

Aberystwyth 10km Race 14/12/08								Basic results sheet
Overall Position	Race Number	Time	Name	Group	Category	MF?	Age	Club/Business team
1	192	30.07	Jean Ndayisenga	2	Senior men (1st three) (2)	M	27	Birchfield Harriers
2	80	31.59	Adam Bitchell	1	Under 20 men (1)	M	17	Carmarthen Harriers
3	58	33.05	Steven McGuigan	2	Senior men (1st three) (2)	M	31	Bristol & West AC
4	149	34.24	Danny Evans	2	Senior men (1st three) (2)	M	22	Unaffiliated
5	206	34.48	Mark Smith	2	Senior men (1st three) (2)	M	25	Aberystwyth A.C.
6	51	35.31	Carwyn Thomas	2	Senior men (1st three) (2)	M	20	Sarn Helen
7	199	35.38	Glyn Price	3	V/40 men (3)	M	41	Sarn Helen
8	257	36.12	Sion Meredith	2	Senior men (1st three) (2)	M	30	Unaffiliated
9	249	36.16	Michael Davies	2	Senior men (1st three) (2)	M	39	Sarn Helen
10	238	36.17	James Thomas	2	Senior men (1st three) (2)	M	35	lyfrgell Genedlaethol Cymr
11	253	36.24	Gethin Holland	1	Under 20 men (1)	M	17	Aberystwyth A.C.
12	82	37.16	Clive Thomas	4	V/45 men (4)	M	49	Unaffiliated
13	252	37.20	Huw Jones	2	Senior men (1st three) (2)	M	27	Unaffiliated
14	28	37.34	Richard Hunter	2	Senior men (1st three) (2)	M	27	Shropshire Shufflers
15	148	37.49	John Pozzi	4	V/45 men (4)	M	45	Unaffiliated
16	96	37.51	Delwyn Parry	2	Senior men (1st three) (2)	M	27	Llanbabo Harriers
17	205	37.52	Jessica Leitch	12	Senior lady (1st three) (12)	F	25	Sarn Helen
18	221	37.59	Richard John Marks	6	V/55 men (6)	M	59	Sarn Helen
19	42	38.06	Rhys Owen	2	Senior men (1st three) (2)	M	30	Llanbabo Hurricanes
20	41	38.14	Dylan Lewis	2	Senior men (1st three) (2)	M	26	Teiars Huw Lewis
21	215	38.28	Daniel Davies	2	Senior men (1st three) (2)	M	21	Aberystwyth A.C.
22	131	38.31	Elwyn Davies	4	V/45 men (4)	M	45	Maldwyn Harriers
23	49	38.34	Dafydd Davies	2	Senior men (1st three) (2)	M	26	Teiars Huw Lewis
24	147	39.20	Dylan Jones	1	Under 20 men (1)	M	18	Unaffiliated
25	87	39.21	Rhys Jeffreys	2	Senior men (1st three) (2)	M	34	Unaffiliated
26	186	39.22	Richard Lowe	2	Senior men (1st three) (2)	M	36	Unaffiliated
27	212	39.23	Norman Biggs	2	Senior men (1st three) (2)	M	35	Aberystwyth A.C.
28	248	39.27	Owain Schiavone	2	Senior men (1st three) (2)	M	28	Unaffiliated
29	213	39.29	Shelley Childs	2	Senior men (1st three) (2)	M	35	Aberystwyth A.C.
30	260	39.37	Pheobe Webster	12	Senior lady (1st three) (12)	F	28	Aberystwyth A.C.
