

Bib	First Name	Last Name	Gender	Category	Team	Distance	Race Wave	Event Wave	Start Time
4069	Ryan	Abbott	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7015	Rose	Abbott	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7018	Lucy	Adams	Female	Female (40-49)	Caldicot Runn	10km	10km Wave 6	Event Wave 9	12:00
5527	David	Aguirre	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1062	Lee	Aldridge	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7034	Susan	Amatiello	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
7041	Pasco	Amatiello	Male	Male (60-69)		10km	10km Wave 5	Event Wave 9	12:00
1149	Anton	Andersen	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
1167	James	Archer	Male	Male (40-49)	Tewkesbury R	10km	10km Wave 3	Event Wave 8	11:45
5528	Emma	Ash	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
4091	Chris	Ash	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7043	Marie	Ashcroft	Female	Female (40-49)		10km	10km Wave 6	Event Wave 9	12:00
7053	Joy	Ashford	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
4096	Odelle	Ashman	Female	Female (50-59)		10km	10km Wave 2	Event Wave 6	11:15
1	Geoff	Astle	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
5501	Brenda	Avery	Female	Female (70+)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
1172	Judith	Bacon	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
5529	Anna	Bailey	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
5530	Ed	Bailey	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
7069	Camilla	Bailey	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
7099	Sheila	Baker-Falkner	Female	Female (60-69)		10km	10km Wave 5	Event Wave 9	12:00
7100	Sarah	Baker-Falkner	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5531	Sue	Baldwin	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45
7101	George	Baldwin	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
4106	Caroline	Bamford	Female	Female (60-69)		10km	10km Wave 2	Event Wave 6	11:15
5532	Peter	Barber	Male	Male (50-59)	Run Redbourn	10km	10km Wave 1	Event Wave 4	10:45
1176	Chris	Barber	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
5533	Paul	Barrett	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
7107	Kate	Bartlett	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00

5534	Jay	Bartley	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
7108	Laurel	Basciano	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5502	Tim	Batchelor	Male	Male (20-39)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5503	Jane	Bayliss	Female	Female (70+)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5504	Geoff	Bayliss	Male	Male (70+)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5505	Charlie	Bendall	Male	Male (20-39)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5535	Fiona	Benson	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45
1189	Lisa	Bevan	Female	Female (40-49)	Run-Forest-R	10km	10km Wave 3	Event Wave 8	11:45
5506	Rob	Beves	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
4112	Brian	Billington	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
1192	Emilie	Bioud	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
4132	Ida	Birungi	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15
1216	Alexa	Bishop	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
5536	Will	Black	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
58	Sam	Blanning	Male	Male (20-39)	Southville Rur	10km	10km Wave 2	Event Wave 6	11:15
1245	James	Boyack	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1258	Vivienne	Boyack	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
7110	Kate	Boye	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
1271	Luke	Branson	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1291	Andrew	Bridger	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
5537	Donna	Bridgman	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
1297	Matt	Broadbent	Male	Male (40-49)	Run-Forest-R	10km	10km Wave 3	Event Wave 8	11:45
4133	Richard	Brunsdon	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
7111	Kat	Buckland	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
5507	Lynne	Buckley	Female	Female (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5508	Tim	Buckley	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5538	Andrew	Burgess	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
1298	Jayne	Burgess	Female	Female (50-59)	Avon Valley R	10km	10km Wave 3	Event Wave 8	11:45
1313	Pete	Burgess	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
1319	Donna	Buss	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45

