

**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</i> | <i>Race</i> |
|--------------|-------------|-----------------------|--------------------------------|--------------------------|-------------|-------------|
| 1            | 0:34:32     | GRAHAM, Paul          | Pontypridd Roadents            | Open Male                | 203         | 1           |
| 2            | 0:34:39     | TAYLOR, Eliot         | Hereford Couriers              | Open Male                | 55          | 2           |
| 3            | 0:34:47     | DAVIES, Thomas        | Team Bath Athletics Club       | Open Male                | 136         | 3           |
| 4            | 0:35:01     | KAY, Gabriel          | Brecon A C                     | Open Male                | 146         | 4           |
| 5            | 0:36:03     | JONES, Charlie        | Hereford Couriers              | Open Male                | 97          | 5           |
| 6            | 0:36:08     | MOSELEY, Luke         | Hereford Triathlon Club        | Open Male                | 176         | 6           |
| 7            | 0:36:10     | WOOD, Greg            | Hereford Triathlon Club        | Open Male                | 207         | 7           |
| 8            | 0:36:20     | EVANS, Clara          | Pontypridd Roadents            | Open Female              | 202         | 8           |
| 9            | 0:36:26     | KILLEEN, Mark         | Wye Valley Runners             | Open Male                | 125         | 9           |
| 10           | 0:36:28     | FLOWERS, Steven       | Wye Valley Runners             | Open Male                | 5           | 10          |
| 11           | 0:36:41     | JEHAN, Jeremy         | Wye Valley Runners             | Male Vet 40              | 102         | 11          |
| 12           | 0:36:43     | JAMES, Russell        | Hereford Couriers              | Male Vet 45              | 114         | 12          |
| 13           | 0:37:08     | DAVIES, Hugh          | Black Pear Joggers             | Male Vet 45              | 119         | 13          |
| 14           | 0:37:13     | NEWWEY, Jon           | Malvern Joggers                | Male Vet 45              | 45          | 14          |
| 15           | 0:37:16     | GRICE, Liam           | Wye Valley Runners             | Open Male                | 80          | 15          |
| 16           | 0:37:21     | AXFORD, Danny         | Unattached                     | Male Vet 40              | 182         | 16          |
| 17           | 0:38:18     | JARVIS, Hannah        | Dorking and Mole Valley AC     | Open Female              | 165         | 17          |
| 18           | 0:38:25     | WALKER, Henry         | Malvern Joggers                | Open Male                | 78          | 18          |
| 19           | 0:38:34     | SMITH, Ian            | Forest of Dean A C             | Male Vet 55              | 191         | 19          |
| 20           | 0:38:40     | TAYLOR, Andy          | Hereford Triathlon Club        | Male Vet 40              | 197         | 20          |
| 21           | 0:39:00     | HINDLE, Tim           | Brecon A C                     | Male Vet 45              | 211         | 21          |
| 22           | 0:39:04     | KITCHING, Olly        | Unattached                     | Open Male                | 58          | 22          |
| 23           | 0:39:08     | MOXON, Andy           | Wye Valley Runners             | Male Vet 45              | 94          | 23          |
| 24           | 0:39:22     | WHISTANCE, Ian        | Wye Valley Runners             | Male Vet 40              | 32          | 24          |
