

Pos	Time	Family	First	Num	Catg	Club	C1
1	1:18:01	Payne	Gareth	1096	M40	Sarn Helen	
2	1:25:40	Camps	Arthur	1006	OM	Hague road runners	
3	1:26:15	Hall	Simon	1183	OM	Sarn Helen	
4	1:28:27	Fleur	Nathan	1015	OM	3M Gorseinon RR	
5	1:28:41	Griffiths	Kevin	1200	M50	TROTS	
6	1:29:06	Reisman	Raul	1102	M40	Swansea Harriers	
7	1:29:40	Forster	Geraint	1201	M40	St Dogmaels	
8	1:30:17	Francis	David	1085	M40	Castlemartin	
9	1:31:16	Warren	David	1075	M50	St Dogmaels	
10	1:31:30	Page	Mathew	1024	OM	Llangadog	
11	1:34:12	Morgan	Aled	1023	OM	Eglwysrwr	L
12	1:34:16	Davis	Andrew	1196	M40	Sarn Helen	
13	1:34:45	Brazier	Lee	1078	M40	Team NBCC	
14	1:35:20	Jones-	Aled	1020	OM	TROTS	
15	1:35:25	Williams	Alec	1112	M40	Pembs Harriers	
16	1:35:29	Howell	Llifon	1198	OM	U/A	
17	1:36:17	Boothman	Celia	1143	F35	Ltr coaching	L
18	1:36:37	Thomson	Rob	1025	OM	Haverfordwest Judo club	
19	1:37:41	Ouseley	Steve	1095	M40	Pembs Harriers	L
20	1:38:45	Jansen	Clasina	1042	OF	Hague road runners	
21	1:40:36	Chant	Lottie	1144	F35	St Davids	
22	1:41:32	Johns	Trys	1018	OM	Rhydlewys	
23	1:42:21	Noott	Sophie	1164	F35	Team Cemais	L
24	1:42:50	Beasley	Marc	1001	OM	Rhedwyr Preseli	L
25	1:43:14	Silcox	Robert	1182	M40	U/A	
26	1:44:04	Clement	Andrew	1194	M50	TROTS	
27	1:44:50	Jolly	Dee	1184	OF	Sarn Helen	
28	1:45:07	Jenkins	Edwyn	1064	M50	Llwynhendy	
29	1:45:40	Holland	Alex	1197	M40	U/A	
30	1:45:43	Williams	Stephen	1031	OM	Cardigan RC, Penparc	
31	1:46:01	Turner	Jason	1111	M40	Swansea	
32	1:46:18	Brandsen	Tim	1002	OM	Llanfallteg	L
33	1:46:26	Williams	Steve	1199	OM		
34	1:47:28	Cooper	Ian	1009	OM	Pembs Tri club	
35	1:47:36	Leighton	Tasmin	1044	OF	Crymych	L
36	1:48:07	Evans	Llyr	1181	OM		
37	1:48:10	Jefferson	Stephen	1091	M40	Maidstone	
38	1:48:15	Williams	Rhys	1084	M40	Rhedwyr Emlyn	
39	1:48:29	Thomas	Gari	1185	M40	Emlyn Runners	
40	1:48:34	Sheen	Daniel	1190	OM	Pembrokeshire Harriers	
41	1:49:20	Glynn	Stephen	1062	M50	Pembs Harriers	L
42	1:49:30	Williams	Paul	1114	M40	Fishguard	L
43	1:50:49	Lewis	Sion	1021	OM	Puncheston	L
44	1:50:56	Steel	Robert	1073	M50	Holland	
45	1:52:16	Chant	William	1176	OM	St Davids	

46	1:52:22	James	Tori	1041	OF	New Moat	L
47	1:52:41	Davies	Rebecca	1034	OF	Roundswell runners	
48	1:52:50	Phelps	Kevin	1097	M40	Llanteg	
49	1:53:07	Richards	Jason	1103	M40	Pembroke	
50	1:53:15	Bruford	Rob	1004	OM	Cheshire	
51	1:53:44	Griffiths	Hayley	1151	F35	Neath	
52	1:54:14	Wakelam	David	1179	M60	Tresaith	
53	1:54:20	Young	Aubrey	1115	M40	Narberth	L
54	1:55:13	Bevan	Suzanne	1125	F45	Llandeilo	
55	1:55:41	Wheeler	Kyle	1028	OM	Tenby Aces	L
56	1:55:55	Fallows	Richard	1191	OM	Newport	
57	1:56:30	Jones	George	1193	OM		
58	1:56:34	Journeax	Michelle	1160	F35	Milford Haven	
59	1:56:42	Eade	Daniel	1012	OM	Merlins Bridge	
60	1:57:18	Bryant	Tom	1005	OM	TROTs	L
61	1:57:27	Evans	Jonathan	1014	OM	Lamphey	
62	1:57:44	Jones	Stephen	1066	M50	Emlyn Runners	
