

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:36	BUGDEN, Rob	Bristol & West AC	Senior Men	639	1
2	0:20:03	STEVENS, Daniel	Cardiff AAC	Senior Men	549	2
3	0:20:33	REES, Martin	Neath Harriers	MV55	620	3
4	0:20:42	COLLINS, Matt	Cardiff AAC	Senior Men	634	4
5	0:21:09	PATERSON, Stephen	San Domenico	Senior Men	557	5
6	0:21:21	RICHARDS, Paul	Neath Harriers	MV40	621	6
7	0:21:24	CREES, Stuart	Les Croupiers	Senior Men	563	7
8	0:21:29	COLES, Peter	Pontypridd Rodents	MV45	600	8
9	0:22:01	LEWIS, Tim	Bridgend AC	MV40	576	9
10	0:22:07	LEWIS, Mike	Les Croupiers	MV40	539	10
11	0:22:12	DUKES, Nick	Les Croupiers	Senior Men	548	11
12	0:22:26	TUGWELL, Philip	Cornwall AC	Senior Men	640	12
13	0:22:56	WILDER, Richard	Reading Road Runners	Senior Men	559	13
14	0:23:02	SMITH, Lee	Llisswerry Runners	MV40	619	14
15	0:23:06	HARVEY, Mark	Chepstow Harriers	Senior Men	528	15
16	0:23:10	HARRIS, Paul	Llisswerry Runners	MV40	582	16
17	0:23:30	TERRY, John	Westbury Harriers	Senior Men	541	17
18	0:23:32	TYRRELL, Angela	San Domenico	Senior Ladies	588	18
19	0:23:38	MCGEEOCH, Mick	Les Croupiers	MV50	530	19
20	0:23:55	MCILROY, Stuart		Senior Men	567	20
21	0:24:01	WILLIAMS, Alun	Fairwater Runners	MV40	546	21
22	0:24:10	COKER, Paul	Les Croupiers	MV50	601	22
23	0:24:12	BRUTON, Paul		Senior Men	633	23
24	0:24:15	MEYLER, Phil	Pontypridd Rodents	MV50	544	24
25	0:24:21	PENNY, Stuart	Chepstow Harriers	MV45	589	25
26	0:24:28	KING, James	Caerleon Running Club	Senior Men	648	26
27	0:24:46	TABOR, Mick	Les Croupiers	MV55	565	27
28	0:24:48	MCDONALD, Ian	San Domenico	MV40	687	28
29	0:25:08	DAVIES, Martin	Llisswerry Runners	MV45	597	29
30	0:25:22	ROBERTS, Dean		MV35	593	30
31	0:25:30	REES, Eirwyn		MV45	540	31
32	0:25:31	JARVIS, Hannah	sale harriers	Senior Ladies	562	32
33	0:25:32	THOMAS, Peter	Caerleon Running Club	MV45	591	33
34	0:25:35	BUTCHER, Joseph	Llisswerry Runners	Senior Men	645	34
35	0:25:37	MORRIS, Ronald	San Domenico	MV55	533	35
36	0:25:42	OST, Andrew	Chepstow Harriers	Senior Men	644	36
37	0:25:51	BIRT, Dean	Pontypridd Rodents	Senior Men	692	37
38	0:25:55	DELANEY, James	San Domenico	MV50	627	38
39	0:25:59	PONECHAL, Andrej		Senior Men	596	39
40	0:26:00	SHIELDS, Dominic	San Domenico	MV40	547	40
41	0:26:07	RUSSELL, Andrew	Les Croupiers	Senior Men	586	41
42	0:26:08	COKER, Jane	Les Croupiers	LV45	602	42
43	0:26:11	TURNER, John	Stratford On Avon AC	MV60	560	43
44	0:26:15	DAY, Paul	Llisswerry Runners	MV55	608	44
45	0:26:15	OSMOND, Clive	Les Croupiers	MV45	606	45
46	0:26:17	DAVIES, Michael		MV55	604	46
47	0:26:23	LEACH, Walter	Forest of Dean A C	MV45	641	47
48	0:26:29	DONNAN, Graeme	Les Croupiers	MV50	605	48
49	0:26:30	DAVIES, Chris	Llisswerry Runners	MV50	661	49
50	0:26:54	SALTER, Jen		Senior Ladies	558	50
51	0:26:58	WILSON, Roger	Stratford On Avon AC	MV65+	574	51
52	0:27:00	WEHDEN, Kim	Islwyn Running Club	MV45	650	52
53	0:27:01	BURNE, Peter		Senior Men	575	53
54	0:27:02	REEKS, Malcolm	Chepstow Harriers	MV45	566	54
