

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:20:21	BAKER, Julian	Les Croupiers	Senior Men	225	1
2	0:20:22	RICHARDS, Paul	Swansea Harriers	Senior Men	60	2
3	0:21:34	CRANE, Philip	Neath	MV40	18	3
4	0:21:37	MEYLER, Chris	Pontypridd Rodents	Senior Men	22	4
5	0:22:19	DUKES, Nick	Les Croupiers	Senior Men	87	5
6	0:22:58	TABOR, Mick	San Domenico	MV50	19	6
7	0:23:08	TOWNSEND, Matthew	Les Croupiers	Senior Men	43	7
8	0:23:18	CHESHIRE, Calum	Chepstow Harriers	Senior Men	27	8
9	0:23:22	ELLIS, Melanie	Shaftesbury Barnet	LV40	20	9
10	0:23:27	MORRIS, Ronald	San Domenico	MV50	47	10
11	0:23:36	FEREDAY, Gareth	Newport Harriers	Senior Men	36	11
12	0:23:38	PAYNE, Ben		Senior Men	77	12
13	0:23:52	VEALE, Garry	Chepstow Harriers	MV40	220	13
14	0:23:56	MEYLER, Phil	Pontypridd Rodents	MV45	23	14
15	0:23:59	YULE, Helen	Llswerry Runners	LV35	80	15
16	0:24:07	PLAIN, John	Les Croupiers	MV55	10	16
17	0:24:11	JONES, Chris	Llswerry Runners	MV45	249	17
18	0:24:15	CLISSOLD, Martin	Les Croupiers	MV45	96	18
19	0:24:15	OAK, Vincent		MV40	83	19
20	0:24:15	LEGGE, Alan	Fairwater Runners	Senior Men	7	20
21	0:24:20	ASTON, Jeff	Les Croupiers	MV55	40	21
22	0:24:20	BETTS, Kevin	Fairwater Runners	Senior Men	11	22
23	0:24:23	CARZANA, Tony	Pegasus Running Club	MV55	39	23
24	0:24:24	OSMOND, Clive	Les Croupiers	MV40	9	24
25	0:24:28	WOODS, Mike		Senior Men	14	25
26	0:24:34	WALTON, Alan	San Domenico	Senior Men	55	26
27	0:24:36	DELANEY, James	San Domenico	MV45	46	27
28	0:24:37	GEORGE, Phillip	Les Croupiers	Senior Men	59	28
29	0:24:40	HARVEY, Mark	Chepstow Harriers	Junior Men	31	29
30	0:24:41	DAWES, Paul	San Domenico	Senior Men	48	30
31	0:24:42	FRY, Mark	Fairwater Runners	MV40	6	31
32	0:24:51	MILES, Phil	Club 69	MV50	204	32
33	0:24:53	WOODS, Garry	Fairwater Runners	MV40	29	33
34	0:24:55	EVANS, Robert	Les Croupiers	MV50	42	34
35	0:24:57	RAMSEY, Michael		MV40	88	35
36	0:25:01	RAINBIRD, Derek	Club 69	MV50	91	36
37	0:25:02	MASON, Howard	Caerleon Running Club	Senior Men	230	37
38	0:25:08	LOVETT, Brian	San Domenico	Senior Men	56	38
39	0:25:14	SPENCER, Andrew	Griffithstown Harriers	MV40	8	39
40	0:25:25	LLOYD, Gwyn	Pontypridd Rodents	MV45	15	40
41	0:25:30	DALLOW, Andy	Forest of Dean A C	MV40	100	41
42	0:25:34	COATES, Richard		Senior Men	78	42
43	0:25:36	HILL, Peter	Stratford AC	MV50	13	43
44	0:25:39	CHRISTIE, Paul	Chepstow Harriers	Senior Men	99	44
45	0:25:40	BRADLEY, Colin	Llswerry Runners	MV45	72	45
46	0:25:41	WARREN, Simon		MV40	86	46
47	0:25:42	MORGAN, Chris	Caerleon Running Club	Senior Men	228	47
48	0:25:43	DONNAN, Graeme	Les Croupiers	MV50	52	48
49	0:25:44	MORGAN, Barry	Fairwater Runners	Senior Men	28	49
50	0:25:45	LLEWELLYN, Judith	Chepstow Harriers	LV40	67	50
51	0:25:46	MANN, Alan	Les Croupiers	MV45	34	51
52	0:25:48	HOARE, Patrick		Senior Men	208	52
53	0:25:51	DURSLEY, Paul	Llswerry Runners	MV50	65	53

