

Pl	Name	Time												Comment		
Run		10.9 km	250 m	11 C											Finish	
				1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)		
1	Dan Sandford	48:35	3:12	8:41	13:07	18:27	22:27	27:38	30:51	33:44	35:35	43:24	46:28	48:35		
	Forest of Dean AC		3:12	5:29	4:26	5:20	4:00	5:11	3:13	2:53	1:51	7:49	3:04	2:07		
2	Paul Dodd	51:13	3:31	9:38	14:13	16:46	21:18	26:56	30:54	34:01	36:58	45:31	48:49	51:13		
	Chepstow Harriers		3:31	6:07	4:35	2:33	4:32	5:38	3:58	3:07	2:57	8:33	3:18	2:24		
3	Mark Buxton	53:55	3:36	9:40	15:28	18:47	24:13	30:19	34:07	37:05	39:08	47:54	51:26	53:55		
	Mynyddwyr De Cymru (MDC)		3:36	6:04	5:48	3:19	5:26	6:06	3:48	2:58	2:03	8:46	3:32	2:29		
4	Clare Dallimore	55:27	3:38	10:20	15:39	18:51	23:46	30:05	34:06	37:37	39:50	48:48	52:50	55:27		
	SWOC		3:38	6:42	5:19	3:12	4:55	6:19	4:01	3:31	2:13	8:58	4:02	2:37		
5	Bob Watson	55:47	3:47	10:14	16:14	19:30	24:38	31:17	35:14	38:29	40:36	49:37	53:08	55:47		
	Lliswerry Runners		3:47	6:27	6:00	3:16	5:08	6:39	3:57	3:15	2:07	9:01	3:31	2:39		
6	Mostyn Jones	58:23	4:44	11:26	16:44	20:55	26:32	32:52	36:50	40:10	42:31	51:24	55:52	58:23		
	Caldicot		4:44	6:42	5:18	4:11	5:37	6:20	3:58	3:20	2:21	8:53	4:28	2:31		
7	Jonathan Carter	58:24	3:22	9:39	17:00	20:07	25:17	31:29	35:17	38:36	43:22	52:40	56:02	58:24	28:09	
	Chepstow Harriers		3:22	6:17	7:21	3:07	5:10	6:12	3:48	3:19	4:46	9:18	3:22	2:22	*46	
8	Phil Tilley	58:51	4:11	10:48	16:41	20:09	25:08	31:11	35:18	38:40	43:08	52:22	56:08	58:51		
	Unattached		4:11	6:37	5:53	3:28	4:59	6:03	4:07	3:22	4:28	9:14	3:46	2:43		
8	Nathan Landeg	58:51	3:53	10:38	16:44	20:33	25:30	31:49	35:58	39:02	42:08	52:09	55:58	58:51		
	Unattached		3:53	6:45	6:06	3:49	4:57	6:19	4:09	3:04	3:06	10:01	3:49	2:53		
10	Jonathan Hancock	60:00	3:45	10:47	17:11	20:52	25:59	32:16	36:51	40:26	43:39	53:23	57:06	60:00		
	Usk Runners		3:45	7:02	6:24	3:41	5:07	6:17	4:35	3:35	3:13	9:44	3:43	2:54		
11	Stephen Dilly	60:09	3:59	11:11	17:22	21:28	27:01	33:36	38:08	41:22	44:58	54:04	57:33	60:09		
	Chepstow Harriers		3:59	7:12	6:11	4:06	5:33	6:35	4:32	3:14	3:36	9:06	3:29	2:36		
12	Helen Brown	60:58	3:34	10:17	17:09	20:52	27:21	33:19	38:45	41:21	44:26	52:40	56:45	60:58		
	Forest of Dean AC		3:34	6:43	6:52	3:43	6:29	5:58	5:26	2:36	3:05	8:14	4:05	4:13		
13	Oliver Lamford	62:17	3:21	13:52	20:55	25:14	31:08	37:34	41:36	45:06	47:21	56:16	59:44	62:17		
	Mynyddwyr De Cymru (MDC)		3:21	10:31	7:03	4:19	5:54	6:26	4:02	3:30	2:15	8:55	3:28	2:33		
