

Rose Inn Race 1 - sponsored by Run and Become, House and Home Property Agents, Hayesgate  
 Osteopathic Clinic Chepstow  
 Redwick: 4 Miles  
 Tuesday 10-May-2022 at 19:30  
 Organised by: Chepstow Harriers

Race Results

| Pos | Bib Name                   | Cat      | Club                                  | Race Time | AG Time  | AG%    | Gender Pos | Cat Pos |
|-----|----------------------------|----------|---------------------------------------|-----------|----------|--------|------------|---------|
| 1   | 706 Samuel Jody RICHARDS   | M Senior | Pontypridd Roadents Ac                | 00:20:39  | 00:20:37 | 81.99% | 1          | 1       |
| 2   | 740 Michael LEWIS          | M Senior | Fairwater Runners                     | 00:21:11  | 00:21:11 | 79.79% | 2          | 2       |
| 3   | 779 Liam TRIGG             | M Senior | Unattached                            | 00:21:30  | 00:21:14 | 79.59% | 3          | 3       |
| 4   | 782 Nick TULP              | M Senior | Lliswerry Runners                     | 00:21:30  | 00:21:14 | 79.58% | 4          | 4       |
| 5   | 695 Jerome EDWARDS         | M V45    | Les Croupiers Rc                      | 00:21:32  | 00:19:28 | 86.83% | 5          | 1       |
| 6   | 477 Andy RAYNOR            | M Senior | Forest Of Dean Ac                     | 00:21:36  | 00:21:21 | 79.19% | 6          | 5       |
| 7   | 692 Cory SHERWIN           | M Senior | Forest Of Dean Ac                     | 00:21:44  | 00:21:44 | 77.80% | 7          | 6       |
| 8   | 711 Martin NORTON          | M Senior | Lliswerry Runners                     | 00:21:54  | 00:21:54 | 77.20% | 8          | 7       |
| 9   | 432 Chris OXLEY            | M V40    | San Domenico Rc                       | 00:22:02  | 00:21:00 | 80.51% | 9          | 1       |
| 10  | 778 Sean TAYLOR            | M V45    | Griffithstown Harriers                | 00:22:05  | 00:20:16 | 83.41% | 10         | 2       |
| 11  | 719 Tim BATCHELOR          | M V35    | Chepstow Harriers                     | 00:22:14  | 00:21:29 | 78.68% | 11         | 1       |
| 12  | 564 Alexander HUTTON-LEWIS | M Senior | Caerphilly Runners                    | 00:22:20  | 00:22:16 | 75.93% | 12         | 8       |
| 13  | 769 Oliver WILLIAMS        | M V35    | Pontypridd Roadents Ac                | 00:22:33  | 00:22:04 | 76.61% | 13         | 2       |
| 14  | 718 Steven HARRIS          | M V45    | Forest Of Dean Ac                     | 00:22:39  | 00:20:47 | 81.32% | 14         | 3       |
| 15  | 495 Owen THOMAS            | M V35    | Aberdare Valley Amateur Athletic Club | 00:22:40  | 00:22:11 | 76.17% | 15         | 3       |
| 16  | 832 Lauren COOPER          | F Senior | Parc Bryn Bach Rc                     | 00:22:43  | 00:22:43 | 84.53% | 1          | 1       |
| 17  | 561 Stuart WADLOW          | M V45    | Pontypridd Roadents Ac                | 00:22:50  | 00:20:57 | 80.68% | 16         | 4       |
| 18  | 847 Martin JOHNS           | M Senior | Unattached                            | 00:22:53  | 00:22:37 | 74.74% | 17         | 9       |
| 19  | 691 Mark HOBBS             | M Senior | Micky Morris Racing Team              | 00:22:59  | 00:22:47 | 74.17% | 18         | 10      |
| 20  | 833 Matthew EVANS          | M V35    | Parc Bryn Bach Rc                     | 00:23:09  | 00:22:23 | 75.52% | 19         | 4       |
| 21  | 619 Steve PAYNE            | M V45    | Caerphilly Triers                     | 00:23:14  | 00:21:10 | 79.86% | 20         | 5       |
