

Pos	Bib	Name	Cat	Gender	Club	Time	Gender	
							Pos	Cat Pos
1	272	Matthew EVANS		M	Aberdare	35:48.05	1	
2	284	Marcus BENNETTO		M	Forest Of Dean Ac	38:24.80	2	
3	146	Dave LOWTHIAN	MV40	M	Forest Of Dean Ac	38:28.00	3	1
4	74	Richard FOSTER		M	Raglan Runners	38:36.52	4	
5	202	David ROWLAND		M	Ebbw Vale Rc	40:10.70	5	
6	5	Stephen WILLIAMS	MV50	M	Parc Bryn Bach Rc	40:25.25	6	1
7	137	Lee KIELY		M	Unattached	40:44.67	7	
8	8	Victoria BAKER		F	Forest Of Dean Ac	40:58.95	1	
9	247	Donovan WILLIAM-HALE		M	Bridgend Ac	41:04.67	8	
10	132	Richard JONES	MV40	M	Newport Harriers	41:08.02	9	2
11	125	Sandy JOHNSTON	MV60+	M	Les Croupiers Rc	41:15.92	10	1
12	145	Brian LOVETT	MV40	M	San Domenico Rc	41:56.78	11	3
13	213	Marcus TAYLOR	MV40	M	Unattached	42:10.25	12	4
14	66	Robert EVANS	MV50	M	Ebbw Vale Rc	42:16.88	13	2
15	14	David BENNETT	MV40	M	Porthcawl Runners	42:29.02	14	5
16	158	Kelly MORGAN		F	Aberdare	43:31.89	2	
17	147	Daniel MALEY	MV40	M	Unattached	43:51.58	15	6
18	61	Kevin DUPE	MV50	M	Vegan Runners	44:01.47	16	3
19	76	Paul FRY		M	Unattached	44:07.86	17	
20	134	Ceri JONES	FV40	F	Aberdare	44:26.88	3	1
21	192	Oliver RENNISON		M	Forest Of Dean Ac	44:31.56	18	
22	52	Laura DAVIES		F	Llisbury Runners	44:35.50	4	
23	62	Chris DYSON	MV40	M	Unattached	44:45.95	19	7
24	126	Alice JOHNSTON		F	Les Croupiers Rc	44:54.33	5	
25	262	Lisa ERICKSON		F	Pont-y-pwl And District Runners	45:18.64	6	
26	71	Jonathan FORD		M	Unattached	45:22.64	20	
27	128	Ashley JONES	MV50	M	Unattached	46:21.03	21	4
28	23	Andrew BUNDOCK		M	Unattached	46:25.44	22	
29	203	Matthew SILK		M	Unattached	46:26.92	23	
30	72	Abby FORSTER		F	Pontypridd Roadents Ac	46:59.10	7	
31	36	Rajendra CHITNIS	MV40	M	Unattached	47:09.66	24	8
32	200	Mark ROWE	MV50	M	Unattached	47:24.63	25	5
33	98	Mark HATT-ELLIS		M	Unattached	47:25.56	26	
34	255	Philip HOSKINS	MV40	M	Unattached	47:43.16	27	9
35	83	Phil GILBY	MV50	M	Unattached	47:44.64	28	6
36	48	Alistair CUMMINGS		M	Pont-y-pwl And District Runners	47:49.80	29	
37	155	Derek MILES	MV50	M	Unattached	47:51.80	30	7
38	64	Michael EVANS	MV50	M	Aberdare	47:55.88	31	8
39	54	Luke DAVIES		M	Eastman	48:20.61	32	
40	191	Patrick RENNISON	MV50	M	Forest Of Dean Ac	48:29.60	33	9
41	189	M PRITCHARD	MV60+	M	Unattached	48:35.25	34	2
42	149	Samuel MARSH		M	Unattached	48:36.24	35	
43	190	Chris REED		M	Unattached	48:46.53	36	
44	89	Matt GRIFFITHS		M	Eastman	48:50.55	37	
45	256	Simon WHITEHEAD	MV40	M	Unattached	48:52.03	38	10
