

Pl	Name	Time											Comment	
Trail	10.9 km	250 m	10 C										Finish	
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)		
1	Dan Sandford	39:20	5:21	10:54	15:37	17:59	21:20	25:09	27:42	31:03	35:03	37:39	39:20	
	Forest of Dean AC		5:21	5:33	4:43	2:22	3:21	3:49	2:33	3:21	4:00	2:36	1:41	
2	Paul Dodd	41:07	5:17	10:51	15:36	17:57	21:19	25:33	28:13	31:49	35:58	39:18	41:07	
	Chepstow Harriers		5:17	5:34	4:45	2:21	3:22	4:14	2:40	3:36	4:09	3:20	1:49	
3	James Brown	44:59	5:44	11:10	18:21	20:47	24:54	28:24	31:25	34:58	39:11	43:15	44:59	
	Black Mountains MBO		5:44	5:26	7:11	2:26	4:07	3:30	3:01	3:33	4:13	4:04	1:44	
4	Dickie Hudd	45:14	5:20	11:27	16:51	20:11	24:04	28:26	31:33	35:32	39:51	43:30	45:14	
	Chepstow Harriers		5:20	6:07	5:24	3:20	3:53	4:22	3:07	3:59	4:19	3:39	1:44	
5	Ian Macklin	45:31	5:37	11:53	17:13	19:57	23:32	27:53	32:15	35:58	40:33	43:44	45:31	
	Mynyddwyr De Cymru (MDC)		5:37	6:16	5:20	2:44	3:35	4:21	4:22	3:43	4:35	3:11	1:47	
6	Steven Harris	46:55	6:36	12:56	18:56	21:27	25:27	29:47	32:30	37:07	41:51	45:15	46:55	
	NGOC		6:36	6:20	6:00	2:31	4:00	4:20	2:43	4:37	4:44	3:24	1:40	
7	Helen Brown	47:31	6:58	14:13	19:51	22:23	26:38	30:24	33:50	37:18	42:06	45:31	47:31	
	Forest of Dean AC		6:58	7:15	5:38	2:32	4:15	3:46	3:26	3:28	4:48	3:25	2:00	
8	Martyn Fairlamb	52:54	6:50	13:56	19:56	22:57	27:13	32:54	36:20	40:46	46:09	50:32	52:54	
	Unattached		6:50	7:06	6:00	3:01	4:16	5:41	3:26	4:26	5:23	4:23	2:22	
9	Jonathan Carter	53:22	5:44	18:34	24:02	27:08	31:47	35:32	39:00	42:44	48:00	51:31	53:22	
	Chepstow Harriers		5:44	12:50	5:28	3:06	4:39	3:45	3:28	3:44	5:16	3:31	1:51	
10	Nick Sloper	54:41	6:45	14:26	21:07	24:17	28:43	33:29	37:02	41:55	47:36	52:22	54:41	
	Chelsea Running Club		6:45	7:41	6:41	3:10	4:26	4:46	3:33	4:53	5:41	4:46	2:19	
11	Caroline Dallimore	54:54	6:55	14:24	21:11	24:20	28:42	34:07	37:37	42:20	48:06	52:32	54:54	
	MDC		6:55	7:29	6:47	3:09	4:22	5:25	3:30	4:43	5:46	4:26	2:22	
12	Adam Rawlings	55:13	7:27	14:24	20:56	24:08	28:42	33:31	37:22	43:52	48:56	53:09	55:13	
	Unattached		7:27	6:57	6:32	3:12	4:34	4:49	3:51	6:30	5:04	4:13	2:04	
13	Alice Lewis	56:55	6:38	13:37	21:16	24:26	28:48	33:47	37:04	41:58	49:40	54:05	56:55	
	Dursley Runnung Club		6:38	6:59	7:39	3:10	4:22	4:59	3:17	4:54	7:42	4:25	2:50	
14	Lauryn Bentham	61:10	8:00	15:44	23:18	----	31:16	----	----	----	53:54	58:56	61:10	
	Caldicot		8:00	7:44	7:34		7:58				22:38	5:02	2:14	
15	Stephanie Francis	61:34	8:13	15:57	24:26	28:02	32:53	39:13	43:10	48:04	54:24	58:44	61:34	
	Forest of Dean AC		8:13	7:44	8:29	3:36	4:51	6:20	3:57	4:54	6:20	4:20	2:50	
16	Jo Edwards	61:35	7:48	15:19	24:15	27:47	32:39	39:00	42:42	47:45	54:15	58:36	61:35	
	Forest of Dean AC		7:48	7:31	8:56	3:32	4:52	6:21	3:42	5:03	6:30	4:21	2:59	
17	Anna Freeman	61:36	8:22	16:11	24:39	28:01	32:59	39:18	43:19	48:01	54:30	58:46	61:36	
	Forest of Dean AC		8:22	7:49	8:28	3:22	4:58	6:19	4:01	4:42	6:29	4:16	2:50	
18	Jane Creed	61:45	8:19	16:14	24:31	28:05	32:55	39:18	43:16	48:31	54:40	59:07	61:45	
	Forest of Dean AC		8:19	7:55	8:17	3:34	4:50	6:23	3:58	5:15	6:09	4:27	2:38	
19	Chris Hawkins	61:49	8:28	17:31	24:44	28:14	33:06	39:31	43:25	48:31	54:40	58:53	61:49	
	Forest of Dean AC		8:28	9:03	7:13	3:30	4:52	6:25	3:54	5:06	6:09	4:13	2:56	
20	Jonathan Hancock	62:02	6:47	16:40	23:56	29:03	34:33	39:00	42:02	47:36	55:03	59:57	62:02	
	Usk Runners		6:47	9:53	7:16	5:07	5:30	4:27	3:02	5:34	7:27	4:54	2:05	
