

**Provisional Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:19:57	DAVIES, Stephen	Newport Harriers	Senior Men	04:59.2	358	1
2	0:20:19	LANE, Nathaniel	Cardiff AAC	Senior Men	05:04.7	360	2
3	0:21:14	COLLINS, Matthew	Cardiff AAC	Senior Men	05:18.4	354	3
<b>4</b>	<b>0:21:28</b>	<b>PATERSON, Stephen</b>	<b>San Domenico</b>	<b>Senior Men</b>	<b>05:21.9</b>	<b>329</b>	<b>4</b>
5	0:21:33	GURMIN, Matthew	Abertillery AAC	Senior Men	05:23.2	375	5
6	0:21:40	COLES, Peter	Pontypridd Rodents	MV45	05:24.9	352	6
7	0:21:55	WITHERS, Ian		Junior Men	05:28.7	372	7
8	0:22:06	OXLEY, Chris	Newport Harriers	Senior Men	05:31.4	301	8
9	0:22:39	LEWIS, Tim	Bridgend	Senior Men	05:39.7	394	9
10	0:22:46	SHEARD, Steven	Cardiff AAC	Senior Men	05:41.4	365	10
11	0:23:10	SMITH, Lee	Llswerry Runners	MV40	05:47.4	373	11
12	0:23:19	CRANE, Philip	Neath Harriers	MV45	05:49.7	338	12
13	0:23:22	MCGEOCH, Mick	Les Croupiers	MV50	05:50.4	308	13
14	0:23:24	TEED, Ivan	Chepstow Harriers	Senior Men	05:50.9	405	14
15	0:23:25	HOWELL, Scott	Les Croupiers	MV45	05:51.2	366	15
16	0:23:27	HARVEY, Mark	Chepstow Harriers	Senior Men	05:51.7	427	16
<b>17</b>	<b>0:23:46</b>	<b>MOORE, Graham</b>	<b>San Domenico</b>	<b>Senior Men</b>	<b>05:56.4</b>	<b>362</b>	<b>17</b>
18	0:23:47	ILES, Oliver	Great Western Runners	Senior Men	05:56.6	420	18
19	0:23:58	MEYLER, Phil	Pontypridd Rodents	MV50	05:59.4	310	19
20	0:24:10	KELLAM, Peter	Les Croupiers	MV40	06:02.4	395	20
21	0:24:18	HOWELL, Phillip	Stratford AC	MV40	06:04.4	307	21
22	0:24:28	ENGLISH, Mark	Chepstow Harriers	Senior Men	06:06.9	458	22
<b>23</b>	<b>0:24:30</b>	<b>MCDONALD, Ian</b>	<b>San Domenico</b>	<b>MV40</b>	<b>06:07.4</b>	<b>332</b>	<b>23</b>
<b>24</b>	<b>0:24:46</b>	<b>WALTON, Alan</b>	<b>San Domenico</b>	<b>Senior Men</b>	<b>06:11.4</b>	<b>380</b>	<b>24</b>
25	0:24:48	COKER, Paul	Les Croupiers	MV45	06:11.9	419	25
26	0:24:50	HOPKINS, Matt	Les Croupiers	Senior Men	06:12.4	312	26
27	0:24:51	JONES, Gemma	Llswerry Runners	Senior Ladies	06:12.6	382	27
28	0:24:53	DAVIS, Les	Severn AC	MV60	06:13.1	317	28
<b>29</b>	<b>0:24:58</b>	<b>LOVETT, Brian</b>	<b>San Domenico</b>	<b>Senior Men</b>	<b>06:14.4</b>	<b>381</b>	<b>29</b>
30	0:25:06	DAVIES, Martin	Llswerry Runners	MV45	06:16.4	387	30
<b>31</b>	<b>0:25:07</b>	<b>TYRRELL, Angela</b>	<b>San Domenico</b>	<b>Senior Ladies</b>	<b>06:16.6</b>	<b>347</b>	<b>31</b>
32	0:25:10	DAVIES, Andrew	Pontypridd Rodents	MV40	06:17.4	311	32
33	0:25:11	MASON, Howard	Caerleon Running Club	MV40	06:17.6	401	33
34	0:25:13	SELF, Richard	Les Croupiers	MV40	06:18.1	397	34
35	0:25:15	CLEMENT, Clem	Penarth & Dinas	MV45	06:18.6	407	35
36	0:25:16	BROWN, Andrew	Severn AC	MV45	06:18.9	370	36
37	0:25:21	FORCE, Steven		MV45	06:20.1	426	37
