

Pos	Time	Family	First	Num	Gen	Age	Cat
1	1:19:27	Lewis	Dylan	1147	M	32	OM
2	1:25:49		James Mackay	1102	M	32	OM
3	1:26:52	Davies	Geraint	1130	M	33	OM
4	1:27:34	Evans	Heddwyn	1156	M	37	OM
5	1:29:10		Ben Beachell	1038	M	45	M40
6	1:30:09	Mackay	Nick	1140	M	30	OM
7	1:30:33		George Prior	1113	M	26	OM
8	1:31:18	Howell	Llifon	1160	M	30	OM
9	1:31:31	Thompson	Richard	1059	M	52	M50
10	1:31:49		Daniel Davies	1098	M	26	OM
11	1:32:39		Sion Lewis	1089	M	18	OM
12	1:33:03		Ellie Astins	1073	F	34	OF
13	1:33:32	Cleathero	Claire	1139	F	41	F35
14	1:33:37		Tom Garrod	1032	M	47	M40
15	1:34:46	Thomas	Ryan	1142	M	37	OM
16	1:34:58		Gerald Brace	1027	M	45	M40
17	1:36:15		Martin Everett	1021	M	44	M40
18	1:36:31	Merryony	Nick	1127	M	55	M50
19	1:36:41	Hall	Tony	1149	M	60	M60
20	1:36:55	Buck	David	1129	M	46	M40
21	1:37:36		Rob Thomson	1105	M	37	OM
22	1:38:20		Steve Ouseley	1026	M	41	M40
23	1:39:17		Marc Beasley	1101	M	28	OM
24	1:40:49		Darren	1110	M	33	OM
25	1:41:08		Conrad Rees	1116	M	39	OM
26	1:41:30	Williams	Alec	1013	M	48	M40
27	1:43:00		Adrian	1037	M	49	M40
28	1:43:40		Julia Tello-	1072	F	27	OF
29	1:44:45		Barrie Evans	1099	M	39	OM
30	1:45:44	Morgan	Neil	1133	M	44	M40
31	1:46:18		Martin Davies	1107	M	33	OM
32	1:46:22	North	Nic	1148	M	52	M50
33	1:46:25	Evans	Clive	1152	M	46	M40
34	1:46:34		Stephen Glynn	1057	M	55	M50
35	1:47:04	Thomas	Gari	1136	M	48	M40
36	1:47:47		Tim Bransden	1081	M	36	OM
37	1:48:12		Tim Plumb	1095	M	35	OM
38	1:48:24	Clement	Andrew	1143	M	49	M40
39	1:48:31	Taggart	Jackie	1132	F	39	F35
40	1:48:35	Luxton	Robert	1151	M	55	M50
41	1:49:12	Soble	Jonathon	1154	M	30	OM
42	1:49:23	Westmorland	Stuart	1087	M	43	OM
43	1:49:24	Rees	Andrew	1146	M	41	M40
44	1:49:31		Gillian Phillips	1066	F	56	F55
45	1:49:35	Hilling	Samuel	1119	M	33	OM

