

Preseli Beast 2019							
Pos	Time	No	Surname	Name	Cat	Club	Local
1	3.32.41	150	RUSH	Martin	M50	Bradford on Avon	
2	3.35.43	159	WALKER	Donny	M40	Swindon	
3	3.44.44	152	SEXTON	Tasha	F40	Pembrokeshire Harriers	Y
4	3.57.21	149	ROWLANDS	Hefin	OM	Maldwyn Harriers	
5	3.57.54	155	THOMAS	Darren	M40	Team Superman	Y
6	4.01.06	103	ALGIE	Cam	M40	Narberth	Y
7	4.01.32	147	READ	Toby	OM	London Fields Tri club	
8	4.01.59	162	WILLIAMS	Alec	M50	Haverfordwest	Y
9	4.03.40	145	PHILLIPS	Richard	M40	TROTS.	Y
10	4.04.28	111	DARKE	Simon	M60	Cardiff	
11	4.05.05	108	BROWN	Helen	F40	Mynydd Du	
12	4.06.08	140	MILLS	Timothy	OM	Narberth	Y
13	4.08.05	130	JONES	Libby	OF	Sheffield	
14	4.11.22	131	JONES-DAVIES	Aled	OM	TROTS	Y
15	4.11.47	112	DAVIES	Arwel	OM	Abergorlech	
16	4.18.43	102	ALDIS	Phil	M50	Bude Rats	
17	4.22.59	116	EVANS	Dylan	M50	MRC	
18	4.23.22	141	MILLS	Sam	OM	Bristol	
19	4.24.29	136	MACKIE	David	M50	Corsham running club	
20	4.25.05	151	SABLE	Jonny	OM	Rhedwyr Preseli	Y
21	4.25.11	107	BROWN	Richard	M50	Llawhaden	Y
22	4.25.44	146	PLUMB	Steve	M40	Carmarthen	
23	4.28.55	144	PEPPER	David	OM	Team Cemais	Y
24	4.33.20	165	CLEMENT	Andrew	M50	Rhedwyr Preseli	Y
25	4.37.22	158	VANCE	Carl	M40	Milton	
26	4.37.33	109	CORP	Ainslie	M40	Penfordd	Y
27	4.37.45	15 UB	FLETCHER	Glyn	M50	Maldwyn Harriers	
28	4.38.49	153	SWIFT	Dan	OM	Whitland	Y
29	4.38.55	143	NOAKES	Ollie	OM	Cardiff	
30	4.39.36	126	HUGHES	Laurie	M50	Swansea	

31	4.40.29	114	DAVIES	Huw	M50	Carmarthen Harriers AC	
32	4.42.15	134	LAWRENCE	Richard	M40	Havefordwest	Y
33	4.46.48	157	TOFT	Andrew	M50	Cardigan	Y
34	4.47.17	154	TAGG	Sarah	F40	MCT	Y
35	4.48.59	101	ALDERICE	Simon	M50	Tadworth	
36	4.50.44	142	MILLS	Celia	F50	Warwick	
37	4.51.25	164	YOUNG	Bubbles	OF	Bristol Town and Country Harriers	
38	4.56.47	132	KNOX	Gavin	M40	Cardiff	
39	4.59.16	105	BOWES	Joanne	F50	TROTS	
40	5.00.58	135	LEWIS	Jenkin	M40	Welwyn, Herts	
41	5.00.58	133	LANGAN	Jo	OF	LFTC	
42	5.09.14	104	BLACKLER	Tom	OM	Team Cemais	y
43	5.09.14	161	WILIAMS	Jonathan	OM	Fishguard	Y
44	5.10.32	138	MIKLAUSIC	John	OM	Gloucester	
45	5.10.40	113	DAVIES	Kevin	M50	Rhedwyr Preseli	Y
46	5.10.45	118	GALE	Chris	M50	Neyland	Y
47	5.14.46	115	ELLIOTT	Duncan	M60	Bowland	
48	5.19.48	148	ROBINSON	Innes	OM	Lliswerry	
49	5.21.36	139	MIKLAUSIC	Robert	OM	London	
50	5.24.39	120	GRADOWSKI	Marty	OM	Tým šiška	
51	5.38.07	119	GIBBENS	Gordon	OM	Lliswerry	
52	5.41.10	128	JEMMETT	Mark	M40	Sully HIIT	
53	5.43.04	137	MACKIE	Susan	F40	Corsham running club	
54	5.49.53	127	ISOBEL	Kaz	F40	Aberystwyth AC / DDMT	
55	5.49.53	110	CRAGGS	Annie	F60	Meirionydd	
56	5.49.53	106	BRANDRETH	Ian	M40	Aberystwyth AC / DDMT	
57	5.50.25	156	THOMAS	Mat	M40	Cardiff	
58	5.51.01	121	HARRIES	Alex	OM	Barry	
59	6.26.58	125	HOPE	Adam	OM	Team Cemais	Y
Dis	5.45.42	36 UB	PALMER	Mike	M50	Trelech	