| 25           | 0:39:39     | SLAYMAKER, Paul       | Unattached                     | Open Male                | 187         | 25          |
| 26           | 0:39:44     | ROBERTSON, Sean       | Unattached                     | Open Male                | 228         | 26          |
| 27           | 0:40:00     | THOMAS, Phil          | Wye Valley Runners             | Male Vet 40              | 90          | 27          |
| 28           | 0:40:03     | PARRY, Sion           | Builth & District Runners      | Open Male                | 53          | 28          |
| 29           | 0:40:10     | PHILLIPS, Dan         | Wye Valley Runners             | Open Male                | 235         | 29          |
| 30           | 0:40:13     | WILLIAMS, Dave        | Hereford Couriers              | Male Vet 50              | 183         | 30          |
| 31           | 0:40:17     | BURNAGE, Samuel       | Malvern Joggers                | Male Vet 40              | 162         | 31          |
| 32           | 0:40:21     | WOOD, Lea             | Wye Valley Runners             | Open Male                | 206         | 32          |
| 33           | 0:40:24     | LOWTHIAN, Dave        | Forest of Dean A C             | Male Vet 45              | 141         | 33          |
| 34           | 0:40:25     | HUSTWAYTE, Alex       | Unattached                     | Open Male                | 158         | 34          |
| 35           | 0:40:34     | TAYLOR, Tim           | Hereford Couriers              | Male Vet 55              | 75          | 35          |
| 36           | 0:40:57     | WEIR, Ian             | Victoria Park Harriers         | Open Male                | 28          | 36          |
| 37           | 0:41:04     | SIMS, Mark            | Unattached                     | Open Male                | 231         | 37          |
| 38           | 0:41:15     | MEADOWS, Jon          | Wye Valley Runners             | Open Male                | 124         | 38          |
| 39           | 0:41:18     | KING, Steve           | Wye Valley Runners             | Male Vet 40              | 33          | 39          |
| 40           | 0:41:25     | DAY, Stuart           | Malvern Joggers                | Male Vet 45              | 60          | 40          |
| 41           | 0:41:38     | TILLOTT, Nigel        | Tewksbury AC                   | Male Vet 50              | 79          | 41          |
| 42           | 0:41:40     | LAW, Chris            | Ledbury & District Harriers    | Male Vet 50              | 194         | 42          |
| 43           | 0:41:48     | LAWSON, Conrad        | Unattached                     | Male Vet 40              | 44          | 43          |
| 44           | 0:41:50     | BURKE, Kevin          | Stourbridge R C                | Male Vet 55              | 163         | 44          |
| 45           | 0:42:04     | GARDNER, Peter        | Welsh Fell Running Association | Male Vet 55              | 204         | 45          |
| 46           | 0:42:13     | DYKES, MARK           | Hereford Triathlon Club        | Male Vet 45              | 196         | 46          |
| 47           | 0:42:17     | KEMP, Paul            | Wye Valley Runners             | Open Male                | 77          | 47          |
| 48           | 0:42:19     | WEIR, Holly           | Victoria Park Harriers         | Female Vet 35            | 27          | 48          |
| 49           | 0:42:37     | GAIGALIENNE, Gintare  | Wye Valley Runners             | Female Vet 35            | 112         | 49          |
