

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
1	212		ANDREW TUCKEY	02:00:23	SenM	1	Male	1	BRIDGEND AC	15:02:47
2	363		ALED HUGHES	02:06:05	SenM	2	Male	2	ABERYSTWYTH	15:08:29
3	6		EDWARD LAND	02:07:39	SenM	3	Male	3	ABERYSTWYTH ATHLETIC CLUB	15:10:03
4	306		ROB JOHNSON	02:08:29	SenM	4	Male	4	ABERYSTWYTH AC	15:10:53
5	379		TOM GRADY	02:08:54	SenM	5	Male	5	HEREFORD COURIERS	15:11:18
6	319		KEN CAULKETT	02:09:02	SenM	6	Male	6	SARN HELEN	15:11:26
7	368		IAN EVANS	02:09:23	SenM	7	Male	7	ABERYSTWYTH AC	15:11:47
8	192		EMYR MORGAN	02:10:41	V40	1	Male	8	LORDSHILL ROAD RUNNERS	15:13:05
9	157		STEVEN FLOWERS	02:10:54	SenM	8	Male	9	WYE VALLEY RUNNERS	15:13:18
10	254		ROGER FARRINGTON	02:12:36	V50	1	Male	10	MALDWYN HARRIERS	15:15:00
11	43		ROB DRAG	02:14:27	SenM	9	Male	11		15:16:51
12	345		IAN SMITH	02:14:32	V55	1	Male	12	FOREST OF DEAN AC	15:16:56
13	373		CHRISTIAN JONES	02:14:40	V45	1	Male	13	WYE VALLEY RUNNERS	15:17:04
14	258		IESTYN RHODES	02:14:48	SenM	10	Male	14	PONTYPWL AND DISTRICT	15:17:12
15	378		RAUL REISMANN	02:15:28	V40	2	Male	15	SWANSEA HARRIERS	15:17:52
16	57		JOSHUA JONES	02:15:39	SenM	11	Male	16	GRIFFITHSTOWN HARRIERS	15:18:03
17	366		NICK DAVIS	02:16:40	V45	2	Male	17	CHEPSTOW HARRIERS	15:19:04
18	286		MATTHEW COOPER	02:17:15	SenM	12	Male	18	STOURBRIDGE RC	15:19:39
19	365		KEITH RICHARDS	02:17:46	V40	3	Male	19	ABERYSTWYTH AC	15:20:10
20	75		ANDY HALL	02:18:13	V40	4	Male	20	BOURNVILLE HARRIERS	15:20:37
21	30		DAVID KINGSTON	02:18:41	V45	3	Male	21	TELFORD HARRIERS	15:21:05
22	22		STEVEN YATES	02:18:47	SenM	13	Male	22	POOLE RUNNERS	15:21:11
23	293		MATT YELLAND	02:19:11	SenM	14	Male	23		15:21:35
24	213		ANDY MOXON	02:19:43	V45	4	Male	24	WYE VALLEY RUNNERS	15:22:07
25	374		SIMON HUGHES	02:21:11	SenM	15	Male	25	DUDLEY KINGSWINFORD RC	15:23:35
26	207		DANNY EVANS	02:21:36	V40	5	Male	26	SNEYD STRIDERS	15:24:00
27	176		PAUL CALVERLEY	02:21:49	V50	2	Male	27	ACCRINGTON ROAD RUNNERS	15:24:13
28	86		JOHN MCKEON	02:21:50	SenM	16	Male	28	BOURNVILLE HARRIERS	15:24:14
29	97		MARK KILLEEN	02:21:58	SenM	17	Male	29	WYE VALLEY RUNNERS	15:24:22
30	252		CARWYN DAVIES	02:22:17	SenM	18	Male	30	SARN HELEN	15:24:41
31	311		SIMON BARKLEY	02:22:46	V40	6	Male	31	OSWESTRY OLYMPIANS	15:25:10
32	310		TONY PAUL	02:22:47	V40	7	Male	32	TELFORD AC	15:25:11
33	116		RICHARD PEGLER	02:22:54	V40	8	Male	33	FOREST OF DEAN AC	15:25:18
34	343		GAVIN FISHER	02:23:41	V50	3	Male	34		15:26:05
35	351		ROSS MCNALLY	02:23:41	SenM	19	Male	35	PEMBROKESHIRE HARRIERS	15:26:05

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
36	287		ALEX THOMPSON	02:23:44	V40	9	Male	36	LYTCHETT MANOR STRIDERS	15:26:08
37	206		NICHOLAS HILL	02:23:45	SenM	20	Male	37	SNEYD STRIDERS	15:26:09
38	377		THOMAS HENRY	02:23:57	SenM	21	Male	38	LLISWERRY RUNNERS	15:26:21
39	55		CHARLIE CORKRUM	02:24:08	SenM	22	Male	39	TROTS	15:26:32
40	360		JOHNNY LAM	02:24:08	V40	10	Male	40	SAN DOMENICO RC	15:26:32
41	318		DARRAN BISHOP	02:24:12	V45	5	Male	41		15:26:36
42	294		GLYN FLETCHER	02:24:19	V50	4	Male	42	MALDWYN HARRIERS	15:26:43
