

Place	Bib	Name	AG	Club	Time
1.	216	Mr Richard Purkis	Male 16-39	Tewkesbury Triathlon Club	42:08
2.	323	Andrew Stephens	Male 40-49	Monross trailblazers	42:53
3.	1	Mr Huw Evans	Male 40-49	Les Croupiers Running Club	43:34
4.	337	Tom Cooling	Male 16-39		43:46
5.	171	Mr Jon Mansfield	Male 40-49	Tewkesbury Running Club	44:39
6.	157	Mr Sam Jones	Male 16-39	Parc Bryn Bach Running Club	45:17
7.	338	Marcus Bennetto	Male 16-39	Forest of Dean AC	45:53
8.	307	Joshua Jones	Male 16-39	Griffithstown Harriers	45:58
9.	89	Mr Leyton Fleet	Male 40-49	Forst Of Dean Ac	46:08
10.	225	Mr David Richardson	Male 16-39	Pont-Y-Pwl & District Runners	46:13
11.	233	Mr Dan Sandford	Male 40-49	Forest of Dean AC	46:20
12.	344	Alun Wood	Male 16-39	Pont-Y-Pwl & District Runners	46:40
13.	153	Mr Gareth Jones	Male 16-39	Griffithstown Harriers	46:53
14.	309	John Russell	Male 40-49	Forest of Dean AC	46:59
15.	166	Mr Andy Lee	Male 40-49	Pontypool and district runners	47:00
16.	127	Mr Jay Horton	Male 40-49		47:07
17.	142	Mr David Jacob	Male 16-39	Lliswerry Runners	47:08
18.	128	Mrs Maddie horton	Female 16-39		47:15
19.	132	Mr Fraser Howard	Male 40-49	Witney Roadrunners	47:27
20.	242	Mr Andrew Skailes	Male 40-49		47:46
21.	160	Mr Mark Killeen	Male 16-39		47:49
22.	154	Mr Gavin Jones	Male 16-39	Monross Trailblazers	47:56
23.	117	Mr Paul Hayward	Male 16-39	Islwyn RC	48:12
24.	257	Ms Alice Taylor	Female 16-39	Spirit of Monmouth Running Club	48:15
25.	148	Mr David Jolly	Male 40-49		48:25
26.	87	Mr Daniel Fisher	Male 16-39	Ludlow Triathlon Club	48:58
27.	67	Mr Steve Davies	Male 50-59	Pontypool Running Club	49:03
28.	330	Nikki Morgan	Female 50-59	Chepstow Harriers	49:30
29.	75	Mr Toby Dickens	Male 16-39		49:33
30.	159	Mr Lee Kibble	Male 16-39		50:03
31.	334	Gerry Obrien	Male 40-49		50:11
32.	273	Mr Vlad Venglar	Male 40-49	Tewkesbury Running Club	50:32
33.	61	Mr Nic Dauncey	Male 40-49	Malvern Joggers	50:39
34.	212	Mr Robert Pritchard	Male 16-39	Monross trailblazers	50:40
35.	290	Mr Colin Wilmott	Male 50-59	Griffithstown Harriers	50:45
36.	318	Mark Mathews	Male 40-49	Forest of Dean AC	50:57
37.	49	Mrs Sandra Chipper	Female 40-49	Lliswerry Runners	51:32
38.	136	Mr Philip Hughes	Male 16-39	San Domenico RC	51:37
39.	316	Joshua Matthews	Male 16-39		51:39
40.	46	Mr Mark Channer	Male 40-49	Forest of Dean AC	51:44
41.	218	Dr Gwyn Rees	Male 40-49		51:46
42.	266	Mr Mathew trinder	Male 16-39	parc bryn bach	51:56
43.	261	Mr Andrew Thorpe	Male 50-59	Forest of Dean AC	52:08
44.	221	Mr Tony Rex	Male 50-59		52:08