31	45	39.42	Edward Fletcher	2	Senior men (1st three) (2)	M	29	Unaffiliated
32	265	40.02	Richard John Ellis	2	Senior men (1st three) (2)	M	29	Unaffiliated
33	217	40.04	Kat Steed	12	Senior lady (1st three) (12)	F	32	Pembs Harriers
34	277	40.12	James Surgy	2	Senior men (1st three) (2)	M	23	Unaffiliated
35	93	40.17	Kev Joyce	3	V/40 men (3)	M	43	Unaffiliated
36	263	40.19	Dylan Davies	2	Senior men (1st three) (2)	M	30	Unaffiliated
37	201	40.23	Tom Jones	3	V/40 men (3)	M	43	Bro Dysynni AC
38	35	40.26	Huw Nicholas Price	4	V/45 men (4)	M	45	Sarn Helen
39	240	40.33	Lynn Green	16	V/50 lady (16)	F	51	Cardigan R.C.
40	278	40.49	Thomas Hathaway	2	Senior men (1st three) (2)	M	31	Unaffiliated
41	152	41.07	Ieuan Andrew Davies	3	V/40 men (3)	M	40	lyfrgell Genedlaethol Cymr
42	250	41.09	Jeff Saycell	2	Senior men (1st three) (2)	M	38	Ystwyth
43	166	41.14	Ian Evans	2	Senior men (1st three) (2)	M	29	lyfrgell Genedlaethol Cymr
44	73	41.19	Richard James	4	V/45 men (4)	M	45	Unaffiliated
45	233	41.29	Tony Hall	5	V/50 men (5)	M	52	Sarn Helen
46	216	41.47	Alec Williams	3	V/40 men (3)	M	41	Ingli Runners
47	224	42.09	Richard Anthony	2	Senior men (1st three) (2)	M	32	Unaffiliated
48	154	42.25	Michael Marshall	2	Senior men (1st three) (2)	M	27	Unaffiliated
49	227	42.36	Daniel Burgess	2	Senior men (1st three) (2)	M	32	Aberystwyth A.C.
50	275	42.40	David Huw Michael	3	V/40 men (3)	M	42	National Library of Wales
51	27	42.44	Mike Green	5	V/50 men (5)	M	51	Unaffiliated
52	209	42.52	Paul Edwards	4	V/45 men (4)	M	49	Pembs Harriers
53	112	42.55	Melissa Davis	12	Senior lady (1st three) (12)	F	25	Trafford AC
54	231	43.07	Simom Hall	2	Senior men (1st three) (2)	M	29	Unaffiliated
55	182	43.09	Frankie Vaughan	5	V/50 men (5)	M	54	Meirionydd RC
56	167	43.11	Nicholas Bingham	7	V/60 men (7)	M	63	Barnet & District AC
57	136	43.19	Paul Gamlin	2	Senior men (1st three) (2)	M	36	Unaffiliated
58	198	43.23	Alisatair Duncanson	2	Senior men (1st three) (2)	M	36	Unaffiliated
59	218	43.36	Ioan Issac-Richards	2	Senior men (1st three) (2)	M	25	lyfrgell Genedlaethol Cymr
60	267	43.39	David Charles Hamer	2	Senior men (1st three) (2)	M	39	Unaffiliated
61	126	44.12	David Geraint Roderick	6	V/55 men (6)	M	58	Deeside AC
62	180	44.20	Ian Davies	5	V/50 men (5)	M	54	Unaffiliated
63	187	44.26	Nigel Peter Hughes	2	Senior men (1st three) (2)	M	33	Unaffiliated
64	234	44.27	John Gwyn Evans	7	V/60 men (7)	M	62	Aberystwyth A.C.
65	76	44.27	Cliff Thomas	7	V/60 men (7)	M	63	Aberystwyth A.C.
66	85	44.30	Catherine Marks	12	Senior lady (1st three) (12)	F	26	Unaffiliated
67	17	44.37	Rob Barker	2	Senior men (1st three) (2)	M	37	Unaffiliated
68	43	44.45	Anita Worthing	16	V/50 lady (16)	F	53	Aberystwyth A.C.
69	63	45.05	Adriano Evola	5	V/50 men (5)	M	50	Aberystwyth A.C.

