

<u>Aberystwyth 10Km race 12/12/04</u>								<u>Basic results sheet</u>
<u>Overall Position</u>	<u>Race 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	98	32:25:00	Scott Tompsell	19	Business team (3 to count) (19)	M	27	University of Wales
2	307	33:12:00	Robin Sedman Smith	2	Senior men (1st three) (2)	m	27	Telford A.C.
3	354	33:41:00	Stephan Gilliland	3	V/40 men (3)	m	43	Bro Dysynni AC
4	332	33:50:00	Columba Peoples	2	Senior men (1st three) (2)	m	23	UWA Harriers
5	248	34:15:00	Daniel Evans	1	Under 20 men (1)	m	18	Carmarthen Harriers
6	325	34:35:00	Steve Rees	2	Senior men (1st three) (2)	m	27	Port Talbot Harriers
7	205	34:38:00	Richard Jones	3	V/40 men (3)	M	41	Telford A.C.
8	343	35:07:00	Andrew Abbott	2	Senior men (1st three) (2)	m	33	Sarn Helen AAW
9	303	35:09:00	Mike Evans	19	Business team (3 to count) (19)	m	29	Trots
10	291	35:21:00	Carwyn Jones	2	Senior men (1st three) (2)	m	25	Unaffiliated
11	88	35:29:00	Dafydd Roberts	3	V/40 men (3)	M	43	Unaffiliated
12	234	35:30:00	Mark Burnley	2	Senior men (1st three) (2)	m	27	Aberystwyth Athletic Club
13	350	35:38:00	Les Hewitson	3	V/40 men (3)	m	41	Cardigan Running Club
14	331	35:58:00	Mary Wilkinson	12	Senior lady (1st three) (12)	f	23	UWA Harriers
15	385	36:02:00	Mark Foss	2	Senior men (1st three) (2)	m	36	Unaffiliated
16	160	36:14:00	Tim Hindle	2	Senior men (1st three) (2)	M	36	Brecon A.C.
17	337	36:15:00	Jamie Davies	1	Under 20 men (1)	m	19	Telford A.C.
18	242	36:16:00	Stewart Crees	2	Senior men (1st three) (2)	m	26	Unaffiliated
19	281	36:21:00	James Hadfield	2	Senior men (1st three) (2)	m	29	Swansea Harriers
20	188	36:40:00	Martin Shaw	2	Senior men (1st three) (2)	m	32	Brecon A.C.
21	246	36:57:00	Oystein Tunsjo	2	Senior men (1st three) (2)	m	28	UWA Harriers
22	280	37:05:00	Leon Whiteley	2	Senior men (1st three) (2)	m	22	UW Swansea
23	183	37:13:00	Daniel Thorogood	3	V/40 men (3)	m	42	Ystwyth Cycling Club
24	269	37:38:00	Rhys Thomas	2	Senior men (1st three) (2)	m	29	Pembs Tri Club
25	321	37:54:00	James Thomas	2	Senior men (1st three) (2)	m	31	Unaffiliated
26	362	37:58:00	Iwan Edgar	4	V/45 men (4)	m	48	Unaffiliated
27	327	37:59:00	Mark Lewis	3	V/40 men (3)	m	44	Unaffiliated

<b>28</b>	356	38:06:00	Galvin Williams	3	V/40 men (3)	m	42	Sarn Helen AAW
<b>29</b>	165	38:45:00	Jonathan Burke	1	Under 20 men (1)	M	18	Headless Crew
<b>30</b>	266	38:45:00	Kevin Hamilton	3	V/40 men (3)	m	40	Cerist Tri Club
<b>31</b>	366	38:45:00	Richard Ellis	2	Senior men (1st three) (2)	m	25	Unaffiliated
<b>32</b>	267	38:46:00	Thomas Roberts	1	Under 20 men (1)	m	16	Bro Dysynni AC
<b>33</b>	338	39:04:00	Jamie Biggs	2	Senior men (1st three) (2)	m	32	Unaffiliated
<b>34</b>	161	39:10:00	Daniel Roberts	2	Senior men (1st three) (2)	M	24	Unaffiliated
<b>35</b>	92	39:20:00	Joseph Jones	2	Senior men (1st three) (2)	M	27	Bro Dysynni AC
<b>36</b>	357	39:21:00	Tony Hodgson	6	V/55 men (6)	m	55	Bro Dysynni AC
<b>37</b>	335	39:21:00	Andrew John	2	Senior men (1st three) (2)	m	21	UWA Harriers
<b>38</b>	360	39:30:00	Nicholas Radford	2	Senior men (1st three) (2)	m	21	UWA Harriers
<b>39</b>	181	39:43:00	Jessica Leitch	12	Senior lady (1st three) (12)	f	21	Oxford Uni Cross Country
<b>40</b>	341	39:48:00	Alex Evans	1	Under 20 men (1)	m	16	Telford A.C.