38	0:25:25	JONES, Chris	Llswerry Runners	MV45	06:21.1	383	38
39	0:25:26	JARVIS, Hannah	Cardiff AAC	Senior Ladies	06:21.4	314	39
40	0:25:35	TURNER, John	Stratford AC	MV60	06:23.6	306	40
41	0:25:41	SPENCER, Andrew	Fairwater Runners	MV40	06:25.1	313	41
42	0:25:43	DAVIES, Eurof	Les Croupiers	MV40	06:25.6	357	42
43	0:25:45	RAINBIRD, Derek	Club 69	MV50	06:26.1	376	43
<b>44</b>	<b>0:25:54</b>	<b>MORRIS, Ronald</b>	<b>San Domenico</b>	<b>MV55</b>	<b>06:28.4</b>	<b>341</b>	<b>44</b>
45	0:25:57	EVANS, Robert	Les Croupiers	MV50	06:29.1	359	45
46	0:26:01	PATRICK, Edward		Junior Men	06:30.1	417	46
47	0:26:02	MANN, Alan	Les Croupiers	MV45	06:30.4	300	47
48	0:26:08	CLARKE, Julia	Cardiff AAC	Senior Ladies	06:31.9	333	48
49	0:26:10	BOON, Richard	Les Croupiers	MV45	06:32.4	326	49
50	0:26:12	MORGAN, Kelly	Pontypridd Rodents	Senior Ladies	06:32.9	415	50
51	0:26:15	DAVIES, Michael	Les Croupiers	MV55	06:33.6	356	51
52	0:26:18	DAY, Paul	Llswerry Runners	MV55	06:34.4	403	52
53	0:26:20	LEACH, Walter	Forest of Dean A C	MV45	06:34.9	409	53
54	0:26:35	WILLIAMS, Rhys	MDC	Senior Men	06:38.6	364	54
55	0:26:38	DONNAN, Graeme	Les Croupiers	MV50	06:39.4	299	55
56	0:26:46	PROFFITT, David	Newport Harriers	MV50	06:41.4	320	56

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57	0:26:49	O'SULLIVAN, Tim	Les Croupiers	MV45	06:42.1	393	57
58	0:26:53	BURNE, Peter	MDC	Senior Men	06:43.1	351	58
59	0:26:57	BEATTY, Claire	Les Croupiers	Senior Ladies	06:44.1	324	59
60	0:26:59	PLAIN, John	Les Croupiers	MV55	06:44.6	433	60
61	0:27:05	CREBER, Andy	Chepstow Harriers	MV45	06:46.1	339	61
62	0:27:08	REES, Chris	Chepstow Harriers	MV40	06:46.9	296	62
63	0:27:12	REEKS, Malcolm	Chepstow Harriers	MV45	06:47.9	379	63
64	0:27:13	CARZANA, Tony	Pegasus Running Club	MV60	06:48.1	413	64
65	0:27:19	BLACKMORE, Andrew	Chepstow Harriers	MV40	06:49.6	422	65
66	0:27:21	SEWELL, Richard	Les Croupiers	MV50	06:50.1	456	66
67	0:27:24	WILSON-CROOME, Dougal	brockweir	MV50	06:50.9	328	67
68	0:27:26	PEMBERTON, Steve	Llswerry Runners	Senior Men	06:51.4	378	68
69	0:27:29	FRY, Mark	Fairwater Runners	MV40	06:52.1	297	69
70	0:27:30	BOON, Wendy	Les Croupiers	LV45	06:52.4	342	70
71	0:27:34	FOX, William		MV45	06:53.4	374	71
72	0:27:44	SHANAHAN, John	MDC	MV50	06:55.9	355	72
73	0:27:48	JAMES, John	Severn AC	MV55	06:56.9	298	73
<b>74</b>	<b>0:27:49</b>	<b>SHIELDS, Dominic</b>	<b>San Domenico</b>	<b>MV40</b>	<b>06:57.1</b>	<b>371</b>	<b>74</b>
75	0:27:55	REEKS, Nathan	Chepstow Harriers	Senior Men	06:58.6	444	75
76	0:27:58	THOMAS, Rhys		Senior Men	06:59.4	450	76
77	0:28:00	SAVAGE, Bill	Chepstow Harriers	MV55	06:59.9	361	77
78	0:28:01	JONES, Mostyn	Chepstow Harriers	Senior Men	07:00.1	429	78
79	0:28:05	DIX, Michael	Les Croupiers	MV50	07:01.1	377	79