| 22  | 742 Joe BARTLETT           | M Senior | Avaac                                 | 00:23:15  | 00:23:15 | 72.68% | 21         | 11      |
| 23  | 771 Duncan SHELDON         | M V50    | Penarth And Dinas                     | 00:23:17  | 00:20:33 | 82.25% | 22         | 1       |
| 24  | 687 Robert PRITCHARD       | M V40    | Chepstow Harriers                     | 00:23:20  | 00:22:14 | 76.04% | 23         | 2       |
| 25  | 798 Thomas HENRY           | M V35    | Lliswerry Runners                     | 00:23:21  | 00:22:35 | 74.87% | 24         | 5       |
| 26  | 848 Katherine MATTHEWS     | F V40    | Chepstow Harriers                     | 00:23:25  | 00:22:10 | 86.66% | 2          | 1       |
| 27  | 710 Lizzie DIMOND          | F V35    | Lliswerry Runners                     | 00:23:28  | 00:23:14 | 82.65% | 3          | 1       |
| 28  | 701 Paul MORTON            | M V40    | Les Croupiers Rc                      | 00:23:32  | 00:22:25 | 75.38% | 25         | 3       |
| 29  | 797 Stephen BARTLETT       | M V50    | Aberdare Valley Amateur Athletic Club | 00:23:39  | 00:20:13 | 83.58% | 26         | 2       |
| 30  | 783 Luigi FEDERICI         | M Senior | Penarth And Dinas                     | 00:23:44  | 00:23:44 | 71.22% | 27         | 12      |
| 31  | 574 Matt TURNER            | M V50    | Caerleon Running Club                 | 00:23:47  | 00:21:00 | 80.49% | 28         | 3       |
| 32  | 763 Darren STRINGER        | M V40    | Bristol & West Ac                     | 00:23:48  | 00:22:31 | 75.08% | 29         | 4       |
| 33  | 795 Paul BRUTON            | M V45    | Lliswerry Runners                     | 00:23:55  | 00:21:37 | 78.17% | 30         | 6       |
| 34  | 744 Steve DREWITT          | M V35    | Fairwater Runners                     | 00:24:06  | 00:23:27 | 72.10% | 31         | 6       |
| 35  | 513 Andy PEARCE            | M V55    | Penarth And Dinas                     | 00:24:12  | 00:20:32 | 82.35% | 32         | 1       |
| 36  | 841 Chris NORMAN           | M Senior | Lliswerry Runners                     | 00:24:13  | 00:23:56 | 70.62% | 33         | 13      |
| 37  | 838 Stuart CREES           | M V40    | Les Croupiers Rc                      | 00:24:16  | 00:22:27 | 75.31% | 34         | 5       |
| 38  | 452 Paul DODD              | M V60    | Chepstow Harriers                     | 00:24:30  | 00:19:15 | 87.85% | 35         | 1       |
| 39  | 689 Ross FLANIGAN          | M V50    | Penarth And Dinas                     | 00:24:33  | 00:21:00 | 80.53% | 36         | 4       |
| 40  | 807 Rob BORLEY             | M V40    | San Domenico Rc                       | 00:24:33  | 00:23:24 | 72.26% | 37         | 6       |
| 41  | 805 Phillip LEE            | M V45    | Lliswerry Runners                     | 00:24:35  | 00:22:13 | 76.08% | 38         | 7       |
| 42  | 824 Richard BAKER          | M V50    | Les Croupiers Rc                      | 00:24:38  | 00:21:34 | 78.36% | 39         | 5       |

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| Pos | Bib Name               | Cat      | Club                                  | Race Time | AG Time  | AG%    | Gender | Cat Pos | Cat Pos |
|-----|------------------------|----------|---------------------------------------|-----------|----------|--------|--------|---------|---------|
| 43  | 573 Phillip EVANS      | M V35    | Pontypridd Roadents Ac                | 00:24:38  | 00:24:14 | 69.74% |        | 40      | 7       |