43	248		ROB JONES	02:24:24	SenM	23	Male	43	WORCESTER AC	15:26:48
44	133		CHRIS STOCKDALE	02:24:38	SenM	24	Male	44	SOUTHVILLE RUNNING CLUB	15:27:02
45	72		GEMMA MALLET	02:24:40	SenF	1	Female	1	CROFT AMBREY	15:27:04
46	87		RICHARD ROLLINS	02:25:00	V40	11	Male	45	BOURNVILLE HARRIERS	15:27:24
47	263		DAVID ASTINS	02:25:43	V45	6	Male	46	PEMBROKESHIRE TRI	15:28:07
48	324		DAVE POWELL	02:26:38	V55	2	Male	47	ABERYSTWYTH AC	15:29:02
49	132		SIMON CARDNELL	02:27:40	SenM	25	Male	48	SOUTHVILLE RUNNING CLUB	15:30:04
50	214		LENNY HUGHES	02:28:05	V55	3	Male	49	M HARRIERS	15:30:29
51	245		STEPHEN OGLES	02:28:13	V40	12	Male	50	POOLE RUNNERS	15:30:37
52	9		RHODRI EVANS	02:28:26	SenM	26	Male	51	PONTYPRIDD ATHLETIC CLUB	15:30:50
53	191		ADAM HARRIS	02:29:20	V45	7	Male	52	STOURBRIDGE RC	15:31:44
54	280		PHILL BULLOCK	02:29:42	V40	13	Male	53	MALDWYN HARRIERS	15:32:06
55	334		JIMMY CARTER	02:30:08	SenM	27	Male	54	VEGAN RUNNERS UK	15:32:32
56	276		CHRIS BENNETT	02:30:13	SenM	28	Male	55		15:32:37
57	333		GREGORY DAVIES	02:30:42	SenM	29	Male	56	CROFT AMBREY	15:33:06
58	247		ROBERT EVANS	02:30:57	V50	5	Male	57	EBBW VALE RC	15:33:21
59	321		ANDREW BRASINGTON	02:30:57	V50	6	Male	58	EBBW VALE RC	15:33:21
60	197		ADRIAN BARNES	02:30:58	V45	8	Male	59	SHROPSHIRE SHUFFLERS	15:33:22
61	94		STEVEN BURCH	02:31:22	SenM	30	Male	60	STOURBRIDGE RC	15:33:46
62	369		GEORGE EADON	02:31:31	SenM	31	Male	61	SARN HELEN	15:33:55
63	3		NEIL HERRON	02:31:37	V50	7	Male	62	BLACK PEAR JOGGERS	15:34:01
64	142		GRAHAM TOWNSEND	02:31:45	V45	9	Male	63	MARLBOROUGH RUNNING CUB	15:34:09
65	352		CARL SCOTT	02:31:49	SenM	32	Male	64	PEMBROKESHIRE HARRIERS	15:34:13
66	210		KATIE SAMUELSON	02:32:06	V35	1	Female	2	CAMBRIDGE AND COLERIDGE	15:34:30
67	98		JON MEADOWS	02:32:34	SenM	33	Male	65	WYE VALLEY RUNNERS	15:34:58
68	269		NICK GAVIN	02:32:56	SenM	34	Male	66	LYTCHETT MANOR STRIDERS	15:35:20
69	113		LISA NEWING	02:34:01	SenF	2	Female	3	BRISTOL AND WEST AC	15:36:25
70	303		IAN CHURCHWARD	02:34:36	V45	10	Male	67	LYTCHETT MANOR STRIDERS	15:37:00

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
71	108		NORMAN TITLEY	02:35:00	V50	8	Male	68	SHROPSHIRE SHUFFLERS	15:37:24
72	62		MARK HOMER	02:35:02	V55	4	Male	69	DUDLEY KINGSWINFORD RC	15:37:26
73	164		JASON BIDWELL	02:35:09	V40	14	Male	70	FRAMPTON COTTERELL HARRIERS	15:37:33
74	66		ANDREW BOWEN	02:35:23	V40	15	Male	71		15:37:47
75	233		TIM GEARS	02:35:25	SenM	35	Male	72	OSWESTRY OLYMPIANS	15:37:49
76	178		EMILY HUNT	02:35:34	V35	2	Female	4	SHROPSHIRE SHUFFLERS	15:37:58
77	299		NICK ADAMS	02:35:42	V45	11	Male	73	BLACKPEAR JOGGERS	15:38:06
78	282		GLYN JONES	02:35:58	V55	5	Male	74		15:38:22
79	344		GLYN WILLIAMS	02:36:07	V40	16	Male	75	CROFT AMBREY	15:38:31
80	182		CARL EDWARDS	02:36:13	V45	12	Male	76	PONTYPRIDD ROADANTS	15:38:37
81	330		ALEX WILLIAMS	02:36:15	V45	13	Male	77	PORT TALBOT HARRIERS	15:38:39
82	305		LIBBY COLLINSON	02:36:21	V60	1	Female	5	SHROPSHIRE SHUFFLERS	15:38:45
83	196		RICHIE BUNN	02:36:26	V40	17	Male	78	PEEL	15:38:50
84	279		DARREN SMITH	02:36:29	SenM	36	Male	79	RYSTON RUNERS AC	15:38:53