80	0:28:16	MCENTEE, Kevin	Chepstow Harriers	MV50	07:03.9	416	80
81	0:28:23	REESE, Tim	Llswerry Runners	MV40	07:05.6	349	81
82	0:28:29	BROOKS, Clive	Caerleon Running Club	MV55	07:07.1	389	82
83	0:28:34	ROGERS, Mark		MV40	07:08.4	398	83
84	0:28:37	CLARKE, Alan	Chepstow Harriers	MV55	07:09.1	325	84
85	0:28:40	GITTOES, Marianne	Brecon A.C	Senior Ladies	07:09.9	424	85
86	0:29:00	TAYLOR, Andrew	Caerleon Running Club	MV50	07:14.9	442	86
87	0:29:15	ATTWOOD, Howard	Llswerry Runners	MV55	07:18.6	340	87
88	0:29:17	HOWE, Julian		Senior Men	07:19.1	385	88
89	0:29:19	LOCKE, Matthew		Senior Men	07:19.6	384	89
90	0:29:22	AVERY, Brenda		LV55+	07:20.4	425	90
91	0:29:24	SHEPPARD, Clare	Griffithstown Harriers	Senior Ladies	07:20.9	432	91
92	0:29:25	COKER, Jane	Les Croupiers	LV45	07:21.1	418	92
93	0:29:26	SUMMERS, Louise	Chepstow Harriers	LV40	07:21.4	438	93
94	0:29:27	COLDICOTT, Allan	Stratford AC	MV50	07:21.6	309	94
95	0:29:37	PIMM, Helena	Griffithstown Harriers	Senior Ladies	07:24.1	448	95
96	0:29:43	DAVIS, Joanne	Severn AC	LV35	07:25.6	318	96
97	0:29:48	REES, Denise	Forest of Dean A C	LV50	07:26.9	345	97
98	0:29:49	PARK, Lynne	Forest of Dean A C	LV45	07:27.1	331	98
99	0:29:52	HEWETT, Bruce		MV40	07:27.9	435	99
100	0:29:53	OLGIATI, Andrea	Caerleon Running Club	LV35	07:28.1	461	100
101	0:29:54	DAVEY, Ralph	Les Croupiers	MV60	07:28.4	303	101
102	0:29:56	WILLIAMS, Frances		LV40	07:28.9	344	102
103	0:29:58	BAYLISS, Geoffrey	Chepstow Harriers	MV60	07:29.4	323	103
<b>104</b>	<b>0:29:59</b>	<b>HASELHURST, Sally</b>	<b>San Domenico</b>	<b>Senior Ladies</b>	<b>07:29.6</b>	<b>436</b>	<b>104</b>
105	0:30:00	KIRKWOOD, Paul		MV50	07:29.9	400	105
106	0:30:03	ADDY, Liam		Senior Men	07:30.6	391	106
107	0:30:21	KELLAM, Gill	Les Croupiers	LV40	07:35.1	396	107
108	0:30:40	CONNOLLY, David		Senior Men	07:39.9	446	108
109	0:30:45	KILEY, Jeremy		MV45	07:41.1	390	109
110	0:30:49	BURGESS, Bryn	Llswerry Runners	MV45	07:42.1	367	110
111	0:30:51	JENKINS, Jeanette	Fairwater Runners	LV45	07:42.6	431	111
112	0:30:52	DUNLOP, Shona	Caerleon Running Club	Senior Ladies	07:42.9	441	112
113	0:30:54	JAMES, Clive	Midland Masters AC	MV60	07:43.4	346	113
114	0:30:57	GRIFFITH, Sian	Chepstow Harriers	Senior Ladies	07:44.1	404	114
115	0:31:01	JEFFERS, Neil		MV40	07:45.1	447	115
116	0:31:04	GREEN, Jackie	Forest of Dean A C	LV50	07:45.9	348	116

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Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
117	0:31:13	WARD, Robert	Caerleon Running Club	Senior Men	07:48.1	402	117
118	0:31:21	PROSSER, Colin	Chepstow Harriers	MV40	07:50.1	321	118
119	0:31:22	RICHARDS, Janet	Griffithstown Harriers	LV40	07:50.4	457	119
120	0:31:43	HOGAN, Paul		MV45	07:55.6	334	120
