

Pos	Time	Family	First	Num	Ger	Age	Cat	Club	K/Spilt
1	0:34:56	Ladd	Lee	86	M	22	OM	Carmarthen Harriers	0:03:30
2	0:35:57	Wright	Pat	75	M	25	OM	Tadworth AC	0:03:36
3	0:36:18	Morris	John	60	M	29	OM	Amman Valley Harriers	0:03:38
4	0:38:06	Carter	Phil	41	M	49	M40		0:03:49
5	0:39:24	Sutton	Ben	34	M	16	YTM		0:03:56
6	0:39:48	Dawe	Andrew	8	M	43	M40	Pembs Harriers	0:03:59
7	0:39:56	Elliott	Gareth	76	M	28	OM	Pembs Harriers	0:04:00
8	0:40:02	Jones	Jonathan	52	M	40	M40	Carmarthen Harriers	0:04:00
9	0:40:16	Ouseley	Steve	3	M	36	OM	Ingli Runners	0:04:02
10	0:40:22	O'Neill	David	37	M	40	M40	Pembs Harriers	0:04:02
11	0:40:36	Hall	Tony	63	M	55	M50	Sarn Helen	0:04:04
12	0:41:04	Evans	Clifford	6	M	52	M50	Aberystwyth University	0:04:06
13	0:41:34	Dinmore	Pietro	56	M	15	YTM	Fidal Lazio	0:04:09
14	0:41:45	Lynch	Ana	38	F	37	F35	Pembs Harriers	0:04:11
15	0:41:48	Joyce	Kev	17	M	45	M40	Pembs Harrieers	0:04:11
16	0:41:49	Oughton	Paul	51	M	49	M40		0:04:11
17	0:41:58	Dinmore	Leo Paco	57	M	18	OM	Montesacro	0:04:12
18	0:42:10	Preston	Mark	18	M	46	M40		0:04:13
19	0:42:18	Evans	Darren	50	M	26	OM	Pembs Tri	0:04:14
20	0:42:21	Brown	Steve	55	M	47	M40	Pembroke Harriers	0:04:14
21	0:42:38	Hall	Simon	62	M	30	OM	Sarn Helen	0:04:16
22	0:42:49	Jones	Stephen	72	M	47	M40		0:04:17
23	0:42:50	Davies	Clair	68	F	40	F35	Pembs Tri Club	0:04:17
24	0:43:00	Williams	Rob	16	M	44	M40	Ingli Runners	0:04:18
25	0:43:09	Langford	David	71	M	51	M50	Pembs Tri	0:04:19
26	0:43:22	Davey	Eric	1	M	60	M60	Llanelli AC	0:04:20
27	0:43:39	Russell	Brian	10	M	51	M50	Cardigan RC	0:04:22
28	0:44:35	Williams	Sian	49	F	39	OF	Pembs Tri	0:04:27
29	0:44:40	Griffiths	Dave	81	M	47	M40	TROTS	0:04:28

