

Position			Name	Club	
1	100	43.23	Peter Ryder	Breicheiniog	SM
2	25	43.43	Andrew Tuckey	Bridgend AC	SM
3	19	44.29	Robert Gordon	Mynydd Du	M40
4	105	44.50	Thomas Burden	U/A	SM
5	112	46.12	Matt Grantham	Micky Morris	Mu23
6	82	46.46	Richard Wilder	San Domenico	M40
7	134	47.17	Mike Erskin	Les croupiers	SM
8	5	47.38	Harry Rann	Godshill Massive	Mu23
9	39	47.53	Dan Sandford	FODAC	M40
10	85	48.22	Johnathan Like	Mynydd Du	SM
11	30	48.31	Leighton Webb	Micky Morris	SM
12	137	48.58	Jonny Woolridge	U/A	SM
13	60	49.13	Peter Newgent	Wye valley	SM
14	122	49.45	Mike Fawcett	Wye valley	M50
15	76	50.09	Chris Chambers	Mynydd Du	M40
16	56	50.14	Daniel Lewis	Wye valley	SM
17	79	50.22	Alex Lewis	Neath	SM
18	108	50.24	Rudy Lewis	U/A	SM
19	44	51.05	Ian Smith	FODAC	M50
20	95	51.24	Ian Wistance	Mynydd Du	M40
21	2	51.38	Leslie Cupis	Ryde Harriers	M50
22	118	51.54	Peter Flynn	Wye valley	SM
23	86	52.00	Chris Medcalf	San Domenico	M40
24	77	52.07	Guy Bradford	Weston	M40
25	58	52.17	Jeremy Jehan	Wye valley	SM
26	24	52.17	Andy Vaudin	U/A	M50
27	66	52.36	David Wright	Newbury	M50
28	62	52.43	John Aggleton	MDC	M60
29	57	52.48	Sophie Horrocks	Rosendale Harriers	F
30	126	52.48	Tom Lawson	Carduro	M50
31	10	52.57	Trevor McAlister	Ryde Harriers	SM
32	89	52.59	Ian Macklin	MDC	M40
33	21	53.09	Robert Pritchard	Monross	SM
34	75	53.10	Gavin Brace	Lliswerry	SM
35	38	53.16	Paul Mammatt	Hereford	M40
36	83	53.18	Katie Ionside	MDC	F
37	16	53.25	Tom Blackwell	Ryde Harriers	M40
38	61	53.33	Oliver Lamford	MDC	SM
39	72	53.37	Faye Johnson	Mynydd Du	F
40	120	53.43	Matthew Lawson	Chepstow Harriers	M40
41	124	53.49	Gavin Fisher	U/A	M50
42	31	53.59	Niki Morgan	Mynydd Du	F50
43	131	54.15	James Erskine	U/A	SM
44	20	54.16	James Fletcher	Monross	M50
45	106	54.29	Richard Sheehy	U/A	SM
46	99	54.32	David Richardson	Pont Y Pwl	M40
47	91	54.39	Steve Lovelock	Meirionydd	M50
48	28	54.48	Richard Cronin	MDC	SM
49	22	54.51	Sam Harness	Monross	M40

