

**Cambrian News Aberystwyth Charity 10k - 11 December 2011**

Overall Position	Race Number	Time	Name	Club	Men's Position	Ladies Position	Category	Category Position
1	208	00:31:26	Carwyn Jones	Cardiff AC	1		Senior Men	1
2	34	00:31:41	Michael Johnson	Bristol & West AC	2		Senior Men	2
3	65	00:34:53	Gwynant Jones	Maldwyn Harriers	3		Senior Men	3
4	1	00:35:30	Mark Smith	Aberystwyth AC	4		Senior Men	4
5	244	00:35:48	Hywel Jones	University Harriers	5		Senior Men	5
6	175	00:35:53	Glyn Price	Sarn Helen	6		V40/ Men	1
7	195	00:36:25	Philip Kendrick	Rhayader Rc	7		V50/ Men	1
8	213	00:36:36	Michael Davies	Sarn Helen	8		V40/ Men	2
9	206	00:36:46	Rhys Owen	Unattached	9		Senior Men	6
10	256	00:36:51	James Thomas	Unattached	10		Business Team	
11	255	00:36:56	Dylan Lewis	Sarn Helen	11		Senior Men	7
12	184	00:37:20	Daniel Clark	Unattached	12		Senior Men	8
13	7	00:37:33	Richard Hunter	Shropshire Shufflers	13		Senior Men	9
14	49	00:37:34	Daniel Rushton	Unattached	14		Senior Men	10
15	14	00:37:45	Andrew Filmer	Unattached	15		Senior Men	11
16	55	00:38:04	Dylan Jones	University Harriers	16		Senior Men	12
17	368	00:38:09	Matt Ward	Eryri	17		V40/ Men	3
18	366	00:38:12	Scott Patrick	Pembrokeshire Tri	18		Senior Men	13
19	288	00:38:20	Shelley Childs	Aberystwyth AC	19		Senior Men	14
20	234	00:38:29	Paul Rees	Port Talbot Harriers	20		V45/ Men	1
21	180	00:38:36	Stephen King	Aberystwyth AC	21		Senior Men	15
22	133	00:38:53	Richard Farrow	Gloucester AC	22		Senior Men	16
23	292	00:39:34	Peter Osborne	Swansea harriers	23		V50/ Men	2
24	267	00:39:38	Owain Schiauone	Unattached	24		Senior Men	17
25	359	00:39:41	Iwan Edgar	Eryri	25		V55/ Men	1
26	260	00:39:44	Mathew Nankivell	Aberystwyth AC	26		Senior Men	18
27	63	00:39:51	Mark Dunscombe	Sarn Helen	27		V50/ Men	3
28	315	00:39:52	Woyciech Kwiatek	University Harriers	28		Senior Men	19
29	193	00:39:53	James Kirkwood	Menai Track & Field	29		Senior Men	20
30	324	00:40:00	Eric Rees	Sarn Helen	30		V40/ Men	4
31	158	00:40:01	Norman Biggs	Aberystwyth AC	31		V40/ Men	5
32	33	00:40:07	Grant Dawson	UHA	32		Senior Men	21
33	156	00:40:37	Adam Gouha	Unattached	33		Senior Men	22
34	66	00:40:38	George Philpot	University Harriers	34		Senior Men	23
35	379	00:40:49	Todd Tanner	Unattached	35		Under 20 Men	1
36	25	00:40:55	Huw Price	Sarn Helen	36		V45/ Men	2
37	278	00:40:56	Caspar Donnison	Aberystwyth AC	37		Under 20 Men	2
38	157	00:41:01	Hywel Lloyd	Unattached	38		Business Team	
39	233	00:41:09	Anfrew Poole	Unattached	39		Senior Men	24
40	325	00:41:15	Katrin Streed	Pembrokeshire Harriers		1	Senior Ladies	1
41	68	00:41:20	Liam Wyn Jones	University Harriers	40		Under 20 Men	3
42	285	00:41:24	Daniel LOBO Burgess	Aberystwyth AC	41		Senior Men	25
43	323	00:41:27	Martin Lansley	Unattached	42		Senior Men	26
44	329	00:41:27	Dylan Davies	Unattached	43		Senior Men	27
