

Position	Number	Time	Name	Surname	M/F	Age C	Club
1	65	0:37:19	Jon	Like	M	S	Mynydd Du
2	49	0:37:41	Joseph	Reardon	M	S	Aberdare Valley
3	25	0:37:51	Joel	Price	M	S	Cardiff AAC
4	1	0:38:51	Andy	Lee	M	V40	Pont-y-pwl
5	69	0:39:24	Daniel	Bodman	M	S	Pontypridd Roadents
6	61	0:39:41	Sam	Ryall	M	V40	MDC
7	28	0:39:51	Gareth	Grey	M	S	Torfaen
8	42	0:40:36	Mike	Erskine	M	S	Unattached
9	22	0:41:24	Jon	Ford	M	S	Fairwater
10	75	0:43:54	Paul	White	M	V40	Pont-y-pwl
11	92	0:48:57	Annette	Sanford	F	V50	Torfaen
12	54	0:49:59	Michael	Darke	M	S	CDF Runners
13	41	0:50:38	Evan	Key	M	S	Torfaen Runners
14	66	0:50:54	Naomi	Law	F	V40	Mynydd Du
15	55	0:51:00	Gareth	Purkis	M	S	Caerleon
16	87	0:53:48	Stuart	Duncan	M	V60	Chepstow
17	39	0:53:53	Mike	Pobjoy	M	V50	Llisbury
18	59	0:54:11	Colin	Cottell	M	V60	Mynydd Du
19	9	0:54:34	Tom	Annetts	M	V40	Chepstow
20	76	0:55:17	Paul	Harvey	M	V40	Pont-y-pwl
21	15	0:55:32	Melissa	Morgan	F	S	Islwyn
22	46	0:55:44	David	Smout	M	V70	Mynydd Du
23	86	0:55:47	Martin	Stark	M	V50	Pont-y-pwl
24	70	0:55:55	Simon	Fish	M	V40	Pont-y-Pwl
25	68	0:56:00	Bob	Watson	M	V50	Llisbury
26	52	0:56:09	Nick	Clarke	M	V50	Griffithstown
27	48	0:56:17	Flora	Gunner	F	V50	Croft Ambrey
28	73	0:56:32	Neill	Parker	M	V50	Islwyn
29	78	0:56:42	Marc	Cross	M	S	Griffithstown
30	35	0:56:45	Jorge	Quintero	M	S	Unattached
31	84	0:57:05	Daniela	Gormley	F	V50	Pont-y-pwl
32	44	0:57:29	Keith	Langley	M	V60	Pont-y-pwl
33	38	0:57:37	Alistair	Cummings	M	V40	Pont-y-pwl
34	43	0:57:43	Briony	Latter	F	S	Unattached
35	62	0:58:00	Tracy	Baker	F	V50	Pont-y-pwl
36	12	0:58:02	Gareth	Jones	M	V70	MDC
37	36	0:58:47	Andrew	Jones	M	V50	Caerphilly
38	47	0:59:02	Gary	Gunner	M	V70	Croft Ambrey
39	4	0:59:07	Kevin	Davies	M	V50	Mynydd Du
40	16	0:59:23	Derek	Spear	M	V50	Run4All Neath
41	57	0:59:39	Karen	Elvers	F	V40	MDC
42	79	0:59:49	David	Sheard	M	V50	Ogmore Phoenix
43	81	0:59:59	Louise	Bright	F	V40	Pont-y-pwl
44	63	1:00:24	Gillian	Marshall	F	V50	Unattached
45	37	1:00:57	Paul	Morris	M	V50	Unattached
46	10	1:01:11	Steve	Owen	M	V60	Chepstow
47	31	1:01:30	Stefanie	Francis	F	V50	Forest of Dean AC
48	21	1:03:02	Michelle	Clabon	F	V50	Caerleon
49	56	1:03:03	Justin	Pocknell	M	V50	Caerleon
50	23	1:04:04	Claire	Sullivan	F	S	PBB
51	72	1:04:48	Stacey Anne	Morgan	F	V50	Pont-y-pwl
52	20	1:06:21	Anita	Herbert	F	V60	Pontypool Phoenix
53	24	1:08:30	Andrew	Jones	M	V40	PBB
54	34	1:08:31	Lisa	Jeffrey	F	V50	Chepstow

