

Position	Race Number	Time	Name	Category	Club
1	35	38.19	James Everett	SenM	Dursley Running Club
2	155	38.51	Charlie Lowther	SenM	Eden Runners
3	153	39.01	Rob Gordon	MV40	Mynydd Du
4	41	40.15	Hallam Girardet	SenM	
5	121	40.27	Andrew Stephens	MV40	Monross Trailblazers
6	147	41.08	Peter Woodward	SenM	Forest Of Dean AC
7	107	42.37	Richard Wilder	MV40	San Domenico
8	159	42.43	Tim Coates	SenM	
9	152	43.29	Jonathan Carter	MV40	Chepstow Harriers
10	105	43.40	Simon Waters	SenM	
11	140	44.11	Robert Wigginton	SenM	Pontypool
12	127	44.18	Ben Robbins	SenM	Forest Of Dean AC
13	126	44.49	Ross Walker	MV40	Chepstow Harriers
14	128	44.56	Robert Pritchard	SenM	Monross Trailblazers
15	104	45.09	Matt Unsworth	MV40	Spirit Of Monmouth RC
16	138	46.18	Charlie Northey	MV50	Brecon
17	151	46.27	Faye Johnson	SenF	Pontypool
18	36	46.32	Matthew Everett	MV40	
19	129	46.37	James Fletcher	MV50	Monross Trailblazers
20	24	46.58	David Daniels	MV60	Cobra Running & Triathlon Club
21	146	47.09	Tim Watkins	SenM	Forest Of Dean AC
22	75	47.31	Niki Morgan	FV50	Chepstow Harriers
23	142	47.33	Lisa Jeffrey	FV40	Chepstow Harriers
24	90	47.37	Clare Sims	FV40	Wye Valley Runners
25	96	47.40	Michael Strange	MV60	Forest Of Dean AC
26	156	47.44	Jacob Coates	SenM	
27	88	47.48	Martin Scrivens	SenM	Monross Trailblazers
28	77	47.52	Stephen Owen	MV60	Chepstow Harriers
29	150	47.59	Neil Grinnell	MV40	Ledbury
30	108	48.01	Sally Wilder	SenF	San Domenico
31	69	48.39	Leon Meek	MV40	Rogue Runners
32	87	48.59	Mark Scrivens	MV40	Monross Trailblazers
33	125	49.02	Mark Sumner	SenM	
34	37	49.17	Cherry Fowler	FV40	Forest Of Dean AC
35	12	49.19	Martin Chammings	SenM	Parc Bryn Bach RC
36	40	49.31	Alexis Girardet	MV40	
37	70	49.38	Philip Miles	MV60	Parc Bryn Bach RC
38	26	49.41	Owen Davies	MV40	Parc Bryn Bach RC
39	143	49.44	Duncan Loughrey	MV50	
40	43	49.45	Heather Graz	FV40	
41	71	49.53	David Millichap	MV40	Croft Ambrey RC
42	122	50.04	Brian Evans	MV40	Spirit Of Monmouth RC
43	42	50.14	Joost Golabek	SenM	
44	62	50.19	Darren Kippest	MV40	Parc Bryn Bach RC
45	154	50.33	Lou Summers	FV50	Pontypool
46	47	50.42	Jonathan Hancock	MV60	Usk Runners
47	74	50.48	Jonathan Moore	MV50	
48	45	50.52	Paul Groves	MV40	
49	28	50.55	Joanna Eddy	FV40	
50	6	50.59	Jamie Bradbourne	MV40	
51	94	51.11	Ben Steele	SenM	Cobra Running & Triathlon Club
52	22	51.13	Hannah Crossley	SenF	Ludlow Runners
53	106	51.16	Mike Weeks	MV60	
54	44	51.25	Michael Graz	MV40	100 Marathon Club
55	7	51.27	James Brown	SenM	
56	50	52.10	Ian Harry	MV50	Lliswerry Runners
57	38	52.20	Alasdair Garbutt	MV40	
58	136	52.39	Christine Farr	FV40	MDC
59	27	52.43	Tony Davies	MV40	Monross Trailblazers
60	123	52.44	Ian Lowton	MV40	Forest Of Dean AC
61	51	52.48	Julian Hart	MV40	Cobra Running & Triathlon Club
62	68	52.50	Leanne Meek	SenF	Spirit Of Monmouth RC
63	23	52.56	Bronwen Daniel	SenF	Monmouth Tri Club
64	55	53.07	Simon Hill	MV50	White Rock
65	25	53.09	Karl Davies	MV50	
66	57	53.30	Patrick Irwin	MV40	
67	112	53.33	Ingram Wright	MV40	Ingram Wright
68	31	53.38	Jeff Edgson	MV50	
69	79	53.46	Elinor Phillips	SenF	Lliswerry Runners

