

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

46 HUGHES	Laurie	Swansea	M50	
47 JOHNSON	Paul	Begelly	M50	
48 OWEN	Nick	Bridgewater	M50 XXL	
49 PHILLIPS	Jonathan	Pembrokeshire harriers	M50	
50 POWELL	David	Aberystwyth AC	M50	
51 SHEARD	David	Bridgend	M50	
52 YORK	David	Tattenhall runners	M50	
53 CORP	Ainslie	Penffordd	M40	L
54 EVERETT	Martin	Narberth	M40 L	L
55 MUTTER	Darren	Narberth	M40 M	L
56 THOMAS	Darren	Spittal	M40 M	L
57 WILKINS	Jason	Rhedwyr Preseli	M40	L
58 AKRITIDIS	Theo	Reading	M40 M	
59 ANDREWS	Thomas	Ogmore by Sea	M40	
60 BROWN	Jez	Buckley runners	M40	
61 CHERRY	John	Upper Killay	M40	
62 COE	Simon	Milford Haven	M40	
63 CORNELL	Richard	Ashby de-la-Zouch	M40 M	
64 DAVIES	Nigel	Sarn Helen	M40 M	
65 DAVIES	Gareth	Broughton	M40 M	
66 DAVIES	Huw	Nantycaws	M40 L	
67 DONOFRIO	Claudio	SWANSEA	M40 M	
68 EVANS	Matthew	Lydstep	M40	
69 EVANS	Mike	Rhedwyr Preseli	M40 L	
70 HAWKING	Sam	Neath	M40 L	
71 ILAHI	Imtiaz	Birmingham	M40 M	
72 JAMES	Aneurin	Felinfach	M40	
73 JAMES	Jason	Pembroke	M40 M	
74 JEMMETT	Mark	Sully,VoG	M40 S	
75 JONES	Dan	Solva	M40	
76 LEWIS	Gary	Presteigne Pacers	M40	
77 LEWIS	Yori	Penally	M40	
78 MACKIE	David	Corsham,Wilts	M40	
79 McMILLAN	Fraser	Cardigan RC	M40 M	
80 OLIVER	Gareth	Swansea	M40 M	
81 O'NEIL	Michael	Aberdare	M40 L	
82 PITTAWAY	Jason	Bristol	M40	
83 POCKNELL	Justin	DDMT/Caerleon RC	M40 M	
84 PRITCHARD	Andrew	Buckley runners	M40 S	
85 REES	Conrad	Manorbier Newton	M40 L	
86 REES	Nicky	Five Frogs	M40 M	
87 ROBERTS	Simon	Chester AC	M40	
88 ROGERSON	Matt	Llanelli	M40 S	
89 SEARLE	Leigh	Treorchy	M40	
90 THOMAS	Matt	Cardiff	M40	
91 BRAZNELL	Kim	Mercia fell runners	F60	

92 FUNNELL	Bridget	Off-Roadents	F60	
93 WORTHING	Anita	Aberystwyth	F60	
94 DAVIES	Rona	Mynydd Du	F50	
95 LLOYD	Sue	Pembrokeshire harriers	F50	
96 LOCK	Kate	Marloes	F50	
97 TOMKINS	Rita	Presteigne Pacers	F50	
98 NOOT	Sophie	Team Cemais	F40	L
99 SEXTON	Tasha	Pembrokeshire Harriers	F40	L
100 BROWN	Helen	Mynydd Du	F40	
101 CLANCY	Zoe	Cowbridge	F40	M
102 DUFFIELD	Helen	Sedbury	F40	
103 MACKAY	Marcelle	Hirwaun	F40	
104 PROBERT	Rhian	Mynydd Du	F40	
105 TAGG	Sarah	West Coast Tri	F40	
106 THOMAS	Alison	Machynys	F40	S
107 WARD	Jane	Dorset Doddlers	F40	