

2017/2018 Winter Series			[Sort]	Fan Fawr	Sugar Loaf	Night Sugar	Blorengre	Skirrid	Craig Yr Allt	Hatterall Hammer	Sugar Loaf 7	Competed	Ave (Best 5)										
Pos	Name	Club	Cat.	Total	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Competed	Ave (Best 5)	
1	Andrew Tuckey	Bridgend AC	M40	506.87		0.00	0:43:43	101.81	0.00	0:27:05	99.52	0.00	0:31:16	100.36	0:27:21	106.72	0:53:10	98.46			5	101.37	
2	Peter Ryder	Brycheiniog	SM	506.48		0.00	0:43:23	102.56	0.00	0:27:47	96.92	0.00	0:30:00	104.40	0:28:36	102.46	0:52:17	100.15			5	101.30	
3	Alex Lewis	Forest Harriers	SM	472.44	0:20:53	101.04	0:50:22	86.88	0.00	0:29:26	90.80	0:34:16	94.37	0:33:37	92.87	0:31:16	93.36	1:00:32	84.39			7	94.49
4	Dan Sandford	Neath Of Dean AC	M40	469.79	0:20:35	102.46	0:47:53	92.45	0.00	0:29:34	90.30	0:35:01	92.06	0:34:52	88.89	0:31:31	92.51		0.00			6	93.96
5	Ian Whistance	Mynydd Du	M40	444.75	0:22:20	94.17	0:51:24	84.55	0.00	0:30:59	85.05	0:35:52	89.44		0.00	0:31:48	91.54		0.00			5	88.95
6	Helen Brown	Mynydd Du	F40	439.39	0:21:41	97.25		0.00	0.00	0:31:49	81.96	0:36:21	87.95	0:35:50	85.81	0:33:18	86.43		0.00			5	87.88
7	John Aggleton	MDC	M60	409.21	0:22:38	92.75	0:52:43	81.60	0.00	0:33:02	77.44	0:39:07	79.42	0:38:17	78.00		0.00		0.00			5	81.84
8	Niki Morgan	Mynydd Du	F50	402.38	0:23:44	87.54	0:53:59	78.75	0.00	0:35:24	68.66	0:39:25	78.49	0:38:14	78.16	0:35:21	79.43	1:06:27	73.09			7	80.48
9	Matthew Haynes	Builth & District RC	M40	398.28	0:23:27	88.88	0:56:12	73.77	0.00	0.00	0:39:00	79.78	0:39:04	75.50	0:35:05	80.34	1:07:59	70.16				6	79.66
10	Andy Horlick	Forest Of Dean AC	M40	397.57		0.00		0.00	0.00	0:34:10	73.24	0:39:02	79.68	0:37:22	80.92	0:32:57	87.62	1:04:52	76.11			5	79.51
11	Katie Ironside	MDC	SF	393.30		0.00	0:53:18	80.29	0.00	0.00	0:39:17	78.90	0:37:29	80.55	0:33:59	84.10	1:08:21	69.46				5	78.66
12	Paul Tucker	Mynydd Du	M50	384.60		0.00		0.00	0.00	0:31:54	81.65	0:37:41	83.84	0:39:42	73.49	0:37:05	73.52	1:06:58	72.10			5	76.92
13	Simon Blease	Brycheiniog	M50	384.56	0:23:54	86.75	0:56:38	72.80	0.00	0.00	0:40:34	74.95	0:39:54	72.85	0:36:00	77.22		0.00				5	76.91
14	Peter Nugent	Wye Valley Runners	SM	369.18	0:22:02	95.59	0:49:13	89.46	0.00	0.00	0:34:25	93.91	0:34:27	90.22		0.00		0.00				4	92.29
15	Mike Fawcett	Wye Valley Runners	M50	358.21		0.00	0:49:45	88.26	0.00	0.00	0:34:40	93.14		0.00	0:30:51	94.78	1:01:46	82.03				4	89.55
16	Evan Ryan	Mynydd Du	SM	347.69		0.00	0:55:25	75.53	0.00	0:34:04	73.61	0:40:45	74.38		0.00	0:39:43	64.54	1:13:30	59.63			5	69.54
17	Dominic Shields	San Domenico	M50	343.61	0:25:55	77.19	1:00:34	63.97	0.00	0:36:51	63.28	0:41:52	70.94	0:41:21	68.23		0.00		0.00			5	68.72
18	Chris Medcalf	San Domenico	M40	337.38	0:22:50	91.80	0:52:00	83.21	0.00	0.00		0.00	0.00	0:39:00	75.72	0:33:14	86.65		0.00			4	84.34
19	Steven Hepton	Mynydd Du	SM	336.58		0.00		0.00	0.00	0:31:53	81.71	0:36:25	87.74		0.00	0:32:51	87.96	1:03:16	79.17			4	84.15
20	Andy Stott	MDC	M50	332.70		0.00	0:57:29	70.89	0.00	0:37:05	62.42	0:43:08	67.04		0.00	0:37:20	72.67	1:13:28	59.69			5	66.54
21	Ed Goldsmith	Unaffiliated	SM	324.05	0:25:15	80.35	0:57:45	70.29	0.00	0:39:14	54.44	0:45:13	60.61		0.00		1:14:10	58.35				5	64.81
22	Alan Stanley	Unaffiliated	M50	312.77		0.00	1:02:19	60.04	0.00	0.00	0:44:29	62.88	0:42:54	63.29	0:37:48	71.08	1:15:40	55.49				5	62.55
23	Rona Davies	Mynydd Du	F50	310.29		0.00		0.00	0.00	0:36:45	63.65	0:43:06	67.14	0:42:20	65.09	0:39:58	63.69	1:18:10	50.71			5	62.06
