

Pos Number Athlete Club Cat Time

1 387 Huw Evans Les Croupiers M40 31.12
2 345 Ben Moon MDC SM 31.27
3 327 Andrew Stephens Monross Trailblazers M40 32.14
4 961 Jon Newey Mercia Fell Runners M40 33.37
5 940 Stephen Caldwell Chepstow Harriers M40 34.30
6 301 Katie Beecher Les Croupiers SW 34.50
7 364 Jeremy Jehan Wye Valley Runners M40 34.58
8 356 Phil Thomas Monross Trailblazers M40 35.31
9 348 Andrew Davidson Les Croupiers SM 35.38
10 312 Matt Hurford Les Croupiers M40 35.46
11 391 Max Suff Hereford Couriers M50 36.13
12 938 Matthew Lawson Chepstow Harriers M45 36.15
13 350 Paul Gebbett Chippenham Harriers M45 36.20
14 346 Mark Ponsford MDC SM 36.41
15 388 Neil Brooke-Smith Pontypridd Roadents M40 36.43
16 955 Rich Lloyd Fairwater Runners SM 36.46
17 375 Luke James Monross Trailblazers SM 37.31
18 368 Paul Lidgett Chepstow Harriers M45 37.36
19 362 Matthew Hall Monross Trailblazers M45 37.40
20 380 Clara Evans Pontypridd Roadents SW 37.48
21 390 Jake Brooke-Smith Pontypridd Roadents JM 37.49
22 316 Nick Hitchings Wye Valley Runners M45 38.11
23 386 Laurie Carter Chepstow Harriers M50 38.15
24 965 Donovan Williams Bridgend JM 38.19
25 314 Mark English Lliswerry Runners M45 38.40
26 324 Simon Hazel Les Croupiers M40 38.41
27 342 Andy Creber Chepstow Harriers M55 38.49
28 303 Brian Dias Les Croupiers SM 38.53
29 361 Richard Cronin Westbury Harriers SM 38.56
30 948 Andrew Dickens Pont-Y-Pwl M40 39.01
31 383 Glyn Sansom San Domenico M50 39.12
32 343 Niki Morgan Chepstow Harriers W45 39.16
33 335 Howard Owen Les Croupiers SM 39.23
34 945 Rob Hook Chepstow Harriers M50 39.36
35 954 Richard Newhouse Chepstow Harriers M40 39.41
36 347 Caitlin Pearson Les Croupiers SW 39.42
37 374 Ian Macklin Unattached M45 39.54
38 307 Steve Herington Hereford Couriers M65 40.02
39 398 Tim Osman Crocodiles M50 40.06
40 332 Nick Dallimore Les Croupiers M55 40.26
41 947 Lou Summers Pont-Y-Pwl W45 40.31
42 318 Marcus Meyrick Les Croupiers M40 40.38
43 369 Terry Caveney Les Croupiers M55 40.44
44 306 Richard Wall Hereford Couriers M50 40.54
45 376 Andy Stott Chepstow Harriers M55 41.10
46 378 Sam Harness Monross Trailblazers SM 41.16
47 385 Rhys Asbridge Unattached SM 41.23
48 355 Stephen Hind Unattached M50 41.25

