

Beast Bach 2019

No	Surname	Name	Cat	Club	Local
1	ALLEN	James	OM	Haverfordwest	Y
2	BEESON	Danny	OM	Maldwyn Harriers	
3	BEESON	Jake	OM	Maldwyn Harriers	
4	BLAZEY	John	OM	Saundersfoot	Y
5	BUSISA	Lox	OM	Maenclochog	Y
6	DAVIES	Seth	OM	Crymych	Y
7	DAVIES	James	OM	Abingdon/Goodwick	
8	DILKS	Archie	OM	TROTS	Y
9	EVAND	Gwilym	OM	Team CEMAIS	Y
10	EVANS	Luke	OM	TROTS	Y
11	EVANS	Ian	OM	Templeton	Y
12	EVANS	Darren	OM	Pembrokeshire Harriers	Y
13	EYNON	Aled	OM	TROTS	Y
14	FROST	Stefan	OM	Milford Tritons	Y
15	GILES	Mathew	OM	Gloucester	
16	GOODLIFE	William	OM	Gloucester	
17	JONES	Martin	OM	Milford Haven	Y
18	LEWIS	Stephen	OM	Goodwick	Y
19	LEWIS	Sion	OM	Puncheston	Y
20	MCFARLANE-SHOPES	John	OM	Sheffield	
21	MORRIS	Edmund	OM	YHA Manorbier	Y
22	OWEN	Mike	OM	Pembroke	Y
23	PARSONS	Leanne	OF	Cardiff	
24	PERKINS	Benjamin	OM	Llanddwei Velfrey	Y
25	REES	Simon	OM	Penygroes	
26	RICHARDS	Joshua	OM	Gloucester	
27	ROWLANDS	Sion	OM	Clarbeston Rd	Y
28	SMITH	Gareth	OM	TROTS	Y
29	SWANN	Patrick	OM	Tenby Aces	Y
30	TANNER	Dafydd	OM	Cardiff	
31	THOMAS	James	OM	Fairford, Gloucestershire	
32	THOMAS	Bleddyn	OM	Llanddewi Velfrey	Y
33	THOMAS	Henry	OM	Cirencester, Glos	
34	THOMPSON	Finnlay	OM	Pembs Tri Club	
35	WATKINS	Rhyds	OM	Maenclochog	Y
36	AUSTIN	Fiona	OF	Milford Haven	Y
37	BARING	Daisy	OF	Sheffield	
38	BELL	Jade	OF	Maenclochog	Y
39	BLAZEY	Keira	OF	Saundersfoot	Y
40	BLUNT	Carys	OF	Maenclochog/Sheffield	Y
41	BRAY	Kitty	OF	Southern Navigators	
42	BRYAN	Zana	OF	Amman Valley Harriers	
43	CHERRY	Abi	OF	Darth Coastal runners	
44	CORDINGLY	Sarah	OF	Maldwyn Harriers	
45	CRIMMINS	Katie	OF	Milford Haven	Y
46	DAVIES	Emma	OF	Sospan runners	
47	DAVIES	Yvonne	OF	Carmarthen	
48	DAVIES	Rhian	OF	Primal Health & Fitness	

49	FRANKL	Rowenna	OF	Kidwelly	
50	GREEN	Katharine	OF	Haverforwest	Y
51	HALLETT	Kirsty	OF	Brighton	
52	HETT	Kirsty	OF	Cardiff	
53	HILLYARD	Gemma	OF	London	
54	JOHN	Amy	OF	Pembrokeshire Harriers	Y
55	JOHN	Kelly	OF	Walton East	Y
56	JONES	Jade	OF	Pembrokeshire Harriers	Y
57	KEHOE	Roxanne	OF	Haverforwest	Y
58	KITSON-JAMES	Leah	OF	West Coast Tri	
59	LEWIS	Ann- Marie	OF	Templeton	Y
60	LUKE	Rhonwen	OF	Haverfordwest	Y
61	MACHIN	Holly	OF	Swansea	
62	McFARLANE	Meg	OF	Milford Haven	Y
63	McLOGHLIN	Hannah	OF	Shan Jones runners	Y
64	MIKLAUSIC	Jessica	OF	Gloucester	
65	NICKERSON	Tara	OF	Rosemarket	Y
66	POOLE	Rebecca	OF	Fairwater runners Cwmbran	
67	ROBERTS	Sarah	OF	TROTS	Y
68	ROBERTS	Sarah	OF	TROTS	Y
69	SCHREIDER	Emma	OF	Canada	
70	STRYDOM	Rebecca	OF	Templeton	Y
71	SUMMERS	Eleri	OF	Login	Y
72	SWANN	Vicky	OF	Saundersfoot	Y
73	THOMAS	Kayleigh	OF	Haverforwest	Y
74	THORNHILL	Shona	OF	Dursley	
75	TUSTIN	Lisa	OF	Celtic Tri	
76	WATKINS	Rebecca	OF	Swansea	
77	ABBOTT	Louise	F60	Cirencester, Glos	
78	FENOULHET	Simon	M60	Cardiff	
79	HAYES	Paul	M60	Llangolman	Y
80	RIDOUT	Mike	M60	Pembrokeshire Harriers	Y
81	TILLEY	Chris	M60	Trefin	Y
82	WATERSTON	Noel	M60	U/A	
83	ALLEN	Martin	M50	YHA Manorbier	Y
84	BELTON	Jason	M50	Ambleston	Y
85	BIGGS	Richard	M50	Corsham running club	
86	CLEMENT	Jonathan	M50	Burry Port	
87	COOLEY	Ben	M50	DDMT	
88	COX	Johnathan	M50	Carmarthen Harriers	
89	DAVIES	Mike	M50	Sarn Helen	Y
90	GALE	Chris	M50	Neyland	Y
91	GEORGE	Mark	M50	Bavaria, Germany	
92	GRIFFITHS	Ant	M50	Haverfordwest	Y
93	GRIFFITHS	Kevin	M50	TROTS	Y
94	HAMID	Andrew	M50	Walton East	Y
95	HARRIES	Stuart	M50	Cardiff	
96	HARRIS	Martin	M50	Fishguard	Y
97	HAYTON	Fred	M50	Kilgetty	Y
98	JENKINS	Kevin	M50	TROTS	Y