5539	Nigel	Butler	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1356	Aneurin	Buttress	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7112	Sam	Byrne	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7113	Steve	Cannon	Male	Male (60-69)		10km	10km Wave 4	Event Wave 9	12:00
5540	Sonya	Cantello	Female	Female (40-49)	Portishead Ru	10km	10km Wave 1	Event Wave 4	10:45
5541	Andy	Churchfield	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
7114	Elizabeth	Clarke	Female	Female (50-59)		10km	10km Wave 6	Event Wave 9	12:00
4137	huw	clee	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
1393	Jessica	Clinkard	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1402	Gareth	Coleman	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1408	Dan	Colston	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7115	Lucy	Cook	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1421	Mark	Cooke	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
4172	Sharon	Coultart	Female	Female (50-59)		10km	10km Wave 2	Event Wave 6	11:15
4213	Alan	Cox	Male	Male (70+)		10km	10km Wave 2	Event Wave 6	11:15
7116	Christopher	Cox	Male	Male (50-59)		10km	10km Wave 4	Event Wave 9	12:00
7117	Jack	Crean	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1434	Lucy	Cripps	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7118	Richard	Crook	Male	Male (50-59)	Vegetarian Cy	10km	10km Wave 5	Event Wave 9	12:00
7119	Katie	Crook	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1435	Debbie	Cumming	Female	Female (50-59)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
5509	Bridget	Davies	Female	Female (50-59)	Chepstow har	10km	10km Wave 1	Event Wave 4	10:45
5542	Christopher	Davies	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
4216	Darren	Davies	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
1438	Gerald	Davies	Male	Male (40-49)	MOTI ALBAN	10km	10km Wave 3	Event Wave 8	11:45
1454	Felicity	Davies	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
7122	Lisa Haf	Davies	Female	Female (20-29)		10km	10km Wave 4	Event Wave 9	12:00
7120	Alun	Davies	Male	Male (40-49)		10km	10km Wave 5	Event Wave 9	12:00
7121	Ben	Davies	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7123	Linda	Davies	Female	Female (60-69)		10km	10km Wave 5	Event Wave 9	12:00

4218	Adam	Davis	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
1456	Luciana	De Oliveira	Female	Female (40-49)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
5543	Sarah	Dennis	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
1457	Sally	Derrick	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7124	Danielle	Devuyst	Female	Female (20-29)		10km	10km Wave 6	Event Wave 9	12:00
7125	Jenny	Dinsdale	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
7126	Neil	Dinsdale	Male	Male (40-49)		10km	10km Wave 6	Event Wave 9	12:00
5544	Lee	Dodimead	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
5545	Clare	Donaldson	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
1460	Sharon	Dorling	Female	Female (50-59)	Somer AC	10km	10km Wave 3	Event Wave 8	11:45
5546	Bianca	Dowd-hanson	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
5510	Caroline	Duder	Female	Female (40-49)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5511	Lowri	Duffield	Female	Female (40-49)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
77	Simon	Dunk	Male	Male (70+)		10km	10km Wave 1	Event Wave 4	10:45
5547	Grant	Dyer	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
5548	Sarah	E Smith	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
1470	EMMA	EABRY	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
5549	Imgoen	Easton	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
5550	Callum	Easton	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
4219	Marc	Edden	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
5551	Will	Eden	Male	Male (60-69)	Almost Athlete	10km	10km Wave 1	Event Wave 4	10:45
7127	Andrew	Eichmann	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
4222	Stuart	Eldridge	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
5512	Denise	Evans	Female	Female (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5513	Barry	Evans	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
7128	Stephanie	Evans	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
7129	Toby	Evans	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5552	Michael	Ewins	Male	Male (40-49)	Caldicot Runn	10km	10km Wave 1	Event Wave 4	10:45
4223	Toby	Farnworth	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7130	June	Fegredo	Female	Female (60-69)	Portishead Ru	10km	10km Wave 6	Event Wave 9	12:00

