

Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	73	Sam Juson	M	Croft Ambrey RC	35:43	Senior Male	1st
2.	93	Phil Morris	M	Builth & District Running Club	38:06	Vet 40 Male	1st
3.	9	Tim Batchelor	M	Chepstow Harriers	38:42	Senior Male	2nd
4.	68	Matt James	M	Hereford Couriers	39:06	Senior Male	3rd
5.	97	Paul Murrin	M	Chepstow Harriers	39:24	Vet 50 Male	1st
6.	6	David Bannister	M	Ledbury & District Harriers	39:35	Vet 45 Male	1st
7.	80	Mike Lelliott	M	Cotswold Allrunners	42:47	Senior Male	4th
8.	26	Martin Carter	M	Hereford Couriers	43:24	Vet 55 Male	1st
9.	56	Sally Hall	F	Lliswerry Runners	43:39	Vet 35 Female	1st
10.	115	Steve Rooke	M	Ledbury & District Harriers	43:39	Vet 50 Male	2nd
11.	1	Katerina Adams	F	Spirit Of Monmouth	43:41	Vet 45 Female	1st
12.	79	Jon Lawrence	M		44:21	Senior Male	5th
13.	16	Charlie Bendall	M	Chepstow Harriers	45:09	Senior Male	6th
14.	92	Niki Morgan	F	Chepstow Harriers	45:18	Vet 55 Female	1st
15.	84	James Malbon	M		45:18	Vet 40 Male	2nd
16.	5	Jullian Bailey-Gard	M	Forest of Dean AC	45:40	Vet 45 Male	2nd
17.	46	John Featherstone	M	Newent Runners	46:34	Vet 55 Male	2nd
18.	64	Rob Hook	M	Chepstow Harriers	47:12	Vet 55 Male	3rd
19.	66	Andrew Jackson	M	Spirit Of Monmouth	47:29	Vet 50 Male	3rd
20.	122	Stefan Sternkopf	M	Worcester AC	48:27	Vet 55 Male	4th
21.	113	Richie Richards	M	Hereford Couriers	48:38	Vet 60 Male	1st
22.	107	Christina Plant	F	Hereford Couriers	48:53	Vet 35 Female	2nd
23.	125	Jim Storrar	M	Forest of Dean AC	48:58	Vet 60 Male	2nd
24.	57	Ali Hardaway	M	Builth & District Running Club	49:43	Vet 55 Male	5th
25.	95	Stuart Morris	M	Spirit Of Monmouth	49:47	Vet 45 Male	3rd
26.	127	Ian Summers	M	Gloucester AC	50:03	Vet 55 Male	6th
27.	36	Lee Davies	M		50:04	Vet 40 Male	3rd
28.	59	Emily Harrison	F	Monross Trailblazers	50:29	Vet 35 Female	3rd
29.	98	Tym Musgrove	M	Ledbury & District Harriers	50:34	Vet 60 Male	3rd
30.	90	David Millichap	M	Croft Ambrey RC	50:45	Vet 50 Male	4th
31.	18	Renske Bouwens	F	Spirit Of Monmouth	50:48	Vet 50 Female	1st
32.	114	Vicky Roberts	F	Spirit Of Monmouth	51:09	Vet 35 Female	4th
33.	99	Stephen Owen	M	Chepstow Harriers	51:10	Vet 70 Male	1st
34.	58	Kath Hardwick	F	Wye Valley Runners	51:52	Vet 40 Female	1st
35.	141	Jan Morris	F	Chepstow Harriers	51:56	Vet 55 Female	2nd
36.	87	Owen McLaughlin	M	Forest of Dean AC	52:06	Vet 70 Male	2nd
37.	88	Josh McMahan	M		52:09	Senior Male	7th
38.	117	Pete Scott	M		52:16	Vet 45 Male	4th
39.	110	Tom Preston	M		52:30	Senior Male	8th
40.	96	Richard Mountford	M		52:30	Senior Male	9th
41.	139	Phillip Nugent	M		53:02	Senior Male	10th
42.	142	Phillip Allsopp	M	Fairwater Runners Cwmbran	53:18	Vet 60 Male	4th