<b>41</b>	243	39:51:00	Alex Stummvoll	2	Senior men (1st three) (2)	m	21	UWA Harriers
<b>42</b>	323	39:59:00	Robert Williams	2	Senior men (1st three) (2)	m	38	Unaffiliated
<b>43</b>	89	40:02:00	David Bembo	2	Senior men (1st three) (2)	M	38	Unaffiliated
<b>44</b>	346	40:05:00	Michael Lawrence	4	V/45 men (4)	m	47	Pembs Harriers
<b>45</b>	383	40:06:00	Lyn Rees	5	V/50 men (5)	m	54	Sarn Helen AAW
<b>46</b>	370	40:08:00	Peter Davies	4	V/45 men (4)	m	49	Sarn Helen AAW
<b>47</b>	305	40:09:00	Nick Blake	4	V/45 men (4)	m	47	Oswestry Olympians
<b>48</b>	241	40:10:00	Phillip Vincent	2	Senior men (1st three) (2)	m	21	Unaffiliated
<b>49</b>	239	40:25:00	Andy Bakewell	2	Senior men (1st three) (2)	m	35	Unaffiliated
<b>50</b>	315	40:25:00	Huw Price	3	V/40 men (3)	m	41	Sarn Helen AAW
<b>51</b>	249	40:25:00	Caedmon Gould	1	Under 20 men (1)	m	19	UWA Harriers
<b>52</b>	81	40:29:00	Samuel Bevan	19	Business team (3 to count) (19)	M	17	Brockweir Badgers
<b>53</b>	31	40:30:00	Edward Hudson	2	Senior men (1st three) (2)	M	22	Unaffiliated
<b>54</b>	133	40:32:00	David Alan Jones	5	V/50 men (5)	M	53	Denbigh Harriers
<b>55</b>	135	40:39:00	Alex Kemp	2	Senior men (1st three) (2)	M	28	Unaffiliated
<b>56</b>	27	40:39:00	Gwilym Jones	4	V/45 men (4)	M	49	Aberystwyth Athletic Club
<b>57</b>	219	40:50:00	Rhys Jeffreys	19	Business team (3 to count) (19)	M	30	FBA

<b>58</b>	347	40:53:00	Owen Derrick	2	Senior men (1st three) (2)	m	28	Pembs Harriers
<b>59</b>	213	40:59:00	Sam Cole	2	Senior men (1st three) (2)	M	24	Unaffiliated
<b>60</b>	252	41:03:00	Dai Roberts	2	Senior men (1st three) (2)	m	32	Aberystwyth Athletic Club
<b>61</b>	231	41:05:00	Thomas Arwel James	2	Senior men (1st three) (2)	M	35	Aberystwyth Athletic Club
<b>62</b>	363	41:07:00	Guto Llewellyn	1	Under 20 men (1)	m	18	Unaffiliated
<b>63</b>	180	41:09:00	Ian Davies	5	V/50 men (5)	m	50	Unaffiliated
<b>64</b>	95	41:12:00	Thomas Cliff	2	Senior men (1st three) (2)	M	24	Unaffiliated
<b>65</b>	1	41:14:00	Terry Simpson	7	V/60 men (7)	M	60	Rhayader A.C.
<b>66</b>	224	41:18:00	Cyril Walters	19	Business team (3 to count) (19)	M	57	Trots
<b>67</b>	376	41:27:00	Robert Parkinson	1	Under 20 men (1)	m	18	Unaffiliated
<b>68</b>	351	41:30:00	Lynn Green	15	V/45 lady (15)	f	47	Cardigan Running Club
<b>69</b>	272	41:32:00	Shelly Childs	2	Senior men (1st three) (2)	m	31	Aberystwyth Athletic Club
<b>70</b>	326	41:33:00	Stefano Antoniazzi	1	Under 20 men (1)	m	16	Unaffiliated
<b>71</b>	245	41:33:00	Owain Schiavone	2	Senior men (1st three) (2)	m	24	Unaffiliated
<b>72</b>	131	41:40:00	Richard Tredennick	2	Senior men (1st three) (2)	M	25	Cheltenham Harriers
<b>73</b>	348	41:45:00	Stafford Rees	2	Senior men (1st three) (2)	m	35	Unaffiliated
<b>74</b>	11	41:46:00	Caroline John	14	V/40 lady (14)	f	40	UWA Harries
<b>75</b>	190	41:47:00	Dave Townhill	2	Senior men (1st three) (2)	m	32	Brecon Tri Club
<b>76</b>	28	41:49:00	Chris Martin	4	V/45 men (4)	M	46	Rhayader A.C.
<b>77</b>	70	41:58:00	Chris Forster Brown	2	Senior men (1st three) (2)	M	37	Unaffiliated
<b>78</b>	308	41:59:00	Rob Smith	2	Senior men (1st three) (2)	m	39	Unaffiliated
<b>79</b>	251	42:04:00	Geraint Rees	4	V/45 men (4)	m	46	Rhayader A.C.
<b>80</b>	126	42:06:00	Kevin Holland	4	V/45 men (4)	M	46	Aberystwyth A.C.
