

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	
4	CORNISH	Will	Ilfracombe	OM		
5	D'ARCANGELO	Michael	Cardiff	OM	M	
6	DAVIES	Kelvin	CR Pontardawe RC	OM	XL	
7	DAVIES	Stephen	Cwm Ogwr running club	OM		
8	DAVIS	James	Oxfordshire	OM	S	
9	EDMONDS	Daniel	Manorbier	OM	L	
10	EVANS	Ian	Templeton	OM		L
11	GROVE	Drew	Haverfordwest	OM	S	
12	HALL	Simon	Sarn Helen	OM	M	
13	HUMPHRIES	Rob	Bristol	OM	M	
14	JONES	Paul	Cardiff	OM		
15	LEWIS	Steve	Goodwick	OM	S	
16	LEWIS	Sion	Puncheston	OM		L
17	MILLS	Timothy	Narberth	OM	S	L
18	NAISH	Liam	Pen y Cwm	OM	S	
19	NAISH	Ryan	Haverfordwest	OM	M	L
20	NOVAK	Vlad	Oxford	OM		
21	PAGE	Mathew	Llangadog	OM		
22	PARRY	Tony	Penparc	OM	L	
23	PENWELL	Russell	St Briavels	OM	M	
24	RAYMOND	Luke	Rosebush	OM	S	L
25	READWIN	Mitchell	Cwmann, Lampeter.	OM		
26	REYNOLDS	Jonathan	Cardiff	OM	M	
27	SEDDON	Keith	Neyland	OM		
28	SWIFT	Dan	Whitland	OM		
29	TILLEY	Jamie	Celtic Podiatry	OM		
30	TUCKER	Joe	Swansea	OM		
31	WARREN	Will	Cilgerran	OM	L	
32	WATKINS	Rhydian	Fartypants.	OM	L	L
33	WHEELER	Kyle	Tenby Aces/Pembs velos	OM	L	
34	WILKS	James	Milford Tritons	OM	M	
35	WILLIAMS	Owen	Cardigan	OM	M	
36	WILLIAMS	Stephen	Cardigan RC	OM		
37	WILLIAMS	Dafydd	Cardiff	OM		
38	WILSON	Jimmy	Hakin	OM		
39	YOUNG	Dickon	Cwmfelin Boeth	OM	M	L
40	APPLEBY-JONES	Imogen	Pembrokeshire Velos	OF		
41	BERNARDINI	Cecilia	Reading	OF	S	
42	BOWEN	Natalie	Haverfordwest	OF	M	L
43	CAMACHO	Ellie	St Briavels, Gloucs.	OF		
44	CHANT	Lottie	St Davids	OF		
45	CHERRY	Abi	Upper Killay	OF		
46	CROSS	Bethan	Cwm Ogwr running club	OF		
47	CULLEY	Paula	Pembrokeshire Harriers	OF	M	L
48	DENNING	Naomi	Cilgerran	OF	S	L
49	JAMES	Sian	New Moat	OF		L

50 JOHN	Sally	Llanstadwell	OF	L	L
51 JOLLY	Dee	Sarn Helen	OF	S	
52 MARSHALL	Helen	Aberystwyth AC	OF		
53 NAHAR	Qumrun	Pembrokeshire Harriers	OF	S	
54 NORRIS	Caroline	Pembrokeshire Harriers	OF		
55 PRITCHARD	Alexandra	UA	OF	M	
56 RAYMOND	Jo	Pembrokeshire Harriers	OF	S	L
57 REED	Donna	Pembroke Dock	OF	S	
58 REES	Sarah	Birmingham	OF	S	
59 ROBERTS	Christine	Llanstadwell	OF		
60 SINCLAIR	Nicola	Lliswerry runners	OF		
61 THOMAS	Angharad	Sospan RR	OF		
62 THORNHILL	Shona	Stonehouse	OF		
63 Van der SPOEL	Esther	Haverfordwest	OF	L	L
64 WILLIAMS	Victoria	Swansea Harriers	OF	S	
65 WILLIAMS	Helen	Islwyn Running club	OF	M	
66 WILLIAMS	Emma	Sospan RR	OF		
67 WILSON	Cilla	Hakin	OF		
68 ANDREWS	Martin	Stepaside	M60		
69 JONES	Huw	Wiston	M60		L
70 LAMBERT	Alan	Pembroke	M60		
71 LLOYD	David	Halesowen A&CC	M60		
72 RIDOUT	Mike	Lamphey	M60	M	
73 TILLEY	Chris	Trefin	M60	M	
74 ALLEN	Martin	Pembs Climbing club	M50		
75 BELSHAW	Victor	Denbigh	M50		
76 BROAD	Sam	Amroth	M50	L	
77 DAVIES	Kevin	Maenclochog	M50	M	L
78 FLEMING	Peter	Newbury	M50		
79 GIBBON	Hugh	Haverfordwest	M50		L
80 GRIFFITHS	Mike	Keeston	M50		
81 HARRIES	Geraint	Rosebush	M50	M	L
82 HARROP	Pete	Cwm Ogwr running club	M50		
83 LEWIS	Ian	Cwm Ogwr running club	M50	L	
84 MORRIS	John	Gelli Massive	M50	L	L
85 MURRAY	Patrick	Frampton Cotterell Harriers	M50		
86 PRICE	Martin	Team Cemais	M50	L	L
87 SMITH	Andy	Swansea	M50	XL	
88 WALLACE	John	Henley on Thames	M50		
89 WILLIAMS	Alec	Pembrokeshire Harriers	M50		L
90 WORTH	Laurence	Pembrokeshire Harriers	M50		L
91 ASTINS	David	Pembs Tri	M40	L	
92 BARRINGTON	Gareth	Rogerstone, Newport.	M40		
93 BELTON	Jason	Havefordwest	M40	M	L
94 BROWN	Robert	West Coast Tri	M40	L	
95 EVANS	Adrian	Penygroes, Carms.	M40	S	
96 EVANS	Jeffrey	Worceter	M40		
97 EVANS	Anthony	DPP/Keeston	M40		
98 GALE	Chris	Little Honeyborough	M40	M	
99 HAWKING	Sonia	Neath	M40	S	