46	1:50:17	Ouseley	Bethan	1015	F	38	F35
47	1:50:49		Ben Woods	1106	M	31	OM
48	1:51:07		John Gwynn	1117	M	69	M60
49	1:51:19	Curtis	Danny	1153	M	31	OM
50	1:51:27		Misha	1092	M	34	OM
51	1:51:33		Jason Wilkins	1035	M	45	M40
52	1:52:05	Thomas	Howard	1157	M	41	M40
53	1:52:16	Orme	Gordon	1124	M	72	M60
54	1:52:29		Edwyn Jenkins	1053	M	53	M50
55	1:53:56	Evans	Nigel	1155	M	44	M40
56	1:53:57	Taylor	Michelle	1145	F	39	F35
57	1:54:09		David Mallin	1033	M	44	M40
58	1:54:21		Mike Brown	1103	M	34	OM
59	1:54:37		Jane Rees	1009	F	42	F35
60	1:54:37	Thomas	Sara	1137	F	37	F35
61	1:55:02		Jane Wilkins	1045	F	52	F45
62	1:55:29		Paul James	1111	M	34	OM
63	1:55:29		Calvin Hill	1094	M	35	OM
64	1:55:42		Gareth	1031	M	44	M40
65	1:56:15		Fraser	1023	M	40	M40
66	1:56:19	Young	Audrey Young	1024	M	44	M40
67	1:56:29	Lewis	Stephen Lewis	1104	M	27	OM
68	1:56:49		Dave Wilson	1091	M	33	OM
69	1:57:06	Iggleden	Tom	1126	M	37	OM
70	1:58:10	Williams	Russell	1125	M	36	OM
71	1:58:19		Beth Coghlan	1007	F	37	F35
72	1:58:32		Richard	1100	M	38	OM
73	1:59:24	Bevan	Suzanne Bevan	1041	F	50	F45
74	1:59:32		Jon Lewis	1034	M	49	M40
75	1:59:35	Davies	Dafydd	1131	M	34	OM
76	1:59:42		Jason	1030	M	47	M40
77	1:59:48	Morgan	Melaine	1134	F	43	F35
78	2:00:13	Rees	Eleri	1150	F	40	F35
79	2:00:13		Barry Owen	1036	M	40	M40
80	2:00:28		Paul G Jones	1088	M	35	OM
81	2:00:41		Rebecca Poole	1077	F	32	OF
82	2:00:46		Richard	1085	M	26	OM
83	2:01:06	Hazell	Jon	1144	M		M40
84	2:01:44	Ridge	Bill	1158	M	52	M50
85	2:02:39		Ben Ilewelyn	1096	M	22	OM
86	2:02:59		Sue Lloyd	1042	F	51	F45
87	2:03:29		Daniel Sheen	1109	M	31	OM
88	2:03:36		Ifor Thomas	1067	M	65	M60
89	2:07:13	Alsaeed	Meshart	1120	M	20	OM
90	2:07:57		Viv Jones	1006	F	41	F35
91	2:08:47		Claire	1012	F	39	F35

92	2:09:47		Dafydd	1093	M	33	OM
94	2:10:43		Jane Richards	1061	F	56	F55
95	2:11:11		Angharad	1075	F	25	OF
96	2:13:20		Gethin Francis	1080	M	38	OM
97	2:13:45		Anthony	1019	M	46	M40
98	2:13:45		Louise James	1070	F	34	OF
99	2:14:15		John Wallace	1058	M	54	M50
100	2:15:08		Chris Sexton	1050	M	51	M50
101	2:15:40		Nick Venables	1084	M	35	OM
102	2:16:21	Worrall	Tara	1141	F	26	OF
103	2:16:44		Claire Harris	1008	F	37	F35
104	2:16:44		Chris Harris	1083	M	38	OM
105	2:16:50	Watkins	Rhydian	1082	M	24	OM
106	2:17:36		Mike Hughes	1052	M	50	M50
107	2:19:42		Llion Griffiths	1071	F	21	OF
108	2:20:09		Tudor Jones	1051	M	52	M50
109	2:02:33		Sarah Evans	1048	F	49	F45
110	2:22:57	Moore	Tom	1122	M	28	OM
111	2:22:57	Jordan	Rhys	1123	M	25	OM
112	2:22:28		Antonia	1017	F	38	F35
113	2:22:28	O'Sullivan	Patrich	1159	M	19	PM
114	2:24:20		Emma	1014	F	35	F35
115	2:26:30		Louise	1044	F	52	F45
116	2:27:37		Niamh Allitt	1074	F	33	OF
117	2:28:12		Allie Gilbert	1043	F	50	F45
118	2:30:46	Raymond	Luke Raymond	1115	M	18	OM
119	2:30:46	Raymond	Leah Raymond	1079	F	18	OF
120	2:30:46		Jo Raymond	1018	F	37	F35
121	2:31:50		James King	1108	M	32	OM
122	2:32:28		Mark Jones	1025	M	42	M40
123	2:32:28		Sam Shingler	1001	F	37	F35
124	2:32:28		Paul Jones	1056	M	55	M50
125	2:32:28		Jackie Martin	1040	F	51	F45
126	2:32:47		Karen Stevens	1046	F	47	F45
127	2:32:47		Alison Griffiths	1047	F	45	F45
128	2:34:39		Hannah	1069	F	30	OF
129	2:34:39		John Morris	1049	M	53	M50
130	2:34:54		Lesley Evans	1064	F	56	F55
131	2:36:19		James Roach	1029	M	40	M40
132	2:37:59		Vanessa Cutler	1005	F	44	F35
133	2:39:40		Gwyndaf	1020	M	46	M40
134	2:43:40	Hodges	Mike	1128	M	62	M60
135	2:46:59		Liz Thomas	1076	F	28	OF
136	2:47:00		Jane Louise	1063	F	57	F55
137	2:49:09	Hawking	Sonia	1135	F	39	F35
138	2:49:34	Thomas	Barbara	1065	F	70	F55

