

Race Number	First Name	Last Name	Sex	Finishing Time	Overall	Category	Club
31	Ellis	Davies	Male	04:12:14	1	1	
35	Jonty	de La Harpe	Male	04:31:12	2	2	
10	Tim	Bennett-Jones	Male	04:44:43	3	3	
68	Nathan	Hutton	Male	04:45:53	4	4	
132	Natalie	Utting	Female	04:55:34	5	1	
122	Shaun	Styles	Male	04:55:35	6	5	Griffithstown Harriers
8	Dale	Gardiner	Male	05:00:21	7	6	
56	Tim	Griffiths	Male	05:04:52	8	7	Great Western Runners
41	Sean	Duffy	Male	05:06:02	9	8	
36	Mark	Deacon	Male	05:12:09	10	9	Heathwood Swimming & Triathlon
72	Bleddyn	Jones	Male	05:17:56	11	10	Run BWD
59	Timothy	Haines	Male	05:18:23	12	11	Mark Ryan Triathlon
40	Rob	Drag	Male	05:20:18	13	12	City of Salisbury ARC
3	James	Atkin	Male	05:30:15	14	13	ERC
143	Sonia	Williams	Female	05:30:51	15	2	
54	Kat	Gregory	Female	05:32:55	16	3	
74	Gareth	Jones	Male	05:36:42	17	14	Aberdare amateur athletic club
52	Ben	Gaskell	Male	05:37:10	18	15	Builth and District Running Club
83	Wolfgang	Luecke	Male	05:37:32	19	16	
94	James	Morris	Male	05:37:52	20	17	
140	Emma	Williams	Female	05:38:22	21	4	
16	Chris	Brown	Male	05:45:20	22	18	Heathwood Swimming & Triathlon
110	James	Scott	Male	05:52:50	23	19	Mynydd DU
101	Magdalena	Pinney	Female	05:53:24	24	5	
98	Kate	Owen	Female	05:53:33	25	6	Wye Valley Runners
71	Becca	Jones	Female	05:54:56	26	7	
86	Andrew	Manning	Male	05:59:20	27	20	
147	Nerijus	Zukauskas	Male	06:04:47	28	21	Hereford Couriers
109	Richard	Sapey	Male	06:05:00	29	22	
76	Stephen	Jones	Male	06:08:25	30	23	Pon Road Crew
100	Sebastien	Parvery	Male	06:09:12	31	24	
4	Paul	Bailey	Male	06:15:34	32	25	

142	Neil	Williams	Male	06:16:49	33	26	RUN4ALL Neath
89	Wesley	Matsell	Male	06:16:50	34	27	
126	Tommy	Taylor	Male	06:17:18	35	28	Peter Lloyd Triathlon
77	Thomas	Jones	Male	06:20:49	36	29	
66	Martin	Holmes	Male	06:21:30	37	30	
106	Steve	Rees	Male	06:21:54	38	31	
25	Alex	Cornett	Male	06:24:28	39	32	
88	Simon	Marks	Male	06:24:29	40	33	Merthyr Running Club
19	Ian	Chapman	Male	06:28:31	41	34	
113	David	Skinner	Male	06:31:03	42	35	
118	Peter	Spearing	Male	06:40:31	43	36	
62	Sarah	Harris	Female	06:40:45	44	8	
130	Bogdan	Trandafir	Male	06:40:55	45	37	
43	Julia	Ebbrell	Female	06:41:15	46	9	Vegan Runners UK
12	Mark	Bisson	Male	06:41:21	47	38	Malvern Buzzards
91	Craig	Millett	Male	06:42:14	48	39	North Dock Dredger Tri
63	Sophie	Hatfield	Female	06:45:41	49	10	Tetbury Dolphins Running Club
93	Nick	Moore	Male	06:45:41	50	40	Tetbury Dolphins Running Club
33	John	Davies	Male	06:46:17	51	41	
34	Rhys	Davies	Male	06:46:17	52	42	
20	Robert	Churches	Male	06:46:52	53	43	
5	Evangeline	Baker	Female	06:48:01	54	11	
65	Emily	Haynes	Female	06:48:01	55	12	Parc Bryn Bach Running Club
17	Richard	Burdett	Male	06:51:31	56	44	Merthyr Running Club
90	Paul	Matthews	Male	06:51:31	57	45	
146	Simon	Wright	Male	06:51:31	58	46	
84	Gosia	Lusiak	Female	06:52:42	59	13	
138	Jo	Wilkinson	Female	07:05:42	60	14	Bedford & County AC
92	Keith	Monahan	Male	07:05:54	61	47	Tetbury Dolphins Running Club
18	Andrew	Burgess	Male	07:07:34	62	48	Running Forever RC
1	Eszter	Adam	Female	07:07:47	63	15	
45	Darren	Edwards	Male	07:08:59	64	49	
46	Nicola	Emerson	Female	07:11:16	65	16	

