

No.	Surname	Forename	Club	Cat.	M/F	Pos.	Time
314	Hugh	Aggleton	MDC	SM	M	1	59:53:00
310	Paul	Murrin	Chepstow Harriers	V40	M	2	1:00:07
311	James	Blore	Chepstow Harriers	SM	M	3	1:00:35
329	Iestyn	Rhodes	Mynydd Du	V40	M	4	1:06:12
318	Tom	Mollekin	Mynydd Du	SM	M	5	1:08:42
323	Tom	Turner	Mynydd Du	SM	M	6	1:12:23
319	Jeremy	Jehan	Wye Valley Runners	V40	M	7	1:13:07
301	Nikki	Morgan	Chepstow Harriers	V50	F	8	1:14:45
326	Shaun	Styles	Griffithstown Harriers	SM	M	9	1:16:46
334	Nathan	Kersley	Pontypool & District Runners	SM	M	10	1:17:39
338	Sammi	Toop	Mynydd Du	SF	F	11	1:17:48
313	Andy	Blackmore	MDC	V50	M	12	1:17:53
325	David	Wheeler	Chepstow Harriers	SM	M	13	1:18:45
309	Matthew	Lawson	Chepstow Harriers	V40	M	14	1:19:02
300	Steve	Owen	Chepstow Harriers	V60	M	15	1:19:14
312	Simon	Wheeze	Brycheniog	V50	M	16	1:21:12
321	Jane	Horler	Chepstow Harriers	V40	F	17	1:21:15
303	Stefan	Morfey	UA	SM	M	18	1:21:59
320	Simon	Fish	Pontypool & District Runners	V40	M	19	1:22:28
327	Ieuan	Kingston	Pontypool & District Runners	SM	M	20	1:25:33
330	Michael	Marks	FoD	V50	M	21	1:26:40
317	Helen	Brown	Mynydd Du	V40	F	22	1:27:04
339	Lou	Summers	Mynydd Du	V50	F	23	1:27:27
337	Michael	Skyrme	Fairwater	V40	M	24	1:31:15
324	Steve	Kersley	UA	V50	M	25	1:31:55
304	Adrian	Frowen	UA	V50	M	26	1:32:21
328	Keith	Langley	Pontypool & District Runners	V60	M	27	1:32:29
302	Pete	Morfey	Cardiff Harlequins	V60	M	28	1:33:46
322	Mark	Batten	Chepstow Harriers	V40	M	29	1:36:11
308	Tim James	Buckley	Chepstow Harriers	V50	M	30	1:39:38
306	Hamish	Hughson	Chepstow Harriers	V40	M	31	1:39:45
333	Stefanie	Francis	FoD	V50	F	32	1:46:38
336	Joel	Griffin	UA	SM	M	33	1:51:14
315	Wendy	Sharpe-Nash	Chepstow Harriers	V50	F	34	1:55:27
316	John	Nash	Chepstow Harriers	V50	M	35	1:55:27
331	Chris	Hawkins	FoD	V60	M	36	2:00:25
332	Liselette	Adams	FoD	V40	F	37	2:05:26

335	Chloe	Cureton	UA	SF	F	38	2:05:27
305	Lynne Gail	Buckley	Chepstow Harriers	V50	F	39	2:40:15
307	Sharron	Bukridge	Chepstow Harriers	V40	F	40	2:49:40

Prizes

<u>Race</u>	Men	Women
1st	Hugh Aggleton	Niki Morgan
2nd	Paul Murrin	Sammi Toop
3rd	James Blore	Jane Horler
<u>V40</u>		
1st	Iestyn Rhodes	Helen Brown
2nd	Jeremy Jehan	Liselette Adams
3rd	Matthew Lawson	Sharon Bukridge
<u>V50</u>		
1st	Andy Blackmore	Lou Summers
2nd	Simon Wheeze	Stefanie Francis
3rd	Michael Marks	Wendy Sharpenash
<u>V60</u>		
1st	Steve Owen	
2nd	Keith Langley	
3rd	Pete Morfey	
<u>Team</u>	Mynydd Du	Mynydd Du
	Iestyn Rhodes	Sammi Toop
	Tom Molekin	Helen Brown
	Tom Turner	Lou Summers