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54	0:25:56	HAMER, Ian	Chepstow Harriers	Senior Men	218	54
55	0:25:59	ROBERTS, Aled	Core Strength	Senior Men	79	55
56	0:26:06	BOON, Richard	Les Croupiers	MV40	32	56
57	0:26:08	LOSEBY, Dave	Chepstow Harriers	Senior Men	236	57
58	0:26:15	JAMES, Matt		Junior Men	92	58
59	0:26:17	WATSON, Andy		MV40	81	59
60	0:26:18	BROOKS, Clive	Caerleon	MV50	25	60
61	0:26:21	SCHOLEY, Julie	Les Croupiers	LV40	76	61
62	0:26:25	POPE, Tim		Senior Men	37	62
63	0:26:26	JOHN, Gareth	Les Croupiers	MV45	95	63
64	0:26:27	WADE, Ian	Chepstow Harriers	MV40	68	64
65	0:26:32	DERRICK, Ian	Les Croupiers	Senior Men	94	65
66	0:26:33	TURNER, John	Stratford AC	MV60	12	66
67	0:26:39	O'SULLIVAN, Tim	Les Croupiers	MV45	53	67
68	0:26:50	HOWELLS, David	Llisbury Runners	MV45	63	68
69	0:26:53	EDWARDS, Wendy	Les Croupiers	LV40	30	69
70	0:26:58	CONNOR, Shaun	Les Croupiers	Senior Men	17	70
71	0:26:59	SHAW, Lorna	Chepstow Harriers	LV40	226	71
72	0:27:23	GRANT, Neil	Chepstow Harriers	MV50	242	72
73	0:27:23	THOMAS, Peter	Caerleon Running Club	MV40	207	73
74	0:27:31	HEATH, Peter		Senior Men	233	74
75	0:27:36	JAMES, John	Severn AC	MV50	3	75
76	0:27:37	SAXENA, Ann	Newport Harriers	LV45	82	76
77	0:27:40	JENKINS, Paul	Griffithstown Harriers	MV50	26	77
78	0:27:48	LOCKWOOD, Stephen	Newport Harriers	MV45	4	78
79	0:27:53	REES, Kate		LV35	85	79
80	0:28:01	ROBERTS, Leon	Llisbury Runners	Junior Men	251	80
81	0:28:02	BATTERSBY, Nick	Chepstow Harriers	MV40	202	81
82	0:28:03	HENDRY, Neil	Penarth & Dinas	MV45	62	82
83	0:28:07	JOHNSON, Andrew	Llisbury Runners	MV40	21	83
84	0:28:10	JEFFERS, Neil		MV40	71	84
85	0:28:12	MORGAN, Niki	Chepstow Harriers	LV35	201	85
86	0:28:25	THOMAS, Michael		MV40	238	86
87	0:28:27	SEDGMOND, Andrew	Les Croupiers	MV45	89	87
88	0:28:28	HORREX, Arran	Newport Harriers	Senior Men	234	88
89	0:28:37	SHAW, Tony	Chepstow Harriers	MV50	227	89
90	0:28:45	JENKINS, Ben		Senior Men	24	90
91	0:28:50	WYBRANT, David	Llisbury Runners	MV55	64	91
92	0:28:53	PHILLIPS, Tony	Griffithstown Harriers	MV45	41	92
93	0:28:56	CREBER, Andy	Chepstow Harriers	MV45	245	93
94	0:29:09	WILLIAMS, Stephen	Les Croupiers	MV45	222	94
95	0:29:14	HOLDEN, Andrew	Les Croupiers	MV40	70	95
96	0:29:15	CANTWELL, Berna	Chepstow Harriers	LV40	221	96
97	0:29:19	BUCKLAND, Jenny		LV35	84	97
98	0:29:20	QUILTER, Paul	Llisbury Runners	MV55	235	98
99	0:29:25	POWELL, Michael	Caerleon Running Club	MV55	246	99
100	0:29:27	AUSTIN, Jacky	Club 69	LV50	205	100
101	0:29:30	JONES, Nigel	Caerleon	MV50	2	101
102	0:29:35	DANIELS, Peta	Llisbury Runners	LV35	49	102
103	0:29:45	JENKINS, Jeanette	Fairwater Runners	LV40	237	103
104	0:29:54	MORRIS, Jan	Newport Harriers	LV35	90	104
105	0:29:57	BARRETT, Esther	Chepstow Harriers	Senior Ladies	232	105
106	0:29:58	BARKER, Rob	Chepstow Harriers	Senior Men	98	106
107	0:30:02	WILLIAMS, Frances	Les Croupiers	LV35	38	107