70	122	45.08	Seamus O'Sullivan	2	Senior men (1st three) (2)	M	38	Clwb Rhedeg Aberteifi
71	164	45.10	Clive Williams	3	V/40 men (3)	M	41	Unaffiliated
72	219	45.12	David Sharnock	2	Senior men (1st three) (2)	M	23	Unaffiliated
73	246	45.19	Clive Williams	5	V/50 men (5)	M	52	Aberystwyth A.C.
74	60	45.22	Robert Price	2	Senior men (1st three) (2)	M	38	Unaffiliated
75	239	45.38	Cheuk Kong	2	Senior men (1st three) (2)	M	32	Unaffiliated
76	30	45.39	Lana Brace	13	V/35 lady (13)	F	37	Unaffiliated
77	2	45.42	Adam Stockwell	2	Senior men (1st three) (2)	M	28	Shrewsbury AC
78	155	45.42	Mark Wakeley	2	Senior men (1st three) (2)	M	32	Unaffiliated
79	244	45.43	Tony Wenlock	5	V/50 men (5)	M	54	Aberystwyth A.C.
80	225	45.51	Sion Peter Williams	2	Senior men (1st three) (2)	M	30	Unaffiliated
81	67	45.58	Catherine Tudor Jones	12	Senior lady (1st three) (12)	F	27	Llanbabo Hurricanes
82	203	45.59	Bethan Ouseley	12	Senior lady (1st three) (12)	F	31	Unaffiliated
83	208	46.08	David Andrew Edgell	2	Senior men (1st three) (2)	M	31	Sarn Helen
84	9	46.09	Stephen Lister	2	Senior men (1st three) (2)	M	32	Unaffiliated
85	232	46.10	Aluned T Jolly	12	Senior lady (1st three) (12)	F	21	Unaffiliated
86	272	46.24	Rob Wyn Jones	2	Senior men (1st three) (2)	M	32	Unaffiliated
87	25	46.25	Shayne Sawyers	2	Senior men (1st three) (2)	M	37	Unaffiliated
88	200	46.33	David Euros Jones	2	Senior men (1st three) (2)	M	38	Unaffiliated
89	36	46.44	Roland Stockham	5	V/50 men (5)	M	53	Pembrokeshire Harriers
90	150	46.48	Ryszard Piotrowicz	4	V/45 men (4)	M	48	Unaffiliated
91	56	46.57	Delyth Davies	12	Senior lady (1st three) (12)	F	28	Unaffiliated
92	13	46.57	Paul Hopkins	2	Senior men (1st three) (2)	M	32	Unaffiliated
93	161	46.58	Jon Sewell	2	Senior men (1st three) (2)	M	27	Unaffiliated
94	270	47.01	Kate O'Sullivan	14	V/40 lady (14)	F	44	Aberystwyth A.C.
95	268	47.01	Guto Sion Rhys	2	Senior men (1st three) (2)	M	26	Unaffiliated
96	141	47.03	Joseph Ironside	2	Senior men (1st three) (2)	M	32	Unaffiliated
97	220	47.03	Kevin Bryan	2	Senior men (1st three) (2)	M	39	Unaffiliated
98	174	47.08	Allan Maguire	2	Senior men (1st three) (2)	M	34	Emlyn Runners
99	273	47.20	Rachel Parker	11	Under 20 lady (11)	F	18	Unaffiliated
100	251	47.26	John Houton	2	Senior men (1st three) (2)	M	22	Unaffiliated
101	55	47.35	Dewi Llyr Snelson	2	Senior men (1st three) (2)	M	29	Llanbabo Hurricanes
102	193	47.37	Alun Jenkins	4	V/45 men (4)	M	45	Rhayader AC
103	119	48.00	Gareth Jones	3	V/40 men (3)	M	42	Sarn Helen
104	111	48.02	David Evans	5	V/50 men (5)	M	51	Unaffiliated
105	37	48.06	Malcolm Taylor	8	V/65 men (8)	M	65	Bro Dysynni AC
106	151	48.09	Alun Nash	4	V/45 men (4)	M	48	Unaffiliated
107	271	48.09	William Troughton	4	V/45 men (4)	M	47	Unaffiliated
108	194	48.12	Cameron Pope	5	V/50 men (5)	M	53	Unaffiliated
109	214	48.20	Claire Williams	14	V/40 lady (14)	F	42	Ingli Runners
110	153	48.21	Robert Nash	4	V/45 men (4)	M	49	Unaffiliated
111	34	48.23	Paul Vincent O'Brien	2	Senior men (1st three) (2)	M	39	Unaffiliated
112	222	48.30	James Hunter	2	Senior men (1st three) (2)	M	21	Unaffiliated
113	156	48.34	Phoebe Pender	12	Senior lady (1st three) (12)	M	20	Aberystwyth A.C.
