

Aberystwyth 10Km Race 11/12/05**Basic Results Sheet**

<u>Overall</u>	<u>Race</u>							
<u>Position</u>	<u>Number</u>	<u>Time</u>	<u>Name</u>	<u>Group</u>	<u>Category</u>	<u>MF?</u>	<u>Age</u>	<u>Club/Business team</u>
1	30	32:22	Tomas Jones	2	Senior men (1st three) (2)	m	30	Cardiff A.A.C.
2	59	32:55	Scott Tompsett	2	Senior men (1st three) (2)	m	28	U/A
3	76	33:18	David F. Jones-Diaz	2	Senior men (1st three) (2)	m	30	Aberystwyth A.C.
4	247	34:05	Columba Peoples	2	Senior men (1st three) (2)	M	24	UWA Harriers
5	225	34:34	Ioan Ilie	2	Senior men (1st three) (2)	M	27	Telford AC
6	450	35:26	Richard Jones	3	V40 men (3)	m	42	Telford A.C.
7	85	35:29	Adrian Roberts	2	Senior men (1st three) (2)	m	39	U/A
8	170	35:30	Les Hewitson	3	V/40 men (3)	M	42	Ingli Runners
9	128	35:44	Mark Edward John Foss	2	Senior men (1st three) (2)	M	37	U/A
10	184	35:50	Michael J Davies	2	Senior men (1st three) (2)	M	36	UWA Harriers
11	156	36:00	Andrew Dziemian	2	Senior men (1st three) (2)	M	26	UWA Harriers
12	75	37:08	Graham Jeffries	3	V/40 men (3)	m	42	Cardigan A.C.
13	183	37:11	James Padfield	2	Senior men (1st three) (2)	M	30	UW Swansea
14	202	37:55	Huw Price	3	V/40 men (3)	M	42	Sarn Helen
15	43	38:00	James Thomas	2	Senior men (1st three) (2)	m	32	National Library of Wales
16	161	38:04	Mark Lewis	2	Senior men (1st three) (2)	M	45	U/A
17	240	38:12	Iwan Edgar	4	V/45 men (4)	M	49	U/A
18	244	38:23	Caedmon Dmitri Gould	2	Senior men (1st three) (2)	M	20	UWA Harriers
19	488	38:40	Justin Mcilveen	2	Senior men (1st three) (2)	m	35	Abergele Harriers
20	160	38:52	Pete Jenkins	4	V/45 men (4)	M	47	Cerist. Tri Club
21	415	38:55	Richard Tredennick	2	Senior men (1st three) (2)	m	26	U/A
22	229	38:56	Richard John	2	Senior men (1st three) (2)	M	26	U/A
23	163	38:59	Nigel Evans	5	V/50 men (5)	M	50	Bro Dysynni
24	249	39:09	John Sinnett	4	V/45 men (4)	M	49	Pembrokeshire Harriers
25	154	39:12	David Yanez	2	Senior men (1st three) (2)	M	31	UWA Harriers / Magic

26	239	39:15	Christian Yeomans	2	Senior men (1st three) (2)	M	26	UWA Harriers / Magic
27	84	39:24	Philip Rogers	2	Senior men (1st three) (2)	m	21	UWA Harriers
28	248	39:35	Peter Davies	5	V/50 men (5)	M	50	Sarn Helen
29	448	39:36	Martin George	2	Senior men (1st three) (2)	m	29	U/A
30	236	39:39	Jean Demars	2	Senior men (1st three) (2)	M	25	U/A
31	443	39:39	Rhys Jeffreys	2	Senior men (1st three) (2)	m	31	FBA
32	243	39:40	Dave Griffiths	3	V/40 men (3)	M	42	TROTS
33	146	39:44	Greg Whittaker	2	Senior men (1st three) (2)	M	20	UWA Harriers
34	21	39:46	Alan Burt	4	V/45 men (4)	m	47	U/A
35	166	39:49	Nick Blake	4	V/45 men (4)	M	48	Oswestry Olympians
36	167	39:54	Stafford Rees	2	Senior men (1st three) (2)	M	36	U/A
37	485	39:59	Jos Jones	2	Senior men (1st three) (2)	m	28	Bro Dysynni
38	203	40:17	Gareth Andrew Johns	1	Under 20 men (1)	M	18	UWA Harriers
39	27	40:24	Arwel James	2	Senior men (1st three) (2)	m	36	Aberystwyth A.C.