45	239	00:41:28	Clifford Evans	University Harriers	44		V50/ Men	4
46	240	00:41:30	Mike Christie	Unattached	45		V40/ Men	6
47	249	00:41:41	Richard Marggraf Turley	Unattached	46		V40/ Men	7
48	314	00:41:48	Christopher Woodfield	University Harriers	47		Senior Men	28
49	300	00:41:49	Edward Woodset	University Harriers	48		Senior Men	29
50	192	00:41:49	Alistair Duncanson	Unattached	49		Senior Men	30
51	135	00:41:50	Rob Barker	Unattached	50		V40/ Men	8
52	48	00:41:57	Mike Cade	Unattached	51		V50/ Men	5
53	400	00:41:59	Jim Haddon	Unattached	52		Senior Men	31
54	50	00:42:00	Keith Richards	Unattached	53		Senior Men	32
55	103	00:42:12	Lucas Colley	Unattached	54		Under 20 Men	4
56	230	00:42:13	Nicola Quinn	Emlyn Runners		2	Senior Ladies	2
57	177	00:42:22	Frank Thomas	Aberystwyth AC	55		V60/ Men	1
58	187	00:42:31	Kevin Bryan	Unattached	56		V40/ Men	9
59	112	00:42:34	David Rogers	Unattached	57		Senior Men	33
60	268	00:42:45	Joanne Thatcher	Aberystwyth AC		3	Senior Ladies	3
61	169	00:42:46	Andrew Cromie	Rhayader Rc	58		V45/ Men	3
62	144	00:42:53	Steve Brown	Pembokeshire Harriers	59		V45/ Men	4
63	189	00:42:55	Marc Lewis	Unattached	60		Senior Men	34
64	190	00:42:58	Christopher Jones	Unattached	61		Senior Men	35
65	113	00:43:03	Hywel Longman	University Harriers	62		Senior Men	36
66	242	00:43:04	Mary Bowen Rees	TROT		4	V45/ Ladies	1
67	15	00:43:07	Matthew Harper	Unattached	63		Senior Men	37
68	251	00:43:10	Ricky Francis	Meirionydd	64		Senior Men	38

69	136	00:43:12	Gwilym Owen Jones	Aberystwyth AC	65		V55/ Men	2
70	275	00:43:15	LLION Ap Dylan	Unattached	66		Business Team	
71	151	00:43:20	Clive Williams	Aberystwyth AC	67		V40/ Men	10
72	167	00:43:27	Matthew page	Unattached	68		Senior Men	39
73	207	00:43:29	Dewi Snelson	Unattached	69		Senior Men	40
74	109	00:43:31	Paul Crane	Unattached	70		Senior Men	41
75	153	00:43:37	Goronwy Evans	Aberystwyth AC	71		V55/ Men	3
76	360	00:43:40	Will Rogers	Unattached	72		Business Team	
77	182	00:43:42	Phil Rogers	Wafford Harriers	73		Senior Men	42
78	229	00:43:54	Gareth Owen	Unattached	74		Senior Men	43
79	258	00:43:56	David Michael	Unattached	75		Business Team	
80	367	00:44:00	Owin Morris	University Harriers	76		Under 20 Men	5
81	283	00:44:01	Andrew Ellis	Cerist Tri	77		V40/ Men	11
82	284	00:44:14	Bedwyr Fycham	Cerist Tri	78		Senior Men	44
83	124	00:44:16	Rhys Tall	Unattached	79		Senior Men	45
84	191	00:44:17	Owen Thomas	Unattached	80		V40/ Men	12
85	373	00:44:18	Mel Heil	University Harriers	81		Under 20 Men	6
86	114	00:44:19	Ian Evans	Aberystwyth AC	82		Business Team	
87	41	00:44:22	Steffan Jones	Unattached	83		Business Team	
88	378	00:44:24	Arthur Jones	Unattached	84		Under 20 Men	7
89	60	00:44:27	Mike Green	Vegan Runners	85		V50/ Men	6
90	238	00:44:31	Ian Williams	Port Talbot Harriers	86		V45/ Men	5
91	176	00:44:34	Cameron Pope	Aberystwyth AC	87		V55/ Men	4