55	0:27:04	SUMMERS, Louise	Chepstow Harriers	LV40	622	55
56	0:27:06	JOHNSON, Andrew	Llisswerry Runners	MV40	667	56
57	0:27:07	SEWELL, Richard	Les Croupiers	MV50	651	57

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58	0:27:09	BROOKSHAW, Ben	Chepstow Harriers	MV40	550	58
59	0:27:20	REES, Chris	Chepstow Harriers	MV45	531	59
60	0:27:21	FRY, Mark	Fairwater Runners	MV40	536	60
61	0:27:31	UNSWORTH, Mark	San Domenico	MV45	686	61
62	0:27:38	ASTON, Jeff	Les Croupiers	MV60	551	62
63	0:27:39	HARMES, Paul		MV40	623	63
64	0:27:43	JOHN, Gareth	Les Croupiers	MV50	564	64
65	0:27:46	ROGERS, Mark		MV40	595	65
66	0:27:49	TOOK, Michael		Senior Men	545	66
67	0:27:52	PATERSON, Keith	San Domenico	MV60	555	67
68	0:27:53	SCHOLEY, Julie	Les Croupiers	LV45	643	68
69	0:27:55	RAINBIRD, Derek	Parc Bryn Bach Running Club	MV50	656	69
70	0:28:16	DURSLEY, Paul	Llswerry Runners	MV50	607	70
71	0:28:25	LEWIS, Chris	Hogweed Trotters	MV35	669	71
72	0:28:29	JONES, Stephen	Islwyn Running Club	MV50	625	72
73	0:28:33	KIRKWOOD, Paul		MV50	592	73
74	0:28:45	LLOYD, Richard	Fairwater Runners	Senior Men	612	74
75	0:28:46	RIGG, Mervyn		MV35	631	75
76	0:28:48	WILLIAMS, Frances	San Domenico	LV40	685	76
77	0:28:54	MORGAN, Niki	Chepstow Harriers	LV40	529	77
78	0:29:03	WESTON, David		MV55	579	78
79	0:29:03	FORD, Kirk	Caerleon Running Club	Senior Men	614	79
80	0:29:17	SMITH, Robert		Senior Men	654	80
81	0:29:21	STONE, Sam		Senior Men	615	81
82	0:29:22	HOGAN, Paul		MV45	688	82
83	0:29:26	TAYLOR, Andrew	Caerleon Running Club	MV50	668	83
84	0:29:30	PROSSER, Colin	Chepstow Harriers	MV40	585	84
85	0:29:33	BUCKLAND, Jenny		LV40	642	85
86	0:29:41	GOODWIN, Chris	Chepstow Harriers	Senior Men	689	86
87	0:29:47	FORSEY, Tomas		Junior Men	570	87
88	0:29:47	BURGESS, Bryn	Llswerry Runners	MV50	572	88
89	0:29:56	DAVEY, Ralph	Les Croupiers	MV60	655	89
90	0:30:04	DAVIES, Richard		MV40	610	90
91	0:30:06	JONES, Rob	Chepstow Harriers	MV50	552	91
92	0:30:10	DAVIS, Joanne	Severn AC	LV35	554	92
93	0:30:14	DAVIES, Liam		MV50	682	93
94	0:30:22	AVERY, Brenda	Chepstow Harriers	LV55+	684	94
95	0:30:23	JONES, Mandy	Islwyn Running Club	LV45	626	95
96	0:30:27	WILLIAMS, Stephen	Les Croupiers	MV50	676	96
97	0:30:30	JENKINS, Paul		MV55	581	97
98	0:30:32	MUNDY, Neil		MV40	580	98
99	0:30:37	JENKINS, Jeanette	Fairwater Runners	LV45	635	99
100	0:30:49	HOGAN, Ophelia		LV40	671	100
101	0:30:51	ATTWOOD, Howard	Llswerry Runners	MV55	577	101
102	0:31:03	EVANS, Anne Marie	Parc Bryn Bach Running Club	LV35	542	102
103	0:31:13	DANIELS, Peta	Llswerry Runners	LV40	584	103
104	0:31:18	VAN DER WERF, Hanneke	Wye Valley Runners	LV40	647	104
105	0:31:23	PIRCUET, Adam	Caerleon Running Club	NDB	630	105
106	0:31:34	CARTER, Clive	Llswerry Runners	MV50	653	106
107	0:31:38	DAVIES, A		LV45	681	107
108	0:32:03	NEGOITA, Dragos		Senior Men	664	108
109	0:32:06	WOODS, Richard		MV40	680	109
110	0:32:22	TURNER, Andrew	Stratford On Avon AC	Senior Men	561	110
