

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Tim Iveson	Builth & District R.C.	S.M.	51.11
2	John Pullen	Wye Valley Runners	MV45	51.26
3	Eliot Taylor	Hereford Couriers	S.M.	52.47
4	Stuart Moore	Wye Valley Runners	MV40	55.04
5	Luke James	Hereford Couriers	S.M.	55.26
6	Alan Lewis	Wye Valley Runners	S.M.	55.41
7	Max Suff	Hereford Couriers	MV45	55.59
8	Richard Hughes	Hereford Couriers	MV45	56.19
9	John Bristow	Malvern Joggers	MV45	56.52
10	Mike Link	Hereford Couriers	MV40	57.49
11	Jordan McQueen	Presteigne Pacers	S.M.	58.04
12	Neil Powell	Croft Ambrey R.C.	MV40	58.23
13	Glynn Williams	Presteigne Pacers	S.M.	58.25
14	Russell James	Hereford Couriers	MV45	59.11
15	Andy Taylor	Hereford Triathlon Club	S.M.	59.43
16	Greg Wood	Wye Valley Runners	S.M.	59.46
17	Neil Lewis	Hereford Couriers	MV40	60.48
18	Jonathan Green	Malvern Joggers	MV50	60.54
19	Richie Bamford	Hereford Couriers	S.M.	61.05
20	Geoff Kay	Hereford Couriers	MV55	61.16
21	Stuart Morrish	Hereford Triathlon Club	MV40	61.34
22	Dave George	Croft Ambrey R.C.	MV40	61.56
23	Martin Carter	Hay Hotfooters	MV45	62.03
24	Nigel Sewell	Malvern Joggers	MV50	62.15
25	Dave Ameghino	Croft Ambrey R.C.	S.M.	63.11
26	Gavin Jones	Wye Valley Runners	J.M.	63.18
27	Mick Ligema	Croft Ambrey R.C.	MV55	63.40
28	Steve Herington	Hereford Couriers	MV60	64.00
29	Jon Walden	Ludlow Runners	S.M.	64.43
30	John Lyden	Ludlow Runners	MV50	64.51
31	Gary Lewis	Presteigne Pacers	MV40	65.06
32	Mervyn Thomas	Wye Valley Runners	MV60	65.44
33	Matt Taylor	Wye Valley Runners	S.M.	65.59
34	Ian Price	Croft Ambrey R.C.	MV60	66.11

35	Dan Pavitt	Ludlow Runners	MV45	66.40
36	Ian Dyson	Malvern Joggers	MV55	67.28
37	George Marchant	Wye Valley Runners	S.M.	67.50
38	Carl Gilmour	Hay Hotfooters	MV40	67.54
39	David Horne	Ledbury & District Harriers	MV50	68.21
40	Guy Whitmarsh	Croft Ambrey R.C.	MV65	68.50
41	Gary Gunner	Croft Ambrey R.C.	MV65	68.56
42	Kevin Barnes	Hereford Couriers	MV45	70.25
43	Angus Holmes	Croft Ambrey R.C.	S.M.	71.10
44	Tom Davies	Croft Ambrey R.C.	MV60	72.04
45	Ashley Robinson	Croft Ambrey R.C.	MV60	72.07
46	Mike Shaw	Wye Valley Runners	MV60	72.13
47	Peter Smith	Wye Valley Runners	MV60	72.30
48	Bill Griffiths	Wye Valley Runners	MV60	72.39
49	Neil Taylor	Croft Ambrey R.C.	MV50	73.33
50	Nigel Jones	Wye Valley Runners	MV50	73.39
51	Mark Paviour	Croft Ambrey R.C.	MV45	74.07
52	Frank Luscott	Croft Ambrey R.C.	MV55	74.24
53	John Hetterley	Wye Valley Runners	S.M.	74.27
54	Simon Oliver	Wye Valley Runners	MV45	74.32
55	Ricardo Martins	Wye Valley Runners	S.M.	74.51
56	John Price	Hay Hotfooters	MV50	75.04
57	Andrew Blackman	Wye Valley Runners	MV50	75.23
58	Piotr Strzesak	Presteigne Pacers	MV55	76.56
59	Steve Turner	Wye Valley Runners	MV50	80.52
60	Martyn Rosser	Hay Hotfooters	MV60	81.04
61	Bryan Symonds	Wye Valley Runners	MV65	87.50
62	Les Chamberlain	Wye Valley Runners	MV60	88.06
63	Chris Jolley	Malvern Joggers	MV50	88.06
64	Terry Evans	Presteigne Pacers	MV45	90.12