46	30	Chris CAREY	MV40	M	Pont-y-pwl And District Runners	48:59.70	39	11
47	173	Mark PARRY	MV40	M	Unattached	49:01.08	40	12
48	10	Peter BARNFATHER		M	Eastman	49:04.17	41	

49	67	Louise EVANS	FV40	F	Ebbw Vale Rc	49:15.56	8	2
50	290	Helen NASH		F	Unattached	49:28.83	9	
51	121	Matthew JESSOP	MV40	M	Unattached	49:34.78	42	13
52	230	Thomas WATKINS		M	Lliswerry Runners	49:37.27	43	
53	11	Andrew BARRY	MV50	M	Lliswerry Runners	49:39.74	44	10
54	222	Richard TREADGOLD	MV50	M	Unattached	49:44.83	45	11
55	160	Chris MUNTON		M	Unattached	50:02.27	46	
56	268	Mark BATTEN	MV40	M	Unattached	50:04.49	47	14
57	174	Stephen PASKELL	MV40	M	Pontyclun Roadrunner	50:09.94	48	15
58	259	Celwyn SPENCER	MV60+	M	Unattached	50:12.72	49	3
59	278	David PROFFITT	MV60+	M	Lliswerry Runners	50:18.88	50	4
60	57	Owen DENNISON		M	Unattached	50:32.16	51	
61	207	Sam STEPHENS		M	Unattached	50:36.24	52	
62	181	Gareth PHILLIPS	MV50	M	Unattached	50:49.39	53	12
63	251	Neville TURNER	MV50	M	Forest Of Dean Ac	51:00.88	54	13
64	227	Morris URQUHART	MV40	M	Caerleon Running Club	51:09.75	55	16
65	85	Jamiee GITTINS		F	Unattached	51:09.99	10	
66	177	Melissa PEARCE	FV40	F	Blaenau Gwent Ac	51:17.22	11	3
67	228	Brian VARCAS	MV50	M	Run4all Neath	51:19.60	56	14
68	195	Alan ROCKLIFFE	MV50	M	Unattached	51:24.63	57	15
69	118	Edward JEFFRIES		M	Unattached	51:55.05	58	
70	246	Archie CAMERON	MV50	M	Aberdare	52:10.63	59	16
71	281	David CONNOLLY	MV40	M	Unattached	52:10.73	60	17
72	224	Darran TUCKER	MV40	M	Unattached	52:21.11	61	18
73	12	Steve BEALE	MV40	M	Unattached	52:39.99	62	19
74	219	Stephen THOMAS	MV40	M	Eastman	52:50.85	63	20
75	2	Katie ALLEN	FV40	F	Pont-y-pwl And District Runners	53:14.39	12	4
76	133	Daniel JONES		M	Eastman	53:18.66	64	
77	75	Paul FRENCH		M	Unattached	53:19.33	65	
78	15	Alex BENSON	MV40	M	Unattached	53:21.50	66	21
79	95	Hayley HARVEY	FV40	F	Chepstow Harriers	53:27.89	13	5
80	229	Terry WARFIELD		M	Unattached	53:29.80	67	
81	135	Dave KEMPTON	MV50	M	Parc Bryn Bach Rc	53:31.61	68	17
82	81	Kevin GIBBS	MV50	M	Unattached	53:40.74	69	18
83	269	Robert COX	MV50	M	Unattached	53:45.17	70	19
84	283	Graham BENNETTO	MV50	M	Forest Of Dean Ac	53:50.77	71	20
85	183	Mark PICTON	MV50	M	Unattached	53:54.94	72	21
86	252	Ian EVANS	MV40	M	Unattached	54:01.81	73	22
87	180	Brian PHILLIPS		M	Lliswerry Runners	54:06.70	74	
88	19	Michael BONNETT	MV50	M	Lliswerry Runners	54:08.42	75	22
89	78	George GABRIEL	MV60+	M	Unattached	54:09.47	76	5
90	156	Margrett MONK	FV60+	F	Parc Bryn Bach Rc	54:10.42	14	1
