

Number		Time	Surname	First Name	Age	Club
166	1	00:38:07	Salt	Andrew	M	Croft Ambrey
170	2	00:38:39	Iveson	Tim	M	Builth
139	3	00:38:54	Woodward	Peter	M	Forest of Dean AC
145	4	00:40:56	Bennetto	Marcus	M	Forest of Dean AC
150	5	00:42:03	Williams	Dale	M40	Brecon AC
49	6	00:42:30	FLEET	Ieyton	M45	forest of dean AC
149	7	00:42:33	Biggs	Matt	M	Birchfield Harriers
73	8	00:42:36	Kibble	Lee	M	Forest of Dean AC
92	9	00:42:48	Nugent	Peter	M	Wye Valley Runners
162	10	00:43:29	Jenneson	Matthew	M	Ludlow
187	11	00:43:47	Collier	Craig	M	Ludlow Runners
204	12	00:44:05	Pooley	David	M	n/a
65	13	00:44:12	Hitchings	Nick	M45	Worcester Ac
104	14	00:44:36	Powell	Neil	M45	Croft Ambrey
155	15	00:45:26	Woodyatt	Matthew	M	n/a
48	16	00:45:41	FLEET	jack	M	forest of dean AC
163	17	00:45:45	Taylor	Nigel	M50	Croft Ambrey
23	18	00:45:48	Brasington	Andrew	M50	Ebbw Vale RC
123	19	00:45:54	Smith	Daren	M50	Forest of Dean AC
16	20	00:46:08	blake	mark	M45	the forest of dean ac
191	21	00:46:37	Fulford	Amy	F40	Ludlow Runners
190	22	00:46:58	Prentice	Iain	M50	Ludlow Runners
55	23	00:47:07	Freeman	Robert	M40	Forest of Dean AC
47	24	00:47:53	Evans	Robert	M55	Ebbw Vale Running Club
103	25	00:48:01	Powell	Thomas	M	Thomas Powell
158	26	00:48:09	Banning	Thomas	M	Brecon tri
25	27	00:48:21	Champken	Tony	M60	Wye Valley Runners
81	28	00:48:44	Luffman	Maurice	M	N/a
3	29	00:48:50	Armstrong	Sarah	F50	Amazing Feet RC
93	30	00:49:00	Owen	Stephen	M60	Chepstow Harriers
110	31	00:49:04	Pye	Andrew	M	Mercia Fell Runners
53	32	00:49:12	Francis	David	M45	None
193	33	00:49:20	Crossley	Ben	M	Ludlow Runers
181	34	00:49:23	Welch	Milo	M	n/a
138	35	00:49:39	Wilson	Alex	F35	Spirit of Monmouth
87	36	00:50:02	Morgan	Ian	M	FODAC
90	37	00:50:21	Nelson	Robert	M45	Spirit of Monmouth RC
22	38	00:50:26	Bowen	Kelly	F	Croft Ambrey RC
165	39	00:50:34	Dempsey	Andrew	M40	Ludlow runners
116	40	00:50:38	Robinson	Jasper	MJ	Croft Ambrey
143	41	00:50:40	Pavitt	Dan	M50	Ludlow Runners
124	42	00:51:03	Stanley	Alan	M50	Unattached
84	43	00:51:11	May	Andrew	M40	Hart Roadrunners
85	44	00:51:11	May	Philippa	F40	None
64	45	00:51:18	Herington	Steve	M65	Hereford Couriers
37	46	00:51:26	dews	paul	M	Ludlow Runers
69	47	00:51:31	Roode	Steve	M50	Malvern Joggers
68	48	00:51:35	Jaspers	John	M45	Hay Hotfooters
183	49	00:51:36	Baskeyfield	Paul	M55	Ludlow Runners
58	50	00:51:37	gore	robyn	F	Croft Ambrey RC
198	51	00:51:50	Wade	Antony	M45	Croft Ambrey
86	52	00:51:57	Millichap	David	M45	Croft Ambrey
17	53	00:52:01	Blakebrough	Martin	M50	SpiritOfMonmouth
151	54	00:52:04	Strzesak	Piotr	M60	presteigne pacers
107	55	00:52:07	Priest	Emily	F	Malvern Joggers
164	56	00:52:18	Dempsey	Viv	F45	Ludlow runners
43	57	00:52:29	Dyson	Ian	M60	Malvern Joggers
129	58	00:52:33	Tilby	Joanne	F35	Croft Ambrey
52	59	00:53:02	Francis	Brian	M55	Forest of Dean AC
153	60	00:53:13	Lewis	Mike	M50	n/a
83	61	00:53:24	Mansfield	Kylie	F35	Hereford Triathlon Club

200	62	00:53:26	Smallwood	Michael	M50	Wye Valley Runners