85	128		CHRIS BEDFORD	02:36:45	V45	14	Male	80		15:39:09
86	348		EDWARD BURKE	02:36:56	SenM	37	Male	81	SOUTHVILLE RUNNING CLUB	15:39:20
87	370		JUSTIN BAIRD-MURRAY	02:37:10	V50	9	Male	82	RHAYADER RUNNING CLUB	15:39:34
88	328		KNEATH PHILIPPART	02:37:17	V55	6	Male	83	SWANSEA HARRIERS	15:39:41
89	240		IAN TAYLOR	02:37:28	V40	18	Male	84		15:39:52
90	300		CARWYN WILLIAMS	02:37:32	SenM	38	Male	85		15:39:56
91	350		EMILY COX	02:37:43	SenF	3	Female	6	SOUTHVILLE RUNNING CLUB	15:40:07
92	82		TREVOR CORDING	02:37:46	V45	15	Male	86	FYLDE COAST RUNNERS	15:40:10
93	106		SARAH LAUDER	02:37:50	V35	3	Female	7	LLISWERRY RUNNERS	15:40:14
94	302		COLIN JOHNSON	02:38:03	V50	10	Male	87	WESTBURY HARRIERS	15:40:27
95	168		ALEX STEPHENSON	02:38:12	SenM	39	Male	88	COBRA RUNNING AND TRIATHLON CLUB	15:40:36
96	304		SARAH SHERRATT	02:38:51	V40	1	Female	8	WESHAM ROAD RUNNERS	15:41:15
97	205		ANTHONY TAYLOR	02:39:14	V40	19	Male	89	TRAINING FOR WARRIORS	15:41:38
98	208		ROBERT WILLIAMS	02:39:19	SenM	40	Male	90	WYE VALLEY RUNNERS	15:41:43
99	156		GRAHAM WILDGOOSE	02:39:25	V50	11	Male	91	DUDLEY KINGSWINFORD RC	15:41:49
100	336		NIGEL TAYLOR	02:39:43	V45	16	Male	92		15:42:07
101	64		RICHARD PEPPER	02:39:51	V40	20	Male	93	SHROPSHIRE SHUFFLERS	15:42:15
102	358		ROBERT FREEMAN	02:40:59	V40	21	Male	94	FOREST OF DEAN AC	15:43:23
103	126		KIERAN PITT	02:41:04	V40	22	Male	95	DUDLEY KINGSWINFORD RC	15:43:28
104	134		KATIE EGAN	02:41:52	SenF	4	Female	9	SOUTHVILLE RUNNING CLUB	15:44:16
105	354		RYAN COOK	02:42:22	SenM	41	Male	96		15:44:46

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
106	179		NICHOLAS MILLS	02:42:26	SenM	42	Male	97		15:44:50
107	357		PAUL BARNES	02:42:37	V55	7	Male	98	CHELTENHAM HARRIERS	15:45:01
108	63		NICK POUNDER	02:42:40	V40	23	Male	99	PONTYPRIDD ROADANTS AC	15:45:04
109	242		STEVE ROODE	02:42:44	V50	12	Male	100	MALVERN JOGGERS	15:45:08
110	140		STUART MCCULLAGH	02:42:53	SenM	43	Male	101	CENTURION RC	15:45:17
111	271		JUDITH VLAARKAMP	02:42:56	V35	4	Female	10	LYTCHETT MANOR STRIDERS	15:45:20
112	73		CHRISTOPHER NELLINS	02:43:23	V60	1	Male	102	PENARTH AND DINAS RUNNERS	15:45:47
113	27		PENELOPE BARBER	02:43:51	V55	1	Female	11	TIPTON HARRIERS	15:46:15
114	81		RAY STANIER	02:43:52	V60	2	Male	103	TIPTON HARRIERS	15:46:16
115	356		ARWEL ROBERTS	02:43:58	V45	17	Male	104	BITTON ROAD RUNNERS	15:46:22
116	59		STEVE PAYNE	02:44:59	V40	24	Male	105	CAERPHILLY RUNNERS	15:47:23
117	203		ROBERT COLES	02:44:59	SenM	44	Male	106	CAERPHILLY RUNNERS	15:47:23
118	291		ANDREW WILLIAMS	02:45:12	V45	18	Male	107	TIPTON HARRIERS	15:47:36
119	241		MEGAN JUDGE	02:45:13	SenF	5	Female	12	MALVERN JOGGERS	15:47:37
120	32		ANTONY STEWART	02:45:18	V50	13	Male	108	BOURNVILLE HARRIERS	15:47:42
121	309		ANTHONY WALKER	02:45:23	SenM	45	Male	109		15:47:47
122	35		ANDREA LEWIS JONES	02:45:41	SenF	6	Female	13		15:48:05
123	123		JANE GOODWIN	02:46:02	V45	1	Female	14	WESTBURY HARRIERS	15:48:26
124	349		STEPHEN HORWOOD	02:46:02	V40	25	Male	110		15:48:26
125	292		HUW MORGANS	02:46:13	SenM	46	Male	111		15:48:37
