

NO	SURNAME	NAME	CLUB/AREA	CAT	T-SHIRT	LOCAL
1	ALLINGHAM	Rowan	Castlemartin	OM		
2	BROWN	Dafydd	West Coast Tri	OM	S	L
3	D'ARCANGELO	Michael	Cardiff	OM	M	
4	DAVIES	Stephen	Cwm Ogwr running club	OM		
5	DAVIES	Kelvin	CR Pontardawe RC	OM	XL	
6	DAVIS	James	Oxfordshire	OM	S	
7	EDMONDS	Daniel	Manorbier	OM	L	
8	GROVE	Drew	Haverfordwest	OM	S	L
9	HALL	Simon	Sarn Helen	OM	M	
10	JONES	Paul	Cardiff	OM		
11	LEWIS	Steve	Goodwick	OM	S	L
12	MILLS	Timothy	Narberth	OM	S	L
13	NAISH	Ryan	Haverfordwest	OM	M	L
14	NAISH	Liam	Pen y Cwm	OM	S	
15	NICHOLSON	Rowan	Maenclochog	OM	S	L
16	PARRY	Tony	Penparc	OM	L	
17	PENWELL	Russell	St Briavels	OM	M	
18	REYNOLDS	Jonathan	Cardiff	OM	M	
19	SEDDON	Keith	Neyland	OM		
20	TILLEY	Jamie	Celtic Podiatry	OM		
21	WARREN	Will	Cilgerran	OM	L	L
22	WHEELER	Kyle	Tenby Aces/Pembs velos	OM	L	
23	WILKS	James	Milford Tritons	OM	M	
24	WILLIAMS	Stephen	Cardigan RC	OM		
25	WILLIAMS	Dafydd	Cardiff	OM		
26	WILLIAMS	Owen	Cardigan	OM	M	
27	WILSON	Jimmy	Hakin	OM		
28	YOUNG	Dickon	Cwmfelin Boeth	OM	M	L
29	APPLEBY-JONES	Imogen	Pembrokeshire Velos	OF		
30	BERNARDINI	Cecilia	Reading	OF	S	
31	BOWEN	Natalie	Haverfordwest	OF	M	L
32	CHANT	Lottie	St Davids	OF		
33	CHERRY	Abi	Upper Killay	OF		
34	CROSS	Bethan	Cwm Ogwr running club	OF		
35	DENNING	Naomi	Cilgerran	OF	S	L
36	JOHN	Sally	Llanstadwell	OF	L	
37	JOLLY	Dee	Sarn Helen	OF	S	
38	NAHAR	Qumrun	Pembrokeshire Harriers	OF	S	L
39	REED	Donna	Pembroke Dock	OF	S	
40	ROBERTS	Christine	Llanstadwell	OF		
41	THOMAS	Angharad	Sospan RR	OF		
42	Van der SPOEL	Esther	Haverfordwest	OF	L	
43	WILLIAMS	Victoria	Swansea Harriers	OF	S	
44	WILLIAMS	Helen	Islwyn Running club	OF	M	
45	WILSON	Cilla	Hakin	OF		
46	ANDREWS	Martin	Stepaside	M60		
47	JONES	Huw	Wiston	M60		L
48	LAMBERT	Alan	Pembroke	M60		
49	LLOYD	David	Halesowen A&CC	M60		

50 RIDOUT	Mike	Lamphey	M60	M	
51 TILLEY	Chris	Trefin	M60	M	
52 ALLEN	Martin	Pembs Climbing club	M50		
53 BROAD	Sam	Amroth	M50	L	
54 DAVIES	Kevin	Maenclochog	M50		L
55 FLEMING	Peter	Newbury	M50		
56 GIBBON	Hugh	Haverfordwest	M50		
57 HARRIES	Geraint	Rosebush	M50	M	L
58 HARROP	Pete	Cwm Ogwr running club	M50		
59 LEWIS	Ian	Cwm Ogwr running club	M50	L	
60 PRICE	Martin	Team Cemais	M50	L	
61 SMITH	Andy	Swansea	M50	XL	
62 WALLACE	John	Henley on Thames	M50		
63 ASTINS	David	Pembs Tri	M40	L	
64 BELTON	Jason	Havefordwest	M40	M	L
65 BROWN	Robert	West Coast Tri	M40	L	L
66 HAWKING	Sonia	Neath	M40	S	
67 HORNUNG	Rhodri	Cardiff	M40	S	
68 KEATING	Steven	Tenby aces	M40	M	
69 LOWCOCK-JAMES	Richard	Cwm Ogwr running club	M40		
70 MORGAN	Greg	Ramsay Island	M40	M	
71 O'NEILL	Paddy	N.Ireland	M40		
72 OUSELEY	Steve	Clarboston rd	M40	M	L
73 RAINBOW	George	Cwmfelin Boeth	M40	L	L
74 REED	Edd	Pembroke Dock	M40	M	
75 REISMANN	Paul	Swansea	M40	L	
76 RICHARDSON	Guy	London	M40		
77 SIBBALD	Mark	Pembrokeshire Harriers	M40	M	L
78 SKONE	Lee	Crap Tri	M40	M	
79 THOMPSON	Lee	Pembroke	M40	M	
80 UPSTILL	Kevin	Cwmfelin Boeth	M40	L	L
81 ABBOTT	Louise	Running somewhere else	F50	S	
82 BEVAN	Suzanne	Llandeilo	F50	S	
83 BOORMAN	Louise	Pembrokeshire Harriers	F50		L
84 BUCK	Lindsay	Cumberland fell runners	F50	S	
85 DAVIES	Elaine	Pembrokeshire Harriers	F50	L	L
86 EVANS	Ceinwen	Pembrokeshire Harriers	F50	L	
87 JONES	Gillian	Pembrokeshire Harriers	F50		L
88 LEWIS	Sue	Presteigne	F50		
89 TARRANT	Suzi	Narberth/Vegan runners	F50	L	L
90 WARLOW	Heulwen	New Moat	F50	L	L
91 BUCKLEY	Rachel	Team Cemais	F40		L
92 CAMPBELL	Claire	Glossopdale Harriers	F40		
93 CLARK	Claire	St Briavels	F40		
94 DAVIES	Lisa	Islwyn Running club	F40		
95 EVANS	Sarah	Roath	F40		
96 HARRIES	Maria	Pembrokeshire Harriers	F40	S	L
97 KIMBER	Domi	Rhedwyr Preseli	F40		L
98 MACKIE	Susan	Corsham,Wilts	F40		
99 MORRIS	Celia	Team Cemais	F40		L

100	PAGE-BROUGHTON	Nicola	Dinas	F40	M	
101	PALLAS	Melanie	Narberth	F40		L
102	PARMOR	Sarah	Ramsay Island	F40	S	
103	POWNEY	Jayne	Cwm Ogwr running club	F40		
104	RYDER	Faith	Pembrokeshire Harriers	F40	M	
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