<b>81</b>	384	42:11:00	Dafydd Edwards	1	Under 20 men (1)	m	17	Unaffiliated
<b>82</b>	238	42:18:00	Gareth Williams	2	Senior men (1st three) (2)	m	35	Unaffiliated
<b>83</b>	277	42:21:00	Kathryn Walkley	12	Senior lady (1st three) (12)	f	26	Unaffiliated
<b>84</b>	85	42:22:00	Clive Williams	2	Senior men (1st three) (2)	M	37	Unaffiliated
<b>85</b>	177	42:24:00	Tim Edwards	2	Senior men (1st three) (2)	m	23	Unaffiliated
<b>86</b>	302	42:25:00	Peter Walters	19	Business team (3 to count) (19)	m	43	Trots
<b>87</b>	176	42:42:00	Martyn Saycell	2	Senior men (1st three) (2)	m	31	Aberystwyth AC

<b>88</b>	317	42:50:00	James Scofield	1	Under 20 men (1)	m	19	UWA Harriers
<b>89</b>	316	42:52:00	Anneka Smith	12	Senior lady (1st three) (12)	f	20	UWA Harriers
<b>90</b>	270	42:57:00	Sian Williams	12	Senior lady (1st three) (12)	m	33	Pembs Tri Club
<b>91</b>	275	43:00:00	Derek Randall	2	Senior men (1st three) (2)	m	20	UWA Harriers
<b>92</b>	10	43:01:00	Kevin Ashford	4	V/45 men (4)	m	45	Unaffiliated
<b>93</b>	227	43:03:00	Ryszard Piotrowicz	3	V/40 men (3)	M	44	Unaffiliated
<b>94</b>	223	43:05:00	Aled Llyr	3	V/40 men (3)	M	41	Unaffiliated
<b>95</b>	225	43:05:00	Peter Moscrop	4	V/45 men (4)	M	49	Unaffiliated
<b>96</b>	218	43:10:00	Delyth Davies	19	Business team (3 to count) (19)	F	24	FBA
<b>97</b>	320	43:13:00	Robert Chiltern	6	V/55 men (6)	m	56	Bro Dysynni AC
<b>98</b>	262	43:25:00	Jac Davies	1	Under 20 men (1)	m	18	Unaffiliated
<b>99</b>	282	43:26:00	Arwel Price	4	V/45 men (4)	m	46	Cerist Tri Club
<b>100</b>	358	43:31:00	Ben Rushbrook	2	Senior men (1st three) (2)	m	24	Unaffiliated
<b>101</b>	6	43:33:00	Martin Slee	3	V/40 men (3)	m	42	Unaffiliated
<b>102</b>	124	43:34:00	Steven Epstein	19	Business team (3 to count) (19)	M	30	Brecon Multisport
<b>103</b>	292	43:34:00	Alan Edwards	2	Senior men (1st three) (2)	m	37	Unaffiliated
<b>104</b>	355	43:41:00	Jonathan Brough	2	Senior men (1st three) (2)	m	20	Unaffiliated
<b>105</b>	102	43:47:00	John Evans	6	V/55 men (6)	M	58	Aberystwyth A.C.
<b>106</b>	336	43:58:00	Justin Lewis	2	Senior men (1st three) (2)	m	34	Unaffiliated
<b>107</b>	2	44:03:00	Malcom Taylor	7	V/60 men (7)	M	61	Bro Dysynni AC
<b>108</b>	244	44:04:00	Andy Eden	3	V/40 men (3)	m	44	Aberystwyth Athletic Club
<b>109</b>	378	44:09:00	Kevin Bryan	2	Senior men (1st three) (2)	m	36	Unaffiliated
<b>110</b>	82	44:10:00	Ian Wood	19	Business team (3 to count) (19)	M	44	Brockweir Badgers
<b>111</b>	333	44:11:00	David Michael	19	Business team (3 to count) (19)	m	39	National Library of Wales
<b>112</b>	256	44:14:00	William Drake	5	V/50 men (5)	m	54	Unaffiliated
<b>113</b>	199	44:15:00	Simon Hindmarsh	12	Senior lady (1st three) (12)	F	21	Unaffiliated
<b>114</b>	170	44:19:00	Steven Higgins	3	V/40 men (3)	M	40	Unaffiliated
<b>115</b>	53	44:21:00	Jo Thatcher	13	V/35 lady (13)	F	36	Unaffiliated
<b>116</b>	349	44:24:00	Colin Jackson	4	V/45 men (4)	m	45	Unaffiliated
<b>117</b>	200	44:26:00	John Shaw	2	Senior men (1st three) (2)	M	37	Unaffiliated

<b>118</b>	58	44:33:00	George Ryan	1	Under 20 men (1)	M	18	Unaffiliated
<b>119</b>	179	44:34:00	Brooks Ellis	2	Senior men (1st three) (2)	m	20	Aberystwyth Amnesty
<b>120</b>	311	44:38:00	Paul Edwards	4	V/45 men (4)	m	45	Pembs Harriers
<b>121</b>	290	44:54:00	Paul Coleman	3	V/40 men (3)	m	43	Pembs Harriers
<b>122</b>	330	44:55:00	Julie MacLeavy	12	Senior lady (1st three) (12)	f	23	UWA Harriers
<b>123</b>	175	44:56:00	Anita Vautier	12	Senior lady (1st three) (12)	f	25	Aberystwyth AC
<b>124</b>	319	45:00:00	Terry Gover	6	V/55 men (6)	m	56	Pembs Tri Club
<b>125</b>	159	45:13:00	Nigel Johnston	3	V/40 men (3)	M	42	Unaffiliated
<b>126</b>	163	45:27:00	Peter Jones	19	Business team (3 to count) (19)	M	47	Rwsters
<b>127</b>	192	45:39:00	Russell Downes	2	Senior men (1st three) (2)	m	20	Unaffiliated
<b>128</b>	191	45:40:00	Mathew Hale	2	Senior men (1st three) (2)	m	24	Unaffiliated
<b>129</b>	216	45:50:00	Mauro Caffarelli	5	V/50 men (5)	M	53	Unaffiliated
<b>130</b>	279	45:54:00	Carol Glover	11	Under 20 lady (11)	f	19	UW Swansea
<b>131</b>	78	45:54:00	Myfanwy Cowdy	13	V/35 lady (13)	F	39	Unaffiliated
<b>132</b>	136	45:58:00	Andrew Reynolds	2	Senior men (1st three) (2)	M	22	Unaffiliated
<b>133</b>	45	46:03:00	David Jones	2	Senior men (1st three) (2)	M	33	Unaffiliated
<b>134</b>	7	46:07:00	John Bearne	5	V/50 men (5)	m	51	Unaffiliated
<b>135</b>	103	46:09:00	Elvet Jones	7	V/60 men (7)	M	58	Unaffiliated
<b>136</b>	208	46:13:00	Graham Harvey	3	V/40 men (3)	M	40	Unaffiliated
<b>137</b>	254	46:18:00	Sion Williams	2	Senior men (1st three) (2)	m	27	Unaffiliated
<b>138</b>	314	46:24:00	Lucy Elcomb	12	Senior lady (1st three) (12)	f	27	Pembs Tri Club
<b>139</b>	301	46:25:00	Neil Burgess	3	V/40 men (3)	m	44	Unaffiliated
<b>140</b>	162	46:26:00	Robert Gray	19	Business team (3 to count) (19)	M	45	Rwsters
<b>141</b>	50	46:31:00	Colin Goulding	2	Senior men (1st three) (2)	M	27	Barnet & District A.C.
