

## RESULTS 2005

Pos	No	First	Name	Club	Time	Cat
1	347	ANDREW	ABBOTT	SARN HELEN	00:37:44	OM
2	505	CARWYN	THOMAS	SARN HELEN	00:38:44	OM
3	349	LES	HEWITSON	INGLI RUNNERS	00:39:33	M40
4	322	MARK	FOSS		00:39:42	OM
5	351	G	JEFFERIES	CARDIGAN	00:41:27	M40
6	502	HAYDN	LLOYD	SARN HELEN	00:42:40	OM
7	489	HUW	PRICE	SARN HELEN	00:42:57	M40
8	356	JOHN	SINNETT	PMBS HARRIERS	00:43:25	M40
9	491	PETER	DAVIES	SARN HELEN	00:44:10	M50
10	493	LEE	JAMIESON	INGLI RUNNERS	00:44:25	OM
11	490	PAUL	SHELDRAKE		00:44:43	OM
12	354	HYWEL	JONES	AMMAN VALLEY HARRIERS	00:44:47	M40
13	355	DAVE	GRIFFITHS	TROTS	00:45:04	M40
14	320	NEIL	WILKINSON	CARDIGAN	00:45:23	M40
15	501	DARRELL	HARRISON	PEMBS TRI	00:45:51	OM
16	334	JAMES	SCHOFIELD	UWA HARRIERS	00:45:55	OM
17	352	HUW	PHILLIPS		00:45:56	OM
18	331	CLAIRE	CLEATHERO	TROTS	00:45:58	OF
19	485	MARTIN	DAVIES	TROTS	00:46:06	OM
20	348	LYNN	GREEN	INGLI RUNNERS	00:46:36	F45
21	484	TASHA	SEXTON		00:46:55	OF
22	488	LIAM	BOWDEN	PEMBROKESHIRE HARRIERS	00:47:21	YTH
23	336	HAROLDAS	RAZVADUSKAS		00:47:27	OM
24	344	PATRICK	MARTIN	PEMBS TRI	00:47:39	OM
25	508	MARTIN	SAYCELL		00:47:52	OM
26	353	JANE	BUCK	CARDIGAN	00:47:53	F35
27	504	PATRICK	BOOTHMAN	DARK PEAK	00:48:20	OM
28	315	TERRY	DOBSON	PEMBS TRI	00:48:23	M40
29	340	DAVID	NAYLOR		00:48:40	M50
30	500	ROB	WALTER		00:49:13	M40
31	350	STEPHEN	TWEEDALE		00:49:16	M40
32	324	HELEN	MCMAMARA	PEMBS HARRIERS	00:49:22	F45
33	333	ANNEKA	SMITH	UWA HARRIERS	00:49:28	OF
34	503	CELIA	STUART	PEMBROKESHIRE HARRIERS	00:49:32	OF
35	304	ANITA	SAYCELL	ABERYSTWYTH AC	00:49:49	OF
36	307	MIKE	ALLEN	NONE	00:50:07	OM
37	339	PAUL	EDWARDS	PEMBS HARRIERS	00:50:22	M40
38	343	TERRY	GOVER	PEMBS TRI	00:50:34	M50
39	329	JULIE	WILLAMS		00:50:50	F35
40	338	ROGER	DEVONALD	PEMBS TRI	00:50:50	M40
41	341	BOB	SMITH		00:51:02	M40

42	357	MARK	DAVIES	PEMBS TRI	00:51:18	OM
43	323	SIMON	REYNOLDS		00:51:29	M40
44	303	RICHARD	BOWMER	NONE	00:51:29	M40
45	310	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:51:48	M50
46	337	JIM	BCK	PEMBS TRI	00:51:58	OM
47	335	JAN	JONES	SARN HELEN	00:52:09	F35
48	325	M	GRIFFITHS		00:52:33	M50
49	301	WAYNE	PHILLIPS	NONE	00:52:45	M40
50	345	ALLAN	SPENCER SMITH	3M	00:53:04	M50
51	497	MARC	JONES		00:53:30	M40
52	330	HUW	JONES	PEMBROKESHIRE HARRIERS	00:53:36	M40
53	358	JULIA	HILL	PEMBS TRI	00:53:52	OF
54	496	DAVE	HOWELLS	PEMBS TRI	00:54:00	M50
55	492	KAREN	CORCORAN	PEMBSTRI	00:54:17	F45
56	495	DAVID	PETRIE		00:54:31	OM
57	328	E	BATEMAN	PEMBROKESHIRE HARRIERS	00:54:47	M40
58	318	JILL	COLMAN	PEMBS HARRIERS	00:55:06	F35
59	499	ALAN	JOHNSTNE	INGLI RUNNERS	00:55:17	M50
60	302	DAVID	PHILLIPS	PEMBS HARRIERS	00:55:32	M50
61	507	HAN	ACE	PEMBS TRI	00:55:42	OF
62	506	RHI	ACE	PEMBS TRI	00:55:42	OF
63	326	CHRIS	BUTLER		00:55:46	F35
64	342	CARYL	DAVIES	SARN HELEN	00:56:00	YTH
65	359	HILARY	MCCARTHY	CARDIGAN	00:56:02	F35
66	486	MALCOLM	MASKELL		00:56:08	M40
67	332	SUSAN	JENKINS	SARN HELEN	00:56:11	F45
68	494	HUW	PHILLIPS		00:56:19	OM
69	312	SUE	LLOYD	PEMBROKESHIRE HARRIERS	00:56:35	F35
70	360	CHRIS	SEXTON		00:58:27	M40
71	498	HARLEY	JONES		00:58:41	YTH
72	321	JAN	YOUNGER	PEMBS HARRIERS	00:59:16	F45
73	313	DYMPNA	BOYLAN	PEMBROKESHIRE HARRIERS	00:59:35	OF
74	319	ALISON	HARLE		01:00:05	F35
75	346	PATRICK	MARTIN	PEMBS TRI	01:00:14	OM
75	346	MAX	MORRIS	3M	01:00:14	M50
76	311	LORRAINE	DYDE	PEMBROKESHIRE HARRIERS	01:01:01	F45
77	327	NIGEL	LEIGHTONJONS		01:03:39	M50
78	314	ALISON	GRIFFITHS	PEMBROKESHIRE HARRIERS	01:05:56	F35
79	316	JAN	BELL		01:08:34	F45
80	306	JOANNE	HAWORTH	NONE	01:09:20	OF
81	317	BARBARA	THOMAS	PEMBS HARRIERS	01:09:49	F45
82	487	J T	BOWDEN		01:15:51	M50
83	308	JANE	ACKERMAN	INGLI RUNNERS	01:19:35	F45
84	309	ALLEN	WATTS	SARN HELEN	01:21:13	M50