40	235	40:26	Jonathan Bird	2	Senior men (1st three) (2)	M	24	GI Janes
41	205	40:27	David Buck	2	Senior men (1st three) (2)	M	37	Cardigan A.C.
42	409	40:28	David A. Rose	3	V/40 men (3)	m	44	U/A
43	477	40:30	William Mahon	5	V50 men (5)	m	52	Aberystwyth A.C.
44	153	40:35	Catheryn Walkley	12	Senior lady (1st three) (12)	F	27	UWA Harriers / Magic
45	432	40:36	Neil Stevens	2	Senior men (1st three) (2)	m	36	Clwb Tredegar
46	96	40:39	Rachel Buxton	12	Senior lady (1st three) (12)	f	20	U/A
47	158	40:43	Stefano L E Antoniazzi	1	Under 20 men (1)	M	17	U/A
48	176	40:50	Ian Davies	5	V/50 men (5)	M	51	U/A
49	98	40:55	Shelley Childs	2	Senior men (1st three) (2)	m	32	Aberystwyth A.C.
50	165	40:56	Iestyn Richards	2	Senior men (1st three) (2)	M	28	Bro Dysynni
51	145	40:57	Geoff O'Keefe	4	V/45 men (4)	M	47	Abertillery
52	53	41:04	Alec Reece	1	Under 20 men (1)	m	18	U/A
53	150	41:09	Gwilym Owen Jones	5	V/50 men (5)	M	50	Aberystwyth A.C.
54	169	41:16	Lynn Green	15	V/45 lady (15)	F	48	Ingli Runners

55	139	41:20	Tomos Roberts	1	Under 20 men (1)	M	17	Bro Dysynni
56	60	41:22	Stephen Bland	1	Under 20 men (1)	m	18	U/A
57	136	41:27	Kevin Holland	4	V/45 men (4)	M	47	Aberystwyth A.C.
58	11	41:28	Adriano Evola	4	V/45 men (4)	m	47	Aberystwyth A.C.
59	204	41:39	Dai Roberts	4	V/45 men (4)	M	45	Aberystwyth A.C.
60	210	41:43	Haruldas Razvadauskas	1	Under 20 men (1)	M	19	U/A
61	172	41:44	Dafydd Edwards	1	Under 20 men (1)	M	18	U/A
62	456	41:52	Thomas James Hathaway	2	Senior men (1st three) (2)	m	28	U/A
63	2	41:53	Chris Forster Brown	2	Senior men (1st three) (2)	m	38	U/A
64	233	41:55	Nicholas Lawrence Radford	2	Senior men (1st three) (2)	M	22	U/A
65	83	41:59	Chris Martin	4	V/45 men (4)	m	47	Rhayader A.C.
66	209	42:01	Shan Roberts	13	V/35 lady (13)	F	38	Ingli Runners
67	49	42:07	Gary Mathew Jones	2	Senior men (1st three) (2)	m	35	U/A
68	124	42:08	David Geraint Roderick	6	V/55 men (6)	M	55	Deeside ARC
69	444	42:09	William Henry Drake	6	V/55 men (6)	m	55	U/A
70	474	42:14	Neil Williams	3	V40 men (3)	m	42	U/A
71	173	42:23	Glyn Lewis	4	V/45 men (4)	M	46	Bro Dysynni
72	421	42:28	Caroline John	14	V/40 lady (14)	f	41	U.W.A. Harriers
73	177	42:32	John Gwynn Evans	6	V/55 men (6)	M	59	Aberystwyth A.C.
