

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	COOK	Ryan	Aberdare	OM		
10	DOHERTY	Daniel	Mynydd Du	OM		
11	EADE	Dan	Leukaemia care	OM	L	
12	FELINE	Will	Stubbington Green	OM	S	
13	GREGORY	Samuel	Machen	OM		
14	GRIFFITHS	Dylan	Rhedwyr Hebog	OM		
15	HARRIES	Alex	Cardiff	OM		
16	HOLE	Matt	Narberth	OM		L
17	HOWELL	Llifton	West Coast Tri	OM	M	L
18	JOHNS	Trys	Cardigan RC	OM	M	
19	JOHNSON	Braddon	Stonehouse	OM		
20	JUNGMAYR	Alex	Tresaith	OM		
21	KUSY	Peter	Milford Haven	OM		
22	LEWIS	Dafydd	Whitland	OM	M	L
23	LIGHTFOOT	Ruben	Cwm CYCH	OM		
24	MORRIS	Gareth	Buckley runners	OM	M	
25	PHILLIPS	Barry	Barry,Cardiff	OM	S	
26	PLUMB	Tim	Narberth	OM	M	L
27	PLUMB	Steven	Carmarthen	OM	S	
28	POULTON	Mathew	Cockermouth	OM		
29	REES	Tom	Newport,Pembs	OM		L
30	ROBERTS	James	Pemb Dock	OM	M	
31	ROBERTS	Jonathan	Pemb Dock	OM	M	
32	SABLE	Jonny	Rhedwyr Preseli	OM	M	L
33	SHEEHAN	Nick	Llanelli	OM		
34	SMITH	Michael	Worcester	OM		
35	WATKINS	Thomas	Haverfordwest	OM		L
36	WILSON	Dave	Kilgetty	OM	M	L
37	WOODS	Ben	Newcastle Emlyn	OM	M	
38	BASEVI	Giulia	Rhedwyr Preseli	OF	S	L
39	COOPER	Fiona	Newport,Pembs	OF	S	L
40	DAVIES	Llinos	Ystalyfera	OF	S	
41	EVANS	Hayley	Buckley runners	OF		
42	JONES	Nerys	Parcllyn, Ceredigion	OF		
43	McWILLIAMS	Emma	Mynydd Du	OF		
44	THOMAS	Rosie	Rhedwyr Preseli	OF	S	
45	WAINWRIGHT	Laura	Stubbington Green	OF	S	

46	WAKELAM	Ellen	Tresaith	OF	M
47	WILLIAMS	Sian	Rhedwyr Hebog	OF	
48	OLIVER	Alwyn	Eryri Harriers	M70	
49	HUGHES	Lenny	Llanidloes	M60	
50	JONES	Lawrie	FRA	M60	M
51	NOSWORTHY	Roger	Off-Roadents	M60	
52	PROOIJEN	Willem Van	Netherlands	M60	
53	THOMAS	Ifor	Solva Slouchers	M60	
54	AGNEW	Peter	Mold	M50	
55	BEESON	Paul	Maldwyn harriers	M50	
56	CARTER	Phil	Pembrokeshire Tri	M50	S
57	CHAPMAN	Robert Ivor	Pontcanna, Cardiff	M50	
58	CLEMENT	Andrew	TROTS	M50	M
59	DAVIES	Nick	Rhedwyr Preseli	M50	L
60	EVANS	Martin	Team Cemais	M50	L
61	FLETCHER	Glyn	Maldwyn harriers	M50	
62	HUGHES	Laurie	Swansea	M50	
63	JEGGO	Paul	Chelmsford	M50	
64	JOHNSON	Paul	Begelly	M50	
65	OWEN	Nick	Bridgewater	M50	XXL
66	PHILLIPS	Jonathan	Pembrokeshire harriers	M50	
67	POWELL	David	Aberystwyth AC	M50	
68	REES	John	Rhedwyr Preseli	M50	L L
69	SEXTON	Christopher	Pembrokeshire Harriers	M50	L
70	SHEARD	David	Bridgend	M50	
71	TOOGOOD	Steve	Buckley runners	M50	
72	TUCKER	PAUL	Mynydd Du	M50	
73	YORK	David	Tattenhall runners	M50	
74	AKRITIDIS	Theo	Reading	M40	M
75	ANDREWS	Thomas	Ogmore by Sea	M40	
76	BADGER	Steven	Swansea Choc tea pot!	M40	
77	BROWN	Jez	Buckley runners	M40	
78	CHAMBERS	Chris	Mynydd Du	M40	
79	CHERRY	John	Upper Killay	M40	
80	COE	Simon	Milford Haven	M40	
81	CORNELL	Richard	Ashby de-la-Zouch	M40	M
82	CORP	Ainslie	Penffordd	M40	L
83	CUMINS	Little Dave	DDMT/KOM/TTB	M40	L
84	DAVIES	Nigel	Sarn Helen	M40	M
85	DAVIES	Gareth	Broughton	M40	M
86	DAVIES	Huw	Nantycaws	M40	L
87	Davies	Mark	NWRR	M40	
88	DONOFRIO	Claudio	SWANSEA	M40	M
89	EVANS	Matthew	Lydstep	M40	
90	EVANS	Mike	Rhedwyr Preseli	M40	L
91	EVERETT	Martin	Narberth	M40	L L