| 44  | 752 James ERSKINE      | M V40    | Unattached                            | 00:24:49  | 00:23:38 | 71.51% |        | 41      | 7       |
| 45  | 774 Craig CHEEDY       | M V35    | Griffithstown Harriers                | 00:24:49  | 00:24:18 | 69.57% |        | 42      | 8       |
| 46  | 639 Tony MARSHALL      | M V60    | Chepstow Harriers                     | 00:24:53  | 00:20:14 | 83.54% |        | 43      | 2       |
| 47  | 685 Douglas BRIGGS     | M V50    | Chepstow Harriers                     | 00:25:03  | 00:21:35 | 78.30% |        | 44      | 6       |
| 48  | 766 Clare PATTERSON    | F V40    | Griffithstown Harriers                | 00:25:18  | 00:24:07 | 79.60% |        | 4       | 2       |
| 49  | 707 Dean COX           | M V35    | Unattached                            | 00:25:23  | 00:24:42 | 68.42% |        | 45      | 9       |
| 50  | 792 Shaun STYLES       | M Senior | Griffithstown Harriers                | 00:25:27  | 00:25:27 | 66.44% |        | 46      | 14      |
| 51  | 772 Jeff COX           | M V55    | Les Croupiers Rc                      | 00:25:29  | 00:20:54 | 80.89% |        | 47      | 2       |
| 52  | 723 Kit LAMBERT        | M V40    | Penarth And Dinas                     | 00:25:30  | 00:23:56 | 70.63% |        | 48      | 8       |
| 53  | 430 Walter LEACH       | M V60    | Forest Of Dean Ac                     | 00:25:34  | 00:20:47 | 81.33% |        | 49      | 3       |
| 54  | 803 Carl WILLIAMS      | M V45    | Griffithstown Harriers                | 00:25:34  | 00:23:28 | 72.05% |        | 50      | 8       |
| 55  | 618 Mike HARRISON      | M V35    | Penarth And Dinas                     | 00:25:47  | 00:24:55 | 67.82% |        | 51      | 10      |
| 56  | 466 Niki MORGAN        | F V55    | Chepstow Harriers                     | 00:25:49  | 00:21:42 | 88.47% |        | 5       | 1       |
| 57  | 825 Jamie SEEKINGS     | M V40    | Penarth And Dinas                     | 00:25:51  | 00:24:05 | 70.16% |        | 52      | 9       |
| 58  | 712 Charlie BENDALL    | M V35    | Chepstow Harriers                     | 00:26:03  | 00:25:21 | 66.67% |        | 53      | 11      |
| 59  | 728 Nicola JUKES       | F V50    | Parc Bryn Bach Rc                     | 00:26:06  | 00:22:43 | 84.52% |        | 6       | 1       |
| 60  | 683 Matthew COOK       | M V45    | Unattached                            | 00:26:08  | 00:23:15 | 72.69% |        | 54      | 9       |
| 61  | 809 Phil REES          | M V55    | San Domenico Rc                       | 00:26:10  | 00:21:28 | 78.76% |        | 55      | 3       |
| 62  | 750 Brian LOVETT       | M V50    | San Domenico Rc                       | 00:26:12  | 00:22:24 | 75.45% |        | 56      | 7       |
| 63  | 777 Barry BURNS        | M V50    | Spirit Of Monmouth Rc                 | 00:26:24  | 00:22:34 | 74.90% |        | 57      | 8       |
| 64  | 780 Tammy PRITCHARD    | F V50    | Les Croupiers Rc                      | 00:26:26  | 00:23:16 | 82.53% |        | 7       | 2       |
| 65  | 796 Christopher POTTER | M V55    | Llswerry Runners                      | 00:26:29  | 00:22:05 | 76.54% |        | 58      | 4       |
| 66  | 694 Emma EDWARDS       | F V40    | Caerphilly Runners                    | 00:26:32  | 00:25:48 | 74.42% |        | 8       | 3       |
| 67  | 567 Matt REGAN         | M V35    | Pontypridd Roadents Ac                | 00:26:33  | 00:25:40 | 65.86% |        | 59      | 12      |