92	125	00:44:36	Danny Jamson	Unattached	88		Business Team	
93	172	00:44:38	Darryl Evans	Maldwyn Harriers	89		V50/ Men	7
94	123	00:45:01	Alex Murray	Unattached	90		Business Team	
95	228	00:45:10	Arfon Hughes	Meirionydd	91		V40/ Men	13
96	39	00:45:15	Rob Lawson	Unattached	92		V40/ Men	14
97	59	00:45:16	Daniel Howells	Not Clear	93		V40/ Men	15
98	365	00:45:16	Rachel Parker	University Harriers		5	Senior Ladies	4
99	225	00:45:18	Lynn Green	Cardigan Runners		6	V50/ Ladies	1
100	43	00:45:24	Tudur Jones	Unattached	94		Business Team	
101	183	00:45:25	Glyn Rowlands	Meirionydd	95		V50/ Men	8
102	247	00:45:26	Gareth Evans	Unattached	96		Business Team	
103	146	00:45:27	Arwel Jones	Unattached	97		Business Team	
104	163	00:45:29	Clive Evans	Aberystwyth AC	98		V60/ Men	2
105	301	00:45:33	Jamie Leigh Douglas	Unattached		7	Senior Ladies	5
106	199	00:45:34	Gareth Davies	Unattached	99		V45/ Men	6
107	243	00:45:41	Delyth Davies	Unattached		8	Senior Ladies	6
108	62	00:45:42	Balazs Pinter	Unattached	100		V40/ Men	16
109	197	00:45:50	Geraint Roderick	Deeside	101		V60/ Men	3
110	101	00:45:50	John Gwynn Evans	Aberystwyth AC	102		V65/ Men	1
111	262	00:45:51	John Gwynne Hughes	Unattached	103		V40/ Men	17
112	102	00:46:00	Edward Richardson	Unattached	104		Under 20 Men	8
113	120	00:46:04	Hannah Parry	Unattached		9	Senior Ladies	7
114	105	00:46:04	Ivan Courtier	Unattached	105		V40/ Men	18
115	35	00:46:09	Hayley Johnson	Westbury Harriers		10	V35/ Ladies	1
116	127	00:46:21	James Mobley	Unattached	106		Business Team	
117	185	00:46:38	Gwenallt Ifan	Unattached		11	V45/ Ladies	2
118	117	00:46:39	Andrew Parry	Unattached	107		V60/ Men	4
119	231	00:46:42	John Taylor	Cerist Tri	108		V45/ Men	7
120	221	00:46:44	Joanne Rees	Unattached		12	V35/ Ladies	2
121	134	00:46:46	Joshua Pugsley	Unattached	109		Senior Men	46
122	71	00:46:46	James Bradbury-Willis	University Harriers	110		Senior Men	47
123	37	00:46:58	Alyn Bennett	Not Clear	111		Business Team	
124	2	00:46:58	Rhodri Francis	Unattached	112		Senior Men	48
125	111	00:47:07	Mark Clifton	Unattached	113		Business Team	
126	166	00:47:09	Tim Hartles	Rhayader Rc	114		V45/ Men	8
127	196	00:47:16	Barry Rees	Unattached	115		V40/ Men	19
128	100	00:47:30	Adriano Evola	Aberystwyth AC	116		V50/ Men	9
129	200	00:47:34	Wayne Jones	Unattached	117		Business Team	
130	76	00:47:36	Emyr Richards	Unattached	118		Senior Men	49
131	270	00:47:44	Philip Webb	Unattached	119		Business Team	
132	168	00:47:50	Charlotte Ratcliffe	Unattached		13	Senior Ladies	8
133	118	00:47:53	John Shaw	Unattached	120		Business Team	
134	280	00:47:58	Sam Whitehead	Unattached	121		Under 20 Men	9
135	216	00:48:00	Rhiannon Anderson	University Harriers		14	Under 20 Ladies	1
136	217	00:48:19	Richard Griffiths	Bro Dysynni AC	122		V60/ Men	5
137	282	00:48:21	Alwyn Humphreys	Unattached	123		Senior Men	50
138	362	00:48:26	Sam Philips	Unattached	124		Senior Men	51