92	HAWKING	Sam	Neath	M40	L
93	HOOPER	Daniel	Cwmdru, Llandeilo	M40	
94	HUGHES	Andrew	Rhedwyr Preseli	M40 M	L
95	ILAH	Imtiaz	Birmingham	M40 M	
96	JAMES	Aneurin	Felinfach	M40	
97	JAMES	Jason	Pembroke	M40 M	
98	JAMES	Andy	Tailwind nutrition	M40	
99	JEHAN	Jeremy	Wye Valley runners	M40	
##	JEMMETT	Mark	Sully,VoG	M40 S	
##	JENKINS	Simeon	Blaggers Tri	M40 M	L
##	JOHN	Daryl	TROTS	M40 S	
##	JONES	Dan	Solva	M40	
##	JONES	Geraint	Trefin	M40	
##	LEWIS	Gary	Presteigne Pacers	M40	
##	LEWIS	Yori	Penally	M40	
##	LEWIS	Daniel	Wye Valley runners	M40	
##	MACKIE	David	Corsham,Wilts	M40	
##	McMILLAN	Fraser	Cardigan RC	M40 M	L
##	MUTTER	Darren	Narberth	M40 M	L
##	NELSON	Robert	Monmouth	M40 M	
##	OLIVER	Gareth	Swansea	M40 M	
##	O'NEIL	Michael	Aberdare	M40 L	
##	PITTAWAY	Jason	Bristol	M40	
##	POCKNELL	Justin	DDMT/Caerleon RC	M40 M	
##	PRITCHARD	Andrew	Buckley runners	M40 S	
##	REES	Conrad	Manorbier Newton	M40 L	
##	REES	Nicky	Five Frogs	M40 M	
##	RICHARDSON	Guy	London	M40	
##	ROBERTS	Simon	Chester AC	M40	
##	ROGERS	Steve	Five Frogs	M40 M	L
##	ROGERSON	Matt	Llanelli	M40 S	
##	SEARLE	Leigh	Treorchy	M40	
##	SKONE	Lee	Crap Tri	M40 M	
##	THOMAS	Darren	Spittal	M40 M	L
##	THOMAS	Matt	Cardiff	M40	
##	TINNION	Jim	Mercia fell runners	M40	
##	WELTON	Chris	Rhedwyr Preseli	M40 M	L
##	WILKINS	Jason	Rhedwyr Preseli	M40	L
##	WILLIAMS	John Addams	Mepal/Cambs	M40 L	
##	BRAZNELL	Kim	Mercia fell runners	F60	
##	FUNNELL	Bridget	Off-Roadents	F60	
##	DAVIES	Rona	Mynydd Du	F50	
##	LLOYD	Sue	Pembrokeshire harriers	F50	
##	LOCK	Kate	Marloes	F50	
##	TOMKINS	Rita	Presteigne Pacers	F50	
##	TUCKER	Bev	Mynydd Du	F50	

## BARKER	Louise	Aberystwyth AC	F40		
## BROWN	Helen	Mynydd Du	F40		
## CLANCY	Zoe	Cowbridge	F40	M	
## DUFFIELD	Helen	Sedbury	F40		
## HABGOOD	Sasha	MDC	F40		
## KIMBER	Domi	Rhedwyr Preseli	F40	S	L
## MACKAY	Marcelle	Hirwaun	F40		
## NOOT	Sophie	Team Cemais	F40		L
## PROBERT	Rhian	Mynydd Du	F40		
## RESTALL	SJ	DDMT	F40		
## SEXTON	Tasha	Pembrokeshire Harriers	F40		L
## TAGG	Sarah	West Coast Tri	F40		L
## THOMAS	Alison	Machynys	F40	S	
## TINNION	Zoe	Mercia fell runners	F40		
## WARD	Jane	Dorset Doddlers	F40		