<b>142</b>	52	46:32:00	Rhys Thatcher	2	Senior men (1st three) (2)	M	37	Unaffiliated
<b>143</b>	342	46:32:00	Mark Wagner	2	Senior men (1st three) (2)	m	30	Telford A.C.
<b>144</b>	324	46:40:00	Amos Berwick	3	V/40 men (3)	m	41	Unaffiliated
<b>145</b>	289	46:47:00	Gill Coleman	14	V/40 lady (14)	f	40	Pembs Harriers
<b>146</b>	232	46:49:00	Ben Edwards	2	Senior men (1st three) (2)	m	20	Unaffiliated
<b>147</b>	187	46:51:00	Sarah Townhill	13	V/35 lady (13)	f	35	Brecon Tri Club

<b>148</b>	173	46:56:00	Marfia Newton	12	Senior lady (1st three) (12)	f	29	Unaffiliated
<b>149</b>	313	46:58:00	David Howells	5	V/50 men (5)	m	51	Pembs Tri Club
<b>150</b>	206	47:04:00	Sheila Jones	14	V/40 lady (14)	F	44	Bro Dysynni AC
<b>151</b>	87	47:07:00	Peter Farenden	4	V/45 men (4)	M	46	Unaffiliated
<b>152</b>	259	47:08:00	Joseph Ironside	2	Senior men (1st three) (2)	m	28	Aberystwyth Amnesty
<b>153</b>	283	47:14:00	Michael Griffiths	6	V/55 men (6)	m	57	Unaffiliated
<b>154</b>	344	47:20:00	Michael Regan	4	V/45 men (4)	m	49	Yeovil Town RRC
<b>155</b>	209	47:23:00	Delor Harvey	13	V/35 lady (13)	F	37	Unaffiliated
<b>156</b>	132	47:24:00	Martin Chaffey	2	Senior men (1st three) (2)	M	30	Yeovil Town RRC
<b>157</b>	166	47:29:00	John Draper	4	V/45 men (4)	M	47	Llandre Harriers
<b>158</b>	276	47:37:00	David James	6	V/55 men (6)	m	57	Unaffiliated
<b>159</b>	46	47:48:00	Christopher Offa	2	Senior men (1st three) (2)	M	32	Unaffiliated
<b>160</b>	250	47:55:00	Mathew Earland	2	Senior men (1st three) (2)	m	20	Unaffiliated
<b>161</b>	37	47:56:00	Huw Bonner	19	Business team (3 to count) (19)	M	35	National Library of Wales
<b>162</b>	65	48:00:00	Clive Williams	4	V/45 men (4)	M	48	Unaffiliated
<b>163</b>	101	48:08:00	Noel Williams	2	Senior men (1st three) (2)	M	38	Unaffiliated
<b>164</b>	116	48:09:00	Daniel Bullock	2	Senior men (1st three) (2)	M	32	Unaffiliated
<b>165</b>	235	48:12:00	David Hopper	7	V/60 men (7)	m	62	Unaffiliated
<b>166</b>	57	48:16:00	Peter Edwards	1	Under 20 men (1)	M	18	Unaffiliated
<b>167</b>	236	48:17:00	Peter Trudgill	8	V/65 men (8)	m	68	Unaffiliated
<b>168</b>	258	48:30:00	Robert Hatch	2	Senior men (1st three) (2)	m	21	Unaffiliated
<b>169</b>	286	48:30:00	Anthony Jones	2	Senior men (1st three) (2)	m	32	Unaffiliated
<b>170</b>	198	48:32:00	Paul Stovell	5	V/50 men (5)	M	50	Unaffiliated
<b>171</b>	23	48:46:00	Paul Gillard	4	V/45 men (4)	M	45	Unaffiliated
<b>172</b>	143	48:48:00	Susan Day	14	V/40 lady (14)	F	44	Unaffiliated
<b>173</b>	367	48:48:00	Terry Breen-Smith	2	Senior men (1st three) (2)	m	32	Unaffiliated
<b>174</b>	119	48:48:00	John Williams	19	Business team (3 to count) (19)	M	45	Carmarthen Ambulance Station
<b>175</b>	364	48:48:00	Owen John	1	Under 20 men (1)	m	18	Unaffiliated
<b>176</b>	297	48:49:00	Jennifer Evans	11	Under 20 lady (11)	f	18	Falmouth Road Runners
<b>177</b>	368	48:50:00	Ian Morgan	2	Senior men (1st three) (2)	m	33	Unaffiliated

<b>178</b>	375	48:51:00	Lludd Ap Iwan	1	Under 20 men (1)	m	19	Unaffiliated
<b>179</b>	80	48:53:00	Dougal Croome	19	Business team (3 to count) (19)	M	49	Brockweir Badgers
<b>180</b>	237	48:57:00	Owen Simpkins	2	Senior men (1st three) (2)	m	33	Unaffiliated
<b>181</b>	79	48:59:00	Patrick Cowdy	3	V/40 men (3)	M	42	Unaffiliated
<b>182</b>	306	49:02:00	Ricky Evans	4	V/45 men (4)	m	45	Unaffiliated