50	7	55.06	Nigel Eldridge	Ryde Harriers	M40
51	29	55.13	Joanne Rees	Rhayader	F40
52	107	55.25	Evan Ryan	Mynydd Du	SM
53	121	55.28	Sam Charington	U/A	M40
54	55	56.06	Martyn Carruthrs	FODAC	M40
55	71	56.10	Jason King	LMRT	M40
56	110	56.12	Matthew Haynes	Builth	M40
57	133	56.22	Gareth Bryer	U/A	M40
58	97	56.33	Naomi Law	Mynydd Du	F40
59	26	56.38	Simon Blease	Breicheiniog	M50
60	125	56.48	Hywel Lovelock	Carduro	M50
61	70	56.50	Sasha Habgood	Mynydd Du	F40
62	14	56.56	Christopher Pudney	Newbury	M50
63	87	57.29	Andy Stott	MDC	M50
64	63	57.34	Stephen Priestnall	Running somewhere else	M50
65	117	57.45	Ed Goldsmith	U/A	SM
66	114	57.46	Domonic Williams	U/A	M40
67	111	57.54	Naomi Prosser	Hereford	F
68	90	57.58	Anneliese Lovelock	Meirionydd	F40
69	67	58.08	Paul Colley-Davis	Croft Ambrey	M50
70	65	58.14	Dean Makar	Team Kenney	M40
71	127	58.28	Gary Hughes	Mynydd Du	SM
72	94	58.44	Duncan Loughy	U/A	M50
73	113	58.48	Martin simmons	U/A	M50
74	3	59.11	Richard Melville	Ryde Harriers	SM
75	64	59.12	Chris Hobson	Newbury	M40
76	34	59.26	Neil Grant	Chepstow Harriers	M60
77	129	59.31	Huw Rowlands	U/A	M40
78	43	59.39	Mark Sims	Brecon	M60
79	42	59.40	Jon Hancock	Usk Runners	M60
80	92	59.57	Marc Recoquille	U/A	M40
81	53	60.00	Gerry Meredith	Monross	M40
82	116	60.03	Nathaniel Swain	U/A	SM
83	18	60.05	Andrew Blackmore	MDC	M50
84	102	60.09	Jonathan James	U/A	M40
85	69	60.20	Tom Morfey	Cardiff Harlequins	Mu23
86	84	60.28	Harri Like	Pontypool	F
87	103	60.33	John Kerley	AS Chamonix	M60
88	8	60.34	Dominic Shields	San Domenico	M50
89	98	60.35	David Smout	Mynydd Du	M60
90	48	60.47	Guy Whitmarsh	Croft Ambrey	M70
91	81	61.26	Sally Wilder	San Domenico	F
92	11	61.42	Ken Beak	Ryde Harriers	M50
93	45	62.03	Mike Harris	Westbury	M60
94	59	62.06	Paddy Nugent	Wye valley	M50
95	47	62.19	Alan Stanley	U/A	M50
96	136	62.34	Mike Ridd	Lliswerry	SM
97	33	62.39	Stuart Duncan	Chepstow Harriers	M50
98	49	63.16	Mark Paviour	Croft Ambrey	M50
99	13	63.21	Kevin Barnes	Hereford Couriers	M50

100	17	63.24	Peter Williams	MDC	M50
101	51	63.40	Susan Davies	Croft Ambrey	F50
102	73	63.56	Justin Wickham	Croft Ambrey	M40
103	74	63.56	Samantha Wickham	Croft Ambrey	F
104	54	64.35	Lynn Cro	FODAC	F40
105	115	64.42	John Jaspers	U/A	M40
106	9	64.50	Justin Trout	Wye valley	M50
107	15	64.34	Liz Pudney	Newbury	F40
108	46	66.23	Richard Newhouse	Chepstow Harriers	M40
109	1	66.34	Sue Shergold	FODAC	F50
110	130	66.47	Rhodri Hanmer	U/A	M40
111	138	66.50	Simon Downs	East End RR	M40
112	27	66.59	John Darby	Mynydd Du	M60
113	52	67.02	Andrew Leal	Ryde Harriers	M50
114	23	67.22	Les Williams	Eryri	M70
115	32	67.33	Paul Symons	U/A	M50
116	4	67.50	Caroline Dallimore	MDC	F60
117	104	67.55	Dave Farrow	Mercia	M50
118	128	68.01	Ben Innes	u/a	M40
119	123	69.38	Wyn Davies	Mynydd Du	M50
120	119	70.37	Sally Evans	u/a	F
121	80	71.06	Neil Lewis	Hereford	M50
122	68	71.12	Pete Morfey	Cardiff Harlequins	M60
123	40	71.24	Valerie Hamilton	FODAC	F50
124	36	72.16	Stefanie Francis	FODAC	F50
125	12	73.34	Rosie Eldridge	Ryde Harriers	F
126	6	73.53	Andrew Keehn	Ryde Harriers	SM
127	50	74.03	Tom Davies	Croft Ambrey	M60
128	35	74.10	Hamish Hughson	Chepstow Harriers	M40
129	132	78.37	Liz Tobin	Run4All	F40
130	135	78.43	Sophie Quinney	U/A	F40
131	93	80.25	Robert West	MDC	M70
132	78	81.29	Martyn Peters	U/A	M60
133	37	84.44	Liselette Adams	FODAC	F40
134	41	84.49	Suzanne Peters	FODAC	F50
135	88	85.00	Gemma Hewitt	FODAC	F
136	101	86.05	Lisa Tustin	U/A	F