

				Fan Fawr		Sugar Loaf		Bloreng		Garth		Crychan Winter		Blaenbran Blast		Llanthony Winter		
Pos.	Name	Club	Cat.	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
42	Roy Silver	WFRA	M50	25.55	64	62.53	47			21.36	60	51.59	65					236
43	Mike Melhuish	FOD	M40	24.25	71	48.38	82	33.39	81									234
44	Janet Richards	Griffithstown Harriers	F40			66.11	39	54.57	5	20.31	67	53.14	61	43.53	57			229
45	Gary Gunner	Croft Ambrey	M60			53.35	70	35.34	74							36.44	80	224
46	Mark Palmer	Mynydd Du	M40			39.04	105	25.40	109									214
47	Tom Gibbs	MDC	MS									36.28	105	27.58	109			214
48	Matt Collins	MDC	M	17.51	106	39.08	105											211
49	Chris Edis	Keswick	M							14.53	104	39.21	98					201
50	Gerry Ashton	Chepstow Harriers	M50	25.38	65			37.56	65					40.43	67			197
51	Richard Samuel	Cardiff Harlequins	M	19.28	98					15.35	99							197
52	Ben Moon	MDC	MS									39.58	96			31.33	97	193
53	James Blore	Chepstow Harriers	Mu23	19.48	96	42.57	96											192
54	Robert West	MDC	M70	27.30	55	63.30	46					60.17	43	46.59	47			191
55	Mike Fawcett	Wye Valley	M40			43.52	94			15.59	96							190
56	Pete Gardener	Hereford Couriers	M50	20.35	92	44.17	92											184
57	Jonty Davies	San Domenico	Mu23			45.22	90							32.38	93			183
58	Helen Fines	Vegan Runners	F			44.57	91	30.22	92									183
59	John Syms	MDC	M40							16.36	92	42.05	90					183
60	Grant Lewis	Fairwater	M			46.28	87							32.40	93			180
61	Gareth Griffiths	MDC	M40	24.29	71	56.35	63			23.46	46							180
62	Rhys Williams	MDC	M40			47.18	85			16.24	94							179
63	Mark Cason		M40					32.36	84	16.21	94							178
64	Richard Hudson	Avon Valley Runners	M40											33.57	89	34.16	88	177
65	Gary Davies	MDC	M			48.14	83			17.37	86							169
66	Alan Hodgkinson		M					32.48	84			44.25	84					168
67	Satu Haikala	Brecon AC	F40									44.19	85			37.45	77	161
68	Nick Dallimore	MDC	M50							18.40	79			36.16	82			161
69	Anthony Powell	Rhayader	M	22.04	84	51.12	76											160
70	Martin Clarke	Hereford		26.58	58	59.59	54	43.20	46									159
71	Stephen Epstein	Brecon Multisport	M	22.58	79			35.56	72									152
72	Emma Bayliss	Mynydd Du	F			55.08	66					45.40	81					147
73	Vanessa Lawson	Chepstow	F					36.33	70							37.49	77	147
74	Pete Morfey	Cardiff Harlequins	M50			54.41	67			18.56	77							144
75	Kevin Barnes	Hereford Couriers	M40			53.20	71									39.17	72	142
76	Lou Summers	Chepstow	F40			56.04	64							37.57	76			140
77	Angharad Rees	Unatt	F	24.22	72	54.30	68											139
78	Naomi Law	Mynydd Du	F			54.47	67					49.43	71					138
79	Daniel Luffman	u/a	M			57.03	61					51.22	66					128
80	Kate Hovers	Brecon Tri	F50	27.12	57							55.45	55					112
81	Nicky McWilliam	Les Croupiers	F	28.10	52	57.57	59											111
82	Phil Hughes	San Domenico	M			60.32	53							43.48	57			110
83	Dave Gilbert	MDC	M60					51.12	18	25.34	34			53.23	26	51.35	32	110
84	Hugh Aggleton	MDC	M													29.29	104	104
85	Paul Murrin	Chepstow	M					27.16	103									103
86	Jaron Rowley	Clevedon	M							15.42	98							98