126	50		NEIL HALE	02:46:26	V60	3	Male	112	COBRA RUNNING CLUB	15:48:50
127	267		ROBBIE BURKE	02:46:51	V50	14	Male	113	LIVERPOOL RC	15:49:15
128	96		SUSANNAH ROSE-INNES	02:47:12	V35	5	Female	15		15:49:36
129	209		DARREN GILLMAN	02:47:15	V45	19	Male	114	CAMBRIDGE AND COLERIDGE	15:49:39
130	150		CERI-ANNE DAVIES	02:47:36	V45	2	Female	16	PONTYPRIDD ROADANTS AC	15:50:00
131	143		JASON SCANLON	02:47:37	V40	26	Male	115	PONTYPRIDD ATHLETIC CLUB	15:50:01
132	109		DAVID SHEPPARD	02:47:38	V55	8	Male	116	STOURBRIDGE RC	15:50:02
133	275		ROBERT JENNER	02:48:06	V40	27	Male	117		15:50:30
134	177		KEITH JEFFREY LANGLEY	02:48:12	V60	4	Male	118	PONT-Y-PWL AND DISTRICT RUNNERS	15:50:36
135	173		LEE PEARCE	02:48:30	V40	28	Male	119	SHROPSHIRE SHUFFLERS	15:50:54
136	5		TIMOTHY SYNGE	02:48:47	V50	15	Male	120	WESTBURY HARRIERS	15:51:11
137	100		SARAH KELLETT	02:48:52	V35	6	Female	17	BLACK PEAR JOGGERS	15:51:16
138	313		DAVID MANUEL	02:48:59	V40	29	Male	121	MALDWYN HARRIERS	15:51:23
139	141		CARYL WYN DAVIES	02:49:30	SenF	7	Female	18	SARN HELEN	15:51:54
140	124		SHAINE REGAN	02:49:53	V45	20	Male	122		15:52:17

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
141	125		MEURIG OWEN	02:49:53	SenM	47	Male	123		15:52:17
142	272		JOHN LEAFE	02:50:14	SenM	48	Male	124		15:52:38
143	243		ANITA WORTHING	02:50:24	V60	2	Female	19	ABERYSTWYTH AC	15:52:48
144	90		VICTORIA DORAN	02:50:32	V35	7	Female	20	TELFORD HARRIERS	15:52:56
145	338		CHARLOTTE TAYLOR	02:50:43	SenF	8	Female	21	HOGWEED TROTTERS	15:53:07
146	255		MARTHA HAMILTON	02:51:50	SenF	9	Female	22	FOREST OF DEAN AC	15:54:14
147	188		CHRIS MOORE	02:51:55	V60	5	Male	125	FOREST OF DEAN AC	15:54:19
148	189		HELEN LIPSCOMB	02:51:55	V35	8	Female	23	FOREST OF DEAN AC	15:54:19
149	195		TRICIA BUNN	02:51:59	V40	2	Female	24	PEEL	15:54:23
150	335		ANDY TAYLOR	02:52:07	SenM	49	Male	126	HOGWEED TROTTERS	15:54:31
151	234		JACQUI GEARS	02:52:13	V40	3	Female	25	OSWESTRY OLYMPIANS	15:54:37
152	355		STEPHEN JONES	02:52:23	SenM	50	Male	127		15:54:47
153	224		MIKE GWYNNE	02:52:46	V45	21	Male	128	PONTYPRIDD ROADANTS	15:55:10
154	146		PAUL CHARLES	02:52:53	V55	9	Male	129	PEGASUS RC	15:55:17
155	325		NICKI ALLEN	02:52:59	V40	4	Female	26	BLACKPEAR JOGGERS	15:55:23
156	181		JANET EDWARDS	02:53:02	V45	3	Female	27	PONTYPRIDD ROADANTS	15:55:26
157	36		SARAH GALLOWAY	02:53:11	V45	4	Female	28		15:55:35
158	139		BOB HOPKINS	02:53:18	V50	16	Male	130	STOURBRIDGE	15:55:42
159	340		KAREN POLLARD	02:53:35	V40	5	Female	29	BLACKPEAR JOGGERS	15:55:59
160	222		JOHN STOCKLEY	02:53:56	SenM	51	Male	131		15:56:20
161	78		MATTHEW SLUGG	02:54:37	V40	30	Male	132	PENARTH AND DINAS RUNNERS	15:57:01
162	155		KHALIL GHABAEE	02:56:01	V50	17	Male	133	POOLE RUNNERS	15:58:25
163	341		BERT LACEY	02:56:31	V50	1	Female	30	MALVERN JOGGERS	15:58:55
164	296		JEAN TURNER	02:56:37	V55	2	Female	31	TELFORD HARRIERS	15:59:01
165	44		KATIE SMITH	02:56:42	SenF	10	Female	32	CITY OF YORK ROSE	15:59:06
166	45		SOPHIE SMITH	02:56:42	SenF	11	Female	33		15:59:06
167	342		FELIX MACKENZIE-RAE	02:56:43	SenM	52	Male	134		15:59:07