7131	Tom	Finnie	Male	Male (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5553	Kerry	Firth	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
5554	Marcus	Fletcher	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
4229	Paul	Flint	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
1475	Merv	Fowler	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
5555	ANTHONY	FOY	Male	Male (60-69)	Tewkesbury R	10km	10km Wave 1	Event Wave 4	10:45
7132	Brubeck	Freeman	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7133	Sue	Frost	Female	Female (50-59)		10km	10km Wave 4	Event Wave 9	12:00
7134	Jeff	Fry	Male	Male (60-69)		10km	10km Wave 6	Event Wave 9	12:00
5556	Anna	Fryer	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
7135	Mary-Jane	Gallie	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
1479	Alan	Garrett	Male	Male (70+)		10km	10km Wave 3	Event Wave 8	11:45
1480	Alison	Garrett	Female	Female (70+)		10km	10km Wave 3	Event Wave 8	11:45
1490	Jamie	Gear	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1493	Tilly	Gee	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1494	David	George	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
4231	Mathew	Gibson	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
4234	Luci	Gibson	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15
1501	Rebekah	Gibson Nagle	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1506	Anthony	Gifford	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1509	Ben	Gooch	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
7136	Eva	Goodhead	Female	Female (40-49)	Forest of Dea	10km	10km Wave 4	Event Wave 9	12:00
1514	James	Gordon	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
7137	Anna	Gow	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
5557	Noel	Green	Male	Male (60-69)		10km	10km Wave 1	Event Wave 4	10:45
1519	Eve	Green	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
7138	Debbie	Green	Female	Female (50-59)		10km	10km Wave 6	Event Wave 9	12:00
5514	Paul	Griffiths	Male	Male (70+)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5515	Margaret	Griffiths	Female	Female (60-69)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
7139	Michael	Gwilliam	Male	Male (60-69)		10km	10km Wave 6	Event Wave 9	12:00

5558	Laura	Hale	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
1522	Lee	Harding	Male	Male (40-49)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
7140	Grace	Hargreaves	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5559	Kay	Harper	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45
1523	Nicky	Harper	Female	Female (60-69)		10km	10km Wave 3	Event Wave 8	11:45
5560	Karen	Harrington	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1524	Anita	Harris	Female	Female (50-59)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
4237	Pete	Harrison	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7141	Alison	Harrison	Female	Female (60-69)	Caldicot Runn	10km	10km Wave 5	Event Wave 9	12:00
5561	Tom	Harvey	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
4238	Gillian	Harvey	Female	Female (50-59)		10km	10km Wave 2	Event Wave 6	11:15
7142	Tracey	Harvey	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5562	Mary	Hastie	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1525	Claire	Hatherell	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
5563	Mark	Hawkins	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
4239	Edward	Haynes	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
1526	Carolyn	Hepburn	Female	Female (40-49)	MOTI ALBAN	10km	10km Wave 3	Event Wave 8	11:45
7143	Mike	Hill	Male	Male (50-59)		10km	10km Wave 6	Event Wave 9	12:00
7144	Laura	Hinchliffe	Female	Female (20-39)		10km	10km Wave 4	Event Wave 9	12:00
1527	Andy	Hobson	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
7145	Georgia	Holmes	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5564	Colin	Holt	Male	Male (70+)		10km	10km Wave 1	Event Wave 4	10:45
5516	Rob	Hook	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
1528	Rebecca	Horton	Female	Female (20-39)	Moti	10km	10km Wave 3	Event Wave 8	11:45
1529	Alex	Howells	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7146	Rosie	Huff	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5565	Richard	Hunsley	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
4242	Jenifer	Hunsley	Female	Female (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7147	Andrew	Hunt	Male	Male (40-49)		10km	10km Wave 5	Event Wave 9	12:00
4246	Emma	Hunter	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15

7148	Emily	Hutchinson	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5566	Craig	Hynam	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
1530	Henri	Irons	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1531	Martin	Jackson	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
5517	Emma	James	Female	Female (40-49)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
1532	Kathleen	James	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7149	Stephanie	Januchowski-	Female	Female (40-49)		10km	10km Wave 6	Event Wave 9	12:00
7150	Fraser	Januchowski-	Male	Male (40-49)		10km	10km Wave 6	Event Wave 9	12:00
7151	Ben	Jeffery	Male	Male (40-49)		10km	10km Wave 6	Event Wave 9	12:00
32	Charles	Jenkins	Male	Male (60-69)		10km	10km Wave 1	Event Wave 4	10:45
5567	Nikola	Jenkins	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
4249	Sam	Jenkins	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15
5518	Anne	Jenner	Female	Female (60-69)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
1533	Nicola	Johnson	Female	Female (60-69)		10km	10km Wave 3	Event Wave 8	11:45
7152	Kate	Johnson	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7153	Daniel	Johnson	Male	Junior male (U20)		10km	10km Wave 5	Event Wave 9	12:00
7154	Ffion	Johnson	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7155	Mike	Johnson	Male	Male (50-59)		10km	10km Wave 5	Event Wave 9	12:00
7156	Clare	Johnson	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
5568	Andrew	Johnston	Male	Male (60-69)	Action on Pov	10km	10km Wave 1	Event Wave 4	10:45
5519	Mark	Jones	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
4250	Victoria	Jones	Female	Female (50-59)		10km	10km Wave 2	Event Wave 6	11:15
4251	Daniel	Keirs	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
4259	Sean	Kelly	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
4248	Peter	Kennaugh-Ga	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
1534	Trudy	Kennedy	Female	Female (50-59)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
4282	Rob	Keough	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
5569	Lois	Kerrison	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1535	Victoria	Kershaw	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
5570	Nik	Kieboom	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45