124	David	Sutton	Male	07:11:24	66	50	RUN4ALL Neath
32	Gareth	Davies	Male	07:11:28	67	51	
112	Elizabeth	Sim	Female	07:11:28	68	17	Spirit of Monmouth
96	Louise	Munkley	Female	07:13:49	69	18	Merthyr Running Club
111	Mark	Sill	Male	07:14:36	70	52	
38	Lloyd	Devany	Male	07:16:35	71	53	
24	Thomas	Coppock	Male	07:17:37	72	54	
47	Robin	Eveleigh	Male	07:20:00	73	55	
22	Jennifer	Colley	Female	07:21:00	74	19	Chippemham Harriers
116	Keith	Smalldon	Male	07:21:40	75	56	Taunton AC
80	Robert	Lester	Male	07:24:36	76	57	Forest of Dean Athletic Club
107	Jamie	Rochester	Male	07:25:00	77	58	
49	Charlie	Fisher	Male	07:26:16	78	59	
95	Matt	Morten	Male	07:27:30	79	60	
136	Martin	Weston	Male	07:30:16	80	61	
85	Nicholas	Lyons	Male	07:31:44	81	62	
121	Laurie	Stephens	Female	07:31:44	82	20	
15	Benjamin	Brookman	Male	07:31:48	83	63	
108	Tommy	Rutherford	Male	07:31:48	84	64	Brecon Athletics Club
125	Martin	Tavener	Male	07:31:48	85	65	
127	Samantha	Thomas	Female	07:34:02	86	21	Ogmore Phoenix Runners
75	Owain	Jones	Male	07:34:10	87	66	Pen-Y-Bont Triathlon Club
29	Murray	Crichton	Male	07:34:11	88	67	
123	Lee	Sutherland	Male	07:34:12	89	68	
11	Claire	Bishop	Female	07:34:13	90	22	
42	Julie	Dunne	Female	07:34:13	91	23	Llamwyr Llyn Striders
61	Will	Hargreaves	Male	07:35:15	92	69	Westbury Running Group
2	Alex	Albutt	Male	07:35:36	93	70	
78	Brent	Latham	Male	07:37:17	94	71	Denmead Striders
82	Stephen	Little	Male	07:38:01	95	72	Merthyr Triathlon Club
13	Katarzyna	Bojanowska	Female	07:38:58	96	24	
57	Zoe	Griffiths	Female	07:38:58	97	25	
30	Chris	Davies	Male	07:44:10	98	73	

115	Steven	Sleep	Male	07:45:00	99	74	Porthcawl Runners
129	Ryan	Tomkinson	Male	07:54:24	100	75	Hengoed Harriers
48	Stuart	Felix	Male	07:55:13	101	76	Rhondda Valley Runners
51	See Cheuk	Fu	Male	07:56:51	102	77	
6	Paul	Baker	Male	08:00:57	103	78	
69	Mark	Ireland	Male	08:02:51	104	79	Team Bath Athletics Club (TBAC)
7	John	Barnett	Male	08:07:39	105	80	
117	Sean	Smyth	Male	08:07:39	106	81	
50	Will	Fraser-Coombe	Male	08:29:33	107	82	
131	Richard	Uffendell	Male	08:31:37	108	83	Trail Running Association
87	Jody	Manning	Female	08:42:32	109	26	
14	Karen	Bracegirdle	Female	08:59:59	110	27	Merthyr Running Club
44	Gemma	Edmonds	Female	08:59:59	111	28	
70	Gavin	John	Male	09:06:56	112	84	
28	Nathan	Coulter	Male	09:29:52	113	85	
114	Sarah	Skuse	Female	09:30:42	114	29	Llswerry Runners
133	David	Viney	Male	09:43:50	115	86	
134	Elizabeth	Viney	Female	09:43:50	115	30	Holsworthy Running Club
9	Rachel	Beard	Female	DNF			Forest of Dean Runners
39	Helen	Donnelly	Female	DNF			Tetbury Dolphins Running Club
67	Becky	Hughes	Female	DNF			Llamwyr Llyn Striders
97	Darren	Mustoe	Male	DNF			Tetbury Dolphins Running Club
99	Miriam	Paris	Female	DNF			Forest of Dean Runners
119	David	Stallard	Male	DNF			Merthyr Running Club
128	Zak	Thomas	Male	DNF			
135	Ruth	Walker	Female	DNF			Tetbury Dolphins Running Club
141	Natalie	Williams	Female	DNF			Merthyr Running Club
144	Steve	Williamson	Male	DNF			