

Place	Bib	Name	Team name	Category	Gender	Time
1	167	James Denne	Cheltenham Harriers	MS	Male	30:15.2
2	157	Peter Woodward	Forest of Dean AC	MS	Male	31:29.6
3	229	Marcus Bennetto	Forest of Dean AC	MS	Male	32:15.7
4	102	Sam Jones	Parc Bryn Bach Running Club	MS	Male	32:26.8
5	227	Gavin Jones	Monross Trailblazers	MS	Male	32:42.5
6	83	Leyton FLEET	Forest of Dean AC	M40	Male	33:31.4
7	191	Dan Sandford	Forest of Dean AC	M40	Male	33:39.8
8	130	Andy Raynor	Forest of Dean AC	MS	Male	33:55.8
9	133	James Richmond		MS	Male	35:09.3
10	240	David Marshall		MS	Male	35:23.0
11	138	Cory SHERWIN	Forest of Dean AC	MS	Male	35:25.7
12	241	Jeremy Jehan	Wye Valley Runners	M40	Male	35:40.9
13	197	Ben Robbins		MS	Male	35:50.6
14	107	Lee Kibble	Forest of Dean AC	MS	Male	36:01.9
15	230	Rob Hook	Chepstow Harriers	M50	Male	37:19.2
16	170	Martyn Carruthers	Forest of Dean AC	M40	Male	37:23.5
17	198	Jack Fleet	Forest of Dean AC	MS	Male	37:26.9
18	129	Robert Pritchard	Monross Trailblazers	MS	Male	37:33.5
19	63	Scott BERRY	Forest of Dean AC	M40	Male	37:42.3
20	161	Niki Morgan	Chepstow Harriers	F50	Female	37:55.8
21	238	Tom Riddington	Chepstow Harriers	M40	Male	38:02.8
22	143	Michael STRANGE	Forest of Dean AC	M60	Male	38:09.2
23	122	Steve Owen	Chepstow Harriers	M60	Male	38:31.8
24	151	Chloe Wheeler		F40	Female	38:33.5
25	137	Richard Sheehy	Parc Bryn Bach Running Club	MS	Male	38:45.3
26	135	Mark Scrivens	Monross Trailblazers	M40	Male	38:55.4
27	165	Lisa Jeffrey	Chepstow Harriers	F40	Female	38:57.0
28	233	Chris Williams		M40	Male	39:02.8
29	190	Josh Mathews		MS	Male	39:04.8
30	74	Mark CHANNER	Forest of Dean AC	M40	Male	39:22.1
31	111	Walter LEACH	Forest of Dean AC	M50	Male	39:32.4
32	119	Ian Morgan	Forest of Dean AC	MS	Male	39:42.7
33	60	Michael Baggett		MS	Male	39:50.5
34	231	Kieran O Mahony		MS	Male	40:07.6
35	166	Gemma Collier	Cheltenham Harriers	FS	Female	40:16.0
36	94	Jonathan Hancock	Usk Runners	M60	Male	41:10.7
37	79	Shawn Dean		M40	Male	41:20.9
38	121	Tim Oliver	Monross Trailblazers	M40	Male	41:23.3
39	103	Siân Jones	Parc Bryn Bach Running Club	FS	Female	41:30.1
40	113	Jo Lewis		FS	Female	41:34.1
41	173	Rod Clyde	Mynydd Du	M50	Male	41:39.1
42	141	Alan Stanley		M50	Male	41:43.5
43	194	Joni Tingle		FS	Female	41:48.3
44	67	Martin Blakebrough	Spirit of Monmouth	M50	Male	42:03.2
45	187	Ashleigh Bailey	Wye Valley Canicross	FS	Female	42:18.4
46	114	Harri Like		FS	Female	42:21.0
47	142	Debbie Stenner	Forest of Dean AC	F40	Female	42:28.8
48	136	Martin Scrivens		MS	Male	42:40.8
49	61	Mark Baker		M40	Male	42:44.0
50	92	Neil Halford		M60	Male	42:50.8
51	76	Jeremy Creasey	Spirit of Monmouth	M50	Male	42:55.1
52	192	Graham James	Forest of Dean AC	M50	Male	43:28.6
53	101	Ross Jenkins	Forest of Dean AC	MS	Male	43:44.3
54	118	Andy MORGAN	Forest of Dean AC	M40	Male	43:50.1
55	120	Chris Munton	Forest of Dean AC	MS	Male	43:50.8
56	127	Ian Powell		M40	Male	43:56.2
57	134	Melinda RUCK	Forest of Dean AC	F40	Female	44:11.7