168	216		MARTIN GREEN	02:56:44	V45	22	Male	135	WOLVES & BILSTON	15:59:08
169	37		DOMINIC KEMP	02:56:50	V50	18	Male	136	WOLVES & BILSTON	15:59:14
170	159		JOHN SANDERSON	02:56:52	V55	10	Male	137	3M GORSEINON ROAD RUNNERS	15:59:16
171	221		BRIAN FRANCIS	02:57:01	V50	19	Male	138		15:59:25
172	161		MCNEILL WAYNE	02:57:24	SenM	53	Male	139		15:59:48
173	238		RICHARD PALMER	02:57:32	V50	20	Male	140		15:59:56
174	47		MIKE HILL	02:57:50	SenM	54	Male	141	SHREWSBURY ROAD RUNNERS	16:00:14
175	327		AMY LE GRYS	02:57:59	SenF	12	Female	34	ABERYSTWYTH UNIVERSITY HARRIERS	16:00:23

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
176	121		JAMES KING	02:58:10	SenM	55	Male	142	BLACK PEAR JOGGERS	16:00:34
177	388		KYLIE MANSFIELD	02:58:48	V35	9	Female	35	WYE VALLEY RUNNERS	16:01:12
178	14		BEN KYLE	02:58:50	SenM	56	Male	143		16:01:14
179	229		JENNY BECKETT	02:58:55	SenF	13	Female	36	LITTLEDOWN	16:01:19
180	129		JAMES BELLAMY	02:58:56	SenM	57	Male	144	STOURBRIDGE RUNNING CLUB	16:01:20
181	290		PIOTR STRZESAK	02:59:19	V55	11	Male	145	PRESTEIGNE PACERS RC	16:01:43
182	361		ROBERT BAILEY	02:59:29	V45	23	Male	146		16:01:53
183	101		DAVID MAIL	02:59:34	V60	6	Male	147	CAMBRIDGE AND COLERIDGE	16:01:58
184	283		JAN HILL	02:59:53	V65 M	1	Male	148	CHICHESTER RUNNERS & AC	16:02:17
185	236		JUNE AVERY	03:00:36	V55	3	Female	37	HASTINGS RUNNERS	16:03:00
186	316		SEAN BIRCH	03:00:46	V45	24	Male	149	100 MARATHON CLUB	16:03:10
187	200		TRIS WEAVERS	03:00:56	SenM	58	Male	150		16:03:20
188	54		STEVE AMOS	03:01:03	SenM	59	Male	151	POOLE RUNNERS	16:03:27
189	88		TORI NIXON	03:01:05	V35	10	Female	38		16:03:29
190	367		MATT MOON	03:01:20	SenM	60	Male	152	BLACKPEAR JOGGERS	16:03:44
191	228		ROBERT FRAMPTON	03:01:31	V50	21	Male	153	POOLE RUNNERS	16:03:55
192	278		ALUN JENKINS	03:01:40	V50	22	Male	154	RHAYADER RUNNING CLUB	16:04:04
193	7		MARK WARREN	03:01:50	V45	25	Male	155	COBRA RUNNING CLUB	16:04:14
194	204		RACHEL O'DWYER	03:02:21	V40	6	Female	39		16:04:45
195	298		STEVE SMITH	03:02:23	SenM	61	Male	156	RHAYADER RUNNING CLUB	16:04:47
196	91		JONATHAN TOON	03:02:24	SenM	62	Male	157		16:04:48
197	92		AIMEE WOODS-JACKSON	03:02:38	V35	11	Female	40		16:05:02
198	89		MICHAEL RICKUS	03:02:40	V55	12	Male	158	TELFORD HARRIERS	16:05:04
199	261		TERI THOMPSON	03:02:45	V45	5	Female	41	BLACKPEAR JOGGERS	16:05:09
200	262		SUE SHACKLOCK	03:02:45	V45	6	Female	42	BLACKPEAR JOGGERS	16:05:09
201	175		ROB LESTER	03:03:06	V40	31	Male	159	FOREST OF DEAN AC	16:05:30
202	277		SUSAN JONES	03:03:18	V45	7	Female	43	LYTCHETT MANOR STRIDERS	16:05:42
203	362		DAVID JENKINS	03:03:29	SenM	63	Male	160	FOREST OF DEAN AC	16:05:53
204	170		EMMA LIVERMORE	03:03:30	V35	12	Female	44	POOLE RUNNERS	16:05:54
205	314		IFAN JONES	03:03:40	V50	23	Male	161	MALDWYN HARRIERS	16:06:04
206	77		DEBORAH PARKER	03:04:17	V40	7	Female	45	MALVERN JOGGERS	16:06:41
207	80		CRAIG YARDLEY	03:04:18	V55	13	Male	162	BLACK PEAR JOGGERS	16:06:42
208	158		SALLY REID	03:04:30	V45	8	Female	46	3M GORSEINON ROAD RUNNERS	16:06:54
209	339		LISA CROPPER	03:05:20	V40	8	Female	47	HOGWEED TROTTERS	16:07:44