4296	Steven	Kilbourne	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
5571	Sandra	Kitteringham	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
4303	David	Knight	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
7157	Prisca	Knott	Female	Female (40-49)		10km	10km Wave 6	Event Wave 9	12:00
7158	Wendy	Lawrence	Female	Female (60-69)	Forest of Dean	10km	10km Wave 5	Event Wave 9	12:00
7159	Ann	Lawson-Jones	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
7160	Mark	Lawson-Jones	Male	Male (50-59)		10km	10km Wave 5	Event Wave 9	12:00
5572	Thomas	Lee	Male	Male (50-59)	Tewkesbury ru	10km	10km Wave 1	Event Wave 4	10:45
4304	Jessica	Lee	Female	Female (40-49)	Caldicot Runn	10km	10km Wave 2	Event Wave 6	11:15
4305	Kay	Lewis	Female	Female (50-59)	Portishead Ru	10km	10km Wave 2	Event Wave 6	11:15
5573	Mark	Light	Male	Male (20-39)	Caldicot Runn	10km	10km Wave 1	Event Wave 4	10:45
7161	Jane	Llewellyn	Female	Female (60-69)		10km	10km Wave 5	Event Wave 9	12:00
7162	Karen	Lloyd-Rogers	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
4306	Melissa	Lock	Female	Female (20-39)		10km	10km Wave 2	Event Wave 6	11:15
5574	Shaz	Lockley	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45
5575	Belinda	Lopez	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45
7163	Carole	Lubkowski	Female	Female (60-69)		10km	10km Wave 6	Event Wave 9	12:00
1536	Shaun	Lunnon	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
4307	Ronald	Lynes	Male	Male (70+)	Kidderminster	10km	10km Wave 2	Event Wave 6	11:15
7164	Annmari	Macey	Female	Female (50-59)	Caldicot Runn	10km	10km Wave 6	Event Wave 9	12:00
1537	Paul	Macnamara	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
1538	Gervase	Mangwana	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
7165	Rose	Marengo	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1539	Heather	Marfleet	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
1540	Tim	Marriott	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
5520	Tony	Marshall	Male	Male (60-69)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
4308	Ailen	Martinez Infan	Female	Female (20-39)		10km	10km Wave 2	Event Wave 6	11:15
4309	Stephanie	Maund	Female	Female (20-39)		10km	10km Wave 2	Event Wave 6	11:15
4310	Nerys	May	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15
1541	Beth	May	Female	Female (50-59)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45

1542	Helen	Mccarthy	Female	Female (40-49)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
7166	SAMANTHA	MCCLORY	Female	Female (40-49)	Black Pear Jo	10km	10km Wave 5	Event Wave 9	12:00
1543	Samantha	Mckeown	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
4311	Thomas	Mclaren	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
1544	Jessica	McMorris	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
4312	David	Medley	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7167	Jonathan	Miller	Male	Male (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5576	Alicia	Mills	Female	Female (20-39)		10km	10km Wave 1	Event Wave 4	10:45
7168	Andrew	Milne	Male	Junior Male (U20)		10km	10km Wave 5	Event Wave 9	12:00
7169	Tom	Milne	Male	Male (50-59)		10km	10km Wave 5	Event Wave 9	12:00
5577	Helen	Mitchell	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
4313	Andrew	Mitchell	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
4314	Hannah	Moon	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15
4315	Tom	Moore	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
5521	Niki	Morgan	Female	Female (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
4316	Lewis	Morgan	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
4317	James	Morgan	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
1545	Zoe	Morgan	Female	Female (20-39)	Moti Albany rd	10km	10km Wave 3	Event Wave 8	11:45
7170	Becky	Morris	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
7171	ian	morse	Male	Male (50-59)		10km	10km Wave 5	Event Wave 9	12:00
7172	Alexandra	Morse	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5578	Sheena	Moseley	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
7173	Bethan	Mulcaster	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7174	Spencer	Mulcaster	Male	Male (40-49)		10km	10km Wave 5	Event Wave 9	12:00
1546	Delyth	Mullane	Female	Female (60-69)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
7175	Jayne	Murphy	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5522	Paul	Murrin	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
1547	Nigel	Musgrave	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
4318	Robin	Nash	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
1548	Suzanna	Nesom	Female	Female (20-39)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45

