

#	Name	Club	Category	Time
1	Matt O' Keefe		SM	01:17:04
2	Dan Sandford	Forest of Dean	M40	01:19:58
3	Alastair Morton		SM	01:24:18
4	Helen Brown	Mynydd Du	F40	01:24:20
5	Peter Gardener	WFRA	M50	01:24:30
6	Rhian Probert	Mynydd Du	F40	01:25:29
7	Andy Vaudin		M50	01:26:05
8	Martin Driscoll	MDC	SM	01:26:25
9	Nick Biggs	Vegan Runners	M40	01:26:29
10	Gary Davies	MDC	M40	01:27:46
11	Matthew Lawson	Chepstow Harriers	M40	01:29:17
12	James Woodier	Mynydd Du	SM	01:32:00
13	Gethin Powell	Pontypridd Rodents	M40	01:32:39
14	Sasha Habgood	Mynydd Du	F40	01:33:48
15	Ceri Shane		SM	01:38:47
16	Matthew Garnett	Good Gym	SM	01:41:47
17	Rona Davies	Mynydd Du	F50	01:42:20
18	Mike Fawcett	Wye Valley	M50	01:42:24
19	Tony Wooldridge	Dursley RC	M60	01:44:17
20	Hannah Thom	Keighley & Craven	F23	01:44:25
21	Carl Brancher	Mynydd Du	M60	01:56:55
22	Karen Elvers	MDC	F40	02:01:15
23	Simon Downs	East End Road Runners	SM	02:06:15
24	Les Williams	Eryri	M70	02:07:07
25	John Sweeting	MDC	M70	02:36:00
	Natalie Taylor	Mynydd Du	F40	Retired
	Hugh Morgan-Jones	WFRA	M50	Retired
	Marc Recoquille		M40	Retired
	Dylan Lewis	Sarn Helen	SM	Retired
	Nathaniel Swain		SM	Retired
	Ed Goldsmith		SM	Retired