<b>183</b>	13	49:09:00	Mathew Clement	2	Senior men (1st three) (2)	M	23	Unaffiliated
<b>184</b>	4	49:11:00	Tanis Hand	19	Business team (3 to count) (19)	f	45	Trots
<b>185</b>	340	49:18:00	Dylan Edwards	4	V/45 men (4)	m	49	Unaffiliated
<b>186</b>	233	49:21:00	Lucy Hancock	12	Senior lady (1st three) (12)	f	30	Unaffiliated
<b>187</b>	169	49:22:00	Robert Davies	4	V/45 men (4)	M	46	Unaffiliated
<b>188</b>	373	49:36:00	David Blaire	12	Senior lady (1st three) (12)	m	34	Unaffiliated
<b>189</b>	104	49:39:00	Kate Houers	15	V/45 lady (15)	F	45	Unaffiliated
<b>190</b>	387	49:42:00	Steven Smith	2	Senior men (1st three) (2)	m	31	Unaffiliated
<b>191</b>	76	49:44:00	Nicola St. John	13	V/35 lady (13)	F	36	Unaffiliated
<b>192</b>	75	49:44:00	Jonathan St. John	3	V/40 men (3)	M	40	Unaffiliated
<b>193</b>	64	49:47:00	Helen Williams	14	V/40 lady (14)	F	43	Unaffiliated
<b>194</b>	392	49:47:00	Hollie Bryant	11	Under 20 lady (11)	f	19	Unaffiliated
<b>195</b>	60	50:02:00	Mathew Nankivell	2	Senior men (1st three) (2)	M	21	Unaffiliated
<b>196</b>	107	50:19:00	Kevin Austin	19	Business team (3 to count) (19)	M	32	Hot tu Trot
<b>197</b>	42	50:22:00	Rhydian Davies	19	Business team (3 to count) (19)	M	31	National Library of Wales
<b>198</b>	49	50:31:00	Adrian Hedgley	4	V/45 men (4)	M	45	Rhayader A.C.
<b>199</b>	138	50:40:00	Margaret Roberts	14	V/40 lady (14)	f	41	Bro Dysynni AC
<b>200</b>	382	50:47:00	Keir Watson	2	Senior men (1st three) (2)	m	20	Lazy Boyz Club
<b>201</b>	33	50:49:00	Jonathan Hoskins	1	Under 20 men (1)	M	17	Unaffiliated
<b>202</b>	361	50:53:00	Maggie Collingbourne	14	V/40 lady (14)	f	40	Unaffiliated
<b>203</b>	318	50:59:00	Haroldas Ralwadvaskas	1	Under 20 men (1)	m	18	Unaffiliated
<b>204</b>	115	50:59:00	Benjamin Rees	2	Senior men (1st three) (2)	M	25	Unaffiliated
<b>205</b>	127	50:59:00	Adrian Hughes	2	Senior men (1st three) (2)	M	35	Unaffiliated
<b>206</b>	240	51:05:00	John LI Williams	2	Senior men (1st three) (2)	m	39	Unaffiliated
<b>207</b>	123	51:08:00	Ruth Epstein	19	Business team (3 to count) (19)	F	30	Brecon Multisport

<b>208</b>	377	51:09:00	Neil Gale	2	Senior men (1st three) (2)	m	36	Magic of Life
<b>209</b>	73	51:10:00	Ann Williams	13	V/35 lady (13)	F	38	NSRRA (186)
<b>210</b>	196	51:18:00	Robert Allen Harding	5	V/50 men (5)	m	53	Telford Harriers
<b>211</b>	17	51:24:00	Cian Llywelyn	1	Under 20 men (1)	M	17	Unaffiliated
<b>212</b>	220	51:25:00	Meirion Jones	19	Business team (3 to count) (19)	M	49	FBA
<b>213</b>	345	51:25:00	Kentard Nagasawa	2	Senior men (1st three) (2)	m	23	Unaffiliated
<b>214</b>	365	51:54:00	Martin Cooke	2	Senior men (1st three) (2)	m	24	Unaffiliated
<b>215</b>	260	51:54:00	Elizabeth Marston	12	Senior lady (1st three) (12)	f	21	Unaffiliated
<b>216</b>	261	51:54:00	Caroline Marston	11	Under 20 lady (11)	f	19	Unaffiliated
<b>217</b>	174	51:59:00	Rhiannon Davies	12	Senior lady (1st three) (12)	f	30	Unaffiliated
<b>218</b>	97	52:00:00	Damon Hammond	3	V/40 men (3)	M	41	Unaffiliated
<b>219</b>	298	52:05:00	Arwel Jones	2	Senior men (1st three) (2)	m	36	Unaffiliated
<b>220</b>	204	52:10:00	Carolyn Fowler	13	V/35 lady (13)	F	29	Unaffiliated
<b>221</b>	271	52:20:00	Janet Younger	16	V/50 lady (16)	f	54	Pembs Harriers
<b>222</b>	99	52:22:00	Claire Foale	12	Senior lady (1st three) (12)	F	20	Aberystwyth A.C.