45.	315	Cory Sherwin	Male 16-39	Forest of Dean AC	52:10
46.	161	Mr Ieuan Kingston	Male 16-39	Pont-Y-Pwl & District Runners	52:11

47.	150 Mr Andrew Jones	Male 40-49	Parc Bryn Bach Running Club	52:14
48.	336 Adrian Tew	Male 50-59		52:26
49.	165 Mr Matthew Lancett	Male 40-49	Malvern Joggers	52:26
50.	311 James Fletcher	Male 50-59	Monross trailblazers	52:29
51.	11 Mr Michael Baggett	Male 16-39		52:33
52.	228 Mr Richard Roberts	Male 16-39	Griffithstown Harriers	52:37
53.	125 Mr Rob Hook	Male 50-59	CHEPSTOW HARRIERS	52:39
54.	50 Mr Michael Cleaver	Male 40-49	Lliswerry Runners	52:39
55.	126 Ms Jane Horler	Female 40-49	CHEPSTOW HARRIERS	52:50
56.	265 Mr Ben Toon	Male 16-39	Malvern Joggers	52:52
57.	326 Chris Williams	Male 50-59		52:54
58.	331 Dimitri Vorres	Male 50-59	Pont-Y-Pwl & District Runners	53:02
59.	341 Steve Harry	Male 50-59	Pont-Y-Pwl & District Runners	53:07
60.	78 Mr Rhys Doolan	Male 16-39	Griffithstown Harriers	53:12
61.	181 Mr Phillip Miles	Male 60+	parc brynbach	53:16
62.	254 Mrs Lou summers	Female 40-49	Pont-y-pwl & district Runners	53:22
63.	270 Mr Carl Urquhart	Male 50-59	Pont y Pwl Runners	53:26
64.	141 Mr Michael Jackson	Male 16-39	Tewkesbury running club	53:29
65.	190 Mr Chris O'Brien	Male 40-49	Pontypool and District Runners	53:49
66.	299 Matthew Bunce	Male 40-49	Brakla Harriers	53:55
67.	210 Mr Geraint Pritchard	Male 40-49	Rhayader running club	54:00
68.	289 Mrs TRACIE WILLIAMS-ROWE	Female 40-49	Lliswerry Runners	54:17
69.	169 Mr Duncan Loughrey	Male 50-59	Wye Valley Runners	54:17
70.	296 Mr Stephen wright	Male 16-39		54:18
71.	91 Mr Owain flower	Male 16-39		54:19
72.	168 Mrs Rachel Lewis	Female 40-49	Parc Bryn Bach	54:21
73.	177 Mr Glen Meek	Male 40-49	Chepstow Harriers	55:00
74.	211 Mr Paul Pritchard	Male 40-49	Lliswerry Runners	55:07
75.	107 Mr Justin Griffiths	Male 40-49	Lliswerry Runners	55:14
76.	183 Mr Jonathan Moore	Male 50-59		55:16
77.	220 Mr Patrick Rennison	Male 50-59	Forest of Dean AC	55:20
78.	235 Mr RICHARD SHEEHY	Male 16-39	Parc Bryn Bach Running Club	55:24
79.	113 Mr Jonathan Hancock	Male 60+	Usk runners	55:26
80.	76 Mr Anthony Dixon Gough	Male 40-49	Triteam Glos	55:32
81.	29 Mr Mark Blagbrough	Male 50-59		55:37
82.	297 Mr James Yemm	Male 16-39		55:50
83.	258 Miss Evelyn Taylor	Female 16-39		55:50
84.	66 Mr Ian Davies	Male 50-59	Parc Bryn Bach rc	55:54
85.	230 Mr Gethin Rose	Male 40-49		55:59
86.	47 Miss Roseann Charles	Female 16-39	Griffithstown Harriers	56:05
87.	96 Mr Maixent Gaillard	Male 40-49	Fairwater Runners Cwmbran	56:08
