

<u>No.</u>	<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
220	1	Jonathan Pugh	Builth & District	30	M	1.50.08
243	2	Robert Dyde	Pembs Harriers	29	M	1.56.07
246	3	Glyn Price	Sarn Helen	45	M40	1.56.26
259	4	Daniel Hooper	Sarn Helen	39	M	1.57.19
214	5	Michael Davies	Sarn Helen	43	M40	1.57.55
271	6	Steven Holmes	Sarn Helen	38	M	2.01.34
231	7	Jonathan Jones	Carmarthen Harriers	42	M40	2.04.48
274	8	Gethin Jones	Sarn Helen	39	M	2.05.39
280	9	Chris Schroder	Sarn Helen	42	M40	2.06.12
225	10	Rob Thomson		34	M	2.08.15
219	11	Ian Evans	Aberystwyth AC	33	M	2.08.48
263	12	Peter Osborne	Llanelli AAC	51	M50	2.10.11
261	13	Kevin Griffiths	Trots	48	M40	2.11.09
224	14	Mark Dunscombe	Sarn Helen	50	M50	2.11.17
240	15	Gareth Elliott	Pembs Harriers	29	M	2.11.44
249	16	Dave Powell	Aberystwyth AC	51	M50	2.12.48
218	17	Simon Hall	Sarn Helen	32	M	2.13.14
260	18	Gareth Davey	Neath	36	M	2.14.45
229	19	Tom Garrod	Witney Road Runners	44	M40	2.16.07
272	20	Richard Marks	Sarn Helen	62	M50	2.17.03
217	21	Tony Hall	Sarn Helen	57	M50	2.18.21
215	22	Rob Falconer	Swansea Harriers	53	M50	2.19.13
282	23	Llewelyn Lloyd	Sarn Helen	20	M	2.19.23
250	24	Louise Barker	Aberystwyth AC	37	F35	2.19.35
247	25	Huw Price	Sarn Helen	49	M40	2.21.19
232	26	Murray Kisbee	Sarn Helen	62	M50	2.21.35
252	27	Jonathan Owen		44	M40	2.21.42
245	28	Robert Wilson	Penarth & Dinas	53	M50	2.23.10
236	29	Carol Moseley	Port Talbot Harriers	35	F35	2.23.32
251	30	Jon Hancock	Trots	42	M40	2.23.48
248	31	Kevin Hughes	Sarn Helen	38	M	2.23.52
257	32	Paul Rose	Aberystwyth AC	48	M40	2.25.58
254	33	Mark Terry	Trots	55	M50	2.27.20
258	34	Gordon Orme	Cardigan RC	69	M50	2.27.39
255	35	John Gwynne Evans	Aberystwyth AC	66	M50	2.27.50
275	36	Carwyn Thomas	Sarn Helen	24	M	2.28.06
276	37	Haydn Lloyd	Sarn Helen	40	M40	2.28.48
212	38	Eric Rees	Sarn Helen	40	M40	2.29.12
278	39	Richard James	Emlyn Runners	49	M40	2.29.20

226	40	Aneurin James	Sarn Helen	44	M40	2.29.33
227	41	Caryl Davies	Sarn Helen	24	F	2.30.08
273	42	Sian Roberts Jones	Sarn Helen	32	F	2.30.39
205	43	Judith Oakley	Port Talbot Harriers	47	F45	2.30.45
269	44	Gari Thomas	Emlyn Runners	45	M40	2.31.30
241	45	Roy Silver	Les Croupiers	56	M50	2.33.02
266	46	George Philpot	Hercules Wimbledon AC	20	M	2.39.33
233	47	Alan Perkins	Port Talbot Harriers	61	M50	2.39.51
277	48	Robert Edwards		28	M	2.40.17
267	49	Gareth Jones	Sarn Helen	46	M40	2.40.40
222	50	Cameron Pope	Aberystwyth AC	56	M50	2.41.07
268	51	Sue Thomas	Emlyn Runners	44	F35	2.42.35
223	52	Helen Willoughby	Sarn Helen	47	F45	2.43.52
207	53	Anita Worthing	Aberystwyth AC	56	F45	2.44.37
235	54	John Ayres	Port Talbot Harriers	56	M50	2.45.27
265	55	Eleri Connor	Penarth & Dinas	29	F	2.46.24
234	56	Yvonne Brown	Port Talbot Harriers	52	F45	2.47.26
253	57	Lon Morgan	Emlyn Runners	54	F45	2.48.22
270	58	Jane Holmes		41	F35	2.49.08
221	59	Adriano Evola	Aberystwyth AC	53	M50	2.49.19
264	60	Terry Jones	Sarn Helen	35	M	2.49.20
242	61	Laurence Worth	Pembs Harriers	49	M40	2.51.01
202	62	Ray James	Port Talbot Harriers	51	M50	2.51.48
256	63	Steve Harris	WFRA	55	M50	2.53.49
262	64	Paul Osborne	Leg-it	55	M50	2.55.59
239	65	Alan Johnstone	Weston AC	64	M50	2.58.26
279	66	Heulwen James	Emlyn Runners	45	F35	3.07.05
281	67	Andrew Edgell	Sarn Helen	35	M	3.10.29
230	68	Peter Harding	Trots	72	M50	3.12.57
238	69	Dewi Jones		41	M40	3.19.27
237		Dorian Rees		36	M	3.48.39