121	0:31:49	IMM, Novia	Griffithstown Harriers	Senior Ladies	07:57.1	443	121
122	0:32:06	PARK, Nick	Caerleon Running Club	MV45	08:01.4	453	122
123	0:32:06	BEAUMONT, Ged	Caerleon Running Club	MV45	08:01.4	452	123
124	0:32:23	LAVELLE, Jane	Lliswerry Runners	LV50	08:05.6	343	124
125	0:32:25	HAWKINS, David		Senior Men	08:06.1	388	125
126	0:32:28	DANIELS, Peta	Lliswerry Runners	LV40	08:06.9	414	126
127	0:32:37	BURNS, Steve		MV45	08:09.1	330	127
128	0:32:40	BROWN, Sandra	Severn AC	LV45	08:09.9	369	128
129	0:32:42	DAVIES, Robert	Islwyn Running Club	MV50	08:10.4	421	129
130	0:32:46	BAYLISS, Jane	Chepstow Harriers	LV55+	08:11.4	322	130
131	0:32:47	CROAD, Alison	Monmouth Tri	Senior Ladies	08:11.6	410	131
132	0:32:57	CLEMENT, Janice	Penarth & Dinas	LV45	08:14.1	406	132
133	0:33:06	BIRCH, Coleen	Islwyn Running Club	Senior Ladies	08:16.4	319	133
134	0:33:21	HAINES, Roberta	Chepstow Harriers	Senior Ladies	08:20.1	423	134
135	0:33:26	O'GRADY, Claire	BAD TRI	Senior Ladies	08:21.4	335	135
136	0:33:35	BATTERSBY, Elisabeta	Chepstow Harriers	LV45	08:23.6	430	136
137	0:34:05	GRIFFITHS, Barbara	Monmouth Tri	LV40	08:31.1	408	137
138	0:34:09	JAMES, Paula	Pontypridd Rodents	LV35	08:32.1	316	138
139	0:34:10	HOWELL, Kim	Caerleon Running Club	LV50	08:32.4	440	139
140	0:34:26	ROBERTS, Wendy	Chepstow Harriers	MV40	08:36.4	451	140
141	0:34:28	VORRES, Christine	Griffithstown Harriers	LV45	08:36.9	455	141
142	0:34:34	LYONS, Catherine	Pontypridd Rodents	Senior Ladies	08:38.4	315	142
143	0:34:46	GREEN, Clare	San Domenico	LV40	08:41.4	434	143
144	0:34:49	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	08:42.1	445	144
145	0:35:02	RADIA, Rupen		Senior Men	08:45.4	337	145
146	0:35:06	JONES, Katie	Chepstow Harriers	LV45	08:46.4	428	146
147	0:35:38	BURRIDGE, Marianne	Fairwater Runners	LV45	08:54.4	392	147
148	0:35:45	HENDRY, Joanna	Penarth & Dinas	LV35	08:56.1	411	148
149	0:35:45	HAMILTON, Gemma	Griffithstown Harriers	Senior Ladies	08:56.1	454	149
150	0:36:09	HAY-HARRIS, Deborah	Lliswerry Runners	LV45	09:02.1	353	150
151	0:36:14	BROWN, Rob	Chepstow Harriers	MV55	09:03.4	304	151
152	0:36:46	ROGERS, Abigail		Senior Ladies	09:11.4	399	152
153	0:37:08	YOUNG, Sadie		Senior Ladies	09:16.9	336	153
154	0:37:29	HOWELL, Roger	Penarth & Dinas	MV60	09:22.1	350	154
155	0:37:52	BLADEN, Alan	Les Croupiers	MV65+	09:27.9	305	155
156	0:38:37	WAKERLEY, Gary	Forest of Dean A C	MV50	09:39.1	302	156
157	0:39:46	WARING, Kath		LV35	09:56.4	386	157
158	0:40:04	JENKINS, Gareth	Chepstow Harriers	MV40	10:00.9	437	158
159	0:44:48	HARRIS, Ron	Lliswerry Runners	MV65+	11:11.9	327	159
160	0:44:48	BURGESS, Ros	Lliswerry Runners	LV40	11:11.9	368	160

There were 160 finishers in the All Competitors category.