

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
244	1	Christian Lovatt	Carm Harriers	16	u18m	16.48
245	2	Glyn Price	Sarn Helen	46	M40	18.00
208	3	Jack Tremlett	Trots	32	M	18.03
234	4	Daniel Davies	Pembs Harriers	24	M	18.10
218	5	Kevin Griffiths	Trots	49	M40	18.14
271	6	Gethin Jones	Sarn Helen	40	M40	18.22
276	7	Alex Willaims	Port Talbot	45	M40	18.26
233	8	Steven Holmes	Sarn Helen	39	M	18.32
221	9	Simon Hall	Sarn Helen	33	M	19.08
291	10	Daniel Hooper	Sarn Helen	40	M40	19.10
189	11	Gareth Elliott	Pembs Harriers	30	M	19.19
183	12	Tim Jones	Sarn Helen	28	M	19.20
292	13	Nick Griffiths	Amman Valley	43	M40	19.27
217	14	Jason Dickinson	Trots	45	M40	19.30
197	15	Mark Dunscombe	Sarn Helen	51	M40	19.47
289	16	Andrew Waugh		27	M	19.54
227	17	Gareth Jones	Bro Pedr	15	u18m	19.55
216	18	Robin Jackson		34	M	19.56.08
260	19	Kevin Regan	Sarn Helen	31	M	19.56.69
207	20	Matthew Tippins		20	M	19.57
222	21	Dee Jolly	Sarn Helen	26	F	20.04
213	22	Calvin Williams	Sarn Helen	51	M40	20.08
270	23	Laurence Worth	Pembs Harriers	50	M40	20.11.32
211	24	Elizabeth Tremlett	Trots	34	F	20.11.61
273	25	Carwyn Davies		36	M	20.13
187	26	Mike Jones		32	M	20.39
275	27	Gordon Orme	Cardigan RC	70	M40	20.43
224	28	John Williams	Neath Harriers	53	M40	20.53
255	29	Deb Phillips	Pembs Harriers	48	F35	20.55
199	30	Mary Bowen Rees	Trots	50	F35	20.57
195	31	Aled Davies	Cardigan RC	25	M	20.58

261	32	Danny Jones		22	M	21.01
188	33	Dean Thomas		43	M40	21.04
258	34	Michael Brown	Sarn Helen	35	M	21.09.14
193	35	Ioan Davies		34	M	21.09.87
235	36	Mark Rivers		36	M	21.10
226	37	Nigel Davies	Sarn Helen	41	M40	21.24
196	38	Mat Dorn		41	M40	21.42
228	39	Helen Willoughby	Sarn Helen	48	F35	21.49
212	40	Aled Williams		22	M	21.55
237	41	Steffan Jones	Sarn Helen	23	M	21.58
198	42	Caryl Davies	Sarn Helen	25	F	21.59
229	43	Thomas Willoughby	Sarn Helen	13	u18m	22.04
267	44	Teilo Stones		14	u18m	22.13
280	45	Ellie Kiff	Carm Harriers	13	u18f	22.17
281	46	Jeremy Kiff		51	M40	22.25
256	47	Jon Phillips	Pembs Harriers	52	M40	22.30
293	48	Wyn Jones		41	M40	22.50
284	49	Chris Jones	Amman Valley	46	M40	22.52
279	50	Sarah Kiff	Amman Valley	45	F35	22.54
215	51	Sam Benger	Amman Valley	12	u18m	22.55
243	52	Ioan Morgan	Tregib	13	u18m	23.01
278	53	Garry Williams		43	M40	23.03
242	54	Craig Davies		22	M	23.05
264	55	Paul Lynock		40	M40	23.16
259	56	Mitchell Readwin	Sarn Helen	30	M	23.18
209	57	Keith Powell	Trots	56	M40	23.23
246	58	Aneurin James	Sarn Helen	45	M40	23.24
287	59	Terry Jones	Sarn Helen	36	M	23.27
238	60	Phillip Terry		38	M	23.33
192	61	Teleri Walters		24	F	23.40
239	62	Michael Terry	Trots	62	M40	23.41
191	63	Luke Tippins		28	M	23.54

236	64	Eleri Rivers	Sarn Helen	39	F35	23.56
266	65	Tom Davies	Tregib	14	u18m	24.05
300	66	Charlie Bell	Tregib	12	u18m	24.17
253	67	Della Griffiths	Pembs Harriers	48	F35	24.21
181	68	Alex Bond		28	M	24.23
286	69	Tomos Aeron Jones	Sarn Helen	13	u18m	24.24
285	70	Iwan Williams	Bro Pedr	13	u18m	24.25
274	71	Cyril Walters	Trots	65	M40	24.26
252	72	Jill Willcox	Pembs Harriers	41	F35	24.31
223	73	Gareth Jones	Sarn Helen	47	M40	24.47
214	74	Carwyn Davies	Sarn Helen	17	u18m	24.50
219	75	Oona Crawford	Trots	59	F35	25.13
240	76	Arwel Davies	Bro Myrddin	16	u18m	25.19
262	77	Sue Lloyd	Pembs Harriers	49	F35	25.29
184	78	Greg Liguz		45	M40	25.34
182	79	Jodie Bateman		38	F35	25.43
247	80	Non Roberts	Tregib	12	u18f	25.44.57
257	81	Alison Griffiths	Pembs Harriers	43	F35	25.44.97
200	82	Mark Tippins		18	M	26.05
241	83	Joe Morgan		21	M	26.08
294	84	Tony Ramsay		34	M	26.12
230	85	Arwyn Jones		51	M50	26.15
190	86	Robert Elliott	Pembs Harriers	60	M40	26.18
290	87	Dana Webster	Tregib	15	u18f	26.36
251	88	Kimberley Evans	Pembs Harriers	30	F	26.37
186	89	Susan Hughes Jones		48	F35	26.49
185	90	Lisa Jenkins		29	F	26.57
248	91	Beth Speke	Tregib	14	u18f	27.59
299	92	Christopher Evans	Bro Myrddin	12	u18m	28.28
220	93	Katherine Axten	Sarn Helen	21	F	28.36
232	94	Corinna Collins		50	F35	28.49
297	95	George Haines	Tregib	14	u18m	29.33.27

254	96	Melanie Tancock	Amman Valley	42	F35	29.33.54
288	97	Stephen Waugh		21	M	29.42
269	98	Kath Treharne	Amman Valley	44	F35	29.51
277	99	Mary-Anne Moon		34	F	31.02
282	100	Thomas Bevan	Pantycelyn	18	M	32.00
231	101	Cindy Coombs		50	F35	32.10
283	102	Susannah Jenkins	Amman Valley	45	F35	32.21
194	103	Eirian Davies		62	M40	33.21
206	104	Zara Tippins		24	F	34.14
205	104	Gemma Tippins		14	u18f	34.14
249	106	William Speke	Tregib	12	u18m	34.23
250	107	Dylan Thomas	Tregib	13	u18m	34.25
295	108	Rosalie Lloyd Williams	Tregib	12	u18f	34.31
298	109	Chloe Hollings	Tregib	12	u18f	34.53
272	110	Jennifer Cavill		24	F	37.38
210	110	Margaret Powell		54	F35	37.38
225	112	Kurtis Davies	Sarn Helen	12	u18m	40.10
265	113	Rebecca Adams	Tregib	14	U18f	57.05
263	114	Rebecca Harries	Tregib	14	u18f	57.14
296		Allen Watts	Sarn Helen	84	M40	dns
268		Martin Holmes		42	M40	