58	140	Daren SMITH	Forest of Dean AC	M50	Male	44:12.8
59	168	Jason ROSS-COLLINS	Forest of Dean AC	M40	Male	44:33.0
60	236	Emma King	Spirit of Monmouth	FS	Female	44:54.9
61	199	Misty Summers		F50	Female	45:32.5
62	64	Mike Berry	Forest of Dean AC	M40	Male	46:23.5
63	72	Sarah Bucknall	Forest of Dean AC	FS	Female	47:41.6
64	73	Joanne Carter	Angels Running Club	F50	Female	48:07.9
65	132	Steve Richards	Forest of Dean AC	M40	Male	48:33.2
66	87	Robert George		MS	Male	48:40.2
67	66	Naomi Berry		FS	Female	48:52.6
68	65	Kate Berry	Forest of Dean AC	F40	Female	48:53.5
69	234	Emma Bartlett		F40	Female	49:00.3
70	164	Mike Botly	Forest of Dean AC	M40	Male	49:21.9
71	106	Agnieszka Kaminska		F40	Female	49:23.7
72	104	Richard Jones		MS	Male	49:30.9
73	95	Linsey Holt	Spirit of Monmouth	FS	Female	49:40.5
74	156	Christopher WINGATE		M50	Male	50:13.9
75	237	Karen Barrat	Spirit of Monmouth	F40	Female	50:17.8
76	228	Andy Creber	Chepstow Harriers	M50	Male	50:18.8
77	58	Paul Allen		M40	Male	50:28.7
78	163	Lee Channer		M40	Male	50:35.1
79	128	Chloe Powles	Forest of Dean AC	FS	Female	50:45.7
80	88	Eva GOODHEAD	Forest of Dean AC	F40	Female	50:48.0
81	124	Emma PARSONS	Forest of Dean AC	F40	Female	50:50.2
82	69	Angela BOWKETT	Forest of Dean AC	F50	Female	51:04.2
83	175	Frances Evans	Forest of Dean Canicross	F40	Female	51:23.2
84	226	Ashlie Spedding	Vegan Runners	FS	Female	51:26.4
85	179	Liz Lawrie-Meddins	Forest of Dean Canicross	F40	Female	51:48.0
86	85	Andy George	Forest of Dean AC	M50	Male	51:59.2
87	59	Robert Arnison	Forest of Dean AC	M50	Male	52:16.7
88	82	Julia Evans	Forest of Dean AC	F40	Female	52:56.0
89	91	Emma Hale		FS	Female	53:11.1
90	195	Samantha Jelley		F40	Female	53:24.8
91	182	Mike Phillips	Forest of Dean Canicross	MS	Male	53:25.8
92	169	David Rutter	Spirit of Monmouth	M60	Male	53:49.8
93	239	Sean Quinn		MS	Male	53:51.3
94	112	Sarah Leaver	Angels Running Club	F50	Female	54:22.5
95	153	JULIE WILKS		F40	Female	54:33.0
96	90	Karen HAILE	Forest of Dean AC	F50	Female	54:34.7
97	125	Kate Powell	Forest of Dean AC	F40	Female	54:56.2
98	80	Andrea Etheridge		F40	Female	55:15.5
99	123	Miriam PARIS	Forest of Dean AC	F50	Female	55:23.4
100	116	Tracy Lord	Forest of Dean AC	F40	Female	55:47.2
101	131	Clare Richards	Forest of Dean AC	F40	Female	55:49.0
102	109	Anne Kirk	Forest of Dean AC	F50	Female	56:01.5
103	84	Sharla FLEET	Forest of Dean AC	F40	Female	56:20.5
104	146	HALEY TURNER		F40	Female	56:22.3
105	155	Vicky Wilson	Forest of Dean AC	FS	Female	56:56.8
106	235	Linden Powell		M40	Male	57:12.1
107	152	Jo White	Newent Runners	F40	Female	57:27.0
108	62	Mary Baker		F40	Female	58:26.9
109	139	Vicky Sims	Forest of Dean AC	FS	Female	58:28.4
110	86	Will George		MS	Male	59:39.3
111	99	Jo Babij	Forest of Dean AC	F40	Female	1:00:39.9
112	147	Sally TURNER	Forest of Dean AC	F40	Female	1:01:29.0
113	232	Debby Blakebrough		F50	Female	1:01:51.2
114	68	Lucy Boseley		FS	Female	1:02:22.2
115	200	Richard Nuell	Portishead Running Club	M60	Male	1:02:52.3

116	117	Karen MARSHALL	Forest of Dean AC	F50	Female	1:03:03.5
117	193	James Hodgson		M50	Male	1:05:35.8
118	115	Carol Loade	Newent Runners	F40	Female	1:06:58.5
119	159	Chloe Morgan		FS	Female	1:07:54.5
120	78	Caron De Burgh		F40	Female	1:07:56.0
121	196	Karen O Conner	Canicross Ireland	F50	Female	1:09:37.2

Cani 5 mile - Overall

Place	Bib	Name	Team name	Category	Gender	Time
1	180	Ian Macklin	Mynyddwyr de Cymru	M40	Male	39:14.2
2	184	Jim STORRAR	Forest of Dean AC	M50	Male	39:26.2
3	181	Andrew Paterson	CLC Striders	M40	Male	41:36.0
4	186	Fraser Withey	Stroud Canicross	M50	Male	49:31.5
5	178	Ellie Alexa HALL	Forest of Dean AC	FS	Female	53:44.2
6	176	Jacqueline Fowler	Meirionnydd running club	F50	Female	56:52.2
7	189	Angela Buckley		F40	Female	58:44.7
8	174	Gill Doyle	Forest of Dean Canicross	F50	Female	1:00:10.9
9	177	Haydn Fowler	Meirionnydd	M50	Male	1:00:25.0
10	172	Mandy Berry	Forest of Dean Canicross	F50	Female	1:04:48.8