| 50           | 0:42:42     | DAVIES, Paul          | Wye Valley Runners             | Male Vet 45              | 205         | 50          |
| 51           | 0:42:52     | NUGENT, Paddy         | Wye Valley Runners             | Male Vet 55              | 120         | 51          |
| 52           | 0:42:53     | SOUTHALL, Edward      | Unattached                     | Open Male                | 67          | 52          |
| 53           | 0:43:11     | LLEWELLYN, James      | Wye Valley Runners             | Male Vet 45              | 93          | 53          |
| 54           | 0:43:15     | EVANS, Anthony        | Wye Valley Runners             | Open Male                | 180         | 54          |
| 55           | 0:43:21     | WALDEN, Richard       | Unattached                     | Open Male                | 188         | 55          |
| 56           | 0:43:25     | THOMPSON, Alexander   | Unattached                     | Open Male                | 157         | 56          |
| 57           | 0:43:36     | JOHNSON, Phil         | Ledbury & District Harriers    | Male Vet 45              | 89          | 57          |
| 58           | 0:43:37     | THOMAS, Kevin         | Unattached                     | Open Male                | 225         | 58          |
| 59           | 0:43:38     | EVANS, Paul           | Finch Coasters                 | Male Vet 45              | 149         | 59          |
| 60           | 0:43:42     | MORGAN-ROLFE, Johanne | Wye Valley Runners             | Female Vet 45            | 170         | 60          |
| 61           | 0:43:53     | JONES, Paul           | Hereford Couriers              | Male Vet 45              | 152         | 61          |
| 62           | 0:44:01     | JUDGE, MEGAN          | Malvern Joggers                | Open Female              | 17          | 62          |
| 63           | 0:44:11     | FLYNN, Peter          | Wye Valley Runners             | Male Vet 40              | 49          | 63          |
| 64           | 0:44:15     | GRIFFITHS, Rhys       | Unattached                     | Male Vet 50              | 65          | 64          |

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| 65  | 0:44:16 SANDY, Chris        | MADSAT                      | Open Male     | 64  | 65  |
| 66  | 0:44:18 MANSFIELD, Kylie    | Wye Valley Runners          | Female Vet 35 | 186 | 66  |
| 67  | 0:44:23 POWELL, Thomas      | Ludlow Runners              | Open Male     | 22  | 67  |
| 68  | 0:44:29 DENNING, Paul       | Unattached                  | Open Male     | 161 | 68  |
| 69  | 0:44:31 WEBB, Noel          | Hereford Triathlon Club     | Open Male     | 234 | 69  |
| 70  | 0:44:35 MASON, Chris        | Wye Valley Runners          | Male Vet 50   | 178 | 70  |
| 71  | 0:44:40 CHAMPKEN, Anthony   | Wye Valley Runners          | Male Vet 55   | 118 | 71  |
| 72  | 0:44:43 MULDERRIG, Anna     | Unattached                  | Open Female   | 108 | 72  |
| 73  | 0:44:47 STEWART, Charlotte  | Mynydd Du                   | Open Female   | 87  | 73  |
| 74  | 0:44:49 BENNETT, Anthony    | Malvern Joggers             | Male Vet 45   | 167 | 74  |
| 75  | 0:44:55 RYAN, Jim           | Unattached                  | Open Male     | 229 | 75  |
| 76  | 0:44:57 PROSSER, Naomi      | University of Warwick       | Open Female   | 115 | 76  |
| 77  | 0:44:59 LOUGHREY, Duncan    | Wye Valley Runners          | Male Vet 50   | 140 | 77  |
| 78  | 0:45:01 RAMSEY, Lee         | Unattached                  | Open Male     | 153 | 78  |
| 79  | 0:45:03 SMITH, Mark         | Unattached                  | Open Male     | 56  | 79  |
