Pos	Entry No.	Name	Age Class	Club	Co.	Summit	Descent	Time	Overall	Category
1	83	Rhys Goodrick	MOSEN	Vegan Runners UK	GBR	0:24:36	0:15:32	0:40:08	1	
2	17	Hallam Girardet	MOSEN		GBR	0:25:41	0:16:43	0:42:24	2	
3	86	Wyndham Turner	MOSEN	Mynydd Du	GBR	0:26:38	0:17:17	0:43:55	3	
4	22	Iestyn Evans	MOSEN	Neath Harriers	CYM	0:27:26	0:17:34	0:45:00		
5	91	James Blore	MOSEN	Chepstow Harriers	GBR	0:27:39	0:17:35	0:45:14		
6	78	Andrew Grigg	MO40	Mynydd Du	GBR	0:27:40	0:17:38	0:45:18		1
7	69	Henry Corp	MOSEN	Chippenham Harriers	GBR	0:27:24	0:18:21	0:45:45		
8	50	Ellis Davies	MOSEN	Brecon AC	GBR	0:27:25	0:18:39	0:46:04		
9	64	Tom Mollekin	MOSEN	Mynydd Du	GBR	0:27:57	0:18:37	0:46:34		
10	40	Brett Mahoney	MOSEN	Mynydd Du	GBR	0:27:58	0:18:37	0:46:35		
11	77	Jason Wells	MOSEN	Mynyddwyr De Cymru (MDC)	GBR	0:29:45	0:17:59	0:47:44		
12	4	James Scott	MO40	Mynydd Du	GBR	0:29:33	0:18:17	0:47:50		
13	87	Paul White	MO45	Parc Bryn Bach RC	GBR	0:28:50	0:19:33	0:48:23		
14	58	Patrick Jarvis	MOSEN	Parc Bryn Bach RC	CYM	0:30:09	0:18:25	0:48:34		
15	42	Thomas Burden	MO40		GBR	0:29:11	0:19:41	0:48:52		
16	82	Dan Hooper	MO50	Sarn Helen	GBR	0:30:00	0:19:26	0:49:26		1
17	3	Wes Sheldon	MO45	Mynydd Du	GBR	0:31:25	0:20:06	0:51:31		
18	29	Ian Whistance	MO55	Mynydd Du	GBR	0:31:48	0:19:45	0:51:33		
19	14	Jodi Bemand	WU23	West Cheshire Athletic Club	GBR	0:32:15	0:20:23	0:52:38	1	1
20	63	Alex Hobley	MO40	Bristol and West AC	GBR	0:32:19	0:20:29	0:52:48		
21	85	Tom Turner	MO40	Mynydd Du	GBR	0:32:14	0:20:37	0:52:51		
22	72	Andy Dunn	MO45		GBR	0:33:18	0:21:35	0:54:53		
23	5	Joe Rumer	MOSEN	Mynydd Du	GBR	0:32:38	0:22:35	0:55:13		
24	59	Kani Hinshelwood	WSEN	Parc Bryn Bach RC	CYM	0:33:47	0:21:50	0:55:37	2	
25	80	Sol Smart	MOSEN		GBR	0:34:00	0:21:52	0:55:52		
26	89	Matthew Lawson	MO55	Chepstow Harriers	GBR	0:33:20	0:22:51	0:56:11		
27	41	Stephen Priestnall	MO60	Mynydd Du	GBR	0:35:14	0:21:08	0:56:22		1
28	31	James Houghton	MOSEN		GBR	0:34:26	0:22:34	0:57:00		
29	74	Jonny Campbell	MOSEN	Mynyddwyr De Cymru (MDC)	GBR	0:35:04	0:22:45	0:57:49		
30	57	Ben Watkins	MO40		GBR	0:35:05	0:22:54	0:57:59		
31	81	Darran Williams	MO45	Mynydd Du	GBR	0:36:30	0:21:44	0:58:14		
32	12	Naomi Law	W50	Brecon AC	GBR	0:36:12	0:22:11	0:58:23	3	
33	79	Chris Smart	MO60	Hereford Couriers	GBR	0:35:46	0:22:45	0:58:31		
34	55	Paul Mammatt	MO55	Hereford Triathlon Club	GBR	0:36:18	0:22:16	0:58:34		