114	38	49.02	Mark Leigh	1	Under 20 men (1)	M	18	Unaffiliated
115	228	49.05	Martin Saycell	2	Senior men (1st three) (2)	M	35	Aberystwyth A.C.
116	236	49.07	Jessica Longworth	12	Senior lady (1st three) (12)	F	30	Unaffiliated
117	24	49.11	Mark Williams	2	Senior men (1st three) (2)	M	39	Unaffiliated
118	173	49.15	Abi Bentinck- Hinton	12	Senior lady (1st three) (12)	F	33	Emlyn Runners
119	245	49.15	Helen Williams	15	V/45 lady (15)	F	47	Aberystwyth A.C.
120	97	49.30	Glenda Roberts	17	V/55 lady (17)	F	55	Aberystwyth A.C.
121	20	49.38	Andrew Jenkins	2	Senior men (1st three) (2)	M	20	National Library of Wales
122	255	49.52	Rhian Griffiths	12	Senior lady (1st three) (12)	F	26	Unaffiliated
123	184	50.26	Mark Simkins	3	V/40 men (3)	M	42	Unaffiliated
124	101	50.34	John Davies	6	V/55 men (6)	M	59	Unaffiliated
125	98	50.35	John Haydn Foulkes	3	V/40 men (3)	M	42	lyrgell Genedlaethol Cymr
126	172	50.36	David J Hopper	8	V/65 men (8)	M	66	Unaffiliated
127	160	50.40	Neil Windsor-Jones	2	Senior men (1st three) (2)	M	27	Unaffiliated
128	62	50.43	Mary Louise Hawking	11	Under 20 lady (11)	F	18	Unaffiliated
129	68	50.52	Caryl Davies	12	Senior lady (1st three) (12)	F	20	Sarn Helen
130	116	50.54	Mathieu Holladay	12	Senior lady (1st three) (12)	F	23	Unaffiliated
131	190	50.50	Geraint Meredydd	2	Senior men (1st three) (2)	M	26	Unaffiliated
132	66	51.02	Cassandra Belcher	12	Senior lady (1st three) (12)	F	22	Amazing Feet
133	264	51.03	Karen Davis	12	Senior lady (1st three) (12)	F	27	Unaffiliated
134	118	51.08	Jan Jones	14	V/40 lady (14)	F	43	Sarn Helen
135	14	51.08	Holly Spreadborough	12	Senior lady (1st three) (12)	F	30	Unaffiliated
136	100	51.15	Clare Hilling	16	V/50 lady (16)	F	51	Unaffiliated
137	54	51.22	Sioned Wyn Evans	12	Senior lady (1st three) (12)	F	27	Llanbabo Hurricanes
138	95	51.32	Amos Bewick	4	V/45 men (4)	M	45	Unaffiliated
139	91	51.32	Bethan Lewis	12	Senior lady (1st three) (12)	F	27	Aberystwyth A.C.
