

Position	BIB	name	gender	club_name	age_category	total_time	chip_total_time	cat_pos	club_pos
1	414	Adrien Pilat	M	Nike Run Club Cardiff	Male Open	00:36:19	00:36:19	1	1
2	205	Matthew Grantham	M	Liswerry Runners	Male Open	00:36:32	00:36:32	2	1
3	517	Stephen Thomas	M	Aberdare VAAC	MV40	00:36:37	00:36:37	1	1
4	377	Iwan Morton	M	Pont Y Pwl & District Runners	Male Open	00:36:57	00:36:57	3	1
5	48	James Blore	M	Chepstow Harriers	Male Open	00:37:27	00:37:27	4	1
6	281	Richie Johnson	M	Pont Y Pwl & District Runners	MV40	00:37:43	00:37:42	2	2
7	410	Mile Thomas	M	Lliswerry Runners	Male Open	00:37:49	00:37:49	5	1
8	550	Terry Watkins	M	Pont Y Pwl & District Runners	MV40	00:37:55	00:37:55	3	3
9	554	Leighton Webb	M		Male Open	00:38:03	00:38:02	6	1
10	561	Paul White	M	Pont Y Pwl & District Runners	Male Open	00:38:05	00:38:02	7	4
11	520	Isaac Thurgood	M	Newport Harriers	MV40	00:38:09	00:38:08	4	1
12	319	Gareth Knight	M	Newport Harriers	Male Open	00:38:13	00:38:13	8	2
13	295	Joshua Jones	M	Griffithstown Harriers	Male Open	00:38:19	00:38:19	9	1
14	128	Stephen S Davies	M	Pont Y Pwl & District Runners	MV50	00:38:21	00:38:20	1	5
15	8	Daniel Arthur	M	Caerleon Running Club	Male Open	00:38:30	00:38:29	10	1
16	258	Richard Jackson-Hookins	M	Penarth & Dinas Runners	Male Open	00:38:50	00:38:50	11	1
17	316	Alun King	M	Liswerry Runners	Male Open	00:38:58	00:38:57	12	2
18	446	Iestyn Rhodes	M	Pont Y Pwl & District Runners	Male Open	00:39:08	00:39:07	13	6
19	232	David Hazell	M	Caerphilly Runners	Male Open	00:39:12	00:39:12	14	1
20	306	Daman Jukes	M	Parc Bryn Bach Running Club	MV40	00:39:38	00:39:37	5	1
21	46	Thomas Bland	M	Liswerry Runners	Male Open	00:39:50	00:39:49	15	3
22	456	David Richardson	M		Male Open	00:40:04	00:39:59	16	2
23	452	Rees Knight	M	Caerleon Running Club	Male Open	00:40:07	00:40:05	17	2
24	555	Matthew Webb	M	Pont Y Pwl & District Runners	Male Open	00:40:07	00:40:06	18	7
25	336	Richard Lloyd	M	Fairwater Runners	Male Open	00:40:11	00:40:09	19	1
26	138	Brian Dias	M	Les Croups/nike Run Club	Male Open	00:40:18	00:40:18	20	1
27	1	Nicola Gething	F	Parc Bryn Bach Running Club	FV40	00:40:30	00:40:30	1	2
28	71	Jonathan Carter	M	Chepstow Harriers	MV40	00:40:39	00:40:39	6	2
29	125	Mike Davies	M	Caerleon Running Club	MV50	00:40:41	00:40:40	2	3
30	365	Lee Mills	M	RUNNewport	Male Open	00:40:44	00:40:43	21	1
31	402	James Pearce	M	Liswerry Runners	Male Open	00:40:48	00:40:47	22	4
32	143	Paul Dodd	M	Chepstow Harriers	MV50	00:40:53	00:40:52	3	1

33	175 Simon Fairclough	M		Male Open	00:41:15	00:41:14	23	3
34	32 Richard Haddock	M	Llswerry Runners	Male Open	00:41:16	00:41:14	24	2
35	198 Keith Gittins	M	Caerleon Running Club		00:41:27	00:41:24	1	4
36	172 Robert Evans	M	Ebbw Vale RC	MV40	00:41:30	00:41:28	7	1
37	114 William Daniels	M		MV50	00:41:31	00:41:28	4	4
38	286 Sean Haddock	M	Islwyn RC	Male Open	00:41:36	00:41:34	25	1
39	373 Niki Morgan	F	Chepstow Harriers	FV40	00:41:59	00:41:56	2	3
40	378 Matthew Mulcahy	M		MV40	00:42:02	00:41:56	8	5
41	150 Antoinette Dumayne	F	Liswerry Runners	Female Open	00:42:10	00:42:06	3	5
42	367 Mark Mogford	M	Pont Y Pwl & District Runners	Male Open	00:42:20	00:42:17	26	8
43	245 Robert Hook	M	Chepstow Harriers	MV50	00:42:21	00:42:17	5	4
44	233 Peter Heckles	M		Male Open	00:42:28	00:42:26	27	6
45	208 Ray Greenhouse	M	Ebbw Vale R C	MV40	00:42:36	00:42:34	9	1
47	72 Damian Caswell	M	Ebbw Vale RC	MV40	00:42:40	00:42:37	10	2
46	388 Chris O'Brien	M	Pont Y Pwl & District Runners	MV40	00:42:40	00:42:36	11	9
48	76 Paul Chick	M	Liswerry Runners	MV40	00:42:47	00:42:44	12	6
49	389 Terry O'Brien	M		MV50	00:42:49	00:42:42	6	7
50	443 Richard Rees	M	Team Richard Rees PT	Male Open	00:42:51	00:42:51	28	1
52	139 Andrew Dickens	M	Pont Y Pwl & District Runners	MV40	00:42:59	00:42:59	13	10
51	201 David Goodall	M		MV60+	00:42:59	00:42:54	1	8
53	101 Lloyd Cottrell	M	Liswerry Runners	Male Open	00:43:02	00:42:57	29	7
54	213 Brian Hall	M		MV40	00:43:05	00:43:02	14	9
55	469 Rebecca Rothwell	F	Liswerry Runners	Female Open	00:43:08	00:43:06	4	8
56	521 Samuel Tilley	M	Richard Rees PT	Male Open	00:43:09	00:43:07	30	1
57	270 Huw Jenkins	M	Islwyn Running Club	MV40	00:43:11	00:43:07	15	1
58	15 David Atkinson	M	Northern Veterans AC	MV50	00:43:16	00:43:08	7	1
59	40 Rob Beves	M	Chepstow Harriers	MV50	00:43:17	00:43:14	8	5
60	221 Jeff Hanson	M		Male Open	00:43:17	00:43:15	31	10
61	110 Ryan Cullen	M		Male Open	00:43:21	00:43:15	32	11
62	357 Ben McCreddie	M		Male Open	00:43:37	00:43:33	33	12
63	396 Rhys Parfitt	M	Pont Y Pwl & District Runners	Male Open	00:43:44	00:43:39	34	11
64	341 Stuart Lukins	M	Liswerry Runners	MV40	00:43:50	00:43:46	16	9
65	492 Michael Skyrme	M	Fairwater Runners	MV40	00:43:55	00:43:49	17	2