49 392 Tom Riddington Chepstow Harriers M40 41.26
50 382 David Smout Mynydd Du M65 41.30
51 363 James Fletcher Monross Trailblazers M45 41.40
52 379 Paul Graham Pontypridd Roadents SM 41.43
53 340 Neil Grant Chepstow Harriers M60 42.00
54 953 Amy Jones Bristol T.A.C.H. SW 42.03
55 370 Robert Nelson Spirit of Monmouth M40 42.05
56 325 Georgie Prior Chepstow Harriers SW 42.12
57 397 Clive Osmond Les Croupiers M50 42.17
58 315 Gareth Jones Chepstow Harriers M65 42.25
59 310 Gary Gunner Croft Ambrey M65 42.33
60 357 Sarah Bell Chepstow Harriers SW 42.38
61 302 Roy Silver Les Croupiers M50 42.44
62 400 Vanessa Lawson Chepstow Harriers W40 42.58
63 349 Matt Hopkins Les Croupiers SM 43.09
64 960 Simon Williams Unattached M45 43.28
65 952 Lucy Baker MDC SW 43.53
66 322 Rebecca Comins Chepstow Harriers W45 44.15
67 372 Jack Smith Unattached JM 44.35
68 394 Rob Beeves Chepstow Harriers M50 44.42
69 396 David Powlesland MDC SM 44.53
70 944 Jan Morris Chepstow Harriers W45 45.06
71 365 Mike Davies Les Croupiers M60 45.11
72 338 Cheryl Evans Les Croupiers SW 45.34
73 943 Maria Anthony Chepstow Harriers W45 45.36
74 939 Esther Barrett Chepstow Harriers W40 45.42
75 384 Holly James-Thomas Pont-Y-Pwl SW 45.44
76 320 Paul Chapman Les Croupiers M45 46.10
77 334 Stuart Duncan Chepstow Harriers M50 46.12
78 337 Joyce Dodd Chepstow Harriers W60 46.15
79 336 Paul Dodd Chepstow Harriers M55 46.15
80 309 Mike Harris Westbury Harriers M60 46.21
81 360 Sophie Gilbert Chepstow Harriers W40 46.23
82 371 David Hayward Chepstow Harriers M60 46.25
83 329 John Nash Chepstow Harriers M50 46.28
84 317 Kevin Barnes Hereford Couriers M50 46.34
85 358 Vanessa Ball Monross Trailblazers SW 46.53
86 962 Stephen Wood Pegasus R.C. SM 46.57
87 359 Danielle Sapsford Chepstow Harriers SW 47.14
88 373 Alan Dobbs Chepstow Harriers SM 47.20
89 331 Caroline Dallimore Les Croupiers W55 47.31
90 399 David Winderbank Unattached SM 47.42
91 354 Carl Brancher Mynydd Du M60 47.46
92 964 Gareth Hughes Unattached SM 47.49
93 305 Leighton Anthony Unattached M50 48.45
94 311 Karen Elvers Chepstow Harriers W40 48.59
95 321 Julie Scholey Les Croupiers W55 49.02
96 949 Fiona Cross Pont-Y-Pwl SW 49.24
97 942 Sam Hayes Unattached SM 49.34

98 389 Sara Brooke-Smith Pontypridd Roadents M40 49.49
99 941 Dick Finch Chepstow Harriers M70 50.40
100 328 Simon Blease Brycheiniog M55 50.44
101 963 Mike Powell Unattached M50 50.56
102 308 Tom Davies Croft Ambrey M65 51.43
103 956 Paul McGuire Unattached SM 52.39
104 377 Andy Bray Chepstow Harriers M55 52.50
105 366 Graeme Donnan Les Croupiers M60 53.42
106 323 Rob Brown Chepstow Harriers M65 53.56
107 395 Gemma Beeves Chepstow Harriers SW 54.25
108 339 Denise Evans Chepstow Harriers W50 54.26
109 946 Louise Crockett Chepstow Harriers W50 54.59
110 341 Roberta Havers Chepstow Harriers SW 57.01
111 393 Lucy Davies Chepstow Harriers SW 57.02
112 330 Julie Broughton Les Croupiers W45 57.03
113 951 Indi Plummer Unattached W35 57.06
114 313 Amanda Thompson Les Croupiers W50 57.09
115 304 Jeff Aston Les Croupiers M65 57.25
116 319 Sarah Perons Les Croupiers W50 57.35
117 352 Jane Bayliss Chepstow Harriers W60 57.56
118 950 Jessica Jordon-White Unattached SW 58.26
119 344 Geoff Cram Chepstow Harriers M65 58.46
120 353 Geoff Bayliss Chepstow Harriers M65 58.47
121 367 Les Pugh MDC M65 60.44
122 351 John Payne Les Croupiers M45 61.44
123 381 Gill Stott Chepstow Harriers W55 62.04
124 333 Dirk Schmaljohann Les Croupiers M45 62.31
125 958 Anne Jenner Chepstow Harriers W50 63.18
126 959 Jennifer Peregrine Chepstow Harriers W45 63.43
127 957 Paul Mayo Chepstow Harriers SM 64.42
128 326 Syd Wheeler Chepstow Harriers M75 66.52