55	53	1:08:32	Josh	Harris	M	V50	Lonely Goat
56	7	1:08:59	Mark	Nicol	M	V50	Chepstow
57	8	1:09:26	Sonia	Unsted	F	V50	Chepstow
58	19	1:09:34	Lynne	Williams	F	V40	Pontypool Phoenix
59	45	1:09:42	Daniel	Newton	M	V40	Pont-y-pwl
60	90	1:13:50	Craig	Hopkins	M	V40	Torfaen
61	85	1:14:20	Ben	Sinclair	M	V40	Pont-y-pwl
62	80	1:14:24	Brett	Mahoney	M	S	Mynydd Du
63	83	1:14:47	John	Keeble	M	S	Pont-y-pwl
64	26	1:15:06	Daniel	Price	M	S	PBB
65	32	1:15:39	Lisa	Nicholls	F	V50	Lliswerry
66	67	1:15:40	Katija	Dew	F	V50	Lliswerry
67	11	1:16:23	Denise	Evans	F	V50	Chepstow
68	14	1:16:31	Jane	Bayliss	F	V60	Chepstow
69	29	1:17:54	Millicent	Pink	F	V40	Pont-y-pwl
70	3	1:18:08	Vicky	Davies	F	V40	Chepstow
71	77	1:19:40	Adrian	Murkin	M	V50	Pont-y-pwl
72	91	1:19:41	Gareth	Davies	M	V40	Pont-y-pwl
73	40	1:19:43	Rowena	Mayo	F	S	Pontypool Phoenix
74	89	1:27:07	Alison	Jarvis	F	V40	Unattached
75	6	1:34:20	Cherry	Fowler	F	V50	Chepstow
76	33	1:34:25	James	Boyles	M	V50	Chepstow
77	2	1:34:30	Niki	Morgan	F	V50	Chepstow
78	58	1:38:55	Tom	Harrison	M	V80	Mynydd Du
79	74	1:57:39	Matthew	Lawson	M	V50	Chepstow
DNS	17	*****	Paul	Adams	M	V40	Caerleon
DNS	13	*****	Geoff	Bayliss	M	V70	Chepstow
DNS	5	*****	Sarah	Bell	F	v40	Chepstow
DNS	60	*****	Paul	Dodd	M	V60	Chepstow
DNS	88	*****	Lena	Evans	F	V50	Griffithstown
DNS	64	*****	Zoe	Elver	F	V50	Pont-y-pwl
DNS	51	*****	Neil	Grant	M	V60	Chepstow
DNS	27	*****	Damian	Heward	M	V40	Blaenavon
DNS	71	*****	Allison	Hughes	F	V50	Griffithstown
DNS	18	*****	Ross	Matthews	M	S	Islywn
DNS	50	*****	Molly	Reardon	F	S	Unattached
DNS	93	*****	Sharon	Woods	F	V60	Pont-y-pwl
DNS	82	*****	Stephen	Wright	M	S	Pont-y-pwl

Male		Club	Female		Club
Overall			Overall		
1	Jon Like	Mynydd Du	1	Annette Sanford	Torfaen
2	Joseph Reardon	Aberdare Valley	2	Naomi Law	Mynydd Du
3	Joel Price	Cardiff AAC	3	Melissa Morgan	Islwyn
V40			V40		
1	Andy Lee	Pont-y-pwl	1	Naomi Law	Mynydd Du
2	Sam Ryall	MDC	2	Karen Elvers	MDC
3	Paul White	Pont-y-pwl	3	Louise Bright	Pont-y-pwl
V50			V50		
1	Mike Pobjoy	Liswerry	1	Annette Sanford	Torfaen
2	Martin Stark	Pont-y-pwl	2	Flora Gunner	Croft Ambrey
3	Bob Watson	Liswerry	3	Daniela Gormley	Pont-y-pwl
V60			V60		
1	Stuart Duncan	Chepstow	1	Anita Herbert	Pontypool Phoenix
2	Colin Cottell	Mynydd Du	2	Jane Bayliss	Chepstow
3	Keith Langley	Pont-y-pwl	3		
V70					
1	David Smout	Mynydd Du			
2	Gareth Jones	MDC			
3	Gary Gunner	Croft Ambrey			
V80					
1	Tom Harrison	Mynydd Du			
2					
3					

Club Result: (1st 4 Runners Home)

- 1 Mynydd Du
- 2 Pont-y-Pwl
- 3 Chepstow