

Time	Position	Number	M/F	Name	Cat	Club	Time
37.13	1	123	M	Jonathan Pugh	MS		37.13
38.19	2	149	M	Gwynant Lewis Jones	MJ		38.19
38.55	3	145	M	Sean Taylor	MS	Griffithstown Harriers	38.55
39.41	4	131	M	Adrian Woods	MV50	Griffithstown Harriers	39.41
40.14	5	120	M	Eliot Taylor	MS	Hereford Couriers	40.14
41.57	6	29	M	Richard Self	MV45	Les Croupiers	41.57
42	7	53	M	Neil Powell	MV40	Croft Ambrey	42
42.13	8	129	M	Dimitri Vorres	MV45	Griffithstown Harriers	42.13
42.31	9	146	M	Luke James	MS		42.31
42.53	10	151	M	Kevin Lewis	MV50	Neath Harriers	42.53
43.19	11	100	M	Glyn Williams	MS	Prestighe Pacers	43.19
43.38	12	105	M	Matt Hopkins	MS	Les Croupiers	43.38
43.42	13	130	M	James Marr	MS	Hay Hotfooters	43.42
44.14	15	89	M	Mick Ligema	MV55	Croft Ambrey	44.14
44.15	16	46	M	Martin Carter	MV45	Hay Hotfooters	44.15
44.3	17	67	M	Steve Herington	MV60	Hereford Couriers	44.3
44.37	18	40	M	Michael Murphy	MV55	Les Croupiers	44.37
44.41	19	48	M	Richard Bundy	MS		44.41
45.14	20	74	M	James Bruce	MS	Les Croupiers	45.14
45.16	21	31	M	Ed Ashley	MS		45.16
45.19	22	25	M	Robert Evans	MV45	Ebbw Vale	45.19
46	23	150	M	Malcolm Edwards	MS	Wye Valley Runners	46
46.04	24	6	M	Howard Kent	MV55	Les Croupiers	46.04
46.17	25	57	M	John Lyden	MV50	Ludlow Runners	46.17
46.19	27	115	M	Paul Saville	MV40		46.19
46.26	28	138	M	Matt Moffatt	MS	Croft Ambrey	46.26
46.27	29	43	M	Joe Cambell	MS		46.27
46.39	31	153	M	Andrew Stephens	MS		46.39
46.31	32	56	M	Peter Curran	MV45		46.31
46.52	33	108	M	David Rees	MV60	Hay Hotfooters	46.52
46.55	34	97	M	Tom Russell	MS	Mynyddl Ddu	46.55
46.56	35	17	M	John Magee	MS	Les Croupiers	46.56
47.01	36	45	M	Carl Anthony	MV40	Malvern joggers	47.01
47.04	37	42	M	Adam Saunders	MS		47.04
47.1	38	101	M	Scott Baddeley	MS		47.1
47.11	39	96	M	Gary Gunner	MV65	Croft Ambrey	47.11
47.37	40	20	M	Steven Jones	MV40		47.37
47.44	41	37	M	Stephen Owen	MV50	Les Croupiers	47.44
47.51	42	24	M	Brendon Amey-Jones	MV40	Les Croupiers	47.51
47.54	43	135	M	John Sandford	MV45	Wye Valley Runners	47.54
47.55	44	117	M	Barry Young	MV45		47.55
47.58	45	91	M	Phil Jones	MV40		47.58
48.08	47	110	M	Richard Froggatt	MV40	Dudley / Kingswinford	48.08
48.13	48	103	M	Paul Bouston	MV40	Wye Valley Runners	48.13
48.16	49	90	M	Gary Cleaves	MV50	Ebbw Vale	48.16
48.18	50	92	M	Guy Mawson	MV40	San Domenico RRC	48.18
48.19	51	1	M	Ian Dyson	MV55	Malvern joggers	48.19
48.22	52	16	M	Ian Williams	MV50	Ebbw Vale	48.22
48.42	53	157	M	J Richard	MV40		48.42
48.47	54	116	M	Dennis Collins	MV45	Rhondda Valley Runners	48.47
48.54	55	124	M	Kevin Barnes	MV45	Hereford Couriers	48.54