<b>223</b>	21	52:38:00	Robert Cooper	3	V/40 men (3)	M	39	Unaffiliated
<b>224</b>	51	52:42:00	Lowri Griffiths	12	Senior lady (1st three) (12)	F	22	Unaffiliated
<b>225</b>	157	52:49:00	Ashling Kerr	12	Senior lady (1st three) (12)	F	20	Unaffiliated
<b>226</b>	182	52:56:00	Eleri Connor	12	Senior lady (1st three) (12)	f	22	Unaffiliated
<b>227</b>	44	53:04:00	Adriano Evola	4	V/45 men (4)	M	46	Aberystwyth
<b>228</b>	55	53:05:00	Hannah Evans	12	Senior lady (1st three) (12)	F	22	Unaffiliated
<b>229</b>	334	53:13:00	Katrina Michael	13	V/35 lady (13)	f	38	Unaffiliated
<b>230</b>	369	53:15:00	Mari Stevens	12	Senior lady (1st three) (12)	f	26	Unaffiliated
<b>231</b>	71	53:15:00	Hawys Dafis	12	Senior lady (1st three) (12)	F	27	Unaffiliated
<b>232</b>	329	53:16:00	Nia Wyn	12	Senior lady (1st three) (12)	f	24	Unaffiliated
<b>233</b>	371	53:17:00	Gareth Revell	2	Senior men (1st three) (2)	m	35	Unaffiliated
<b>234</b>	195	53:22:00	Philip Hollins	5	V/50 men (5)	m	52	Unaffiliated
<b>235</b>	142	53:23:00	Alun Jones	4	V/45 men (4)	M	49	Unaffiliated
<b>236</b>	328	53:32:00	Leo Lewis	15	V/45 lady (15)	f	45	Unaffiliated
<b>237</b>	294	53:32:00	Dewi Evans	2	Senior men (1st three) (2)	m	36	Unaffiliated

<b>238</b>	68	53:35:00	Sarah Deaves	12	Senior lady (1st three) (12)	F	32	Unaffiliated
<b>239</b>	386	53:35:00	Sion Aron	2	Senior men (1st three) (2)	m	36	Unaffiliated
<b>240</b>	339	53:38:00	Geraint Jones	2	Senior men (1st three) (2)	m	35	Unaffiliated
<b>241</b>	295	53:39:00	Pauline Charlett	14	V/40 lady (14)	f	43	Pembs Harriers
<b>242</b>	121	53:43:00	Mike Timbrell	2	Senior men (1st three) (2)	M	33	Unaffiliated
<b>243</b>	39	53:45:00	Gwyndaf Evans	19	Business team (3 to count) (19)	M	32	National Library of Wales
<b>244</b>	322	53:46:00	Ceri Williams	2	Senior men (1st three) (2)	m	31	Unaffiliated
<b>245</b>	77	53:47:00	Helen Morehouse	12	Senior lady (1st three) (12)	F	28	Unaffiliated
<b>246</b>	389	53:51:00	Michael Wall	12	Senior lady (1st three) (12)	m	30	Unaffiliated
<b>247</b>	287	53:53:00	Rachel Buxton	11	Under 20 lady (11)	f	19	UWA Harriers
<b>248</b>	288	53:53:00	Tamara Ball	12	Senior lady (1st three) (12)	f	20	UWA Harriers
<b>249</b>	47	54:08:00	Goronwy Evans	4	V/45 men (4)	M	48	Unaffiliated
<b>250</b>	278	54:09:00	Sally Hughes	15	V/45 lady (15)	f	47	Unaffiliated
<b>251</b>	359	54:21:00	Russ Morpew	2	Senior men (1st three) (2)	m	25	Unaffiliated
<b>252</b>	90	54:35:00	Gina Leach	12	Senior lady (1st three) (12)	F	30	Newtown A. Club
<b>253</b>	18	54:37:00	Caroline Orrells	15	V/45 lady (15)	F	47	Maldwyn Harriers
<b>254</b>	215	54:42:00	Manon Roberts	14	V/40 lady (14)	F	44	Unaffiliated
<b>255</b>	20	54:47:00	Geinor Jones	12	Senior lady (1st three) (12)	F	22	Unaffiliated
<b>256</b>	228	54:52:00	Uta Kohl	12	Senior lady (1st three) (12)	F	34	Unaffiliated
<b>257</b>	374	54:57:00	Anthony Broome	5	V/50 men (5)	m	52	Unaffiliated
<b>258</b>	178	54:58:00	Katharine Clark	12	Senior lady (1st three) (12)	f	20	Unaffiliated
<b>259</b>	211	55:03:00	Rebeka Baker	2	Senior men (1st three) (2)	F	21	Unaffiliated
<b>260</b>	210	55:03:00	David Ellis	2	Senior men (1st three) (2)	M	29	Unaffiliated
<b>261</b>	106	55:24:00	Emma Small	19	Business team (3 to count) (19)	F	34	Hot tu Trot
<b>262</b>	212	55:25:00	Maureen Pritchard	14	V/40 lady (14)	F	41	Unaffiliated
<b>263</b>	388	55:28:00	Sara Dibden	13	V/35 lady (13)	f	27	Unaffiliated
<b>264</b>	229	55:29:00	Susan Evans	14	V/40 lady (14)	F	44	Unaffiliated
<b>265</b>	230	55:31:00	Roddy Evans	4	V/45 men (4)	M	47	Unaffiliated
<b>266</b>	257	55:48:00	Robert Smith	3	V/40 men (3)	m	44	Unaffiliated
<b>267</b>	40	55:59:00	Rhodri Morgan	19	Business team (3 to count) (19)	M	38	National Library of Wales