4319	Peter	Newcombe	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7176	Janet	Newland	Female	Female (60-69)		10km	10km Wave 5	Event Wave 9	12:00
1549	Grace	Newman	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
4320	Albert	Ng	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
5579	Chris	Nicholls	Male	Male (40-49)	Tewkesbury R	10km	10km Wave 1	Event Wave 4	10:45
5580	Andy	Noble	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1550	Robert	Oakes	Male	Male (60-69)	Southville Run	10km	10km Wave 3	Event Wave 8	11:45
1551	Sarah	Oakley	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
4321	JAKE	OLDREY	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
5581	Tim	Olney	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
5582	Thomas	Olver	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
7177	Emma	Ommanney	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
7178	Catherine	Parker	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
4322	Nicola	Parnell	Female	Female (20-39)	Portishead Run	10km	10km Wave 2	Event Wave 6	11:15
5583	Cam	Pay	Male	Male (50-59)	Tewkesbury R	10km	10km Wave 1	Event Wave 4	10:45
5584	Steven	Payne	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
7179	Kim	Peacock	Male	Male (60-69)		10km	10km Wave 6	Event Wave 9	12:00
5585	Christopher	Pearce-webb	Male	Male (60-69)		10km	10km Wave 1	Event Wave 4	10:45
7180	Hephzibah	Perry	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5523	Joff	Phelps	Male	Male (50-59)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
7181	Richard	Pinnock	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1552	Lynsey	Pistorius	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1553	Stephanie	Poyntz	Female	Female (40-49)	North Bristol F	10km	10km Wave 3	Event Wave 8	11:45
7182	Clare	Pratt	Female	Female (50-59)		10km	10km Wave 5	Event Wave 9	12:00
7183	Rachael	Prest	Female	Female (40-49)	Lonely goat	10km	10km Wave 5	Event Wave 9	12:00
7184	Karen	Price	Female	Female (50-59)		10km	10km Wave 6	Event Wave 9	12:00
5586	Kathleen	Pritchard	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1554	Tom	Prowse	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1555	Steve	Pryce	Male	Male (60-69)		10km	10km Wave 3	Event Wave 8	11:45
5587	DEREK	RAINBIRD	Male	Male (60-69)	Parc Brynback	10km	10km Wave 1	Event Wave 4	10:45