| 80  | 0:45:07 MACHACKOVA, Danca   | Wye Valley Runners          | Open Female   | 221 | 80  |
| 81  | 0:45:17 WATKINS, Ben        | Mynydd Du                   | Open Male     | 88  | 81  |
| 82  | 0:45:21 HINKSMAN, Lucia     | Unattached                  | Open Female   | 210 | 82  |
| 83  | 0:45:23 BROOME, Tim         | Unattached                  | Open Male     | 122 | 83  |
| 84  | 0:45:38 SATCHELL, Julian    | Malvern Joggers             | Male Vet 55   | 52  | 84  |
| 85  | 0:45:45 HOUGHTON, Andy      | Tavistock AC                | Male Vet 65   | 179 | 85  |
| 86  | 0:45:50 ROSE, Carl          | Wye Valley Runners          | Male Vet 45   | 139 | 86  |
| 87  | 0:45:51 EMERSON, Nicola     | Wye Valley Runners          | Female Vet 40 | 4   | 87  |
| 88  | 0:45:54 SMALLWOOD, Michael  | Wye Valley Runners          | Male Vet 50   | 111 | 88  |
| 89  | 0:46:25 JONES, Nick         |                             | Male Vet 40   | 195 | 89  |
| 90  | 0:46:35 RICHMOND, David     | Unattached                  | Male Vet 55   | 233 | 90  |
| 91  | 0:46:49 ISTANCE, Gwyn       | Unattached                  | Male Vet 50   | 20  | 91  |
| 92  | 0:46:53 FOSTER, Ian         | Hereford Triathlon Club     | Male Vet 45   | 198 | 92  |
| 93  | 0:46:56 READE, Nigel        | Hereford Couriers           | Open Male     | 212 | 93  |
| 94  | 0:47:01 CHILDS, Nikki       | Wye Valley Runners          | Female Vet 50 | 92  | 94  |
| 95  | 0:47:02 THOMAS, Christopher | ebbw vale running club      | Male Vet 55   | 145 | 95  |
| 96  | 0:47:03 WYATT, Daniel       | Hereford Triathlon Club     | Open Male     | 70  | 96  |
| 97  | 0:47:08 BENJAMIN, Robert    | Unattached                  | Male Vet 55   | 43  | 97  |
| 98  | 0:47:15 ANSFIELD, Rebecca   | Wye Valley Runners          | Female Vet 40 | 199 | 98  |
| 99  | 0:47:22 THOMAS, Mervyn      | Wye Valley Runners          | Male Vet 65   | 131 | 99  |
| 100 | 0:47:43 ROWE, Kevin         | Wye Valley Runners          | Male Vet 50   | 144 | 100 |
| 101 | 0:47:51 DAUNCEY, Nic        | Unattached                  | Male Vet 45   | 72  | 101 |
| 102 | 0:47:54 WYATT, Emma         | Hereford Triathlon Club     | Female Vet 35 | 69  | 102 |
| 103 | 0:47:58 STRESE, Piet        | Presteigne Pacers           | Male Vet 55   | 172 | 103 |
| 104 | 0:48:05 POOLE, Lucy         | Malvern Joggers             | Female Vet 40 | 148 | 104 |
| 105 | 0:48:08 BARNES, Kevin       | Hereford Couriers           | Male Vet 50   | 95  | 105 |
| 106 | 0:48:14 PARKER, Debbie      | Malvern Joggers             | Female Vet 40 | 25  | 106 |
| 107 | 0:48:15 HAYDE, Jane         | Wye Valley Runners          | Open Female   | 116 | 107 |
| 108 | 0:48:29 BURGOYNE, Paul      | NFTO Race Club              | Open Male     | 99  | 108 |
| 109 | 0:48:35 JONES, Adrian       | Unattached                  | Male Vet 60   | 218 | 109 |
| 110 | 0:48:36 KENWARD, Matthew    | Wye Valley Runners          | Open Male     | 101 | 110 |
| 111 | 0:48:39 DAVIES, Wayne       | N-MAC                       | Open Male     | 74  | 111 |
| 112 | 0:48:47 JONES, Roxanne      | Ghost Runners               | Open Female   | 98  | 112 |
| 113 | 0:48:48 SABIN, Paul         |                             | Male Vet 55   | 192 | 113 |
| 114 | 0:49:01 MARSHALL, Philip    | MADSAT                      | Open Male     | 63  | 114 |
| 115 | 0:49:05 WARBURTON, Joyce    | Hereford Triathlon Club     | Female Vet 45 | 159 | 115 |
| 116 | 0:49:09 TURNER, Neil        | Wye Valley Runners          | Male Vet 45   | 82  | 116 |