88.	133 Mrs Sally Howard	Female 40-49	Witney Roadrunners	56:09
89.	184 Mr Ian Morgan	Male 16-39	FODAC	56:17
90.	277 Mr Bob Watson	Male 40-49	Lliswerry Runners	56:22
91.	245 Mr Joshua smith	Male 16-39	N/A	56:29
92.	343 Mark Evans	Male 16-39	Les Croupiers Running Club	56:33
93.	175 Mr Paul Mason	Male 50-59	Tewkesbury Running Club	56:37

94.	17 Mr Andrew barnes	Male 16-39		56:42
95.	319 Brian Francis	Male 50-59	Forest of Dean AC	56:45
96.	322 Keith Langley	Male 60+	Pontypool and District Runners	56:51
97.	25 Ms Jane Beresford	Female 50-59	Spirit of Monmouth	57:11
98.	300 Andrew Gadd	Male 50-59		57:13
99.	14 Miss Vanessa Ball	Female 16-39	Monross Trail Blazers	57:22
100.	333 Michael Marks	Male 50-59	Forest of Dean AC	57:29
101.	93 Miss Sarah Francis	Female 40-49	Lliswerry Runners	57:31
102.	342 Keith Verheyden	Male 50-59	fetch everyone	57:45
103.	170 Mr Ian LOWTON	Male 40-49		57:49
104.	256 Mr James Tarrant	Male 40-49		57:50
105.	339 Matthew Hall	Male 50-59	Monross trailblazers	57:55
106.	291 Mrs Alex Willson	Female 16-39		57:58
107.	340 Andrew Dickens	Male 40-49	Pont-Y-Pwl & District Runners	58:09
108.	146 Miss Holly Jenkins	Female 16-39		58:31
109.	112 Dr Lucy Hammond	Female 40-49	Maindy Harriers	58:33
110.	98 Mr Jason Garrahan	Male 40-49	Caerphilly Runners	58:37
111.	182 Mr Andy Millard	Male 50-59	Pont-y-pwl & District Runners	58:45
112.	39 Mr Tim Buckley	Male 50-59	Chepstow Harriers	58:46
113.	205 Miss Laura Powell	Male 16-39		58:51
114.	12 Mr Mark baker	Male 40-49		58:52
115.	298 Hughes Joseph	Male 16-39		59:04
116.	105 Mrs Rhiannon Griffin	Female 40-49	Parc Bryn Bach	59:05
117.	51 Mr Rod Clyde	Male 50-59		59:10
118.	213 Mr David Proffitt	Male 60+	Lliswerry Runners	59:13
119.	200 Ms Sian Phillips	Female 50-59	Swansea Harriers	59:28
120.	68 Mr Tony Davies	Male 40-49	Monross trailblazers	59:39
121.	308 Samual Jackson	Male 16-39	Parc Bryn Bach Running Club	59:42
122.	30 Mr Tom Blagbrough	Male 16-39		59:43
123.	167 Mr Anthony Lewis	Male 50-59	Parc Bryn Bach	59:46
124.	135 Mr Grahame Hughes	Male 50-59	Mercia Fell Runners	59:52
125.	188 Mr Peter Myers	Male 40-49		59:57
126.	158 Mrs Sian Jones	Female 16-39		1:00:03
127.	328 Sarah Coote	Female 16-39	Pont-Y-Pwl & District Runners	1:00:11
128.	156 Mr Rhys Jones	Male 16-39	Lliswerry Runners	1:00:14
129.	306 James Mcloughlin	Male 40-49		1:00:15
130.	295 Mrs Marina Wright	Female 16-39	Lliswerry Runners	1:00:19
131.	124 Mr Benjamin Hockley	Male 16-39		1:00:22
132.	101 Mr Matthew Gobbett	Male 16-39	Caerleon RC	1:00:22
133.	310 Daniella Gormley	Female 40-49	Griffithstown Harriers	1:00:25