63	1:58:03	Evans	Rebecca	1150	F35	Manorbier Newton	
64	1:58:20	Martin	Jetse	1022	OM	Crymych	L
65	1:58:36	Lloyd	Richard	1076	M50	Pembroke	
66	1:59:10	Codd	Warren	1080	M40	Pembs Tri club	
67	1:59:13	Wallace	Suzy	1053	OF	Glan Conwy	
68	1:59:13	Godfrey	Katie	1038	OF	Cambridge	
69	2:00:05	Oosterhof	Hendrike	1046	OF	Hague road runners	
70	2:00:25	Thomas	Gareth	1189	M40	Emlyn Runners	
71	2:01:44	van der	Claartje	1134	M50	Auull Amsterdam	
72	2:02:08	Ifan	Cynyr	1088	M40	Llangrannog	
73	2:02:09	Jones	Paul	1019	OM	Cardiff	
74	2:02:45	Powell	Nicola	1165	F35	Celtic Tri	
75	2:03:48	Wilson	Jimmy	1032	OM	Milford Haven	
76	2:04:09	Cooper	Alex	1008	OM	Pembs Tri club	
77	2:04:21	Belton	Jason	1077	M40	Haverfordwest	L
78	2:04:45	Davies	Kevin	1060	M50	Maenclochog	L
79	2:04:51	Williams	Victoria	1173	F35	Swansea	
80	2:04:52	Howard	Melanie	1153	F35	Run4all Neath	
81	2:04:53	Rees	Anthony	1101	M40	Princes Gate trust	L
82	2:05:15	Williams	Russell	1030	OM	Verwig	
83	2:05:23	Smith	Sharon	1123	F55	Running Somewhere else	
84	2:05:33	Lloyd	Susan	1138	F45	Pembs Harriers	
85	2:05:57	Jenkins	Gareth	1017	OM	Cwm Ogwr RC	
86	2:06:38	Davies	Simon	1082	M40	Llanpumsaint	
87	2:06:40	Gibbon	Huw	1061	M50	H'west	
88	2:06:47	Sheard	David	1072	M50	Cwm Ogwr RC	
89	2:07:24	Williams	Mari	1055	OF	Maenclochog	L
90	2:07:28	Wilkins	Jane	1042	F45	Cardigan RC	
91	2:08:05	Jones	Eleri	1043	OF	Clarby road	L

92	2:08:10	Griffith	Anthony	1086	M40	Clunderwen	L
93	2:08:16	Trotman	Stephen	1110	M40	Llangyfelach	
94	2:08:30	Nowaczek	Paul	1094	M40	DDMT/Islwyn RC	
95	2:08:54	Clarke	Debra	1128	F45	Run4all Neath	
96	2:09:03	Denning	Naomi	1035	OF	Cilgerran	
97	2:09:07	Kent	Chris	1092	M40	Run4all Neath	
98	2:09:19	Jamieson	Sally	1156	F35	Running Somewhere else	
99	2:09:30	Thomas	Simon	1108	M40	Clarbeston rd	L
100	2:09:40	Taylor	Hugh	1104	M40	Chipping Norton	
101	2:09:40	Lambert	Sarah	1161	F35	Huncote Harriers	
102	2:09:41	Davies	Lowri	1132	F45	Peniel	
103	2:10:49	Cotton	Brian	1010	OM	Cwm Ogwr RC	
104	2:11:14	Williams	Dafydd	1029	OM	Cardiff	
105	2:11:42	Bell	Mair	1192	OF		
106	2:12:07	Lewis	Adrian	1202	M40		
107	2:12:14	Jones	Viv	1158	F35	Sospan Road Runners	
108	2:12:23	John	Dyfed	1195	M50		
109	2:12:26	Muilwijk	Niels	1177	OM	Auull Amsterdam	
110	2:13:30	Mattingly	Kath	1163	F35	Bishopston	
111	2:13:35	Thomas	Gareth	1180	OM		
112	2:14:49	Dolling	Ioan	1083	M40	Milford Haven	
113	2:15:59	James	Johnny	1090	M40	St Dogmaels	
114	2:16:08	Thomas	Carwyn	1105	M40	Treletert	
115	2:16:28	Boorman	Louise	1126	F45	Pembs Harriers	L
116	2:16:51	Buron	Sam	1079	M40	Carmarthen	
117	2:17:19	Harrop	Pete	1063	M50	Cwm Ogwr RC	
118	2:17:22	Johnson	Paul	1065	M50	Thomas Chapel	
119	2:17:31	Poole	Ricky	1098	M40	Fairwater runners	
120	2:17:43	Davies	Gareth	1081	M40	Broughton	
121	2:17:48	Tarrant	Suzi	1140	F45	Vegan runners, Narberth	L