74	208	42:35	Martin Slee	3	V/40 men (3)	M	43	U/A
75	449	42:49	Darryl Mark Evans	2	Senior men (1st three) (2)	m	29	U/A
76	242	42:52	Liam Bowden	1	Under 20 men (1)	M	17	Pembrokeshire Harriers
77	44	42:53	Martyn Saycell	2	Senior men (1st three) (2)	m	32	Aberystwyth A.C.
78	17	42:59	Paul Edwards	4	V/45 men (4)	m	17	U/A
79	77	43:04	Mike Palmer	2	Senior men (1st three) (2)	m	35	Bro Dysynni
80	470	43:05	Ryszard Piotrowicz	4	V45 men (4)	m	45	Cosmic Pancakes
81	482	43:06	Ian Evans	2	Senior men (1st three) (2)	m	26	Aberystwyth A.C.
82	5	43:07	David Richard Sharnock	2	Senior men (1st three) (2)	m	20	U.W.A. Tri
83	217	43:08	David Michael	3	V/40 men (3)	M	40	National Library of Wales

84	16	43:12	Terry Simpson	7	V/60 men (7)	m	61	Rhayader A.C.
85	73	43:19	Bev Brookshaw	13	V/35 lady (13)	f	38	U/A
86	230	43:29	Andrew Mark John	2	Senior men (1st three) (2)	M	22	U/A
87	38	43:29	Jane Buck	14	V/40 lady (14)	f	42	Cardigan A.C.
88	246	43:38	Julie Macleavy	12	Senior lady (1st three) (12)	F	24	UWA Harriers
89	39	43:42	Catherine Marks	12	Senior lady (1st three) (12)	f	23	Swansea University R.C.
90	20	43:50	Mathew James Stapley	1	Under 20 men (1)	m	20	U/A
91	237	43:53	Kevin Mark Bryan	2	Senior men (1st three) (2)	M	36	U/A
92	473	43:59	Roddy Evans	4	V45 men (4)	m	48	Cosmic Pancakes
93	28	43:59	Anita Saycell	12	Senior lady (1st three) (12)	m	26	Aberystwyth A.C.
94	66	44:01	Gwyn Jones	4	V/45 men (4)	m	47	Bro Dysynni
95	414	44:09	Daniel Morgan Burgess	2	Senior men (1st three) (2)	m	29	U/A
96	459	44:14	Malcolm Taylor	7	V60 men (7)	m	62	Bro Dysynni
97	48	44:15	Stephen King	2	Senior men (1st three) (2)	m	32	Cardigan A.C.
98	458	44:28	Dylan Lewis	2	Senior men (1st three) (2)	m	23	U/A
99	45	44:32	Louise Barker	12	Senior lady (1st three) (12)	f	30	Aberystwyth A.C.
100	41	44:32	Gary Robinson	2	Senior men (1st three) (2)	m	38	U/A
101	13	44:45	Matthew Prout	2	Senior men (1st three) (2)	m	21	U/A
102	199	45:04	Benjamin Rushbrook	2	Senior men (1st three) (2)	M	25	U/A
103	131	45:05	Nigel Johnston	3	V/40 men (3)	M	43	U/A
104	8	45:08	Myfanwy Cowdy	14	V/40 lady (14)	f	40	U/A
105	87	45:13	Will Troughton	3	V/40 men (3)	m	44	Aberystwyth A.C.
106	69	45:13	Graham Harvey	3	V/40 men (3)	m	41	U/A
107	435	45:18	Robert Lister	4	V/45 men (4)	m	49	Pewsey Vale R.c.
