

Pos	Time	Family	First	Num	Gen	Age	Catgy	Club	Lcl
1	0:38:05	Wood	James	81	M	37	OM	Staffordshire Moorlands	
2	0:38:50	Hooper	Daniel	37	M	41	M40	Sarn Helen	
3	0:38:55	Price	Glyn	36	M	47	M40	Sarn Helen	
4	0:39:57	Webster	Oliver	62	M	26	OM	Sarn Helen	
5	0:40:18	Collier	John	10	M	26	OM	Westbury Harriers	L
6	0:40:32	Jones	Jack	22	M	21	OM	Angelion Jack	L
7	0:41:40	Hunt	Hugo	78	M	20	OM		
8	0:41:53	Hall	Simon	27	M	34	OM	Sarn Helen	
9	0:42:15	Corkrum	Charlie	19	M	29	OM	TROTs	
10	0:42:26	Poole	Andrew	8	M	35	OM		
11	0:42:47	Kerr	Will	76	M	31	OM	Llantood Selecta	L
12	0:44:01	Harries	Llion	60	M	18	OM	Cardigan ABC	L
13	0:44:04	Davies	Ieuan	74	M	44	M40	Llantood Selecta	
14	0:44:16	Jones	Nerys	49	F	29	OF		
15	0:44:20	Davis	Andrew	66	M	45	M40	Sarn Helen	
16	0:44:23	Ouseley	Steve	25	M	39	OM	Pembrokeshire Harriers	
17	0:44:24	Tagg	Sarah	63	F	41	F40	Llantood Selecta	
18	0:44:28	Davies	Carwyn	24	M	36	OM	Sarn Helen	
19	0:44:37	Williams	Calvin	26	M	52	M50	Sarn Helen	
20	0:44:51	Sexton	Tash	54	F	40	F40	Pembrokeshire Harriers	
21	0:45:15	Jones	Wyn	17	M	42	M40	Sarn Helen	
22	0:45:28	Davies	Ioan	90	M	35	OM		
23	0:45:32	Davies	Glen	83	M	58	M50	Mercia Fell Runners	
24	0:45:45	Owen	Barry	58	M	39	OM		
25	0:45:54	Evans	Llyr	75	M	31	OM	Llantood Selecta	L
26	0:46:00	Thomson	Rob	29	M	36	OM		
27	0:46:02	Phillips	Aneura	7	F	24	OF	Angelion Jack	
28	0:46:19	Davies	Tomos	65	M	32	OM		L
29	0:46:34	George	Rhydian	86	M	33	OM		
30	0:47:11	Beasley	Marc	72	M	27	OM		
31	0:47:17	Morris	Neal	56	M	43	M40		
32	0:47:18	Junamayr	Alex	4	M	33	OM		
33	0:47:23	Lewis	Sion	84	M	16	OM		
34	0:47:37	Orme	Gordon	1	M	71	M60	Cardigan Running Club	
35	0:48:04	Lindsay	Elen	73	F	16	OF	Team Bath AC	
36	0:48:14	Williams	Steve	46	M	35	OM		
37	0:48:31	Lightfoot	Ruben	34	M	28	OM		
38	0:48:36	Davies	Chris	5	M	56	M50		
39	0:50:01	Thomas	Aled	2	M	44	M40		
40	0:50:34	Toft	Andrew	43	M	50	M50	Cardigan Running Club	
41	0:50:53	Williams	Bethan	82	F	27	OF		
42	0:50:54	Jones	Stephen	52	M	51	M50	Emlyn Runners	
43	0:50:59	Hooper	Samuel	77	M	20	OM		
44	0:51:04	Phillips	Richard	13	M	38	OM		
45	0:51:34	Davies	Gareth	67	M	51	M50		
46	0:52:03	Allsworth	J	38	M	41	M40		L
47	0:52:05	Moody	Peter	35	M	71	M60	Carmarthen Harriers	
48	0:52:08	Bennett	Lisa	45	F	43	F40	Team Bath AC	
49	0:52:17	Harrison	Alice	33	F	35	OF	Emlyn Runners	

50	0:52:52	Loveluck	Steve	3	M	47	M40		
51	0:53:34	Thomas	Derek	12	M	48	M40		
52	0:53:59	Davies	Hazel	28	F	61	F60	Cardigan Running Club	
53	0:54:21	Sexton	Chris	53	M	50	M50	Pembrokeshire Harriers	
54	0:54:27	Harries	Ian	64	M	49	M40		L
55	0:54:51	Hooper	Isaac	79	M	18	OM		
56	0:54:58	Rees	Dorian	69	M	38	OM	Sarn Helen	
57	0:55:05	Wilkins	Jane	70	F	50	F50	Cardigan Running Club	
58	0:55:06	John	Dyfed	44	M	47	M40		
59	0:55:16	Jones	Eta Mair	20	F	21	OF	Angelion Jack	L
60	0:55:46	Simmons	Emyr	30	M	17	OM	Cardigan ABC	L
61	0:55:49	Palfrey	Emma	9	F	29	OF		L
62	0:56:08	Hawking	Janet	59	F	60	F60		L
63	0:56:19	Jones	Anwen	11	F	28	OF	TROTts	
64	0:56:24	Chattock	Jenny	87	F	40	F40		
65	0:56:24	Cox	Stephanie	88	F	43	F40		
66	0:56:28	Millar	Bill	55	M	54	M50		
67	0:56:36	Abbot	Richard	42	M	41	M40	Cardigan Football Club	
68	0:57:09	Butler	Daniel	31	M	24	OM	Cardigan ABC	
69	0:57:48	Croft	Guy	32	M	55	M50	Cardigan ABC	L
70	0:58:18	Smith	Robert	23	M	53	M50	Pembrokeshire Harriers	
71	0:58:29	Dalziel	Jon	68	M	36	OM		
72	0:59:53	Griffiths	Alison	51	F	45	F40	Pembrokeshire Harriers	
73	0:59:54	Wing	Patrick	48	M	61	M60	Pembrokeshire Harriers	
74	1:00:25	Williams	Sian	47	F	34	OF		
75	1:01:51	James	Karen	80	F	45	F40		
76	1:02:15	Brown	Richard	40	M	64	M60	Sheen Shufflers	
77	1:02:54	Davies	Carys	85	F	42	F40		
78	1:03:49	Brown	Josie	41	F	29	OF	Sheen Shufflers	
79	1:04:31	Hodges	Michael	61	M	61	M60	TROTts	L
80	1:05:17	Colman	Jill	50	F	50	F50	Pembrokeshire Harriers	
81	1:07:18	Reed	Karen	16	F	40	F40		L
82	1:09:31	Lee	Brian	6	M	46	M40	Tenby Trotters	
83	1:11:27	Evans	Delyth	71	F	46	F40		
84	1:11:28	Archer	Jessica	21	F	21	OF	Angelion Jack	
85	1:12:10	Davies	Eirian	91	M	62	M60		
86	1:12:19	Allsworth	Bryonie	39	F	19	OF		L
87	1:13:13	Rooney	Tony	18	M	52	M50	Butchers Arms Tegryn	
88	1:14:18	Evans	Sarah	15	F	48	F40		
89	1:16:57	Anthony	Julie	57	F	40	F40		
90	1:21:05	Phillips	David	89	M	70	M60	Pembrokeshire Harriers	
91	1:25:43	Thomas	Barbara	14	F	70	F60	Pembrokeshire Harriers	