

Position	Name	Club	Number	Time
1	Peter Woodward	Forest of Dean	144	05:03.6
2	Chris Penny	Forest of Dean	42	05:14.5
3	Jack Fleet	Forest of Dean	85	05:17.9
4	Kyran Hale	Severn AC	194	05:18.4
5	Leyton Fleet	Forest of Dean	96	05:21.7
6	Richard Peglar	Forest of Dean	147	05:22.4
7	James Dobbing	Forest of Dean	87	05:23.1
8	Marcus Bennetto	Forest of Dean	135	05:25.9
9	John Russell	Forest of Dean	92	05:34.8
10	Emmett Thompson	Forest of Dean	190	05:35.6
11	Richard Dennant	Forest of Dean	146	05:46.4
12	Ian Morgan	Forest of Dean	84	05:50.5
13	Walter Leach	Forest of Dean	187	05:51.0
14	Julian Boon	Forest of Dean	93	05:51.4
15	Daren Smith	Forest of Dean	46	05:51.7
16	Dan Sandford	Forest of Dean	45	05:55.8
17	Dave Lowthian	Forest of Dean	47	05:57.9
18	Matt Bond	Forest of Dean	137	06:02.7
19	Scott Berry	Forest of Dean	149	06:06.4
20	Brian Francis	Forest of Dean	234	06:09.5
21	Jim Storrar	Forest of Dean	90	06:11.9
22	Nick Wellsted	Forest of Dean	141	06:13.9
23	Martin Blakeborough	Spirit of Monmouth	199	05:16.0
24	Jeremy Creasy	Spirit of Monmouth	233	06:17.4
25	Jason Ross-Collins	Forest of Dean	88	06:19.4
26	Chris Moore	Forest of Dean	41	05:21.9
27	Callum Francis	Forest of Dean	38	06:32.0
28	Graham James	Forest of Dean	82	06:33.3
29	Lee James	Spirit of Monmouth	198	06:48.3
30	Dave Andrews	Chepstow Harriers	192	07:11.6
31	Graham Bennetto	Forest of Dean	81	07:30.9
32	Ian James	Forest of Dean	83	07:41.9
33	Jim Insall	Forest of Dean	89	07:45.7
34	Syd Wheeler	Chepstow Harriers	185	08:13.5

Position	Name	Club	Number	Time
1	Jane Horler	Chepstow Harriers	188	05:45.0
2	Fiona Turner	Forest of Dean	49	06:45.9
3	Kim Chester	Forest of Dean	189	06:56.0
4	Carmen Rodriguez	Forest of Dean	39	07:02.6
5	Emma Parsons	Forest of Dean	195	07:21.1
6	Lynne Park	Forest of Dean	133	07:21.9
7	Jackie Green	Forest of Dean	86	07:24.4
8	Stef Francis	Forest of Dean	182	07:27.1
11	Kate Frost	Forest of Dean	94	07:28.4
10	Jess Collins	Cheltenham Harriers	196	07:31.4
9	Sue Shergold	Forest of Dean	184	07:33.5
12	Margaret Powles	Forest of Dean	136	07:34.2
13	Nicky Hall	Forest of Dean	142	07:34.5
14	Catherine Lyne	Forest of Dean	40	07:34.9
15	Rachel Nash	Forest of Dean	145	07:55.1
16	Michelle Peacey	Forest of Dean	138	07:59.5
17	Eva Goodhead	Forest of Dean	48	08:00.2
18	Louise McKenzie	Forest of Dean	131	08:04.2
19	Sharla Fleet	Forest of Dean	181	08:06.6
20	Ruth Bird	Cheltenham Harriers	197	08:06.8
24	Louise Insall	Forest of Dean	99	08:07.8
21	Angela Bowkett	Forest of Dean	34	08:08.5
22	Mandy Weare	Forest of Dean	134	08:11.6
23	Claire Morgan	Forest of Dean	43	08:11.9
25	Tracey Burns	Spirit of Monmouth	231	08:17.3
26	Vanessa Peglar	Forest of Dean	186	08:20.1
27	Phoebe Williams	Spirit of Monmouth	232	08:57.7
28	Bev James	Forest of Dean	37	09:06.2
29	Alex Insall	Forest of Dean	32	10:11.0
30	Natalie Insall	Forest of Dean	139	10:16.5
31	Lisa Metcalf Woodward	Forest of Dean	98	10:27.0