66	518	Claire Thompson	F	Griffithstown Harriers	Female Open	00:43:56	00:43:54	5	2
67	552	Ricci Watts	M	Pont Y Pwl & District Runners	Male Open	00:44:09	00:44:05	35	12
68	413	Ruth Phillips	F	Liswerry Runners	Female Open	00:44:13	00:44:11	6	10
69	288	Dafydd Jones	M	Pont Y Pwl & District Runners	Male Open	00:44:31	00:44:27	36	13
71	184	Simon Fish	M	Pont Y Pwl & District Runners	Male Open	00:44:33	00:44:29	37	14
70	346	Tony Mackay	M	Pegasus RC	MV50	00:44:33	00:44:26	9	1
72	79	Gareth Chislett	M		Male Open	00:44:38	00:44:32	38	13
73	243	Matthew Hill	M	Richard Rees PT	Male Open	00:44:40	00:44:40	39	2
74	325	Vanessa Lawson	F	Chepstow Harriers	FV40	00:44:43	00:44:38	3	6
75	586	Colin Wilmott	M	Griffithstown Harriers	MV50	00:44:45	00:44:43	10	3
76	262	Neil James	M	N.E.W.T	MV40	00:44:49	00:44:42	18	1
77	472	Kevin Russell	M	Liswerry Runners	MV50	00:44:50	00:44:41	11	11
78	466	Peter Rodger	M	Caerleon Running Club	MV50	00:44:51	00:44:43	12	5
79	409	Danielle Phillips	F	Parc Bryn Bach	Female Open	00:45:01	00:44:58	7	1
80	580	Rhys Williams	M		Male Open	00:45:04	00:44:50	40	14
81	45	Martin Blakebrough	M	Spirit Of Monmouth Running Club	MV50	00:45:20	00:45:12	13	1
82	335	Daniel Lloyd	M	Nike Run Club	MV40	00:45:31	00:45:26	19	1
83	211	Owen Hagger	M	Pont Y Pwl & District Runners	Male Open	00:45:47	00:45:42	41	15
84	90	Andrew Cleverley	M	Pegasus RC	MV40	00:45:55	00:45:48	20	2
85	541	Chris Wall	M		Male Open	00:45:56	00:45:43	42	15
86	259	Claire Jacobs	F		FV40	00:45:58	00:45:54	4	16
87	516	Rhys Thomas	M	Griffithstown Harriers	Male Open	00:46:01	00:46:00	43	4
88	4	Gill Aldworth	F	Brecon AC	FV40	00:46:05	00:46:01	5	1
90	65	Stuart Buswell	M	Team Richard Rees PT	MV40	00:46:07	00:46:07	21	2
89	498	David Smout	M	Parc Bryn Bach Running Club	MV60+	00:46:07	00:46:01	2	3
91	441	Emma Rees	F		Female Open	00:46:08	00:46:04	8	17
92	263	Holly Janes-Thomas	F	Pont Y Pwl & District Runners	Female Open	00:46:09	00:46:02	9	16
93	539	Jade Wakley	F	Caerleon Running Club	Female Open	00:46:16	00:46:09	10	6
94	578	Neil Williams	M	Usk Runners	MV50	00:46:16	00:46:10	14	1
95	154	Paul Dursley	M	Liswerry Runners	MV60+	00:46:20	00:46:14	3	12
96	42	Robert Bickel	M		MV40	00:46:22	00:45:48	22	18
97	328	Dafydd Lewis	M		MV40	00:46:24	00:46:15	23	19
98	297	Mark Jones	M	Robertown Road Runners	MV40	00:46:32	00:46:29	24	1

99	137	GETHIN DENT	M	Caerleon Running Club	MV40	00:46:35	00:46:27	25	7
100	13	Mathew Atkins	M		MV50	00:46:36	00:46:22	15	20
101	26	Gareth Barrington	M	Liswerry Runners	MV40	00:46:40	00:46:24	26	13
102	78	Sandra Chipper	F	Liswerry Runners	FV40	00:46:42	00:46:37	6	14
103	223	Stewart Harding	M		Male Open	00:46:44	00:46:33	44	21
104	162	Scott Emery	M		Male Open	00:46:50	00:46:38	45	22
105	227	Paul Harris	M	Robertown Road Runners	Male Open	00:46:54	00:46:50	46	2
106	34	Rob Bell	M		Male Open	00:46:56	00:46:54	47	23
107	88	Lisa Cleary	F	Penarth & Dinas Runners	FV50	00:46:58	00:46:44	1	2
108	165	Brian Evans	M	Spirit Of Monmouth Running Club	MV40	00:46:59	00:46:51	27	2
109	252	Andrea Hurman	F	Penarth & Dinas Runners	FV40	00:47:17	00:47:03	7	3
110	106	Jeremy Creasey	M	Spirit Of Monmouth Running Club	MV40	00:47:18	00:47:09	28	3
111	522	Dave Timson	M	Pont Y Pwl & District Runners	MV40	00:47:19	00:47:13	29	17
112	267	Adrian Jenkins	M	Liswerry Runners	MV40	00:47:20	00:47:04	30	15
113	304	Ted (Dominic) Jones	M	Team Richard Rees PT	Male Open	00:47:20	00:47:19	48	3
114	118	Chris Davies	M	Liswerry Runners	MV50	00:47:24	00:47:17	16	16
115	249	Richard Howell	M		Male Open	00:47:26	00:47:20	49	24
116	359	Lyndon McErlaine	M	Caerleon Running Club	MV40	00:47:27		31	8
117	264	Lisa Jeffrey	F	Chepstow Harriers	FV40	00:47:29	00:47:16	8	7
118	251	Louise Hunt	F	Penarth & Dinas Runners	Female Open	00:47:30	00:47:13	11	4
119	181	Kelly Felstead	F	Islwyn Running Club	Female Open	00:47:33	00:47:27	12	2
120	368	Sarah Moody	F	Team Richard Rees PT	Female Open	00:47:34	00:47:31	13	4
121	496	Nicola Smith	F	Pont Y Pwl & District Runners	FV40	00:47:38	00:47:33	9	18
122	153	MARTYN DURSLEY	M		Male Open	00:47:41	00:47:31	50	25
124	234	Matthew Henson	M	Nike Run Club Cardiff	Male Open	00:47:53	00:47:48	51	2
123	434	Mike Pritchard	M		MV50	00:47:53	00:47:44	17	26
125	273	Sadie Jenkins	F		FV40	00:47:59	00:47:55	10	27
126	195	Sophie Gilbert	F	Chepstow Harriers	FV40	00:48:00	00:47:48	11	8
127	587	Stephen Wood	M	Pegasus RC	Male Open	00:48:01	00:47:53	52	3
128	298	Martyn Jones	M	Liswerry Runners	Male Open	00:48:09	00:47:57	53	17
129	514	Linda Thomas	F	Pont Y Pwl & District Runners	FV50	00:48:11	00:48:06	2	19
130	204	Sally Grant	F	Chepstow Harriers	FV40	00:48:15	00:48:02	12	9
131	302	Sian Jones	F	Caerleon Running Club	Female Open	00:48:21	00:48:15	14	9