134.	45 Mrs Julie Caseley	Female 50-59	Malvern Joggers	1:00:50
135.	317 Graham James	Male 50-59	Forest of Dean AC	1:00:51
136.	198 Miss Elinor Phillips	Female 16-39	Lliswerry Runners	1:01:14
137.	325 Emily Harrison	Female 16-39	Spirit of Monmouth	1:01:16
138.	214 Mr Jason Protheroe	Male 40-49	Malvern Joggers	1:01:33
139.	32 Mr Mike Bolton	Male 40-49	Malvern Joggers	1:01:43
140.	162 Mr Jonathan Knight	Male 40-49	Pontypool and District Runner	1:01:50

141.	43	Mr Michael Butler	Male 16-39		1:01:53
142.	283	Mr Cyril williams	Male 60+	Park Bryn Bach	1:01:58
143.	275	Mr Graeme Walker	Male 50-59		1:02:17
144.	28	Mr Fraser Blagbrough	Male 16-39		1:02:21
145.	263	Miss Raven Timms	Female 40-49	Lliswerry Runners	1:02:31
146.	278	Mr Steve Waygood	Male 50-59	Trail Runners Association - 3801	1:02:31
147.	109	Miss Layla Gunter	Female 16-39		1:02:38
148.	243	Mr Stuart Skidmore	Male 16-39		1:02:38
149.	116	Mr Jonathan Hawkins	Male 16-39		1:02:38
150.	8	Mr Steven Ardern	Male 40-49		1:02:55
151.	324	Sharon Woods	Female 50-59	Pont-Y-Pwl & District Runners	1:02:56
152.	81	Mrs Hayley Edwards	Female 16-39		1:02:56
153.	240	Mr Neil Sidney	Male 40-49	Lliswerry Runners	1:03:00
154.	60	Miss Jane Creed	Female 40-49	Forest of Dean AC	1:03:09
155.	52	Mr Andrew Cockeram	Male 50-59	Lliswerry Runners	1:03:14
156.	335	Joanna Morley	Female 16-39		1:03:20
157.	179	Mr Rob Middleton	Male 16-39		1:03:29
158.	274	Mrs Shirley Vickery	Female 40-49	not a member of a club	1:03:32
159.	38	Mr Paul Bruton	Male 16-39		1:03:33
160.	321	Helen Thomas	Female 50-59	Caerleon Running Club	1:03:33
161.	185	Miss Hilarie Morrison	Female 16-39		1:03:42
162.	26	Mrs Kate Berry	Female 40-49	Not attached	1:03:45
163.	65	Mr Ian Davies	Male 50-59	none	1:03:57
164.	238	Mr Peter short	Male 60+	forest of dean	1:03:59
165.	140	Mrs Hayley Jackson	Female 40-49	Parc Bryn Bach Running Club	1:04:06
166.	18	Mr Chris Barnes	Male 40-49		1:04:15
167.	83	Mrs Jo edwards	Female 50-59	Forest of Dean AC	1:04:18
168.	16	Mr Piotr Baraskiewicz	Male 50-59		1:04:20
169.	63	Mr David Davies	Male 50-59	Caerleon Running Club	1:04:45
170.	227	Mr John Roberts	Male 16-39		1:05:04
171.	92	Mrs Rebecca Foster	Female 40-49		1:05:08
172.	115	Mr Chris Hawkins	Male 60+	Forest Of Dean AC	1:05:14
173.	118	Mr Kelvin Henley	Male 50-59	Pontypool and District Runners	1:05:21
174.	287	Mrs Helen williams	Female 40-49	Parc Bryn Bach	1:05:21
175.	48	Mr Neil Chipper	Male 50-59	Lliswerry Runners	1:05:24
176.	44	Ms Berna Cantwell	Female 50-59	CHEPSTOW HARRIERS	1:05:31
