

Results for 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	0:20:19	GARDINER, Richard	Cardiff AAC	Senior Men	306	1
2	0:20:57	BAKER, Julian	Les Croupiers	Senior Men	323	2
3	0:21:07	COLLINS, Matthew	Cardiff AAC	Senior Men	353	3
4	0:21:47	CRANE, Philip	Neath Harriers	MV40	310	4
5	0:21:51	MEYLER, Chris	Pontypridd Rodents	Senior Men	267	5
6	0:22:14	DONALD, Alex	Cardiff AAC	Senior Men	372	6
7	0:22:47	FEREDAY, Gareth	Newport Harriers	Senior Men	402	7
8	0:22:49	ELLIS, Melanie	Shaftesbury Barnet	LV40	268	8
9	0:22:57	HARRIS, Paul	Llswerry Runners	Senior Men	302	9
10	0:22:59	ROBERTS, Emyr		Senior Men	341	10
11	0:23:08	TABOR, Mick	San Domenico	MV50	277	11
12	0:23:10	CHESHIRE, Calum	Chepstow Harriers	Senior Men	308	12
13	0:23:15	FROST, Mick	Pontypridd Rodents	MV40	285	13
14	0:23:20	MORRIS, Ronald	San Domenico	MV50	305	14
15	0:23:28	CLISSOLD, Martin	Les Croupiers	MV45	269	15
16	0:23:30	PAYNE, Ben	Core Strength	Senior Men	288	16
17	0:23:39	STARR, Michael	Cardiff Harlequins	Senior Men	263	17
18	0:23:50	DAVIES, Gary	Chepstow Harriers	MV45	348	18
19	0:23:58	MEYLER, Phil	Pontypridd Rodents	MV45	266	19
20	0:24:01	BINKS, Jenny	Westbury Harriers	Junior Ladies	284	20
21	0:24:05	YULE, Helen	Llswerry Runners	LV35	346	21
22	0:24:21	HORVATH, Paul	San Domenico	Senior Men	361	22
23	0:24:25	PLAIN, John	Les Croupiers	MV55	370	23
24	0:24:25	DELANEY, James	San Domenico	MV45	331	24
25	0:24:28	FRY, Mark	Fairwater Runners	MV40	265	25
26	0:24:29	CARZANA, Tony	Pegasus Running Club	MV55	315	26
27	0:24:31	LOVETT, Brian	San Domenico	Senior Men	291	27
28	0:24:42	HARVEY, Mark	Chepstow Harriers	Junior Men	398	28
29	0:24:46	MASON, Howard	Caerleon Running Club	Senior Men	380	29
30	0:24:47	OSMOND, Clive	Les Croupiers	MV40	345	30
31	0:24:53	RAMSEY, Michael		MV40	344	31
32	0:25:06	WALTON, Alan	San Domenico	Senior Men	324	32
33	0:25:10	BEON, Richards	Les Croupiers	MV40	280	33
34	0:25:16	EVANS, Robert	Les Croupiers	MV50	292	34
35	0:25:18	DALLOW, Andy	Forest of Dean A C	MV40	295	35
36	0:25:19	COATES, Richard	Core Strength	Senior Men	309	36
37	0:25:23	MORGAN, Chris	Caerleon Running Club	Senior Men	378	37
38	0:25:30	WOODS, Mike		Senior Men	311	38
39	0:25:32	MCCLURE, Shaun	Core Strength	Senior Men	289	39
40	0:25:33	SPENCER, Andrew	Griffithstown Harriers	MV40	262	40
41	0:25:34	PHILLIPS, Robbie	Llswerry Runners	Junior Men	297	41
42	0:25:39	DONNAN, Graeme	Les Croupiers	MV50	322	42
43	0:25:50	MORGAN, Barry	Fairwater Runners	Senior Men	312	43
44	0:25:59	JAMES, Matt		Junior Men	301	44
45	0:26:00	HILL, Peter	Stratford AC	MV50	260	45
46	0:26:02	GREENSLADE, Gwyn	Griffithstown Harriers	Senior Men	336	46
47	0:26:13	SANSOM, Glyn		MV40	403	47