| 68  | 572 Martin CARSON      | M V40    | Pontypridd Roadents Ac                | 00:26:34  | 00:25:07 | 67.29% |        | 60      | 10      |
| 69  | 738 Leonie ROBERTS     | F V45    | Fairwater Runners                     | 00:26:37  | 00:24:58 | 76.91% |        | 9       | 1       |
| 70  | 731 Tim BUCKLEY        | M V55    | Chepstow Harriers                     | 00:26:39  | 00:22:36 | 74.79% |        | 61      | 5       |
| 71  | 846 Natalie MEYRICK    | F Senior | Griffithstown Harriers                | 00:26:42  | 00:26:35 | 72.22% |        | 10      | 2       |
| 72  | 682 Haydn HARTNELL     | M V55    | Parc Bryn Bach Rc                     | 00:26:44  | 00:21:55 | 77.11% |        | 62      | 6       |
| 73  | 607 Stephen OWEN       | M V65    | Chepstow Harriers                     | 00:26:46  | 00:20:04 | 84.25% |        | 63      | 1       |
| 74  | 785 Catherine BARKER   | F V45    | Penarth And Dinas                     | 00:26:47  | 00:25:08 | 76.42% |        | 11      | 2       |
| 75  | 537 Nia REDDY          | F Junior | Aberdare Valley Amateur Athletic Club | 00:27:05  | 00:25:34 | 75.11% |        | 12      | 1       |
| 76  | 716 James BROWN        | M Senior | Llswerry Runners                      | 00:27:05  | 00:26:46 | 63.15% |        | 64      | 15      |
| 77  | 721 Matthew LLOYD      | M V40    | Fairwater Runners                     | 00:27:08  | 00:25:51 | 65.38% |        | 65      | 11      |
| 78  | 810 Digby RUSLING      | M V50    | Unattached                            | 00:27:10  | 00:23:37 | 71.59% |        | 66      | 9       |
| 79  | 735 Antoinette DUMAYNE | F Senior | Llswerry Runners                      | 00:27:14  | 00:27:14 | 70.51% |        | 13      | 3       |
| 80  | 626 Brian EVANS        | M V50    | Spirit Of Monmouth Rc                 | 00:27:15  | 00:23:52 | 70.83% |        | 67      | 10      |
| 81  | 800 Suzanne TEW        | F V50    | Parc Bryn Bach Rc                     | 00:27:18  | 00:24:03 | 79.87% |        | 14      | 3       |
| 82  | 589 Jim STORRAR        | M V60    | Forest Of Dean Ac                     | 00:27:20  | 00:21:50 | 77.40% |        | 68      | 4       |
| 83  | 753 Ceri DAVIES        | M V45    | San Domenico Rc                       | 00:27:28  | 00:25:01 | 67.56% |        | 69      | 10      |
| 84  | 788 Carly STONE        | F V35    | Griffithstown Harriers                | 00:27:30  | 00:27:18 | 70.32% |        | 15      | 2       |
| 85  | 821 Harry WOODWARD     | M Senior | Caldicot Running Club                 | 00:27:32  | 00:27:32 | 61.41% |        | 70      | 16      |
| 86  | 705 Steven HOOPER      | M V55    | Pontypridd Roadents Ac                | 00:27:40  | 00:23:16 | 72.66% |        | 71      | 7       |
| 87  | 839 Susan BOWES        | F V45    | Les Croupiers Rc                      | 00:27:40  | 00:25:57 | 73.98% |        | 16      | 3       |
| 88  | 819 Kay CHAPMAN        | F V55    | Les Croupiers Rc                      | 00:27:42  | 00:23:17 | 82.50% |        | 17      | 2       |
| 89  | 764 Naomi DAVIES       | F Senior | Caerphilly Runners                    | 00:27:46  | 00:27:46 | 69.16% |        | 18      | 4       |
| 90  | 588 Marc CROSS         | M V35    | Griffithstown Harriers                | 00:27:58  | 00:26:50 | 62.98% |        | 72      | 13      |
| 91  | 517 Frank ATHERTON     | M V60    | Penarth And Dinas                     | 00:28:01  | 00:22:11 | 76.17% |        | 73      | 5       |