49.04	57	63	M	Lance O'Conner	MV45	Ebbw Vale	49.04
49.08	58	121	M	Xavier Laurent	MS		49.08
49.14	59	70	M	Dave Treherne	MS		49.14
49.22	60	28	M	David E Williams	MV45	Les Croupiers	49.22
49.3	62	13	M	Chris Mason	MV45	WVR	49.3
50.03	64	86	M	Damian Caswell	MS	Ebbw Vale	50.03
50.08	65	47	M	Alistair Powell	MV40		50.08
50.17	66	39	M	Chris Darke	MS		50.17
50.35	68	64	M	Oliver Yeats	MS		50.35
50.35	69	65	M	Stuart Kramer	MV45	Spirit of Monmouth	50.35
50.5	71	147	M	Tim O'Sullivan	MV50	Les Croupiers	50.5
51.15	72	75	M	Chris Moore	MV55	Forest of Dean Athletics	51.15
51.18	73	82	M	Ian Teague	MV40	Ludlow Runners	51.18
51.28	74	60	M	Tom Davies	MV60	Croft Ambrey	51.28
51.35	75	8	M	Mike woodyatt	MV50	Cocks Moors Woods	51.35
51.49	77	114	M	Steve Saville	MV45		51.49
51.5	78	113	M	Gerry West	MV50	Hereford Tri Club	51.5

51.54	79	156	M	M Mulcahy	MS	?	51.54
52	80	122	M	Simon Hayes	MV40		52
52.05	81	18	M	Bill Griffiths	MV60	WVR	52.05
52.08	82	68	M	Rich Munro	MV50		52.08
52.13	83	143	M	Daron Windle	MV45	Statton Tri	52.13
52.27	85	88	M	John Price	MV50	Hay Hotfooters	52.27
52.28	86	118	M	Gary Bodman	MV45	Les Croupiers	52.28
52.3	87	27	M	Peter Wilks	MS	Les Croupiers	52.3
52.4	89	7	M	Denis Murphy	MV55	Les Croupiers	52.4
52.42	90	54	M	Clive Richardson	MV55	Ludlow Runners	52.42
52.49	91	152	M	Steve Hames	MV45	Neath Harriers	52.49
52.52	92	155	M	Jason Smith	MV40	Wye Valley Runners	52.52
52.55	93	77	M	Steve Prior	MV60	Spirit of Monmouth	52.55
53.04	94	134	M	Graham Wood	MV50	Ludlow Runners	53.04
53.19	95	104	M	Ian Davies	MV55	Builth Wells RC	53.19
54.4	99	66	M	Chris Hawkins	MV60	The Forest of Dean	54.4
55.02	101	5	M	Mark Watkins	MV40		55.02
55.34	103	34	M	Richard Watkins	MV40		55.34
55.42	104	139	M	Leslie Chamberlain	MV60	Wye Valley Runners	55.42
56.09	109	142	M	Mike Baker	MV45	Spirit of Monmouth	56.09
56.27	110	158	M	Steve Hall	MV40		56.27
56.5	111	35	M	Lloyd Cresswell	MV40		56.5
56.57	112	22	M	Peter Horvath-Howard	MV50	Hay Hotfooters	56.57
56.57	113	21	M	Richard Gee	MV50		56.57
57.03	114	136	M	Martin Williams	MS		57.03
57.17	116	159	M	Andrychiewicz Tadcvsz	MS		57.17
57.26	117	38	M	David Cross	MV55	Ebbw Vale	57.26
57.37	118	95	M	Steve Williams	MV45		57.37
57.41	120	52	M	Daniel Palmer	MS		57.41
01:01:44	127	14	M	Brian Symonds	MV65	WVR	01:01:44
01:04:42	130	99	M	Terry Evans	MV40	Prestegne Pacers	01:04:42
01:13:20	142	111	M	Paul Warburton	MV60	Rhondda Valley Runners	01:13:20
		10	M	Darren Hoskins	MS	WVR	
		11	M	Stephen D Suttan	MV45	Royal Sutton AC	
		51	M	Owen Shadick	MS		