7185	Christine	Ramsey-Wade	Female	Female (40-49)	Vegan Runner	10km	10km Wave 4	Event Wave 9	12:00
7186	Janet	Ray	Female	Female (50-59)		10km	10km Wave 6	Event Wave 9	12:00
1556	Wendy	Rees	Female	Female (60-69)		10km	10km Wave 3	Event Wave 8	11:45
7187	Rosemary	Reid	Female	Female (50-59)		10km	10km Wave 4	Event Wave 9	12:00
1557	Vicky	Reynolds	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1558	Andy	Reynolds	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1559	Nick	Rice	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1560	Nicola	Rickard	Female	Female (60-69)	Portishead Ru	10km	10km Wave 3	Event Wave 8	11:45
1561	Claire	Rideout	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1562	Carl	Riley	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
7188	Sarah	Roach	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
4323	SHANNON	Roberts	Female	Female (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7189	Victoria	Roberts	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5588	Sophie	Robertson	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
5589	Samantha	Robinson	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
4324	Eleanor	Robinson	Female	Female (70+)	Pershore Plun	10km	10km Wave 2	Event Wave 6	11:15
4325	Tom	Rooney	Male	Male (20-39)	Caldicot Runn	10km	10km Wave 2	Event Wave 6	11:15
1563	Claudia	Ryall	Female	Female (40-49)	Wickwar Wun	10km	10km Wave 3	Event Wave 8	11:45
1564	Victoria	Ryall	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7190	Jennifer	Schmieder	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1565	Paul	Scotford	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
1566	Wendy	Scotford	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
1567	Isobel LLP	Scott Douglas	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
53	Andrew	Sears	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
5590	Clive	Sentance	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1568	Non	Shafto-Humph	Female	Female (20-39)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
1569	Jess	Shakhli	Female	Female (20-39)	Portishead Ru	10km	10km Wave 3	Event Wave 8	11:45
1570	Rebecca	Sheehan	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1571	Neil	Sherman	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1572	David	Sinclair	Male	Male (50-59)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45

1573	Tom	Sleigh	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
1574	Eilidh	Sligo	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
4326	Simon	Smith	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
7191	Rachel	Smith	Female	Female (40-49)	Dursley Runni	10km	10km Wave 6	Event Wave 9	12:00
5591	Owen	Staddon	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
4327	Edward	Stagg	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
7192	Lara	Stamfield	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
1575	Elena	Stamp	Female	Female (20-39)	Moti albany	10km	10km Wave 3	Event Wave 8	11:45
5592	Brendon	Stevens	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
5593	Joe	Stevens	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
7193	Sara	Stiddard	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
7194	Nick	Stiddard	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5594	Aaron	Sutton	Male	Male (20-39)		10km	10km Wave 1	Event Wave 4	10:45
5595	Charlie	Sutton	Female	Junior Female U20		10km	10km Wave 1	Event Wave 4	10:45
1576	Claire	Sutton	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
4328	Damien	Swarbrick	Male	Male (40-49)		10km	10km Wave 2	Event Wave 6	11:15
4329	Abi	Swarbrick	Female	Female (40-49)		10km	10km Wave 2	Event Wave 6	11:15
5596	Tracy	Tailford	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1577	Gerda	Tallon	Female	Female (60-69)	Moti Albany R	10km	10km Wave 3	Event Wave 8	11:45
5524	Corinna	Tannian	Female	Female (40-49)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
5525	Graham	Taylor	Male	Male (60-69)	Chepstow Har	10km	10km Wave 1	Event Wave 4	10:45
4330	Paul	Taylor	Male	Male (60-69)		10km	10km Wave 2	Event Wave 6	11:15
4331	Neil	Thomas	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
7196	Claire	Thomas	Female	Female (50-59)		10km	10km Wave 4	Event Wave 9	12:00
7195	Megan	Thomas	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7197	Natalie	Thompson	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1578	Luke	Thorpe	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
5597	Paul	Tomlinson	Male	Male (70+)		10km	10km Wave 1	Event Wave 4	10:45
7198	Steve	Tozer	Male	Male (50-59)		10km	10km Wave 5	Event Wave 9	12:00
1579	James	Vaughan	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45