| 117 | 0:49:17 DAVIES, Emily       | Wye Valley Runners          | Female Vet 35 | 121 | 117 |
| 118 | 0:49:26 EDWARDS, Jan        | Wye Valley Runners          | Female Vet 60 | 10  | 118 |
| 119 | 0:49:35 BRADSHAW, Andrew    | Unattached                  | Male Vet 40   | 86  | 119 |
| 120 | 0:49:45 BROAD, Ric          | Unattached                  | Male Vet 65   | 232 | 120 |
| 121 | 0:49:51 WARREN, Kevin       | Unattached                  | Male Vet 40   | 169 | 121 |
| 122 | 0:49:53 RICHARDS, Janet     | Listwerry Runners           | Female Vet 50 | 219 | 122 |
| 123 | 0:49:53 CLARK, Matt         | Unattached                  | Open Male     | 68  | 123 |
| 124 | 0:49:54 MUSSELL, Craig      | Wye Valley Runners          | Open Male     | 134 | 124 |
| 125 | 0:49:55 STEVENS, John       | Fit & Healthy Running Group | Open Male     | 59  | 125 |
| 126 | 0:49:57 WELSON, Clint       | Unattached                  | Open Male     | 138 | 126 |
| 127 | 0:50:04 EVANS, Richard      | Hereford Festival Runners   | Male Vet 40   | 123 | 127 |
| 128 | 0:50:04 JACKSON, Mark       | Unattached                  | Open Male     | 24  | 128 |
| 129 | 0:50:08 TOOTELL, Amy        | Unattached                  | Female Vet 35 | 126 | 129 |
| 130 | 0:50:14 BLACKABEE, Chris    | Southend A C                | Male Vet 45   | 223 | 130 |

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| 131 | 0:50:17 | SMITH, Peter                   | Wye Valley Runners        | Male Vet 65   | 7   | 131 |
| 132 | 0:50:36 | NORTH, Bryn                    | Unattached                | Open Male     | 215 | 132 |
| 133 | 0:50:44 | PRIEST, Alison                 | Malvern Joggers           | Female Vet 50 | 38  | 133 |
| 134 | 0:50:54 | WELLS, NICK                    | Team Derby Rnners         | Male Vet 45   | 208 | 134 |
| 135 | 0:51:24 | SHORT, Peter                   | Forest of Dean A C        | Male Vet 60   | 51  | 135 |
| 136 | 0:51:28 | CASELEY, Julie                 | Malvern Joggers           | Female Vet 55 | 3   | 136 |
| 137 | 0:51:42 | REESE, Sarah                   | Unattached                | Female Vet 35 | 128 | 137 |
| 138 | 0:51:44 | ROWBERRY, Tom                  | Unattached                | Open Male     | 166 | 138 |
| 139 | 0:52:00 | EDWARDS, Craig                 | Unattached                | Male Vet 40   | 54  | 139 |
| 140 | 0:52:01 | BOWEN, Phil                    | Unattached                | Male Vet 55   | 71  | 140 |
| 141 | 0:52:11 | THOMAS, Rose                   | Rhayader Running Club     | Female Vet 60 | 160 | 141 |
| 142 | 0:52:11 | DALY, Liam                     | Builth & District Runners | Male Vet 55   | 109 | 142 |
| 143 | 0:52:14 | HINKSMAN, Andrew               | Unattached                | Male Vet 55   | 209 | 143 |
| 144 | 0:52:17 | THOMSON, Stewart               | Pontypool & Distrct       | Male Vet 50   | 220 | 144 |
| 145 | 0:52:18 | RODRIGUES, Marcio              | Unattached                | Open Male     | 227 | 145 |
| 146 | 0:52:25 | LAPINSKA-RODRIGUES, Aleksandra | Unattached                | Open Female   | 226 | 146 |
| 147 | 0:52:34 | ROWLAND, Ben                   | Unattached                | Open Male     | 224 | 147 |
| 148 | 0:52:37 | EVANS, Sheryl                  | Hereford Couriers         | Female Vet 45 | 201 | 148 |
| 149 | 0:52:38 | JONES, Vicky                   | Taff Ely Tri              | Female Vet 35 | 142 | 149 |
| 150 | 0:52:41 | CHILDS, Nigel                  | Unattached                | Male Vet 50   | 177 | 150 |
| 151 | 0:52:45 | GRIFFITHS, Rob                 | Unattached                | Male Vet 40   | 175 | 151 |