210	337		RICHARD KING	03:05:21	SenM	64	Male	163	HOGWEED TROTTERS	16:07:45

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
211	99		DAVID RUSTELL	03:05:22	V55	14	Male	164	LYTCHETT MANOR STRIDERS	16:07:46
212	185		GEMMA HEWITT	03:05:24	SenF	14	Female	48	FOREST OF DEAN AC	16:07:48
213	107		ROYSTON TOON	03:05:51	V65 M	2	Male	165	CHEPSTOW HARRIERS	16:08:15
214	346		JOHN WILLIAMS	03:06:20	V50	24	Male	166		16:08:44
215	332		KAREN ELVERS	03:06:32	V40	9	Female	49	CHEPSTOW HARRIERS	16:08:56
216	274		TONY CROSSLEY	03:06:46	V60	7	Male	167	EAST GRINSTEAD & DIST AC	16:09:10
217	76		CHRISTINA REES	03:07:52	V45	9	Female	50	CAERPHILLY RUNNERS	16:10:16
218	383		ANGE FITZGERALD	03:07:52	V35	13	Female	51	CAERPHILLY RUNNERS	16:10:16
219	289		TREVOR FINNIS	03:08:09	V50	25	Male	168	LYTCHETT MANOR STRIDERS	16:10:33
220	198		MICHAEL MARKS	03:08:47	V45	26	Male	169	FOREST OF DEAN AC	16:11:11
221	193		PAUL STOCKS	03:09:36	V50	26	Male	170	DALLAM RUNNING CLUB	16:12:00
222	153		AIDAN DAVIES	03:09:49	SenM	65	Male	171	ISLWYN RUNNING CLUB	16:12:13
223	285		SARA KING	03:09:50	V35	14	Female	52	RHAYADER RUNNING CLUB	16:12:14
224	39		ANDREW SWINDELLS	03:10:02	V45	27	Male	172	COBRA RUNNING CLUB	16:12:26
225	251		IAN WALWYN	03:10:53	V60	8	Male	173	MALVERN JOGGERS	16:13:17
226	105		EWEN MCLAUGHLIN	03:11:07	V45	28	Male	174		16:13:31
227	297		ALAN STANLEY	03:11:26	V50	27	Male	175	BROMSGROVE & REDDITCH AC	16:13:50
228	387		MARC DOWSE	03:12:28	SenM	66	Male	176	BUILTH & DISTRICT RC	16:14:52
229	186		MARK PORTER	03:12:52	SenM	67	Male	177		16:15:16
230	215		SARAH MAWHINNEY	03:12:55	V50	2	Female	53		16:15:19
231	364		AMELIA GREAVES	03:13:23	SenF	15	Female	54		16:15:47
232	2		SALLY COCKCROFT	03:13:35	V50	3	Female	55	COBRA RUNNING CLUB	16:15:59
233	58		STEVE AMOS	03:13:35	V55	15	Male	178	COBRA RUNNING AND TRIATHLON CLUB	16:15:59
234	51		RACHAEL ELLARD	03:13:45	V35	15	Female	56		16:16:09
235	1		KAY COLE	03:14:36	V45	10	Female	57	SOUTHVILLE RUNNING CLUB	16:17:00
236	371		JUDY BAIRD-MURRAY	03:15:08	V50	4	Female	58	RHAYADER RUNNING CLUB	16:17:32
237	372		CARA MEEHAM	03:15:23	SenF	16	Female	59		16:17:47
238	380		MARK AMYES	03:15:36	V50	28	Male	179	BLACKPEAR JOGGERS	16:18:00
239	381		ANNA BORECKA	03:15:36	V35	16	Female	60	BLACKPEAR JOGGERS	16:18:00
240	10		KRISTINA NEWTON	03:15:40	V60	3	Female	61	COBRA RUNNING CLUB	16:18:04
241	288		STEVE VINCENT	03:15:42	SenM	68	Male	180	LYTCHETT MANOR STRIDERS	16:18:06
242	149		PAUL ALMOND	03:16:22	V50	29	Male	181		16:18:46
243	315		ALISON LEHARNE	03:16:35	V45	11	Female	62	BLACKPEAR JOGGERS	16:18:59
244	307		JOHN EVANS	03:17:13	V65 M	3	Male	182	ABERYSTWYTH AC	16:19:37
245	131		ANDY FODEN	03:17:15	V45	29	Male	183	DROITWICH AC	16:19:39

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
246	187		STEFANIE FRANCIS	03:17:21	V50	5	Female	63	FOREST OF DEAN AC	16:19:45
247	256		VALERIE HAMILTON	03:17:40	V50	6	Female	64	FOREST OF DEAN AC	16:20:04
248	165		ALICE WALKER	03:18:05	SenF	17	Female	65		16:20:29
249	167		JAMES BAKER	03:18:06	V40	32	Male	184	FRAMPTON COTTERELL HARRIERS	16:20:30