140	241	51.46	James Tuggey	2	Senior men (1st three) (2)	M	25	Unaffiliated
141	113	51.47	Megan Moss	12	Senior lady (1st three) (12)	F	29	Unaffiliated
142	195	52.02	Rhian Jones	12	Senior lady (1st three) (12)	F	29	Unaffiliated

143	266	52.10	Steve Bray	4	V/45 men (4)	M	47	Unaffiliated
144	71	52.15	David Mann	3	V/40 men (3)	M	43	Builth & District
145	137	52.23	Gareth Jones	2	Senior men (1st three) (2)	M	34	Wacky Racers
146	22	52.34	Gavin Beresford	2	Senior men (1st three) (2)	M	24	Unaffiliated
147	262	52.41	Hilary McCarthy	14	V/40 lady (14)	F	41	Cardigan R.C.
148	39	52.45	Helen Leigh	14	V/40 lady (14)	F	42	Unaffiliated
149	258	52.45	Rhian Bresse	12	Senior lady (1st three) (12)	F	21	Aberystwyth A.C.
150	247	53.02	Anthoni Schiavone	6	V/55 men (6)	M	57	Unaffiliated
151	191	53.05	Harriet Riley	2	Senior men (1st three) (2)	M	25	Newcastle (Staffs) AC
152	21	53.05	Arwel Wynn Owen	2	Senior men (1st three) (2)	M	28	Unaffiliated
153	102	53.13	Emyr Evans	3	V/40 men (3)	M	41	Unaffiliated
154	230	53.16	John Williams	3	V/40 men (3)	M	43	Unaffiliated
155	176	53.19	Osian Roberts	2	Senior men (1st three) (2)	M	32	Unaffiliated
156	177	53.22	Daniel Tudor Edwards	2	Senior men (1st three) (2)	M	27	Unaffiliated
157	3	53.22	Huw Morris	4	V/45 men (4)	M	48	Unaffiliated
158	4	53.43	Ruth Morris	17	V/55 lady (17)	F	56	Unaffiliated
159	133	53.49	Jessica Gordon	12	Senior lady (1st three) (12)	F	26	Unaffiliated
160	178	53.51	Anthony Patrick Mark Cow	4	V/45 men (4)	M	46	Unaffiliated
161	159	54.06	Charlotte Davey	12	Senior lady (1st three) (12)	F	26	Unaffiliated
162	160	54.21	Neil Windsor-Jones	2	Senior men (1st three) (2)	M	27	Unaffiliated
163	235	54.24	Gareth Revill	2	Senior men (1st three) (2)	M	39	Unaffiliated
164	50	54.27	Caroline Marston	12	Senior lady (1st three) (12)	F	23	Unaffiliated
165	146	54.39	Emma Butler	12	Senior lady (1st three) (12)	F	29	Unaffiliated
166	202	54.39	Rhian Jones	14	V/40 lady (14)	F	41	Bro Dysynni AC
167	103	54.39	Alys Thomas	12	Senior lady (1st three) (12)	F	31	Unaffiliated
168	188	54.50	Mike McDonald	8	V/65 men (8)	M	67	Bowland Fell Runners
169	94	54.54	Dylan Jones	2	Senior men (1st three) (2)	M	26	NLW
170	107	55.01	Sarah Mason	13	V/35 lady (13)	F	37	Rhayader AC
171	115	55.16	Carol Farrington	18	V/60 lady (18)	F	65	Rhayader AC
172	210	55.28	Chris Brace	3	V/40 men (3)	M	40	Unaffiliated
173	145	55.30	Huw Lewis	5	V/50 men (5)	M	51	Teiars Huw Lewis
174	181	55.33	Maureen Pritchard	4	V/45 men (4)	M	45	Unaffiliated
175	185	55.39	Owen Simkins	2	Senior men (1st three) (2)	M	37	Unaffiliated
176	197	55.39	Lucy Hancock	12	Senior lady (1st three) (12)	F	34	Unaffiliated
177	170	55.46	Ceri Louise Tucker	1	Under 20 men (1)	M	19	Unaffiliated
178	140	55.52	Katy Harris	12	Senior lady (1st three) (12)	F	31	Unaffiliated
179	261	56.06	Megan Willaims	14	V/40 lady (14)	F	42	Unaffiliated
180	90	56.10	Helen Stretch	17	V/55 lady (17)	F	56	Aberystwyth A.C.