139	36	00:48:30	Caroline Freeman	Unattached		15	Senior Ladies	9

140	302	00:48:36	Ben Harvey	Unattached	125		Senior Men	52
141	8	00:48:42	Lynette Peck	Unattached		16	Senior Ladies	10
142	318	00:48:49	Kelvin Evans	Unattached	126		Senior Men	53
143	261	00:48:58	Rebecca Darby	Emlyn Runners		17	Senior Ladies	11
144	276	00:49:03	Anthony Jarrett	Cerist Tri	127		V40/ Men	20
145	309	00:49:10	Stephen Tooth	Unattached	128		V40/ Men	21
146	126	00:49:29	Adam Walford	Unattached	129		Business Team	
147	129	00:49:41	Martin Akehurst	Unattached	130		Senior Men	54
148	306	00:49:41	Rowan Klimaytys	Unattached	131		Senior Men	55
149	377	00:49:42	Anita Worthing	Aberystwyth AC		18	V55/ Ladies	1
150	254	00:49:50	Alexander Samuel	Unattached	132		Under 20 Men	10
151	18	00:49:55	Adam Stockwell	Shrewsbury AC	133		Senior Men	56
152	23	00:49:59	Dafydd Llywelyn	Unattached	134		Senior Men	57
153	246	00:50:09	Rhodri Jones	Unattached	135		Business Team	
154	250	00:50:17	Dorian Williams	Unattached	136		Business Team	
155	181	00:50:17	Aneurin Jones	Sarn Helen	137		V40/ Men	22
156	128	00:50:26	Hugo Smith	Unattached	138		Business Team	
157	155	00:50:33	Ian Tomley	Unattached	139		V45/ Men	9
158	61	00:50:36	Maureen Pritchard	Aberystwyth AC		19	V45/ Ladies	3
159	194	00:50:53	Suzanne Kendrick	Rhayader Rc		20	V45/ Ladies	4
160	139	00:50:55	Joel Everson	Unattached	140		Under 20 Men	11
161	19	00:51:00	John Tee	Bro Dysynni AC	141		V60/ Men	6
162	110	00:51:14	Helen Williams	Aberystwyth AC		21	V50/ Ladies	2
163	42	00:51:16	Carwyn Hicks	Unattached	142		Business Team	
164	307	00:51:24	Maggie Cooper	Unattached		22	V35/ Ladies	3
165	297	00:51:26	Samual Barker	Unattached	143		Senior Men	58
166	165	00:51:32	Jessica Rice	Unattached		23	Senior Ladies	12
167	265	00:51:40	George Graves	Unattached	144		Senior Men	59
168	30	00:51:48	Eirwen Benjamin	Unattached		24	V40/ Ladies	1
169	317	00:52:04	Haydyn Foulkes	Unattached	145		Business Team	
170	51	00:52:06	Dave Steele	Unattached	146		Senior Men	60
171	54	00:52:11	Julia Hill	Pembokeshire Triathlon		25	V35/ Ladies	4
172	272	00:52:13	William Barden	Unattached	147		Business Team	
173	227	00:52:18	Rowen Ratcliffe	Unattached		26	Under 20 Ladies	2
174	271	00:52:20	James Morris	Unattached	148		Senior Men	61
175	371	00:52:20	William Whitehouse	Unattached	149		Business Team	
176	286	00:52:23	Jessica Edmunds	Unattached		27	Senior Ladies	13
177	241	00:52:29	Mark Jackson	Unattached	150		V40/ Men	23
178	274	00:52:30	Dylan Wyn Davies	Unattached	151		Senior Men	62
179	376	00:52:36	Samuel Radziesowski	Unattached	152		Senior Men	63
180	72	00:52:36	Neil Williams	Unattached	153		Senior Men	64
181	67	00:52:40	Kirsten Smith	Unattached		28	Senior Ladies	14
182	147	00:52:43	Mari Fenton	Unattached		29	Business Team	
183	152	00:52:44	Caren Griffiths	Unattached		30	V40/ Ladies	2
