

Name	Club	Category	Number	Time	
<b>Chris Penny</b>	<b>Forest of Dean</b>	<b>MV40</b>	<b>476</b>	<b>05:11.2</b>	1st M
<b>Marcus Bennetto</b>	<b>Forest of Dean</b>	<b>SM</b>	<b>439</b>	<b>05:19.9</b>	2nd M
<b>Jack Fleet</b>	<b>Forest of Dean</b>	<b>JM</b>	<b>452</b>	<b>05:22.2</b>	3rd M
Michael Jenkins	Forest of Dean	SM	469	05:23.5	
<b>Leyton Fleet</b>	<b>Forest of Dean</b>	<b>MV40</b>	<b>450</b>	<b>05:23.9</b>	1st MV40
James Dobbing	Forest of Dean	SM	453	05:24.5	
<b>Walter Leach</b>	<b>Forest of Dean</b>	<b>MV50</b>	<b>416</b>	<b>05:25.0</b>	1st MV50
Dan Sandford	Forest of Dean	MV40	478	05:29.1	
Gavin Robertson	Forest of Dean	SM	466	05:30.7	
Daren Smith	Forest of Dean	MV40	437	05:38.7	
John Russell	Forest of Dean	MV40	441	05:39.9	
Hubert Ashley-Towell	Forest of Dean	MV40	418	05:44.7	
Scott Berry	Forest of Dean	SM	465	05:46.0	
Richard Dennant	Forest of Dean	MV50	470	05:49.6	
Jonathan Carter	Chepstow Harriers	MV40	462	05:52.3	
Ian Morgan	Forest of Dean	SM	424	05:55.4	
Mike Kennedy	Almost Athletes	MV40	432	05:58.1	
<b>Neil Grant</b>	<b>Chepstow Harriers</b>	<b>MV60</b>	<b>461</b>	<b>06:03.1</b>	1st MV60
Greg Nash	Forest of Dean	MV40	463	06:05.5	
Alan Robertson	Forest of Dean	MV60	426	06:15.8	
Callum Francis	Forest of Dean	JM	421	06:20.6	
Brian Francis	Forest of Dean	MV50	420	06:24.9	
Jorge Anjos	Forest of Dean	SM	454	06:28.4	
Chris Moore	Forest of Dean	MV60	410	06:30.6	
Michael Marks	Forest of Dean	MV40	423	06:32.9	
Ivan Woodward	Forest of Dean	MV40	447	06:34.0	
David Jenkins	Forest of Dean	SM	456	06:34.0	
David Price	Forest of Dean	MV40	427	06:56.9	

Patrick Rennison	Forest of Dean	MV50	471	07:04.9	
Darren Creed	Forest of Dean	SM	419	07:07.8	
Tony Pownall	Forest of Dean	MV50	477	07:08.3	
Ian James	Forest of Dean	MV50	475	07:14.0	
Colin Laver	Forest of Dean	MV60	449	07:17.1	
Roy King	Forest of Dean	MV40	436	07:19.6	
Peter Compton	Forest of Dean	MV40	417	08:43.3	
<b>Syd Wheeler</b>	<b>Chepstow Harriers</b>	<b>MV70</b>	<b>479</b>	<b>08:54.3</b>	1st MV70
Name	Club	Category	Number	Time	
<b>Niki Morgan</b>	<b>Chepstow Harriers</b>	<b>FV40</b>	<b>458</b>	<b>06:14.7</b>	1st F
<b>Martini Skjei</b>	<b>Unattached</b>	<b>JF</b>	<b>464</b>	<b>06:29.2</b>	2nd F
<b>Martha Hamilton</b>	<b>Forest of Dean</b>	<b>SF</b>	<b>445</b>	<b>06:31.1</b>	3rd F
Carmen Rodriguez	Forest of Dean	SF	434	06:31.4	
<b>Sherryl Hall</b>	<b>Forest of Dean</b>	<b>FV40</b>	<b>422</b>	<b>06:34.9</b>	1st FV40
Victoria Bentley	Angels RC	SF	431	06:36.3	
Mary Hamilton	Forest of Dean	JF	444	06:39.6	
Emma Davis	Spirit of Monmouth	FV40	440	06:52.8	
Emma Parsons	Forest of Dean	SF	425	06:57.0	
Sue Shergold	Forest of Dean	FV40	412	06:58.2	
<b>Lynne Park</b>	<b>Forest of Dean</b>	<b>FV50</b>	<b>442</b>	<b>07:07.9</b>	1st FV50
Anne Kirk	Forest of Dean	FV40	468	07:11.9	
Stef Francis	Forest of Dean	FV40	415	07:15.2	
Margaret Powles	Forest of Dean	FV50	413	07:18.0	
Jane Creed	Forest of Dean	SF	430	07:21.0	
Valerie Hamilton	Forest of Dean	FV50	446	07:22.5	
Jackie Green	Forest of Dean	FV50	467	07:23.4	
Rachel Nash	Forest of Dean	FV40	457	07:23.9	
<b>Jacqui Wynds</b>	<b>Forest of Dean</b>	<b>FV60</b>	<b>414</b>	<b>07:35.7</b>	1st FV60
Louise McKenzie	Forest of Dean	SF	443	07:43.2	
Nicky Hall	Forest of Dean	FV60	472	07:45.4	
Vanessa Peglar	Forest of Dean	FV40	433	07:47.2	

Karen Barnett	Forest of Dean	FV40	438	07:47.8	
Leona Price	Forest of Dean	SF	428	07:53.2	
Jo Babij	Forest of Dean	FV40	455	07:54.6	
Claire Morgan	Forest of Dean	FV50	429	07:59.2	
Eva Goodhead	Forest of Dean	FV40	459	08:00.1	
Sharla Fleet	Forest of Dean	FV40	451	08:11.8	
Michelle Peacey	Forest of Dean	FV40	473	08:13.5	
Angela Sonn	Forest of Dean	FV50	460	09:03.7	
Bev James	Forest of Dean	FV50	474	09:04.0	
Fiona Crawley	Forest of Dean	FV40	411	09:14.2	
Clare King	Forest of Dean	FV40	435	10:25.2	
Lisa Metcalf Woodward	Forest of Dean	FV50	448	10:44.5	