177.	253	Mr Matthew Stewart	Male 16-39		1:05:35
178.	232	Ms Joanna Rothwell	Female 16-39		1:05:37
179.	85	Mrs Rhianydd Evans	Female 16-39		1:05:45
180.	80	Mr Gareth Edwards	Male 16-39		1:05:49
181.	172	Ms ALISON MARSHALL	Female 16-39	YFENNI TRI	1:05:51
182.	173	Mr JONATHAN MARSHALL	Male 40-49	YFENNI TRI	1:05:51
183.	234	Mrs Debbie Satchell	Female 50-59		1:06:00
184.	27	Mr Mike Berry	Male 40-49		1:06:01
185.	42	Mrs Kate Burke	Female 40-49	Forest of Dean AC	1:06:07
186.	246	Mr Marcus Smith	Male 40-49	Parc Bryn Bach Running Club	1:06:10
187.	204	Miss Bethan Powell	Female 16-39	Pont-Y-Pwl & District Runners	1:06:11

188.	4	Mr Mark Alford	Male 50-59	Caerleon running club	1:06:24
189.	122	Mr Andy Hillis	Male 50-59	Lliswerry Runners	1:06:28
190.	151	Mrs Delphine Jones	Female 16-39	Parc Bryn Bach Running Club	1:06:30
191.	237	Mrs Claire Shields	Female 40-49		1:06:31
192.	95	Mrs Sarah Frost	Female 40-49		1:06:31
193.	149	Mr Alun Jones	Male 50-59		1:06:38
194.	196	Ms Vanssa pegler	Female 40-49	FODAC	1:06:41
195.	231	Mr Andrew Rothwell	Male 50-59		1:06:44
196.	197	Mrs Suzanne Peters	Female 50-59	Forest of Dean AC	1:06:54
197.	40	Mrs Sarah Bucknall	Female 16-39	Forest of Dean AC	1:06:58
198.	69	Mrs Tracy Davies	Female 16-39		1:06:59
199.	280	Mr Mark White	Male 60+	None	1:07:01
200.	203	Miss Lyndsay Poulson	Female 16-39	Pont-y-pwl & district runners	1:07:04
201.	106	Mr Dave Griffiths	Male 16-39		1:07:16
202.	59	Mr Peter Covington Jones	Male 60+	FOREST OF DEAN AC	1:07:20
203.	327	Yvonne Dury	Female 40-49	Islwyn RC	1:07:25
204.	104	Mrs Daniela Gormley	Female 40-49	Griffithstown Harriers	1:07:32
205.	269	Mrs Victoria Turner	Female 40-49		1:07:35
206.	19	Mrs Emma Bartlett	Female 40-49		1:07:36
207.	279	Ms Deborah White	Female 40-49	Forest of Dean AC	1:07:52
208.	145	Mr David Jenkins	Male 40-49	FOREST OF DEAN AC	1:08:05
209.	332	Andy Creber	Male 50-59	Chepstow Harriers	1:08:07
210.	41	Mrs Wendy Burgess	Female 16-39		1:08:10
211.	313	Richard Powles	Male 40-49	Forest of Dean AC	1:08:10
212.	123	Miss Laura Hire	Female 16-39	Parc Bryn Bach Running Club	1:08:12
213.	34	Mrs Angela Bowkett	Female 50-59	Forest of Dean AC	1:08:13
214.	178	Mrs Nicola Meek	Female 16-39		1:08:39
215.	224	Mr Steven Richards	Male 40-49	Forest of Dean AC	1:08:39
216.	206	Miss Chloe Powles	Female 16-39	Forest of Dean AC	1:08:44
217.	35	Miss Nicola Brann	Female 40-49	Lliswerry Runners	1:08:56
218.	94	Mrs Anna Freeman	Female 40-49	Forest of Dean AC	1:09:00
219.	264	Dr Caroline Tinsley	Female 16-39	Wednesday Runaways	1:09:01
