

Pos	Time	Family	First	Num	Catg	Club	Local
1	3:28:32	Pinker	Marcus	175	M40	MDC	
2	3:51:18	Newman	Rich	177	OM	Swindon Harriers	
3	4:01:26	Powell	Mathew	115	OM	Lougher	
4	4:07:42	Thompson	Richard	131	M50	Rhedwyr Preseli	L
5	4:12:46	Feline	William	105	OM	Stubbington Green	
6	4:13:15	Rees	Conrad	173	M40		
7	4:13:40	Thomas	Darren	150	M40	Spittal	L
8	4:18:18	Ponsford	Mark	174	OM	MDC	
9	4:25:29	Lamford	Oliver	110	OM	MDC	
10	4:26:58	Cherry	John	172	OM		
11	4:30:18	Stone	Alan	130	M50	MDC	
12	4:33:40	Thomas	Rhys	151	M40	Llandeilo	
13	4:41:30	D'Onofrio	Claudio	126	M50	Swansea	
14	4:41:47	Rees	John	129	M50	Pembs Tri club	L
15	4:44:37	Wilkins	Jason	152	M40	Cardigan RC	
16	4:44:38	Berger	Hans	101	OM	Holland	
17	4:44:45	Ward	Jane	161	F45	Dorset Doddlers	
18	4:46:41	Kerr	Will	109	OM	Glanrhyd	L
19	4:47:19	Cornell	Richard	136	M40	Ashby de la Zouch	
20	4:47:37	Swann	Patrick	170	OM		
21	4:47:37	Clash	Malcolm	120	M60	Neyland rowers	L
22	4:48:50	Jones	Lawrie	121	M60	FRA	
23	4:48:53	Tagg	Sarah	167	F35	West Coast Tri	L
24	4:49:37	Davies	Tim	139	M40	Gerrards Cross	
25	4:50:25	Mills	Celia	159	F45	Mercia	
26	4:50:26	Wainwright	Laura	168	F35	Stubbington Green	
27	4:51:46	Halsall	Crispin	143	M40	Bowland runners	
28	4:52:06	Thomas	Sue	160	F45	Rhedwyr Emlyn	
29	4:53:17	Thomas	Rosie	118	OF	Neyland	
30	4:53:53	Wyn	Osian	116	OM	Crymych	L
31	4:53:55	Darby	Rebecca	117	F35	Emlyn runners	
32	4:55:14	Jungmayr	Alex	108	OM	#Fourthtimelucky!	
33	4:57:32	McMillan	Fraser	147	M40	Cardigan RC	
34	5:01:43	North	Nick	178	M50	Cardigan Running Club	
35	5:03:30	Lock	Kate	157	F45	Marloes	
36	5:04:13	Francis	Sarah	165	F35	Lliswerry Runners	
37	5:07:40	Phillips	Nicky	176	F35	Swindon Harriers	
38	5:08:04	Mackay	Marcelle	158	F45	Hirwaun	
39	5:08:34	Curry	Simon	138	M40	Hook, Hants	
40	5:09:18	Davies	Huw	141	M40	Carms Harriers	
41	5:11:59	Corp	Ainsley	137	M40	Penfordd	L
42	5:15:42	Badger	Steve	132	M40	Swansea	
43	5:19:23	Silver	Roy	171	M50	Les Croupiers	
44	5:21:59	Lewis	Gary	146	M40	Presteigne Pacers	
45	5:22:00	Tomkins	Rita	154	F55	Presteigne Pacers	

46	5:25:19	Luxton	Rob	128	M50	Cardigan RC	
47	5:26:14	Smit	Carolien	153	F55	Hague RR	
48	5:30:12	Sinclair	Nicola	166	F35	Lliswerry Runners	
49	5:33:59	Lee-	Decland	111	OM	Pembs climbers	
50	5:33:59	Hudson	Louis	107	OM	Pembs climbers	
51	5:45:30	Davis	Dawn	155	F45	Swindon	
52	5:46:46	Caygill	Ann	162	F35	St Dogmaels	
53	5:49:38	Harwar	Rowenna	156	F45	Swindon	
54	5:49:47	Clement	Johnathan	135	M40	Burry Port	
55	5:55:13	Morgan	David	122	M60	Cefn Coed	
56	5:58:35	Hughes	Laurie	127	M50	Swansea	
57	6:07:25	Thomas	Elizabeth	119	OF	Cirencester AC	