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| Pos | Bib Name                   | Cat      | Club                                  | Race Time | AG Time  | AG%    | Gender Pos | Cat Pos |
|-----|----------------------------|----------|---------------------------------------|-----------|----------|--------|------------|---------|
| 92  | 804 Steven BARKER          | M V45    | Penarth And Dinas                     | 00:28:13  | 00:25:06 | 67.33% | 74         | 11      |
| 93  | 770 Jane SHELDON           | F V50    | Penarth And Dinas                     | 00:28:16  | 00:25:11 | 76.27% | 19         | 4       |
| 94  | 799 Claire KULISA          | F V40    | Caerphilly Runners                    | 00:28:25  | 00:26:53 | 71.42% | 20         | 4       |
| 95  | 818 Paul CHAPMAN           | M V50    | Les Croupiers Rc                      | 00:28:27  | 00:24:31 | 68.95% | 75         | 11      |
| 96  | 793 Christopher JONES      | M V60    | Llisbury Runners                      | 00:28:32  | 00:22:36 | 74.80% | 76         | 6       |
| 97  | 802 Reginald KING          | M V45    | Griffithstown Harriers                | 00:28:35  | 00:25:26 | 66.46% | 77         | 12      |
| 98  | 853 Emma DAVIES            | F V50    | Unattached                            | 00:28:35  | 00:25:28 | 75.43% | 21         | 5       |
| 99  | 843 Sarah WOODLEY-WILLIAMS | F V35    | San Domenico Rc                       | 00:28:42  | 00:28:25 | 67.57% | 22         | 3       |
| 100 | 722 Mick McGEOCH           | M V65    | Les Croupiers Rc                      | 00:28:46  | 00:22:11 | 76.22% | 78         | 2       |
| 101 | 830 Gareth HART            | M V50    | Caerleon Running Club                 | 00:28:47  | 00:25:13 | 67.04% | 79         | 12      |
| 102 | 768 Steve CHADWELL         | M V50    | Les Croupiers Rc                      | 00:28:49  | 00:25:26 | 66.44% | 80         | 13      |
| 103 | 502 Emma KING              | F V40    | Llisbury Runners                      | 00:28:51  | 00:27:54 | 68.84% | 23         | 5       |
| 104 | 734 Ruth CANN              | F V40    | Penarth And Dinas                     | 00:28:56  | 00:27:58 | 68.66% | 24         | 6       |
| 105 | 776 Michael TABOR          | M V65    | Les Croupiers Rc                      | 00:29:06  | 00:21:48 | 77.51% | 81         | 3       |
| 106 | 757 Andrew SPENCER         | M V55    | Griffithstown Harriers                | 00:29:13  | 00:23:58 | 70.54% | 82         | 8       |
| 107 | 834 Emily HARRISON         | F V35    | Spirit Of Monmouth Rc                 | 00:29:20  | 00:28:49 | 66.64% | 25         | 4       |
| 108 | 787 Andy CREBER            | M V60    | Chepstow Harriers                     | 00:29:21  | 00:23:02 | 73.37% | 83         | 7       |
| 109 | 806 Michelle TAYLOR        | F Senior | Islwyn Rc                             | 00:29:27  | 00:29:20 | 65.47% | 26         | 5       |
| 110 | 594 Nicolas WEBB           | M V40    | Llisbury Runners                      | 00:30:04  | 00:28:14 | 59.87% | 84         | 12      |
| 111 | 814 Robert NELSON          | M V50    | Spirit Of Monmouth Rc                 | 00:30:10  | 00:26:25 | 63.98% | 85         | 14      |
| 112 | 842 Kim CARWARDINE         | F V35    | Chepstow Harriers                     | 00:30:12  | 00:29:32 | 65.02% | 27         | 5       |
| 113 | 855 Neil GRANT             | M V70+   | Chepstow Harriers                     | 00:30:16  | 00:22:26 | 75.35% | 86         | 1       |