| 152 | 0:53:03 | JACKSON, Hayley                | Parc Bryn Bach            | Female Vet 40 | 193 | 152 |
| 153 | 0:53:11 | DILLON, Sue                    | Malvern Joggers           | Female Vet 50 | 200 | 153 |
| 154 | 0:53:15 | LYON, Andy                     | Almost Athletes           | Male Vet 50   | 26  | 154 |
| 155 | 0:53:21 | HEATON, Phil                   | Unattached                | Male Vet 50   | 103 | 155 |
| 156 | 0:53:24 | SMALLWOOD, Billy               | Wye Valley Runners        | Female Vet 50 | 110 | 156 |
| 157 | 0:53:29 | STARKEY, Gary                  | Hay Hotfooters            | Open Male     | 189 | 157 |
| 158 | 0:53:33 | MCCANN, Gillian                | Unattached                | Female Vet 55 | 213 | 158 |
| 159 | 0:53:40 | HARRISON, Christopher          | Unattached                | Male Vet 70   | 83  | 159 |
| 160 | 0:53:44 | BERRETT, Susan                 | Hereford Triathlon Club   | Female Vet 40 | 190 | 160 |
| 161 | 0:53:55 | GOODWIN, Nicola                | Hereford Triathlon Club   | Female Vet 40 | 127 | 161 |
| 162 | 0:53:58 | HOWARD, Jess                   | Malvern Joggers           | Open Female   | 1   | 162 |
| 163 | 0:54:13 | DILLON, Mark                   | Malvern Joggers           | Male Vet 50   | 16  | 163 |
| 164 | 0:54:18 | LATTEY, Nick                   | Unattached                | Male Vet 55   | 217 | 164 |
| 165 | 0:54:30 | MARTINS, Ricardo               | Wye Valley Runners        | Open Male     | 214 | 165 |
| 166 | 0:54:34 | REES, James                    | Unattached                | Male Vet 40   | 84  | 166 |
| 167 | 0:54:44 | CASHMORE, Rachel               | Malvern Joggers           | Female Vet 45 | 9   | 167 |
| 168 | 0:54:46 | CZAJKOWSKA, Lidia              | Unattached                | Female Vet 40 | 171 | 168 |
| 169 | 0:54:56 | HUSBAND, Andrew                | Unattached                | Male Vet 50   | 50  | 169 |
| 170 | 0:55:02 | JONES, Samantha                | Hereford Couriers         | Female Vet 35 | 151 | 170 |
| 171 | 0:55:04 | SKIPP, Melissa                 | Triathlon Redditch        | Female Vet 35 | 81  | 171 |
| 172 | 0:55:12 | EDELSTYN, Sharon               | Unattached                | Female Vet 45 | 34  | 172 |
| 173 | 0:55:16 | JACKSON, Abi                   | Unattached                | Open Female   | 23  | 173 |
| 174 | 0:55:46 | BENJAMIN, India                | Unattached                | Open Female   | 19  | 174 |
| 175 | 0:55:50 | STANDERWICK, Sam               | Parc Bryn Bach            | Female Vet 40 | 164 | 175 |
| 176 | 0:55:53 | BADHAM, Roger                  | MADSAT                    | Male Vet 50   | 62  | 176 |
| 177 | 0:55:57 | EVANS, Sarah                   | Finch Coasters            | Female Vet 45 | 150 | 177 |
| 178 | 0:56:03 | WOOD, Tina                     | Black Pear Joggers        | Female Vet 45 | 21  | 178 |
| 179 | 0:56:09 | WOOD, Rob                      | Croft Ambrey              | Male Vet 60   | 66  | 179 |
| 180 | 0:57:07 | JERVIS, Kath                   | Parc Bryn Bach            | Female Vet 55 | 168 | 180 |
| 181 | 0:57:39 | BONELLE, David                 | Unattached                | Open Male     | 8   | 181 |
| 182 | 0:57:41 | HALL, Simon                    | Unattached                | Male Vet 50   | 147 | 182 |
| 183 | 0:57:46 | BOWEN, Emma                    | Unattached                | Female Vet 50 | 31  | 183 |
| 184 | 0:57:48 | PROWSE, Robert                 | Unattached                | Male Vet 50   | 143 | 184 |
| 185 | 0:57:49 | STEELE, Sue                    | Unattached                | Female Vet 45 | 156 | 185 |
