

## 2004 Results

Pos	First	Name	Club	Time	Cat
1	258	ANDREW ABBOTT	SARN HELEN	00:38:20	OM
2	259	LES HEWITSON	CARDIGAN RUNNING CLUB	00:38:37	M40
3	238	PETE GRIFFITH	TROTS	00:38:42	OM
4	251	DAVID ASTINS	PEMBROKESHIRE TRI	00:38:53	OM
5	225	DEWI JONES	TROTS	00:40:38	M50
6	235	CALVIN WILLIAMS	SARN HELEN	00:40:42	M40
7	215	LES CHAPMAN	AMMAN VALLEY	00:40:53	M50
8	214	KEVIN TAYLOR	AMMAN VALLEY	00:41:05	M40
9	248	RICHARD MARKS	SARN HELEN	00:41:27	M50
10	255	MARK KALLENBERG	CARDIGAN RUNNING CLUB	00:41:31	M40
11	206	SIMON HALL	SARN HELEN	00:41:48	OM
12	204	TONY HALL	SARN HELEN	00:41:55	M40
13	202	ROGER COOMBS	TROTS	00:41:59	OM
14	219	DALLAS WISEMAN	SARN HELEN	00:42:09	OM
15	257	JOHN SINNETT	PEMBROKESHIRE HARRIERS	00:42:11	M40
16	211	MARK DUNSCOMBE	SARN HELEN	00:42:13	M40
17	262	RHIANNON ACE	PEMBROKESHIRE TRI	00:42:24	OF
18	230	RHYS THOMAS	PEMBROKESHIRE TRI	00:42:45	OM
19	237	RICHARD BROWN	PEMBROKESHIRE TRI	00:43:00	OM
20	212	DAVE ROBERTS	AMMAN VALLEY	00:43:43	M40
21	200	ANN THOMAS	TROTS	00:44:34	F35
22	231	M LAWRENCE	PEMBROKESHIRE HARRIERS	00:45:08	M40
23	254	MARTIN DYDE	PEMBROKESHIRE HARRIERS	00:45:25	M40
24	227	JIM COOPER	TROTS	00:45:28	M40
25	265	GARETH JONES	SARN HELEN	00:45:32	OM
26	222	ROB WILLIAMS	NONE	00:45:33	OM
27	236	OWEN DERRICK	PEMBROKESHIRE HARRIERS	00:46:13	OM
28	226	CYRIL WALTERS	TROTS	00:46:20	M50
29	252	DAVE GRIFFITHS	TROTS	00:47:01	M40
30	250	ELLIE JONES	PEMBROKESHIRE TRI	00:47:38	OF
31	264	HUW PRICE	SARN HELEN	00:47:51	M40
32	209	PAUL COLMAN	PEMBROKESHIRE HARRIERS	00:48:05	M40
33	245	BRIAN HEALEY	CARDIGAN RUNNING CLUB	00:48:10	M50
34	217	RICHARD DODD	CARDIGAN RUNNING CLUB	00:48:30	OM
35	256	HUW LEWIS	PEMBROKESHIRE TRI	00:48:53	M50
36	243	MIKE HODGES	TROTS	00:49:39	M50
37	249	JANE BUCK	CARDIGAN RUNNING CLUB	00:49:55	F35
38	223	HELEN MCNAMARA	PEMBROKESHIRE HARRIERS	00:50:20	F45
39	241	TERRY GLOVER	PEMBROKESHIRE TRI	00:50:24	M50
40	253	JULIE WESTWELL	PEMBROKESHIRE TRI	00:51:17	OF
41	247	MARK DAVIES	PEMBROKESHIRE TRI	00:51:26	OM
42	228	KAREN CORCORAN	PEMBROKESHIRE TRI	00:51:41	F45
43	210	JILL COLMAN	PEMBROKESHIRE HARRIERS	00:51:47	F35
44	203	TANIS HAND	TROTS	00:52:01	F45
45	229	ADRIAN VARNEY	TROTS	00:52:10	M40
46	240	CAROL HOWARD	PEMBROKESHIRE HARRIERS	00:52:21	F45
47	266	JAN JONES	SARN HELEN	00:52:34	F35

48	239	ANDY	HODGSON	NONE	00:52:36	M40
49	232	LUCY	ELCOMB	PEMBROKESHIRE TRI	00:52:55	OF
50	224	PETER	WALKER	PEMBROKESHIRE HARRIERS	00:54:35	M40
51	221	E	BATEMAN	PEMBROKESHIRE HARRIERS	00:54:52	M40
52	233	L	NEWBERY	PEMBROKESHIRE HARRIERS	00:54:58	F35
53	220	PETER	HARDING	CARMARTHEN HARRIERS	00:55:00	M50
54	234	ALAN	JOHNSTONE	NONE	00:55:09	M50
55	261	BECKY	HILL	PEMBROKESHIRE TRI	00:56:03	OF
56	205	HUW	JONES	PEMBROKESHIRE HARRIERS	00:56:23	M40
57	208	SUE	LLOYD	PEMBROKESHIRE HARRIERS	00:56:26	F35
58	246	DAVID	HOWELLS	PEMBROKESHIRE TRI	00:56:36	M40
59	244	JULIA	HILL	PEMBROKESHIRE TRI	00:57:14	OF
60	242	SUSAN	JENKINS	SARN HELEN	00:57:18	F45
61	263	HELEN	WILLIAMS	TROTS	00:57:59	F35
62	216	JAN	YOUNGER	PEMBROKESHIRE HARRIERS	00:58:38	F45
63	201	ALISON	DOWLING	CARDIGAN RUNNING CLUB	00:58:51	F35
64	260	BRIAN	WILLIAMS	TROTS	01:00:35	M50
65	207	PAULINE	CHARLETT	PEMBROKESHIRE HARRIERS	01:01:55	F35
66	218	RUTH	HALL	SARN HELEN	01:04:33	OF
67	213	ALLEN	WATTS	SARN HELEN	01:17:45	M50
68	267	GRAHAM	R-WILLIAMS	NONE	01:35:45	M50