

Beast Bach '21

No	NAME	SURNAME	CAT	CLUB
	Kiri	Alford	OF	U/A
	Vince	Bailey	M50	Trots tame the Beast
	Luke	Baines	M40	NBLRS
	Marc	Beasley	OM	NBLRS
	Louise	Boorman	F50	Pembs Harriers
	Vanessa	Buckler	F40	Llanelli AC
	Michael	Catling	M60	WFRA
	Lottie	Chant	F40	U/A
	John	Cherry	M40	U/A
	Adam	Clapperton	M40	U/A
	Carlton	Coates	M50	Tenby Aces
	John	Collier	OM	Pembs Harriers
	Oliver	Cook	M40	Team Oli
	Alex	Cooper	M40	Pembs Tri
	Sarah	Cordingley	OF	Maldwyn Harriers
	Ainsley	Corp	M40	U/A
	Katie	Crimmins	OF	U/A
	Simon	Darke	M60	MDC
	Gareth	Davies	M40	U/A
	Kevin	Davies	M50	Rhedwyr Preseli
	Huw	Davies	M50	Carmarthen Harriers
	Steffan	Davies	OM	Not paid
	Menna	Davies	F40	U/A
	Elaine	Davies	F50	Pembs Harriers
	Mike	Davies	M50	Sarn Helen
	Craig	Edwards	M40	DDMT
	Kara	Ellard	F40	NBLRS
	Ian	Evans	OM	U/A
	Chris	Fogarty	M40	U/A
	Luisa	Fogarty	F40	U/A
	Stefan	Frost	OM	U/A
	Deb	Garner	F50	Pembs Harriers
	Margaret	Goodwin	F50	Pembs Harriers
	Katharine	Green	OF	Pembs Harriers
	Alison	Griffiths	F50	U/A
	Aled	Gruffydd	M40	U/A
	Flora	Gunner	F50	Croft Ambrey RC
	Gary	Gunner	M60	Croft Ambrey RC
	Simon	Hall	M40	Sarn Helen
	John	Hallett	M40	MDC
	Maria	Harries	F50	Pembs Harriers
	Martin	Harris	M50	Team Cemais
	Fred	Hayton	M50	Canaston Wolf Pack
	Nicola	Hayton	OF	Canaston Wolf Pack
	Mathew	Hillman	OM	BadBoy running club
	Mel	Hopkins	F50	Aberystwyth AC
	Mark	Horsman	M40	Pontypridd Roadents AC
	Ian	Hutchinson	M5	Run4All Neath

Lynwen	Huxtable	F50	Aberystwyth AC
Karen	James	F50	U/A
Kelly	John	OF	U/A
Lorna	Johnson	F40	Run4All Neath
Dee	Jolly	OF	Sarn Helen
Gillian	Jones	F60	Pembs Harriers
Rachel	Jones	OF	U/A
Nerys	Jones	OF	U/A
David	Kent	M50	Tenby Aces
Phillippa	Lee	OF	Maenclochog
Will	Lewis	M40	Tenby Aces
Julian	Lewis	M40	Trots tame the Beast
Sue	Lloyd	F50	Pembs Harriers
Philip	Lowther	M50	Aberystwyth Athletic Club
Robert	Luxton	M60	Cardigan running club
Fraser	McMillan	M50	Cardigan running club
Ollie	Minton	OM	NBLRS
Andrew	Morgan	M40	Team Cemais
Mair	Morgan	F50	TROTS
Lon	Morgan	F60	TROTS
Gwen	Morris	OF	U/A
Tina	Morris	F40	U/A
Chelsey	Morris	OF	Aberystwyth AC
Anna	Morrison	OF	U/A
Jen	Morse	F50	Amman Valley Harriers
Helen	Munro	F40	U/A
Hel	Murray	F40	U/A
Qumrun	Nahar	F40	Pembs Harriers
Daddy Sean	O'Connor	M40	Team me and dad.
Tom	O'Connor	OM	Team me and dad.
Steve	Payne	M50	U/A
Gareth	Payne	M40	Sarn Helen
Adam	Pearce	M50	Rhedwyr Preseli
Emma	Phillips	F40	DDMT
Balazs	Pinter	M50	Aberystwyth AC
Steve	Plumb	M40	NBLRS
Simon	Poole	M40	BadBoy running club
Keith	Powell	M60	TROTS
Margaret	Powell	F60	TROTS
Lowri	Randell-Evans	F40	U/A
Joseph	Rearдон	OM	Valley Athletics club
Nicky	Rees	M50	Five Frogs
Christine	Roberts	F40	U/A
Owen	Robertson-Williams	M40	U/A
Stephen	Rogers	M40	Five Frogs
Jo	Rogers	M40	U/A
Christopher	Sexton	M50	Pembs Harriers
Tasha	Sexton	F40	Pembs Harriers
Tom	Simpson	OM	U/A
Andrew	Smith	M40	U/A

Mick	Smith	M40	NBLRS
Derek	Spear	M50	Run4All Neath
Ian	Streeter	OM	U/A
Rebecca	Strydom	F40	U/A
Dan	Swift	OM	NBLRS
Mike	Tate	M50	Port Talbot Harriers
Jonathan	Tebbutt	OM	U/A
Jonathan	Tebbutt	M40	U/A
Finn	Thompson	OM	Rhedwyr Preseli
Richard	Thompson	M50	Rhedwyr Preseli
Kevin	Upstill	M50	Rhedwyr Preseli
Willem	Van Prooijen	M60	Netherlands ahoy.
John	Wallace	M50	U/A
Gina	Walters	F40	Pembs Harriers
Rebecca	Watkins	OF	U/A
Carolyn	Watkins	OF	Rhedwyr Preseli
Mike	Whitby	M50	Pembs Harriers
Jonathan	Williams	OM	U/A
Jimmy	Wilson	M40	U/A
Kerry	Witty	F40	Canaston Wolf Pack
Mark	Wood	M50	U/A
Anita	Worthing	F60	Aberystwyth AC