132	123	Keith Davies	M		MV40	00:48:24	00:47:51	32	28
133	400	Chris Parry	M		Male Open	00:48:29	00:48:11	54	29
134	134	Desmind Jones	M	Llswerry Runners	MV40	00:48:31	00:48:22	33	3
136	366	Brian Moffett	M	Parc Bryn Bach Running Club	MV60+	00:48:35	00:48:19	4	4
135	510	Andrew Taylor	M	Caerleon Running Club	MV50	00:48:35	00:48:23	18	10
137	540	Natalie Walker	F	Caerleon Running Club	Female Open	00:48:43	00:48:30	15	11
138	269	Gareth Jenkins	M	Llswerry Runners	MV40	00:48:46	00:48:34	34	18
139	424	Gethin Price	M	Nike+ Run Club Cardiff	Male Open	00:48:48	00:48:36	55	1
140	583	Tim Williams	M	Parc Bryn Bach Running Club	MV50	00:48:51	00:48:48	19	5
141	176	Nick DAVIES	M	Llswerry Runners	MV50	00:48:52	00:48:30	20	4
142	358	Marc McDonough	M		Male Open	00:48:54	00:48:49	56	30
143	538	Ian Wade	M	Chepstow Harriers	MV50	00:48:59	00:48:47	21	10
145	369	Leasa Moore	F	Team Richard Rees PT	FV40	00:49:11	00:48:53	13	5
144	547	Anthony Watkins	M		MV40	00:49:11	00:48:59	35	31
146	318	Terri Kitson	F	Llswerry Runners	Female Open	00:49:13	00:48:45	16	19
147	189	Sarah Francis	F	Llswerry Runners	Female Open	00:49:16	00:48:52	17	20
148	113	Peta Daniels	F	Llswerry Runners	FV40	00:49:23	00:49:07	14	21
149	158	Ray Ellingham	M	Llswerry Runners	MV50	00:49:32	00:49:23	22	22
150	501	Emma Sowrey	F	Pont Y Pwl & District Runners	FV40	00:49:36	00:49:22	15	20
151	513	Christopher Thomas	M	Ebbw Vale R C	MV50	00:49:43	00:49:04	23	2
152	63	Pete Burrows	M	Caerleon Running Club	Male Open	00:49:47	00:49:40	57	12
153	566	Emma Williams	F	Caerleon Running Club	Female Open	00:49:48	00:49:41	18	13
154	161	Karen Elvers	F	Chepstow Harriers	FV40	00:49:56	00:49:43	16	11
155	406	Chris Perry	M		Male Open	00:49:59	00:49:20	58	32
156	141	Berna Cantwell	F	Chepstow Harriers	FV50	00:50:05	00:49:53	3	12
157	557	Tony Wertheim	M	Ebbw Vale RC	MV50	00:50:07	00:49:30	24	3
158	190	Craig Fussell	M		MV40	00:50:08	00:49:56	36	33
159	451	Janet Richards	F	Llswerry Runners	FV50	00:50:14	00:50:00	4	23
160	381	Ceri Nelmes	F	Parc Bryn Bach Runners	Female Open	00:50:19	00:50:04	19	1
161	418	Angela Potter-collins	F	Llswerry Runners	FV40	00:50:20	00:50:11	17	24
162	489	David Sinclair	M	Nike Run Club	MV40	00:50:21	00:50:14	37	2
163	398	Carys Parr	F	Team Richard Rees PT	Female Open	00:50:22	00:50:19	20	6
165	56	Gareth Bridgewater	M		Male Open	00:50:30	00:50:13	59	34

164	57	Kate Bridgewater	F		Female Open	00:50:30	00:50:13	21	35
166	93	Ross Cluett	M		Male Open	00:50:37	00:49:59	60	36
167	508	Michael Swain	M	Pont Y Pwl & District Runners	MV40	00:50:38	00:50:22	38	21
168	562	Derek Whiting	M	CHIPPENHAM HARRIERS	MV50	00:50:41	00:50:36	25	1
169	265	Andrew Jeffs	M		MV40	00:50:42	00:50:24	39	37
170	320	Jonathan Knight	M		MV40	00:50:44	00:50:22	40	38
171	81	Chris Chouls	M	Liswerry Runners	MV40	00:50:45	00:50:23	41	25
172	115	Michelle Davey	F	Pont Y Pwl & District Runners	FV40	00:50:45	00:50:39	18	22
173	58	David Brown	M	Liswerry Runners	MV40	00:50:46	00:50:37	42	26
174	218	David Hammond	M		MV40	00:50:55	00:50:23	43	39
175	228	Gareth Hart	M	Caerleon Running Club	MV40	00:50:58	00:50:51	44	14
176	460	Carl Roberts	M	Pont Y Pwl & District Runners	Male Open	00:51:10	00:51:05	61	23
177	464	Alan Rockliffe	M		MV50	00:51:12	00:50:57	26	40
178	577	Morian Williams	M		MV40	00:51:13	00:50:37	45	41
179	384	Sharon Newell	F	Pont Y Pwl & District Runners	FV40	00:51:19	00:50:50	19	24
180	571	Julian Williams	M		MV40	00:51:23	00:50:56	46	42
181	119	David Davies	M	Caerleon Running Club	MV40	00:51:30	00:50:57	47	15
183	180	Dewi Felstead	M		Male Open	00:51:42	00:51:36	62	43
182	444	Zoe Rees	F	Caerphilly Runners	Female Open	00:51:42	00:51:31	22	2
184	512	Andrew Thomas	M	Pont Y Pwl & District Runners	MV50	00:51:47	00:51:17	27	25
185	142	Joyce Dodd	F	Chepstow Harriers	FV60+	00:51:48	00:51:31	1	13
186	426	Ian Price	M	Caerleon Running Club	MV40	00:51:50	00:51:16	48	16
187	275	Alun Jeremiah	M		Male Open	00:51:52	00:51:15	63	44
188	51	Michael Bonnett	M	Liswerry Runners	MV50	00:51:53	00:51:25	28	27
189	442	Jonathan Rees	M	Team Richard Rees PT	Male Open	00:51:56	00:51:37	64	7
190	272	REBECCA JENKINS	F	Fairwater Runners	Female Open	00:51:57	00:51:43	23	3
191	438	Andrew Ralph	M	Liswerry Runners	MV50	00:51:59	00:51:50	29	28
192	283	Michelle Johnston	F	Liswerry Runners	Female Open	00:52:00	00:51:50	24	29
193	308	Rhiannon Griffin	F	Parc Bryn Bach Runners	Female Open	00:52:06	00:51:51	25	2
194	372	Amberley Morgan	F	Pont Y Pwl & District Runners	Female Open	00:52:10	00:51:53	26	26
195	210	Steven Gummer	M		MV40	00:52:11	00:52:03	49	45
196	256	Hayley Jackson	F	Parc Bryn Bach Running Club	FV40	00:52:12	00:51:57	20	6
197	379	Timothy Murphy	M	Fairwater Runners	MV50	00:52:15	00:52:01	30	4

