

Table 1

	1	James Thie	Cardiff	M35	32.54
	2	Huw Evans	Les Croupiers	M45	33.00
	3	Sam Jones	Parc Bryn Bach	SM	33.03
	4	Andrew Stephens	MonRoss Trailbazers	M40	34.05
	5	Gavin Jones	MonRoss Trailbazers	SM	34.50
	6	Robert Pritchard	MonRoss Trailbazers	M35	35.34
	7	Toby Dickens	MonRoss Trailbazers	JM	35.38
	8	Natasha Cockram	Micky Morris Race Team	SW	35.43
	9	Helen Brown	Mynydd Du	W40	36.14
	10	Gethin Powell	Pontypridd Roadents	M35	36.19
	11	Keith James	Pontypridd Roadents	M40	36.34
	12	Matthew Lawson	Chepstow Harriers	M45	37.11
	13	Ian Whistance	Mynydd Du	M45	37.34
	14	Cory Sherwin	Forest of Dean	JM	37.40
	15	Julian Bass	Forest of Dean	M45	38.01
	16	Andy Horlick	Forest of Dean	M40	38.13
	17	James Boyle	Chepstow Harriers	M50	38.16
	18	Mark Matthews	Forest of Dean	M45	38.42
	19	Richard Cronin	MDC	SM	38.44
	20	Richard Powles	Forest of Dean	M40	38.46
	21	Sam Wheale	MonRoss Trailbazers	M35	38.52
	22	Rhys Ashbridge	Unattached	SM	39.01
	23	James Fletcher	MonRoss Trailbazers	M50	39.18
	24	Luke Davies	Swansea Harriers	SM	39.25
	25	Niki Morgan	Chepstow Harriers	W50	39.46
	26	Martin Scrivens	MonRoss Trailbazers	M35	39.53
	27	Jane Horler	Chepstow Harriers	W45	40.04
	28	Mark English	Lliswerry	M45	40.19
	29	Gavin Brace	Lliswerry	M35	40.22
	30	Richard Sheehy	Parc Bryn Bach	SM	40.24
	31	John Russell	Forest of Dean	M45	40.41
	32	Simon Blease	Brychieniog	M55	40.50
	33	Andy Creber	Chepstow Harriers	M55	40.56

	34	Martyn Carruthers	Forest of Dean	M45	41.08
	35	Nathaniel Palmer	Les Croupiers	M45	41.15
	36	Stephen Hind	Unattached	M50	41.37
	37	Neil Grant	Chepstow Harriers	M65	42.01
	38	Andrew Smith	Pont-y-Pwl	M35	42.04
	39	Rhys Pippard	Mynydd Du	SM	42.36
	40	Steve Chadwell	Unattached	M45	42.38
	41	Clive Osmond	Les Croupiers	M55	42.44
	42	Andy Stott	Chepstow Harriers	M55	42.50
	43	Lynn Cro	Forest of Dean	W45	43.02
	44	Simon Williams	Ogmore Phoenix	M50	43.14
	45	Ed Goldsmith	Unattached	M35	43.23
	46	Stuart Duncan	Chepstow Harriers	M55	43.24
	47	Terry Caveney	Les Croupiers	M55	43.26
	48	Daf Davies	Unattached	M40	43.36
	49	Steve Herington	Hereford Couriers	M65	43.48
	50	Sarah Coote	Parc Bryn Bach	W35	43.50
	51	Sian Jones	Parc Bryn Bach	SW	43.52
	52	Stephen Wood	Pegasus	M40	43.55
	53	Graham James	Forest of Dean	M50	45.18
	54	Gary John	Les Croupiers	M60	46.32
	55	Ben Watkins	Mynydd Du	SM	46.37
	56	Mike Harris	Westbury Harriers	M60	46.53
	57	Mike Davies	Les Croupiers	M65	47.26
	58	James Bell	Unattached	SM	47.31
	59	Jan Morris	Chepstow Harriers	W45	47.45
	60	Elaine Wharmby	Pegasus	W50	48.03
	61	Kevin Fowler	Pegasus	M55	48.07
	62	Jenny Yate	Mynydd Du	SW	48.14
	63	Hamish Hughson	Chepstow Harriers	M45	49.56
	64	Stephanie Francis	Forest of Dean	W50	49.57
	65	Mark Harvey	Chepstow Harriers	M55	50.04
	66	Julie Scholey	Les Croupiers	W55	50.22
	67	Steven Preddy	Les Croupiers	M45	51.01
	68	Louise Crockett	Chepstow Harriers	W50	51.07
	69	Peter Short	Forest of Dean	M65	51.09
	70				
	71	Eve Gallop-Evans	Les Croupiers	W50	52.37
	72	Carol Rees	Les Croupiers	W45	52.49
	73	Ruth Deards	Les Croupiers	W45	52.51