108	417	45:18	Wayne Phillips	3	V/40 men (3)	m	43	U/A
109	171	45:33	Philip Hoskins	14	V/40 lady (14)	M	43	U/A
110	195	45:36	Robert J Hatch	2	Senior men (1st three) (2)	M	22	U/A
111	436	45:36	Mark Floyd	2	Senior men (1st three) (2)	m	32	U/A
112	179	45:54	Peter Farenden	4	V/45 men (4)	M	47	U/A

113	206	45:56	Terry Gover	6	V/55 men (6)	M	57	Pembs Triathlon Club
114	130	45:57	Andrew Davies	2	Senior men (1st three) (2)	M	39	U/A
115	178	45:57	Gwenallt Llwyd Ifan	3	V/40 men (3)	M	42	U/A
116	198	46:00	Raymond Jenkins	5	V/50 men (5)	M	50	U/A
117	187	46:00	Aled Owen	3	V/40 men (3)	M	43	U/A
118	186	46:04	Elfed Jones	6	V/55 men (6)	M	59	Brecon
119	447	46:08	Colin Lloyd Harvey	2	Senior men (1st three) (2)	m	38	U/A
120	67	46:11	Sheila Jones	15	V/45 lady (15)	f	45	Bro Dysynni
121	29	46:19	Mauro Caffarelli	5	V/50 men (5)	m	54	U/A
122	23	46:20	David Thomas	3	V/40 men (3)	m	42	Sarn Helen
123	88	46:21	John Draper	4	V/45 men (4)	m	48	U/A
124	408	46:22	David Bryer	2	Senior men (1st three) (2)	m	26	Tyrfe Tawe
125	442	46:24	Delyth Davies	12	Senior lady (1st three) (12)	f	25	FBA
126	70	46:31	Delor Harvey	13	V/35 lady (13)	f	38	U/A
127	193	46:34	Daniel Aled Davies	1	Under 20 men (1)	M	18	Aberystwyth A.C.
128	220	46:22	Martin Padget	3	V/40 men (3)	M	41	U/A
129	151	46:22	Michael Griffiths	6	V/55 men (6)	M	58	U/A
130	152	46:43	Douglas Brooker	5	V/50 men (5)	M	51	U/A
131	430	46:44	Mike Lister	5	V/50 men (5)	m	52	Les Coupiers
132	445	46:52	Tony Wenlock	5	V/50 men (5)	m	51	U/A
133	481	46:57	Jez Lovekin	7	V60 men (7)	m	64	U/A
134	138	47:01	Clive Williams	4	V/45 men (4)	M	49	U/A
135	213	47:08	Alan Edwards	2	Senior men (1st three) (2)	M	38	U/A
136	7	47:10	Patrick Cowdy	3	V/40 men (3)	m	43	U/A
137	157	47:17	Frankie Vaughan	5	V/50 men (5)	M	51	Bro Dysynni
138	51	47:21	Stephen Saville	2	Senior men (1st three) (2)	m	24	U/A
139	52	47:21	Samantha Turton	12	Senior lady (1st three) (12)	f	24	U/A
140	245	47:23	Heather Cashmore	12	Senior lady (1st three) (12)	F	23	Triathlon
141	469	47:31	Paul Stocell	5	V50 men (5)	m	51	U/A

142	234	47:31	Jonathan Martin	2	Senior men (1st three) (2)	M	22	U/A
143	86	47:41	Kevin Gerard Ashford	3	V/40 men (3)	m	44	U/A
144	79	47:42	Edward Farren	1	Under 20 men (1)	m	18	U/A
145	420	47:49	Anita Worthing	16	V/50 lady (16)	f	50	U/A
146	219	48:01	Geraint Evans	3	V/40 men (3)	M	41	U/A
147	90	48:13	Gareth T. Edwards	5	V/50 men (5)	m	52	U/A
148	141	48:15	Roma Charlwood	12	Senior lady (1st three) (12)	F	29	Bro Dysynni
149	181	48:22	Peter Lowe	2	Senior men (1st three) (2)	M	21	U/A
150	133	48:23	Gafin Griffiths	2	Senior men (1st three) (2)	M	25	U/A
151	132	48:23	Gwyl iam Wynne	5	V/50 men (5)	M	51	U/A
152	97	48:23	Tamara Ball	12	Senior lady (1st three) (12)	f	21	U.W.A. Harriers
153	462	48:37	Dylan Jones	2	Senior men (1st three) (2)	m	33	U/A
154	232	48:41	Vince Earley	5	V/50 men (5)	M	50	Royal Sutton Coalfield AC
155	42	48:52	Kate O'Sullivan	14	V/35 lady (13)	f	41	U/A
156	212	48:54	Richard Arnold	1	Under 20 men (1)	M	19	Aberystwyth A.C.