198	484	Gayle Sheppard	F		FV40	00:52:17	00:51:56	21	46
199	167	Julia Evans	F	Parc Bryn Bach Runners	FV50	00:52:22	00:52:15	5	3
200	282	ELEANOR JOHNSTON	F	Liswerry Runners	Female Open	00:52:26	00:52:16	27	30
202	100	Clive COOKSEY	M	Parc Bryn Bach Running Club	MV60+	00:52:29	00:52:07	5	7
201	525	Teresa Tranter	F	Chepstow Harriers	FV60+	00:52:29	00:52:11	2	14
203	186	Alan Fishwick	M	Liswerry Runners	MV50	00:52:33	00:51:58	31	31
204	528	Robert Tudhope	M		MV40	00:52:35	00:51:53	50	47
205	502	Sam Standerwick	F	Parc Bryn Bach Running Club	FV40	00:52:37	00:52:11	22	8
206	209	Grant Griffiths	M		Male Open	00:52:41	00:52:13	65	48
207	126	Neil Davies	M		Male Open	00:52:44	00:52:15	66	50
208	363	Tristram Meyrick	M		Male Open	00:52:44	00:52:16	67	49
209	91	Toby Clifford	M		MV40	00:52:45	00:52:21	51	51
210	420	Bethan Powell	F	Pont Y Pwl & District Runners	Female Open	00:52:46	00:52:30	28	27
211	476	Darren Samuel	M	Pont Y Pwl & District Runners	MV40	00:52:51	00:52:20	52	28
212	24	Dawson Barrett	M		MV40	00:52:52	00:52:10	53	52
213	387	Frances Newton	F		FV40	00:52:57	00:52:43	23	53
214	309	Mark Keats	M	Pegasus RC	Male Open	00:53:00	00:52:52	68	4
215	537	Rachel Vernall	F		FV40	00:53:03	00:52:51	24	54
216	533	Jeff UNSWORTH	M	Liswerry Runners	MV40	00:53:05	00:52:55	54	32
217	39	Gemma Beves	F	Chepstow Harriers	FV50	00:53:07	00:52:41	6	15
218	96	Andrew Cockeram	M	Liswerry Runners	MV40	00:53:09	00:53:00	55	33
219	310	Jan Keelan	F		FV40	00:53:09	00:52:54	25	55
220	519	Rhys Thorne	M	Activevibe Caerphilly	Male Open	00:53:12	00:53:02	69	1
221	109	Geraint Cuddihy	M		Male Open	00:53:16	00:53:16	70	56
222	166	Denise Evans	F	Chepstow Harriers	FV50	00:53:17	00:52:51	7	16
223	411	Leanne Phillips	F	Liswerry Runners	FV40	00:53:19	00:53:10	26	34
224	330	Karen Lewis	F		FV40	00:53:22	00:53:12	27	57
225	483	Alison Sheedy	F	Liswerry Runners	FV40	00:53:24	00:53:17	28	35
226	242	Christopher Hill	M		MV40	00:53:26	00:53:09	56	58
227	177	Roger Fawke	M	Islwyn Running Club	MV60+	00:53:31	00:52:55	6	3
228	241	Glyn Hicks	M	Islwyn Running Club	MV60+	00:53:35	00:52:59	7	4
229	299	Rebecca Jones	F	Team Richard Rees PT	Female Open	00:53:36	00:53:32	29	8
230	11	Gerry Ashton	M	Chepstow Harriers	MV60+	00:53:40	00:53:14	8	17

231	222	Lee Harding	M	Nike Run Club Cardiff	Male Open	00:53:43	00:53:32	71	3
232	21	Sarah Bailey	F		Female Open	00:53:49	00:53:12	30	59
233	329	Jane Lewis	F	Fairwater Runners	FV40	00:54:03	00:53:48	29	5
234	348	Geoff Markey	M		MV40	00:54:04	00:53:39	57	60
235	362	Iain Menzies	M		MV60+	00:54:05	00:53:28	9	61
236	315	Gareth Key	M		Male Open	00:54:07	00:53:56	72	62
237	244	Natalie Hill	F	Richard Rees	Female Open	00:54:08	00:54:05	31	1
239	293	James Jones	M	Bedwas Buffoles	Male Open	00:54:08	00:53:45	73	1
238	408	Kathryn Petersen	F	Penarth & Dinas Runners	FV40	00:54:08	00:53:45	30	5
240	351	Steve Marsh	M	Liswerry Runners	MV50	00:54:09	00:53:47	32	36
241	7	David Andrews	M	Chepstow Harriers	MV60+	00:54:12	00:53:46	10	18
242	354	Paul Matthews	M		Male Open	00:54:12	00:53:37	74	63
243	6	Clare Anderson	F	Liswerry Runners	FV50	00:54:16	00:54:00	8	37
244	117	Dhana Caple	F	Nike Run Club Cardiff	FV40	00:54:17	00:54:06	31	4
247	481	Melonie Senior	F	Islwyn Running Club	FV40	00:54:18	00:54:00	32	5
245	553	Emma Weaving	F	Pont Y Pwl & District Runners	Female Open	00:54:18	00:53:48	32	29
246	560	Gareth White	M	Pontypool & District Runners	Male Open	00:54:18	00:53:48	75	1
248	564	Bernadette Wilkinson	F	Liswerry Runners	FV50	00:54:23	00:54:01	9	38
249	238	Adrian Heydon	M	Team Richard Rees PT	Male Open	00:54:24	00:54:08	76	9
250	292	Ian Jones	M		Male Open	00:54:24	00:53:59	77	64
251	588	Carol Woodford	F	Liswerry Runners	FV50	00:54:30	00:54:10	10	39
252	185	Laura Fisher	F	Team Richard Rees PT	Female Open	00:54:31	00:54:16	33	10
253	27	Mandy Barrington	F	Penarth & Dinas Runners	FV40	00:54:40	00:54:18	33	6
254	220	PAUL HANCOX	M		MV50	00:54:45	00:54:27	33	65
255	326	Anita Leek	F		FV40	00:54:51	00:54:31	34	66
257	216	Keri Hamer	F	Pont Y Pwl & District Runners	FV40	00:54:53	00:54:24	35	30
256	463	Julie Roche	F	Fairwater Runners	FV40	00:54:53	00:54:38	36	6
258	124	Lucy Davies	F	Chepstow Harriers	Female Open	00:55:00	00:54:26	34	19
259	224	Tony Hardy	M	Spirit Of Monmouth Running Club	MV50	00:55:10	00:54:53	34	4
260	144	Steve Jackson	M		MV40	00:55:12	00:54:50	58	67
261	77	Neil Chipper	M	Liswerry Runners	MV50	00:55:15	00:55:03	35	40
262	191	Jason Garrahan	M		MV40	00:55:23	00:54:52	59	68
263	465	Kim Rockliffe	F		FV50	00:55:30	00:55:15	11	69