24	Naomi Prosser	Hereford Couriers	SF	300.20	0:25:12	80.59	0:57:54	69.96	0.00	0.00	0:41:56	70.74		0.00	0:35:30	78.92		0.00				4	75.05
25	Nick Dallimore	MDC	M60	287.82		0.00		0.00	0.00	0:34:04	73.61	0:40:50	74.13		0.00	0:36:28	75.63	1:10:58	64.46			4	71.96
26	John Jaspers	Unaffiliated	M40	285.15	0:29:56	58.16	1:04:42	54.68	0.00	0.00	0:49:33	47.26	0:46:53	50.59	0:39:05	66.70	1:15:55	55.01				6	57.03
27	Michael Lai	UBOC	MU23	278.82		0.00		0.00	0.00	0:29:09	91.85	0:33:42	96.12		0.00		0:57:09	90.85				3	92.94
28	Andrew Stephens	Monross Trailblazers	M40	270.94		0.00		0.00	0.00	0:29:54	89.07	0:34:34	93.44		0.00		0:58:25	88.43				3	90.31
29	Daniel Lewis	Wye Valley Runners	M40	265.47	0:21:40	97.33	0:50:14	87.18	0.00	0.00	0:38:37	80.96		0.00	0.00			0.00				3	88.49
30	Jay Goulding	Taff Ely Triathlon	M40	265.28	0:21:34	97.80		0.00	0.00	0:32:20	80.04	0:36:31	87.43		0.00			0.00				3	88.43
31	Harri Like	Font-y-Pwl and District	SF	264.79		0.00	1:00:28	64.19	0.00	0.00	0:45:05	61.03		0.00	0:36:46	74.60	1:10:42	64.97				4	66.20
32	Julian Boon	Forest Of Dean AC	M40	264.67	0:22:33	93.14		0.00	0.00	0:30:47	85.79	0:37:04	85.74		0.00			0.00				3	88.22
33	Ian Luke	Poole Runners	M40	261.91		0.00		0.00	0.00	0:32:18	80.16	0:35:05	91.85	0:34:33	89.90		0.00		0.00			3	87.30
34	Tom Turner	Unaffiliated	SM	255.72		0.00		0.00	0.00	0.00	0:38:25	81.58		0.00	0:32:25	89.44	1:00:22	84.71				3	85.24
35	Shaun Styles	Griffithstown Harriers	SM	254.50		0.00		0.00	0.00	0:31:40	82.51	0:36:14	88.31	0:36:30	83.68		0.00		0.00			3	84.83
36	Jamie Cattle	Taff Ely Triathlon	M40	254.21	0:23:19	89.51		0.00	0.00	0.00	0:37:39	83.94	0:37:25	80.76		0.00		0.00				3	84.74
37	Les Williams	Eryri	M70	250.89	0:29:18	61.16	1:07:22	48.69	0.00	0:43:38	38.12	0:51:07	42.43	0:48:29	45.50	0:43:04	53.12	1:26:25	34.96			7	50.18
38	Robert Pritchard	Monross Trailblazers	SM	248.25		0.00	0:53:09	80.62	0.00	0.00		0.00		0.00	0:32:16	89.95	1:04:03	77.67				3	82.75
39	Gavin Fisher	Unaffiliated	M50	244.32		0.00	0:53:49	79.13	0.00	0:33:16	76.58	0:36:08	88.61		0.00			0.00				3	81.44
40	Mark Sims	Brecon AC	M60	244.09	0:26:52	72.69	0:59:39	66.03	0.00	0:39:12	54.56		0.00	0:46:49	50.81		0.00		0.00			4	61.02
41	Richard Cronin	MDC	SM	243.97		0.00	0:54:48	76.92	0.00	0:40:21	50.30	0:47:03	54.96		0.00			0.00				3	81.32
42	Bev Tucker	Mynydd Du	F50	240.85		0.00		0.00	0.00	0:40:06	51.22	0:48:07	51.67	0:49:14	43.11	0:43:31	51.58	1:22:04	43.26			5	48.17
43	Andy Creber	Chepstow Harriers	M50	239.91	0:23:32	88.49		0.00	0.00	0:33:00	77.57		0.00	0:39:35	73.86		0.00		0.00			3	79.97
44	James Boyle	Chepstow Harriers	M50	233.78		0.00		0.00	0.00	0:33:08	77.07	0:37:54	83.17		0.00		1:06:13	73.54				3	77.93
45	Caroline Dallimore	MDC	F60	222.01		0.00	1:07:50	47.65	0.00	0:42:28	42.44	0:50:16	45.05		0.00	0:44:39	47.71	1:24:13	39.16			5	44.40
46	Simon Daniel	Bristol Up and Running	M40	220.18		0.00		0.00	0.00	0:35:10	69.53	0:39:53	77.06	0:39:40	73.59		0.00		0.00			3	73.39
47	Mike Harris	Westbury Harriers	M60	219.56		0.00	1:02:03	60.63	0.00	0:40:23	50.17	0:50:27	44.48		0.00			64.27				3	73.19
48	Gary Hughes	Mynydd Du	SM	204.76		0.00	0:58:28	68.68	0.00	0.00	0:42:44	68.27	0:41:29	67.80		0.00		0.00				3	68.25
49	Paul Murrin	Chepstow Harriers	M40	202.54		0.00		0.00	0.00	0:26:38	101.19	0:32:00	101.36		0.00			0.00				2	101.27
50	Daniel Bodman	Aberdare	SM	201.52		0.00		0.00	0.00	0.00	0.00		0.00	0:31:03	101.05		0.00	0:52:07	100.46			2	100.76
51	Duncan Loughrey	Unaffiliated	M50	201.05		0.00	0:58:44	68.08	0.00	0.00	0:41:45	71.30		0.00	0.00		61.66				2	100.52	
