerry Runners | 01:50:40 | 61 | 14 |
| 196 | 411 | Roni MARGERISON | F V40 | F | Lliswerry Runners | 01:51:16 | 62 | 25 |
| 197 | 260 | Trudy HURFORD | F V40 | F | Lliswerry Runners | 01:55:11 | 63 | 26 |
| 198 | 310 | Jessica HOWELLS | | F | Unattached | 01:55:11 | 64 | |
| 199 | 304 | Louise QUATERMASS | | F | Lliswerry Runners | 01:55:22 | 65 | |
| 200 | 386 | Janine LANE | | F | Lliswerry Runners | 01:55:47 | 66 | |
| 201 | 307 | Nick JACKSON | M V50 | M | Lliswerry Runners | 01:58:28 | 135 | 35 |
| 202 | 370 | David CHURCHWARD | | M | Unattached | 01:58:42 | 136 | |
| 203 | 371 | Christina GREATWOOD | | F | Unattached | 01:58:43 | 67 | |
| 204 | 378 | Mike KING | M V60+ | M | Nailsea Rc | 02:03:30 | 137 | 7 |
| 205 | 325 | Tony HARDY | M V50 | M | Spirit Of Monmouth Rc | 02:11:28 | 138 | 36 |
| 206 | 341 | Gwyneth HOWELLS | F V60+ | F | Caerleon Running Club | 02:11:52 | 68 | 1 |

| | | | | | |
|-----|--------------------|---------------|---|---------------------------|--------------|
| 262 | Philip GEORGE | M V50 | M | Unattached | Not finished |
| 270 | Matthew CHILDS | M V50 | M | Unattached | Not finished |
| 285 | Rachel BOWEN | | F | Lliswerry Runners | Not finished |
| 289 | Nicola FREEMAN | | F | Mdc | Not finished |
| 290 | Stephen HIBLE | M V60+ | M | Corsham Running Club | Not finished |
| 297 | David MACKIE | M V40 | M | Corsham Running Club | Not finished |
| 300 | Julianne JAMESON | F V50 | F | Almost Athletes | Not finished |
| 305 | Allan SMITH | M V60+ | M | 3m Gorseinon Road Runners | Not finished |
| 311 | Steven HARRISON | | M | Unattached | Not finished |
| 342 | Jack ROWLAND | | M | Lliswerry Runners | Not finished |
| 348 | Allan MATTHEWS | M V50 | M | Spirit Of Monmouth Rc | Not finished |
| 381 | John-Paul McDONALD | | M | Unattached | Not finished |
| 384 | Richard NUELLE | M V60+ | M | Portishead Rc | Not finished |
| 389 | James TUCKER | | M | Chepstow Harriers | Not finished |
| 396 | Lisa WILLIAMS | F V40 | F | Pontypridd Roadents Ac | Not finished |
| 450 | Anthony WADDINGTON | M V40 | M | Hereford Tri Club | Not finished |