264	515 Miles Thomas	M	Robertown Road Runners	MV40	00:55:34	00:54:59	60	3
265	53 Nicola Brann	F		FV40	00:55:44	00:55:20	37	70
266	9 Nick Ashby	M		MV40	00:55:50	00:55:19	61	71
267	171 Rebecca Evans	F		Female Open	00:55:51	00:55:33	35	72
268	392 Aoife Owens	F		Female Open	00:55:51	00:55:30	36	73
269	582 Sue Williams	F	Liswerry Runners	Female Open	00:56:01	00:55:39	37	41
270	284 Aimee Ball Jones	F		Female Open	00:56:03	00:55:22	38	74
271	28 Geoffrey Bayliss	M	Chepstow Harriers	MV60+	00:56:05	00:55:47	11	20
272	458 Andy Creber	M	CHEPSTOW HARRIERS	MV50	00:56:06		36	21
273	419 Lyndsay Poulson	F		Female Open	00:56:07	00:55:57	39	75
274	527 Jacqui Tudhope	F		FV40	00:56:08	00:55:28	38	76
275	294 Jonathan Jones	M	Spirit Of Monmouth Running Club		00:56:12	00:55:32	2	5
276	108 Mike Brunnock	M	Pontypool And District Runners	MV40	00:56:13	00:56:06	62	1
277	291 Hywel Jones	M	Liswerry Runners	MV40	00:56:19	00:55:56	63	42
278	500 Karen Southgate	F		FV40	00:56:21	00:56:03	39	77
279	549 Melisa Calder-Matthews	F	Robert Town Road Runners	Female Open	00:56:22	00:56:02	40	1
280	317 Rachael King	F		Female Open	00:56:24	00:55:59	41	78
281	178 Vicky Fear	F	Liswerry Runners	Female Open	00:56:31	00:56:21	42	43
283	219 Janeann Hammond	F		FV40	00:56:41	00:56:09	40	79
282	268 Cerianne Jenkins	F	Liswerry Runners	FV40	00:56:41	00:56:12	41	44
284	30 Sarah Beamish	F	Liswerry Runners	FV50	00:56:50	00:56:21	12	45
285	55 Natalie Bridger	F	Team Richard Rees PT	Female Open	00:56:56	00:56:53	43	11
286	503 Claire Steer	F	Parc Bryn Bach Running Club	Female Open	00:57:05	00:56:54	44	9
287	250 Howard Hughes	M	Team Richard Rees PT	MV40	00:57:06	00:56:46	64	12
288	29 Jane Bayliss	F	Chepstow Harriers	FV60+	00:57:11	00:56:53	3	2
289	432 Sarah Price	F		Female Open	00:57:13	00:56:53	45	80
290	544 Thomas Warwick	M		Male Open	00:57:15	00:56:40	78	81
291	140 Carlo Dileone	M	Team Fat Camp	Male Open	00:57:24	00:57:19	79	1
292	10 Chris Ashton	M		Male Open	00:57:26	00:56:46	80	82
293	231 Graham Hawkins	M		MV50	00:57:29	00:56:54	37	83
294	305 Kevin Jordan	M		Male Open	00:57:34	00:56:57	81	84
295	5 Katie Allen	F	Pont Y Pwl & District Runners	FV40	00:57:35	00:57:17	42	31
296	478 Cerianne Sargent	F	Team Richard Rees PT	Female Open	00:57:38	00:57:34	46	13

297	85 Helen Clancy	F	Chepstow Harriers	FV40	00:57:40	00:57:06	43	22
298	112 Deborah Curtis	F		Female Open	00:57:45	00:57:23	47	85
299	12 SUE ASHTON	F	CHEPSTOW HARRIERS	FV60+	00:57:50	00:57:17	4	23
301	355 Philip Matthews	M		MV60+	00:57:50	00:57:35	12	86
300	576 Louise Williams	F	Parc Bryn Bach Runners	Female Open	00:57:50	00:57:42	48	4
302	277 Kathleen Jervis	F	Parc Bryn Bach Running Club	FV50	00:58:01	00:57:45	13	10
303	343 Emma Lynch	F		Female Open	00:58:07	00:57:50	49	87
304	311 Kate Kelynack	F	Pont Y Pwl & District Runners	Female Open	00:58:09	00:57:52	50	32
305	64 Isabel Buswell	F	Team Richard Rees PT	FV40	00:58:10	00:57:58	44	14
306	136 Ian Dennison	M		MV40	00:58:19	00:57:47	65	88
307	147 Claire Douglas	F	Caerleon Running Club	FV40	00:58:29	00:58:16	45	17
308	214 Rhian Hall	F		Female Open	00:58:35	00:58:10	51	89
309	584 Yvone Ersey	F	Llswerry Runners	FV50	00:58:39	00:58:10	14	5
310	237 Owen Hewlett	M		Male Open	00:58:42	00:58:23	82	90
311	182 Stephanie Ferry	F	Nike Run Club Cardiff	Female Open	00:58:43	00:58:30	52	5
312	417 Diane Potter	F	Llswerry Runners	FV40	00:58:49	00:58:25	46	46
313	482 Nick Jackson	M	Llswerry Runners	MV50	00:58:51	00:58:22	38	6
314	132 Helen Dawson	F	Bedford Harriers	Female Open	00:59:02	00:58:50	53	1
315	353 Leanne Matthews	F		Female Open	00:59:03	00:58:28	54	91
316	437 Sharon Raikes	F		FV50	00:59:04	00:58:42	15	92
317	505 Claire Sullivan	F	Parc Bryn Bach Running Club	Female Open	00:59:07	00:58:48	55	11
318	102 Sue Cottrell	F	Llswerry Runners	FV40	00:59:13	00:58:47	47	47
319	38 Kathryn Benson	F	Physikcal Fitness	Female Open	00:59:15	00:58:44	56	1
320	148 Barry Draper	M		Male Open	00:59:16	00:58:34	83	93
321	203 Louise Graham	F	Pontypridd Roadents AC	Female Open	00:59:21	00:58:52	57	1
322	542 Justine Wallace	F		FV40	00:59:25	00:59:08	48	94
323	155 Hayley Edwards	F	Llswerry Runners	Female Open	00:59:27	00:59:06	58	48
324	127 Bridgette Widdas	F	Llswerry Runners	FV40	00:59:35	00:59:18	49	7
325	44 Karl Bishop	M		MV50	00:59:37	00:59:14	39	95
326	450 Anna Richards	F		Female Open	00:59:39	00:59:20	59	96
327	206 Pamela Grantham	F	Llswerry Runners	FV40	00:59:45	00:59:18	50	49
328	397 Malcolm Parker	M	Islwyn Running Club	MV60+	00:59:45	00:59:09	13	6
329	404 Karen Penny	F	Llswerry Runners	FV40	00:59:46	00:59:17	51	50