43.	44	James Exton	M		53:23	Vet 50 Male	5th



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
44.	118	Ewelina Skolimowska	F	Black Pear Joggers	53:35	Vet 35 Female	5th
45.	29	Tony Champken	M	Wye Valley Runners	53:36	Vet 65 Male	1st
46.	126	Josephine Sulman	F	Pontypridd Roadents AC	53:52	Vet 50 Female	2nd
47.	124	Hayley Stockwell	F	Stroud & District AC	54:10	Vet 45 Female	2nd
48.	43	Clare Evans	F	Hereford Couriers	54:11	Senior Female	1st
49.	30	Andy Clifton	M	Spirit Of Monmouth	54:25	Vet 50 Male	6th
50.	103	Melissa Pearce	F	Parc Bryn Bach Running Club	54:48	Vet 50 Female	3rd
51.	116	Jane Roscoe	F	Chepstow Harriers	55:04	Vet 55 Female	3rd
52.	52	Neil Grant	M	Chepstow Harriers	55:09	Vet 70 Male	3rd
53.	15	Chris Bell	M		55:11	Vet 45 Male	5th
54.	111	Christian Prynne	M	Builth & District Running Club	55:12	Vet 50 Male	7th
55.	51	Maixent Gaillard	M	Spirit Of Monmouth	55:16	Vet 45 Male	6th
56.	77	Lee Knight	M		55:48	Vet 50 Male	8th
57.	41	Barry Evans	M	Chepstow Harriers	56:01	Vet 55 Male	7th
58.	76	Olly Kneath	M		56:22	Vet 40 Male	4th
59.	133	Rebecca Wilson	F	Monross Trailblazers	56:37	Vet 45 Female	3rd
60.	82	Steph Main	F	Croft Ambrey RC	56:49	Vet 50 Female	4th
61.	121	Tom Sterling	M		56:52	Senior Male	11th
62.	108	Emma Poole	F	Newent Runners	57:02	Vet 55 Female	4th
63.	106	Joe Phillips	M	Stroud & District AC	57:09	Senior Male	12th
64.	94	Paul Morris	M	Pont-Y-Pwl & District Runners	57:11	Vet 55 Male	8th
65.	70	Philip Johnson	M	Ledbury & District Harriers	57:29	Vet 50 Male	9th
66.	7	Kevin Barnes	M	Hereford Couriers	57:44	Vet 60 Male	5th
67.	128	Heather Swiss	F	Forest of Dean AC	57:56	Senior Female	2nd
68.	3	Zoe Anthony	F		58:03	Vet 45 Female	4th
69.	8	Emma Barrett	F	Chepstow Harriers	58:04	Vet 45 Female	5th
70.	83	KELLY MAJOR	F		58:15	Vet 40 Female	2nd
71.	132	Sam Clement	M	Ross Runners	58:30	Senior Male	13th
72.	91	Helen Milner	F		59:20	Vet 50 Female	5th
73.	119	Trina Brown	F	Spirit Of Monmouth	1:00:08	Vet 40 Female	3rd
74.	130	Rachel Waters	F	Spirit Of Monmouth	1:00:11	Senior Female	3rd
75.	67	Cath James	F	Caerphilly Runners	1:01:04	Vet 45 Female	6th
76.	32	Pip Cottrell	F	Ross Runners	1:01:08	Vet 55 Female	5th
77.	19	Melanie Branton	F		1:01:17	Senior Female	4th
78.	71	Beverley Jones	F	Fairwater Runners Cwmbran	1:01:27	Vet 50 Female	6th
79.	40	Jo Ellis	F	Wye Valley Runners	1:01:35	Vet 40 Female	4th
80.	22	Clare Brown	F		1:01:40	Vet 40 Female	5th
81.	104	Rudd Pearce	M		1:01:54	Vet 55 Male	9th
82.	74	Nicola Kelly	F	Builth & District Running Club	1:02:25	Vet 50 Female	7th
83.	136	Jacqui Wynds	F	Forest of Dean AC	1:02:33	Vet 70 Female	1st
84.	72	Delphine Jones	F	Parc Bryn Bach Running Club	1:02:54	Vet 40 Female	6th