				Fan Fawr		Sugar Loaf		Blorengre		Garth		Crychan Winter		Blaenbran Blast		Llanthony Winter		
Pos.	Name	Club	Cat.	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
87	D Birtwistle	Harr	Mu23			42.06	98											98
88	David Tyson	Loughton AC	M	19.29	97													97
89	Mark Bryant	MDC	M40							15.54	97							97
90	Justyn Rowley	Clevedon	M							16.01	96							96
91	Gill Stott	Chepstow	F50					44.07	43				56.50	52				95
92	L Humphreys	Fairwater	M			43.36	94											94
93	Jason Tompkins	MDC	M													32.45	93	93
94	Ben Gibbison	DPFR	M			44.06	93											93
95	Matt Morris		M	20.24	93													93
96	B Griffiths	Bridgend	M			44.19	92											92
97	Robin Smoult		M					30.20	92									92
98	James Richards	Fairwater	M							16.42	92							92
99	Steve Davies	Griffithstown	M50							16.45	91							91
100	Peter Sowerby	Brecon A.C	M40											33.29	91			91
101	Andy Wilton	San Domenico	M40													33.41	90	90
102	Dave Austin	Chepstow	M			45.28	90											90
103	Daniel Bodman	Ponty Rodents	M	21.00	89													89
104	Ken Ham	Thornbury RC	M40	21.02	89													89
105	N Selmes	Mynydd Du	M			46.01	88											88
106	Neil Lewis	Mynydd Du	M40													34.30	87	87
107	Steve Brown	MDC	M50	21.26	87													87
108	Andrew Armitage	u/a	M40							17.25	87							87
109	Mark Richmond	Pegasus	M							17.26	87							87
110	Laurie Carter	Chepstow Harriers	M50													34.47	86	86
111	S Bellamy	Mercia	M40			46.51	86											86
112	Libby O'Duffy	Les Croupiers	F40							17.47	85							85
113	Darren McLane	N/A	M											35.38	84			84
114	S Lewis	Parc Bryn Bach	M40			48.25	82											82
115	M Chammings	Parc Bryn Bach	M			48.27	82											82
116	Mick Ligema	Croft Ambrey	M50			48.36	82											82
117	Phil Holder	Cardiff Harlequins	M50							18.12	82							82
118	E Hitchin	SWRR	F			48.39	82											82
119	Dai Smout	Parc Bryn Bach	M60													36.14	82	82
120	Ruth Barrett	San Domenico	F			49.03	81											81
121	L Malarz	Chepstow	M			49.07	81											81
122	John Geraint Evans	Llandoverly	M40									46.00	80					80
123	Simon Hazel	Unattached	M40									46.13	80					80
124	D Chandler	Westbury	M			49.37	80											80
125	B Lovett	San Domenico	M40			49.40	79											79
126	M Woodhead	Mynydd Du	M40			49.45	79											79
127	S King	SWRR	M40			49.51	79											79
128	Sandy Chipper	Lliswerry	F													37.22	78	78
129	Gwyn Lloyd	Ponty Rodents	M50	23.16	78													78
130	Michael Case	N/A	M40											37.33	77			77
131	Becki Law	Eryri	F							18.57	77							77

				Fan Fawr		Sugar Loaf		Blorengce		Garth		Crychan Winter		Blaenbran Blast		Llanthony Winter		
Pos.	Name	Club	Cat.	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
132	Brian Hardcastle	MDC	M50	23.23	77													77
133	A Michnisk	Wye Valley	M			50.52	77											77
134	Joc Dodd	Chepstow	F50													38.01	76	76
135	M English	Chepstow	M40			51.09	76											76
136	Alan Stone	MDC	M50	23.36	76													76
137	Claire Dallimore	WFRA	Fu23											38.04	76			76
138	Angela Jones	Mynydd Du	F			51.27	75											75
139	Matthew Townsend	Les Croupiers	M40									48.10	75					75
140	Jonathan Williams	Fairwater	M40							19.24	74							74
141	Julia Esser	u/a	F							19.25	74							74
142	Helen Bennett	MDC	F					35.29	74									74
143	Alan Gillard	Cardiff Harlequins	M40							19.26	74							74
144	WJ Darby	Mynydd Du	M50	24.02	74													74
145	Shane Goodman	Westbury	Mu15							19.34	73							73
146	Gareth Gibb		M40					35.53	73									73
147	Allun Davies	Islwyn	M60	24.15	72													72
148	Philip Barnes	Corsham Running Club	M40											39.08	72			72
149	M Randall	u/a	M40			52.47	72											72
150	S Mackie	Westbury	F			52.47	72											72
151	M Walsh	u/a	M			52.56	71											71
152	Robert Wilson	Penarth & Dinas	M50									49.33	71					71
153	C Cottell	Reading	M50			53.23	70											70
154	Rodney Jones	Les Croupiers	M60	32.43	28	74.11	20	50.21	21									69
155	Mark Smith	N/A	M											40.12	69			69
156	Andrew Dickens	N/A	M40											40.22	68			68
157	A Taylor	Parc Bryn Bach	M50			54.21	68											68
158	M Tyler	u/a	M			54.22	68											68
159	N Grant	Chepstow	M50			54.27	68											68
160	Tony Maycraft	Loughton AC	M50	25.25	66													66
161	Gary Woods	Fairwater Runners	M40											41.07	66			66
162	David Thomas	u/a	M							20.58	64							64
163	B Watson	FERC	M40			56.15	63											63
164	Andrew Hartwell	N/A	M50											42.07	62			62
165	Norman Jones	MDC	M50							21.25	61							61
166	Meister Ute		F40					39.08	61									61
167	Ian Wade	Chepstow	M50			57.15	61											61
168	Caryl Davies	Sarn Helen	Fu23									54.26	58					58
169	Colin Prosser	Chepstow Harriers	M40	31.31	34			49.34	24									58
170	Iestyn Reynolds		M					40.03	58									58
171	O Keynes	Cfach	M			58.39	58											58
172	A Brennan	SWRR	M50			59.29	56											56
173	Deb Chick	N/A	F40											44.20	55			55
174	Duncan Rayney	Loughton AC	M40	27.34	55													55
175	Elvet Jones	Brecon AC	M60									55.45	55					55
176	Mike Chick	N/A	M40											44.36	54			54

