

Night Race 2 - Cannop
 FoD: 5.0 miles
 Thursday 10-Jan-2019 at 19:30
 Organised by: Rogue Runs
 Race Results

Pos	Bib Name	Cat	Club	Race Time	Gender Pos	Cat Pos
1	260 Owain JONES	M Senior	Bristol & West Ac	00:30:34	1	1
2	446 Edd CHARLTON-WEEM	M Senior	Cheltenham Harriers	00:32:16	2	2
3	421 Darren BISHOP	M Senior	Pontypridd Roadents Ac	00:32:48	3	3
4	264 Sam JONES	M Senior	Parc Bryn Bach Rc	00:33:26	4	4
5	429 Gavin JONES	M Senior	Monross Trailblazers	00:33:51	5	5
6	281 Jon LIKE	M Senior	Torfaen Runners	00:33:57	6	6
7	313 Tom MOLLEKIN	M Senior	Torfaen Runners	00:34:27	7	7
8	237 Steven HARRIS	M V40	Forest Of Dean Ac	00:34:28	8	1
9	366 Jason SCOTT	M Senior	Running For Time	00:34:39	9	8
10	271 Rhys KNIGHT	M Senior	Llisbury Runners	00:34:42	10	9
11	639 Wayne BEVAN	M V40	Forest Of Dean Ac	00:34:46	11	2
12	370 Cory SHERWIN	M Junior	Forest Of Dean Ac	00:35:13	12	1
13	252 Daniel HURLEY	M Senior	Lichfield Running Club	00:36:13	13	10
14	194 Gethin EDWARDS	M V40	Pontyclun Road Runners	00:36:27	14	3
15	222 Tara GROSVENOR	F Senior	Cheltenham Harriers	00:36:30	1	1
16	246 Brian HOSTY	M V40	Unattached	00:36:36	15	4
17	1166 Richard CRONIN	M Senior	Forest Of Dean Ac	00:36:48	16	11
18	419 Harry WOOD	M Senior	Forest Of Dean Ac	00:37:17	17	12
19	235 Pete HAYNES	M Senior	Gloucester Ac	00:37:18	18	13
20	221 Brendan GRIFFITHS	M Senior	Thornbury Rc	00:37:27	19	14
21	354 Stu REES	M Senior	Unattached	00:37:42	20	15
22	803 Helen BROWN	F V45	Forest Of Dean Ac	00:37:55	2	1
23	1069 Alex CLARIDGE	M V45	Tnbc	00:37:59	21	1
24	404 David WHEELER	M Senior	Chepstow Harriers	00:38:16	22	16
25	1169 Simon DARKE	M V60	Maindy Harriers	00:38:19	23	1
26	424 Rhodri EVANS	M V40	Pontypridd Roadents Ac	00:38:20	24	5
27	326 Darren OULD	M Senior	Maindy Harriers	00:38:32	25	17
28	407 Alan WILCOX	M V45	North Bristol Rc	00:38:34	26	2
29	212 Jamie GODDARD	M V45	Chepstow Harriers	00:38:37	27	3
30	1175 Andrew DICKENS	M V45	Torfaen Runners	00:38:45	28	4
31	447 Charles RUSSELL	M Senior	Unattached	00:38:51	29	18
32	329 Andrew PATERSON	M V45	Clc Striders	00:38:52	30	5
33	217 James GREGORY	M Senior	Unattached	00:38:53	31	19
34	396 Andy TURNER	M Senior	Unattached	00:38:54	32	20
35	998 Paul CARRUTHERS	M V40	Hucclecote Harriers	00:38:54	33	6
36	431 Lea WOOD	M Senior	Wye Valley Runners	00:38:57	34	21
37	144 Scott BERRY	M V40	Forest Of Dean Ac	00:39:03	35	7

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38	199 James FLETCHER	M V50	Monross Trailblazers	00:39:12	36	1
39	363 Clare PATTERSON	F Senior	Torfaen Runners	00:39:40	3	2
40	394 Lee TURLEY	M Senior	Unattached	00:39:43	37	22
41	395 Alex TURLEY	M Senior	Unattached	00:39:43	38	23
42	445 Gavin WILLIAMS	M V45	Unattached	00:39:49	39	6
43	456 Jamie BISHOP	M Senior	Pontypridd Roadents Ac	00:39:59	40	24
44	315 Stephen MORGAN	M V45	Fairwater Runners	00:40:13	41	7
45	1151 Thomas COCHRANE	M Senior	Ngoc	00:40:15	42	25
46	451 Ian BEDDIS	M V40	Unattached	00:40:19	43	8