157	478	49:03	Mike Parfitt	3	V40 men (3)	m	43	U/A
158	223	49:04	Tanis Hand	15	V/45 lady (15)	F	46	TROTS
159	211	49:11	Llyr Evans	3	V/40 men (3)	M	44	U/A
160	185	49:19	Kate Hovers	15	V/45 lady (15)	F	46	Brecon
161	126	49:34	Richard Kipling	2	Senior men (1st three) (2)	M	28	U/A
162	147	49:39	John Llewellyn Williams	3	V/40 men (3)	M	40	U/A
163	94	49:43	Robert Davies	4	V/45 men (4)	m	47	U/A
164	226	49:49	Lon Morgan	15	V/45 lady (15)	F	48	TROTS
165	486	49:52	Chris Sexton	3	V40 men (3)	m	42	U/A
166	467	49:57	Robert Allan Harding	5	V50 men (5)	m	54	Telford Harriers
167	37	50:00	Heledd Gwyndaf	12	Senior lady (1st three) (12)	f	25	U/A
168	137	50:05	Adam Foale	2	Senior men (1st three) (2)	M	23	U/A
169	476	50:11	Cliff Thomas	7	V60 men (7)	m	60	U/A
170	114	50:15	Richard Krawczyk	2	Senior men (1st three) (2)	m	24	U/A

171	468	50:22	Nicholas Blake	2	Senior men (1st three) (2)	m	20	Aberystwyth A.C.
172	461	50:23	Steven Higgins	3	V40 men (3)	m	41	U/A
173	162	50:23	Glenda Roberts	16	V/50 lady (16)	F	52	Aberystwyth A.C.
174	135	50:32	Andrew Lister	2	Senior men (1st three) (2)	M	24	U/A
175	487	50:34	Tasha Sexton	12	Senior lady (1st three) (12)	f	32	U/A
176	34	50:37	John Dilwyn Williams	2	Senior men (1st three) (2)	m	39	U/A
177	238	50:48	Brian Jenkin Evans	2	Senior men (1st three) (2)	M	38	U/A
178	252	50:57	0	#N/A	0	0	0	0
179	241	50:59	Tony Rooney	3	V/40 men (3)	M	44	Creek HHH
180	453	50:59	Helen E. Williams	14	V/40 lady (14)	f	44	Aberystwyth A.C.
181	164	51:10	Harriet Evans	14	V/40 lady (14)	F	41	Bro Dysynni
182	15	51:12	Ian Mitchell	7	V/60 men (7)	m	61	U/A
183	72	51:13	Sunshine Austin	12	Senior lady (1st three) (12)	f	23	U/A
184	71	51:14	Matthew Byers	2	Senior men (1st three) (2)	m	23	U/A
185	221	51:18	Ceri Williams	2	Senior men (1st three) (2)	M	32	U/A
186	222	51:18	Huw Lloyd Williams	2	Senior men (1st three) (2)	M	25	U/A
187	149	51:28	Margaret Roberts	14	V/40 lady (14)	F	42	Bro Dysynni
188	4	51:30	Bridget Parkinson	12	Senior lady (1st three) (12)	f	22	Aberstwyth A.C.
