

Pl	Name	Age Group	Club	Time
<b>Trail (Run) (39)</b>			<b>10.9 km 250 m 10 C</b>	
1	Dan Sandford	M40	Forest of Dean AC	39:20
2	Paul Dodd	M60	Chepstow Harriers	41:07
3	James Brown	M21	Black Mountains MBO	44:59
4	Dickie Hudd	M45	Chepstow Harriers	45:14
5	Ian Macklin	M45	Mynyddwyr De Cymru (M	45:31
6	Steven Harris	M40	NGOC	46:55
7	Helen Brown	W40	Forest of Dean AC	47:31
8	Martyn Fairlamb	M50	Unattached	52:54
9	Jonathan Carter	M45	Chepstow Harriers	53:22
10	Nick Sloper	M45	Chelsea Running Club	54:41
11	Caroline Dallimore	W60	MDC	54:54
12	Adam Rawlings	M45	Unattached	55:13
13	Alice Lewis	W55	Dursley Runng Club	56:55
14	Lauryn Bentham	WSEN	Caldicot	61:10
15	Stephanie Francis	W50	Forest of Dean AC	61:34
16	Jo Edwards	W50	Forest of Dean AC	61:35
17	Anna Freeman	W45	Forest of Dean AC	61:36
18	Jane Creed	W40	Forest of Dean AC	61:45
19	Chris Hawkins	M65	Forest of Dean AC	61:49
20	Jonathan Hancock	M60	Usk Runners	62:02
21	Joc (Joyce) Dodd	W60	Chepstow Harriers	62:19
22	Carolyn Dent	W55	BOK	66:15
23	Sarah Bayliss	W45	SLOT	66:28
24	Rose Taylor	WU12	Harlequins Orienteering	68:45
25	John Miklausic	MSEN	NGOC	68:57
26	Jess Miklausic	WSEN	NGOC	68:59
27	Anne Jenner	W55	Chepstow Harriers	69:24
28	Dean Fiona	W40	Unattached	74:06
29	David Jenkins	M40	Forest of Dean AC	74:15
30	Brian Laycock	M70	HOC	86:43
31	Sara Poole	W40	Unattached	113:10
32	Sophie Reeves	WU23	Unattached	113:11
33	Caroline Rickards	W40	Forest of Dean AC	113:43
33	Donna Rickards	W40	Unattached	113:43
33	Deb Davis	W45	Unattached	113:43
36	Andrew Knott	MSEN	Forest of Dean AC	117:47
37	Debbie White	W45	Forest of Dean AC	117:56
38	Joanna Cowell	W50	Unattached	117:57
39	Janet Ray	W45	Unattached	118:02