91	152	Nigel MAYCOCK		M	Unattached	54:25.38	77	
92	239	Richie WILLIAMS		M	Rees Runners	54:41.33	78	
93	204	Ian SKILLING	MV50	M	Unattached	54:47.61	79	23
94	238	Ben WILLIAMS		M	Unattached	54:50.49	80	
95	1	Darren ABRAHAM	MV40	M	Unattached	54:52.55	81	23
96	69	Colin FALLA	MV60+	M	Quantock Harriers	54:58.13	82	6
97	73	Rebecca FOSTER		F	Unattached	54:59.66	15	
98	45	Ceri CREWE	FV40	F	Pont-y-pwl And District Runners	55:02.89	16	6

99	63	Lorna ELLIOTT		F	Pont-y-pwl And District Runners	55:05.27	17	
100	113	Emma JAMES	FV40	F	Unattached	55:09.58	18	7
101	225	Sarah TUGWELL		F	Unattached	55:09.86	19	
102	193	Diana ROBERTS	FV50	F	Unattached	55:17.72	20	1
103	33	Simon CAWTHORN	MV40	M	Unattached	55:20.83	83	24
104	194	Kim ROCKLIFFE	FV50	F	Unattached	55:23.78	21	2
105	93	Nicholas HARRIS	MV40	M	Les Croupiers Rc	55:31.24	84	25
106	136	Lyndon KENNEY	MV50	M	Unattached	55:35.28	85	24
107	110	Marie HURFORD		F	Pont-y-pwl And District Runners	55:42.66	22	
108	99	Graham HAWKINS	MV50	M	Unattached	55:43.38	86	25
109	13	Trefor BEESE	MV60+	M	Unattached	55:44.75	87	7
110	270	Greg WILLIAMS	MV40	M	Unattached	56:05.03	88	26
111	92	Tony HARDY	MV50	M	Spirit Of Monmouth Rc	56:06.14	89	26
112	9	Chris BARNES	MV40	M	Unattached	56:09.33	90	27
113	254	Carys PARR		F	Unattached	56:16.10	23	
114	20	Colleen BOWEN		F	Lliswerry Runners	56:43.16	24	
115	27	Simon CADDY		M	Pontypridd Roadents Ac	56:51.35	91	
116	250	Vanessa PEGLER	FV40	F	Forest Of Dean Ac	56:55.66	25	8
117	151	Jill MATTHEWS	FV60+	F	Parc Bryn Bach Rc	57:05.42	26	2
118	84	Sally GILSON	FV40	F	Spirit Of Monmouth Rc	57:19.89	27	9
119	117	Nathan JANIK		M	Unattached	57:21.61	92	
120	153	Edward McDAID	MV60+	M	Caerleon Running Club	57:23.44	93	8
121	226	Anthony TURNER	MV50	M	Unattached	57:35.20	94	27
122	235	Emma WILLIAMS		F	Blaenau Gwent Ac	57:47.16	28	
123	58	Antony DERRICK	MV40	M	Unattached	57:49.60	95	28
124	94	Matthew HARRIS	MV50	M	Unattached	58:01.06	96	28
125	79	Michelle GEORGE	FV40	F	Rees Runners	58:15.24	29	10
126	277	Hywel WILLIAMS	MV40	M	Unattached	58:17.75	96.5	28.5
127	237	Huw WILLIAMS	MV60+	M	Unattached	58:21.06	97	9
128	70	Marc FLETCHER		M	Unattached	58:25.64	98	
129	131	Delphine JONES		F	Parc Bryn Bach Rc	58:27.75	31	
130	53	Nick DAVIES		M	Unattached	58:33.33	99	
131	212	Richard TALBOT	MV40	M	Unattached	58:34.92	100	29
132	291	Tom POWELL		M	Unattached	58:37.64	101	
133	271	Dale ROBERTS	MV50	M	Unattached	59:03.78	102	29
134	22	Jason BRADBURY	MV40	M	Unattached	59:05.28	103	30