30	0:44:46	Walters	Cyril	61	M	62	M60	TROTS	0:04:29
31	0:45:08	Dyde	Martin	22	M	52	M50	Pembs Harriers	0:04:31
32	0:45:12	Kenwright	Dawn	19	F	54	F45	Sarn Helen	0:04:31
33	0:45:19	Ouseley	Bethan	12	F	33	OF	Ingli Runners	0:04:32
34	0:45:30	Williams	Gwydion	31	M	31	OM	Sarn Helen	0:04:33
35	0:45:38	Birch	Chris	48	M	51	M50	TROTS	0:04:34
36	0:45:39	Worth	Laurence	53	M	47	M40	Pembs Harriers	0:04:34
37	0:46:09	Moffett	Brian	32	M	60	M60	TROTS	0:04:37
38	0:47:01	Brimacombe	Mark	64	M	26	OM		0:04:42
39	0:47:09	Marks	Catherine	29	F	27	OF		0:04:43
40	0:47:10	Dickson	Tim	88	M	37	OM		0:04:43
41	0:47:11	Evans	Paul	9	M	51	M50	Pembs Harriers	0:04:43
42	0:47:25	Padget	Paul	15	M	55	M50	Ingli Runners	0:04:45
43	0:42:28	James	Ray	83	M	49	M40	Port Talbot Harriers	0:04:15
44	0:47:42	Rees	Penelope	73	F	36	F35	TROTS	0:04:46
45	0:47:56	Morris	Gwen	82	F	25	OF	Ingli Runners	0:04:48
46	0:48:11	Sherwood	Roland	5	M	65	M60		0:04:49
47	0:48:37	Williams	Clare	7	F	44	F35	Ingli Runners	0:04:52
48	0:48:42	Lloyd	Sue	24	F	46	F45	Pembs Harriers	0:04:52
49	0:49:37	Walker	Helen	14	F	54	F45	Ingli Runners	0:04:58
50	0:49:53	James	Michael	80	M	25	OM		0:04:59
51	0:50:29	Williams	Alan	26	M	40	M40	Ingli Runners	0:05:03
52	0:50:48	Lynch	James	39	M	38	OM		0:05:05
53	0:51:23	Rowell	Ann	35	F	55	F55	TROTS	0:05:08
54	0:51:24	Smith	Robert	36	M	49	M40	Pembs Harriers	0:05:08
55	0:51:26	Williams	Chris	90	M	40	M40		0:05:09
56	0:52:19	Coopey	Lorraine	43	F	46	F45		0:05:14
57	0:52:20	Higgins	Katharine	11	F	28	OF		0:05:14
58	0:52:30	Brooks	Nicholas	69	M	23	OM	Club	0:05:15
59	0:52:38	Morris	Karen	42	F	43	F35		0:05:16

60	0:53:08	Williams	Alex	91	M	37	OM		0:05:19
61	0:53:28	Dinmore	Francesco	58	M		YTM	Ottavia	0:05:21
62	0:53:30	Davies	Jan	40	F	47	F45	Rhayader Running Club	0:05:21
63	0:54:17	Tinsley	Nicola	47	F	39	F35		0:05:26
64	0:54:51	Griffiths	Alison	20	F	41	F35	Pembs Harriers	0:05:29
65	0:55:14	Lewis	Scott	70	M	34	OM	Club	0:05:31
66	0:55:44	Britton	Phillip	45	M	50	M50		0:05:34
67	0:56:12	Campbell	Craig	65	M	26	OM		0:05:37
68	0:56:14	Manton	Helen	2	F	41	F35	Peel Road Runners	0:05:37
69	0:56:16	Dinmore	Guy	59	M	52	M50		0:05:38
70	0:56:19	Donnell	Nathan	66	M	20	OM		0:05:38
71	0:56:32	Phillips	David	27	M	66	M60	Pembs Harriers	0:05:39
72	0:57:08	Shaw	Sarah	85	F	39	F35		0:05:43
73	0:57:24	Shaw	William	84	M	43	M40		0:05:44
74	0:57:35	Bateman	Eddie	54	M	53	M50	Pembs Harriers	0:05:46
75	0:57:49	Evans	Linda	30	F	30	OF		0:05:47
76	0:57:57	Dyde	Lorraine	23	F	53	F45	Pembs Harriers	0:05:48
77	0:58:13	Carlisle	Claire	33	F	36	OF		0:05:49
78	0:58:22	Morgan	Kelly	74	F	28	OF	Fareham Crusaders	0:05:50
79	0:58:29	Willicombe	David	87	M	46	M40		0:05:51
80	0:58:56	Kempton	Dave	44	M	52	M50		0:05:54
81	0:58:56	Warner	Mick	13	M	65	M60	TRA	0:05:54
82	0:59:42	Bland	Madeleine	25	F	58	F55	Pembs Harriers	0:05:58
83	1:00:17	Lawlor	Daniel	67	M	17	YTM		0:06:02
84	1:00:38	Passmore	Martyn	79	M	27	OM	PCHC	0:06:04
85	1:01:08	Gardiner	Colin	28	M	61	M60		0:06:07
86	1:01:34	Shales	Jennie	89	F	39	F35		0:06:09
87	1:02:57	Bell	Jan	21	F	65	F55	Pembs Harriers	0:06:18
88	1:03:15	Playdon	Val	77	F	42	F35		0:06:19
89	1:03:15	Bowling	Sue	78	F	46	F45		0:06:19

90	1:05:40	Rogers	Toby	46	M	32	OM		0:06:34
91	1:27:08	Watts	Allen	4	M	81	M60	Sarn Helen	0:08:43