220.	147	Mrs Kath Jervis	Female 50-59	Parc bryn bach rc	1:09:12
221.	36	Mrs Sonja Breese	Female 40-49	Lliswerry Runners	1:09:26
222.	54	Mrs Alison Connaughton	Female 40-49		1:09:39
223.	121	Mrs Melanie Hill	Female 40-49	Whiterock runners	1:10:25
224.	119	Mrs Donna Hewitt	Female 16-39	Pontypwl district runners	1:10:28
225.	276	Ms Jayne Walters	Female 40-49	Pontypool & District Runners	1:10:30
226.	5	Mr Paul Allen	Male 40-49		1:10:32
227.	20	Mrs Keren beard	Female 40-49	Griffithstown Harriers	1:10:45
228.	70	Mr John Day	Male 40-49		1:10:56
229.	33	Mr Michael bonnett	Male 60+	Lliswerry Runners	1:11:15
230.	226	Mrs Caroline Rickards	Female 16-39	Forest of Dean AC	1:11:17
231.	163	Mr Andrew Knott	Male 16-39	Forest of Dean AC	1:11:46
232.	71	Mrs Kate Day	Female 40-49		1:11:47
233.	37	Ms Lynda Broadway	Female 50-59	MALVERN JOGGERS	1:11:55
234.	137	Mrs Trudy Hurford	Female 40-49	Lliswerry Runners	1:12:02

235.	7	Mr Mike Anstey	Male 60+	Malvern Joggers	1:12:03
236.	241	Miss Victoria Sims	Female 16-39	Forest of Dean AC	1:12:04
237.	56	Mr Philip Corbin	Male 50-59		1:12:12
238.	215	Mrs Rhian Protheroe	Female 40-49	Malvern Joggers	1:12:14
239.	110	Mr Martyn Gunter	Male 50-59	FODAC	1:12:14
240.	120	Mrs Zoe Heydon	Female 16-39	Islwyn RC	1:12:20
241.	2	Miss Liselette Adams	Female 16-39	Forest of Dean AC	1:12:47
242.	114	Mr Nathan Harper	Male 16-39	Parc Bryn Bach	1:12:54
243.	293	Mrs Sian Wilson	Female 50-59	Lydney	1:13:07
244.	164	Miss Mandy Knott	Female 40-49	Forest of Dean AC	1:13:11
245.	294	Mrs Debbie Woodward	Female 40-49	FODAC	1:13:29
246.	73	Mrs Michele DEAL	Female 50-59	Pontypool and District	1:13:38
247.	58	Mrs Felicity Cotton	Female 40-49		1:13:48
248.	13	Mrs Mary Baker	Female 40-49		1:13:48
249.	292	Mr Michael Wilson	Male 50-59	Lydney	1:13:51
250.	302	Ali Assurati	Male 50-59		1:13:52
251.	195	Mrs Anna Parry	Female 16-39	Pontypool And District Runners	1:14:42
252.	301	Jess Collins	Female 50-59		1:15:07
253.	191	Mrs Claire Orford	Female 16-39		1:15:17
254.	219	Mr Ben Reid	Male 16-39	Tewkesbury running club	1:15:22
255.	312	Vivien Tolley	Female 50-59	Malvern Joggers	1:15:26
256.	305	Laura McLoughlin	Female 40-49		1:15:45
257.	236	Mrs Johanna Shergold	Female 16-39	Lliswerry Runners	1:15:47
258.	329	Damien Osbourne	Male 16-39		1:16:09
259.	152	Mrs Elizabeth Jones	Female 40-49	Islwyn Running Club	1:16:10
260.	180	Mr Les Middleton	Male 50-59		1:16:24
261.	97	Miss Anna Gambarini	Female 40-49		1:16:55
262.	53	Mr Robert coles	Male 50-59		1:16:55
263.	304	Pam Grantham	Female 50-59	Lliswerry Runners	1:16:59