<b>268</b>	164	56:06:00	Pamela Gray	19	Business team (3 to count) (19)	F	41	Rwsters
<b>269</b>	12	56:20:00	Marjorie Griffiths	17	V/55 lady (17)	F	59	Bro Dysynni AC
<b>270</b>	156	56:22:00	Richard Harding	2	Senior men (1st three) (2)	M	31	Unaffiliated
<b>271</b>	372	56:38:00	Hayley Revell	1	Under 20 men (1)	f	37	Unaffiliated
<b>272</b>	35	56:42:00	Brian Richards	19	Business team (3 to count) (19)	M	45	National Library of Wales
<b>273</b>	94	56:43:00	Josephine Ashe	11	Under 20 lady (11)	F	18	Unaffiliated
<b>274</b>	41	56:46:00	Stephen Jones	19	Business team (3 to count) (19)	M	33	National Library of Wales
<b>275</b>	201	56:54:00	Paul Eaton	3	V/40 men (3)	M	42	Unaffiliated
<b>276</b>	202	56:54:00	Neil Eaton	2	Senior men (1st three) (2)	M	34	Unaffiliated
<b>277</b>	93	56:55:00	William Cliff	1	Under 20 men (1)	M	18	Unaffiliated
<b>278</b>	69	56:57:00	Roanna Manson	13	V/35 lady (13)	F	36	Unaffiliated
<b>279</b>	72	56:59:00	Zoe Powell	12	Senior lady (1st three) (12)	F	29	Unaffiliated
<b>280</b>	120	57:02:00	Aneurin Heath	19	Business team (3 to count) (19)	M	43	Carmarthen Ambulance Station
<b>281</b>	352	57:06:00	John Butler	7	V/60 men (7)	m	62	Bro Dysynni AC
<b>282</b>	91	57:12:00	Andrew Hollins	2	Senior men (1st three) (2)	M	30	Unaffiliated
<b>283</b>	26	57:23:00	Sue Ginley	14	V/40 lady (14)	F	42	Unaffiliated
<b>284</b>	264	57:38:00	Georgia Williams	11	Under 20 lady (11)	f	16	Unaffiliated
<b>285</b>	148	57:44:00	Kate Rushmore	12	Senior lady (1st three) (12)	F	20	Unaffiliated
<b>286</b>	293	57:51:00	Tegryn Jones	2	Senior men (1st three) (2)	m	36	Unaffiliated
<b>287</b>	393	57:52:00	Ben Macleod	11	Under 20 lady (11)	m	20	Unaffiliated
<b>288</b>	381	57:56:00	Kevin Jarvis	2	Senior men (1st three) (2)	m	20	Lazy Boyz Club
<b>289</b>	380	57:56:00	David Akin	2	Senior men (1st three) (2)	m	20	Lazy Boyz Club
<b>290</b>	5	58:00:00	Christine Benson	15	V/45 lady (15)	f	47	Unaffiliated
<b>291</b>	268	58:10:00	William Tucker	2	Senior men (1st three) (2)	m	20	Aberystwyth Amnesty
<b>292</b>	43	58:34:00	Camwm Macdonald	19	Business team (3 to count) (19)	M	33	National Library of Wales
<b>293</b>	172	58:36:00	Gudrun Jones	4	V/45 men (4)	m	47	Sarn Helen AAW
<b>294</b>	48	58:50:00	Cristina Santos	14	V/40 lady (14)	F	42	Rhayader A.C.
<b>295</b>	312	59:01:00	Ian Mitchell	7	V/60 men (7)	m	60	Unaffiliated
<b>296</b>	29	59:02:00	Michelle Beeson	13	V/35 lady (13)	F	35	Maldwyn Harriers
<b>297</b>	9	59:02:00	Rachel Thomas	13	V/35 lady (13)	f	37	Unaffiliated

<b>298</b>	137	59:32:00	Michael David Richards	3	V/40 men (3)	M	42	Unaffiliated
<b>299</b>	310	59:35:00	Ann Mitchell	16	V/50 lady (16)	f	53	Unaffiliated
<b>300</b>	100	59:38:00	Lucy Jones	18	V/60 lady (18)	F	61	Unaffiliated
<b>301</b>	117	59:45:00	Wynne Rees	19	Business team (3 to count) (19)	M	56	Carmarthen Ambulance Station
<b>302</b>	149	60:02:00	Victoria Davies	13	V/35 lady (13)	F	35	Unaffiliated
<b>303</b>	265	60:13:00	Angharad Holland	11	Under 20 lady (11)	f	16	Unaffiliated
<b>304</b>	309	60:13:00	Rhian Breese	11	Under 20 lady (11)	f	17	Unaffiliated
<b>305</b>	263	60:13:00	Elin Griffiths	11	Under 20 lady (11)	f	17	Unaffiliated
<b>306</b>	353	60:32:00	David Gifford	1	Under 20 men (1)	m	19	Unaffiliated
<b>307</b>	34	61:01:00	Wayne Hoskins	4	V/45 men (4)	M	46	Unaffiliated
<b>308</b>	285	61:11:00	Lona Mason	13	V/35 lady (13)	f	36	Unaffiliated
<b>309</b>	284	61:11:00	Robyn Mason	2	Senior men (1st three) (2)	m	31	Unaffiliated
<b>310</b>	217	61:50:00	Annmarie Pit	0	Business team (3 to count) (19)	F	49	FBA
<b>311</b>	189	61:50:00	Tom Mathews	1	Under 20 men (1)	m	18	Brecon A.C.