47	289 Ian MACKLIN	M V45	Mdc	00:40:24	44	8
48	450 Lisa JEFFREY	F V45	Chepstow Harriers	00:40:29	4	2
49	390 Nick CUTLIFFE	M V45	Forest Of Dean Ac	00:40:29	45	9
50	417 Alastair WILLIAMS	M V45	Tnbc	00:40:31	46	10
51	327 Steve OWEN	M V65	Chepstow Harriers	00:40:37	47	1
52	335 Simon PETERSON	M V45	Islwyn Rc	00:40:55	48	11
53	245 Liam HOPKINS	M Senior	Unattached	00:40:56	49	26
54	210 David GEORGE	M V60	Westbury Harriers	00:41:04	50	2
55	336 Rhys PHELPS	M Senior	Unattached	00:41:06	51	27
56	325 Tim OLIVER	M V45	Monross Trailblazers	00:41:22	52	12
57	1176 Jonathan DIMMER	M V40	Tnbc	00:41:29	53	9
58	433 Andy CHAMBERLAIN	M Senior	Wye Valley Runners	00:41:32	54	28
59	448 Laura FROWEN	F Senior	Unattached	00:41:35	5	3
60	219 James GRIFFITHS	M V50	Newent Runners	00:41:36	55	2
61	223 Tommi GROVER	M V40	Bok	00:41:37	56	10
62	412 John WILLIAMS	M V45	Hucclecote Harriers	00:41:38	57	13
63	288 Lucy MACDONALD	F Senior	Spirit Of Monmouth Rc	00:41:39	6	4
64	307 Steven MESHAM	M V45	Presteigne Pacers Running Club	00:41:42	58	14
65	207 Paul GEBBETT	M V45	Dursley Running Club	00:41:45	59	15
66	317 Chris MORGAN	M V40	Unattached	00:41:54	60	11
67	1026 Martin CHAMMINGS	M Senior	Parc Bryn Bach Rc	00:42:01	61	29
68	208 Jonny GENTLE	M Senior	Apex Outdoor Monmouth	00:42:07	62	30
69	265 Richard Wyn JONES	M V50	Unattached	00:42:10	63	3
70	295 Jason MATHER	M V45	Hucclecote Harriers	00:42:13	64	16
71	321 Chris MUNTUN	M Senior	Forest Of Dean Ac	00:42:17	65	31
72	225 Henry HACKFORD	M Senior	Unattached	00:42:20	66	32
73	368 Donna SHEEN	F Senior	Forest Of Dean Ac	00:42:23	7	5
74	268 Kezia JUKES	F Senior	Monmouth Triathlon Club	00:42:28	8	6

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75	432 Shaun HOYES	M V55	Wye Valley Runners	00:42:43	67	1
76	286 Louise SUMMERS	F V50	Torfaen Runners	00:42:44	9	1
77	332 Nigel PENN	M V55	Unattached	00:42:53	68	2
78	936 Gary BURLEY	M V55	Forest Of Dean Ac	00:42:58	69	3
79	1156 Ryan COLESHILL	M Senior	Unattached	00:43:00	70	33
80	452 James UPHAM	M Senior	Unattached	00:43:06	71	34
81	381 Patrick RENNISON	M V55	Forest Of Dean Ac	00:43:11	72	4
82	131 Mhamed BEN SHABAN	M Senior	Maindy Harriers	00:43:25	73	35
83	1168 Sara CURRIE	F Senior	Unattached	00:43:35	10	7
84	74 Ian BAYLISS	M V50	Y Fenni Triathlon	00:43:37	74	4
85	72 Simon BARKER	M V60	Newent Runners	00:43:38	75	3
86	409 James WILDEN	M V45	Broadway Tower Charity Run	00:43:43	76	17
87	248 Paul HOWELL	M V45	Tewkesbury Triathlon Club	00:43:47	77	18
88	444 Roger WILLIAMS	M V40	Torfaen Runners	00:43:52	78	12
89	305 Leanne MEEK	F Senior	Unattached	00:43:54	11	8
90	304 Leon MEEK	M V45	Rogue Runners	00:43:54	79	19
91	453 Rachel BRENTON	F Senior	Torfaen Runners	00:43:57	12	9
92	1165 Lynn CRO	F V45	Forest Of Dean Ac	00:44:01	13	3
93	387 Martin THOMAS	M Senior	Unattached	00:44:06	80	36
94	457 Richard MARTIN	M Senior	Pontypridd Roadents Ac	00:44:07	81	37
