

Pos	Name	Club	Sex	Cat	Time	Award
1	rob gordon	mynydd du	m	s	00:51:42	1st SM
2	matthew collins	mdc	m	s	00:52:51	2nd SM
3	paul murrin	chepstow harriers	m	s	00:54:17	3rd SM
4	ben gibbison	dark peak	m	s	00:55:48	
5	matthew symes		m	s	00:56:03	
6	crispin flower	mynydd du	m	40	00:56:27	1st MV40
7	thomas burden		m	s	00:56:31	
8	hadyn hartnell		m	40	00:57:30	
9	james blore	chepstow harriers	m	u23	00:57:32	1st U23
10	paul dodd	chepstow harriers	m	50	00:57:46	1st MV50
11	karl steinegger	ambleside ac	m	u23	00:58:22	
12	dee buchanon	san dom	m	s	00:58:35	
13	dave austin	chepstow harriers	m	s	00:58:38	
14	bertie goffe		m	s	00:58:47	
15	richard johnson	islywn	m	s	00:58:51	
16	rhodri evans	pontypridd rodents	m	s	00:59:03	
17	matthew waters		m	S	00:59:08	
18	jos jones	aberystwyth ac	m	s	00:59:10	
19	john aggleton	mdc	m	50	00:59:18	
20	steve harrhy	lliswerry	m	40	00:59:42	
21	steven harris	chepstow harriers	m	s	00:59:56	
22	david wayland	minehead rc	m	s	01:00:04	
23	dimitri vorres	griffithstown	m	40	01:00:15	
24	simon lewis	parc bryn bach	m	40	01:00:23	
25	matthew lawson	chepstow harriers	m	40	01:00:31	
26	james richards	fairwater	m	s	01:00:38	
27	neil jones		m	s	01:00:43	
28	katie beecher	les croupiers	f	s	01:00:47	1st SL
29	laurie carter	chepstow harriers	m	50	01:00:55	
30	sam knile		f	s	01:01:15	2nd SL
31	garga chamberlain	sri chinmoy ac	m	40	01:01:30	
32	peter sowerby	brecon ac	m	40	01:02:16	
33	andy blackmore	mdc	m	40	01:02:21	
34	brian mccartney	army triathlon assoc	m	s	01:02:28	
35	peter gardner		m	50	01:02:31	
36	martin woodhead	mynydd du	m	40	01:02:55	
37	glyn sansom	san dom	m	40	01:03:09	
38	kieran gullick		m	s	01:03:10	
39	chris white		m	50	01:03:21	

40	angela jones	mynydd du	f	40	01:03:30	1st V40
41	david mccooy	reading roadrunners	m	s	01:03:49	
42	steve herrington	hereford couriers	m	60	01:04:37	1st MV60
43	nigel lawrence	parc bryn bach	m	40	01:04:59	
44	allan hodgekinson		m	s	01:05:17	
45	andy stott	mdc	m	50	01:05:42	
46	lance nortclife		m	s	01:05:47	
47	peter williams	mdc	m	50	01:05:54	
48	caroline morton	parc bryn bach	f	40	01:05:58	
49	vanessa lawson	chepstow harriers	f	s	01:06:30	
50	lou summers	chepstow harriers	f	40	01:06:36	
51	ruth pickvance	les croupiers	f	40	01:07:01	
52	gary gunner	croft ambrey	m	60	01:07:10	
53	anderson hirst		m	40	01:07:24	
54	richard wall	hereford couriers	m	40	01:08:05	
55	lewis coiffait	hoxton ho	m	s	01:08:14	
56	david smout	parc bryn bach	m	60	01:08:41	
57	matt tyler		m	s	01:08:52	
58	rosie wilson		f	s23	01:09:17	
59	anne-marie harris	mynydd du	f	40	01:09:32	
60	paul fosh	chepstow harriers	m	40	01:09:56	
61	robert hook	chepstow harriers	m	40	01:09:58	
62	matt elphick		m	s	01:10:07	
63	tom martin		m	s	01:10:11	
64	richard mordey	san dom	m	40	01:10:33	
65	joyce dodd	chepstow harriers	f	50	01:10:46	1st FV50
66	maria richards	islwyn	f	s	01:12:15	
67	colin cottell	reading roadrunners	m	50	01:12:18	
68	mike harris	mdc	m	50	01:12:20	
69	sue ashton	chepstow harriers	f	50	01:12:48	
70	alun davies	Islywn	m	60	01:12:54	
71	stewart thompson	griffithstown	m	40	01:13:16	
72	louise massey	amazing feet rc	f	40	01:13:22	
73	dick finch	chepstow harriers	m	60	01:14:00	
74	mike melhuish	fodac	m	40	01:16:04	
75	adrian moir	mdc	m	40	01:16:07	
76	brian jones	griffithstown	m	40	01:16:14	
77	jon warren		m	40	01:16:20	
78	roy silver	les croupiers	m	50	01:16:38	
79	stephanie coe	daek peak	f	s	01:16:47	

80	gerry ashton	chepstow harriers	m	50	01:18:55	
81	caryl davies	sarn helen	f	s23	01:19:24	
82	phil wilson	minehead rc	m	50	01:19:44	
83	ellie salisbury	eryri	f	50	01:20:11	
84	kelvin sherrington	sri chimnoy ac	m	50	01:20:16	
85	jan richards	griffithstown	f	40	01:21:22	
86	tom davies	croft ambrey	m	60	01:21:39	
87	rob brown	chepstow	m	60	01:22:22	
88	colin downey	mercia	m	50	01:22:37	
89	emma davies	spirit of monmouth	f	s	01:23:15	
90	mark davies		m	40	01:23:22	
91	robert west	mdc	m	70	01:23:38	
92	lorna burrows		f	s	01:24:01	
93	jaimie davies	lslwyn	m	s23	01:26:33	
94	kate hovers	brecon ac	f	50	01:27:08	
95	rob summers	chepstow harriers	m	40	01:27:20	
96	brenda avery	chepstow harriers	f	60	01:27:42	1st LV60
97					01:30:49	
98	dave andrews	chepstow harriers	m	60	01:31:05	
99	andy bray	chepstow harriers	m	50	01:32:19	
100	roberta havers	chepstow harriers	f	s	01:35:23	
101	jan morris	chepstow harriers	f	40	01:36:50	
102	louise crockett		f	40	01:36:55	
103	sarah lewis	amazing feet rc	f	40	01:37:28	
104	peter higgs		m	40	01:55:02	
105	irene liming	reading roadrunners	f	60	01:55:02	
106	claire seymour	reading roadrunners	f	s	01:55:02	
	sharon woods	mynydd du	f	50	DNF	