98	63	00:53:30	Payne	James	M	None
192	64	00:53:33	Kay	Jeff	M55	Hay Hotfooters
188	65	00:53:35	Gilbert	Claire	F35	n/a
114	66	00:53:36	Roberts	Mark	M55	None
182	67	00:53:46	Edwards	Malcolm	M45	Wye Valley Runners
194	68	00:53:47	Crossley	Hannah	F35	Ludlow Runners
133	69	00:53:55	Warburton	John	M50	Hay Hotfooters
137	70	00:53:58	Williamson	Mark	M55	Forest of Dean AC
105	71	00:54:04	Power	Lloyd	M50	None
82	72	00:54:06	Luscott	Frank	M60	Croft Ambrey RC
115	73	00:54:12	Robertson	Alan	M60	Forest of Dean
40	74	00:54:17	Dowse	Marc	M	N/A
185	75	00:54:25	Jenkins	Jeanette	F55	Fairwater Runners Cwmbran
29	76	00:54:26	Creasey	Jeremy	F50	Spirit of Monmouth Running Club
132	77	00:54:28	Verheyden	Keith	M55	Fetch Everyone
161	78	00:54:35	Whitmarsh	Guy	M70	Croft Ambrey
24	79	00:54:44	Brown	Andrew	M40	Malvern joggers
177	80	00:54:46	Evans	Clare	F	Croft Ambrey
18	81	00:54:58	Blenkharn	David	M55	NA
27	82	00:55:10	Compton	Lynne	F50	Wye Valley Runners
167	83	00:55:16	Dodds	Chris	M50	n/a
195	84	00:55:22	King	Emma	F35	Spirit of Monmouth
6	85	00:55:39	Baker	Mark	M45	None
95	86	00:55:40	Parker	Paul	M45	Ludlow runners
119	87	00:55:44	Ruck	Melinda	F45	Forest of Dean AC
186	88	00:56:02	Jenkins	Martyn	M55	Fairwater Runners Cwmbran
111	89	00:56:08	Richards	Steven	M40	Forest of Dean AC
108	90	00:56:38	Priest	Alison	F50	Malvern Joggers
141	91	00:56:39	Morgan	Brian	M45	Hay Hotfooters
31	92	00:56:45	Davies	Tom	M65	Croft Ambrey Running Club
152	93	00:56:57	Preece	Mark	M45	n/a
154	94	00:56:58	Russell	Shaune	M55	Ghoust Runners
121	95	00:57:17	Sherwood	Dave	M55	Wye Valley Runners
9	96	00:57:33	Barnes	Chris	M50	N/A
79	97	00:57:35	Low	Bryan	M50	None
140	98	00:57:37	Worthington	Martha	F35	Malvern Joggers
88	99	00:57:52	Morris	Darran	M40	N/a
67	100	00:57:54	Hughes	Alison	F40	Unaffiliated
169	101	00:58:06	Powell	Carol	F45	Croft Ambrey
127	102	00:58:09	Symonds	Brian	M70	Wye Valley Runners
15	103	00:58:18	Blackman	Andrew	M55	Wye Valley Runners
51	104	00:58:42	Foster	Rebecca	F40	Spirit of Monmouth
197	105	00:58:48	Poole	Rebecca	F	Griffithstown Harriers
45	106	00:58:54	Edwards	Jan	F60	Wye Valley Runners
101	107	00:59:00	Powell	Gary	M	NA
42	108	00:59:09	Duncan	Amanda	F45	Malvern Joggers
30	109	00:59:15	Cullen	Max	M55	NA
146	110	00:59:22	Watkins	Cath	F35	Wye Valley Runners
171	111	00:59:27	Meadows	Andrew	M	Parc Bryn Bach
62	112	00:59:30	hardie	scott	M	Croft ambrey RC
35	113	00:59:44	Davis	Tony	M60	Cocks Moor Woods
28	114	00:59:51	Covington jones	Peter	M60	Forest of Dean ac
156	115	01:00:04	Woodyatt	Mike	M55	Cocks Moor Woods
148	116	01:00:07	Cadwallader	Ryan	M	n/a
70	117	01:00:11	Jenkins	John	M70	Spirit of Monmouth
144	118	01:00:31	Bennetto	Graham	M55	Forest of Dean AC
100	119	01:00:37	Peters	Suzanne	F50	Forest of Dean AC
44	120	01:00:42	Edwards	Aled	M40	Brecon tri
199	121	01:00:43	Smallwood	Billy	F50	Wye Valley Runners
126	122	01:00:49	Sutton	Stephen	M55	Royal Sutton
196	123	01:00:56	Poole	Ricky	M45	n/a