95	693 Rob BIRCHER	M V45	Clc Striders	00:44:08	82	20
96	449 Gareth JOHNS	M V40	Unattached	00:44:08	83	13
97	703 Martin BLAKEBROUGH	M V55	Spirit Of Monmouth Rc	00:44:11	84	5
98	435 Gavin JERMAN	M V55	Glc Striders	00:44:15	85	6
99	1170 Dafydd Trystan DAVIES	M V40	Agile Therapy Run	00:44:17	86	14
100	311 Daniel MILLIN	M Senior	Forest Of Dean Ac	00:44:18	87	38
101	364 Benjamin SANG	M Senior	Unattached	00:44:38	88	39
102	342 Robert POTTER	M V40	Unattached	00:44:39	89	15
103	331 Melissa PEARCE	F V45	Parc Bryn Bach Rc	00:44:42	14	4
104	434 Paul DAVIES	M V45	Wye Valley Runners	00:44:46	90	21
105	411 Daniel WILLIAMS	M Senior	Hucclecote Harriers	00:44:49	91	40
106	231 Emily HARPER	F Senior	Monmouth Triathlon Club	00:44:50	15	10
107	215 Malcolm GRAY	M V50	Hucclecote Harriers	00:44:50	92	5
108	202 Christian FORD	M Senior	Caerleon Running Club	00:44:51	93	41
109	1163 Duncan CRESSWELL	M V40	Newent Runners	00:44:54	94	16
110	384 David SUTTILL	M V40	Chepstow Harriers	00:45:05	95	17
111	224 Adrian GWILLIAM	M V50	Fairwater Runners	00:45:16	96	6

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112	276 Justin LAWRENCE	MV45	Unattached	00:45:30	97	22
113	414 Rebecca WILLIAMS	FV50	Parc Bryn Bach Rc	00:45:31	16	2
114	426 Graham JAMES	MV55	Forest Of Dean Ac	00:45:36	98	7
115	340 Bob POPE	MV55	Evesham Vale Rc	00:45:43	99	8
116	298 Paul McCULLAGH	MV50	Unattached	00:45:47	100	7
117	389 Nick THOMPSON	MV45	Unattached	00:45:48	101	23
118	874 Tim BUCKLEY	MV50	Chepstow Harriers	00:45:51	102	8
119	1050 Nerys CHAPLIN	F Senior	Spirit Of Monmouth Rc	00:45:51	17	11
120	388 Damion THOMPSON	MV45	Hucclecote Harriers	00:46:16	103	24
121	262 Dave JONES	MV45	Hucclecote Harriers	00:46:43	104	25
122	373 Marcus SMITH	MV45	Parc Bryn Bach Rc	00:46:44	105	26
123	406 Clive WHITEHOUSE	MV55	Unattached	00:46:45	106	9
124	238 Rob HICK	MV55	Wessex Orienteering Club	00:47:03	107	10
125	198 Declan FISSENDEN	M Junior	Unattached	00:47:43	108	2
126	1179 Paul DOWLING	MV60	Newent Runners	00:47:45	109	4
127	255 Claire JACKSON	FV40	Spirit Of Monmouth Rc	00:47:51	18	1
128	229 Lucy HAMMOND	FV45	Maindy Harriers	00:47:57	19	5
129	309 Shaun MILES	MV45	Unattached	00:48:11	110	27
130	821 Andrew BROWN	MV45	Malvern Joggers	00:48:40	111	28
131	369 Sue SHERGOLD	FV50	Forest Of Dean Ac	00:49:09	20	3
132	1150 Hannah CLEWETT	F Senior	Unattached	00:49:10	21	12
133	42 Alex ATACK	MV40	Unattached	00:49:19	112	18
134	423 Gerry ASHTON	MV65	Chepstow Harriers	00:49:53	113	2
135	220 Martin GRIFFITHS	MV50	Rogue Runners	00:49:54	114	9
136	257 Martyn JENKINS	MV55	Fairwater Runners	00:50:20	115	11
137	337 Ceri PHILLIPS	F Senior	Unattached	00:50:28	22	13
138	458 Amy DAVIES	F Senior	Pontypridd Roadents Ac	00:50:31	23	14
139	277 Kerry LAWRENCE	FV45	Unattached	00:50:44	24	6
140	798 Rachel BROWN	FV45	Dursley Running Club	00:50:44	25	7
141	30 Thomas ANNETTS	MV40	Cssc	00:50:53	116	19
142	291 Barbara MADDISON	FV55	Chepstow Harriers	00:51:09	26	1
