

NO	SURNAME	NAME	CLUB/AREA	CAT	T-SHIRT	LOCAL
1	YOUNG	Dickon	Cwmfelin Boeth	OM	M	L
2	DAVIS	James	Oxfordshire	OM	S	
3	SEDDON	Keith	Neyland	OM		
4	DAVIES	Stephen	Cwm Ogwr running club	OM		
5	PARRY	Tony	Penparc	OM	L	
6	BROWN	Dafydd	West Coast Tri	OM	S	L
7	WILSON	Jimmy	Hakin	OM		
8	WILKS	James	Milford Tritons	OM	M	
9	JONES	Paul	Cardiff	OM		
10	MILLS	Timothy	Narberth	OM	S	L
11	DAVIES	Kelvin	CR Pontardawe RC	OM	XL	
12	EDMONDS	Daniel	Manorbier	OM	L	
13	WARREN	Will	Cilgerran	OM	L	L
14	WHEELER	Kyle	Tenby Aces/Pembs velos	OM	L	
15	REYNOLDS	Jonathan	Cardiff	OM	M	
16	GROVE	Drew	Haverfordwest	OM	S	L
17	NAISH	Ryan	Haverfordwest	OM	M	L
18	NAISH	Liam	Pen y Cwm	OM	S	
19	HALL	Simon	Sarn Helen	OM	M	
20	LEWIS	Steve	Goodwick	OM	S	L
21	CROSS	Bethan	Cwm Ogwr running club	OF		
22	CHERRY	Abi	Upper Killay	OF		
23	WILSON	Cilla	Hakin	OF		
24	Van der SPOEL	Esther	Haverfordwest	OF	L	
25	WILLIAMS	Victoria	Swansea Harriers	OF	S	
26	DENNING	Naomi	Cilgerran	OF	S	L
27	REED	Donna	Pembroke Dock	OF	S	
28	APPLEBY-JONES	Imogen	Pembrokeshire Velos	OF		
29	WILLIAMS	Helen	Islwyn Running club	OF	M	
30	CHANT	Lottie	St Davids	OF		
31	JOHN	Sally	Llanstadwell	OF	L	
32	THOMAS	Angharad	Sospan RR	OF		
33	JOLLY	Dee	Sarn Helen	OF	S	
34	NAHAR	Qumrun	Pembrokeshire Harriers	OF	S	L
35	ANDREWS	Martin	Stepaside	M60		
36	LLOYD	David	Halesowen A&CC	M60		
37	LAMBERT	Alan	Pembroke	M60		
38	TILLEY	Chris	Trefin	M60	M	
39	RIDOUT	Mike	Lamphey	M60	M	
40	HARROP	Pete	Cwm Ogwr running club	M50		
41	SMITH	Andy	Swansea	M50	XL	
42	BROAD	Sam	Amroth	M50	L	
43	PRICE	Martin	Team Cemais	M50	L	
44	ALLEN	Martin	Pembs Climbing club	M50		
45	ASTINS	David	Pembs Tri	M40	L	
46	MORGAN	Greg	Ramsay Island	M40	M	
47	BROWN	Robert	West Coast Tri	M40	L	L
48	UPSTILL	Kevin	Cwmfelin Boeth	M40	L	L
49	RAINBOW	George	Cwmfelin Boeth	M40	L	L

50	OUSELEY	Steve	Clarbeston rd	M40	M	L
51	KEATING	Steven	Tenby aces	M40	M	
52	BELTON	Jason	Havefordwest	M40	M	L
53	REED	Edd	Pembroke Dock	M40	M	
54	SKONE	Lee	Crap Tri	M40	M	
55	LOWCOCK-JAMES	Richard	Cwm Ogwr running club	M40		
56	EVANS	Ceinwen	Pembrokeshire Harriers	F50	L	
57	LEWIS	Sue	Presteigne	F50		
58	WARLOW	Heulwen	New Moat	F50	L	L
59	BUCK	Lindsay	Cumberland fell runners	F50	S	
60	BEVAN	Suzanne	Llandeilo	F50	S	
61	BOORMAN	Louise	Pembrokeshire Harriers	F50		L
62	ABBOTT	Louise	Running somewhere else	F50	S	
63	DAVIES	Elaine	Pembrokeshire Harriers	F50	L	L
64	PARMOR	Sarah	Ramsay Island	F40	S	
65	PAGE-BROUGHTON	Nicola	Dinas	F40	M	
66	MACKIE	Susan	Corsham,Wilts	F40		
67	MORRIS	Celia	Team Cemais	F40		L
68	BUCKLEY	Rachel	Team Cemais	F40		L
69	CAMPBELL	Claire	Glossopdale Harriers	F40		
70	PALLAS	Melanie	Narberth	F40		L
71	KIMBER	Domi	Rhedwyr Preseli	F40		L
72	DAVIES	Lisa	Islwyn Running club	F40		
73	RYDER	Faith	Pembrokeshire Harriers	F40	M	
74	HARRIES	Maria	Pembrokeshire Harriers	F40	S	L
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