181	259	56.10	Shan Bresse	15	V/45 lady (15)	F	49	Aberystwyth A.C.
182	127	56.24	Menna Stephens	12	Senior lady (1st three) (12)	F	30	Aberystwyth A.C.
183	165	56.28	Melanie Goodwin	15	V/45 lady (15)	F	47	Unaffiliated
184	168	56.28	Jonanna Strong	4	V/45 men (4)	M	46	Unaffiliated
185	104	56.32	Teri Davies	15	V/45 lady (15)	F	46	Unaffiliated
186	204	57.01	Martin Wilson Rodgers	7	V/60 men (7)	M	62	Unaffiliated
187	243	57.11	Stephen Adams	6	V/55 men (6)	M	55	Rhayader AC
188	130	57.11	Julie Archer	12	Senior lady (1st three) (12)	F	32	Aber Uni. - Info. Serv.
189	75	57.32	Su Hawking	12	Senior lady (1st three) (12)	F	25	Unaffiliated
190	65	57.38	Marie Bryne	16	V/50 lady (16)	F	53	Amazing Feet
191	121	58.13	Ian Allen	3	V/40 men (3)	M	42	National Library of Wales
192	69	58.14	Simon Barker	2	Senior men (1st three) (2)	M	34	Unaffiliated
193	32	58.15	Lona Mason	14	V/40 lady (14)	F	40	Unaffiliated
194	33	58.16	Robyn Mason	2	Senior men (1st three) (2)	M	35	Unaffiliated
195	229	58.16	Elin Aaron	12	Senior lady (1st three) (12)	F	27	Llanbabo Hurricanes
196	128	58.28	Rosemary Rhys	16	V/50 lady (16)	F	54	Aberystwyth A.C.
197	135	58.28	Alison Wright	13	V/35 lady (13)	F	36	Sole Sisters
198	61	58.37	Emlyn Mainwaring	2	Senior men (1st three) (2)	M	23	Unaffiliated
199	84	58.45	Linda Evans	12	Senior lady (1st three) (12)	F	28	Unaffiliated
200	44	58.45	Michael Pender	5	V/50 men (5)	M	52	Manchester Y Club
201	83	58.54	Jean Matthews	16	V/50 lady (16)	F	54	Aber Uni. - Info. Serv.
202	207	59.10	Tom Cosson	2	Senior men (1st three) (2)	M	32	Unaffiliated
203	31	59.15	Roger Mence	5	V/50 men (5)	M	52	Unaffiliated
204	157	59.18	Nia Ellis	13	V/35 lady (13)	F	37	Aber Uni. - Info. Serv.
205	46	59.22	Angharad Edwards	12	Senior lady (1st three) (12)	F	30	Unaffiliated
206	6	59.25	Williams Williams	8	V/65 men (8)	M	65	Unaffiliated
207	138	59.43	Marilyn Jones	12	Senior lady (1st three) (12)	F	33	Wacky Racers
208	99	59.43	Eleri Connor	12	Senior lady (1st three) (12)	F	26	Aberystwyth A.C.