Position	Race Number	Time	Name	Category	Club
70	134	54.00	Graham James	MV50	Forest Of Dean AC
71	160	54.23	Emma King	FV30	Spirit Of Monmouth RC
72	46	54.29	Lucy Hammond	FV40	Maindy Harriers
73	133	54.45	Daniel Seymour	SenM	BF Functional
74	8	54.47	Ben Buchanan	MV40	Wintour's Leapers
75	65	54.59	Lucy MacDonald	SenF	Spirit Of Monmouth RC
76	93	55.50	Andrew Smith	SenM	Pont-y-pwl & District Runners
77	148	55.54	Michael Marks	MV50	Forest Of Dean AC
78	21	55.55	Benjamin Crossley	SenM	Ludlow Runners
79	103	57.16	Yvonne Turner	FV50	Comets Road Runners
80	89	57.22	Sue Shergold	FV50	Forest Of Dean AC
81	124	57.33	Simon Oliver	MV50	Wye Valley Runners
82	145	57.57	Adam Hall	MV40	Malvern
83	15	58.18	Patrick Civil	MV50	
84	137	58.19	Tim Wright	MV50	Lliswerry Runners
85	29	58.21	Sharon Edelstyn	FV40	
86	67	58.29	David May	MV60	South London Orienteers
87	157	58.31	Peter Wilson	MV50	Malvern Joggers
88	83	58.55	Vicky Roberts	SenF	Spirit Of Monmouth RC
89	32	59.17	Jan Edwards	FV60	Wye Valley Runners
90	158	59.35	Annie McAuliffe	SenF	
91	78	59.39	Pietro Pavese	MV40	
92	80	1.00.16	Robert Prince	MV50	
93	59	1.01.29	David John	MV60	
94	113	1.01.31	Jacqui Wynds	FV60	Forest Of Dean AC
95	139	1.01.32	Jim Hepburn	MV40	
96	34	1.01.46	Florence Everrett	FV40	
97	4	1.02.14	Mike Berry	MV40	Forest Of Dean AC
98	97	1.02.24	Bryan Symonds	MV60	Wye Valley Runners
99	60	1.02.34	Alun Jones	MV50	Pont-y-pwl & District Runners
100	3	1.02.41	Kate Berry	FV40	Forest Of Dean AC
101	16	1.02.43	Emily Clark	SenF	
102	63	1.02.46	Barry Llewelyn	MV50	Pont-y-pwl & District Runners
103	131	1.03.12	David Guppy	MV50	
104	130	1.03.22	Alexia Guppy	SenF	
105	52	1.03.27	Sally Harvey	SenF	North Bristol Tri Club
106	100	1.04.12	Jon Tibke	MV50	Blaenavon Joggers
107	149	1.04.23	Kevin Lane	MV50	
108	49	1.04.30	Nathan Harper	SenM	Parc Bryn Bach RC
109	19	1.04.42	Jane Creed	FV40	Forest Of Dean AC
110	33	1.04.42	Jo Edwards	FV50	Forest Of Dean AC
111	5	1.04.42	Angela Bowkett	FV50	Forest Of Dean AC
112	85	1.05.09	Luisa Sadler	SenF	
113	110	1.05.37	Kerrin Williams	FV40	
114	66	1.05.50	Victoria MacFarlane	SenF	North Bristol Running Group
115	39	1.05.51	Lucy Garbutt	FV50	
116	84	1.05.57	Michelle Rodway	SenF	
117	48	1.06.19	Bethan Hanratty	SenF	
118	11	1.06.25	Nick Carter	SenM	
119	54	1.06.32	Melanie Hill	FV40	White Rock
120	102	1.06.34	Ian Turner	MV50	
121	13	1.06.54	Hannah Chatterton	SenF	
122	101	1.06.55	Caroline Tinsley	SenF	Maindy Harriers
123	14	1.06.58	Sarah Chatterton	FV50	
124	73	1.07.01	Rob Mills	MV40	
125	92	1.07.19	Eryl Smeethe	SenF	
126	109	1.07.40	Gary Willcox	MV50	Pont-y-pwl & District Runners
127	132	1.08.11	Ceri Gwilliam	SenM	
128	58	1.09.38	Anne Jenner	FV50	Chepstow Harriers
129	61	1.09.45	Matthew Jones	SenM	
130	30	1.10.35	Alison Edgson	FV50	
131	56	1.10.37	Laura Hire	SenF	Parc Bryn Bach RC
132	2	1.12.59	Marisa Benjamin	SenF	Pont-y-pwl & District Runners
133	72	1.13.01	Hayley Millichap	FV40	Croft Ambrey RC
134	144	1.13.22	Jayne Walters	FV40	Pontypool
135	64	1.14.15	Karen Llewelyn	FV50	Pont-y-pwl & District Runners
136	9	1.15.36	Yvette Burgess	FV40	
137	86	1.15.37	Dean Saunders	MV40	
138	141	1.16.33	Emma Pengelly	SenF	Maholy Harriers

Position	Race Number	Time	Name	Category	Club	
139	53	1.21.06	Jane Hawkesford	FV40	Islwyn Running Club	
140	20	1.22.08	Rachel Cross	SenF		
141	135	1.24.23	Jane Boyd	FV50		
142	81	1.28.58	Maxine Rhodes	FV50	Pont-y-pwl & District Runners	
DNS						
1			Gavin Akers			
10			Debbie Carter		Ystrad Mynach Running Club	
17			Rob Clark			
18			Vaneta Cooney			
76			Jonathan North			
82			Natalie Richards			
91			Nick Sloper		Chelsea Running Club	
95			Zoe Stoddart			
98			Ben Taylor			
99			Jonathan Thomas			
111			Bridget Woodward		Brecon AC	