52	Neil Grant	Chepstow Harriers	M60	200.17		0.00	0:59:26	66.51	0.00	0.00	0:41:50	71.04		0.00	0.00		1:11:56	62.62				3	66.72
53	Matt Grantham	Micky Morris Racing Team	MU23	197.59	0:20:49	101.36	0:46:12	96.23	0.00	0.00		0.00		0.00	0.00		0.00		0.00			2	98.80
54	Tom Morfev	Cardiff Harlequins	MU23	195.50		0.00	1:00:20	64.49	0.00	0:36:10	65.82	0:43:44	65.19		0.00			0.00				3	65.17
55	Iestyn Rhodes	Mynydd Du	M40	192.35		0.00		0.00	0.00	0.00	0:34:51	92.57		0.00	0:29:23	99.78		0.00				2	96.18
56	Iwan Morton	Mynydd Du	M40	189.19		0.00		0.00	0.00	0.00	0:31:42	102.28		0.00	0.00		0.00	0:59:13	86.90			2	94.59
57	Thomas Burden	Unaffiliated	SM	188.79		0.00	0:44:50	99.30	0.00	0.00		0.00		0.00	0.00		0:57:52	89.48				2	94.39
58	Hollie Ryder	Brycheiniog	SF	188.75	0:27:44	68.58		0.00	0.00	0:48:09	21.36		0.00	0:47:10	49.69		1:19:00	49.12				4	47.19
59	Mike Erskine	Les Croupiers	SM	185.40		0.00	0:47:17	93.80	0.00	0.00		0.00	0.00	0:34:01</									

63	Christine Farr	MDC	F40	181.15		0.00	0.00	0.00	0.00	0:45:59	58.25	0:42:16	65.31	0.00	1:14:34	57.59	3	60.38	
64	John Price	Hay Hotfooters	M60	178.64	0:32:21	46.71	0.00	0.00	0.00	0:49:36	47.10	0.00	0:43:33	51.47	1:27:15	33.37	4	44.66	
65	Pete Morfey	Cardiff Harlequins	M60	177.92		0.00	1:11:12	40.08	0.00	0:42:57	40.65	0:50:15	45.10	0:46:25	52.08	0.00	0.00	4	44.48
66	Jonathan Like	Mynydd Du	SM	176.39		0.00	0:48:22	91.37	0.00	0.00	0:37:18	85.02	0.00	0.00	0.00	0.00	2	88.19	
67	Chris Chambers	Mynydd Du	M40	176.20		0.00	0:50:09	87.36	0.00	0.00	0.00	0:34:53	88.84	0.00	0.00	0.00	2	88.10	
68	Tom Mollekin	Mynydd Du	SM	174.74		0.00	0.00	0.00	0.00	0:35:41	90.00	0.00	0.00	0.00	84.74	0.00	1	174.74	
69	Kevin Fosbury	Unaffiliated	SM	171.83		0.00	0.00	0.00	0.00	0:36:42	86.87	0:36:06	84.96	0.00	0.00	0.00	2	85.91	
70	James Erskine	Unaffiliated	SM	169.48	0:22:56	91.33	0:54:15	78.15	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2	84.74	
71	James Brown	Chepstow Harriers	SM	168.21		0.00	0.00	0.00	0.00	0:36:48	86.56	0.00	0.00	0.00	1:01:58	81.65	2	84.11	
72	Nick Biggs	Vegan Runners	M40	167.81		0.00	0.00	0.00	0:32:12	80.53	0:36:34	87.28	0.00	0.00	0.00	0.00	2	83.91	
73	Niki Radnedge	Unaffiliated	M40	167.17		0.00	0.00	0.00	0:31:30	83.13	0:37:37	84.04	0.00	0.00	0.00	0.00	2	83.59	
74	Stuart Duncan	Chepstow Harriers	M50	167.04		0.00	1:02:39	59.29	0.00	0.00	0:46:07	57.84	0.00	0.00	1:18:35	49.92	3	55.68	
75	Andy Vaudin	Unaffiliated	M50	166.41		0.00	0:52:17	82.57	0.00	0.00	0:37:41	83.84	0.00	0.00	0.00	0.00	2	83.20	
76	David Mullin	Mercia	M40	165.66	0:22:54	91.49	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1:05:53	74.17	2	82.83	
77	Matthew Lawson	Chepstow Harriers	M40	163.75		0.00	0:53:43	79.35	0.00	0.00	0:37:30	84.40	0.00	0.00	0.00	0.00	2	81.88	
78	Pete Sowerby	Brecon AC	M50	163.15		0.00	0.00	0.00	0.00	0:39:02	79.68	0:36:34	83.47	0.00	0.00	0.00	2	81.57	
79	Rhys Asbridge	Unaffiliated	SM	163.05		0.00	0.00	0.00	0.00	0.00	0:38:13	78.21	0:33:46	84.83	0.00	0.00	2	81.52	
80	Gethin Powell	Pontypridd Roadents	SM	163.01		0.00	0.00	0.00	0.00	0:37:44	83.68	0.00	0.00	0.00	79.33	0.00	1	163.01	
81	Jeremy Jehan	Wye Valley Runners	SM	161.22		0.00	0:52:17	82.57	0.00	0.00	0:39:22	78.65	0.00	0.00	0.00	0.00	2	80.61	
82	Paul Mammatt	Hereford Couriers	M40	160.65		0.00	0:53:16	80.36	0.00	0.00	0:38:50	80.29	0.00	0.00	0.00	0.00	2	80.33	
83	Helen Duffield	Chepstow Harriers	F40	160.50		0.00	0.00	0.00	0.00	0:47:48	52.65	0.00	0:39:40	64.71	1:22:08	43.14	3	53.50	
84	Ross Walker	Chepstow Harriers	M40	160.40		0.00	0.00	0.00	0.00	0:37:10	85.43	0.00	0.00	0.00	1:05:28	74.97	2	80.20	
