

Results for East Wales - All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:47	HAYWARD, Christopher	Brecon A.C	Male Under 20	346	5
2	0:35:11	MORGAN, Stacey	Croft Ambrey	Male 35-44	367	6
3	0:36:05	TEED, Ivan	Chepstow Harriers	Male 20-34	348	9
4	0:36:13	SMOULT, Robin	Llswerry Runners	Male 35-44	374	10
5	0:36:31	HARRIS, Paul	Llswerry Runners	Male 35-44	507	12
6	0:36:34	HARVEY, Mark	Chepstow Harriers	Male 20-34	445	13
7	0:36:43	CALDWELL, Stephen	Chepstow Harriers	Male 35-44	370	15
8	0:37:12	HARRIS, David	Llswerry Runners	Male 35-44	508	16
9	0:37:26	LEWIS, Simon	Parc Bryn Bach Running Club	Male 35-44	411	17
10	0:37:58	WILLIAMS, Alun	Fairwater Runners	Male 35-44	312	20
11	0:38:19	GWILLYM, Lyndon	Parc Bryn Bach Running Club	Male 45-54	395	24
12	0:38:32	YOUNG, Simon	Thornbury RC	Male 35-44	356	25
13	0:38:49	WRIGHT, John	Chepstow Harriers	Male 35-44	441	26
14	0:38:50	MILES, Phillip	Parc Bryn Bach Running Club	Male 55+	351	27
15	0:38:54	DAVIES, Martin	Llswerry Runners	Male 45-54	501	29
16	0:38:55	PALMER, Andrew (T44)	Penarth & Dinas	Male 35-44	516	30
17	0:38:59	LOVETT, Brian	San Domenico	Male 35-44	489	31
18	0:39:44	LEATHARD, Matt	Chepstow Harriers	Male 20-34	496	37
19	0:39:47	LIDGETT, Paul	Chepstow Harriers	Male 35-44	443	38
20	0:40:13	MASON, Howard	Caerleon Running Club	Male 35-44	499	40
21	0:40:39	MORGAN, John	Bracknell Forest Runners	Male 45-54	335	44
22	0:40:54	MARTIN, Christopher	Hogweed Trotters	Male 45-54	409	47
23	0:41:28	BRASINGTON, Andrew	Brecon A.C	Male 35-44	438	50
24	0:41:52	SHIELDS, Dominic	San Domenico	Male 35-44	478	55
25	0:41:55	DAVIES, Chris	Llswerry Runners	Male 45-54	509	57
26	0:42:00	BLACKMORE, Andrew	Chepstow Harriers	Male 35-44	420	60
27	0:42:14	FROST, David	Parc Bryn Bach Running Club	Male 35-44	490	63
28	0:42:15	SHAW, Lorna	Chepstow Harriers	Ladies 45-54	432	64
29	0:42:25	SHORT, Peter	Forest of Dean A C	Male 55+	536	67
30	0:42:34	WOOLLEY, Kelly	Llswerry Runners	Ladies 20-34	532	70
31	0:42:42	SPENCER, Andrew	Fairwater Runners	Male 45-54	309	72
32	0:43:01	REESE, Tim	Llswerry Runners	Male 45-54	495	75
33	0:43:16	REEKS, Malcolm	Chepstow Harriers	Male 45-54	419	76
34	0:43:27	HARRISON, Ian	Hogweed Trotters	Male 35-44	412	78
35	0:44:12	BURT, Tony	Brackla Harriers	Male 55+	361	81
36	0:44:48	MILES, Jacky	Parc Bryn Bach Running Club	Ladies 55+	350	87
37	0:44:54	UNSWORTH, Mark	San Domenico	Male 45-54	480	88
38	0:45:45	MATTHEWS, Viv	Mounts Bay Harriers	Male 55+	422	95
39	0:45:49	TAYLOR, Andrew	Caerleon Running Club	Male 45-54	520	97
40	0:46:15	HAYWARD, Lynda	Brecon A.C	Ladies 45-54	344	100
41	0:46:24	MEEK-WELSH, Andy	Chepstow Harriers	Male 55+	522	101
42	0:47:13	WHEELER, Syd	Chepstow Harriers	Male 55+	322	110
43	0:47:37	BURGESS, Bryn	Llswerry Runners	Male 45-54	476	113
44	0:47:56	BAYLISS, Geoffrey	Chepstow Harriers	Male 55+	425	114
45	0:48:03	AVERY, Brenda	Chepstow Harriers	Ladies 55+	308	115
46	0:48:11	EVANS, Anne Marie	Parc Bryn Bach Running Club	Ladies 35-44	364	116
47	0:48:16	JENKINS, Jeanette	Fairwater Runners	Ladies 45-54	401	117
48	0:48:21	ANDREWS, Dave	Chepstow Harriers	Male 55+	434	118
49	0:48:39	HENDRY, Neil	Penarth & Dinas	Male 45-54	389	123
50	0:49:11	JONES, Rob	Chepstow Harriers	Male 45-54	384	128
51	0:50:21	HART, Gareth	Chepstow Harriers	Male 35-44	342	135
52	0:51:14	MOORE, Michelle	Hogweed Trotters	Ladies 35-44	413	139
53	0:51:21	CANTWELL, Berna	Chepstow Harriers	Ladies 35-44	440	140
54	0:51:24	JAMES, Clive	Midland Masters AC	Male 55+	471	141
55	0:51:47	JENKINS, Nigel	Caerleon Running Club	Male 35-44	337	146
56	0:54:28	HOWELLS, Gwyneth	Caerleon Running Club	Ladies 55+	315	151
57	0:55:28	GREEN, Clare	San Domenico	Ladies 35-44	528	154
58	0:56:20	DAVIES, Julia	Llswerry Runners	Ladies 45-54	510	158

Results for East Wales - All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
59	0:56:22	HENDRY, Joanna	Penarth & Dinas	Ladies 35-44	390	159
60	0:56:27	SHEPHERD, Suzie	Chepstow Harriers	Ladies 35-44	500	160
61	0:57:29	JENKINS, Deborah	Caerleon Running Club	Ladies 35-44	338	166
62	0:57:30	LIDGETT, Caroline	Chepstow Harriers	Ladies 35-44	444	167
63	0:59:55	JONES, Sian	Chepstow Harriers	Ladies 20-34	341	174
64	1:00:18	COOK, Michelle	Llswerry Runners	Ladies 45-54	494	175
65	1:00:18	CEENEY, Kaz	Llswerry Runners	Male 45-54	502	176
66	1:00:18	ATTWOOD, Howard	Llswerry Runners	Male 55+	355	177
67	1:01:07	ELVERS, Karen	Chepstow Harriers	Ladies 35-44	371	181
68	1:02:08	ELLIS, Gill	Chepstow Harriers	Ladies 45-54	427	185
69	1:02:09	BONSOR, Jane	Chepstow Harriers	Ladies 35-44	400	186
70	1:02:55	JENKINS, Gareth	Chepstow Harriers	Male 35-44	428	190
71	1:05:49	BURGESS, Rosalind	Llswerry Runners	Ladies 35-44	475	193
72	1:06:22	MORGAN, Janet	Llswerry Runners	Ladies 45-54	493	194
73	1:07:21	HITCHINS, Caroline	Chepstow Harriers	Ladies 35-44	373	196
74	1:08:30	LAWSON-JONES, Mark		Male 35-44	313	198
75	1:09:15	MASTERS, Anne	Chepstow Harriers	Ladies 55+	503	199

There were 75 finishers in the East Wales - All Competitors category.