| 186 | 0:57:52 | HANNE, Sharon                  | Unattached                | Female Vet 45 | 154 | 186 |
| 187 | 0:58:24 | STEELE, MIKE                   | Unattached                | Male Vet 45   | 155 | 187 |
| 188 | 0:58:37 | FORD, Nicholas                 | Unattached                | Male Vet 50   | 107 | 188 |
| 189 | 0:58:42 | BAYLISS, Geoffrey              | Chepstow Harriers         | Male Vet 60   | 13  | 189 |
| 190 | 0:58:44 | HEALY, Dave                    | H & W Fire Brigade AC     | Open Male     | 238 | 190 |
| 191 | 0:58:50 | REESE, Andrea                  | Unattached                | Female Vet 45 | 129 | 191 |
| 192 | 0:58:51 | MONNINGTON, Shelley            | Unattached                | Female Vet 40 | 29  | 192 |
| 193 | 0:58:52 | TURNER, Alison                 | Wye Valley Runners        | Female Vet 50 | 85  | 193 |
| 194 | 0:59:24 | HEATON, Jan                    | Parc Bryn Bach            | Female Vet 50 | 104 | 194 |
| 195 | 0:59:25 | WOOD, Kim                      | Hereford Triathlon Club   | Open Female   | 117 | 195 |
| 196 | 0:59:45 | BOWNES, Julie                  | Croft Ambrey              | Female Vet 50 | 135 | 196 |

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| 197 | 0:59:55 HUSBAND, Amanda       | Black Pear Joggers  | Female Vet 40 | 18  | 197 |
| 198 | 1:00:12 PROTHERO, Rachelle    | Wye Valley Runners  | Open Female   | 216 | 198 |
| 199 | 1:00:15 ARDREY, Caroline      | Unattached          | Open Female   | 230 | 199 |
| 200 | 1:00:36 SOBOCINSKI, Jacq      | Unattached          | Open Female   | 37  | 200 |
| 201 | 1:01:05 LEHONY-DAVIES, Cheryl | Hay Hotfooters      | Female Vet 45 | 173 | 201 |
| 202 | 1:01:43 BAYLISS, Jane         | Chepstow Harriers   | Female Vet 65 | 12  | 202 |
| 203 | 1:01:54 CUNNANE, John         | Pontypridd Roadents | Male Vet 65   | 96  | 203 |
| 204 | 1:02:10 ROIG, Susan           | Unattached          | Female Vet 40 | 73  | 204 |
| 205 | 1:02:12 HARRHY, Alan          | Hay Hotfooters      | Male Vet 70   | 174 | 205 |
| 206 | 1:02:16 TRUMPER, Tim          | Unattached          | Male Vet 50   | 222 | 206 |
| 207 | 1:03:15 HADLEY, Linda         | Wye Valley Runners  | Female Vet 55 | 184 | 207 |
| 208 | 1:03:43 WALDEN, Chris         | Wye Valley Runners  | Male Vet 65   | 42  | 208 |
| 209 | 1:03:45 MITCHELL, Valerie     | Unattached          | Female Vet 35 | 106 | 209 |
| 210 | 1:04:02 KING, Katie           | Headington RR       | Female Vet 35 | 181 | 210 |
| 211 | 1:06:00 WINNEY, Sara          | Unattached          | Female Vet 40 | 40  | 211 |
| 212 | 1:06:59 TOLLEY, Vivien        | Malvern Joggers     | Female Vet 55 | 2   | 212 |
| 213 | 1:07:30 ROWLAND, Sandra       | UK Net Runner.co.uk | Female Vet 55 | 76  | 213 |
| 214 | 1:08:42 WOOD, Nick            | MADSAT              | Male Vet 45   | 61  | 214 |
| 215 | 1:08:46 HUTCHEON, Richard     | Unattached          | Male Vet 70   | 185 | 215 |
| 216 | 1:10:32 WHEELER, Syd          | Chepstow Harriers   | Male Vet 75   | 46  | 216 |
| 217 | 1:11:03 ATTWELL, Emma         | Pontypridd Roadents | Open Female   | 15  | 217 |
| 218 | 1:11:03 GARDINER, Alice       | Unattached          | Open Female   | 91  | 218 |
| 219 | 1:11:24 BAILLIE, Jennifer     | Unattached          | Female Vet 35 | 36  | 219 |
| 220 | 1:11:40 BAILLIE, Duncan       | Unattached          | Open Male     | 35  | 220 |
| 221 | 1:12:07 LOVELESS, Martin      | Unattached          | Male Vet 65   | 137 | 221 |
| 222 | 1:15:13 RADON, Joanne         | Unattached          | Open Female   | 30  | 222 |