21	Joc (Joyce) Dodd	62:19	7:37	15:56	23:17	26:57	32:08	38:31	42:30	48:06	54:58	59:39	62:19	
	Chepstow Harriers		7:37	8:19	7:21	3:40	5:11	6:23	3:59	5:36	6:52	4:41	2:40	
22	Carolyn Dent	66:15	8:51	17:33	24:51	28:23	33:23	40:03	44:10	49:48	57:30	63:21	66:15	
	BOK		8:51	8:42	7:18	3:32	5:00	6:40	4:07	5:38	7:42	5:51	2:54	
23	Sarah Bayliss	66:28	8:47	17:50	25:35	29:29	34:55	41:35	45:46	51:15	58:30	63:41	66:28	
	SPLIT		8:47	9:03	7:45	3:54	5:26	6:40	4:11	5:29	7:15	5:11	2:47	
24	Rose Taylor	68:45	8:16	16:58	25:08	28:39	33:54	41:21	45:46	51:29	60:29	65:43	68:45	
	Harlequins Orienteering Club		8:16	8:42	8:10	3:31	5:15	7:27	4:25	5:43	9:00	5:14	3:02	
25	John Miklausic	68:57	7:50	15:44	24:14	28:36	35:20	39:48	47:01	51:04	60:33	64:11	68:57	
	NGOC		7:50	7:54	8:30	4:22	6:44	4:28	7:13	4:03	9:29	3:38	4:46	
26	Jess Miklausic	68:59	7:56	16:26	24:25	28:44	35:26	42:38	47:08	53:23	60:41	66:16	68:59	
	NGOC		7:56	8:30	7:59	4:19	6:42	7:12	4:30	6:15	7:18	5:35	2:43	

Pl	Name	Time											Comment		
<i>Trail</i>		<i>10.9 km</i>	<i>250 m</i>	<i>10 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)	Finish	
27	Anne Jenner Chepstow Harriers	69:24	9:23	18:24	26:25	30:51	36:13	42:55	47:08	52:50	59:39	66:46	69:24		
			9:23	9:01	8:01	4:26	5:22	6:42	4:13	5:42	6:49	7:07	2:38		
28	Dean Fiona Unattached	74:06	10:24	24:02	31:44	35:28	40:57	47:41	52:53	58:53	66:22	71:36	74:06		
			10:24	13:38	7:42	3:44	5:29	6:44	5:12	6:00	7:29	5:14	2:30		
29	David Jenkins Forest of Dean AC	74:15	10:18	24:01	31:45	35:27	40:56	47:33	52:46	58:52	66:16	71:38	74:15		
			10:18	13:43	7:44	3:42	5:29	6:37	5:13	6:06	7:24	5:22	2:37		
30	Brian Laycock HOC	86:43	14:38	26:29	35:37	40:17	47:07	55:22	60:26	67:37	77:14	83:31	86:43		
			14:38	11:51	9:08	4:40	6:50	8:15	5:04	7:11	9:37	6:17	3:12		
31	Sara Poole Unattached	113:10	14:31	31:57	47:55	51:55	61:55	70:02	75:53	90:34	103:20	110:04	113:10		
			14:31	17:26	15:58	4:00	10:00	8:07	5:51	14:41	12:46	6:44	3:06		
32	Sophie Reeves Unattached	113:11	14:24	31:45	47:15	51:48	61:55	69:51	75:38	90:34	103:15	109:59	113:11		
			14:24	17:21	15:30	4:33	10:07	7:56	5:47	14:56	12:41	6:44	3:12		
33	Caroline Rickards Forest of Dean AC	113:43	15:00	33:18	47:56	52:12	62:22	70:43	75:53	90:40	103:34	110:11	113:43		
			15:00	18:18	14:38	4:16	10:10	8:21	5:10	14:47	12:54	6:37	3:32		
33	Donna Rickards Unattached	113:43	14:49	33:21	47:55	52:02	62:12	70:24	75:54	90:41	103:26	110:10	113:43		
			14:49	18:32	14:34	4:07	10:10	8:12	5:30	14:47	12:45	6:44	3:33		
33	Deb Davis Unattached	113:43	14:59	33:13	47:56	52:07	62:17	70:28	75:52	90:45	103:33	110:12	113:43		
			14:59	18:14	14:43	4:11	10:10	8:11	5:24	14:53	12:48	6:39	3:31		
36	Andrew Knott Forest of Dean AC	117:47	28:17	45:54	58:50	66:24	73:40	82:09	87:42	96:48	106:28	113:58	117:47		
			28:17	17:37	12:56	7:34	7:16	8:29	5:33	9:06	9:40	7:30	3:49		
37	Debbie White Forest of Dean AC	117:56	28:30	45:59	59:11	66:33	73:49	82:59	87:56	97:15	106:43	114:11	117:56		
			28:30	17:29	13:12	7:22	7:16	9:10	4:57	9:19	9:28	7:28	3:45		
38	Joanna Cowell Unattached	117:57	28:27	46:04	59:09	66:48	74:01	82:48	87:56	97:10	106:50	114:18	117:57		
			28:27	17:37	13:05	7:39	7:13	8:47	5:08	9:14	9:40	7:28	3:39		
39	Janet Ray Unattached	118:02	28:38	46:11	59:03	66:43	74:02	82:38	88:05	97:16	107:06	114:25	118:02		
			28:38	17:33	12:52	7:40	7:19	8:36	5:27	9:11	9:50	7:19	3:37		