85.	25	Marc Carlton	M	Chepstow Harriers	1:03:17	Vet 65 Male	2nd
86.	12	Rachel Beard	F	Forest of Dean AC	1:03:33	Vet 50 Female	8th



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
87.	101	Miriam Paris	F	Forest of Dean AC	1:03:34	Vet 55 Female	6th
88.	21	Nicholas Broadbent	M		1:03:49	Vet 50 Male	10th
89.	13	Steve Bedford	M		1:03:50	Vet 65 Male	3rd
90.	63	Sue Hirst	F		1:03:51	Vet 60 Female	1st
91.	14	Jenni Bell	F	Chepstow Harriers	1:04:28	Vet 45 Female	7th
92.	65	Megan Jackson	F	Fairwater Runners Cwmbran	1:04:53	Senior Female	5th
93.	54	Paul Griffiths	M	Chepstow Harriers	1:05:34	Vet 70 Male	4th
94.	42	Denise Evans	F	Chepstow Harriers	1:05:44	Vet 55 Female	7th
95.	137	Andrew Young	M	Ranong Thai Boxing Camp	1:06:04	Vet 50 Male	11th
96.	138	Keith Young	M		1:06:05	Vet 70 Male	5th
97.	28	Sian Champken	F	Wye Valley Runners	1:06:29	Vet 50 Female	9th
98.	134	Victoria Woodhall	F	Hereford Couriers	1:06:32	Vet 45 Female	8th
99.	4	Brenda Avery	F	Chepstow Harriers	1:06:45	Vet 70 Female	2nd
100.	34	Jen Danger Harding	F	Chepstow Harriers	1:07:43	Vet 35 Female	6th
101.	123	Adrian Stockwell	M	Stroud & District AC	1:08:46	Vet 45 Male	7th
102.	17	Cath Bennett	F	Ross Runners	1:09:51	Vet 40 Female	7th
103.	75	Stephanie King	F	Croft Ambrey RC	1:10:27	Vet 55 Female	8th
104.	2	Dave Andrews	M	Chepstow Harriers	1:11:08	Vet 75 Male	1st
105.	23	Tom Brown	M		1:11:20	Vet 40 Male	5th
106.	100	Charlotte Palmer	F		1:11:23	Vet 45 Female	9th
107.	78	Mandy Knott	F	Forest of Dean AC	1:11:24	Vet 50 Female	10th
108.	39	Gill Ellis	F	Chepstow Harriers	1:11:58	Vet 60 Female	2nd
109.	20	Wendy Briggs	F	Chepstow Harriers	1:12:16	Vet 50 Female	11th
110.	50	Deb Franklin	F	Chepstow Harriers	1:12:17	Vet 55 Female	9th
111.	140	Kelly Bendon	F		1:13:55	Vet 40 Female	8th
112.	47	Yvonne Featherstone	F	Newent Runners	1:14:02	Vet 50 Female	12th
113.	143	Shari Finch	F	Chepstow Harriers	1:14:45	Vet 45 Female	10th
114.	69	Anne Jenner	F	Chepstow Harriers	1:14:45	Vet 60 Female	3rd
115.	61	christopher harrison	M		1:15:17	Vet 80 Male	1st
116.	131	Jacqueline Webb	F	Chepstow Harriers	1:17:47	Vet 60 Female	4th
117.	105	Jude Penny	F		1:20:00	Vet 55 Female	10th
118.	11	Jane Bayliss	F	Chepstow Harriers	1:20:04	Vet 70 Female	3rd
119.	129	brian Symonds	M	Wye Valley Runners	1:20:18	Vet 80 Male	2nd
120.	27	Judy Cera	F		1:22:25	Vet 55 Female	11th
121.	45	Tanya Feasey	F	Run GL1	1:22:26	Vet 40 Female	9th
122.	53	margaret griffiths	F	Chepstow Harriers	1:25:46	Vet 65 Female	1st
123.	85	Roseanna Marshall	F		1:31:00	Senior Female	6th
124.	10	Geoffrey Bayliss	M	Chepstow Harriers	1:35:23	Vet 75 Male	2nd

Number of Records: 124

