**FOREST AUTUMN MILE, 11TH SEPTEMBER 2018**

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| **First name** | **Last Name** | **Club name** | **Gender** | **Adult Race Category** | **Number** | **Time** |
| Gavin | Jones | Monross-Trailblazers | Male | Senior Male | 991 | 04:57 |
| Alexander | LINDFIELD | Forest of Dean AC | Male | Senior Male | 194 | 05:01 |
| Ben | Arkell | MDC | Male | Senior Male | 988 | 05:07 |
| Rob | Nicholls | Spirit of Monmouth | Male | Senior Male | 990 | 05:23 |
| Dan | Sandford | Forest of Dean AC | Male | M40 | 362 | 05:40 |
| Walter | LEACH | Forest Of Dean AC | Male | M50 | 987 | 05:41 |
| James | Nelmes | Forest of Dean AC | Male | Senior Male | 983 | 05:45 |
| Richard | Dennant | Forest of Dean AC | Male | M50 | 986 | 06:02 |
| Harri | Like | Torfaen Runners | Female | Senior Female | 998 | 06:03 |
| Ian | Morgan | Forest of Dean AC | Male | Senior Male | 980 | 06:07 |
| Alan John | Dobbs | Chepstow Harriers | Male | M40 | 979 | 06:09 |
| Andrew | Thorpe | Forest of Dean AC | Male | M60 | 982 | 06:10 |
| Simon | ROBERTS | Forest of Dean AC | Male | M40 | 166 | 06:11 |
| Mark | Williamson | Forest of Dean AC | Male | M50 | 985 | 06:13 |
| Deborah / | STENNER | Forest of Dean AC | Female | F40 | 1000 | 06:28 |
| clare | patterson | pontypool and district runners | Female | Senior Female | 144 | 06:36 |
| Alan John | ROBERTSON | Forest of Dean AC | Male | M60 | 997 | 06:42 |
| Jacob | Day | Forest of Dean AC | Male | Senior Male | 152 | 06:45 |
| Emily | Harrison | Spirit of Monmouth RC | Female | Senior Female | 984 | 07:08 |
| Sophie | Williams | Spirit of Monmouth | Female | Senior Female | 992 | 07:24 |
| Lynne | PARK | Forest of Dean AC | Female | F50 | 942 | 07:33 |
| Mel | Ruck | Forest of Dean AC | Female | F40 | 198 | 07:42 |
| Karen | Webber |  | Female | F50 | 994 | 07:51 |
| Tony | May | Non affiliated | Male | M50 | 981 | 07:52 |
| Hannah | Hill | Spirit of Monmouth | Female | Senior Female | 989 | 08:33 |