

Time	Position	Number	M/F	Name	Cat	Club	Time
		1	M	Matt Biggs	MS	Dudley Kingswinford	01:10:13
		2	M	Tim Iveson	MS	Builth and District RC	01:11:47
		3	M	Alan Mayo-Evans	MS	Unattached	01:14:19
		4	M	Steve Davies	M50	Pontypool Runners	01:15:50
		5	M	Geraint Lewis	MS	Porthcawl Runners	01:18:28
		6	M	Mark Lamonyby	MS	Croft Ambrey	01:18:40
		7	M	Philip Williams	MS	Islwyn Running Club	01:19:04
		8	M	Paul Dodd	M50	Chepstow Harriers	01:19:25
		9	M	James Blore	MS	Chepstow Harriers	01:19:57
		10	F	Claire Bunce	FS	Red Rose Road Runners	01:22:24
		11	F	Niki Morgan	F45	Chepstow Harriers	01:22:39
		12	M	Neil Lewis	M45	Hereford Couriers	01:23:43
		13	M	Steven Jones	M40	Unattached	01:24:13
		14	F	Nicola gething	F40	Parc Bryn Bach	01:24:22
		15	M	Vincent Playdon	M40	Unattached	01:24:57
		16	M	Mick Ligema	M55	Croft Ambrey	01:25:31
		17	M	Kevin Artus	MS	Wye Valley Runners	01:25:32
		18	F	Gemma Mallet	FS	Croft Ambrey	01:25:47
		19	M	Phil Miles	M60	Parc Bryn Bach	01:26:27
		20	M	Richard Dyke	M40	Brackla Harriers	01:26:33
		21	M	Steve Herington	M60	Hereford Couriers	01:27:44
		22	F	Jill Mcgee	F45	Brat Club Birmingham	01:27:53
		23	F	Lou Summers	F45	Chepstow Harriers	01:28:02
		24	M	Allain Stephen Jones	M55	Brackla Harriers	01:28:28
		25	M	Martin Williams	M40	Croft Ambrey	01:28:43
		26	F	Vanessa Lawson	F40	Chepstow Harriers	01:28:48
		27	M	Bill Jope	M45	Unattached	01:28:58
		28	M	Martin Carter	M45	Hay Hotfooters	01:29:05
		29	F	Helen Jones	F40	Unattached	01:29:19
		30	M	Steve Bajic	M50	Telford Harriers	01:29:32
		31	M	Herold Frank	M50	Brat Club Birmingham	01:30:20
		32	M	John Magee	MS	Les Croupiers	01:30:22
		33	M	John Hetterley	MS	Wye Valley Runners	01:30:40
		34	M	Seth Vallet	MS	Unattached	01:30:49
		35	M	Gregg Weale	MS	Wye Valley Runners	01:30:50
		36	M	Jerry Greer	M50	Malvern Joggers	01:31:25
		37	M	Mark Harvey	MS	Chepstow Harriers	01:31:35
		38	M	Chris Howell	M45	Unattached	01:31:43
		39	M	Steven Mesham	M40	Unattached	01:32:01
		40	F	Megan Judge	FS	Malvern Joggers	01:32:07
		41	F	Emma Lynch	F35	Brackla Harriers	01:32:33
		42	M	Kris Denholm	M45	Brackla Harriers	01:32:44
		43	M	Vladislav Umanskiy	MS	Unattached	01:32:59
		44	M	Kev Joyce	M45	Unattached	01:33:06
		45	M	Michael Evans	M55	Chepstow Harriers	01:33:55
		46	M	Kevin Barnes	M45	Hereford Couriers	01:34:04
		47	F	Charlotte Johns	F45	Brackla Harriers	01:34:23
		48	F	Tammy Raz-Nick	F35	Brackla Harriers	01:34:58
		49	M	Barry Griffiths	M45	Brecon AC	01:35:00
		50	M	Colin Downey	M50	Stourbridge RC	01:35:12
		51	M	Hywel Morgan	MS	Islwyn Running Club	01:35:47
		52	M	Tim Sheppard	MS	Brecon AC	01:36:03
		53	F	Samantha Pearce	FS	Hay Hotfooters	01:36:04