100	HORNUNG	Rhodri	Cardiff	M40	S	
101	HUGHES	Kevin	Cellan	M40		
102	KEATING	Steven	Tenby aces	M40	M	
103	LEWIS	Adrian	AGL, Haverfordwest	M40		L
104	LOWCOCK-JAMES	Richard	Cwm Ogwr running club	M40		
105	MACRAE-JONES	Huw	Llandeilo	M40		
106	MORGAN	Greg	Ramsay Island	M40	M	
107	O'CONNOR	Sean	DDMT	M40		
108	O'NEILL	Paddy	N.Ireland	M40		
109	OUSELEY	Steve	Clarbeston rd	M40	M	L
110	OWEN	Barry	Emlyn flyers	M40		
111	PETERS	Adrian	North Dock Dredgers	M40		
112	RAINBOW	George	Cwmfelin Boeth	M40	L	
113	REED	Edd	Pembroke Dock	M40	M	
114	REES	Simon	Tumble	M40	M	
115	REISMANN	Paul	Swansea	M40	L	
116	RESTALL	Sandy	DDMT	M40		
117	ROBINSON	Daniel	Penygroes, Carm's.	M40	M	
118	SIBBALD	Mark	Pembrokeshire Harriers	M40	M	L
119	SILCOX	Robert	Penparc, Cardigan	M40	L	
120	THOMAS	Craig	North Dock Dredgers	M40		
121	THOMPSON	Lee	Pembroke	M40	M	
122	UPSTILL	Kevin	Cwmfelin Boeth	M40	L	
123	WELCH	Gareth	London	M40		
124	WESTMORLAND	Stuart	Mynachlog ddu	M40	M	L
125	WILIAMS	Glenn	Sospan RR	M40		
126	WILLIAMS	Gwyndaf	Pembrokeshire Harriers	M40		L
127	BELL	Jeannie	Pembrokeshire Harriers	F60	M	L
128	DAVIES	Ann	Cwm Ogwr running club	F60		
129	ABBOTT	Louise	Running somewhere else	F50	S	
130	BEVAN	Suzanne	Llandeilo	F50	S	
131	BOORMAN	Louise	Pembrokeshire Harriers	F50		L
132	BUCK	Lindsay	Cumberland fell runners	F50	S	
133	BURBRIDGE	Minerva	Frampton Cotterell Harriers	F50		
134	COLLINS	emma	Denbigh harriers	F50		
135	DAVIES	Elaine	Pembrokeshire Harriers	F50	L	L
136	EVANS	Ceinwen	Pembrokeshire Harriers	F50	L	L
137	JONES	Gillian	Pembrokeshire Harriers	F50		
138	LEWIS	Sue	Presteigne	F50		
139	RICHARDS	Jane	St Ishmaels	F50		
140	TARRANT	Suzi	Narberth/Vegan runners	F50	L	L
141	WARLOW	Heulwen	New Moat	F50	L	L
142	BUCKLEY	Rachel	Team Cemais	F40		L
143	CAMPBELL	Claire	Glossopdale Harriers	F40		
144	DAVIES	Lowri	Smart Clinic, Peniel.	F40		
145	DAVIES	Lisa	Islwyn Running club	F40		
146	EVANS	Sarah	Roath	F40		
147	EVANS	Rebecca	Manorbier	F40		
148	FRANCIS	Sarah	Pontprenau	F40		
149	GARNER	Debbie	Sospan RR	F40		

150 HARRIES	Maria	Pembrokeshire Harriers	F40	S	L
151 JAMES	Karen	Pembs Tri	F40		L
152 JONES	Viv	Sospan RR	F40	S	
153 KIRKHAM	Kyra	Adpar, Newcastle Emlyn	F40		
154 MACKIE	Susan	Corsham,Wilts	F40		
155 MERLET	Gael	Lodge Cycles, Cwmafan	F40		
156 MORRIS	Celia	Team Cemais	F40		L
157 MORSE	Jen	ffairfach, Llandeilo	F40	S	
158 O BRIEN	Claire	St Briavels, Gloucs.	F40		L
159 PAGE-BROUGHTON	Nicola	Dinas	F40	M	L
160 PALLAS	Melanie	Narberth	F40		L
161 PARMOR	Sarah	Ramsay Island	F40	S	
162 PARTON	Elizabeth	Llanelli	F40		
163 PERKINTON	Catherine	Llanelli	F40	M	
164 POWNEY	Jayne	Cwm Ogwr running club	F40		
165 REES	Patricia	Pembrokeshire Harriers	F40	M	L
166 RYDER	Faith	Pembrokeshire Harriers	F40	M	
167 WHITFIELD	Rachael	Narberth	F40		L
168 WICKENS	Caroline	Camrose	F40	S	
169 WILLIAMS	Mandy	Llanelli 1970	F40	S	
170 WILLIAMS	Mandy	Pembrokeshire Harriers	F40	M	

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