

NO	SURNAME	NAME	CLUB/AREA	CAT	T-SHIRT	LOCAL
1	ALLINGHAM	Rowan	Castlemartin	OM		
2	BRIDGE	Niall	Maenclochog	OM	L	L
3	BROWN	Dafydd	West Coast Tri	OM	S	L
4	CORNISH	Will	Ilfracombe	OM		
5	D'ARCANGELO	Michael	Cardiff	OM	M	
6	DAVIES	Stephen	Cwm Ogwr running club	OM		
7	DAVIES	Kelvin	CR Pontardawe RC	OM	XL	
8	DAVIS	James	Oxfordshire	OM	S	
9	EDMONDS	Daniel	Manorbier	OM	L	
10	GROVE	Drew	Haverfordwest	OM	S	L
11	HALL	Simon	Sarn Helen	OM	M	
12	JONES	Paul	Cardiff	OM		
13	LEWIS	Steve	Goodwick	OM	S	L
14	LEWIS	Sion	Puncheston	OM		L
15	MILLS	Timothy	Narberth	OM	S	L
16	NAISH	Ryan	Haverfordwest	OM	M	L
17	NAISH	Liam	Pen y Cwm	OM	S	
18	NICHOLSON	Rowan	Maenclochog	OM	S	L
19	PARRY	Tony	Penparc	OM	L	
20	PENWELL	Russell	St Briavels	OM	M	
21	REYNOLDS	Jonathan	Cardiff	OM	M	
22	SEDDON	Keith	Neyland	OM		
23	TILLEY	Jamie	Celtic Podiatry	OM		
24	TUCKER	Joe	Swansea	OM		
25	WARREN	Will	Cilgerran	OM	L	L
26	WHEELER	Kyle	Tenby Aces/Pembs velos	OM	L	
27	WILKS	James	Milford Tritons	OM	M	
28	WILLIAMS	Stephen	Cardigan RC	OM		
29	WILLIAMS	Dafydd	Cardiff	OM		
30	WILLIAMS	Owen	Cardigan	OM	M	
31	WILSON	Jimmy	Hakin	OM		
32	YOUNG	Dickon	Cwmfelin Boeth	OM	M	L
33	APPLEBY-JONES	Imogen	Pembrokeshire Velos	OF		
34	BERNARDINI	Cecilia	Reading	OF	S	
35	BOWEN	Natalie	Haverfordwest	OF	M	L
36	CHANT	Lottie	St Davids	OF		
37	CHERRY	Abi	Upper Killay	OF		
38	CROSS	Bethan	Cwm Ogwr running club	OF		
39	CULLEY	Paula	Pembrokeshire Harriers	OF	M	L
40	DENNING	Naomi	Cilgerran	OF	S	L
41	JAMES	Sian	New Moat	OF		L
42	JOHN	Sally	Llanstadwell	OF	L	
43	JOLLY	Dee	Sarn Helen	OF	S	
44	NAHAR	Qumrun	Pembrokeshire Harriers	OF	S	L
45	RAYMOND	Jo	Pembrokeshire Harriers	OF	S	L
46	REED	Donna	Pembroke Dock	OF	S	
47	REES	Sarah	Birmingham	OF	S	
48	ROBERTS	Christine	Llanstadwell	OF		
49	THOMAS	Angharad	Sospan RR	OF		

