

Pos	Time	Family	First	Cat	Club
1	3:08:45	Jones	Harry	OM	
2	3:11:56	Jones	Chris	OM	MDC
3	3:28:31	Beecher	Katie	F35	Mynydd Du
4	3:30:36	Rees	Owen	M40	Hereford
5	3:31:18	Thomas	James R	OM	Running Somewhere else
6	3:31:51	Blore	James	OM	MDC
7	3:33:32	Chambers	Chris	M40	Mynydd Du
8	3:36:18	Johnson	Richie	M40	Mynydd Du
9	3:44:35	Davies	Gary	OM	MDC
10	3:46:56	Brown	Helen	F35	Mynydd Du
11	3:54:27	Jones	Nerys	OF	TROTts
12	3:59:35	Welton	Chris	M40	Brynberian
13	4:04:22	Jehan	Jeremy	M40	Wye Valley Runners
14	4:11:10	Spacie	Robin	OM	Swansea
15	4:11:40	Sexton	Tasha	F35	Pembs Harriers
16	4:14:30	Willis	Sebastian	OM	Team Deviant
17	4:17:10	Chester	Paul	M40	WFRA
18	4:20:36	Davies	Huw	M40	Carmarthen Harriers
19	4:21:11	Cherry	John	OM	Swansea
20	4:25:04	Duthie	Sanna	OF	Milford
21	4:26:19	Broad	Andy	M40	Hay Hotfooters
22	4:31:39	Davies	Ceri	OM	San Domenico
23	4:35:09	Taylor	George	OM	From Off
24	4:37:09	Kerr	Will	OM	Glanrhyd
25	4:38:14	Trovesi	Luca	OM	MDC
26	4:45:35	Creese	Lance	OM	Pembroke
27	4:46:36	Swann	Patrick	OM	Narberth
28	4:47:36	Slack	Mike	OM	Johnston
29	4:48:28	Corp	Ainsley	M40	Penfordd
30	4:05:00	Heaven	Mathew	M40	Boncath
31	4:51:25	Phillips	Nicola	F35	The Crocodiles
32	4:51:26	Newman	Richard	OM	The Crocodiles
33	4:56:49	Hughes	Laurie	M50	Swansea
34	4:56:49	Donofrio	Claudio	M40	Swansea
35	4:57:38	Osman	Timothy	M50	The Crocodiles
36	5:00:58	Howells	Anthony	M40	Pontypridd
37	5:07:08	Osman	Joshua	OM	The Crocodiles
38	5:09:52	Clash	Malcolm	M60	Neyland rowing club
39	5:10:34	Davies	Allan	M40	DDMT
40	5:22:10	Oldrieve	Ian	OM	Swanea
41	5:22:52	Worthing	Anita	F55	Aberystwyth AC
42	5:23:20	Murphy	Alex	OM	Trailhead
43	5:31:29	Downs	Simon	M40	East End RR
44	5:42:22	Wheeler	Kevin	M50	Pembrokeshire Tri Club
45	5:42:22	Coleman	Costa	OM	Pembrokeshire Tri Club
46	5:42:34	Leitch	Malcolm	M60	Llanon

47	5:44:28	Evans	Neil	M50	Bluestone Boys
48	6:02:20	Fifield	Jenny	F55	Sospan road runners
49	6:34:45	Brabrook	Andrea	F35	DDMT
50	6:41:10	Bufton	Catherine	OF	DDMT
51	6:41:10	Harries	Alex	OM	
52	7:53:40	Fletcher	Jon	M40	DDMT
53	7:53:40	Rhodes	Maxine	F45	DDMT