

Position	Number	Name	Club	M/F	Category	Time
1	273	John George	U/A	M	SM	37:46
2	272	Peter Woodward	Forest of Dean	M	SM	38:56
3	281	Daren Smith	Forest of Dean	M	MV40	39:28
4	284	Leyton Fleet	Forest of Dean	M	MV40	39:30
5	278	John Russell	Forest of Dean	M	MV40	40:43
6	301	Gavin Robertson	Newent Runners	M	SM	40:59
7	290	Julian Boon	Forest of Dean	M	MV40	41:19
8	292	Andy McCoy	Chelt Harriers	M	SM	41:31
9	280	Marcus Bennetto	Forest of Dean	M	SM	41:59
10	302	Simon Dury	Chepstow Harriers	M	SM	41:51
11	277	Richard Powles	Forest of Dean	M	SM	41:57
12	286	Mark Mathews	Forest of Dean	M	MV40	42:21
13	274	Niki Morgan	Chepstow Harriers	F	FV40	43:06
14	288	Scott Berry	Forest of Dean	M	SM	44:30
15	295	Robert Freeman	Forest of Dean	M	MV40	45:33
16	289	Richard Gilbert	Almost Athletes	M	MV50	46:15
17	300	Wayne Holford	Newent Runners	M	SM	47:30
18	202	Helen Gabriel	U/A	F	FV40	48:05
19	299	Brian Francis	Forest of Dean	M	MV50	48:21
20	361	Alan Robertson	Forest of Dean	M	MV50	48:44
21	270	Ivan Woodward	Forest of Dean	M	MV40	49:16
22	293	Ian Storrar	U/A	M	MV40	51:03
23	298	Callum Francis	Forest of Dean	M	SM	51:35
24	296	Shirley Albrow	Forest of Dean	F	FV50	52:01
25	201	Liz Usedon	Forest of Dean	F	FV40	52:13
26	363	Jackie Green	Forest of Dean	F	FV50	52:32
27	297	Stefanie Francis	Forest of Dean	F	FV40	52:55
28	285	Gareth Jones	Newport Harriers	M	MV60	53:26
29	291	Michelle Galloway	Almost Athletes	F	SF	53:38
30	294	Tony Pownall	Forest of Dean	M	MV50	54:14
31	271	Robert Prowse	U/A	M	MV40	54:23
32	279	Jane Creed	Forest of Dean	F	SF	54:33
33	359	Claire Morgan	Forest of Dean	F	FV50	55:28
34	283	Roberta Havers	Chepstow Harriers	F	SF	55:57
35	282	Tony Highfield	U/A	M	MV50	56:15
36	360	Lynne Park	Forest of Dean	F	FV50	57:14
37	230	Syd Wheeler	Chepstow Harriers	M	MV70	58:11
38	276	Stephanie Fox	Angels	F	FV40	58:39
39	275	Tanya Milne	Angels	F	FV40	58:04
40	362	Angela Bowkett	Forest of Dean	F	FV40	59:50
41	287	Helen Healey	Angels RC	F	FV60	63:38