

Pos	Time	Family	First	Num	Gen	Age	Catg	Club	Local
1	0:37:49	George	Ollie	76	M		C1	Pembrokeshire Harriers	
2	0:42:08	Price	Glyn	79	M	55	C5	Sarn Helen	
3	0:42:22	Lewis	Dylan	36	M	39	C1	Sarn Helen	
4	0:42:33	Monroe	Michael	42	M	33	C1	NBLRS	
5	0:43:34	George	Rhydian	80	M	41	C3		
6	0:44:07	Warren	David	27	M	62	C7		
7	0:44:12	Anthony	Rich	8	M	46	C3	Aberystwyth AC	
8	0:44:29	Maclean	Jack	72	M	26	C1		
9	0:44:48	Welton	Chris	39	M	50	C5	Rhyder Preseli	L
10	0:45:08	Davies	Huw	51	M	53	C5	Carmarthen Harriers	
11	0:45:18	Maclean	James	71	M	31	C1		
12	0:45:31	Davies	Dylan	15	M	42	C3	Sarn Helen	
13	0:46:05	Rees	Steffan	74	M	22	C1		
14	0:46:17	Wood	James	25	M	45	C3	Macclesfield Harriers	
15	0:46:29	Lindsay	Ben	68	M	28	C1		
16	0:47:15	Collins	Matthew	56	M	23	C1		L
17	0:47:35	Moses	Tom	54	M	47	C3	NBLRS	
18	0:47:43	O'Leary	Ben	30	M	47	C3	Cardigan Running Club	
19	0:48:03	Dent	Chris	28	M	38	C1		
20	0:48:38	Wheeler	Michael	32	M	34	C1		
21	0:48:48	Chant		1	F	44	C4		
22	0:49:02	Jones-Davies	Aled	19	M	40	C3	TROTts	
23	0:49:20	Osborne	Peter	50	M	61	C6	Llanelli AC	
24	0:49:57	Davies	Steff	52	M	17	C1	Carmarthen Harriers	
25	0:50:42	Thomas	Matthew	14	M	51	C5	Elmbridge RR	
26	0:50:43	Russell	Elliott	16	M	37	C1		
27	0:51:06	Hayward	Mark	37	M	48	C3	NBLRS	
28	0:51:13	Flyn	Patrick	58	M	42	C3	Ameshwy Arrows	
29	0:51:21	Lindsay	Elen	67	F	23	C2		
30	0:51:34	Willcock	Rosie	41	F	49	C2		
31	0:51:38	Rees	Arwyn	17	M	43	C3		L
32	0:52:11	Harris	Martin	78	M	55	C5	Team Cemais	
33	0:52:17	Williams	Jane	75	F	43	C4	Cardigan Running Club	
34	0:52:25	Thomas	Aled	6	M	52	C5	Llaeth Dery	
35	0:53:46	Jones	Kevin	10	M	53	C5	Sarn Helen	
36	0:53:46	Wallace	Tom	70	M	45	C3		
37	0:53:02	Willcock	Andrew	40	M	40	C3		
38	0:54:12	Wallace	Jamie	69	M	45	C3		
39	0:54:59	James	Huw	46	M	36	C1	Porthcawl Runners	
40	0:55:18	Burgess	Daniel	7	M	46	C3		
41	0:55:53	Honson-Taylor	Jess	49	F	38	C2		
42	0:55:54	Williams	Calvin	9	M	60	C7		
43	0:56:15	Loveday	Jack	64	M	35	C1		
44	0:56:46	Dew	Anthony	47	M	45	C3	TROTts	
45	0:56:52	Williams	Bethan	61	F	37	C2		
46	0:57:38	Powell	Joanna	34	F	45	C4	West Anglia Orienteering Club	
47	0:57:40	Moore	Matt	13	M	45	C3		L
48	0:57:50	Lovelock	Liz	65	F	34	C2	Westbury Harriers	
49	0:58:07	Sharratt	Robert	4	M	64	C7	Cardigan Running Club	
50	0:59:54	Jones	Will	23	M	19	C1	Llaeth Dery	
51	1:00:03	Leroutier	Olivia	22	F	47	C4	Laeth Dery	
52	1:00:08	Powell	Richard	35	M	45	C3	West Anglia Orienteering Club	
53	1:00:12	Jones	Emma	62	F	54	C6	TROTts	
54	1:00:13	Eden	Charlote	73	F	25	C2		
55	1:00:30	Jones	Johnathan	18	M	51	C5		
56	1:00:23	Ifan	Huw	5	M	30	C1		L
57	1:02:05	Luxton	R	29	M	62	C7		
58	1:02:34	Sexton	Chris	45	M	58	C5	Pembrokeshire Harriers	

59	1:02:43	Price	Johnathan	11	M	17	C1	Sarn Helen	
60	1:03:36	Jones	Hannah	60	F	41	C4	Cardigan Boxing Club	
61	1:03:43	Black	Chris	53	M	22	C1	NBLRS	
62	1:04:19	Griffiths	Nerys	63	F	32	C2		
63	1:04:23	Morgan	Mair	3	F	57	C6	TROTts	
64	1:07:07	Morgan	Lon	12	F	65	C8	TROTts	
65	1:08:48	Griffiths	Mari	43	F	29	C2		L
66	1:08:48	Forster	Julian	44	M	64	C7		
67	1:09:07	Griffith	John	20	M	72	C7		
68	1:09:22	Rooney	Steve	31	M	57	C5		
69	1:13:09	Rees	Fraser	66	M	44	C3		
70	1:13:46	Hasler	Raymond	2	M	70	C7		
71	1:14:27	Cook	Mollie	77	F	23	C2	Paul Popham RC	
72	1:15:55	James	Karen	59	F	54	C6	NBLRS	
73	1:16:32	Jones	Daniel Arwyn	21	M	53	C5	Llaeth Dery	
74	1:17:54	Hill	Rhian	26	F	45	C4		L
75	1:21:45	Rooney	Tony	33	M	60	C5	Butchers Arms Tegryn	
76	1:22:01	Morton	Catherine	38	F	36	C2	TROTts	
77	1:24:39	Dew	Angharad	48	F	45	C4	TROTts	
78	1:29:19	Williams	Anwen	24	F	51	C6		L