264.	90	Mrs Sharla Fleet	Female 40-49	FOREST OF DEAN AC	1:17:16
265.	268	Mrs Haley Turner	Female 40-49		1:17:25
266.	239	Mrs Valerie Sidlow	Female 50-59		1:17:37
267.	6	Mrs Clare Anderson	Female 50-59	Lliswerry Runners	1:17:37
268.	320	Phil James	Male 60+		1:17:41
269.	223	Mr Nigel richards	Male 50-59	Lliswerry Runners	1:18:13
270.	155	Mr Hywel Jones	Male 40-49	Lliswerry Runners	1:18:45
271.	255	Mr Bobby Swift	Male 40-49	Parc Bryn Bach Running Club	1:19:02
272.	252	Mrs Sam Standerwick	Female 40-49	Parc Bryn Bach Running Club	1:19:02
273.	99	Mr Robin Gibson	Male 60+		1:19:24
274.	143	Mrs Tania James Price	Female 40-49	Pontypool and District	1:19:31
275.	286	Miss Helen Williams	Female 16-39	Islwyn running club	1:19:34
276.	249	Mrs Victoria Smith	Female 40-49		1:20:40
277.	74	Mrs Joanne Dendle	Female 40-49		1:20:49
278.	15	Mr Andy Bamford	Male 40-49		1:20:53
279.	194	Miss Miriam paris	Female 50-59	Forest of Dean AC	1:20:58
280.	271	Ms Eef van Gestel	Female 40-49	Forest of Dean AC	1:20:58
281.	189	Ms Lisa Nicholls	Female 40-49	Lliswerry Runners	1:21:46

282.	23 Miss Marisa Benjamin	Female 16-39	Pont-Y-Pwl & District Runners	1:22:08
283.	62 Mrs Andree Davies	Female 40-49		1:22:26
284.	55 Mrs Tessie cooling	Female 50-59	Lone Wolves	1:22:50
285.	82 Mr Huw Edwards	Male 60+		1:22:50
286.	247 Mrs Megan Smith	Female 40-49	Lliswerry Runners	1:22:57
287.	24 Miss Emma Bennett	Female 16-39		1:23:47
288.	86 Ms Kinga Fekete	Female 16-39		1:23:56
289.	192 Mrs Charley Palmer	Female 40-49	Dursley running club	1:24:01
290.	193 Mr Simon Palmer	Male 40-49		1:24:02
291.	31 Mrs Tanya Bollen	Female 40-49		1:24:30
292.	222 Mrs Amanda Richards	Female 40-49	Lliswerry Runners	1:24:37
293.	3 Miss Louise Ahern	Female 50-59	Lliswerry Runners	1:25:01
294.	134 Mrs Gwynneth Howells	Female 60+	Caerleon Running Club	1:25:53
295.	79 Mrs Allyson Edmonds	Female 50-59	Lliswerry Runners	1:26:07
296.	103 Mrs Jen Godwin	Female 16-39		1:26:31
297.	139 Mr Nick Jackson	Male 50-59	Lliswerry Runners	1:26:42
298.	267 Mrs Sarah Tucker	Female 40-49		1:27:50
299.	174 Mrs Karen Mason	Female 50-59		1:28:04
300.	251 Mrs Suzanne Spiteri	Female 40-49		1:28:36
301.	84 Miss Kirsty Edwards	Female 16-39	Lliswerry Runners	1:30:15
302.	207 Ms Joanne Price	Female 40-49	Lliswerry Runners	1:31:11
303.	144 Mrs Susan Jeffs	Female 50-59	Pontypwl and district	1:31:13
304.	22 Mr Mike Beeks	Male 60+		1:36:43
305.	138 Ms Minka Isaksson	Female 16-39		1:39:50
306.	111 Mrs Andrea Hall	Female 40-49	Lliswerry Runners	1:42:48