

Number	Name	Club	Cat.	Position	Time
149	Josh Sparks	Forest of Dean	Sen M	1M	5.10.5
151	Pete Ward	Chepstow Harriers	MV40	2M	5.11.5
143	Chris Penny	Forest of Dean	MV40	3M	5.19.5
133	Jack Fleet	Forest of Dean	Sen M	1SM	5.21.6
134	Leyton Fleet	Forest of Dean	MV40	1MV40	5.23.6
145	Marcus Bennetto	Forest of Dean	Sen M		5.31.1
275	Connor Creed	Forest of Dean	Sen M		5.35.2
281	Hubert Ashley-Towell	Forest of Dean	MV40		5.35.9
379	Josh Dowle	Forest of Dean	Sen M		5.37.5
142	Dan Sandford	Forest of Dean	MV40		5.38.6
156	Jonathan Carter	Chepstow Harriers	MV40		5.45.1
395	Walter Leach	Forest of Dean	MV50	1MV50	5.47.9
277	Julian Boon	Forest of Dean	MV40		5.56.6
400	Ian Morgan	Forest of Dean	Sen M		5.59.1
138	Richard Dennant	Forest of Dean	MV50		6.03.5
380	Emily Dowle	Forest of Dean	Sen	1F	6.05.5
148	Frank Williams	Forest of Dean	MV40		6.07.4
147	Alan Robertson	Forest of Dean	MV60	1MV60	6.12.6
285	Sherryl Hall	Forest of Dean	FV40	2F	6.14.8
154	Jason Ross-Collins	Forest of Dean	MV40		6.19.9
135	Jim Storrar	Forest of Dean	mv50		6.23.7
126	Chris Moore	Forest of Dean	MV60		6.29.9
293	Andy Breeze	Forest of Dean	MV40		6.39.9
150	Jeremy Creasey	Spirit of Monmouth	MV40		6.41.9
298	Roy King	Forest of Dean	MV40		6.51.6
146	Darren Creed	Forest of Dean	MV40		6.52.5
155	Lee James	Spirit of Monmouth	MV40		6.57.8
290	Ross Denison	Forest of Dean	Sen M		6.58.8
291	Margaret Powles	Forest of Dean	FV50	3F	7.03.2
292	Sue Shergold	Forest of Dean	FV40	1FV40	7.03.3
128	Emma Davis	Forest of Dean	FV40		7.06.0
136	David Price	Forest of Dean	MV40		7.06.5
153	Nerys Chaplin	Spirit of Monmouth	Sen F	1SF	7.09.6
132	Ian James	Forest of Dean	MV50		7.15.5
278	Emma Parsons	Forest of Dean	FV40		7.19.4
127	Rachel Nash	Forest of Dean	FV40		7.28.2
123	David Thomas	Forest of Dean	MV50		7.29.2
129	Fanny Rollinson	Forest of Dean	FV40		7.32.3
144	Graham Bennetto	Forest of Dean	MV50		7.41.4
141	Colin Laver	Forest of Dean	MV60		7.42.9
269	Anna Freeman	Forest of Dean	FV40		7.50.5
137	Leona Price	Forest of Dean	Sen F		7.55.9
152	Carol Usher	Spirit of Monmouth	FV50	1FV50	7.57.2
289	John James	Severn AC	MV60		8.04.3
296	Donna Howell	Forest of Dean	FV40		8.05.6
139	Eva Goodhead	Forest of Dean	FV40		8.10.5
288	Mick Morris	Tewkesbury AC	MV70		8.14.3
297	Andrew Knight		MV50		8.50.9
140	Angela Sonn	Forest of Dean	FV50		9.00.6
375	Pete Compton	Forest of Dean	MV40		9.06.83


