

No	SURNAME	NAME	CLUB/AREA	CAT	Tshirt	LOCAL
1	ALLY	Leigh	Walsall	OM		
2	BAINES	Luke	Narberth	OM	M	L
3	BEASLEY	Marc	Rhedwyr Preseli	OM	L	L
4	BILLMAN	Wayne	Blandford camp	OM	L	
5	BROWN	Michael	London	OM	XL	
6	BRUFORD	Rob	Warrington	OM	M	
7	BUCHANAN	Dee	San Domenico	OM		
8	COLVILLE	George	Blaggers Tri	OM		L
9	EADE	Dan	Leukaemia care	OM	L	
10	FELINE	Will	Stubbington Green	OM	S	
11	GREGORY	Samuel	Machen	OM		
12	HARRIES	Alex	Cardiff	OM		
13	HOLE	Matt	Narberth	OM		L
14	HUMPHRIES	Rob	Bristol	OM	M	
15	JOHNS	Trys	Cardigan RC	OM	M	
16	KUSY	Peter	Milford Haven	OM		
17	LEWIS	Dafydd	Whitland	OM	M	L
18	LIGHTFOOT	Ruben	Cwm CYCH	OM		
19	MORRIS	Gareth	Buckley runners	OM	M	
20	PHILLIPS	Barry	Barry,Cardiff	OM	S	
21	PLUMB	Tim	Narberth	OM	M	L
22	PLUMB	Steven	Carmarthen	OM	S	
23	POULTON	Mathew	Cockermouth	OM		
24	REES	Tom	Newport,Pembs	OM		L
25	ROBERTS	James	Pemb Dock	OM	M	
26	ROBERTS	Jonathan	Pemb Dock	OM	M	
27	SABLE	Jonny	Rhedwyr Preseli	OM	M	L
28	SHEEHAN	Nick	Llanelli	OM		
29	WATKINS	Thomas	Haverfordwest	OM		L
30	WILSON	Dave	Kilgetty	OM	M	L
31	WOODS	Ben	Newcastle Emlyn	OM	M	
32	COOPER	Fiona	Newport,Pembs	OF	S	L
33	DAVIES	Llinos	Ystalyfera	OF	S	
34	EVANS	Hayley	Buckley runners	OF		
35	McWILLIAMS	Emma	Mynydd Du	OF		
36	THOMAS	Rosie	Rhedwyr Preseli	OF	S	
37	WAINWRIGHT	Laura	Stubbington Green	OF	S	
38	OLIVER	Alwyn	Eryri Harriers	M70		
39	HUGHES	Lenny	Llanidloes	M60		
40	JONES	Lawrie	FRA	M60	M	
41	NOSWORTHY	Roger	Off-Roadents	M60		
42	PROOIJEN	Willem Van	Netherlands	M60		
43	THOMAS	Ifor	Solva Slouchers	M60		
44	AGNEW	Peter	Mold	M50		
45	BEESON	Paul	Maldwyn harriers	M50		