85	Sophie Horrocks	Rosendale Harriers	SF	158.96		0.00	0:52:48	81.41	0.00	0.00	0.00	0.00	0.00	0.00	1:04:07	77.55	2	79.48	
86	Paul Symons	Unaffiliated	M50	156.10		0.00	1:07:33	48.28	0.00	0:54:16	32.72	0.00	0:45:22	45.27	29.83	0.00	3	52.03	
87	James Woodier	Mynydd Du	SM	154.55		0.00	0.00	0.00	0.00	0:39:31	78.19	0.00	0:36:15	76.36	0.00	0.00	2	77.27	
88	Mark Ponsford	MDC	SM	152.86		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0:34:41	81.71	1:07:28	71.15	2	76.43	
89	Rhys Pippard	Mynydd Du	SM	151.69		0.00	0.00	0.00	0.00	0.00	0:38:50	76.25	0.00	0.00	75.45	0.00	1	151.69	
90	Neil Lewis	Hereford Couriers	M50	150.20	0:31:02	52.95	1:11:06	40.31	0.00	0:47:11	24.94	0:54:30	32.00	0.00	0.00	0.00	4	37.55	
91	Faye Johnson	Mynydd Du	SF	150.18		0.00	0:53:37	79.58	0.00	0.00	0.00	0.00	0.00	0.00	1:07:45	70.61	2	75.09	
92	Dominic Williams	Unaffiliated	M40	149.57		0.00	0:57:46	70.26	0.00	0.00	0:39:09	79.32	0.00	0.00	0.00	0.00	2	74.79	
93	Daniela Gormley	Mynydd Du	F40	148.98		0.00	0.00	0.00	0:45:37	30.76	0:53:28	35.18	0:50:00	40.66	0.00	42.37	3	49.66	
94	Ian Macklin	MDC	M40	148.52		0.00	0:52:59	81.00	0.00	0.00	0.00	0.00	0.00	0.00	1:09:22	67.52	2	74.26	
95	Gary Gunner	Croft Ambrey	M70	147.88		0.00	0.00	0.00	0.00	0:49:32	47.31	0.00	0:41:24	58.80	1:22:51	41.77	3	49.29	
96	Sam Charrington	Mynydd Du	M40	146.22		0.00	0:55:28	75.42	0.00	0.00	0.00	0.00	0.00	0.00	1:07:39	70.80	2	73.11	
97	Sammi Toop	Mynydd Du	SF	145.77		0.00	0.00	0.00	0.00	0.00	0:40:47	70.03	0:36:26	75.74	0.00	0.00	2	72.89	
98	Steve Loveluck	Meirionydd	M50	145.32		0.00	0:54:39	77.26	0.00	0.00	0.00	0.00	0.00	0.00	1:09:05	68.06	2	72.66	
99	Rhian Probert	Mynydd Du	F40	144.41		0.00	0.00	0.00	0.00	0.00	0:39:09	75.24	0.00	0.00	1:08:30	69.17	2	72.21	
100	Gareth Jones	MDC	M70	144.15		0.00	0.00	0.00	0.00	0:56:09	26.91	0:50:06	40.34	0:44:18	48.91	1:30:04	27.99	4	36.04
101	Gareth Bryer	Mynydd Du	M40	141.81		0.00	0:56:22	73.40	0.00	0.00	0.00	0.00	0.00	0.00	1:08:54	68.41	2	70.91	
102	Martin Scrivens	Monross Trailblazers	SM	140.72		0.00	0.00	0.00	0:36:24	64.95	0.00	0:38:59	75.77	0.00	0.00	0.00	2	70.36	
103	Andrew Blackmore	MDC	M50	138.14	0:26:47	73.08	1:00:05	65.05	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2	69.07	
104	Mark Saunders	MDC	M50	135.74		0.00	0.00	0.00	0:35:43	67.49	0.00	0.00	0.00	0.00	68.25	0.00	1	135.74	
105	Martin Simmons	Unaffiliated	M50	135.38		0.00	0:58:48	67.93	0.00	0:43:00	67.45	0.00	0.00	0.00	0.00	0.00	2	67.69	
106	Sasha Habgood	Mynydd Du	F40	134.78		0.00	0:56:50	72.35	0.00	0.00	0.00	0.00	0.00	0.00	1:12:02	62.43	2	67.39	
107	Emma McWilliams	Mynydd Du	SF	134.74		0.00	0.00	0.00	0.00	0:43:04	67.24	0.00	0:38:51	67.50	0.00	0.00	2	67.37	
108	Andrew Dickens	Mynydd Du	M40	134.21		0.00	0.00	0.00	0.00	0:43:39	65.44	0.00	0.00	0.00	1:08:43	68.76	2	67.10	
109	Steve Harry	Pont-y-Pwl and District	M50	133.69		0.00	0.00	0.00	0:36:48	63.47	0:42:06	70.22	0.00	0.00	0.00	0.00	2	66.84	
110	Anneliese Loveluck	Meirionydd	F40	133.63		0.00	0:57:58	69.81	0.00	0.00	0.00	0.00	0.00	0.00	1:11:18	63.83	2	66.82	
111	Peter Williams	MDC	M50	132.82	0:26:20	75.22	1:03:24	57.60	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2	66.41	
112	Gavin Brace	Llisswerry Runners	SM	132.22		0.00	0.00	0.00	0.00	0.00	0:42:31	64.51	0.00	0.00	1:09:16	67.71	2	66.11	
113	Karen Elvers	MDC	F40	131.44		0.00	0.00	0.00	0.00	0:51:54	40.01	0:49:55	40.93	0:43:50	50.50	0.00	3	43.81	
114	Emily Ford	MDC	SF	131.27		0.00	0.00	0.00	0.00	0.00	0:43:16	62.12	0:38:22	69.15	0.00	0.00	2	65.63	