35	65	Mark Jordan	MO55	Belper Harriers	GBR	0:36:41	0:24:04	1:00:45		
36	53	George Griffiths	MOSEN	Westbury Harriers	GBR	0:37:06	0:23:51	1:00:57		
37	44	Debbie Stenner	W50	Mynydd Du	GBR	0:37:53	0:23:20	1:01:13		1
38	67	Sam Martin	MOSEN	Fairwater Runners Cwmbran	GBR	0:37:14	0:24:02	1:01:16		
39	33	Elizabeth Gatherer	W40	Mynydd Du	GBR	0:36:40	0:25:10	1:01:50		1
40	47	Joseph Harris	MO40		GBR	0:37:35	0:25:25	1:03:00		
41	48	Katie Harris	WSEN		GBR	0:37:35	0:25:25	1:03:00		
42	54	Hilary Keogh	W60	Mynydd Du	GBR	0:38:34	0:26:05	1:04:39		1
43	8	Andrew Stephens	MO50	Monross Trailblazers	GBR	0:38:54	0:25:47	1:04:41		
44	56	Steve Chadwell	MO55	Les Croupiers	GBR	0:39:04	0:26:27	1:05:31		
45	76	Anish Tase	MOSEN	Mynyddwyr De Cymru (MDC)	GBR	0:40:58	0:26:23	1:07:21		
46	24	Cassie Summers	WSEN	Les Croupiers	GBR	0:41:30	0:26:06	1:07:36		
47	45	Bryan Stadden	MO70	Mynydd Du	GBR	0:41:14	0:26:37	1:07:51		1
48	90	Neil Grant	MO75	Chepstow Harriers	CYM	0:42:27	0:27:15	1:09:42		
49	34	Peter Lake	MO50		GBR	0:42:15	0:27:41	1:09:56		
50	49	Ryan Jones	MOSEN		GBR	0:42:11	0:28:11	1:10:22		
51	88	Emma Palmer	W55		GBR	0:42:40	0:27:51	1:10:31		
52	20	Clive Osmond	MO65	Les Croupiers	GBR	0:42:25	0:28:12	1:10:37		
53	15	David Smailes	MO60		GBR	0:43:18	0:27:43	1:11:01		
54	71	Andy Baker	MO50	Fairwater Runners Cwmbran	GBR	0:42:31	0:29:26	1:11:57		
55	84	Edward Bedwell	MO40	Mynydd Du	GBR	0:43:33	0:28:39	1:12:12		

56	68	Dean Perry	MO40		GBR	0:33:00	0:39:45	1:12:45		
57	30	Kerina Lake	W45	Swansea Bay OC (SBOC)	CYM	0:42:59	0:29:48	1:12:47		
58	25	Charlotte Milner	WSEN	Mynydd Du	GBR	0:44:52	0:29:41	1:14:33		
59	52	Matthew Farrer	MO45	Mynydd Du	GBR	0:44:53	0:29:48	1:14:41		
60	46	Adrian Moir	MO65	Mynyddwyr De Cymru (MDC)	GBR	0:42:26	0:33:49	1:16:15		
61	19	Howard Kent	MO70	Les Croupiers	GBR	0:42:56	0:33:59	1:16:55		
62	6	Gareth Fullerton	MO45		GBR	0:45:08	0:31:55	1:17:03		
63	18	Brigitte Allen	W50	Chepstow Harriers	GBR	0:47:30	0:35:14	1:22:44		
64	16	Ceri Richards	MO50	Chepstow Harriers	GBR	0:47:30	0:35:16	1:22:46		
65	39	Beverley Tucker	W55	Mynydd Du	GBR	0:50:42	0:34:03	1:24:45		
66	60	Sean Gibbs	MOSEN		GBR	0:47:05	0:38:43	1:25:48		
67	73	Matthew Fletcher	MOSEN		GBR	0:54:01	0:31:47	1:25:48		
68	62	Sheridan Lacey	MOSEN		GBR	0:49:05	0:36:47	1:25:52		
69	23	Jemma Nurse	W55	Les Croupiers	GBR	0:52:06	0:34:02	1:26:08		