

Place	Time	Entry No	Name	Club	M/F/V	Age
1	33	1	James Rose	Severn AC	M	32
2	34.24	48	Paul Murrin	Chepstow Harriers	M	37
3	35.18	90	Luke James	UA	M	23
4	35.22	66	Clifford Berry	Ledbury Harriers	MV40	48
5	35.45	8	Paul Dodd	Chepstow Harriers	MV50	53
6	36.03	49	Mark Harvey	Chepstow Harriers	M	24
7	36.05	36	David Setchfield	UA	M	39
8	36.12	71	Darren Ramage	Spirit of Monmouth	M	35
9	36.14	38	Laurie Carter	Chepstow Harriers	MV50	54
10	36.18	53	John Briston	Malvern Joggers	M	35
11	36.43	72	Mike Link	Hereford Couriers	MV40	41
12	36.56	29	Steven Harris	Chepstow Harriers	M	34
13	37.19	32	Howard Abel	Ledbury Harriers	MV40	47
14	37.22	70	Barry Davies	UA	M	36
15	37.24	89	Neil Price	UA	M	35
16	37.56	76	Andy Creber	Chepstow Harriers	MV40	43
17	38.05	68	Gavin Jones	UA	M	19
18	38.09	5	Ashley Cook	Croft Ambrey	MV50	54
19	38.21	11	Robert Hook	Chepstow Harriers	MV40	47
20	38.24	10	Niki Morgan	Chepstow Harriers	FV40	44
21	38.36	67	Dave White	UA	MV40	43
22	38.39	47	James Russell	UA	MV40	45
23	39.03	4	Steve Anderson	TewkesburyAC	MV40	49
24	39.08	81	Andrew Stephens	UA	M	37
25	39.12	59	Mark Mathews	Fodac	M	39
26	39.23	34	Lu Summers	Chepstow Harriers	FV40	44
27	40.14	14	Neil Grant	Chepstow Harriers	MV60	60
28	40.22	42	Alison Cook	Hereford Couriers	FV50	50
29	40.26	93	Felix Rusby	UA	M	15
30	40.35	12	Vanessa Lawson	Chepstow Harriers	F	39
31	41.01	73	Martin William	Croft Ambrey	MV40	43
32	41.12	44	Steve Bratt	UA	MV40	40
33	41.28	51	Rob Taylor	Chepstow Harriers	M	31
34	41.29	28	Matt Jones	Mornington Chasers	MV40	42
35	41.31	92	Mark Rusby	UA	MV50	56
36	41.36	45	Kevin Barnes	Hereford Couriers	MV40	48
37	41.39	94	Alex Champ	Wye Valley Runners	F	38
38	41.57	85	Gareth Lloyd	UA	M	15
39	42.03	26	Steve Roode	Malvern Joggers	MV40	47
40	42.1	20	James Matthews	UA	MV50	59
41	42.31	99	Hugh Norbury	UA	MV40	41
42	42.37	65	Robyn Perkins	UA	FV40	46
43	42.43	31	Jenny Hughes	Arena 80 AC	FV50	50
44	42.52	95	Theo Champ	Wye Valley Runners	M	16
45	43.23	18	Peter Short	Forest of Dean AC	MV50	58
46	43.26	69	David Knapper	UA	M	36
47	43.3	56	Jan Morris	Chepstow Harriers	FV40	43
48	43.39	40	Mike Cole	Wye Valley Runners	M	38
49	43.46	15	Colin Mutton	UA	MV50	53

50	43.54	58	Luke Keegan	UA	MV40	44
51	44.09	84	Claire Swift	UA	FV40	43
52	44.19	35	Peter Smith	Wye Valley Runners	MV60	63
53	44.25	86	Bryan Lloyd	UA	MV50	51
54	44.33	97	Bryan Davies	Croft Ambrey	MV60	68
55	44.34	7	Joyce Dodd	Chepstow Harriers	FV50	57
56	44.37	60	Ian Wade	Chepstow Harriers	MV50	51
57	45.08	27	Megan Judge	Malvern Joggers	F	22
58	46.12	13	Brenda Avery	Chepstow Harriers	FV60	61
59	46.22	77	Christopher Barker	Malvern Joggers	MV60	60
60	46.47	87	Emma Davies	Spirit of Monmouth	FV40	40
61	48.58	39	Berna Cantwell	Chepstow Harriers	FV40	47
62	47.02	57	Chris Jolley	UA	MV50	53
63	47.07	37	Steve Bedford	UA	MV50	55
64	47.36	91	Shirley Albrow	UA	FV50	53
65	47.37	30	Robert Page	Arena 80 AC	MV50	53
66	47.41	64	Andrew Banham	Malvern Joggers	MV50	53
67	48.22	80	Tom Davies	Croft Ambrey	MV60	63
68	48.27	41	Denise Evans	Chepstow Harriers	FV40	47
69	49.32	23	Martin McKenna	Spirit of Monmouth	MV60	61
70	48.36	6	Samantha Caseley	Malvern Joggers	F	26
71	49.08	88	Catherine Williams	UA	FV40	43
72	49.14	2	Rupert Simpson	UA	M	28
73	49.36	43	Roberta Havers	Chepstow Harriers	F	30
74	49.57	21	Geoffrey Bayliss	Chepstow Harriers	MV60	65
75	50.19	62	Cathy Fletcher	UA	F	39
76	50.19	61	Rebecca Werner	Chepstow Harriers	FV40	49
77	50.27	3	Dave Kempton	UA	MV50	53
78	50.29	82	Gareth Holyfield	UA	MV40	48
79	51.08	24	Allan McCall	Chepstow Harriers	MV40	44
80	51.39	19	Duncan Cresswell	Malvern Joggers	M	33
81	52.24	50	Jaqueline Webb	Chepstow Harriers	FV50	50
82	52.24	54	Louise Crockett	UA	FV40	46
83	52.58	83	Andy Bray	Chepstow Harriers	MV50	55
84	52.59	78	Heather Sealey	Ross Running	FV50	55
85	53.17	52	Steve Jones	UA	MV50	50
86	53.17	22	Jane Bayliss	Chepstow Harriers	FV50	59
87	53.41	75	Sharon Clayton	UA	FV40	49
88	54.1	74	Philip Clayton	UA	MV40	49
89	54.16	16	Brett Regulski	Chepstow Harriers	MV50	51
90	54.25	17	Jane Rymer	Chepstow Harriers	FV40	45
91	54.41	46	Syd Wheeler	Chepstow Harriers	MV60	73
92	55.42	98	Mike Tyers	UA	MV40	48
93	57.01	79	Graham Nicholson	UA	MV60	64
94	63.43	96	Claire Newman	UA	FV50	50
95	65.38	63	Clare Pritchard	Spirit of Monmouth	F	36
DNF	DNF	55	Ray Pearson	Almost Athletics	MV50	57
DNS	DNS	9	Sue Ashton	Chepstow Harriers	FV50	57
DNS	DNS	25	Judith Austerberry	Chepstow Harriers	F	37
DNS	DNS	33	Mark Harvey	Chepstow Harriers	MV40	48