330	67 Hywel Butts	M		Male Open	00:59:49	00:59:03	84	97
331	352 Jill Mathews	F	Parc Bryn Bach Running Club	FV60+	00:59:53	00:59:38	5	12
332	448 Maxine Rhodes	F	Pont Y Pwl & District Runners	FV40	01:00:00	00:59:20	52	33
333	41 Bill Bewg	M	Chepstow Harriers	MV60+	01:00:11	00:59:36	14	24
334	111 Debbie Cumming	F	Caerleon Running Club	FV50	01:00:14	01:00:01	16	18
335	74 John Charlton	M		MV40	01:00:16	01:00:05	66	98
336	130 Jo Daviss	F	Caerleon Running Club	FV40	01:00:34	01:00:21	53	19
337	188 Pamela Flanagan	F	Pontypridd Roadents AC	FV50	01:00:35	01:00:22	17	2
338	546 Adam Watkins	M		Male Open	01:00:36	00:59:55	85	99
339	47 Kayley Blewitt	F	Team Richard Rees PT	Female Open	01:00:47	01:00:32	60	15
340	157 Cara Gates	F	Liswerry Runners	FV40	01:01:00	01:00:40	54	51
341	255 Debbie Jackson	F	Team Richard Rees PT	FV40	01:01:02	01:00:47	55	16
343	274 Anne Jenner	F	Chepstow Harriers	FV50	01:01:07	01:00:30	18	25
342	307 Sarah Keable	F	Team Richard Rees PT	Female Open	01:01:07	01:00:49	61	17
344	399 Anna Parry	F		Female Open	01:01:08	01:00:49	62	100
345	95 Lucy Cochrane	F	Pont Y Pwl & District Runners	Female Open	01:01:10	01:00:48	63	34
346	504 Julie Stokes	F	Liswerry Runners	FV40	01:01:10	01:00:46	56	52
347	447 Kirsty Rhodes	F	Pont Y Pwl & District Runners	Female Open	01:01:12	01:00:36	64	35
348	312 Sarah Kembrey	F		Female Open	01:01:16	01:00:46	65	101
349	327 Charlotte Leigh	F		Female Open	01:01:17	01:01:08	66	102
350	579 Phoebe Williams	F	Spirit Of Monmouth Running Club	FV40	01:01:17	01:00:58	57	6
351	526 Helen Trollope	F		Female Open	01:01:27	01:00:54	67	103
352	60 Oliver Buffin	M		Male Open	01:01:28	01:01:07	86	105
353	429 Laura Price	F		Female Open	01:01:28	01:01:06	68	104
354	33 Jennifer Bell	F	Chepstow Harriers	FV40	01:01:31	01:00:59	58	26
355	290 Gareth Jones	M		Male Open	01:01:51	01:01:32	87	106
356	215 Katie Hamer	F	Parc Bryn Bach Runners	Female Open	01:01:55	01:01:29	69	5
357	405 Hannah Griffiths	F		Female Open	01:01:59	01:01:23	70	107
358	62 Tracey Williams	F		FV50	01:02:01	01:01:42	19	108
359	334 William Lewis	M		MV60+	01:02:06	01:01:53	15	109
360	545 Kate Waters	F	Liswerry Runners	Female Open	01:02:13	01:01:49	71	53
361	430 Richard Price	M		Male Open	01:02:17	01:01:43	88	110
362	490 Emma Skipp	F	Spirit Of Monmouth Running Club	Female Open	01:02:19	01:01:59	72	7

363	73 Sian Charles	F		Female Open	01:02:21	01:02:01	73	111
364	278 Adam Johnson	M		Male Open	01:02:32	01:02:01	89	112
365	225 Louise Harris	F	Robertown Road Runners	FV40	01:02:39	01:02:04	59	4
366	246 Mark Horton	M		MV50	01:02:39	01:01:56	40	114
367	425 Greg Price	M		MV40	01:02:39	01:01:56	67	113
368	92 Sarah Clifton	F	Spirit Of Monmouth Running Club	Female Open	01:02:41	01:02:21	74	8
369	565 Sophie Wilkinson	F	Liswerry Runners	Female Open	01:02:44	01:02:21	75	54
370	394 Rachel Louise Palser	F		FV40	01:02:47	01:02:11	60	115
371	84 Michelle Clabon	F		FV50	01:02:49	01:02:08	20	116
372	393 Kate Palfrey	F	Fairwater Runners	Female Open	01:02:50	01:02:35	76	7
373	122 Julie Davies	F		FV50	01:02:59	01:02:43	21	117
374	217 Stephen Hamer	M	Parc Bryn Bach Runners	MV40	01:03:01	01:02:35	68	6
375	475 Natalie Salkeld	F		FV40	01:03:06	01:03:03	61	118
376	323 Anthony Lawrence	M	Pontypridd Roadents AC	MV40	01:03:09	01:02:39	69	3
377	271 Kate Jenkins	F		Female Open	01:03:11	01:02:29	77	119
378	349 Sarah Markey	F		FV40	01:03:15	01:02:51	62	120
379	385 Richard Newman	M		Male Open	01:03:17	01:02:44	90	121
380	445 Laura Rendell	F	Liswerry Runners	Female Open	01:03:29	01:03:06	78	55
381	146 Jane Dorrian	F		FV40	01:03:31	01:03:00	63	122
382	152 LYNDA DURSLEY	F	Liswerry Runners	FV50	01:03:38	01:03:28	22	56
383	301 Ruth Jones	F		Female Open	01:03:40	01:02:59	79	123
384	133 Gilian Handley	F	Lliswerry Runners	FV50	01:03:53	01:03:30	23	8
385	289 Emma Jones	F	Robertown Road Runners	Female Open	01:03:55	01:03:20	80	5
386	36 Jason Benjamin	M	Parc Bryn Bach Running Club	Male Open	01:03:58	01:03:27	91	13
387	477 Melanie Samuel	F	Pont Y Pwl & District Runners	FV40	01:03:58	01:03:28	64	36
388	440 Debbie Rees	F		FV50	01:04:13	01:03:41	24	124
389	559 Sydney Wheeler	M	Chepstow Harriers	MV60+	01:04:18	01:03:39	16	27
390	174 Kevin Eyles	M		Male Open	01:04:21	01:03:48	92	125
391	536 Terry Vaughan	M	Ebbw Vale RC	MV40	01:04:28	01:03:47	70	4
393	248 Sian Pearce	M		Male Open	01:04:37	01:04:09	93	127
394	431 Ruth Price	F		Female Open	01:04:37	01:04:04	81	128
392	461 Laura Roberts	F		Female Open	01:04:37	01:04:09	82	126
395	575 Lisa Williams	F	Pontypridd Roadents AC	FV40	01:04:44	01:04:15	65	4