		54	M	Simon Blease	M50	Brycheiniog	01:36:12
		55	F	Sue Tagg	F45	Bryn Back Parc	01:36:30
		56	F	Pat Ford	FS	Unattached	01:36:58
		57	M	Brock Theener	MS	Unattached	01:36:58
		58	M	Alex Ford	M60	Brackla Harriers	01:37:05
		59	M	Gavin Robertson	MS	Unattached	01:37:14
		60	M	Scott Berry	MS	Unattached	01:37:15
		61	M	Wayne Jones	MS	Brecon AC	01:37:22
		62	F	Helen Nicholas	F35	Unattached	01:37:40
		63	F	Jacky Miles	F60	Parc Bryn Bach	01:37:47
		64	M	Chris King	M40	Unattached	01:38:02
		65	M	Steve Roode	M45	Malvern Joggers	01:38:06
		66	M	Andrew Banham	M50	Malvern Joggers	01:38:17
		67	F	Eleri Lougher	FS	Brackla Harriers	01:38:22
		68	M	Michael Halsall	MS	Llanelli AC	01:38:31
		69	M	Paul Evans	MS	Brecon AC	01:38:57
		70	F	Claire Gilbert	FS	Malvern Joggers	01:39:37
		71	M	Tony Burt	M65	Brackla Harriers	01:39:56
		72	M	Ashley Williams	M50	Hay Hotfooters	01:40:43
		73	F	Brenda Avery	F60	Chepstow Harriers	01:41:24
		74	F	Sally Munro	F35	Unattached	01:41:57
		75	F	Vicki Hopkins	F50	Brackla Harriers	01:42:02
		76	M	Rob Williams	M55	Brecon AC	01:42:14
		77	M	Michael Elliston	M40	Unattached	01:43:18
		78	M	Colin Prosser	M45	Chepstow Harriers	01:43:27
		79	F	Julie Casley	F50	Malvern Joggers	01:43:35
		80	M	Stuart Duncan	M50	Chepstow Harriers	01:44:19
		81	M	Ian Stratton	M40	Brackla Harriers	01:44:34
		82	F	Libby Lavis	F50	Brackla Harriers	01:44:48
		83	F	Catherine Olivant	F35	Brecon AC	01:44:57
		84	M	Clive Richardson	M65	Unattached	01:45:21
		85	M	Tom Riddington	MS	Chepstow Harriers	01:46:15
		86	M	Keith Treharne	M65	Brackla Harriers	01:47:23
		87	M	Eric Hume	MS	Unattached	01:47:39
		88	M	Dick Finch	M65	Chepstow Harriers	01:48:16
		89	F	Carolyn Thomas	F45	Dragons	01:49:23
		90	M	Simon Carter	MS	Brackla Harriers	01:50:45
		91	M	Adam Blythe	M40	Chepstow Harriers	01:52:25
		92	F	Denise Evans	F45	Chepstow Harriers	01:53:13
		93	M	Dave Kempton	M50	(Team Jolly) UA	01:55:10
		94	F	Anne Venner	F50	Chepstow Harriers	01:55:17
		95	F	Patricia Jones	F55	Brackla Harriers	01:55:35
		96	F	Elaine Sutherland	FS	Pontypridd Roadents	01:56:21
		97	M	Richard Pearson	M45	Brackla Harriers	01:58:45
		98	F	Laura Mundy	FS	Unattached	01:59:13
		99	M	Matthew Farrer	MS	Unattached	01:59:15
		100	M	Nick Spice	MS	Almost Athletes	01:59:15
		101	F	Jane Bayliss	F60	Chepstow Harriers	02:10:12
		102	M	Geoffrey Bayliss	M65	Chepstow Harriers	02:11:30
		103	F	Gill Ellis	F50	Chepstow Harriers	02:20:03
			F	Liesel Walker	F35	Unattached	
			F	Ruth Newman	F40	Vegan Runners	
			F	Georgina Lever	FS	Unattached	
			M	Paul Ezard	M40	Brackla Harriers	
		205	M	Geoff Steel	M50	Hay Hotfooters	DNS