14	124	01:01:13	Berril	Leon	M	N/A
136	125	01:01:14	Williams	David	M	N/A
118	126	01:01:21	Ross	Sandy	M65	Ludlow runners
56	127	01:01:29	Freeman	Anna	F45	Forest of Dean AC
178	128	01:01:57	Campbell	Andy	M40	Malvern Joggers
13	129	01:02:06	Bean	Debbie	F35	Ludlow runners
41	130	01:02:07	Dowse	Christine	F	Builth and District Running Club
130	131	01:02:21	Tindle	Elizabeth	F55	Halesowen
147	132	01:02:28	Cadwallader	Nick	M	n/a
109	133	01:02:35	Prynne	Christian	M45	Builth
201	134	01:02:57	Evans	Terry	M50	presteigne pacers
205	135	01:03:04	Cooper	Ben	M	n/a
21	136	01:03:11	Bowen	Emma	F50	No
60	137	01:03:15	Haile	Karen	F50	Forest of Dean AC
59	138	01:03:18	Griffiths	Bill	M65	Wye Valley Runners
26	139	01:03:55	Champken	Sian	F45	Wye Valley Runners
1	140	01:04:18	Adams	Liselette	F35	Forest of Dean AC
75	141	01:04:19	Knott	Andrew	M	Forest of Dean AC
77	142	01:04:53	Ko	Jessica	F	Forest of Dean AC
57	143	01:05:20	Goodhead	Eva	F40	Forest of Dean AC
97	144	01:05:40	Patterson	David	M50	Cocks Moor Woods
78	145	01:05:46	Lord	Tracy	F45	Forest of Dean AC
157	146	01:05:50	Silverwood	Jo	F	Hay Hotfooters
159	147	01:05:56	Taylor	Michael	M60	Cocks Moor Woods
122	148	01:05:57	Sims	Vicky	F	NA
66	149	01:06:04	Hooper	Carole Davies	F55	Wye Valley Runners
36	150	01:06:08	Dennis	Ian	M50	NA
7	151	01:06:14	Baker	Mary	F45	None
142	152	01:06:32	Prowss	Robert	M50	n/a
176	153	01:06:48	Larsen	Heather	F40	Dulwich Park Runners
4	154	01:07:22	Assirati	Ali	F50	Forest of Dean Athletics Club
38	155	01:07:36	Dickinson	Victoria	F50	N/A
173	156	01:08:10	Blake	Geraldine	F45	Brecon AC
180	157	01:08:16	Jardine	Lucy	F45	Hay Hotfooters
5	158	01:08:17	Babij	Joanna	F45	Forest of Dean ac
168	159	01:08:37	Griffiths	Eirian	F	Brecon AC
172	160	01:08:38	Marsh	Alexandra	F	n/a
184	161	01:08:49	Baskeyfield	Ann	F55	Ludlow Runners
50	162	01:09:00	FLEET	SHARLA	F40	forest of dean AC
20	163	01:09:26	Booker	Wendy	F50	Ludlow Runners
128	164	01:09:35	Thomas	Stephen	M55	Talgarth
39	165	01:10:10	Donkin	Claire	F35	None
102	166	01:10:30	Powell	Kate	F45	Forest of Dean AC
203	167	01:11:12	Richards	Janet	F50	Lliswerry Runners
94	168	01:11:40	paris	miriam	F50	forest of dean athletics club
96	169	01:11:44	Parker	Michele	F45	Ludlow runners
71	170	01:12:19	Kettlewell	Marie	F	NA
175	171	01:12:20	Maisey	Penny	F45	n/a
160	172	01:12:29	Bunn	Lorraine	F50	n/a
61	173	01:12:30	Hall	Graham	M65	Cocks Moor Woods
202	174	01:13:10	Evans	Donna	F50	presteigne pacers
174	175	01:13:13	Thomson	Muriel	F60	Brecon AC
80	176	01:13:31	Low	Rebecca	F35	None
63	177	01:14:38	Hardy	Tony	M50	Spirit of Monmouth
120	178	01:14:54	Russell	Katie	F50	N/A
72	179	01:15:02	Kettlewell	Caroline	F55	NA
179	180	01:15:54	Mason	Julia	F45	Walk to Run
46	181	01:15:55	Evans	Sam	M	N/A
34	182	01:16:03	Davies	Gemma	F35	Croft ambrey
131	183	01:17:10	Van Gestel	Eef	F40	Forest of dean ac
19	184	01:17:12	Blenkharn	Elaine	F55	Croft Ambrey
125	185	01:40:18	Stocker	Carrol	F60	Presteigne