115	Naomi Law	Mynydd Du	F40	130.86		0.00	0:56:33	72.99	0.00	0.00	0.00	0.00	0.00	0.00	1:14:25	57.87	2	65.43	
116	Mark English	Llisswerry Runners	M40	129.20		0.00	0.00	0.00	0.00	0:43:02	67.34	0.00	0.00	0.00	61.85	0.00	1	129.20	
117	Rhianydd Evans	Islwyn	SF	128.85		0.00	0.00	0.00	0.00	0.00	0:43:08	62.55	0:39:12	66.30	0.00	0.00	2	64.42	
118	Dan Fairbank	Mynydd Du	M40	124.22		0.00	0.00	0.00	0.00	0:44:52	61.69	0.00	0.00	0.00	1:11:59	62.52	2	62.11	
119	Chris Hobson	Newbury	M40	123.15		0.00	0:59:12	67.04	0:38:47	56.11	0.00	0.00	0.00	0.00	0.00	0.00	2	61.57	
120	John Darby	Mynydd Du	M60	121.42	0:28:55	62.98	1:06:59	49.55	0.00	0.00	0.00	0.00	0.00	0.00	1:40:04	8.89	3	40.47	
121	James Griffiths	Newent Runners	M40	121.12		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0:39:07	66.59	1:16:10	54.53	2	60.56	
122	Paddy Nugent	Wye Valley Runners	M50	120.89	0:29:28	60.37	1:02:06	60.52	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2	60.45	
123	Mark Paviour	Croft Ambrey	M50	120.68		0.00	1:03:16	57.90	0.00	0.00	0.00	0.00	0:40:14	62.78	0.00	0.00	2	60.34	
124	Kevin Hale	Parc Bryn Bach RC	M40	120.58		0.00	0.00	0.00	0.00	0.00	0.00	0:43:02	62.86	0.00	1:14:30	57.72	2	60.29	
125	Lou Summers	Mynydd Du	F50	120.44		0.00	0.00	0.00	0.00	0:46:24	56.97	0.00	0.00	0.00	1:11:29	63.48	2	60.22	
126	David Smout	Mynydd Du	M60	120.21		0.00	1:00:35	63.93	0.00	0.00	0.00	0.00	0:45:06	56.28	0.00	0.00	2	60.10	



191	Tom Blackwell	Ryde Harriers	M40	80.03	0.00	0:53:25	80.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	80.03	
192	Oliver Lanford	MDC	SM	79.73	0.00	0:53:33	79.73	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	79.73	
193	Laurie Carter	Chepstow Harriers	M60	79.52	0.00		0.00	0.00	0.00	0:39:05	79.52	0.00	0.00	0.00	1	79.52	
194	David Barber	Unaffiliated	M40	79.37	0.00		0.00	0.00	0.00	0:39:08	79.37	0.00	0.00	0.00	1	79.37	
195	Steven Flowers	Wye Valley Runners	SM	79.11	0.00		0.00	0.00	0.00	0:39:13	79.11	0.00	0.00	0.00	1	79.11	
196	Gwyn Johnson	Pontypridd Roadents	SM	78.32	0.00		0.00	0.00	0.00		0.00	0:38:11	78.32	0.00	1	78.32	
197	Mike Link	Hereford Couriers	M40	78.24	0.00		0.00	0.00	0.00		0.00	0:35:42	78.24	0.00	1	78.24	
198	James Fletcher	Monross Trailblazers	M50	78.12	0.00	0:54:16	78.12	0.00	0.00		0.00		0.00	0.00	1	78.12	
199	Richard Sheehy	Unaffiliated	SM	77.63	0.00	0:54:29	77.63	0.00	0.00		0.00		0.00	0.00	1	77.63	
200	David Richardson	Pont-y-Pwl and District	M40	77.52	0.00	0:54:32	77.52	0.00	0.00		0.00		0.00	0.00	1	77.52	
201	Dee Jolly	West Wales	SF	77.36	0.00		0.00	0.00	0.00		0.00		0.00	1:04:13	77.36	1	77.36
202	Sam Harness	Monross Trailblazers	M40	76.81	0.00	0:54:51	76.81	0.00	0.00		0.00		0.00	0.00	1	76.81	
203	Nigel Eldridge	Ryde Harriers	M40	76.24	0.00	0:55:06	76.24	0.00	0.00		0.00		0.00	0.00	1	76.24	
204	Joanne Rees	Rhayader	F40	75.98	0.00	0:55:13	75.98	0.00	0.00		0.00		0.00	0.00	1	75.98	
205	John Seaward	San Domenico	SM	75.66	0.00		0.00	0.00	0.00		0.00	0:39:01	75.66	0.00	1	75.66	
206	Douglas Briggs	Chepstow Harriers	M50	75.46	0.00		0.00	0.00	0.00	0:40:24	75.46	0.00	0.00	0.00	1	75.46	
207	Sarah Bell	Chepstow Harriers	F40	75.46	0.00		0.00	0.00	0.00	0:40:24	75.46	0.00	0.00	0.00	1	75.46	
208	Lisa Jeffrey	Chepstow Harriers	F40	74.85	0.00		0.00	0.00	0.00	0:40:36	74.85	0.00	0.00	0.00	1	74.85	
209	Jane Horler	Chepstow Harriers	F40	74.54	0.00		0.00	0.00	0.00	0:40:42	74.54	0.00	0.00	0.00	1	74.54	
210	Martyn Carruthers	Forest Of Dean AC	M40	74.00	0.00	0:56:06	74.00	0.00	0.00		0.00		0.00	0.00	1	74.00	