135	100	Anna HERRON		F	Unattached	59:07.77	32	
136	51	Bernadette DAVIES	FV40	F	Crc	59:14.00	33	12
137	231	Lucy WATKINS		F	Lliswerry Runners	59:31.63	34	
138	111	Kelly INMAN-WARD		F	Unattached	59:32.70	35	
139	112	Alan INMAN-WARD		M	Unattached	59:33.11	104	
140	29	Fiona CAMPBELL	FV40	F	Pontypridd Roadents Ac	59:33.63	36	13
141	241	Anna WOODHEAD		F	Unattached	59:36.99	37	
142	260	Mark LEWIS	MV40	M	Unattached	59:46.30	105	31
143	261	Samantha POWELL	FV40	F	Unattached	59:46.60	38	14
144	215	Anne TAYLOR-JONES		F	Unattached	59:52.24	39	
145	130	Matthew JONES		M	Unattached	59:52.75	106	
146	216	Emma THOMAS		F	Islwyn Rc	59:56.19	40	
147	129	Eric JONES	MV60+	M	Unattached	1:00:15.31	107	10
148	201	A ROWE	MV40	M	Unattached	1:00:21.77	108	32

149	142	David LEWIS		M	Unattached	1:00:58.75	109	
150	182	Lucy PHILLIPS		F	Pont-y-pwl And District Runners	1:01:04.91	41	
151	249	Huw WILLIAM	MV50	M	Bridgend Ac	1:01:08.50	110	30
152	60	Sharon DRISCOLL	FV40	F	Unattached	1:01:09.80	42	15
153	165	Joanne NORRIS	FV40	F	Unattached	1:01:23.78	43	16
154	56	Ian DENNISON	MV50	M	Unattached	1:01:26.55	111	31
155	214	Sian TAYLOR		F	Unattached	1:01:34.97	44	
156	209	Denise SUNDERLAND	FV50	F	Unattached	1:01:38.64	45	3
157	17	Hannah BEVAN		F	Llswery Runners	1:02:04.72	46	
158	88	Bridgette GRIFFITHS	FV50	F	Pontypridd Roadents Ac	1:02:11.92	47	4
159	166	Matthew O'BRIEN		M	Unattached	1:02:58.89	112	
160	138	Sara KINSEY	FV40	F	Unattached	1:03:09.49	48	17
161	25	Emma BURRELL	FV40	F	Unattached	1:03:10.97	49	18
162	114	Bev JAMES	MV50	M	Forest Of Dean Ac	1:03:12.85	113	32
163	199	Stephem ROGERSON	MV60+	M	Unattached	1:03:34.13	114	11
164	285	Thomas ANNETTS		M	Unattached	1:03:35.41	115	
165	21	Dennis BOYETT	MV60+	M	Unattached	1:03:59.95	116	12
166	77	Scott FRYER		M	Unattached	1:04:08.88	117	
167	24	Sian BURNS	FV50	F	Spirit Of Monmouth Rc	1:04:15.74	50	5
168	205	Diane SMITH	FV60+	F	Spirit Of Monmouth Rc	1:04:16.13	51	3
169	178	Andrew PEARCE	MV50	M	Unattached	1:04:17.20	118	33
170	68	Kayleigh EVANS		F	Dragons	1:04:38.78	52	
171	38	Andrew COCHRANE		M	Unattached	1:04:44.74	119	
172	7	Rachel AVERY		F	Unattached	1:04:58.97	53	
173	101	Jodi HILTON		F	Unattached	1:05:13.08	54	
174	287	Gareth BARRINGTON	MV40	M	Llswery Runners	1:05:18.13	120	33
175	286	Tracey BARRINGTON	FV40	F	Unattached	1:05:18.89	55	19
176	279	Lisa NICHOLLS	FV40	F	Llswery Runners	1:05:21.92	56	20
177	28	Sian CAIN-CULVERWELL		F	Unattached	1:05:32.13	57	
178	104	Keith HOULDING	MV60+	M	Unattached	1:05:37.42	121	13