99 KENT	David	M50	Tenby Aces	Y
100 MATHEWS	Steve	M50	Goodwick	Y
101 OUDJEDI	Abdou	M50	Carmarthen Harriers	
102 PRICE	Glyn	M50	Sarn Helen	Y
103 REES	Paul	M50	Gorseinon RR	
104 SEXTON	Christopher	M50	Pembrokeshire Harriers	Y
105 SMITH	Andy	M50	Birchgrove, Swansea	
106 SPEAR	Derek	M50	Cadoxton	
107 WALLACE	John	M50	Henley on Thames	
108 WILLIAMS	Jonathan	M50	TROTS	Y
109 BROUGHTON	Jez	M40	Cilgerran	Y
110 BRYAN	Neil	M40	Amman Valley Harriers	
111 COMEAU	Gilles	M40	Bristol	
112 COOK	Oliver	M40	Llanycefn	Y
113 DAUNCEY	Nicholas	M40	Black Pear Joggers	
114 DAVIES	Lyn	M40	Team Cemais	Y
115 DEW	Anthony	M40	Llanddewi Velfrey	Y
116 DILKS	Jim	M40	TROTS	Y
117 EDMONDS	Daniel	M40	Manorbier	Y
118 EDWARDS	Craig	M40	DDMT	
119 HISCOCK	John	M40	Solva	
120 HOYLAND	Wayne	M40	Primal Health & Fitness	
121 IFAN	Cynyr	M40	Llandysul	
122 JAMES	Jonathan	M40	Celtic Tri	
123 JAMES	Jason	M40	Pembroke	Y
124 JOHN	Gareth	M40	Pembrokeshire Harriers	Y
125 JONES	Dafydd	M40	Cardiff	
126 JONES	Sion	M40	Cardiff	
127 MANUEL	David	M40	Maldwyn Harriers	
128 MARTIN	David	M40	Cosheston	Y
129 MORGAN	Andrew	M40	Gwaun Valley	Y
130 O'CONNOR	Sean	M40	DDMT	
131 PASSENGER	Andrew	M40	Glangwili	
132 POOLE	Ricky	M40	Cwmbran	
133 POWELL	Mathew	M40	Celtic Tri	
134 POWELL	Rodney	M40	TROTS	Y
135 RAINBOW	Goerge	M40	Whitland	Y
136 REED	Edd	M40	P. Dock	Y
137 ROBERSTON-WILLIAM	Owen	M40	Cardigan	Y
138 SMITH	Andrew	M40	Swansea	
139 THOMAS	Andrew	M40	Llandysul	
140 THOMAS	David	M40	Pembroke Dock	Y
141 THORPE	Wayne	M40	Dinas Cross	Y
142 TEBBUTT	Jonothan	M40	Maenclochog	Y
143 YOUNG	Dickon	M40	Whitland	Y
144 COLSTON	Judith	F70	Pembrokeshire Harriers	Y
145 BELL	Jeanie	F60	Pembrokeshire Harriers	Y
146 DAVIES	Hazel	F60	Cardigan running club	Y
147 GOODWIN	Margaret	F60	Pembrokeshire Harriers	Y
148 JONES	Gillian	F60	Pembrokeshire Harriers	Y