111	0:32:23	FRY, John	Fairwater Runners	MV60	556	111
112	0:32:38	HILL, Katie		LV35	646	112
113	0:32:41	GEORGE, Andy	Chepstow Harriers	MV40	638	113
114	0:32:49	YOUNG, Cerys		Senior Ladies	611	114
115	0:33:00	TREHARNE, Ruth	Islwyn Running Club	LV40	649	115
116	0:33:08	HOBBS, James		MV40	624	116
117	0:33:10	WARNER, Ian		MV50	583	117
118	0:33:28	BEWG, Bill	Chepstow Harriers	MV65+	683	118

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119	0:33:34	WILLIAMSON, Stephen		MV50	637	119
120	0:33:51	HOWELLS, Gwyneth	Caerleon Running Club	LV55+	603	120
121	0:33:55	JENKINS, Debbie	Caerleon Running Club	LV40	569	121
122	0:33:56	PHILLIPS, John	Chepstow Harriers	MV60	632	122
123	0:34:28	CREBER, Andy	Chepstow Harriers	MV50	658	123
124	0:34:45	ROGERS, Abigail		Senior Ladies	568	124
125	0:34:47	BISHOP, Philip		MV45	629	125
126	0:34:59	HAY-HARRIS, Deborah	Llswerry Runners	LV45	590	126
127	0:35:05	COOK, Michelle	Llswerry Runners	LV45	578	127
128	0:35:07	HALE, Pippa		Senior Ladies	609	128
129	0:35:15	KNOWLES, Richard		MV55	679	129
130	0:35:18	DAVIES, Julia	Llswerry Runners	LV50	662	130
131	0:35:24	JONES, Sian	Chepstow Harriers	Senior Ladies	594	131
132	0:35:38	ETHERINGTON, Duncan		Senior Men	543	132
133	0:35:39	FEAR, Vicky	Llswerry Runners	Senior Ladies	598	133
134	0:36:05	ALI, Akbar	Caerleon Running Club	Senior Men	613	134
135	0:36:06	LIDGETT, Caroline	Chepstow Harriers	LV40	677	135
136	0:36:14	PRICE, Abbi.		Junior Ladies	599	136
137	0:36:15	FOREHEAD, Tanya	Chepstow Harriers	Senior Ladies	617	137
138	0:36:22	RYAN, Mark	San Domenico	MV40	532	138
139	0:36:25	THOMAS, Kathryn	Chepstow Harriers	LV40	616	139
140	0:36:30	MORGAN, Liz	San Domenico	Senior Ladies	665	140
141	0:36:32	NEGOITA, Daniela		Senior Ladies	663	141
142	0:37:04	RELISH, Kathryn	Caerleon Running Club	Senior Ladies	666	142
143	0:37:12	BONSOR, Jane	Chepstow Harriers	LV35	618	143
144	0:37:16	CEENEY, Kaz	Llswerry Runners	MV50	652	144
145	0:37:25	FORSEY, Yvonne	Llswerry Runners	LV50	571	145
146	0:37:29	BURRIDGE, Marianne	Fairwater Runners	LV45	628	146
147	0:37:30	LEWIS, Sarah	Chepstow Harriers	Senior Ladies	690	147
148	0:39:21	HOGAN, Evangelina			672	148
149	0:39:28	HENSON, Jessica		Junior Ladies	673	149
150	0:39:45	ROSSITER, Eloise		Senior Men	587	150
151	0:41:04	LANE, Rebekah	Chepstow Harriers	Senior Ladies	659	151
152	0:41:04	MASTERS, Anne	Chepstow Harriers	LV55+	678	152
153	0:41:26	BURGESS, Rosalind	Llswerry Runners	LV40	573	153
154	0:41:37	TERRY, Fiona		Senior Ladies	657	154
155	0:41:42	MORGAN, Julie	Fairwater Runners	LV35	534	155
156	0:41:53	HOWELL, Roger	Penarth & Dinas	MV60	538	156
157	0:42:17	MORGAN, Janet	Llswerry Runners	LV45	660	157
158	0:42:47	WHITTINGTON, George	Abertillery AAC	Senior Men	691	158
159	0:42:49	HARRIS, Ron	Llswerry Runners	MV65+	553	159
160	0:43:04	BELL, Susan		LV35	675	160
161	0:43:04	BELL, Jenni	Chepstow Harriers	Senior Ladies	674	161

There were 161 finishers in the All Competitors category.