250	273		MARY MORTON	03:18:29	V40	10	Female	66	RHAYADER RUNNING CLUB	16:20:53
251	375		NARINDRA HUGHES	03:18:30	V40	11	Female	67		16:20:54
252	329		ANDREA WILLIAMS	03:18:31	V40	12	Female	68	PORT TALBOT HARRIERS	16:20:55
253	52		ROBERT FLANAGAN	03:19:05	V50	30	Male	185	PONTYPRIDD ROADANTS	16:21:29
254	320		RACHAEL MADDY	03:19:12	V35	17	Female	69	GRIFFITHSTOWN HARRIERS	16:21:36
255	265		AMANDA SINCLAIR	03:19:14	V40	13	Female	70		16:21:38
256	160		ANDY BARTON	03:19:18	SenM	69	Male	186	FRAMPTON COTTERELL HARRIERS	16:21:42
257	317		COLEEN BIRCH	03:20:11	V40	14	Female	71		16:22:35
258	117		NANETTE VIRGO	03:21:38	V40	15	Female	72	GRIFFITHSTOWN HARRIERS	16:24:02
259	151		NATALIE HERN	03:21:38	V45	12	Female	73	GRIFFITHSTOWN HARRIERS	16:24:02
260	253		ELAINE ROWLANDS	03:21:53	V50	7	Female	74	ABERYSTWYTH AC	16:24:17
261	21		PAUL VINEY	03:22:07	V45	30	Male	187	POOLE RUNNERS	16:24:31
262	194		PETER PORTNOI	03:22:09	V50	31	Male	188	POOLE RUNNERS	16:24:33
263	389		Late Starter	03:22:15	SenM	70	Male	189		16:24:39
264	144		JACQUELYN SHELDON	03:22:23	V50	8	Female	75	WORCESTER BLACK PEARS	16:24:47
265	382		ROBERT BURNS	03:22:39	V65 M	4	Male	190	LYTCHETT MANOR STRIDERS	16:25:03
266	38		CLARE TAYLOR	03:23:05	V40	16	Female	76	COBRA RUNNING AND TRIATHLON CLUB	16:25:29
267	46		NICK HILL	03:23:15	SenM	71	Male	191	SHREWSBURY ROAD RUNNERS	16:25:39
268	190		JACQUI WYNDS	03:23:39	V60	4	Female	77	FOREST OF DEAN AC	16:26:03
269	180		CARRIE EICHSTEDT	03:24:04	SenF	18	Female	78	SOUTHVILLE RUNNING CLUB	16:26:28
270	295		DARON WINDLE	03:24:53	V50	32	Male	192	TELFORD HARRIERS	16:27:17
271	322		ISOBEL OWEN	03:25:05	SenF	19	Female	79		16:27:29
272	323		JAY RICHMOND	03:25:21	SenM	72	Male	193	BLACKPEAR JOGGERS	16:27:45
273	331		PAUL CHILDS	03:25:21	SenM	73	Male	194	BLACKPEAR JOGGERS	16:27:45
274	145		GLYN DAVIES	03:25:37	V40	33	Male	195	MALVERN JOGGERS	16:28:01
275	127		GABRIELLA BLAZEWICZ	03:25:45	SenF	20	Female	80	ABINGDON ATHLETICS CLUB	16:28:09
276	347		STEPHEN LANE	03:25:45	SenM	74	Male	196		16:28:09
277	230		MARION FRAMPTON	03:26:33	V55	4	Female	81	POOLE RUNNERS	16:28:57
278	266		BRETT JONES	03:27:06	V40	34	Male	197	LES CROUPIERS	16:29:30
279	353		VIV SAMUELSON	03:27:13	V40	17	Female	82	SWINTON RC	16:29:37
280	174		CLAIRE MORGAN	03:27:35	V50	9	Female	83	FOREST OF DEAN AC	16:29:59

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
281	115		LUKE MILLS	03:27:39	SenM	75	Male	198	BRIDGNORTH RUNNING CLUB	16:30:03
282	148		MEG DOWEN	03:28:11	V40	18	Female	84	DUDLEY KINGSWINFORD RC	16:30:35
283	95		CHERYL DAVIES	03:28:28	V45	13	Female	85	SOSPAN ROAD RUNNERS	16:30:52
284	385		DAN CALE	03:29:20	SenM	76	Male	199	BLACKPEAR JOGGERS	16:31:44
285	359		BECKY LATHAM	03:29:56	SenF	21	Female	86	MALDWYN HARRIERS	16:32:20
286	152		HELEN BURTON	03:30:01	V55	5	Female	87	BLACK PEAR JOGGERS	16:32:25
287	111		CLAIRE GREGORY	03:30:36	V40	19	Female	88	KINGSWOOD TRI CLUB	16:33:00
288	326		RHIANNE McGHEE	03:30:59	SenF	22	Female	89	NEWPORT HARRIERS	16:33:23
289	24		ABBY FORSTER	03:31:16	SenF	23	Female	90		16:33:40