14	Alice Bedwell	64:56	4:10	11:29	22:07	25:50	30:48	37:17	41:35	45:14	47:38	57:47	61:56	64:56		
	Mynyddwyr De Cymru (MDC)		4:10	7:19	10:38	3:43	4:58	6:29	4:18	3:39	2:24	10:09	4:09	3:00		
15	Caroline Dallimore	67:01	4:54	13:01	19:27	23:12	29:05	36:17	41:14	45:15	48:19	59:37	63:49	67:01		
	SWOC		4:54	8:07	6:26	3:45	5:53	7:12	4:57	4:01	3:04	11:18	4:12	3:12		
16	Mark Saunders	67:44	4:03	11:13	22:11	25:57	31:25	39:36	44:24	48:04	50:28	60:15	64:22	67:44		
	Mynyddwyr De Cymru (MDC)		4:03	7:10	10:58	3:46	5:28	8:11	4:48	3:40	2:24	9:47	4:07	3:22		
17	Ian Macklin	68:26	3:56	10:49	17:17	20:36	26:14	42:41	47:03	50:44	53:03	62:03	65:39	68:26		
	Mynyddwyr De Cymru (MDC)		3:56	6:53	6:28	3:19	5:38	16:27	4:22	3:41	2:19	9:00	3:36	2:47		
18	Peter Short	69:35	4:29	12:11	19:15	23:32	31:26	38:54	44:12	47:58	51:28	62:18	66:29	69:35		
	Forest of Dean AC		4:29	7:42	7:04	4:17	7:54	7:28	5:18	3:46	3:30	10:50	4:11	3:06		
19	Josh Hudd	70:03	3:54	11:52	18:04	22:18	29:07	36:55	41:27	45:31	49:19	61:52	67:09	70:03		
	Chepstow Harriers		3:54	7:58	6:12	4:14	6:49	7:48	4:32	4:04	3:48	12:33	5:17	2:54		
20	Nick Sloper	72:35	5:06	12:46	22:03	26:46	32:48	40:44	46:43	50:51	53:54	65:06	69:23	72:35		
	Chelsea Running Club		5:06	7:40	9:17	4:43	6:02	7:56	5:59	4:08	3:03	11:12	4:17	3:12		
21	Joc (Joyce) Dodd	73:38	4:52	13:27	19:52	23:22	29:44	38:19	44:49	49:23	52:55	64:55	69:45	73:38		
	Chepstow Harriers		4:52	8:35	6:25	3:30	6:22	8:35	6:30	4:34	3:32	12:00	4:50	3:53		
22	Sian Griffith	73:48	4:39	12:28	19:50	24:10	32:46	40:11	45:51	49:54	53:36	65:59	70:19	73:48		
	Chepstow Harriers		4:39	7:49	7:22	4:20	8:36	7:25	5:40	4:03	3:42	12:23	4:20	3:29		
23	Anne Barker	74:40	4:48	12:47	20:22	24:33	31:25	39:56	45:34	50:20	54:07	66:28	70:55	74:40		
	Unattached		4:48	7:59	7:35	4:11	6:52	8:31	5:38	4:46	3:47	12:21	4:27	3:45		
24	Gwen Frost	74:42	4:45	12:44	20:23	24:30	31:27	39:59	45:37	50:17	54:04	66:30	70:57	74:42		
	Unattached		4:45	7:59	7:39	4:07	6:57	8:32	5:38	4:40	3:47	12:26	4:27	3:45		
25	Rebecca Williams	76:20	4:56	14:22	21:13	25:00	31:16	39:46	44:55	49:45	54:26	67:57	72:50	76:20		
	Mynyddwyr De Cymru (MDC)		4:56	9:26	6:51	3:47	6:16	8:30	5:09	4:50	4:41	13:31	4:53	3:30		
26	Katie Ogden	77:04	5:09	13:35	22:13	26:35	32:36	41:54	47:53	53:07	55:58	68:32	73:20	77:04		
	Mynyddwyr De Cymru (MDC)		5:09	8:26	8:38	4:22	6:01	9:18	5:59	5:14	2:51	12:34	4:48	3:44		

Pl	Name	Time												Comment	
<i>Run</i>		<i>10.9 km 250 m</i>	<i>11 C</i>	<i>(cont.)</i>											
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	Finish	