396	151	Lee Durkee	M	Pont Y Pwl & District Runners	Male Open	01:04:48	01:04:18	94	37
397	480	Donna Schofield	F		FV40	01:04:49	01:04:18	66	129
398	339	Claire LloydThomas	F	Robertown Road Runners	FV40	01:04:56	01:04:21	67	6
399	558	Ali Whatmore	F		FV40	01:05:08	01:04:36	68	130
400	194	Julie Gibson	F	RUNNewport	FV40	01:05:10	01:04:32	69	2
401	556	Mervyn Weightman-Bent	M	Liswerry Runners	MV50	01:05:13	01:04:34	41	57
402	247	Diana Horvathova	F	RUNNewport	Female Open	01:05:22	01:04:44	83	3
403	98	Paul Cole	M	Pontypridd Roadents AC	Male Open	01:05:24	01:04:57	95	5
404	421	Ted Powell	M		Male Open	01:05:37	01:05:01	96	131
405	254	Helen Isgrove	F		Female Open	01:05:44	01:05:10	84	132
406	156	Kirsty Edwards	F	Liswerry Runners	Female Open	01:05:49	01:05:26	85	58
407	97	Clare Cole	F		Female Open	01:05:51	01:05:24	86	133
408	235	Emma-louise Hermiston	F	Parc Bryn Bach Running Club	Female Open	01:05:52	01:05:32	87	14
409	531	Natasha Tyler	F		FV40	01:05:55	01:05:09	70	134
410	129	Wendy Davies	F		FV50	01:05:57	01:05:17	25	135
411	322	Richard Kopec	M		MV50	01:06:00	01:05:28	42	136
412	324	Christine Lawrence	F	Pontypridd Roadents AC	FV40	01:06:07	01:05:38	71	6
413	266	Susan Jeffs	F	Pont Y Pwl & District Runners	FV50	01:06:08	01:05:49	26	38
414	103	Abbigail Coughlan	F	Team Richard Rees PT	Female Open	01:06:13	01:05:59	88	18
416	94	Ruth Cochran	F	Pontypridd Roadents AC	FV40	01:06:14	01:05:44	72	7
415	436	Hayley Pugh	F	Pontypridd Roadents AC	FV40	01:06:14	01:05:45	73	8
417	49	Kemesha Bogle	F		Female Open	01:06:28	01:06:15	89	137
418	573	Karen Williams	F	Islwyn Running Club	Female Open	01:06:30	01:06:10	90	7
419	427	Kathryn Price	F		FV40	01:06:33	01:06:25	74	138
420	439	Jaikishan Ramji	M		Male Open	01:06:35	01:05:54	97	139
421	207	Natalie Green	F	Parc Bryn Bach Running Club	Female Open	01:06:40	01:06:32	91	15
422	145	Justin Doran	M		Male Open	01:07:10	01:06:32	98	140
423	532	Rob Tyler	M		MV40	01:07:18	01:06:32	71	141
424	50	Tanya Bollen	F		FV40	01:07:25	01:06:53	75	142
425	370	Aisling Morgan	F		Female Open	01:07:30	01:07:06	92	143
427	345	Francisco Machado	M		MV50	01:07:34	01:06:56	43	145
426	570	Jessica Williams	F		Female Open	01:07:34	01:07:14	93	144
428	530	Genevieve Tyler	F		FV40	01:07:42	01:06:56	76	146

429	567	Emma Williams	F		FV40	01:07:44	01:07:07	77	147
430	454	Nigel Richards	M	RUNNewport	MV40	01:07:54	01:07:16	72	4
431	422	Vicky Powell	F	Fitness Pro	FV40	01:08:25	01:08:05	78	1
432	371	Allan Morgan	M	Team Richard Rees PT	Male Open	01:08:32	01:08:08	99	19
433	66	Georgine Butts	F		Female Open	01:08:40	01:07:56	94	148
434	107	Sarah Creed	F		Female Open	01:08:50	01:08:30	95	149
435	534	MICHELLE UNSWORTH	F	Liswerry Runners	FV40	01:09:04	01:08:40	79	59
436	116	Alun Davies	M		MV50	01:09:15	01:09:06	44	150
437	455	Sarah Richards	F	Spirit Of Monmouth Running Club	Female Open	01:09:24	01:09:03	96	9
438	59	Robert Brown	M	Chepstow Harriers	MV60+	01:09:26	01:08:49	17	28
439	35	Susan Bell	F		FV40	01:09:27	01:08:55	80	151
440	449	Amanda Richards	F	RUNNewport	FV40	01:09:34	01:08:56	81	5
441	507	Helen Swain	F	Torfaen Women's Aid	FV40	01:09:34	01:09:09	82	1
442	193	Louise Gibbs	F		FV40	01:09:49	01:09:15	83	152
443	105	Louise Crawford	F	Caerleon Running Club	FV40	01:09:50	01:09:20	84	20
444	160	Gill Ellis	F	Chepstow Harriers	FV50	01:10:01	01:09:24	27	29
445	14	Rhian Atkins	F		FV40	01:10:23	01:09:57	85	153
446	462	Claire Robinson	F		Female Open	01:10:26	01:09:52	97	154
447	131	Julia Daviss	F	Spirit Of Monmouth Running Club	FV40	01:10:37	01:10:16	86	10
448	380	Tracey Murphy	F	Liswerry Runners	FV50	01:10:39	01:10:14	28	60
449	331	Nicky Lewis	F		FV40	01:10:48	01:10:34	87	155
450	386	Daniel Newton	M		MV40	01:11:02	01:10:47	73	156
451	52	Jessica Bradley	F		Female Open	01:11:44	01:11:12	98	157
452	340	James Loughlin	F		FV50	01:13:11	01:12:27	29	158
453	495	Megan Smith	F		FV40	01:13:15	01:12:43	88	159
454	338	Susan Lloyd	F		FV50	01:13:24	01:12:51	30	160
455	350	Celia Marsh	F	Liswerry Runners	Female Open	01:13:37	01:13:16	99	61
456	581	Carl Elliott	M	Liswerry Runners	MV60+	01:14:02	01:13:24	18	9
457	17	Daphne Austerberry	F	Chepstow Harriers	FV60+	01:14:04	01:13:25	6	30
458	347	Roni Margerison	F	Liswerry Runners	FV40	01:14:14	01:13:36	89	62
459	313	Holie Kerton	F		Female Open	01:14:20	01:13:46	100	161
460	314	Jennie Kerton	M		Male Open	01:14:41	01:14:07	100	162
461	149	Gemma Draper	F		Female Open	01:14:45	01:14:04	101	163

462	89 James Clegg	M		Male Open	01:15:09	01:14:28	101	165
463	382 Rachael Netherway	F		FV40	01:15:09	01:14:30	90	164
464	121 Jeff Davies	M		MV40	01:15:42	01:15:19	74	167
465	200 Rachel Goldthorpe	F		FV40	01:15:42	01:15:20	91	166
466	31 Anouska Beaumont	F	Taff Ely Tri Club	Female Open	01:15:44	01:15:04	102	1
468	80 Lee Philips	M	Parc Bryn Bach Runners	MV40	01:16:08	01:15:41	75	7
467	412 Melanie Phillips	F	First Strides Parc Bryn Bach Running Group	Female Open	01:16:08	01:15:40	103	1
469	240 Elaine Hicks	F	Islwyn Running Club	FV50	01:16:18	01:15:42	31	8
470	303 Sian Jones	F	Liswerry Runners	Female Open	01:16:48	01:16:23	104	63
471	459 Laura Riley	F	Liswerry Runners	Female Open	01:17:09	01:16:45	105	64
472	415 Laura Pinney	F	Pontypridd Roadents AC	Female Open	01:17:29	01:17:02	106	9
473	473 Laura Ryan	F		Female Open	01:17:56	01:17:15	107	168
474	260 Andrew James	M	Liswerry Runners	MV40	01:19:18	01:19:07	76	65
475	261 Angela James	F		FV40	01:19:18	01:19:07	92	169
476	173 Mark Everson	M		MV50	01:20:02	01:19:28	45	170
477	25 Tracey Barrett	M		MV40	01:37:38	01:36:56	77	171
478	183 Emma Fifield	F	#leanteam	Female Open	01:51:14	01:50:57	108	1
479	202 Louisa Goode	F	Paulines Petals	FV40	02:01:06	02:00:23	93	1
480	468 TERESA Ross	F	PAULINE'S PETALS	FV40	02:01:06	02:00:23	94	1
	360 Anna McMorrin	F		FV40	DNF			
	407 Debbie Perry	F	Liswerry Runners	Female Open	DNF			
	2 Emma Adams	F		Female Open	DNS			
	3 Louise Ahern	F	RUNnewport	FV40	DNS			
	16 Fran Atkinson	F		FV50	DNS			
	18 Rebecca Austin	F		Female Open	DNS			
	19 Brenda Avery	F	Chepstow Harriers	FV60+	DNS			
	20 Lisa Bailey	F	Spirit Of Monmouth Running Club	FV40	DNS			
	22 Harry Baker	M		MV50	DNS			
	23 Mark Balch	M	Usk Runners	MV40	DNS			
	37 Taylor Bennett	M	Team Richard Rees PT	MV50	DNS			
	43 Clare Biddlecombe	F	Liswerry Runners	FV40	DNS			
	54 Emily Bransom	F		Female Open	DNS			
	61 Suzannah Bulpin	F	San Domenico	FV40	DNS			