| 114 | 794 Richard Thomas JONES   | M Senior | Llisbury Runners                      | 00:30:22  | 00:30:22 | 55.67% | 87         | 17      |
| 115 | 854 Sarah PASSMORE         | F V35    | Pontyclun Roadrunners                 | 00:30:28  | 00:29:56 | 64.15% | 28         | 6       |
| 116 | 714 Malcolm BRADLEY        | M V70+   | Penarth And Dinas                     | 00:30:31  | 00:22:21 | 75.65% | 88         | 2       |
| 117 | 816 Emily SAMS             | F Senior | Caerphilly Runners                    | 00:30:45  | 00:30:43 | 62.51% | 29         | 6       |
| 118 | 748 Lyndsey REDDY          | F V35    | Aberdare Valley Amateur Athletic Club | 00:30:52  | 00:30:20 | 63.32% | 30         | 7       |
| 119 | 844 Rachel DAVIES          | F Senior | Unattached                            | 00:30:54  | 00:30:54 | 62.14% | 31         | 7       |
| 120 | 836 Gareth DAVIES          | M V40    | Penarth And Dinas                     | 00:30:56  | 00:28:36 | 59.09% | 89         | 13      |
| 121 | 829 Michael H DAVIES       | M V70+   | Les Croupiers Rc                      | 00:30:56  | 00:22:22 | 75.59% | 90         | 3       |
| 122 | 725 Gideon CALDER          | M V50    | Penarth And Dinas                     | 00:30:57  | 00:27:06 | 62.36% | 91         | 15      |
| 123 | 521 Paul JONES             | M V40    | Aberdare Valley Amateur Athletic Club | 00:31:07  | 00:29:12 | 57.87% | 92         | 14      |
| 124 | 760 Neil PEARSON           | M V50    | Caldicot Running Club                 | 00:31:13  | 00:26:55 | 62.81% | 93         | 16      |
| 125 | 789 Lolly EVANS            | F V50    | Les Croupiers Rc                      | 00:31:15  | 00:27:31 | 69.80% | 32         | 6       |
| 126 | 713 Jeremy CREASEY         | M V55    | Spirit Of Monmouth Rc                 | 00:31:18  | 00:26:33 | 63.67% | 94         | 9       |
| 127 | 720 Mike EVANS             | M V65    | Chepstow Harriers                     | 00:31:21  | 00:24:11 | 69.91% | 95         | 4       |
| 128 | 837 Gavin JONES            | M V50    | Griffithstown Harriers                | 00:31:23  | 00:26:50 | 63.01% | 96         | 17      |
| 129 | 703 Kaylea PALKOWSKI       | F Senior | Caerphilly Runners                    | 00:31:26  | 00:31:25 | 61.10% | 33         | 8       |
| 130 | 423 Abi GHUMAN             | F Senior | Pontypridd Roadents Ac                | 00:31:32  | 00:31:32 | 60.90% | 34         | 9       |
| 131 | 801 Thomas DAVID           | M V35    | Griffithstown Harriers                | 00:31:35  | 00:30:32 | 55.36% | 97         | 14      |
| 132 | 739 Emma BAGLEY            | F V45    | Fairwater Runners                     | 00:31:35  | 00:29:04 | 66.06% | 35         | 4       |
| 133 | 520 Ann JOHNSTON           | F V40    | Penarth And Dinas                     | 00:31:38  | 00:29:56 | 64.15% | 36         | 7       |
| 134 | 681 Martin GREEN           | M V50    | Pontypridd Roadents Ac                | 00:31:46  | 00:28:03 | 60.27% | 98         | 18      |
| 135 | 730 Zoe REES               | F Senior | Caerphilly Runners                    | 00:31:56  | 00:31:56 | 60.13% | 37         | 10      |
| 136 | 640 Thomas WAKEFIELD       | M Senior | Llisbury Runners                      | 00:31:58  | 00:31:58 | 52.86% | 99         | 18      |
| 137 | 820 Maixent GAILLARD       | M V45    | Spirit Of Monmouth Rc                 | 00:32:14  | 00:29:35 | 57.12% | 100        | 13      |
| 138 | 693 Caroline THOMAS        | F V35    | Blaenau Gwent Athletics Club          | 00:32:16  | 00:31:33 | 60.87% | 38         | 8       |
