

**Carn Inqli Killer**

Posi	Name	Club	Cat	Cat Pos	Time
1	Iwan THOMAS	Carmarthen Harriers	U23	1	0:26:27
2	Mark HORSMAN	Pontypridd roadents	M40	1	00:29:29
3	Ollie MINTON	NBLRS	OM	1	00:29:35
4	Morgan DAVIES	Cenarth	U23	2	30:21:00
5	Steffan DAVIES	Carmarthen Harriers	U23	3	00:30:52
6	Alec WILLIAMS	Pembs Harriers	M50	1	00:30:53
7	Seth DAVIES	Cardigan RC	OM	2	00:31:26
8	Richard LEWIS	Czech Republic	OM	3	00:31:40
9	Kitty ROBINSON	NBLRS	OF	1	00:31:49
10	Chris WELTON	Rhedwyr Preseli	M50	2	00:32:17
11	Huw DAVIES	Carmarthen Harriers	M50	3	00:32:20
12	Rhydian GEORGE	Boncath	M40	2	00:32:30
13	Richard CHENEY	Aspirations Bootcamp	OM	4	00:32:47
14	Richard PHILLIPS	Trots	M40	3	00:33:31
15	Tasha SEXTON	Pembs Harriers	F40	1	00:35:34
16	Ben O'LEARY	Cardigan RC	M40	4	00:35:51
17	Liam PHILLIPS	Maenclochog	OM	5	00:35:52
18	Marc BEASLEY	NBLRS	OM	6	00:36:34
19	Ashley TOMKINSON	Shan Jones running	OM	7	00:37:40
20	Timoythy MILLS	NBLRS	OM	8	00:37:47
21	Andrew CLEMENT	Meidrim	M50	4	00:38:13
22	Mathew EVAN	Newport	OM	9	00:39:16
23	Nick KERSHAW	Dinas	OM	10	00:40:36
24	Maisie FOSTER	Trots	U16	1	00:40:48
25	Aled JONES-DAVIES	Trots	M40	5	00:40:49
26	Fraser McMILLAN	Cardigan RC	M50	5	00:40:59
27	Christopher SEXTON	Pembs Harriers	M50	6	00:42:39
28	Robert SHARRATT	Cardigan RC	M60	1	00:42:59
29	Megan DAVIES	Hermon	OF	2	00:43:14
30	Richard THOMAS	Aspirations Bootcamp	M50	7	00:43:21
31	Paul PADGETT	Team Cemais	M60	2	00:43:25
32	Hazel DAVIES	Emlyn flyers	F60	1	00:44:54
33	Cara DAVIES	Newcastle Emlyn	F40	2	00:44:54
34	David BOWMAN	Trots	M50	8	00:46:53
35	Alice WALKER	Flyers Southend	F40	3	00:47:14
36	Elinor SHEVLIN	Newport	F40	3	00:47:14
37	Charlotte CASWELL	Trots	OF	3	00:50:43
38	Karen BOWMAN	Trots	F50	1	00:51:19
39	Paul DAVIES	Aspirations Bootcamp	OM	11	00:56:15
40	Nerys REES	Aspirations Bootcamp	F40	5	00:56:59
41	Megan COLLINS	Aspirations Bootcamp	OF	4	00:57:03
42	Einir JONES	Carmarthen	F40	6	00:57:34
43	Sarah STILES	Croesgoch	OF	5	01:03:22
44	Amelia SHACKLETON	Hayscastle	OF	5	01:03:22
45	Liza PONCE	Dinas	OF	7	01:06:54