143	338 Mike PBOJOY	MV50	Llisbury Runners	00:51:11	117	10
144	958 Phil BUTLER	MV65	Wye Valley Runners	00:51:13	118	3
145	428 Beth O'BRIEN	F Senior	Unattached	00:51:38	27	15
146	427 Nathan BLEAKEN	M Senior	Unattached	00:51:38	119	42
147	786 Bronwen BOYCE	FV40	Maindy Harriers	00:51:43	28	2
148	239 Chris HILL	MV50	Caerleon Running Club	00:51:46	120	11

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149	211 Will GEORGE	M Senior	Unattached	00:51:46	121	43
150	322 Louise MUTEHAM	F Senior	Lliswerry Runners	00:52:03	29	16
151	1167 Steve CROWTHER	M V55	Lliswerry Runners	00:52:03	122	12
152	263 Randal JONES	M V55	Lliswerry Runners	00:52:04	123	13
153	1180 Peter DOWSING	M Senior	Unattached	00:52:10	124	44
154	227 Sherryl HALL	F V50	Forest Of Dean Ac	00:52:16	30	4
155	960 Craig CAMERON	M V50	Unattached	00:52:17	125	12
156	347 Elaine PRESDEE	F V50	Unattached	00:52:19	31	5
157	438 Rebecca POOLE	F Senior	Fairwater Runners	00:52:23	32	17
158	275 Clare LAWRENCE	F Senior	Unattached	00:52:25	33	18
159	439 Barry LLEWELYN	M V55	Torfaen Runners	00:52:26	126	14
160	357 David ROSS	M Senior	Unattached	00:52:33	127	45
161	303 Scott MEDWAY	M V40	Unattached	00:52:36	128	20
162	274 Nicola LAING	F V40	Mendip Hills Hash House Harriers	00:52:38	34	3
163	1173 Corinna DE VRIES	F V45	Unattached	00:52:38	35	8
164	285 Rachael LONG	F Senior	Unattached	00:52:45	36	19
165	195 Jeff ELLAWAY	M V60	Runnewport	00:52:45	129	5
166	3 Liselette ADAMS	F V40	Forest Of Dean Ac	00:52:47	37	4
167	441 Robin FLETCHER	M V50	Rogue Runners	00:52:49	130	13
168	1178 Karen DORE	F V40	Lonely Goat Running Club	00:52:49	38	5
169	24 Donna ALBON	F Senior	Forest Of Dean Ac	00:52:50	39	20
170	251 Ellie HUGHES	F Senior	Lonely Goat Running Club	00:52:50	40	21
171	200 Cathy FLETCHER	F V45	Spirit Of Monmouth Rc	00:52:51	41	9
172	410 Amy WILDEN	F Senior	Lonely Goat Running Club	00:52:51	42	22
173	398 Daisy TURNER	F Junior	Unattached	00:52:56	43	1
174	233 Emily HARRISON	F Senior	Spirit Of Monmouth Rc	00:52:59	44	23
175	218 Laura GREY	F Senior	Spirit Of Monmouth Rc	00:52:59	45	24
176	228 Jeff HALL	M V45	Forest Of Dean Ac	00:53:00	131	29
177	1171 Kevin DAVIES	M V50	Runnewport	00:53:14	132	14
178	284 Hayley LLOYD	F Senior	Unattached	00:53:29	46	25
179	204 Julia FREARSON	F V40	Unattached	00:53:31	47	6
180	256 Stacey JELLYMAN	F Senior	Unattached	00:53:35	48	26
181	81 Damion BEARD	M Senior	Unattached	00:53:38	133	46
182	250 Chris HOWLEY	M V50	Hucclecote Harriers	00:53:42	134	15
183	385 Suzie TEW	F V45	Parc Bryn Bach Rc	00:53:47	49	10
184	20 Paul ALLEN	M V45	Forest Of Dean Ac	00:53:48	135	30
185	240 Laura HIRE	F Senior	Parc Bryn Bach Rc	00:53:49	50	27

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186	73 Emma BARTLETT	F V40	Unattached	00:53:53	51	7
187	1174 Carolyn DENT	F V55	Westbury Harriers	00:53:57	52	2
188	301 Jonathan MEAD	M V60	Pontyclun Road Runners	00:53:58	136	6