179	87	Claire GREENGRASS		F	Unattached	1:05:43.92	58	
180	266	Andy BOOTH	MV50	M	Road Runners Club	1:05:47.31	122	34
181	116	Tania JAMES PRICE	FV40	F	Unattached	1:06:05.56	59	21
182	206	Suzanne SPITERI	FV40	F	Unattached	1:06:06.41	60	22
183	198	Sarah ROGERS	FV40	F	Unattached	1:06:07.49	61	23
184	42	Rebecca COOKSEY	FV40	F	Parc Bryn Bach Rc	1:06:10.92	62	24
185	243	Ian WOODWARD	MV40	M	Unattached	1:06:11.64	123	34
186	159	Aisling MORGAN		F	Caerleon Running Club	1:06:17.47	63	
187	106	Gwyneth HOWELLS	FV60+	F	Caerleon Running Club	1:06:27.56	64	4
188	196	Jane ROE	FV50	F	Unattached	1:06:32.75	65	6
189	167	Rob OLLERTON	MV60+	M	Unattached	1:06:37.31	124	14
190	257	Andy SILK	MV50	M	Chepstow Harriers	1:06:42.85	125	35
191	103	Colin HOULDING	MV50	M	Unattached	1:06:47.86	126	36
192	176	Kate PEACOCK	FV40	F	Unattached	1:06:56.52	66	25
193	236	Dale WILLIAMS		M	Unattached	1:06:59.55	127	
194	108	Amanda HUGHES	FV40	F	Unattached	1:07:03.05	67	26
195	263	Mark O'DARE	MV50	M	Pontypridd Roadents Ac	1:07:14.94	128	37
196	267	Peter BARR		M	Unattached	1:07:17.81	129	
197	107	Jenine HUGHES		F	Unattached	1:07:27.85	68	
198	124	Sian JOHNSON		F	Islwyn Rc	1:07:38.22	69	

199	39	Natalie COLLIER		F	Unattached	1:07:39.44	70	
200	105	Carrie HOULDING		F	Unattached	1:07:39.70	71	
201	234	Sara WILKINSON		F	Unattached	1:07:50.50	72	
202	34	Faye CHAMBERLAIN	FV40	F	Unattached	1:07:56.45	73	27
203	233	Antony WILFORD	MV40	M	Unattached	1:07:57.35	130	35
204	140	Emilia LEO		F	Unattached	1:08:11.45	74	
205	211	Aimee SYMONDS		F	Unattached	1:08:22.74	75	
206	144	Melanie LLOYD		F	Parc Bryn Bach Rc	1:08:23.99	76	
207	97	Amy HATT-ELLIS	FV40	F	Unattached	1:08:35.10	77	28
208	148	Kristy MALONEY		F	Unattached	1:08:36.28	78	
209	169	Michelle OSMOND	FV40	F	Unattached	1:08:37.91	79	29
210	244	Debbie WOODWARD	FV40	F	Unattached	1:08:41.70	80	30
211	41	Joanne COOK	FV40	F	Caerleon Running Club	1:08:43.28	81	31
212	242	Sue WOODRUFF	FV50	F	Caerleon Running Club	1:08:43.60	82	7
213	168	Claire ORFORD	FV40	F	Caerleon Running Club	1:08:53.67	83	32
214	245	Lois WOODWARD		F	Unattached	1:09:05.74	84	
215	43	Veneta COONEY	FV40	F	Unattached	1:09:32.20	85	33
216	187	Rachel POWELL		F	Brecon Ac	1:09:32.64	86	
217	115	Ann JAMES	FV50	F	Unattached	1:09:59.31	87	8
218	102	Charlotte HOSTY		F	Unattached	1:10:00.83	88	
219	258	Kate MADDEN		F	Unattached	1:10:12.36	89	
220	221	Ann TIMBRELL	FV40	F	Unattached	1:10:23.36	90	34
221	91	Joanna HARDMAN	FV40	F	Unattached	1:10:55.28	91	35