| 139 | 828 Jon LEWIS              | M V45    | Penarth And Dinas                     | 00:32:17  | 00:29:11 | 57.93% | 101        | 14      |
| 140 | 733 Rob HICK               | M V60    | Wessex Orienteering Club              | 00:32:18  | 00:25:49 | 65.49% | 102        | 8       |

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| Pos | Bib Name                 | Cat      | Club                                  | Race Time | AG Time  | AG%    | Gender Pos | Cat Pos |
|-----|--------------------------|----------|---------------------------------------|-----------|----------|--------|------------|---------|
| 141 | 845 Nick CLARKE          | M V55    | Griffithstown Harriers                | 00:32:20  | 00:27:25 | 61.66% | 103        | 10      |
| 142 | 645 Julie SCHOLEY        | F V60    | Les Croupiers Rc                      | 00:32:21  | 00:24:56 | 77.02% | 39         | 1       |
| 143 | 736 Jane LEWIS           | F V50    | Fairwater Runners                     | 00:32:30  | 00:27:58 | 68.67% | 40         | 7       |
| 144 | 535 James BUCKINGHAM     | M V55    | Penarth And Dinas                     | 00:32:33  | 00:26:56 | 62.77% | 104        | 11      |
| 145 | 623 Fiona DAVIES         | F V65    | Pontypridd Roadents Ac                | 00:32:37  | 00:23:50 | 80.56% | 41         | 1       |
| 146 | 826 Andrew HART          | M V35    | Unattached                            | 00:32:50  | 00:31:44 | 53.26% | 105        | 15      |
| 147 | 611 Tracey CREEDON       | F V40    | Les Croupiers Rc                      | 00:33:03  | 00:31:16 | 61.40% | 42         | 8       |
| 148 | 849 Ellie EDWARDS        | F V35    | Chepstow Harriers                     | 00:33:14  | 00:32:39 | 58.80% | 43         | 9       |
| 149 | 756 Michael BRYANT       | M V60    | Newent Runners                        | 00:33:21  | 00:26:39 | 63.42% | 106        | 9       |
| 150 | 823 Jarrod HIGGS         | M V50    | Caerphilly Runners                    | 00:33:22  | 00:29:00 | 58.30% | 107        | 19      |
| 151 | 743 Niall HUGHES         | M V45    | San Domenico Rc                       | 00:33:23  | 00:30:24 | 55.60% | 108        | 15      |
| 152 | 817 David BAILYES        | M V55    | Caerphilly Runners                    | 00:33:36  | 00:27:33 | 61.34% | 109        | 12      |
| 153 | 580 Peter TROTT          | M V50    | Penarth And Dinas                     | 00:33:40  | 00:28:47 | 58.73% | 110        | 20      |
| 154 | 784 Sophie GOTT          | F V45    | Penarth And Dinas                     | 00:33:47  | 00:31:41 | 60.60% | 44         | 5       |
| 155 | 767 Graeme DONNAN        | M V65    | Les Croupiers Rc                      | 00:33:58  | 00:25:43 | 65.73% | 111        | 5       |
| 156 | 827 Debbie REES          | F V55    | Penarth And Dinas                     | 00:34:01  | 00:27:55 | 68.80% | 45         | 3       |
| 157 | 678 Brett REGULSKI       | M V60    | Chepstow Harriers                     | 00:34:09  | 00:27:18 | 61.92% | 112        | 10      |
| 158 | 762 Nick CLARK           | M V55    | Unattached                            | 00:34:15  | 00:28:05 | 60.18% | 113        | 13      |
| 159 | 509 Meurig CHAPPLE       | M V60    | Penarth And Dinas                     | 00:34:24  | 00:27:58 | 60.43% | 114        | 11      |
| 160 | 775 Andrew MAY           | M V50    | Penarth And Dinas                     | 00:34:41  | 00:30:23 | 55.62% | 115        | 21      |
