

Pos	Bib	Name	Cat	Club	Ascent	Pos	Descent	Pos	Time
1	1773	Felix McGRATH	M Senior	Bristol And West Ac	0:22:01	1	0:08:51	5	00:30:52
2	1757	Simon ROBERTS	M Senior	Mdc	0:23:09	2	0:08:47	4	00:31:56
3	1717	Sam BUTLER	M Senior	Presteigne Pacers Running Club	0:25:40	3	0:08:56	6	00:34:36
4	2561	Ian WHISTANCE	M V40	Mynydd Du	0:26:36	6	0:08:19	1	00:34:55
5	1800	James SCOTT	M Senior	Mynydd Du	0:26:21	5	0:08:44	3	00:35:05
6	1797	Joseph REARDON	M Junior	Aberdare	0:26:12	4	0:09:03	7	00:35:15
7	2418	Tim KIENIEWICZ	M Senior	Mercia Fell Runners	0:26:45	8	0:09:20	8	00:36:05
8	2567	Dan SANDFORD	M V40	Forest Of Dean Ac	0:28:05	10	0:08:31	2	00:36:36
9	2423	Matthew LAWSON	M V50	Chepstow Harriers	0:26:44	7	0:10:14	12	00:36:58
10	2496	James BELLIN	M Senior	Mdc	0:27:09	9	0:10:13	11	00:37:22
11	1505	Adam EAGLES	M Senior	Mynydd Du	0:28:09	11	0:09:37	9	00:37:46
12	2377	Tom TURNER	M Senior	Mynydd Du	0:29:21	12	0:10:28	14	00:39:49
13	2562	Dave FARROW	M V50	Mercia Fell Runners	0:29:59	13	0:10:19	13	00:40:18
14	1718	James WOODIER	M V40	Mynydd Du	0:30:45	17	0:09:57	10	00:40:42
15	2257	Helen BROWN	F V40	Mynydd Du	0:30:47	18	0:10:31	16	00:41:18
16	2440	Rhys ASBRIDGE	M Senior	Unattached	0:30:43	16	0:10:51	17	00:41:34
17	2363	Julian BOON	M V50	Forest Of Dean Ac	0:30:30	14	0:11:14	22	00:41:44
18	2271	Debbie STENNER	F V40	Mynydd Du	0:31:13	20	0:10:52	19	00:42:05
19	2445	Will SMITH	M V40	Forest Of Dean Ac	0:31:08	19	0:11:07	21	00:42:15
20	2513	Niki MORGAN	F V50	Chepstow Harriers	0:30:32	15	0:12:33	32	00:43:05
21	2351	Andrew DICKENS	M Senior	Mynydd Du	0:32:56	26	0:10:29	15	00:43:25
22	1611	Paul HAYWARD	M Senior	Islwyn Rc	0:31:16	21	0:12:19	30	00:43:35
23	2210	Cherry FOWLER	F V50	Chepstow Harriers	0:32:37	25	0:11:06	20	00:43:43
24	2590	James FLETCHER	M V50	Monross Trailblazers	0:32:20	23	0:11:33	24	00:43:53
25	1723	David MACKIE	M V50	Corsham Running Club	0:32:35	24	0:11:24	23	00:43:59
26	2498	Andy STOTT	M V60	Mdc	0:33:50	31	0:10:52	18	00:44:42
27	2518	Jason HANSON	M Senior	Monmouth Triathlon Club	0:33:09	28	0:12:05	28	00:45:14
28	2507	Adrian GWILLIAM	M V50	Fairwater Runners	0:32:12	22	0:13:16	34	00:45:28
29	2447	Stephen OWEN	M V60	Chepstow Harriers	0:33:44	29	0:11:56	25	00:45:40
30	2615	Lisa JEFFREY	F V40	Chepstow Harriers	0:33:03	27	0:12:41	33	00:45:44
31	1799	Tim JONES	M V50	Croft Ambrey Rc	0:33:51	32	0:11:59	27	00:45:50
32	2247	Tom ANNETTS	M V40	Mynydd Du	0:33:45	30	0:12:14	29	00:45:59
33	2510	Ian MACKLIN	M V50	Mdc	0:34:20	33	0:11:58	26	00:46:18
34	2503	Duncan INNES	M V50	Swoc	0:35:06	34	0:12:28	31	00:47:34
35	2310	Karl DAVIES	M V50	Mercia Fell Runners	0:35:22	35	0:13:33	35	00:48:55
36	2495	Robert COOK	M Senior	Unattached	0:35:53	36	0:13:42	38	00:49:35
37	2531	Rob HICK	M V60	Town And Country Harriers	0:36:41	37	0:13:34	36	00:50:15
38	1722	Christine FARR	F V40	Mdc	0:37:22	38	0:15:00	40	00:52:22
39	2598	Ellie SALISBURY	F V50	Eryri Harriers	0:37:30	39	0:15:11	41	00:52:41
40	2251	Kevin DAVIES	M V50	Mynydd Du	0:39:47	41	0:13:56	39	00:53:43
41	2605	Adrian MOIR	M V50	Mdc	0:37:44	40	0:16:22	43	00:54:06
42	2300	Karen ELVERS	F V40	Mdc	0:42:09	43	0:16:18	42	00:58:27
43	2450	Jamie COOK	M V50	Presteigne Pacers Running Club	0:41:44	42	0:16:55	44	00:58:39
44	2276	Gareth JONES	M V70	Mdc	0:43:59	44	0:18:02	45	01:02:01
45	2502	Kevin DUGGAN	M V40	Presteigne Pacers Running Club	0:50:36	46	0:13:39	37	01:04:15
46	2497	Carolyn DENT	F V50	Town And Country Harriers	0:44:26	45	0:24:28	46	01:08:54