

Name	Club	Number	Sex	Category	Position	Time
Marcus Bennetto	Forest of Dean	247	m	m senior	1	5.10
Gareth Jones	Spirit of Monmouth	77	m	m senior	2	5.13
Jeremy Jehan	Wye Valley Runners	250	m	m40	3	5.14
Leyton Fleet	Forest of Dean	396	m	m40	m40	5.21
Dan Sandford	Forest of Dean	357	m	m40		5.30
Julian Boon	Forest of Dean	268	m	m40		5.48
Walter Leach	Forest of Dean	430	m	m50	m50	5.53
Mark Channer	Forest of Dean	89	m	m40		5.54
Richard Powles	Forest of Dean	100	m	m40		5.56
Scott Berry	Forest of Dean	152	m	m40		6.00
Glen Meek	Chepstow Harriers	163	m	m40		6.10
Sherryl Hall	Forest of Dean	160	f	f40	1	6.12
Matthew Squire	Forest of Dean	269	m	m40		6.12
Neil Grant	Chepstow Harriers	84	m	m60	m60	6.13
Martin Blakebrough	Spirit of Monmouth	51	m	m50		6.14
Jason Ross-Collins	Forest of Dean	256	m	M40		6.18
Jim Storrar	Forest of Dean	431	m	m50		6.20
Brian Francis	Forest of Dean	354	m	m50		6.22
Alan Robertson	Forest of Dean	164	m	m60		6.27
Martha Hamilton	Forest of Dean	86	f	f senior	2	6.27
Chris Rees	Chepstow Harriers	252	m	m50		6.30
Chris Moore	Forest of Dean	157	m	m60		6.30

Jeff Hall	Unattached	161	m	m40		6.31
David Jenkins	Forest of Dean	255	m	Senior		6.32
Patrick Rennison	Forest of Dean	254	m	m50		6.39
Helen Lipscomb	Forest of Dean	417	f	f senior	3	6.40
Peter Covington Jones	Forest of Dean	81	m	m50		6.40
Toby Wales	Spirit of Monmouth	52	m	m40		6.42
Ivan Woodward		99	m	m40		6.43
Darren Creed	Forest of Dean	54	m	m40		6.47
Ian Lowton	Forest of Dean	91	m	m40		6.51
Brett Davis	Newport Warriors	392	m	m50		6.52
Vicky Logan	Forest of Dean	398	f	f40	f40	6.56
Neville Turner	Forest of Dean	261	m	m50		6.57
Emma King	Spirit of Monmouth	53	f	f senior		7.01
Margaret Powles	Forest of Dean	394	f	f50	f50	7.03
Ian James	Forest of Dean	262	m	m50		7.03
David Thomas		56	m	m50		7.10
Andy Morgan	Forest of Dean	418	m	m40		7.12
David Price	Forest of Dean	248	m	m40		7.16
Gemma Hewitt	Forest of Dean	249	f	f senior		7.19
Emma Parsons	Forest of Dean	390	f	f40		7.20
Graham Bennetto	Forest of Dean	93	m	m50		7.25
Vicki Hewlett	Forest of Dean	263	f	f50		7.26
Andy Breeze	Forest of Dean	95	m	m40		7.27

Kate Burke	Forest of Dean	353	f	f senior		7.27
Jackie Green	Forest of Dean	267	f	f50		7.36
Valerie Hamilton	Forest of Dean	85	f	f50		7.39
Colin Laver	Forest of Dean	257	m	m60		7.41
Karen Barnett	Forest of Dean	154	f	f40		7.42
Becky Hewlett		264	f	f senior		7.44
Sarah Bishop	Unattached	251	f	m40		7.49
Eva Goodhead	Forest of Dean	356	f	f40		7.58
Kelly Worgan	Forest of Dean	424	f	f senior		8.26
Jake the Peg	Forest of Dean	305	m	m senior		8.33
Bev James	Forest of Dean	265	f	f50		8.35
Don Parson	Forest of Dean	393	m	m40		8.48
Sheralyn Turner	Forest of Dean	258	f	f40		9.03
Miriam Paris	Forest of Dean	158	f	f40		9.04
kelly Burson Griffoms		55	f	f40		9.08
Angela Sonn	Forest of Dean	355	f	f50		9.35
Syd Wheeler	Chepstow Harriers	266	m	m70	m70	9.43
Claire Goulding		259	f	f senior		9.44
Mel Powell	Forest of Dean	87	f	f40		10.00
Sandra Bennet	Forest of Dean	260	f	f50		10.19
Lisa Metcalf Woodwar	Forest of Dean	470	f	f50		10.36
Venessa Anderton	Unattached	98	f	f60	f60	11.20