

Pos	Athlete	Club	Cat	Time
1	Gareth Hurst	Royal Marines	M	0:29:26
2	Hugh Aggleton	MDC	M	0:29:29
3	Gareth Green	San Domenico	M	0:30:43
4	Ben Moon	MDC	M	0:31:33
5	Paul Chester		M40	0:32:01
6	Steve Harray	Lliswerry	M40	0:32:34
7	Haydn Hartnell	Islwyn	M40	0:32:42
8	Jason Tompkins	MDC	M	0:32:45
9	John Aggleton	MDC	M50	0:32:49
10	Richard Everson	SW Road Runners	M40	0:32:52
11	Richard Johnson	Islwyn	M40	0:33:02
12	Matthew Lawson	Chepstow	M40	0:33:08
13	Andy Wilton	San Domenico	M40	0:33:41
14	Katie Beecher	Les Croupiers	F	0:33:53
15	Andy Blackmore	MDC	M40	0:34:06
16	Chris Powell	SW Road Runners	M40	0:34:02
17	Andy Creber	Chepstow Harriers	M50	0:34:15
18	Richard Hudson	Avon Valley	M40	0:34:16
19	Neil Lewis	Mynydd Du	M40	0:34:30
20	Laurie Carter	Chepstow Harriers	M50	0:34:47
21	Glyn Sansom	San Domenico	M40	0:35:05
22	Wheeze	Brycheiniog	M50	0:35:38
23	Pete Williams	MDC	M50	0:35:56
24	Dai Smout	Parc Bryn Bach	M60	0:36:14
25	Andy Stott	MDC	M50	0:36:25
26	Dom Shields	San Domenico	M40	0:36:32
27	Gary Gunner	Croft Ambrey	M60	0:36:44
28	Graham Colvin	Celtic Tri	M40	0:36:53
29	Sandy Chipper	Lliswerry	F	0:37:22
30	Steve Herington	Hereford Couriers	M60	0:37:29
31	Richard Mordey	Up & Under	M40	0:37:41
32	Satu Haikala	Brecon	F40	0:37:45
33	Vanessa Lawson	Chepstow Harriers	F	0:37:49
34	Joc Dodd	Chepstow	F50	0:38:01
35	Chris Gurney	Mynydd Du	M40	0:38:11
36	Sharon Woods	Mynydd Du	F50	0:38:22
37	Niki Morgan	Chepstow Harriers	F40	0:38:24
38	Martin Lucas	MDC	M50	0:39:10
39	Kevin Barnes	Hereford Couriers	M40	0:39:17
40	Anne Marie Harris	Mynydd Du	F40	0:39:25
41	John Sweeting	MDC	M60	0:40:15
42	Sue Ashton	Chepstow Harriers	F50	0:40:31
43	Naomi Prosser	Hereford & County	FU23	0:40:39
44	Mike Harris	MDC	M50	0:40:45
45	Gareth Jones	MDC	M60	0:46:02
46	Dave Gilbert	MDC	M60	0:51:35