68	Laurence Cahill	M		MV40	DNS
69	Luke Cahill	M		Male Open	DNS
70	Chris Carey	M	Pont Y Pwl & District Runners	MV40	DNS
75	Steve Chave	M	Chepstow Harriers	MV50	DNS
82	Hayley Church	F		Female Open	DNS
83	Michelle Church	F		FV40	DNS
86	Carlene Clark	F		Female Open	DNS
87	Wayne Clark	M		Male Open	DNS
99	Sarah Conway	F	Pontypridd Roadents AC	Female Open	DNS
104	Dean Cox	M		Male Open	DNS
120	James Davies	M		Male Open	DNS
135	Joanne Dendle	F		FV40	DNS
159	Carl Elliot	M	Liswerry Runners		DNS
163	Dean Ensor	M		MV40	DNS
164	Donna Ensor	F		FV40	DNS
168	Louise Evans	F	Ebbw Vale R C	FV40	DNS
169	Lyn Evans	M	Penarth & Dinas Runners	MV50	DNS
170	Matthew Evans	M		Male Open	DNS
179	Leeanna Feiken	F		Female Open	DNS
187	Vicki Fitzgerald	F		Female Open	DNS
192	Chris Gibbons	M		MV50	DNS
196	Helen Gilmore	F		FV50	DNS
197	Mark Gingell	M	Malvern Joggers	MV40	DNS
199	Matthew Gobbett	M	Usk Runners	Male Open	DNS
212	Mark Hale	M		Male Open	DNS
226	Oliver Harris	M	Liswerry Runners	Male Open	DNS
229	Rhiannon Hastings	F		Female Open	DNS
230	Adrian Hawkins	M		Male Open	DNS
236	John Hewlett	M		MV60+	DNS
239	Tayah Heydon	F	Team Richard Rees PT	Female Open	DNS
253	Robert Ingram	M		Male Open	DNS
257	Nick Jackson	M	Liswerry Runners	MV50	DNS
276	Carl Jeremiah	M		MV40	DNS

279	Andrew Johnson	M	Liswerry Runners	MV50	DNS
280	Joanne Johnson	F	Raglan Runners	FV50	DNS
285	Anna Jones	F		Female Open	DNS
287	Brian Jones	M	USK RUNNERS	MV50	DNS
296	Lucy Jones	F		Female Open	DNS
300	Richard Jones	M		Male Open	DNS
321	Hannah Kopec	F		Female Open	DNS
332	Samantha Lewis	F	Merthyr Running Club	FV40	DNS
333	Simon Lewis	M	Aberdare VAAC	Male Open	DNS
337	Susan Lloyd	F	Spirit Of Monmouth Running Club	FV40	DNS
342	Debbie Lyden	F		FV40	DNS
344	Pete Lyons	M		MV40	DNS
356	Paul Mayo	M	Chepstow Harriers	Male Open	DNS
361	Joseph McSweeney	M		MV40	DNS
364	Jay Miller	M		Male Open	DNS
374	Rhian Morgan	F		FV40	DNS
375	Rob Morgan	M		MV40	DNS
376	CHRIS MORRIS	M		Male Open	DNS
383	Caroline Newby	F		FV40	DNS
390	Kenneth Oliver	M	Islwyn Running Club	MV50	DNS
391	Richie Oliver	M		Male Open	DNS
395	Marc Parfitt	M		Male Open	DNS
401	Richard Pateman	M	Pont Y Pwl & District Runners	MV40	DNS
403	Joanna Pearson	F		FV40	DNS
416	Lynne Pollitt	F		FV60+	DNS
423	Christopher Preston	M		MV40	DNS
428	Laura Price	F		Female Open	DNS
433	Georgie Prior	F	Chepstow Harriers	Female Open	DNS
435	Simon Prosser	M		MV40	DNS
453	Maria Richards	F	Pont Y Pwl & District Runners	FV40	DNS
457	Lisa Riddington	F	Chepstow Harriers	FV40	DNS
467	Hannah Rose	F		Female Open	DNS
470	Naomi Rowe	F	Team Richard Rees PT	FV40	DNS

471	David Rowland	M	Ebbw Vale RC	Male Open	DNS
474	Joely Ryland	F		FV40	DNS
479	John Scandrett	M		MV60+	DNS
485	Christopher Short	M	Y Fenni Tri	MV50	DNS
486	Peter Short	M	Forest Of Dean	MV60+	DNS
487	Andy Silk	M	Chepstow Harriers	MV50	DNS
488	Ben Sinclair	M		Male Open	DNS
491	Robert Skipp	M		Male Open	DNS
493	Diane Smith	F	Spirit Of Monmouth Running Club	FV50	DNS
494	Diane Smith	F	Spirit Of Monmouth Running Club	FV50	DNS
497	Toby Smith	M		Male Open	DNS
499	Daniel Southgate	M		Male Open	DNS
506	Lou Summers	F	Pont Y Pwl & District Runners	FV40	DNS
509	Alison Swords	F		Female Open	DNS
511	Jane Taylor	F		FV40	DNS
523	Richard Tonkin	M	Spirit Of Monmouth Running Club	Male Open	DNS
524	Samantha Toop	F	Pont Y Pwl & District Runners	Female Open	DNS
529	Alison Turner	F		FV40	DNS
535	Carol Usher	F	Spirit Of Monmouth Running Club	FV50	DNS
543	Jayne Walters	F		FV40	DNS
548	Morgan Watkins	M		Male Open	DNS
551	Polly Watson	F		Female Open	DNS
563	Joanna Whittaker	F	Liswerry Runners	Female Open	DNS
568	Hywel Williams	M		MV40	DNS
569	Ian Williams	M	Ebbw Vale R C	MV50	DNS
572	Kara Williams	F		Female Open	DNS
574	Karen Williams	F		FV40	DNS
585	Susan Williamson	F		FV40	DNS