27	Gill Murphy Les Croupiers	82:02	5:04	13:24	21:17	26:06	35:15	43:51	50:53	55:23	59:36	72:20	77:32	82:02	
			5:04	8:20	7:53	4:49	9:09	8:36	7:02	4:30	4:13	12:44	5:12	4:30	
28	Helen Trollope Unattached	83:05	4:36	12:27	24:45	30:56	37:40	47:18	53:54	58:27	61:46	74:27	79:43	83:05	
			4:36	7:51	12:18	6:11	6:44	9:38	6:36	4:33	3:19	12:41	5:16	3:22	
29	Martin Driscoll Mynyddwyr De Cymru (MDC)	83:41	3:23	9:14	13:58	46:40	51:40	56:59	60:25	63:28	66:38	76:42	81:02	83:41	
			3:23	5:51	4:44	32:42	5:00	5:19	3:26	3:03	3:10	10:04	4:20	2:39	
30	Dvid Jenkins Forest of Dean AC	86:35	4:21	12:21	20:06	24:17	29:59	37:45	55:50	59:58	64:45	77:46	82:56	86:35	
			4:21	8:00	7:45	4:11	5:42	7:46	18:05	4:08	4:47	13:01	5:10	3:39	
31	Tim Washbrook Unattached	90:24	3:50	10:42	16:23	20:24	26:26	33:24	38:02	41:48	73:32	83:22	87:14	90:24	
			3:50	6:52	5:41	4:01	6:02	6:58	4:38	3:46	31:44	9:50	3:52	3:10	
32	John Magee Unattached	90:26	4:19	10:47	16:58	20:22	25:57	31:55	36:00	39:59	71:52	82:24	86:46	90:26	
			4:19	6:28	6:11	3:24	5:35	5:58	4:05	3:59	31:53	10:32	4:22	3:40	
33	Rose Taylor Harlequins Orienteering Club	98:48	5:06	13:43	23:10	28:24	45:09	55:16	62:54	68:43	73:32	90:10	95:59	98:48	
			5:06	8:37	9:27	5:14	16:45	10:07	7:38	5:49	4:49	16:38	5:49	2:49	
34	Robert Teed NGOC	109:21	7:14	20:05	29:58	36:24	45:20	56:39	64:49	71:13	78:44	97:23	104:04	109:21	
			7:14	12:51	9:53	6:26	8:56	11:19	8:10	6:24	7:31	18:39	6:41	5:17	
35	Anne Jenner Chepstow Harriers	119:32	5:34	16:36	36:08	41:23	47:39	57:10	63:39	68:48	80:32	94:52	115:24	119:32	
			5:34	11:02	19:32	5:15	6:16	9:31	6:29	5:09	11:44	14:20	20:32	4:08	
36	Charlotte Cowell Unattached	123:50	6:44	19:42	38:10	44:25	56:47	70:10	78:12	84:37	90:59	111:49	118:44	123:50	
			6:44	12:58	18:28	6:15	12:22	13:23	8:02	6:25	6:22	20:50	6:55	5:06	
37	Debbie White Forest of Dean AC	123:57	6:53	19:47	38:26	44:32	57:02	70:12	78:14	84:42	90:59	111:56	119:27	123:57	
			6:53	12:54	18:39	6:06	12:30	13:10	8:02	6:28	6:17	20:57	7:31	4:30	
38	Joanna Cowell Unattached	124:04	6:51	20:04	38:13	44:23	58:00	70:35	78:23	84:57	91:26	112:22	119:07	124:04	
			6:51	13:13	18:09	6:10	13:37	12:35	7:48	6:34	6:29	20:56	6:45	4:57	
39	Janet Ray Unattached	124:34	7:04	20:03	38:42	44:53	57:59	71:13	79:09	86:09	91:51	112:48	119:44	124:34	
			7:04	12:59	18:39	6:11	13:06	13:14	7:56	7:00	5:42	20:57	6:56	4:50	
	Alan Mackenzie BOK	mp	20:27	42:45	57:34	----	----	----	----	----	----	----	97:57	108:21	35:03 1016:48
			20:27	22:18	14:49								40:23	10:24	*40 *49