222	218	Carrie THOMAS		F	Eastman	1:11:20.33	92	
223	265	Rhodri THOMAS		M	Unattached	1:11:20.67	131	
224	274	Angela SHIRLOW		F	Unattached	1:11:23.14	93	
225	179	Charlotte PEARCE	FV40	F	Unattached	1:11:51.81	94	36
226	154	Shan McCARTHY	FV50	F	Unattached	1:11:57.24	95	9
227	220	Katherine THOMPSON		F	Unattached	1:12:15.64	96	
228	123	Nicola JOHNSON		F	Unattached	1:12:17.14	97	
229	90	Jo GWYNNE	FV40	F	Pontypridd Roadents Ac	1:12:34.10	98	37
230	275	Victoria RICHARDS		F	Unattached	1:13:34.89	99	
231	82	Julie GIBSON	FV50	F	Llswerry Runners	1:13:54.89	100	10
232	4	Victoria ANSELL		F	Unattached	1:13:55.24	101	
233	288	Hannah PICTON		F	Unattached	1:14:16.19	102	
234	289	Gareth PICTON	MV50	M	Unattached	1:14:16.89	132	38
235	186	Sonia POLLAK	FV40	F	Team Rees Runners	1:14:25.95	103	38
236	47	Aynsley CUMMINGS		F	Parc Bryn Bach Rc	1:14:26.55	104	
237	223	Sarah TUCKER	FV40	F	Unattached	1:14:41.05	105	39
238	143	Cathryn LLEWELLYN	FV50	F	Unattached	1:14:42.61	106	11
239	157	Kate MORGAN		F	Unattached	1:15:09.13	107	
240	119	Ffion JENKINS		F	Unattached	1:15:13.60	108	
241	175	Kim PEACOCK	MV50	M	Unattached	1:15:50.05	133	39
242	164	Robert NORMAN	MV40	M	Unattached	1:16:01.06	134	36
243	162	Vicky NEWCOMBE		F	Caerleon Running Club	1:16:03.50	109	
244	163	Catherine NORMAN	FV40	F	Unattached	1:16:05.19	110	40
245	280	Wendy BRADY	FV40	F	Unattached	1:16:58.95	111	41
246	276	Christina WILLIAMS	FV40	F	Unattached	1:17:00.22	111.5	41.5
247	3	Debbie ANSELL	FV50	F	Unattached	1:17:37.31	112	12
248	44	Denise CRESSEY	FV50	F	Unattached	1:17:39.17	113	13

249	282	Jeanette PICTON	FV50	F	Unattached	1:18:10.49	114	14
250	80	Lyn GIBB	FV60+	F	Unattached	1:18:50.14	115	5
251	248	Catherine PUGH	FV40	F	Pont-y-pwl And District Runners	1:19:36.00	116	42
252	172	Sara PARKER	FV60+	F	Unattached	1:20:03.00	117	6
253	46	Marion CROSS	FV60+	F	Unattached	1:20:03.00	118	7
254	240	Emily WOOD	FV40	F	Run Newport	1:20:30.00	119	43
255	150	Natalie MARTIN		F	Unattached	1:20:37.00	120	
256	40	Katherine COLLINS	FV40	F	Unattached	1:22:10.00	121	44
257	109	Tracey HUMPHREYS	FV50	F	Unattached	1:23:33.00	122	15
258	171	Glenys PALMER	FV50	F	Pont-y-pwl And District Runners	1:26:14.00	123	16
259	37	Annie CLOTHIER		F	Nevill Hall Runners	1:26:16.00	124	
260	59	Kathleen DOMINY	FV60+	F	Caerleon Running Club	1:26:26.00	125	8
261	264	Geraldine O'DARE	FV50	F	Pontypridd Roadents Ac	1:42:21.00	126	17
262	253	Dianne DAVIES	FV60+	F	Pontypridd Roadents Ac	1:42:21.00	127	9