189	372 Nathan SMITH	M V40	Hucclecote Harriers	00:54:19	137	21
190	345 Catherine POWELL	F Senior	Pontyclun Road Runners	00:54:22	53	28
191	209 Andy GEORGE	M V55	Forest Of Dean Ac	00:54:22	138	15
192	397 Victoria TURNER	F V45	Unattached	00:54:23	54	11
193	443 Matt REES	M V40	Unattached	00:54:32	139	22
194	365 Emily SARGEANT	F Senior	Forest Of Dean Ac	00:54:37	55	29
195	348 Michelle PRICE	F Senior	Newent Runners	00:54:38	56	30
196	234 James HAWORTH	M Senior	Unattached	00:54:39	140	47
197	391 Mark TOOGOOD	M Senior	Unattached	00:54:39	141	48
198	232 Wendy HARRIS	F V50	Hucclecote Harriers	00:54:45	57	6
199	115 Nick BEEVERS	M V45	Hucclecote Harriers	00:54:46	142	31
200	216 Clare GREEN	F Senior	Newent Runners	00:54:47	58	31
201	236 Steve HENEGHAN	M V50	Unattached	00:54:54	143	16
202	287 Howard LOWE	M V55	Newent Runners	00:55:01	144	16
203	797 Kevin BROCKWAY	M V50	Dursley Running Club	00:55:03	145	17
204	280 Gareth LEWIS	M V45	Unattached	00:55:06	146	32
205	352 Steve REASON	M V50	Unattached	00:55:55	147	18
206	259 Mark JOHNSON	M V55	Unattached	00:56:03	148	17
207	454 Mike ANSTEY	M V60	Malvern Buzzards	00:56:11	149	7
208	278 John LAWSON	M V50	Southville Rc	00:56:41	150	19
209	282 Helen LIPSCOMB	F Senior	Forest Of Dean Ac	00:56:44	59	32
210	314 Chris MOORE	M V65	Forest Of Dean Ac	00:56:45	151	4
211	312 Claire MINETT	F V40	Newent Runners	00:56:45	60	8
212	62 Mark BAKER	M V50	Forest Of Dean Ac	00:56:53	152	20
213	907 Hannah BURLEY	F V45	Forest Of Dean Ac	00:56:57	61	12
214	293 Michael MARKS	M V50	Forest Of Dean Ac	00:56:58	153	21
215	67 Mary BAKER	F V50	Unattached	00:57:00	62	7
216	290 Simon MADDISON	M V65	Chepstow Harriers	00:57:17	154	5
217	270 Sophie KNIGHT	F Senior	Caerphilly Runners	00:57:33	63	33
218	408 Sheila WILCOX	F V50	North Bristol Rc	00:57:40	64	8
219	308 Melanie MILES	F V50	Unattached	00:58:06	65	9
220	383 Kirsten SUTTILL	F Senior	Chepstow Harriers	00:58:13	66	34
221	1007 Kim CARWARDINE	F Senior	Chepstow Harriers	00:58:13	67	35
222	261 Nikki JONES	F Senior	Caldicot Running Club	00:58:13	68	36

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223	401 Mark WARD	M Senior	Spirit Of Monmouth Rc	00:58:14	155	49
224	355 Felicity ROBBINS	F Senior	Caerleon Running Club	00:58:29	69	37
225	1172 Louise DAVISON	F V40	Unattached	00:58:33	70	9
226	379 Donna STAGG	F V40	Lliswerry Runners	00:58:37	71	10
227	440 Karen LLEWELYN	F V55	Torfaen Runners	00:58:57	72	3
228	741 Lisa BOLSTER	F Senior	Forest Of Dean Ac	00:58:57	73	38
229	249 Kathy HOWELL	F V60	Unattached	00:58:57	74	1
230	299 Liz McCULLAGH	F V45	Unattached	00:58:59	75	13
231	437 Pam WILLIAMS	F V60	Torfaen Runners	00:59:05	76	2
232	350 Claire PRICE	F V50	Runnewport	00:59:10	77	10
233	244 Louise HOPKINS	F V55	Lliswerry Runners	00:59:10	78	4
234	230 Julie HAPESHI	F V55	Hucclecote Harriers	00:59:12	79	5
235	1182 Nikki DURNELL	F Senior	Almost Athletes	00:59:21	80	39