108	0:30:06	FROST, Tony	Llisbury Runners	MV45	213	108
109	0:30:22	JAMES, Dawn		LV40	93	109

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110	0:30:33	BEWG, Bill	Chepstow Harriers	MV60	1	110
111	0:30:35	CLARK, Andrea	Llswerry Runners	LV35	50	111
112	0:30:50	GREY, Laura	Griffithstown Harriers	LV35	97	112
113	0:30:53	HOWELLS, Gwyn	Caerleon Running Club	MV50	247	113
114	0:30:54	TURNER, Steve		MV40	58	114
115	0:30:57	EVANS, Peter		MV55	211	115
116	0:31:01	JONES, Paul		Senior Men	254	116
117	0:31:02	TOTTLE, Eryl	Llswerry Runners	Senior Men	75	117
118	0:31:24	CLARK, Nicholas		MV40	51	118
119	0:31:27	JENKIN, Gordon		MV45	44	119
120	0:31:29	JONES, Joanna	Caerleon Running Club	Senior Ladies	214	120
121	0:31:32	COE, Nigel	Almost Athletes	MV50	223	121
122	0:31:39	OWEN, Joanne	Caerleon Running Club	LV35	248	122
123	0:31:42	PARRY, Colin	Chepstow Harriers	MV45	203	123
124	0:31:43	WILLIS, Ian		Senior Men	33	124
125	0:31:44	MCCARTHY, David		Senior Men	256	125
126	0:31:45	BURCHELL, Julie	Griffithstown Harriers	Senior Ladies	61	126
127	0:31:57	JENKINS, Nigel	San Domenico	Senior Men	54	127
128	0:31:58	HOLDEN, Rachel	Les Croupiers	LV35	69	128
129	0:32:01	HOWELL, Kim	Caerleon Running Club	LV45	209	129
130	0:32:27	ANDERSON, Philip	Llswerry Runners	Senior Men	244	130
131	0:32:41	PEACOCK, Joanne	Llswerry Runners	LV35	73	131
132	0:32:58	EDWARDS, Duncan		Senior Men	45	132
133	0:33:03	FRY, John	Fairwater Runners	MV55	200	133
134	0:33:40	RICHARDS, Janet	Griffithstown Harriers	LV35	219	134
135	0:34:13	DENNIS, Kay		Senior Ladies	253	135
136	0:34:13	GREEN, Clare	San Domenico	LV35	206	136
137	0:34:38	BONERN, Steven		Senior Men	258	137
138	0:34:47	CEENEY, Karen	Llswerry Runners	LV45	224	138
139	0:35:00	MCCARTHY, Paul		Senior Men	257	139
140	0:35:00	HOWELL, Steve	Newport Harriers	MV50	210	140
141	0:35:56	PEARSON, Frances	Caerleon Running Club	Senior Ladies	229	141
142	0:36:05	DAVIES, Emma	Fairwater Runners	Senior Ladies	231	142
143	0:36:17	HARNETT, Max	Fairwater Runners	MV65+	66	143
144	0:36:18	ANDERSON, Keith	Llswerry Runners	MV40	243	144
145	0:36:25	ROBERTS, David	Llswerry Runners	Senior Men	250	145
146	0:36:33	MASTERS, Anne	Chepstow Harriers	LV55+	241	146
147	0:36:42	BURRIDGE, Marianne	Fairwater Runners	LV45	239	147
148	0:37:02	HOUGH, Sue	Chepstow Harriers	Senior Ladies	240	148
149	0:37:10	FEAR, Vicky	Llswerry Runners	Senior Ladies	74	149
150	0:37:10	GIBSON, Claire		Senior Ladies	252	150
151	0:37:17	WOOLLEY, Julie		Senior Ladies	255	151
152	0:37:27	JONES, Carol	Caerleon Running Club	LV55+	215	152
153	0:38:05	HARRIS, Ron	Llswerry Runners	MV65+	57	153
154	0:39:00	PARAGREEN, Norman	Stratford AC	MV65+	16	154
155	0:39:16	JAMES, Emma		Senior Ladies	212	155
156	0:39:16	HARRIS, Liz		Senior Ladies	216	156
157	0:39:20	MORGAN, Julie	Fairwater Runners	Senior Ladies	35	157

There were 157 finishers in the All Competitors category.