122	2:17:49	Whitfield	Rachael	1170	F35	Narberth	L
123	2:17:51	Hughes	Gwenllian	1154	F35	Llanteg	L
124	2:18:06	James	Nicola	1155	F35	Cardigan	
125	2:18:10	Trotman	Sharon	1141	F45	3M Gorseinon RR	
126	2:18:40	Hunt	Paul	1087	M40	New Moat	L
127	2:19:11	Tilley	Jamie	1026	OM	Celtic podiatry	
128	2:19:12	Tilley	Chris	1059	M60	Trefin	
129	2:19:27	Poole	Rebecca	1049	OF	Fairwater runners	
130	2:19:31	Stoate	Kathryn	1168	F35	Ponty Roadents	
131	2:19:31	Lewis	Mandy	1137	F45	Narberth	L
132	2:21:14	James	Richard	1016	OM	Cwm Ogwr RC	
133	2:21:20	Sexton	Christophe	1071	M50	Pembs Harriers	L
134	2:22:23	Jones	Philip	1067	M50	Presteigne Pacers	
135	2:23:01	Thomas	Natasha	1169	F35	Cardigan	
136	2:23:40	Wilson	Priscilla	1174	F35	Milford Haven	
137	2:24:27	Wright	Delyth	1187	F35	DDMT	

138	2:24:35	Williams	Hannah	1054	OF	Celtic podiatry	
139	2:24:55	Cherry	Abi	1145	F35	Upper Killay	
140	2:25:24	Gibbon	Grace	1037	OF	H'west	
141	2:25:47	Raymond	Jo	1167	F35	Rhedwyr Preseli	
142	2:25:50	James	Anthony	1089	M40	Cardigan	
143	2:26:44	Lorenz	Emma	1045	OF	Glanrhyd	L
144	2:26:46	Culley	Paula	1147	F35	Haverfordwest	L
145	2:27:42	Worrall	Tara	1056	OF	Pembs Harriers	
146	2:28:43	Wyatt	Lisa	1057	OF	Born in Wales	
147	2:28:58	Denny	Alec	1036	OF	Harbour Village	
148	2:30:19	Pickett	Claire	1047	OF	Harbour Village	
149	2:30:21	Thorne	Pablo	1109	M40	Hundleton	
150	2:30:22	Cook	Gill	1117	F55	Llanfallteg	L
151	2:30:55	Miller	Sarah	1121	F55	Whitland	
152	2:30:55	Garner	Deb	1133	F45	Pembs Harriers	
153	2:32:47	Appleby-	Imogen	1033	OF	Tenby Aces	L
154	2:33:12	Pritchard	Alexandra	1050	OF	Aberystwyth AC	
155	2:33:12	Wakelam	Ellen	1052	OF	Tresaith	
156	2:34:12	Davies	Ann	1119	F55	Cwm Ogwr RC	
157	2:35:06	Rainbow	George	1100	M40	Cwmfelin Boeth	L
158	2:35:54	Williams	Gwyndaf	1113	M40	Pembs Harriers	
159	2:38:16	Watkins	Rhydian	1027	OM	Rhedwyr Preseli	L
160	2:38:46	Jones	Mark	1188	M40	Sospan RR	
161	2:38:46	Handscom	Gill	1152	F35	Llanelli	
162	2:39:58	Herbert	Ruth	1136	F45	Running Somewhere else	
163	2:40:33	Davies	Elaine	1131	F45	Pembs Harriers	L
164	2:41:09	Colman	Jill	1130	F45	Pembs Harriers	
165	2:42:33	Abbott	Louise	1116	F55	Running Somewhere else	
166	2:43:00	Protheroe	Rhian	1166	F35	Malvern Joggers	
167	2:43:04	Williams	Mandy	1172	F35	Pembs Harriers	
168	2:47:46	John	Sally	1157	F35	Llanstadwell	
169	2:48:08	Lovegrove-	Bea	1162	F35	Caerphilly	
170	2:48:33	Williams	Helen	1171	F35	Ystrad Mynach	
171	2:49:25	Morris	John	1069	M50	Gelli runners	L
172	2:50:23	Edginton	Tracy	1148	F35	Running Somewhere else	
173	2:50:30	Potter	Kate	1122	F55		
174	2:50:49	Hoffman	Jenny	1120	F55	Running Somewhere else	
175	2:51:47	Hodges	Michael	1186	M60	TROTs	
176	3:13:45	Thomas	Barbara	1124	F55	Pembs Harriers	
177	3:23:23	Cornock	Jane	1118	F55	Haverfordwest	L
178	3:23:23	Coleman	Costa	1007	OM	Haverfordwest	L
179	3:37:12	Ifans	Betsan	1040	OF	Maenclochog	L