236	436 Chris DURNELL	M Senior	Unattached	00:59:21	156	50
237	884 Paul BURGESS	M V60	Frampton Cotterell Harriers	00:59:33	157	8
238	272 Andrew KNOTT	M Senior	Forest Of Dean Ac	01:00:56	158	51
239	430 Peter FITZGERALD	M V50	Newent Runners	01:01:45	159	22
240	1161 David CORSTON	M V50	Newent Runners	01:01:47	160	23
241	266 Louise JONES	F Senior	Unattached	01:02:02	81	40
242	253 Catherine INGLESON	F V45	Runnewport	01:02:08	82	14
243	382 Tracy STRYDOM	F V50	Lliswerry Runners	01:02:08	83	11
244	1160 Sarah CORDELL	F V45	Unattached	01:02:14	84	15
245	1162 Emily COWBURN	F Senior	Unattached	01:02:38	85	41
246	376 Paul SMITH	M V40	Unattached	01:03:04	161	23
247	27 Sara ANDERSON JONES	F Senior	Unattached	01:03:04	86	42
248	1152 Francesca COLE	F V45	Hucclecote Harriers	01:03:31	87	16
249	362 Lindsay SALVAGE	F V55	Hucclecote Harriers	01:03:32	88	6
250	126 Kate BEEVERS	F V50	Hucclecote Harriers	01:03:32	89	12
251	356 Peter ROBERTS	M V60	Griffithstown Harriers	01:04:02	162	9
252	422 Hazel DOWLING	F Junior	Unattached	01:04:05	90	2
253	269 Julie KINGSTON	F V45	Unattached	01:04:13	91	17
254	455 Lynda BROADWAY	F V55	Malvern Buzzards	01:04:34	92	7
255	267 David JORDAN	M V55	Unattached	01:04:42	163	18
256	400 Mike WALLIS	M V40	Unattached	01:04:44	164	24
257	318 Leah MORRIS	F Senior	Spirit Of Monmouth Rc	01:04:55	93	43
258	377 Katie SPENCER	F Senior	Spirit Of Monmouth Rc	01:04:55	94	44
259	402 Natalie WEBB	F Senior	Hucclecote Harriers	01:05:11	95	45

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260	302 Vicky MEAD	F V50	Pontyclun Road Runners	01:05:52	96	13
261	214 Beverley GRAY	F V45	Hucclecote Harriers	01:05:54	97	18
262	1164 Carole CRESSWELL	F V45	Unattached	01:06:00	98	19
263	6 Laura ADAMS	F Senior	Unattached	01:07:13	99	46
264	358 Helen ROUSE	F Senior	Hucclecote Harriers	01:07:57	100	47
265	393 Kevin TUFFLEY	M V40	Unattached	01:08:05	165	25
266	978 Marie CARPENTER	F Senior	Unattached	01:08:06	101	48
267	442 Jackie TALBOT	F V50	Newent Runners	01:08:07	102	14
268	226 Dianne HAINES	F V50	Newent Runners	01:08:13	103	15
269	729 Emma BLEWITT	F Senior	Newent Runners	01:10:24	104	49
270	273 Helen KNOWLES	F V55	Newent Runners	01:10:25	105	8
271	425 Emily TREDWORTH	F Senior	Newent Runners	01:10:25	106	50
272	1158 Katie COOK	F V40	Newent Runners	01:10:35	107	11
273	193 Russ DYER	M V45	Newent Runners	01:10:35	166	33
274	1181 Helen DUNN	F V55	Spirit Of Monmouth Rc	01:14:19	108	9
275	940 Sian BURNS	F V50	Spirit Of Monmouth Rc	01:14:20	109	16
276	416 Sally WILLIAMS	F V45	Spirit Of Monmouth Rc	01:14:20	110	20
277	374 Diane SMITH	F V60	Spirit Of Monmouth Rc	01:14:20	111	3
278	1159 Tracy COOPER	F V40	Caerleon Running Club	01:14:54	112	12
279	205 Maxine GALL	F V40	Unattached	01:15:12	113	13
280	323 Sarah NEWALL	F V40	New Berkeley Harriers	01:15:13	114	14
281	258 Anne JENNER	F V55	Chepstow Harriers	01:15:16	115	10
282	957 Sharron BURRIDGE	F V45	Chepstow Harriers	01:15:52	116	21