139	2:54:29		Jeannie Bell	1060	F	59	F55
140	2:58:49		Elaine Davies	1039	F	50	F45
141	2:58:49		Rhian	1003	F	39	F35
142	3:06:07	Davies	Lorraine	1010	F	41	F35
143	4:01:06	Bennett	Roger Bennett	1054	M	55	M50

Club	C1
Sarn Helen	
Saundersfoot	
West Coast Triathlon	
Eryri	
Swansea Harriers	
London	
Pembs Tri club	L
Pembrokeshire Harriers	
Casmael	L
Pembs Tri club	
TROTs	
Witney road runners	
West Coast Triathlon	
Tenby	
Volcano Club	L
TROTs	
Sarn Helen	
Cumberland Fell Runners	
Nolton	
Pembrokeshire Harriers	L
Narberth	L
St Davids half, & Lee!	
Manorbier Newton	
Pembrokeshire Harriers	
Fairwater Cwmbran runners	
Mid Wales Orienteers Club	
Kilgetty	
Tenby Aces	
St Clears	
Cardigan Running Club	
Cardigan Running Club	
Pembrokeshire Harriers	
Emlyn Runners	
Llanfallteg	L
JNT	L
Manx Fell Runners	
Cardigan Running Club	
Mynachlog ddu	L
Amman Valley Harriers	
Sospan Road Runners	

Pembrokeshire Harriers	L
Rhedwyr Emlyn	
Aberystwyth AC	
Pontfaen	L
Cardigan Running club	
Cardigan Running Club	
Carmarthen Harriers	
Sospan Road Runners	
TROT's	
H'west	
Llanddewi Velfrey	L
Clunderwen	L
Cardigan Running club	
St Davids half, & Lee!	
St Davids half, & Lee!	
Hill Mountain	
West Coast Tri	
Young bros	
Fishguard	
Kilgetty	
Cardigan Running Club	
Preseli Runners	L
Cwm Ogwr runners	
Llandeilo	
Fishguard	
Clunderwen	L
Sarn Helen	
Emlyn Flyers	
Cardiff	
Fairwater Cwmbran runners	
Boncath	
JNT	
MB, H'west	
Pembrokeshire Harriers	
Pembrokeshire Harriers	
Solva	
MDC	
Sospan Road Runners	
Isle of Wight RR AC	

Cardiff	
St Tish	
Sospan Road Runners	
Sospan Road Runners	
H'west	
Bronwydd	
Bronwydd	
Pembrokeshire Harriers	L
Sospan Road Runners	
Pembrokeshire Harriers	
Pembroke	
Pembroke	
By Odins Beard	L
Keeston	
Cardigan	
Bridgend	
Pembroke Dock	
Pembroke	
JNT	
Sospan Road Runners	
Pembrokeshire Harriers	L
Norfolk	
Canicross	
Clunderwen	L
Clunderwen	L
Clunderwen	L
Llanfallteg	L
Sospan Road Runners	
Sospan Road Runners	
Sospan Road Runners	
Sospan Road Runners	
Jameston	
Pembrokeshire Harriers	
Gorseinon	
Gelli runners	L
Pembrokeshire Harriers	
Pembrokeshire Harriers	
Swansea	
Pembrokeshire Harriers	
TROTs	
Running somewhere else	
Running somewhere else	
Pembrokeshire Harriers	

Pembrokeshire Harriers	L
Pembrokeshire Harriers	L
Pembrokeshire Harriers	L
Aberystwyth AC	