

1	Andrew Tuckey	M40	Bridgend AC	00:27:21= course record	1st Man
2	Peter Ryder	SM	Brycheiniog	0:28:36	2nd Man
3	Iestyn Rhodes	M40	Mynydd Du	0:29:23	3rd Man
4	Richie Johnson	M40	Mynydd Du	0:30:25	1st unplaced M40
5	Mike Fawcett	M50	WVR	0:30:51	1st M50
6	Alex Lewis	SM	Neath Harriers	0:31:16	
7	Dan Sandford	M40	FoD	0:31:31	
8	Ian Whistance	M45	Mynydd Du	0:31:48	1st M45
9	Robert Pritchard	SM	Monross	0:32:16	
10	David Mullin	M45	Mercia	0:32:22	
11	Tom Turner	SM	U/A	0:32:25	
12	Steven Hepton	M40	Mynydd Du	0:32:51	
13	Andy Horlick	M40	FoD	0:32:57	
14	Rhys Williams	M40	MDC	0:33:08	
15	Chris Medcalf	M40	San Domenico	0:33:14	
16	Helen Brown	F40	Mynydd Du	0:33:18	1st Woman
17	Rhys Asbridge	SM	U/A	0:33:46	
18	Katie Ironside	SF	MDC	0:33:59	2nd Woman
19	Mark Ponsford	SM	MDC	0:34:41	
20	Jake Underhill	M40	Hereford Couriers	0:34:52	
21	Matthew Haines	M45	Builth	0:35:05	
22	Niki Morgan	F50	Mynydd Du	0:35:21	3rd Woman
23	Naomi Prosser	SF	Hereford Couriers	0:35:30	
24	Mike Link	M45	Hereford Couriers	0:35:42	
25	Simon Blease	M55	Brycheiniog	0:36:00	1st Wheeze and 1st M55
26	James Woodier	SM	Mynydd Du	0:36:15	
27	Sammi Toop	SF	Mynydd Du	0:36:26	
28	Nick Dallimore	M60	MDC	0:36:28	1st M60
29	Harri Like	SF	Mynydd Du	0:36:46	
30	Paul Tucker	M50	Mynydd Du	0:37:05	
31	Andy Stott	M55	MDC	0:37:20	
32	Simon Barker	M60	Newent Runners	0:37:40	
33	Alan Stanley	M50	U/A	0:37:48	
34	Martin Carter	M50	Hay Hotfooters	0:37:52	
35	Suzette Botha	SF	Hereford Couriers	0:38:04	
36	Emily Ford	SF	MDC	0:38:22	
37	William Lort	SM	U/A	0:38:22	
38	Emma McWilliams	SF	Mynydd Du	0:38:51	
39	John Jaspers	M45	U/A	0:39:05	
40	James Griffiths	M50	Newent Runners	0:39:07	
41	Rhianydd Evans	SF	Islwyn	0:39:12	
42	Helen Duffield	F45	Chepstow	0:39:40	
43	Evan Ryan	SM	Mynydd Du	0:39:43	
44	Rona Davies	F55	Mynydd Du	0:39:58	1st F55
45	Anne-Marie Harris	F45	Mynydd Du	0:40:04	1st F45
46	Katie Jones	SF	Croft Ambrey	0:40:10	
47	Mark Paviour	M55	Croft Ambrey	0:40:14	
48	Aderyn Carter	FU23	Hay Hotfooters	0:40:26	1st FU23
49	Samantha Wickham	SF	Croft Ambrey	0:40:33	
50	Sue Davies	F50	Croft Ambrey	0:40:58	1st unplaced F50
51	Kate Lakeland	SF	Preston Harriers	0:40:59	
52	Gary Gunner	M70	Croft Ambrey	0:41:24	1st M70
53	Anthony Scott	MU23	U/A	0:41:26	1st MU23
54	Richard Wall	M55	Hereford Couriers	0:41:28	
55	Nigel Clarke	M45	Hereford Couriers	0:42:29	
56	Les Williams	M70	Eryri	0:43:04	

