

POS	NAME	CLUB	CAT	TIME	CAT POS
1	James THOMAS	Cirencester AC	OM	54.24	1 st
2	Daniel HOOPER	Sarn Helen	M40	56.32	1 st
3	David WARREN	Cardigan	M50	58.12	1 st
4	Andrew HUGHES	Rhedwyr Preseli	M40	59.28	2 nd
5	Alex FERRARO	N/A	OM	1.01.29	2 nd
6	Steve OUSELEY	N/A	M40	1.03.04	3 rd
7	Nick MERRONY	TROTS	M50	1.03.37	2 nd
8	Richard PHILLIPS	TROTS	M40	1.04.15	4 th
9	Tom GARROD	Witney runners	M40	1.04.47	5 th
10	Marc BEASLEY	Rhedwyr Preseli/Nobblers	OM	1.05.56	3 rd
11	Tasha SEXTON	Pembs Harriers	F40	1.07.42	1 st
12	Mike EVANS	Swansea Harriers	M40	1.10.54	6 th
13	Aled JONES-DAVIES	TROTS	OM	1.14.47	4 th
14	Tom BRYANT	TROTS	OM	1.17.27	5 th
15	Jason BELTON	N/A	M40	1.17.42	7 th
16	Hazel DAVIES	Emlyn flyers/Cardigan RC	F60	1.17.59	1 st
17	Domi KIMBER	N/A	F40	1.22.59	2 nd
18	Christopher SEXTON	Pembs Harriers	M50	1.23.04	3 rd
19	Mike CATLING	WFRA	M50	1.24.49	4 th
20	Ainsley CORP	Rhedwyr Preseli	M40	1.27.25	8 th
21	Llinos DAVIES	Ysylafera	OF	1.29.19	1 st
22	Elizabeth THOMAS	Cirencester AC	OF	1.29.59	2 nd