189	425	51:30	Chris J. Williams	2	Senior men (1st three) (2)	m	29	U/A
190	455	51:30	Catherine Highfield	12	Senior lady (1st three) (12)	f	29	U/A
191	62	51:37	Jenny Williamson	14	V/40 lady (14)	f	43	U/A
192	40	51:40	Caroline R.G. Marston	12	Senior lady (1st three) (12)	f	20	U/A
193	134	51:40	Rosie Greenwood Davies	12	Senior lady (1st three) (12)	F	20	U/A
194	103	51:41	Paula Owen-Nunes	12	Senior lady (1st three) (12)	f	33	U/A
195	168	51:46	Elizabeth Marsden	12	Senior lady (1st three) (12)	F	22	U/A
196	484	51:54	Rebecca Edwards	12	Senior lady (1st three) (12)	f	28	U/A
197	457	52:00	Ann Myfanwy Williams	13	V35 lady (13)	f	39	NSRRA
198	440	52:00	Meirion Wyn Jones	5	V/50 men (5)	m	50	FBA
199	433	52:06	Rhian Jones	12	Senior lady (1st three) (12)	f	26	Tyrfe Tawe

200	109	52:09	Jennifer Louise Nosowrthy	12	Senior lady (1st three) (12)	f	22	U/A
201	108	52:13	Laura Wells	12	Senior lady (1st three) (12)	f	23	U/A
202	188	52:17	Eurig Morgan	2	Senior men (1st three) (2)	M	37	U/A
203	190	52:24	Krzysztof Kubacki	2	Senior men (1st three) (2)	M	25	SMB
204	121	52:28	Alun Rhydian Jones	2	Senior men (1st three) (2)	M	38	U/A
205	122	52:36	Holly Ann Morgan	11	Under 20 lady (11)	F	19	Aber Ladies
206	101	52:36	Jane Lloyd Francis	15	V/45 lady (15)	f	49	U/A
207	148	52:46	Nigel Leighton Jones	5	V/50 men (5)	M	51	U/A
208	100	52:49	Fergus Whitside	1	Under 20 men (1)	m	19	U/A
209	6	52:49	Camuron Mcloud	5	V/50 men (5)	m	50	U/A
210	251	52:50	Christian Steinmetz	2	Senior men (1st three) (2)	M	22	U/A
211	471	53:12	Uta Kohl	2	Senior men (1st three) (2)	f	35	Cosmic Pancakes
212	231	53:25	Caroline Earley	15	V/45 lady (15)	F	47	Royal Sutton Coalfield AC
213	407	53:31	Eiry Miles	12	Senior lady (1st three) (12)	f	26	Tyrfe Tawe
214	423	53:33	Gareth Davies	5	V/50 men (5)	m	51	U/A
215	182	53:34	Christine O'byrne	12	Senior lady (1st three) (12)	F	25	UW Swansea
216	19	53:35	Ian Storey	1	Under 20 men (1)	m	18	Pembrokeshire Harriers
217	12	53:35	David Dawson	2	Senior men (1st three) (2)	m	21	U/A
218	180	53:41	Niel Middleton	2	Senior men (1st three) (2)	M	21	U/A
219	438	53:50	Helen Morehouse	12	Senior lady (1st three) (12)	f	29	Cerist Tri. Club
220	227	54:00	Mari Stevens	12	Senior lady (1st three) (12)	F	27	U/A
221	404	54:13	Paul James	4	V/45 men (4)	m	49	U/A
222	36	54:20	Rhodri Morgan	2	Senior men (1st three) (2)	m	39	National Library of Wales
223	228	54:27	Tony Broome	5	V/50 men (5)	M	53	U/A
224	215	54:28	Arwel Jones	2	Senior men (1st three) (2)	M	37	U/A
225	64	54:39	Jim Goodband	7	V/60 men (7)	m	64	U/A
226	80	55:14	Alisa Leach	14	V/40 lady (14)	f	42	Cerist. Tri Club
227	479	55:16	Damon Hammond	3	V40 men (3)	m	42	U/A
228	412	55:18	Angela Knell	13	V/35 lady (13)	f	39	U/A

229	489	55:24	Rebecca Nesbitt	12	Senior lady (1st three) (12)	f	34	Rhayader A.C.