| 161 | 761 Andrea CLARK         | F V55    | Unattached                            | 00:34:47  | 00:29:14 | 65.68% | 46         | 4       |
| 162 | 751 Eve GALLOP-EVANS     | F V55    | Les Croupiers Rc                      | 00:34:50  | 00:28:14 | 68.01% | 47         | 5       |
| 163 | 697 Kelly CROFTS         | F V40    | Les Croupiers Rc                      | 00:35:09  | 00:33:59 | 56.50% | 48         | 9       |
| 164 | 835 Brenda AVERY         | F V70+   | Chepstow Harriers                     | 00:35:13  | 00:23:59 | 80.09% | 49         | 1       |
| 165 | 786 Fiona CREASEY        | F V55    | Forest Of Dean Ac                     | 00:35:22  | 00:29:43 | 64.60% | 50         | 6       |
| 166 | 812 Bill SAVAGE          | M V70+   | Chepstow Harriers                     | 00:35:29  | 00:26:00 | 65.03% | 116        | 4       |
| 167 | 704 Jean MARCHANT        | F V55    | Pontypridd Roadents Ac                | 00:35:35  | 00:28:29 | 67.41% | 51         | 7       |
| 168 | 724 Arabella CALDER      | F V50    | Penarth And Dinas                     | 00:35:39  | 00:31:23 | 61.17% | 52         | 8       |
| 169 | 708 Janet SMITH          | F V50    | Les Croupiers Rc                      | 00:35:42  | 00:30:43 | 62.50% | 53         | 9       |
| 170 | 732 Carolyn DENT         | F V55    | Town And Country Harriers             | 00:35:55  | 00:28:45 | 66.79% | 54         | 8       |
| 171 | 840 Hannah MILES         | F Senior | Les Croupiers Rc                      | 00:35:55  | 00:35:50 | 53.59% | 55         | 11      |
| 172 | 822 Mal FIROUZ           | M V60    | Les Croupiers Rc                      | 00:36:14  | 00:28:27 | 59.41% | 117        | 12      |
| 173 | 815 Jane RYMER           | F V55    | Chepstow Harriers                     | 00:36:23  | 00:30:13 | 63.54% | 56         | 9       |
| 174 | 852 Alison HOLTON        | F V50    | Parc Bryn Bach Rc                     | 00:36:46  | 00:32:44 | 58.65% | 57         | 10      |
| 175 | 605 Kathryn SWEETMAN     | F V45    | Fetch                                 | 00:36:53  | 00:33:13 | 57.81% | 58         | 6       |
| 176 | 494 Keely JARVIS         | F V35    | Aberdare Valley Amateur Athletic Club | 00:36:55  | 00:36:34 | 52.52% | 59         | 10      |
| 177 | 831 Dan NEWTON           | M V45    | Pont-Y-Pwl & District Runners         | 00:38:13  | 00:34:01 | 49.70% | 118        | 16      |
| 178 | 754 Esme COWAN           | F V35    | Chepstow Harriers                     | 00:38:17  | 00:37:26 | 51.29% | 60         | 11      |
| 179 | 791 Paul WATKINS         | M V55    | Griffithstown Harriers                | 00:38:25  | 00:32:02 | 52.76% | 119        | 14      |
| 180 | 758 Allison HUGHES       | F V55    | Griffithstown Harriers                | 00:38:26  | 00:32:18 | 59.44% | 61         | 10      |
| 181 | 781 Joanna FRIEDLI       | F V50    | Les Croupiers Rc                      | 00:38:57  | 00:33:54 | 56.64% | 62         | 11      |
| 182 | 686 Wendy BRIGGS         | F V50    | Chepstow Harriers                     | 00:40:10  | 00:35:22 | 54.29% | 63         | 12      |
| 183 | 790 Angharad PARRY-JONES | F V45    | Les Croupiers Rc                      | 00:40:30  | 00:37:38 | 51.01% | 64         | 7       |
| 184 | 755 Kirsty McGOWAN       | F Senior | Les Croupiers Rc                      | 00:44:54  | 00:44:43 | 42.94% | 65         | 12      |
| 185 | 745 Clare JOHNSON        | F V70+   | Les Croupiers Rc                      | 00:45:08  | 00:28:28 | 67.46% | 66         | 2       |