48	0:26:15	TURNER, John	Stratford AC	MV60	259	48
49	0:26:21	WARREN, Simon		MV40	334	49
50	0:26:36	JOHN, Gareth	Les Croupiers	MV45	303	50
51	0:26:40	PURNELL, Raymond	Llswerry Runners	Senior Men	360	51
52	0:26:44	SCHOLEY, Julie	Les Croupiers	LV40	359	52
53	0:26:48	BATSTONE, Michael	Tone Zone Runners	MV50	321	53
54	0:26:50	EDWARDS, Wendy	Les Croupiers	LV40	279	54
55	0:27:11	O'SULLIVAN, Tim	Les Croupiers	MV45	282	55
56	0:27:19	GOODALL, Kevin		MV45	326	56
57	0:27:24	MCENTEE, Kevin	Chepstow Harriers	MV45	366	57

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58	0:27:26	SILK, Andy	Chepstow Harriers	MV45	355	58
59	0:27:33	JAMES, John	Severn AC	MV50	273	59
60	0:27:33	THOMAS, Peter	Caerleon Running Club	MV40	335	60
61	0:27:49	HAWKINS, Paul		MV45	373	61
62	0:27:56	BATTERSBY, Nick	Chepstow Harriers	MV40	270	62
63	0:27:58	HENDRY, Neil	Penarth & Dinas	MV45	357	63
64	0:28:01	JONES, Gavin	Les Croupiers	Senior Men	286	64
65	0:28:07	DIX, Michael	Les Croupiers	MV45	287	65
66	0:28:09	BEVAN, Brian	Thornbury RC	MV40	264	66
67	0:28:30	JEFF, Neil		MV40	375	67
68	0:28:33	HILL, John	Llswerry Runners	MV50	296	68
69	0:28:45	MORGAN, Niki	Chepstow Harriers	LV35	271	69
70	0:28:51	BUCKLAND, Jenny		LV35	330	70
71	0:29:07	HILL, Steve	Chepstow Harriers	MV45	313	71
72	0:29:14	PEARCE, Jonathan		MV40	385	72
73	0:29:28	MANN, Alan	Les Croupiers	MV45	314	73
74	0:29:33	CANTWELL, Berna	Chepstow Harriers	LV40	327	74
75	0:29:42	JENKINS, Jeanette	Fairwater Runners	LV40	391	75
76	0:29:43	JENKINS, Barry	Fairwater Runners	Senior Men	392	76
77	0:29:45	GREEN, Jackie	Forest of Dean A C	LV45	338	77
78	0:29:49	CLARK, Nick		MV40	290	78
79	0:30:00	BAILEY, Mel	San Domenico	MV50	278	79
80	0:30:00	POWELL, Michael	Caerleon Running Club	MV55	377	80
81	0:30:00	BURCHELL, Julie	Griffithstown Harriers	Senior Ladies	369	81
82	0:30:05	WILLS, Ian		Senior Men	298	82
83	0:30:05	PERRETT, David		MV45	349	83
84	0:30:07	JAMES, Dawn		LV40	300	84
85	0:30:09	WILLIAMS, Frances	Les Croupiers	LV35	281	85
86	0:30:19	BARRETT, Esther	Chepstow Harriers	Senior Ladies	337	86
87	0:30:21	WILLIAMS, Nicola	Les Croupiers	Senior Ladies	325	87
88	0:30:26	EVANS, Pete		MV55	356	88
89	0:30:28	DAY, Kevin		MV40	400	89
90	0:30:29	GOOD, Tim		MV40	386	90
91	0:30:38	CLARK, Andrea	Llswerry Runners	LV35	299	91
92	0:30:50	CARPENTER, Suzanne	Caerleon Running Club	LV40	389	92
93	0:31:03	HOWELLS, Gwyn	Caerleon Running Club	LV50	379	93
94	0:31:08	JENKINS, Nigel	San Domenico	Senior Men	293	94
95	0:31:09	PEACOCK, Joanne	Llswerry Runners	LV35	333	95
96	0:31:11	OWEN, Joanne	Caerleon Running Club	LV35	376	96
97	0:31:18	G-JONES, Paul	Chepstow Harriers	Senior Men	329	97