230	410	55:26	Manon Wyn Roberts	15	V/45 lady (15)	f	45	U/A
231	33	55:28	Brian Richards	4	V/45 men (4)	m	46	National Library of Wales
232	416	55:50	Charlie Crowl	12	Senior lady (1st three) (12)	f	30	U/A
233	129	56:03	Peter Stocks	6	V/55 men (6)	M	57	U/A
234	123	56:24	Shari James	11	Under 20 lady (11)	F	19	U/A
235	480	56:35	Sundeep Kaur braich	12	Senior lady (1st three) (12)	f	20	U/A
236	192	56:39	Desmond Bhingu	2	Senior men (1st three) (2)	M	27	U/A
237	207	56:45	Christine Benson	15	V/45 lady (15)	F	48	U/A
238	400	56:48	Marianne Alida Pet	12	Senior lady (1st three) (12)	f	21	U/A
239	104	56:53	Katie Rushmere	12	Senior lady (1st three) (12)	f	21	U/A
240	61	57:00	Marina Chacon	12	Senior lady (1st three) (12)	f	34	U/A
241	196	57:21	Angharad Elin Holland	11	Under 20 lady (11)	F	17	U/A
242	197	57:21	Elin Ann Griffiths	11	Under 20 lady (11)	F	18	U/A
243	403	57:23	Sue Ginley	14	V/40 lady (14)	f	43	U/A
244	426	57:28	Ellyn Pyne	12	Senior lady (1st three) (12)	f	28	U/A
245	427	57:28	Gareth Bollard	2	Senior men (1st three) (2)	m	25	U/A
246	125	57:29	Katie Caisford	12	Senior lady (1st three) (12)	F	20	U/A
247	127	57:29	Christine Best	12	Senior lady (1st three) (12)	F	21	U/A
248	224	57:29	Hayley Revell	13	V/35 lady (13)	F	38	U/A
249	452	58:46	Barbara Thomas	18	V/60 lady (18)	f	61	Pembrokeshire Harriers
250	483	59:01	Ernest Wykes	8	V65 men (8)	m	66	Cerist Tri. Club
251	68	59:02	Madeleine Bland	16	V/50 lady (16)	f	54	Pembrokeshire Harriers
252	422	59:03	Jamie Campbell	2	Senior men (1st three) (2)	m	32	U/A
253	218	59:03	Peter Midmore	5	V/50 men (5)	M	51	SMB
254	189	59:09	Mark Jonathan Rhodes	2	Senior men (1st three) (2)	M	37	SMB
255	89	59:20	Mike Hopkins	7	V/60 men (7)	m	60	U/A
256	439	59:24	Chris Henderson	2	Senior men (1st three) (2)	m	20	U/A
257	159	59:25	Michelle Beeson	13	V/35 lady (13)	F	36	Maldwyn

258	119	59:28	Katrina B Michael	13	V/35 lady (13)	f	39	U/A
259	140	59:28	Martin Wilding	3	V/40 men (3)	M	41	U/A
260	93	59:42	Gareth Lewis	6	V/55 men (6)	m	59	U/A
261	1	60:04	Marjorie J. Griffiths	18	V/60 lady (18)	f	60	Bro Dysynni
262	14	60:09	Ann Mitchell	16	V/50 lady (16)	f	54	U/A
263	464	60:19	Helen Jones	13	V35 lady (13)	f	37	U/A
264	460	60:19	Hayley Myles	12	Senior lady (1st three) (12)	f	33	U/A
265	463	60:20	Heather Marie Pugh	13	V35 lady (13)	m	35	U/A
266	57	60:28	Richard Carrington Rees	2	Senior men (1st three) (2)	m	21	Penthouse
267	54	60:31	Luke Nicholas Robinson	1	Under 20 men (1)	m	18	U/A
268	58	60:31	Stephen Reid	2	Senior men (1st three) (2)	m	27	Penthouse
269	63	60:54	Gwyn Davies	8	V/65 men (8)	m	63	U/A
270	50	61:02	Meinir W Morgan Thomas	15	V/45 lady (15)	f	49	U/A
271	32	61:09	Anwen Pierce	13	V/35 lady (13)	f	37	U/A
272	174	61:13	Alison Griffiths	13	V/35 lady (13)	F	36	Pembrokeshire Harriers
273	201	61:58	Daniel Maurice Thomas	3	V/40 men (3)	M	43	U/A
274	112	62:04	Victoria Elizabeth Stanley	12	Senior lady (1st three) (12)	f	26	U/A
275	446	62:27	Jean Matthews	16	V50 lady (16)	f	51	U/A
276	91	62:30	Jaimie Wardle	12	Senior lady (1st three) (12)	f	28	Aberystwyth A.C.
