

Position	Race No	Surname	First Name	Club	Category
1	17	Ford	Jonathan	Mynydd Du	MSEN
2	11	Turner	Wyndham	Mynydd Du	MSEN
3	98	Evans	Wilf	CDF Runners	MSEN
4	89	James	Tony		MSEN
5	76	Zerilli	Owain	Les Croupiers RC	MSEN
6	91	May	Andrew	Brecon AC	M50
7	10	Turner	Tom	Mynydd Du	MSEN
8	82	Mollekin	Tom	Mynydd Du	MSEN
9	22	Pike	Neil		M40
10	59	Foster	Rich	Monross Trailblazers	M40
11	79	James	Matt	Hereford Couriers	MSEN
12	21	Medcalf	Chris	San Domenico RC	M50
13	37	Whistance	Ian	Mynydd Du	M50
14	90	Ollard	Hugh	Les Croupiers Running Club	MSEN
15	93	Tordoff	George	Cardiff Harlequins Trail RC	M40
16	78	Fawcett	Mike		M50
17	100	Duckworth	Rachel	Cardiff University	WSEN
18	71	Sheldon	Wes	Mynydd Du	M40
19	32	Shingles	Louis	Highgate Harriers	MSEN
20	60	Llwyd	Math	Les Croupiers	MSEN
21	35	Perry	Dean	Brycheiniog	M40
22	72	Lawson	Matthew	Chepstow Harriers	M50
23	38	Mizen	Andrew	Running Punks	M40
24	88	Helk	Sandra	Vegan Runners UK	WSEN
25	87	Sowerby	Peter	Brecon AC	M60
26	25	Morgan	Ben		MSEN
27	12	Ironside	Katie		WSEN
28	56	Byford	Jon	Cardiff Harlequins RC	M50
29	65	Cameron	Mark		M50
30	46	Priest	Nelson	Ludlow Runners	MSEN
31	94	Taylor	Natalie		W40
32	54	Williams	Darran		M40
33	95	Darke	Simon	Mynyddwyr De Cymru (MDC)	M60
34	34	Smith	Andrew	Mynydd Du	M40
35	13	Fogden	Bryn		MSEN
36	5	Cox	Amy	CDF Runners	WSEN
37	24	Chastney	Martin		M40
38	7	Latter	Briony	Mynyddwyr De Cymru (MDC)	WSEN
39	84	Richards	Richie	Hereford Couriers	M60
40	40	Self	Richard	Les Croupiers RC	M50
41	27	Stenner	Debbie	Mynydd Du	W50
42	92	Kent	Daniel		MSEN
43	16	Clark	Troy		MSEN

44	55	Lumley	Lucinda	Monross Trailblazers	WSEN
45	8	McWilliams	Emma	Mynydd Du	W40
46	77	Smart	Chris	Hereford Couriers	M50
47	62	Jones	Tim	Croft Ambrey RC	M50
48	47	Stott	Andy	Mynyddwyr De Cymru (MDC)	M60
49	80	Gunner	Flora	Croft Ambrey RC	W60
50	53	Tombs	James	Cardiff Harlequins RC	M40
51	4	Secan	Sorin	Caldicot Running Club	MSEN
52	33	Stanley	Alan	N/A	M60
53	50	Walters	Emma	Cardiff Harlequins Trail Running Club	WSEN
54	29	Nash	John	Chepstow Harriers	M60
55	39	Powell	Don	Basingstoke & Mid Hants AC	M70
56	6	Bagley	Emma	Fairwater Runners	W50
57	67	Dickens	Andrew	Mynydd Du	M50
58	9	Davies	Fiona	Pontypridd Roadents AC	W60
59	28	Sharpe-Nash	Wendy	Chepstow Harriers	W50
60	49	Bailey	Lucy		WSEN
61	19	Tyler	Mark	Steyning AC	M60
62	43	Francis	Stefanie	Forest of Dean AC	W50
63	41	Davies	Rona	Mynydd Du	W60
64	99	Morris	Paul	Pont-y-pwl & District Runners	M50
65	97	Stark	Martin	Pont-y-pwl & District Runners	M50
66	83	Whitmarsh	Guy	Croft Ambrey RC	M80
67	81	Gunner	Gary	Croft Ambrey RC	M70
68	3	Woodward	Bridget	Brecon AC	W50
69	85	Tyler-Jones	Bronwen	Hereford Couriers	W50
70	48	Barnes	Kevin	Hereford Couriers	M60
71	31	Thurston	Lorna	Caerleon	W50
72	30	Croucher	Martin	Caerleon	M50
73	96	Langley	Keith	Pont-y-pwl & District Runners	M60
74	15	Fogden	Jessica		WSEN
75	52	Searle	Tricia	Cardiff Harlequins RC	W60
76	14	Fogden	Sian		W40
77	57	Collins	Emma	Vegan Runners UK	WSEN

Time	
00:42:53	1st MSEN
00:45:21	2nd MSEN
00:45:43	3rd MSEN
00:46:12	
00:46:40	
00:48:08	1st M50
00:48:18	
00:49:33	
00:49:33	1st M40
00:49:40	
00:49:47	
00:50:23	
00:50:30	
00:51:11	
00:51:15	
00:51:26	
00:51:30	1st WSEN
00:51:36	
00:51:50	
00:52:37	
00:52:47	
00:53:09	
00:54:53	
00:55:06	2nd WSEN
00:55:27	1st M60
00:55:29	
00:55:38	3rd WSEN
00:56:01	
00:57:09	
00:57:38	
00:58:06	1st W40
00:58:35	
00:58:50	
00:58:59	
00:59:06	
00:59:12	
00:59:46	
00:59:46	
01:00:23	
01:00:51	
01:01:11	1st W50
01:02:08	
01:02:24	

01:02:40	
01:02:56	
01:03:26	
01:03:38	
01:03:53	
01:04:06	1st W60
01:04:26	
01:04:34	
01:05:38	
01:06:05	
01:07:53	
01:07:59	1st M70
01:08:02	
01:09:31	
01:09:43	
01:09:54	
01:10:13	
01:11:18	
01:11:28	
01:11:49	
01:13:13	
01:13:16	
01:13:48	1st M80
01:13:52	
01:14:37	
01:15:04	
01:15:18	
01:20:52	
01:20:53	
01:22:42	
01:30:43	
01:36:56	
01:42:34	
01:43:25	