1580	James	Vidler	Male	Male (60-69)	Wye Valley Ru	10km	10km Wave 3	Event Wave 8	11:45
1581	ROBERT	VIDLER	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
4332	Elaine	Vincent	Female	Female (50-59)	Tewkesbury R	10km	10km Wave 2	Event Wave 6	11:15
4333	Alec	Vincent	Male	Male (50-59)	Tewkesbury R	10km	10km Wave 2	Event Wave 6	11:15
5598	Paul	Vliegen	Male	Male (40-49)	Portishead Ru	10km	10km Wave 1	Event Wave 4	10:45
4334	Ian	Wagstaff	Male	Male (60-69)		10km	10km Wave 2	Event Wave 6	11:15
7199	James	Walker	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
7200	Jennifer	Warman	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
7201	Ellie	Warren	Female	Female (20-39)		10km	10km Wave 5	Event Wave 9	12:00
5599	Michael	Waters	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
7202	Ruth	Watkinson	Female	Female (40-49)		10km	10km Wave 6	Event Wave 9	12:00
10	Tony	Watts	Male	Male (60-69)		10km	10km Wave 2	Event Wave 6	11:15
1582	Fiona	Watts	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
14	Jessica	Webb	Female	Female (20-39)		10km	10km Wave 1	Event Wave 4	10:45
5600	Julianne	Webster	Female	Female (40-49)		10km	10km Wave 1	Event Wave 4	10:45
7203	Tracy	West	Female	Female (50-59)	FRRC	10km	10km Wave 6	Event Wave 9	12:00
1583	Hannah	Westwood	Female	Female (20-39)		10km	10km Wave 3	Event Wave 8	11:45
4335	Andy	Whale	Male	Male (50-59)		10km	10km Wave 2	Event Wave 6	11:15
7204	Nick	Whant	Male	Male (20-39)		10km	10km Wave 5	Event Wave 9	12:00
1584	Anne	Whetter	Female	Female (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1585	Richard	Whetter	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7205	Steve	White	Male	Male (50-59)		10km	10km Wave 6	Event Wave 9	12:00
5601	Tonia	Whitebeam	Female	Female (50-59)	Tewkesbury R	10km	10km Wave 1	Event Wave 4	10:45
1586	Kit	Whitehead	Female	Female (50-59)		10km	10km Wave 3	Event Wave 8	11:45
5602	Simon	Whitford	Male	Male (60-69)		10km	10km Wave 1	Event Wave 4	10:45
4336	Ben	Whitford	Male	Male (20-39)		10km	10km Wave 2	Event Wave 6	11:15
5603	Anna-marie	Wilkey	Female	Female (20-29)		10km	10km Wave 1	Event Wave 4	10:45
7206	Bronwen	Wilkins	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
7207	Abi	Wilkinson	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
5526	Louise	Williams	Female	Female (50-59)	Chepstow har	10km	10km Wave 1	Event Wave 4	10:45

5604	Sue	Williams	Female	Female (40-49)	Lonely Goat	10km	10km Wave 1	Event Wave 4	10:45
5605	Rhys	Williams	Male	Male (40-49)		10km	10km Wave 1	Event Wave 4	10:45
4337	Claire	Williams	Female	Female (60-69)	Clwb Rhedeg	10km	10km Wave 2	Event Wave 6	11:15
4338	Svetlana	Williams	Female	Female (20-39)		10km	10km Wave 2	Event Wave 6	11:15
1587	Nicola	Williams	Female	Female (20-39)	Caldicot Runn	10km	10km Wave 3	Event Wave 8	11:45
1588	Antony	Williams	Male	Male (50-59)		10km	10km Wave 3	Event Wave 8	11:45
1589	Rhodri	Williams	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
1590	Rhys	Williams	Male	Male (20-39)		10km	10km Wave 3	Event Wave 8	11:45
4339	Mary	Williamson	Female	Female (50-59)		10km	10km Wave 2	Event Wave 6	11:15
7208	Louise	Williamson	Female	Female (40-49)		10km	10km Wave 5	Event Wave 9	12:00
7209	Nikki	Willis	Female	Female (50-59)		10km	10km Wave 6	Event Wave 9	12:00
7210	Elishia	Willis	Female	Female (20-39)		10km	10km Wave 6	Event Wave 9	12:00
5606	Ian	Wills	Male	Male (50-59)		10km	10km Wave 1	Event Wave 4	10:45
1591	Daniel	Wilson	Male	Male (40-49)		10km	10km Wave 3	Event Wave 8	11:45
7211	Christine	Wilson	Female	Female (50-59)		10km	10km Wave 4	Event Wave 9	12:00
5607	Vanessa	Winters	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
5608	Angela	Wixey	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45
5609	Paula	Wright	Female	Female (50-59)		10km	10km Wave 1	Event Wave 4	10:45
5610	Michael	Younge	Male	Male (20-29)		10km	10km Wave 1	Event Wave 4	10:45
5611	Linda	Younger	Female	Female (60-69)		10km	10km Wave 1	Event Wave 4	10:45