277	175	62:32	Janet Bell	18	V/60 lady (18)	F	60	Pembrokeshire Harriers
278	105	62:36	Rebecca Ward	12	Senior lady (1st three) (12)	f	21	U/A
279	47	63:00	Gudrun Jones	15	V/45 lady (15)	f	48	Sarn Helen
280	99	63:31	Mark Picken	5	V/50 men (5)	m	51	U/A
281	465	63:42	Alison Jones	16	V50 lady (16)	f	53	Aberystwyth A.C.
282	3	64:45	Tom Cosson	2	Senior men (1st three) (2)	m	29	U/A
283	441	65:02	Ann Marie Pitt	16	V/50 lady (16)	f	50	FBA
284	142	65:14	Alwen Williams	12	Senior lady (1st three) (12)	F	31	U/A
285	143	65:14	Jenny Blake	12	Senior lady (1st three) (12)	F	29	U/A
286	144	65:14	Lucy Hancock	12	Senior lady (1st three) (12)	F	31	U/A

287	216	65:23	David Butlin	7	V/60 men (7)	M	63	U/A
288	428	65:59	Teresa Hansen	16	V/50 lady (16)	f	52	U/A
289	214	66:39	Hywel Cynwyd Jones	2	Senior men (1st three) (2)	M	36	U/A
290	424	67:26	Rachel Elizabeth Norris	12	Senior lady (1st three) (12)	f	34	U/A
291	81	68:23	Julie Belfield	14	V/40 lady (14)	f	40	U/A
292	116	68:26	Aimi Joyner	12	Senior lady (1st three) (12)	f	20	U/A
293	191	68:35	Megan Ruth Williams	13	V/35 lady (13)	F	39	SMB
294	92	68:51	Nest Llywelyn Lewis	17	V/55 lady (17)	f	57	U/A
295	115	69:10	Helen Montier	12	Senior lady (1st three) (12)	f	22	U/A
296	475	69:16	Paula Williams	14	V40 lady (14)	f	41	U/A
297	55	70:09	Keith Rasor	2	Senior men (1st three) (2)	m	20	U/A
298	155	70:09	Aled Roberts	2	Senior men (1st three) (2)	M	35	U/A
299	431	70:32	Andrea Lynne Johnson	12	Senior lady (1st three) (12)	f	33	U/A
300	419	71:52	Helen Davies	13	V/35 lady (13)	f	35	U/A
301	107	72:25	Chantelle Kirwan-Izzo	12	Senior lady (1st three) (12)	f	20	U/A
302	106	74:06	Emma Jillings	12	Senior lady (1st three) (12)	f	25	U/A
303	24	77:32	Sheila M Symmonds	19	V/70 lady (19)	f	72	Bro Dysynni
304	413	80:58	Antony William Bransden	10	V/80 men (10)	m	81	U/A
305	113	84:06	Stephanie Hawcutt	12	Senior lady (1st three) (12)	f	21	U/A
306	111	84:06	Alexandra Lester	12	Senior lady (1st three) (12)	f	21	U/A
307	82	87:24	Carys Naomi Davies	11	Under 20 lady (11)	f	19	U/A
308	200	87:24	Nadia Durrant	12	Senior lady (1st three) (12)	F	29	U/A