50	Van der SPOEL	Esther	Haverfordwest	OF	L	
51	WILLIAMS	Victoria	Swansea Harriers	OF	S	
52	WILLIAMS	Helen	Islwyn Running club	OF	M	
53	WILLIAMS	Emma	Sospan RR	OF		
54	WILSON	Cilla	Hakin	OF		
55	ANDREWS	Martin	Stepaside	M60		
56	JONES	Huw	Wiston	M60		L
57	LAMBERT	Alan	Pembroke	M60		
58	LLOYD	David	Halesowen A&CC	M60		
59	RIDOUT	Mike	Lamphey	M60	M	
60	TILLEY	Chris	Trefin	M60	M	
61	ALLEN	Martin	Pembs Climbing club	M50		
62	BROAD	Sam	Amroth	M50	L	
63	DAVIES	Kevin	Maenclochog	M50		L
64	FLEMING	Peter	Newbury	M50		
65	GIBBON	Hugh	Haverfordwest	M50		
66	HARRIES	Geraint	Rosebush	M50	M	L
67	HARROP	Pete	Cwm Ogwr running club	M50		
68	LEWIS	Ian	Cwm Ogwr running club	M50	L	
69	PRICE	Martin	Team Cemais	M50	L	
70	SMITH	Andy	Swansea	M50	XL	
71	WALLACE	John	Henley on Thames	M50		
72	WILLIAMS	Alec	Pembrokeshire Harriers	M50		
73	ASTINS	David	Pembs Tri	M40	L	
74	BELTON	Jason	Haverfordwest	M40	M	L
75	BROWN	Robert	West Coast Tri	M40	L	L
76	HAWKING	Sonia	Neath	M40	S	
77	HORNUNG	Rhodri	Cardiff	M40	S	
78	KEATING	Steven	Tenby aces	M40	M	
79	LOWCOCK-JAMES	Richard	Cwm Ogwr running club	M40		
80	MACRAE-JONES	Huw	Llandeilo	M40		
81	MORGAN	Greg	Ramsay Island	M40	M	
82	O'CONNOR	Sean	DDMT	M40		
83	O'NEILL	Paddy	N.Ireland	M40		
84	OUSELEY	Steve	Clarboston rd	M40	M	L
85	RAINBOW	George	Cwmfelin Boeth	M40	L	L
86	REED	Edd	Pembroke Dock	M40	M	
87	REISMANN	Paul	Swansea	M40	L	
88	RICHARDSON	Guy	London	M40		
89	ROBINSON	Daniel	Penygroes, Carms.	M40	M	
90	SIBBALD	Mark	Pembrokeshire Harriers	M40	M	L
91	SKONE	Lee	Crap Tri	M40	M	
92	THOMPSON	Lee	Pembroke	M40	M	
93	UPSTILL	Kevin	Cwmfelin Boeth	M40	L	L
94	WILLIAMS	Glenn	Sospan RR	M40		
95	WILLIAMS	Gwyndaf	Pembrokeshire Harriers	M40		L
96	BELL	Jeannie	Pembrokeshire Harriers	F60	M	L
97	ABBOTT	Louise	Running somewhere else	F50	S	
98	BEVAN	Suzanne	Llandeilo	F50	S	
99	BOORMAN	Louise	Pembrokeshire Harriers	F50		L

100	BUCK	Lindsay	Cumberland fell runners	F50	S	
101	DAVIES	Elaine	Pembrokeshire Harriers	F50	L	L
102	EVANS	Ceinwen	Pembrokeshire Harriers	F50	L	
103	JONES	Gillian	Pembrokeshire Harriers	F50		L
104	LEWIS	Sue	Presteigne	F50		
105	TARRANT	Suzi	Narberth/Vegan runners	F50	L	L
106	WARLOW	Heulwen	New Moat	F50	L	L
107	BUCKLEY	Rachel	Team Cemais	F40		L
108	CAMPBELL	Claire	Glossopdale Harriers	F40		
109	CLARK	Claire	St Briavels	F40		
110	DAVIES	Lisa	Islwyn Running club	F40		
111	EVANS	Sarah	Roath	F40		
112	EVANS	Rebecca	Manorbier	F40		
113	GARNER	Debbie	Sospan RR	F40		
114	HARRIES	Maria	Pembrokeshire Harriers	F40	S	L
115	JONES	Viv	Sospan RR	F40	S	
116	KIMBER	Domi	Rhedwyr Preseli	F40		L
117	MACKIE	Susan	Corsham,Wilts	F40		
118	MORRIS	Celia	Team Cemais	F40		L
119	MORSE	Jen	ffairfach, Llandeilo	F40	S	
120	PAGE-BROUGHTON	Nicola	Dinas	F40	M	
121	PALLAS	Melanie	Narberth	F40		L
122	PARMOR	Sarah	Ramsay Island	F40	S	
123	PARTON	Elizabeth	Llanelli	F40		
124	PERKINTON	Catherine	Llanelli	F40	M	
125	POWNEY	Jayne	Cwm Ogwr running club	F40		
126	REES	Patricia	Pembrokeshire Harriers	F40	M	L
127	RYDER	Faith	Pembrokeshire Harriers	F40	M	
128	WHITFIELD	Rachael	Narberth	F40		L
129	WICKENS	Caroline	Camrose	F40	S	L
130	WILLIAMS	Mandy	Llanelli 1970	F40	S	
131	WILLIAMS	Mandy	Pembrokeshire Harriers	F40	M	L
132						