209	274	59.46	Katrina Michael	14	V/40 lady (14)	F	42	Unaffiliated
210	256	60.10	Jan Davies	15	V/45 lady (15)	F	45	Rhayader AC
211	23	60.21	Naomi Beresford	12	Senior lady (1st three) (12)	F	24	Unaffiliated
212	64	60.31	Dee Davies	12	Senior lady (1st three) (12)	F	33	Rhayader AC
213	70	60.40	Llinos Owens	13	V/35 lady (13)	F	37	Unaffiliated
214	106	60.57	Lisa Hooper	13	V/35 lady (13)	F	37	Newbridge on Wye
215	179	61.03	Aled Elwyn Jones	2	Senior men (1st three) (2)	M	29	Unaffiliated

216	139	61.08	Jenifer Easton	12	Senior lady (1st three) (12)	F	34	Wacky Racers
217	183	61.10	Sue Ginley	15	V/45 lady (15)	F	46	Unaffiliated
218	125	61.15	Gillian Evans	14	V/40 lady (14)	F	44	Unaffiliated
219	77	61.20	Joel Williams	2	Senior men (1st three) (2)	M	38	Unaffiliated
220	171	61.22	Rachel Smith	11	Under 20 lady (11)	F	19	Unaffiliated
221	223	61.39	Lisa Edwards	12	Senior lady (1st three) (12)	F	27	Llanbabo Hurricanes
222	175	62.02	Jonathan Eurig	3	V/40 men (3)	M	40	Unaffiliated
223	117	62.12	Marjorie Griffiths	18	V/60 lady (18)	F	63	Bro Dysynni AC
224	129	62.18	Richard Jenkins	2	Senior men (1st three) (2)	M	33	Unaffiliated
225	269	62.19	Phillip Thomas	3	V/40 men (3)	M	44	Unaffiliated
226	48	62.57	Jessica West	12	Senior lady (1st three) (12)	F	22	Unaffiliated
227	92	62.59	Goronwy Evans	5	V/50 men (5)	M	52	Unaffiliated
228	81	62.59	Meinir Morgan-Thomas	16	V/50 lady (16)	F	52	Aber Uni. - Info. Serv.
229	158	62.59	Mark James	3	V/40 men (3)	M	43	Unaffiliated
230	162	63.59	Sarah Tansell	12	Senior lady (1st three) (12)	F	27	Unaffiliated
231	163	63.59	Mary Tansell	12	Senior lady (1st three) (12)	F	27	Unaffiliated
232	142	64.15	Victoria Rose-Piper	12	Senior lady (1st three) (12)	F	31	Unaffiliated
233	211	64.55	Meinir Morris	13	V/35 lady (13)	F	37	Unaffiliated
234	237	64.55	Rachel Hubbard	15	V/45 lady (15)	F	46	Unaffiliated
235	72	65.29	Dave Mottershead	3	V/40 men (3)	M	40	Unaffiliated
236	86	66.57	Mairwen Richards	12	Senior lady (1st three) (12)	F	29	Unaffiliated
237	78	67.05	Vicky Phillips	12	Senior lady (1st three) (12)	F	33	NLW
238	79	67.28	Gwyn Davies	8	V/65 men (8)	M	69	Unaffiliated
239	254	67.47	Sofia Cavandoli	12	Senior lady (1st three) (12)	F	30	Unaffiliated
240	226	67.53	David James Clayton	2	Senior men (1st three) (2)	M	39	Unaffiliated
241	242	68.12	Jennifer Owen Adams	15	V/45 lady (15)	F	46	Rhayader AC
242	11	68.37	Elizabeth Wallwork	14	V/40 lady (14)	F	41	Unaffiliated
243	276	69.40	Christiane Kloos	13	V/35 lady (13)	F	36	Unaffiliated
244	19	70.03	Rae Lewis	14	V/40 lady (14)	F	40	Unaffiliated
245	12	70.150	Justine Newman	13	V/35 lady (13)	F	39	Unaffiliated
246	18	70.53	Hilary Davies	14	V/40 lady (14)	F	43	Unaffiliated
247	114	71.15	Geraint Thomas	7	V/60 men (7)	M	61	Unaffiliated
248	110	72.04	Caroline Cleaver	12	Senior lady (1st three) (12)	F	33	Unaffiliated
249	134	72.23	Julie Lewis	13	V/35 lady (13)	F	38	Unaffiliated
250	5	72.37	Catherine Williams	18	V/60 lady (18)	F	62	Unaffiliated
251	196	72.47	Alison Jones	17	V/55 lady (17)	F	56	Unaffiliated
252	189	75.32	Marie Williams	15	V/45 lady (15)	F	48	Rhayader AC
253	144	77.27	Bethan Herman	13	V/35 lady (13)	F	39	Rhayader AC
254	40	78.32	Bethan Wadhams	13	V/35 lady (13)	F	37	Unaffiliated