290	33		FIONA HUXTABLE	03:31:21	V40	20	Female	91		16:33:45
291	147		SAMANTHA HEMMING	03:32:18	SenF	24	Female	92	DUDLEY KINGSWINFORD RC	16:34:42
292	183		NICK GREEN	03:33:37	V45	31	Male	200		16:36:01
293	135		TERRI WALKER	03:34:19	SenF	25	Female	93	COBRA RUNNING CLUB	16:36:43
294	166		MATTHEW MUNDY	03:34:24	V40	35	Male	201		16:36:48
295	56		VICKI JONES	03:35:11	V40	21	Female	94	ISLWYN RUNNING CLUB	16:37:35
296	169		DAVID PYE	03:35:45	V60	9	Male	202	AMAZING FEET	16:38:09
297	268		KARL WHITFIELD	03:35:52	SenM	77	Male	203	LYTCHETT MANOR STRIDERS	16:38:16
298	284		TINA HUMBLE	03:36:45	V40	22	Female	95		16:39:09
299	15		MATTHEW STOREY	03:36:54	V40	36	Male	204		16:39:18
300	17		ROBERT GILLAN	03:37:02	V55	16	Male	205		16:39:26
301	136		DAVID WYN ROBERTS	03:37:27	V50	33	Male	206		16:39:51
302	163		DAVE KIRKBY	03:38:13	V50	34	Male	207	ERYRI HARRIERS	16:40:37
303	184		EMMA GREEN	03:39:47	V40	23	Female	96		16:42:11
304	19		TREVOR CLARK	03:42:35	V50	35	Male	208	PERSHORE PLUM PLODDERS	16:44:59
305	232		JANE DUFFUS	03:44:53	V35	18	Female	97	SOUTHVILLE RUNNING CLUB	16:47:17
306	227		FIONA CAMPBELL	03:52:18	V40	24	Female	98	PONTYPRIDD ROADANTS	16:54:42
307	102		JACQUELINE FOWLER	03:52:20	V50	10	Female	99	MEIRIONNYDD RUNNING	16:54:44
308	120		JIM NOONAN	03:52:21	V50	36	Male	209		16:54:45
309	67		BRIDGETTE GRIFFITHS	03:54:04	V50	11	Female	100	PONTYPRIDD ROADANTS	16:56:28
310	199		GRAHAM BINGHAM	03:54:05	V50	37	Male	210	PONTYPRIDD ROADANTS	16:56:29
311	103		HAYDN FOWLER	03:54:31	V50	38	Male	211	MEIRIONNYDD RUNNING	16:56:55
312	308		PAUL HILLMAN	03:55:00	V55	17	Male	212	MALDWYN HARRIERS	16:57:24
313	26		LACEY ANGELL	03:55:34	SenF	26	Female	101		16:57:58
314	239		ANNE FRANCIS	03:55:56	V65+	1	Female	102	LORDSHILL ROAD RUNNERS	16:58:20
315	281		MICHAEL KING	03:57:35	V65 M	5	Male	213	NAILSEA RUNNING CLUB	16:59:59

Pos	Race No	Print	Name	Time	Category	Cat Pos	Gender	Gen Pos	Team	TOD
316	376		NOEL SANDERS	03:57:41	V55	18	Male	214		17:00:05
317	270		PETER COLLINS	04:00:52	V45	32	Male	215	LYTCHETT MANOR STRIDERS	17:03:16
318	60		TERENCE MACEY	04:03:40	V65 M	6	Male	216		17:06:04
319	384		OLIVER BELFIELD	04:07:37	SenM	78	Male	217		17:10:01
320	386		JESSIE JONES-MORRIS	04:07:37	SenF	27	Female	103		17:10:01
321	225		JO GWYNNE	04:07:56	V40	25	Female	104	PONTYPRIDD ROADANTS	17:10:20
322	104		PAMELA FLANAGAN	04:08:23	V50	12	Female	105	PONTYPRIDD ATHLETIC CLUB	17:10:47
323	29		MARK O'DARE	04:13:02	V50	39	Male	218	PONTYPRIDD ROADANTS	17:15:26
324	70		COLIN HAWKINS	04:13:39	V45	33	Male	219	BUCKLEY RUNNERS	17:16:03
325	244		DAVID PHILLIPS	04:14:00	V70+	1	Male	220	PEMBROKESHIRE HARRIERS	17:16:24
326	71		JASON DWAN	04:15:15	V40	37	Male	221	BUCKLEY RUNNERS	17:17:39
327	8		GARY WALTON	04:16:43	V50	40	Male	222		17:19:07
328	226		CHERYL WHITE	04:20:00	V45	14	Female	106		17:22:24
	40		STEVE HILL	Withdrawn during race	V50		Male		PENARTH AND DINAS RUNNERS	13:02:24
	41		MICHELLE HOEY	Withdrawn during race	V35		Female		PENARTH AND DINAS RUNNERS	13:02:24
	312		TONY DAVIES	Withdrawn during race	V50		Male		RHAYADER RUNNING CLUB	13:02:24