46	BELSHAW	Victor	Denbigh	M50	
47	CARTER	Phil	Pembrokeshire Tri	M50 S	
48	CLEMENT	Andrew	TROTS	M50 M	
49	DAVIES	Nick	Rhedwyr Preseli	M50 L	
50	EVANS	Martin	Team Cemais	M50	L
51	FLETCHER	Glyn	Maldwyn harriers	M50	
52	HUGHES	Laurie	Swansea	M50	
53	JOHNSON	Paul	Begelly	M50	
54	OWEN	Nick	Bridgewater	M50 XXL	
55	PHILLIPS	Jonathan	Pembrokeshire harriers	M50	
56	POWELL	David	Aberystwyth AC	M50	
57	REES	John	Rhedwyr Preseli	M50 L	L
58	SEXTON	Christopher	Pembrokeshire Harriers	M50	L
59	SHEARD	David	Bridgend	M50	
60	YORK	David	Tattenhall runners	M50	
61	AKRITIDIS	Theo	Reading	M40 M	
62	ANDREWS	Thomas	Ogmore by Sea	M40	
63	BROWN	Jez	Buckley runners	M40	
64	CHAMBERS	Chris	Mynydd Du	M40	
65	CHERRY	John	Upper Killay	M40	
66	COE	Simon	Milford Haven	M40	
67	CORNELL	Richard	Ashby de-la-Zouch	M40 M	
68	CORP	Ainslie	Penffordd	M40	L
69	CUMINS	Little Dave	DDMT/KOM/TTB	M40 L	
70	DAVIES	Nigel	Sarn Helen	M40 M	
71	DAVIES	Gareth	Broughton	M40 M	
72	DAVIES	Huw	Nantycaws	M40 L	
73	DONOFRIO	Claudio	SWANSEA	M40 M	
74	EVANS	Matthew	Lydstep	M40	
75	EVANS	Mike	Rhedwyr Preseli	M40 L	
76	EVERETT	Martin	Narberth	M40 L	L
77	HAWKING	Sam	Neath	M40 L	
78	ILAH	Imtiaz	Birmingham	M40 M	
79	JAMES	Aneurin	Felinfach	M40	
80	JAMES	Jason	Pembroke	M40 M	
81	JEMMETT	Mark	Sully,VoG	M40 S	
82	JENKINS	Simeon	Blaggers Tri	M40 M	L
83	JOHN	Daryl	TROTS	M40 S	
84	JONES	Dan	Solva	M40	
85	LEWIS	Gary	Presteigne Pacers	M40	
86	LEWIS	Yori	Penally	M40	
87	MACKIE	David	Corsham,Wilts	M40	
88	McMILLAN	Fraser	Cardigan RC	M40 M	
89	MUTTER	Darren	Narberth	M40 M	L
90	OLIVER	Gareth	Swansea	M40 M	
91	O'NEIL	Michael	Aberdare	M40 L	

92	PITTAWAY	Jason	Bristol	M40		
93	POCKNELL	Justin	DDMT/Caerleon RC	M40 M		
94	PRITCHARD	Andrew	Buckley runners	M40 S		
95	REES	Conrad	Manorbier Newton	M40 L		L
96	REES	Nicky	Five Frogs	M40 M		
97	ROBERTS	Simon	Chester AC	M40		
98	ROGERS	Steve	Five Frogs	M40 M		L
99	ROGERSON	Matt	Llanelli	M40 S		
100	SEARLE	Leigh	Treorchy	M40		
101	THOMAS	Darren	Spittal	M40 M		L
102	THOMAS	Matt	Cardiff	M40		
103	WELTON	Chris	Rhedwyr Preseli	M40 M		L
104	WILKINS	Jason	Rhedwyr Preseli	M40		L
105	BRAZNELL	Kim	Mercia fell runners	F60		
106	FUNNELL	Bridget	Off-Roadents	F60		
107	WORTHING	Anita	Aberystwyth	F60		
108	DAVIES	Rona	Mynydd Du	F50		
109	LLOYD	Sue	Pembrokeshire harriers	F50		
110	LOCK	Kate	Marloes	F50		
111	TOMKINS	Rita	Presteigne Pacers	F50		
112	BROWN	Helen	Mynydd Du	F40		
113	CLANCY	Zoe	Cowbridge	F40 M		
114	DUFFIELD	Helen	Sedbury	F40		
115	MACKAY	Marcelle	Hirwaun	F40		
116	NOOT	Sophie	Team Cemais	F40		L
117	PROBERT	Rhian	Mynydd Du	F40		
118	SEXTON	Tasha	Pembrokeshire Harriers	F40		L
119	TAGG	Sarah	West Coast Tri	F40		
120	THOMAS	Alison	Machynys	F40 S		
121	WARD	Jane	Dorset Doodlers	F40		
122	FREEMAN	Lynwen	marshal			XL