<b>312</b>	36	62:25:00	Elgar Pugh	19	Business team (3 to count) (19)	M	51	National Library of Wales
<b>313</b>	214	62:45:00	Nikki Rabjohns	15	V/45 lady (15)	F	47	Unaffiliated
<b>314</b>	151	63:35:00	Alexander Lester	12	Senior lady (1st three) (12)	f	20	Unaffiliated
<b>315</b>	203	63:41:00	Morfudd Bevan-Jones	12	Senior lady (1st three) (12)	F	24	Unaffiliated
<b>316</b>	32	63:41:00	Mared Llwyd	12	Senior lady (1st three) (12)	F	25	Unaffiliated
<b>317</b>	391	63:44:00	Mark Picken	5	V/50 men (5)	m	50	Unaffiliated
<b>318</b>	56	63:44:00	Gwyn Davies	8	V/65 men (8)	M	65	Unaffiliated
<b>319</b>	255	63:54:00	Angela Quinn	13	V/35 lady (13)	f	35	Unaffiliated
<b>320</b>	184	64:05:00	Karen Roberts	12	Senior lady (1st three) (12)	f	26	3 Amigos
<b>321</b>	185	64:05:00	Sally Walker	12	Senior lady (1st three) (12)	f	31	3 Amigos
<b>322</b>	186	64:05:00	Jennie Wood	12	Senior lady (1st three) (12)	f	33	3 Amigos
<b>323</b>	379	65:38:00	Sylvia Nurmio	11	Under 20 lady (11)	f	19	Unaffiliated
<b>324</b>	38	65:46:00	Dilwyn Williams	19	Business team (3 to count) (19)	M	38	National Library of Wales
<b>325</b>	273	66:46:00	David Bourne	2	Senior men (1st three) (2)	m	21	Aberystwyth Amnesty
<b>326</b>	155	67:07:00	Chantelle Kirwan-Izzo	11	Under 20 lady (11)	F	19	Unaffiliated
<b>327</b>	150	67:08:00	Alexis Reeves	12	Senior lady (1st three) (12)	F	21	Unaffiliated

<b>328</b>	141	67:49:00	Kathy Ling	18	V/60 lady (18)	F	61	Wrekin Road Runners
<b>329</b>	194	69:11:00	Claire Jowitt	13	V/35 lady (13)	f	36	Unaffiliated
<b>330</b>	62	69:43:00	Fe Thomas	13	V/35 lady (13)	F	39	Unaffiliated
<b>331</b>	61	70:22:00	Metin Meral	3	V/40 men (3)	M	40	Unaffiliated
<b>332</b>	25	70:40:00	Dean Birt	2	Senior men (1st three) (2)	M	31	Unaffiliated
<b>333</b>	96	71:41:00	Sarah Eireon	14	V/40 lady (14)	F	22	Aberystwyth Amnesty
<b>334</b>	274	71:41:00	Jema Davies	12	Senior lady (1st three) (12)	f	20	Aberystwyth Amnesty
<b>335</b>	167	74:16:00	Maureen Darlington	17	V/55 lady (17)	F	55	Unaffiliated
<b>336</b>	299	74:28:00	Jilly Pinchin	13	V/35 lady (13)	f	38	Unaffiliated
<b>337</b>	300	74:28:00	James Lacourse	2	Senior men (1st three) (2)	m	35	Unaffiliated
<b>338</b>	168	74:36:00	Christina Bromage	16	V/50 lady (16)	F	54	Unaffiliated
<b>339</b>	15	74:41:00	Carol Davies	13	V/35 lady (13)	F	36	Unaffiliated
<b>340</b>	226	75:40:00	Louise Amery	13	V/35 lady (13)	F	37	Unaffiliated
<b>341</b>	22	77:08:00	Antony W. Bransden	10	V/80 men (10)	M	80	Unaffiliated
<b>342</b>	247	78:08:00	Mark Brown	2	Senior men (1st three) (2)	m	20	Aberystwyth Amnesty
<b>343</b>	105	78:26:00	Howard Davies	19	Business team (3 to count) (19)	M	56	Hot tu Trot
<b>344</b>	304	79:03:00	Judith Townhill	18	V/60 lady (18)	f	66	Unaffiliated
<b>345</b>	30	83:04:00	Sheila Symons	18	V/60 lady (18)	F	71	Bro Dysynni AC
<b>346</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>347</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>348</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>349</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>350</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>351</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>352</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>353</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>354</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>355</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>356</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>357</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A

358			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
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360			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
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363			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
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367			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
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374			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
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376			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
377			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
378			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
379			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
380			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
381			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
382			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
383			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
384			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
385			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
386			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
387			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A

<b>388</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>389</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>390</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>391</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>392</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>393</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>394</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>395</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>396</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>397</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>398</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>399</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>400</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
<b>401</b>			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A

