

No	SURNAME	NAME	CLUB/AREA	CAT	Tshirt	LOCAL
1	BAINES	Luke	Narberth	OM	M	L
2	FELINE	Will	Stubbington Green	OM	S	
3	SHEEHAN	Nick	Llanelli	OM		
4	WILSON	Dave	Kilgetty	OM	M	L
5	EADE	Dan	Leukaemia care	OM	L	
6	WOODS	Ben	Newcastle Emlyn	OM	M	
7	PLUMB	Tim	Narberth	OM	M	L
8	HOLE	Matt	Narberth	OM		L
9	WATKINS	Thomas	Haverfordwest	OM		L
10	BROWN	Michael	London	OM	XL	
11	PLUMB	Steven	Carmarthen	OM	S	
12	BRUFORD	Rob	Warrington	OM	M	
13	PHILLIPS	Barry	Barry,Cardiff	OM	S	
14	POULTON	Mathew	Cockermouth	OM		
15	HARRIES	Alex	Cardiff	OM		
16	JOHNS	Trys	Cardigan RC	OM	M	
17	MORRIS	Gareth	Buckley runners	OM	M	
18	LIGHTFOOT	Ruben	Cwm CYCH	OM		
19	BEASLEY	Marc	Rhedwyr Preseli	OM	L	L
20	HUMPHRIES	Rob	Bristol	OM	M	
21	WAINWRIGHT	Laura	Stubbington Green	OF	S	
22	COOPER	Fiona	Newport,Pembs	OF	S	L
23	McWILLIAMS	Emma	Mynydd Du	OF		
24	DAVIES	Llinos	Ystalyfera	OF	S	
25	EVANS	Hayley	Buckley runners	OF		
26	NOSWORTHY	Roger	Off-Roadents	M60		
27	JONES	Lawrie	FRA	M60	M	
28	HUGHES	Lenny	Llanidloes	M60		
29	SHEARD	David	Bridgend	M50		
30	CARTER	Phil	Pembrokeshire Tri	M50	S	
31	JOHNSON	Paul	Begelly	M50		
32	CLEMENT	Andrew	TROTS	M50	M	
33	BELSHAW	Victor	Denbigh	M50		
34	HUGHES	Laurie	Swansea	M50		
35	EVANS	Martin	Team Cemais	M50		L
36	PHILLIPS	Jonathan	Pembrokeshire harriers	M50		
37	AGNEW	Peter	Mold	M50		
38	BEESON	Paul	Maldwyn harriers	M50		
39	FLETCHER	Glyn	Maldwyn harriers	M50		
40	REES	John	Rhedwyr Preseli	M50	L	L
41	OWEN	Nick	Bridgewater	M50	XXL	
42	YORK	David	Tattenhall runners	M50		
43	POWELL	David	Aberystwyth AC	M50		
44	SEXTON	Christopher	Pembrokeshire Harriers	M50		L
45	BROWN	Jez	Buckley runners	M40		

46	DAVIES	Nigel	Sarn Helen	M40 M	
47	ROBERTS	Simon	Chester AC	M40	
48	DAVIES	Gareth	Broughton	M40 M	
49	REES	Conrad	Manorbier Newton	M40 L	
50	McMILLAN	Fraser	Cardigan RC	M40 M	
51	POCKNELL	Justin	DDMT/Caerleon RC	M40 M	
52	MACKIE	David	Corsham,Wilts	M40	
53	ILAH	Imtiaz	Birmingham	M40 M	
54	EVERETT	Martin	Narberth	M40 L	L
55	CHERRY	John	Upper Killay	M40	
56	CORNELL	Richard	Ashby de-la-Zouch	M40 M	
57	PRITCHARD	Andrew	Buckley runners	M40 S	
58	LEWIS	Gary	Presteigne Pacers	M40	
59	JAMES	Aneurin	Felinfach	M40	
60	DONOFRIO	Claudio	SWANSEA	M40 M	
61	PITTAWAY	Jason	Bristol	M40	
62	MUTTER	Darren	Narberth	M40 M	L
63	JAMES	Jason	Pembroke	M40 M	
64	REES	Nicky	Five Frogs	M40 M	
65	SEARLE	Leigh	Treorchy	M40	
66	JEMMETT	Mark	Sully,VoG	M40 S	
67	THOMAS	Darren	Spittal	M40 M	L
68	WILKINS	Jason	Rhedwyr Preseli	M40	L
69	THOMAS	Matt	Cardiff	M40	
70	FUNNELL	Bridget	Off-Roadents	F60	
71	WORTHING	Anita	Aberystwyth	F60	
72	BRAZNELL	Kim	Mercia fell runners	F60	
73	DAVIES	Rona	Mynydd Du	F50	
74	TOMKINS	Rita	Presteigne Pacers	F50	
75	LLOYD	Sue	Pembrokeshire harriers	F50	
76	LOCK	Kate	Marloes	F50	
77	PROBERT	Rhian	Mynydd Du	F40	
78	BROWN	Helen	Mynydd Du	F40	
79	WARD	Jane	Dorset Doddlers	F40	
80	CLANCY	Zoe	Cowbridge	F40 M	
81	DUFFIELD	Helen	Sedbury	F40	
82	TAGG	Sarah	West Coast Tri	F40	
83	THOMAS	Alison	Machynys	F40 S	
84	SEXTON	Tasha	Pembrokeshire Harriers	F40	L
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