211	Jason King	LMRT	M40	73.85	0.00	0:56:10	73.85	0.00	0.00		0.00		0.00	0.00	1	73.85	
212	Elliw Haf	Eryri	SF	73.82	0.00		0.00	0.00	0.00		0.00		0.00	1:06:04	73.82	1	73.82
213	Rob Smith	Unaffiliated	M50	73.66	0.00		0.00	0.00	0.00	0:40:59	73.66	0.00	0.00	0.00	1	73.66	
214	Anderson Hirst	Unaffiliated	M50	73.60	0.00		0.00	0.00	0.00		0.00		0.00	1:06:11	73.60	1	73.60
215	Jamie Bishop	Pontypridd Roadents	SM	73.38	0.00		0.00	0.00	0.00		0.00	0:39:44	73.38	0.00	1	73.38	
216	Michael Roberts	Unaffiliated	M40	73.38	0.00		0.00	0.00	0.00		0.00	0:39:44	73.38	0.00	1	73.38	
217	Debbie Stemmer	Forest Of Dean AC	F40	73.15	0.00		0.00	0.00	0.00	0:41:09	73.15	0.00	0.00	0.00	1	73.15	
218	Darren Hill	Taff Ely Triathlon	M40	72.48	0.00		0.00	0.00	0.00		0.00	0:40:01	72.48	0.00	1	72.48	
219	Hywel Loveluck	Carduro	M50	72.43	0.00	0:56:48	72.43	0.00	0.00		0.00		0.00	0.00	1	72.43	
220	Gary Leavson	Croft Ambrey	M40	72.33	0.00		0.00	0.00	0.00		0.00		0.00	1:06:51	72.33	1	72.33
221	Christopher Pudney	Newbury	M50	72.13	0.00	0:56:56	72.13	0.00	0.00		0.00		0.00	0.00	1	72.13	
222	Helen Marshall	West Wales	SF	72.01	0.00		0.00	0.00	0.00		0.00		0.00	1:07:01	72.01	1	72.01
223	David Wheeler	Chepstow Harriers	SM	71.97	0.00		0.00	0.00	0.00	0:41:32	71.97	0.00	0.00	0.00	1	71.97	
224	David Harness	San Domenico	M40	71.90	0:27:02	71.90	0.00	0.00	0.00		0.00		0.00	0.00	1	71.90	
225	Simon Barker	Newent Runners	M60	71.53	0.00		0.00	0.00	0.00		0.00	0:37:40	71.53	0.00	1	71.53	
226	Peter Gardner	Unaffiliated	M50	71.53	0.00		0.00	0.00	0.00		0.00		0.00	1:07:16	71.53	1	71.53
227	Martin Carter	Hay Hotfooters	M50	70.85	0.00		0.00	0.00	0.00		0.00	0:37:52	70.85	0.00	1	70.85	
228	Stephen Priestnall	Running somewhere else	M50	70.70	0.00	0:57:34	70.70	0.00	0.00		0.00		0.00	0.00	1	70.70	
229	Suzette Botha	Hereford Couriers	SF	70.17	0.00		0.00	0.00	0.00		0.00	0:38:04	70.17	0.00	1	70.17	
230	Mike Roberts	Unaffiliated	M40	70.10	0.00		0.00	0.00	0.00		0.00		0.00	1:08:01	70.10	1	70.10
231	Steve Owen	Chepstow Harriers	M60	70.07	0.00		0.00	0.00	0.00	0:42:09	70.07	0.00	0.00	0.00	1	70.07	
232	Paul Colley-Davis	Croft Ambrey	M50	69.43	0.00	0:58:08	69.43	0.00	0.00		0.00		0.00	0.00	1	69.43	
233	David Harden	Pontypridd Roadents	SM	69.34	0.00		0.00	0.00	0.00		0.00	0:41:00	69.34	0.00	1	69.34	
234	Luke Styles	Griffithstown Harriers	SM	69.30	0.00		0.00	0.00	0.00	0:42:24	69.30	0.00	0.00	0.00	1	69.30	
235	Dean Makar	Team Kenney	M40	69.21	0.00	0:58:14	69.21	0.00	0.00		0.00		0.00	0.00	1	69.21	
236	William Lort	Unaffiliated	SM	69.15	0.00		0.00	0.00	0.00		0.00	0:38:22	69.15	0.00	1	69.15	
237	James Taylor	Hay Hotfooters	SM	68.63	0.00		0.00	0.00	0.00	0:42:37	68.63	0.00	0.00	0.00	1	68.63	
238	Emma Battensby	MDC	SF	67.80	0.00		0.00	0.00	0.00		0.00	0:41:29	67.80	0.00	1	67.80	
239	Louise Barker	West Wales	F40	67.77	0.00		0.00	0.00	0.00		0.00		0.00	1:09:14	67.77	1	67.77
240	Stephen Hind	Unaffiliated	M50	67.50	0.00		0.00	0.00	0.00	0:42:59	67.50	0.00	0.00	0.00	1	67.50	
241	Luke Davies	Swansea Harriers	SM	67.42	0.00		0.00	0.00	0.00		0.00		0.00	1:09:25	67.42	1	67.42
242	Llinos Davies	Run 4 All Neath	SF	67.40	0:27:59	67.40	0.00	0.00	0.00		0.00		0.00	0.00	1	67.40	
243	Richard Melville	Ryde Harriers	SM	67.07	0.00	0:59:11	67.07	0.00	0.00		0.00		0.00	0.00	1	67.07	
244	Huw Rowlands	Unaffiliated	M40	66.32	0.00	0:59:31	66.32	0.00	0.00		0.00		0.00	0.00	1	66.32	
245	Roy Silver	Breize Sport	M60	66.27	0.00		0.00	0.00	0.00	0:43:23	66.27	0.00	0.00	0.00	1	66.27	
246	Jon Hancock	Usk Runners	M60	65.99	0.00	0:59:40	65.99	0.00	0.00		0.00		0.00	0.00	1	65.99	
