

Pos	No	First	Name	Club	Time	Cat	Age
1	35	MIKE	EVANS	CARDIFF	00:39:27	OM	32
2	24	LES	HEWITSON	INGLI RUNNERS	00:40:21	M40	44
3	74	KEVIN	GRIFFITHS	TROTS	00:41:14	M40	44
4	79	DAVID	ASTINS	PEMBS TRI	00:41:33	OM	
5	13	TIM	JAMES	INGLI RUNNERS	00:41:54	OM	29
6	27	STEVE	OUSELEY	INGLI RUNNERS	00:41:59	OM	33
7	42	MARK	DUNSCOMBE	SARN HELEN	00:42:25	M40	46
8	48	CHARLES	WALSH	PORT TALBOT HARRIERS	00:42:43	OM	33
9	22	TASHA	SEXTON	INGLI RUNNERS	00:42:54	OF	34
10	37	ANDREW	NICHOLAS	CRYMYCH TRI CLUB	00:43:35	M40	40
11	55	KAT	DRIVER	PEMBROKESHIRE HARRIERS	00:43:47	OF	31
12	40	ADAM	SWANSBOROUGH	NONE	00:43:51	OM	36
13	7	MARK	TERRY	TROTS	00:43:56	M50	50
14	15	ROB	WILLIAMS	INGLI RUNNERS	00:44:10	M40	41
15	29	SHAN	ROBERTS	INGLI RUNNERS	00:44:35	F35	40
16	66	JOHN	SINNET	PEMBS HARRIERS	00:44:50	M50	51
17	44	HUW	PRICE	SARN HELEN	00:45:21	M40	44
18	62	RICHARD	GRAHAM	NONE	00:46:22	OM	36
19	43	RHIAN	PIERCE	NONE	00:46:46	OF	24
20	2	JASON	WILKINS	CARDIGAN RUNNING CLUB	00:46:50	OM	37
21	67	ELLIE	JONES	PEMBS TRI	00:46:59	OF	27
22	4	PAUL	PADGET	INGLI RUNNERS	00:47:00	M50	52
23	75	ALEX	ILYAT	PEMBS TRI	00:47:23	OM	27
24	65	DAVE	GRIFFITHS	TROTS	00:47:29	M40	44
25	23	CHRIS	SEXTON	INGLI RUNNERS	00:47:55	M40	44
26	63	CLAIRE	CLEATHERO	TROTS	00:48:09	OF	34
27	26	ALEC	WILLIAMS	NONE	00:48:49	M40	40
28	77	JANE	BUCK	CARDIGAN RUNNING CLUB	00:48:50	F35	44
29	71	IAN	COOPER	PEMBS TRI	00:48:58	OM	
30	70	JULIAN	RUTHERFORD	PEMBS TRI	00:49:18	OM	35
31	12	HELEN	WALKER	PEMBROKESHIRE HARRIERS	00:50:03	F45	51
32	47	ANGELA	PAYNE	INGLI RUNNERS	00:50:11	F35	35
33	72	GERWYN	WADE	NONE	00:50:14	OM	37
34	39	BRIAN	CONERITY	PEMBS TRI	00:50:17	OM	37
35	5	LOIS	REED	NONE	00:50:35	OF	27
36	32	ROSS	MOORE	NONE	00:50:53	OM	33
37	33	TERRY	GOVER	PEMBS TRI	00:50:56	M50	59
38	1	ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:51:25	M50	62
39	46	ELLEN	JNES	PEMBS TRI	00:51:38	OF	25
40	14	ANDREW	JAMES	NONE	00:51:47	OM	30
41	45	SIMON	COLLINGS	PEMBS TRI	00:51:56	OM	30
42	28	BETHAN	OUSELEY	INGLI RUNNERS	00:52:16	OF	30
43	69	JOHN	KENDAL	NONE	00:52:32	M40	49
44	16	BOB	SMITH	NONE	00:52:57	M40	40
45	61	PHILLIPA	DODD	NONE	00:53:10	F35	36
46	10	BRIAN	RUSSELL	NONE	00:53:18	M40	48
47	18	TOBY	ROGERSS	INGLI RUNNERS	00:53:30	OM	29
48	54	J	POWELL	NONE	00:53:50	OM	36
49	3	JANETTE	REYNOLDS	TROTS	00:54:00	OF	28
50	60	VAL	BROWN	PEMBS TRI	00:54:14	F35	41

51	80	JULIA	HILL	PEMBS TRI	00:54:46	OF	33
52	49	DAVE	HOWELLS	PEMBS TRI	00:55:26	M50	54
53	78	MARTIN	WILLIAMS	NONE	00:55:26	M40	47
54	59	E	BATEMAN	PEMBROKESHIRE HARRIERS	00:56:14	M50	50
55	6	SARAH	EVANS	NONE	00:56:32	OF	27
56	38	YNGVE	SANGOLT	NONE	00:56:40	OM	27
57	34	ALISON	ATKINS	CARDIGAN RUNNING CLUB	00:56:47	OF	23
58	81	D	THOMAS	PEMBROKESHIRE HARRIERS	00:57:43	OM	
59	25	CLARE	WILLIAMS	NONE	00:57:58	F35	41
60	56	LIZ	DUTCH	TROTS	00:58:10	F45	51
61	11	PETER	HARDING	TROTS	00:58:13	M50	68
62	8	MICK	WARNER	NONE	00:58:21	M50	63
63	73	PAUL	SMITH	NONE	00:58:26	M50	58
64	17	ALAN	WILLIAMS	INGLI RUNNERS	00:59:39	OM	37
65	76	NIGEL	JONES	LLANELLI SEASIDE STROLER	00:59:59	M50	53
66	68	LYNNE	JONES	NONE	01:01:45	OF	30
67	20	ALISON	GRIFFITHS	PEMBROKESHIRE HARRIERS	01:02:46	F35	38
68	41	RAYMOND	GREENWOOD	NONE	01:03:00	M50	50
69	36	HELEN	DAVIS	CARDIGAN RUNNING CLUB	01:03:22	F35	37
70	19	JAN	BELL	PEMBROKESHIRE HARRIERS	01:03:42	F45	62
71	21	PAULINE	CHARLETT	PEMBROKESHIRE HARRIERS	01:04:37	F45	45
72	30	BARBARA	THOMAS	PEMBROKESHIRE HARRIERS	01:06:04	F45	63
73	31	SARAH	EVANS	NONE	01:06:05	F35	42
74	9	GUDRUN	JONES	SARN HELEN	01:12:34	F45	50
75	57	JILL	JONES	NONE	01:37:06	F35	43
76	64	AMANDA	JONES	PEMBS TRI	01:37:06	F35	38
77	58	RHIANNON	ACE	PEMBS TRI	01:37:06	OF	28
78	50	ANDRE	HERBST	NONE	01:40:41	OM	30
79	51	JONATHAN	GROVER	NONE	01:40:41	OM	27
80	52	JAYE	KNIGHT	NONE	01:40:41	OF	29
81	53	PHILIP	GROVER	NONE	01:40:41	M50	61