149 ANTHONY	Mary	F50	St Clears	Y
150 BARBER	Julie	F50	TROTS	Y
151 BARHAM	Sarah	F50	Swansea	
152 BEVAN	Suzanne	F50	Swansea	
153 BOORMAN	Louise	F50	Pembrokeshire Harriers	Y
154 BROWN	Val	F50	Llawhaden	Y
155 DAVIES	Elaine	F50	Pembrokeshire Harriers	Y
156 EVANS	Jayne	F50	TROTS	Y
157 EVANS	Ceinwen	F50	Pembrokeshire Harriers	Y
158 GARNER	Deb	F50	Pembrokeshire Harriers	Y
159 HARRIES	Jane	F50	Full On Tri	
160 JAMES	Karen	F50	Narberth	Y
161 JENKINS	Janette	F50	TROTS	Y
162 KAVANAGH	Vivienne	F50	Gorseinon	
163 KEARSEY	Debra	F50	Chippenham	
164 KIMBER	Domi	F50	Rhedwyr Preseli	Y
165 MARTIN	Jackie	F50	Sospan runners	
166 MORGAN	Mair	F50	Llangynin	Y
167 POWELL	Caroline	F50	U/A	
168 REES	Linda	F50	Gorseinon RR	
169 TARRANT	Suzi	F50	Narberth	Y
170 WALKER	Adele	F50	Swindon	
171 WILLIAMS	Clare	F50	Pembrokeshire Harriers	Y
172 BOWEN	Natalie	F40	Haverfordwest	Y
173 CHANT	Lottie	F40	Fire Service	
174 CLEMENT	Ruth	F40	Burry Port	
175 COOPER	Fiona	F40	Newport, Pembs	Y
176 COYNE	Joanne	F40	Burry Port	
177 DAVIES	Melanie	F40	Cardigan	Y
178 DENNISS	Jodie	F40	Ystalyfera	
179 DILKS	Beckie	F40	TROTS	Y
180 GAUL	Melanie	F40	Aberystwyth AC	
181 HARRIES	Maria	F40	Pembrokeshire Harriers	Y
182 JOHN	Sally	F40	Pembrokeshire Harriers	Y
183 KILSBY	Emma	F40	Newcastle Emlyn	
184 LLEWELYN	Nicola	F40	Glanamman	
185 MARTIN	Julie	F40	Cosheston	Y
186 MORGAN	Leeann	F40	Haverfordwest	Y
187 MUNRO	Helen	F40	Pembrokeshire Harriers	Y
188 NAHAR	Qumrun	F40	Pembrokeshire Harriers	Y
189 NJUGUNA	Wairimu	F40	Brighton	
190 PHILLIPS	Emma	F40	DDMT	
191 POWELL	Nikki	F40	Celtic Tri	
192 PROTHEROE	Rhian	F40	Black Pear Joggers	
193 REED	Donna	F40	P. Dock	Y
194 ROBERTS	Christine	F40	Llanstadwell	
195 SHADWELL	Karen	F40	Bristol	
196 TROTMAN	Sharon	F40	3M Gorseinon	
197 WALDEN-JONES	Jacque	F40	Pontfaen	Y
198 WICKENS	Caroline	F40	Camrose, Haverfordwest	Y

199 WILLIAMS	Sonia	F40	Team Cemais	Y
200 MARTIN	Eliza	OF	Pembrokeshire Harriers	Y
201 LEWIS	Lidia	F40	Welwyn, Herts	
202 EVANS	Jude	F50	MRC	
203 WHEELER	Phil	M50	Rhosfach	Y
204 RYDER	Faith	F40	Pembrokeshire Harriers	Y
205 WORTH	Laurence	M50	Pembrokeshire Harriers	Y
206 MAIDMENT	Andy	OM	Devizes Running Club	
207 REES	Trish	F40	Pembrokeshire Harriers	Y
208 CARTWRIGHT	Louise	OF	Llandysul	
209 TROMANS	Wendy	F50	Emlyn runners	
210 HILL	Tina	F50	Emlyn runners	
211 EVANS	Grace	OF	Team Cemais	Y
212 UPSTILL	Kevin	M50	Cwmfelin Boeth	
213 DAVIES	Llinos	OF	Mynydd du	
214 TILLEY	Jamie	M40	Celtic Podiatry	
215 WILLIAMS	Mandy	F40	Pembrokeshire Harriers	Y
216 CRIMMINS	Johnathan	M40	Milford Haven	Y
217 DAVIES	Cara	F40	Cardigan running club	Y
218 YOUNG	Aubrey	M40	Nobblers	Y
219 TUSHINGHAM-FORD	Sarah- Kay	OF	Cardigan running club	Y
220 BAGGOT	Alison	F40	Emlyn runners	
221 LEWIS	Ade			
222 WEAKES	Karl	M40	Camrose, Haverfordwest	Y
223 EVANS	Anthony	M40		
224 DAVIES	Rhian			
225				