98	0:31:36	WEST, Mair	Griffithstown Harriers	Senior Ladies	383	98
99	0:31:38	WYBRANT, John David	Llswerry Runners	MV55	384	99
100	0:31:46	JARMAN, Elspeth		LV40	350	100
101	0:31:47	PETTS, Alan	Chepstow Harriers	MV50	272	101
102	0:32:00	FRY, John	Fairwater Runners	MV55	307	102
103	0:32:40	JONES, Joanna	Caerleon Running Club	Senior Ladies	388	103
104	0:32:45	HOWELL, Kim	Caerleon Running Club	LV45	393	104
105	0:32:50	TOVEY, Chris	Thornbury RC	MV55	283	105
106	0:33:05	GIBSON, Claire	Chepstow Harriers	Senior Ladies	328	106
107	0:33:16	WATKINS, Chris		Senior Men	351	107
108	0:33:43	CEENEY, Karen	Llswerry Runners	LV45	363	108
109	0:33:54	SUTTON, Rhys		Senior Men	352	109
110	0:33:58	HOWELL, Steve	Newport Harriers	MV50	394	110
111	0:34:00	KEAR, Mike	Caerleon Running Club	Senior Men	390	111
112	0:34:07	THOMAS, Jayne	San Domenico	LV35	395	112
113	0:34:08	HENDRY, Joanna	Penarth & Dinas	LV35	358	113
114	0:34:16	SUMNER, William	Great Western Runners	MV55	387	114
115	0:34:31	TAYLOR, John		Senior Men	396	115
116	0:34:41	GREEN, Clare	San Domenico	LV35	371	116
117	0:34:56	FEAR, Vicky	Llswerry Runners	Senior Ladies	332	117

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118	0:35:02	TROLLOPE, Helen	Llisbury Runners	Senior Ladies	362	118
119	0:35:12	REGULSKI, Brett		MV40	340	119
120	0:35:15	SMALL, Alex		Senior Men	320	120
121	0:35:30	JAMES, Emma		Senior Ladies	316	121
122	0:35:38	WALKER, Andrea	Chepstow Harriers	Senior Ladies	347	122
123	0:35:52	HARNETT, Max	Fairwater Runners	MV65+	354	123
124	0:35:57	DAVIES, Emma	Fairwater Runners	Senior Ladies	397	124
125	0:36:24	MASTERS, Anne	Chepstow Harriers	LV55+	342	125
126	0:36:30	HARRIS, Liz		Senior Ladies	317	126
127	0:36:30	LEWIS, Kara		Senior Ladies	319	127
128	0:36:43	BURRIDGE, Marianne	Fairwater Runners	LV45	364	128
129	0:36:46	HOUGH, Sue	Chepstow Harriers	Senior Ladies	343	129
130	0:36:48	ANDERSON, Keith	Llisbury Runners	MV40	404	130
131	0:37:07	HAWKINS, Linda	Sole Sisters	LV40	374	131
132	0:37:22	HARRIS, Ron	Llisbury Runners	MV65+	304	132
133	0:37:25	DAVIES, Jean		Senior Ladies	368	133
134	0:37:26	BONERA, Steven		Senior Men	367	134
135	0:37:26	DAY, Leonie		LV35	401	135
136	0:37:39	DAVIES, Julia	Llisbury Runners	LV45	365	136
137	0:37:50	BROWN, Philippa		LV35	399	137
138	0:37:51	PARAGREEN, Norman	Stratford AC	MV65+	261	138
139	0:38:09	MORGAN, Julie	Fairwater Runners	Senior Ladies	276	139
140	0:38:23	DALLOW, Cynthia		LV40	294	140
141	0:38:35	RICHINGS, Julie	Chepstow Harriers	LV35	382	141
142	0:41:05	WHEELER, Bethan		Senior Ladies	275	142
143	0:41:05	WHEELER, Simon		Senior Men	274	143
144	0:41:30	STANWAY, Peter		MV50	381	144

There were 144 finishers in the All Competitors category.