247	Carwyn Davies	West Wales	M40	65.86	0.00		0.00	0.00	0.00		0.00		0.00	1:10:14	65.86	1	65.86
248	Marc Recoquille	Unaffiliated	M40	65.35	0.00	0:59:57	65.35	0.00	0.00		0.00		0.00	0.00	1	65.35	
249	Gerry Meredith	Monross Trailblazers	M40	65.24	0.00	1:00:00	65.24	0.00	0.00		0.00		0.00	0.00	1	65.24	
250	Nathaniel Swain	Unaffiliated	SM	65.13	0.00	1:00:03	65.13	0.00	0.00		0.00		0.00	0.00	1	65.13	
251	Simon Paul Morgan	Taff Ely Triathlon	M40	65.04	0.00		0.00	0.00	0.00		0.00	0:42:21	65.04	0.00	1	65.04	
252	Jonathan James	Unaffiliated	M40	64.90	0.00	1:00:09	64.90	0.00	0.00		0.00		0.00	0.00	1	64.90	
253	Tim Reynolds	Unaffiliated	SM	64.24	0.00		0.00	0.00	0.00		0.00		0.00	1:11:05	64.24	1	64.24
254	John Kerley	AS Chamonix	M60	64.00	0.00	1:00:33	64.00	0.00	0.00		0.00		0.00	0.00	1	64.00	



319	Hywel James	Unaffiliated	SM	47.28	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1:19:58	47.28	1	47.28		
320	Ben Innes	Unaffiliated	M40	47.23	0.00	1:08:01	47.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	47.23		
321	Tim Buckley	Chepstow Harriers	M50	46.07	0.00		0.00	0.00	0.00	0:49:56	46.07	0.00	0.00	0.00	1	46.07		
322	Lubica Ford	Pont-y-Pwl and District	SF	45.81	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:20:44	45.81	1	45.81		
323	Tim Watkins	Forest Of Dean AC	SM	45.56	0.00		0.00	0.00	0.00	0:50:06	45.56	0.00	0.00	0.00	1	45.56		
324	Carl Brancher	Mynydd Du	M60	44.84	0.00		0.00	0.00	0.00	0:50:20	44.84	0.00	0.00	0.00	1	44.84		
325	Tim Johnson	Chesterton Trail Runners	M40	44.76	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:21:17	44.76	1	44.76		
326	Liselette Adams	Forest Of Dean AC	F40	44.73	0.00	1:24:44	9.69	0.00	0.00	0.00	0.00	0:48:22	35.04	0.00	2	22.36		
327	Maria Richards	Mynydd Du	F40	44.02	0.00		0.00	0.00	0.00	0:50:36	44.02	0.00	0.00	0.00	1	44.02		
328	Wyn Davies	Mynydd Du	M50	43.60	0.00	1:09:38	43.60	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	43.60		
329	Islia Sandilands	Unaffiliated	F40	43.40	0.00		0.00	0.00	0.00	0:50:48	43.40	0.00	0.00	0.00	1	43.40		
330	Jack Loveday	Unaffiliated	SM	42.72	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:22:21	42.72	1	42.72		
331	Paul Johnson	Ogmore Phoenix Runners	M50	42.20	0.00		0.00	0.00	0.00	0.00	0:49:31	42.20	0.00	0.00	1	42.20		
332	Rachel Hipkiss	Chepstow Harriers	SF	42.07	0.00		0.00	0.00	0.00	0:51:14	42.07	0.00	0.00	0.00	1	42.07		
333	Anne Ward	Mynydd Du	F40	41.42	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:23:02	41.42	1	41.42		
334	Simon Bowen	Unaffiliated	SM	41.41	0.00		0.00	0.00	0.00	0.00	0:49:46	41.41	0.00	0.00	1	41.41		
335	Sally Evans	Unaffiliated	SF	41.39	0.00	1:10:37	41.39	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	41.39		
336	Stewart Thomson	Mynydd Du	M36	41.30	0.00		0.00	0.00	0.00	0.00	0.00	0:53:09	18.72	1:32:54	22.57	2	20.65	
337	Chas Ryder	Brycheiniog	M60	40.82	0.00		0.00	0.00	0.00	0.00	0:49:57	40.82	0.00	0.00	1	40.82		
338	Don Hale	Mercia	M60	40.67	0.00		0.00	0.00	0.00	0.00	0.00	0:46:43	40.67	0.00	1	40.67		
339	Sharon Woods	Mynydd Du	F50	40.65	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:23:26	40.65	1	40.65		
340	Wendy Sharpe-Nash	Chepstow Harriers	F50	40.17	0.00		0.00	0.00	0.00	0:51:51	40.17	0.00	0.00	0.00	1	40.17		
341	Aimee Ferguson	South Wales	SF	39.73	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:23:55	39.73	1	39.73		
342	Valerie Hamilton	Forest Of Dean AC	F50	39.63	0.00	1:11:24	39.63	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	39.63		
343	Alyn Tomkinson	Unaffiliated	M40	37.64	0.00		0.00	0.00	0.00	0.00	0:50:57	37.64	0.00	0.00	1	37.64		
344	Gareth Ponsford	Cainscross Vets	SM	37.22	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:25:14	37.22	1	37.22		
345	David Sabbagh	Unaffiliated	SM	36.68	0.00		0.00	0.00	0.00	0.00	0.00	0.00	0.00	36.68	0	#DIV/0!		
346	Philip Gilby	Unaffiliated	M50	36.42	0.00		0.00	0.00	0.00	0:53:04	36.42	0.00	0.00	0.00	1	36.42		
347	Janet Richards	Mynydd Du	F50	36.06	0.00		0.00	0.00	0.00	0.00	0.00	0:48:04	36.06	0.00	1	36.06		
348	Fraser Stephens	SWOC	M	35.56	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:26:06	35.56	1	35.56		
349	Martin Adams	Forest Of Dean AC	SM	35.15	0.00		0.00	0.00	0.00	0.00	0.00	0:48:20	35.15	0.00	1	35.15		
350	Rosie Eldridge	Ryde Harriers	SF	34.77	0.00	1:13:34	34.77	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	34.77		
351	Andrew Keehn	Ryde Harriers	SM	34.06	0.00	1:13:53	34.06	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	34.06		
352	Mellanie Sims	Unaffiliated	F40	32.61	0.00		0.00	0.00	0.00	0:54:18	32.61	0.00	0.00	0.00	1	32.61		
353	Sam Mills	Cainscross Vets	SM	32.06	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:27:56	32.06	1	32.06		
354	Anthony Smith	TVH	M50	31.51	0.00		0.00	0.00	0.00	0.00	0.00	0:49:24	31.51	0.00	1	31.51		
355	Glyn Hicks	Roberttown Road Runners	M60	31.32	0.00		0.00	0.00	0.00	0:52:56	31.32	0.00	0.00	0.00	1	31.32		
356	Rachel Jones	Hay Hotfooters	F40	30.78	0.00		0.00	0.00	0.00	0.00	0.00	0:49:37	30.78	0.00	1	30.78		
357	Terry Vaughan	Mynydd Du	M40	30.76	0.00		0.00	0.00	0.00	1:07:21	1.00	1:02:10	1.89	0:53:00	19.24	8.63	3	10.25
358	Michael Tong	Unaffiliated	M50	28.39	0.00		0.00	0.00	0.00	0.00	0:53:51	28.39	0.00	0.00	1	28.39		
359	Tony Goddard	Unaffiliated	M50	28.29	0.00		0.00	0.00	0.00	0.00	0:53:53	28.29	0.00	0.00	1	28.29		
360	John Sheldrake	Unaffiliated	SM	27.20	0:36:28	27.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	27.20		
361	Ryan Tomkinson	Ystrad Runners	M40	26.38	0.00		0.00	0.00	0.00	0.00	0:54:29	26.38	0.00	0.00	1	26.38		
362	Caroline Tinsley	Caerphilly Tri-ers	SF	26.32	0.00		0.00	0.00	0.00	0.00	0:54:30	26.32	0.00	0.00	1	26.32		
363	Dan Newton	Pont-y-Pwl and District	M40	24.87	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:31:42	24.87	1	24.87		
364	Emma Davies	Caerphilly Runners	SF	24.04	0.00		0.00	0.00	0.00	0.00	0:55:13	24.04	0.00	0.00	1	24.04		
365	Liz Tobin	Run4All	F40	23.43	0.00	1:18:37	23.43	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	23.43		
366	Sophie Quinney	Unaffiliated	F40	23.20	0.00	1:18:43	23.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	23.20		
367	Steph Charnaud	Chepstow Harriers	F40	22.84	0.00		0.00	0:47:45	22.84	0.00	0.00	0.00	0.00	0.00	1	22.84		
368	Janine Doggett	Southville RC	SF	21.11	0.00		0.00	0.00	0.00	0.00	0.00	0.00	0.00	1:33:40	21.11	1	21.11	
369	Emma Davies (Mon)	Spirit of Monmouth	F40	17.93	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:35:20	17.93	1	17.93		
370	Elizabeth Thomas	Cirencester	SF	13.86	0.00		0.00	0.00	0.00	1:00:23	13.86	0.00	0.00	0.00	1	13.86		
371	Phil Wilson	Unaffiliated	M50	10.64	0.00		0.00	0.00	0.00	0.00	0.00	0.00	1:39:09	10.64	1	10.64		
372	Suzanne Peters	Forest Of Dean AC	F50	9.50	0.00	1:24:49	9.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	9.50		
373	Dick Finch	Chepstow Harriers	M70	7.44	0.00		0.00	0.00	0.00	1:02:28	7.44	0.00	0.00	0.00	1	7.44		
374	Lisa Tustin	Unaffiliated	SF	6.66	0.00	1:26:05	6.66	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1	6.66		
375	Andrew Knott	Forest Of Dean AC	SM	5.85	0.00		0.00	0.00	0.00	1:02:59	5.85	0.00	0.00	0.00	1	5.85		
376	Rhys Owen Lloyd	Roberttown Road Runners	MU18	3.64	0.00		0.00	0.00	0.00	0.00	0.00	1:01:37	3.64	0.00	1	3.64		
377	Clare Grant	Chepstow Harriers	F60	1.00	0.00		0.00	0.00	0.00	1:18:53	1.00	0.00	0.00	0.00	1	1.00		
378	Dave Andrews	Chepstow Harriers	M70	1.00	0.00		0.00	0.00	0.00	1:06:20	1.00	0.00	0.00	0.00	1	1.00		
379	Kate Darlington	Unaffiliated	SF	1.00	0.00		0.00	0.00	0.00	0.00	0.00	1:05:50	1.00	0.00	1	1.00		
380	Les Pugh	WFRA	M70	1.00	0.00		0.00	1:00:45	1.00	0.00	0.00	0.00	0.00	0.00	1	1.00		
381	Louise Phillips	South Wales	SF	1.00	0.00		0.00	0.00	0.00	0.00	0.00	0.00	0.00	1:48:30	1.00	1	1.00	
382	Lynne Buckley	Chepstow Harriers	F50	1.00	0.00		0.00	0.00	0.00	1:23:22	1.00	0.00	0.00	0.00	1	1.00		



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