184	143	00:52:53	David Hopper	Unattached	154		V65/ Men	2
185	326	00:52:54	Dan Thomas	Unattached	155		V45/ Men	10
186	313	00:52:59	Peter Williams	Unattached	156		V45/ Men	11
187	130	00:53:00	Lee Philips	Unattached		31	V35/ Ladies	5
188	202	00:53:02	Barry Griffiths	Unattached	157		Business Team	
189	70	00:53:07	Eifion Rees	Unattached	158		V40/ Men	24
190	263	00:53:20	Mark Richards	Unattached	159		V45/ Men	12
191	235	00:53:22	Dominic James	Port Talbot Harriers	160		Under 20 Men	12
192	142	00:53:28	Gwilym Jones	Unattached	161		Business Team	
193	264	00:53:29	Bethan Evans	Unattached		32	Senior Ladies	15
194	224	00:53:32	Dai Roberts	Aberystwyth AC	162		V50/ Men	10
195	287	00:53:59	Owen Williams	Unattached	163		Senior Men	65
196	171	00:54:16	Peter Kenny	Unattached	164		V55/ Men	5
197	214	00:54:17	Donogh Mckeogh	Unattached		33	Business Team	
198	237	00:54:19	Debbie Nash	Aberystwyth AC		34	Senior Ladies	16
199	16	00:54:21	Clare Cox	Unattached		35	V45/ Ladies	5
200	80	00:54:29	Gordon Main	Unattached	165		V50/ Men	11
201	298	00:54:29	Alexander Haddon	Unattached	166		Business Team	
202	73	00:54:36	David Hughes	Unattached	167		Senior Men	66
203	9	00:54:38	Rob Jackson	Unattached	168		Senior Men	67
204	236	00:54:47	Alison Bennets Brown	Unattached		36	Senior Ladies	17
205	266	00:55:11	Toni Schiauone	Unattached	169		V60/ Men	7
206	316	00:55:13	Julie Archer	Unattached		37	V35/ Ladies	6
207	299	00:55:17	Jules Haddon	Unattached		38	V45/ Ladies	6
208	310	00:55:18	Richard Bourble	Unattached	170		Business Team	
209	95	00:55:19	Deian Creunant	Unattached		39	Business Team	
210	22	00:55:40	Jennifer Kember	Not Clear		40	Senior Ladies	18

211	209	00:56:07	Sarah Hughes	Unattached		41	V35/ Ladies	7
212	79	00:56:17	Tom Main	Unattached	171		Senior Men	68
213	372	00:56:18	Will Pritchard	Unattached	172		Business Team	
214	374	00:56:20	William Griffiths	Unattached	173		Business Team	
215	154	00:56:28	Patrick Cowdy	Unattached	174		V45/ Men	13
216	305	00:56:40	Charlotte Allsopp	Unattached		42	Business Team	
217	290	00:56:54	Hannah Aarduer	Unattached		43	Senior Ladies	19
218	198	00:56:55	Andrew Cadmore	Unattached	175		Business Team	
219	164	00:56:58	Alexandra Pritchard	Unattached		44	Senior Ladies	20
220	141	00:57:15	David Jones	Unattached	176		Senior Men	69
221	304	00:57:24	Sue Lee	Unattached		45	V40/ Ladies	3
222	132	00:57:29	Gwenith Ap Robert	Unattached		46	Senior Ladies	21
223	204	00:57:37	Jan Davies	Rhayader Rc		47	V45/ Ladies	7
224	248	00:57:40	Keith Richardson	Unattached	177		V65/ Men	3
225a	Late Entry	57:40 ½	Elain James	ApelElain.com			1st Class	
225	222	00:57:41	Bridget James	Aberystwyth AC		48	Senior Ladies	22
226	289	00:57:51	Danielle Beesley	Unattached		49	Senior Ladies	23
227	291	00:57:58	Joel Hawes	Unattached	178		Business Team	
228	29	00:58:08	Robert Harding	Telford Harriers	179		V60/ Men	8
229	12	00:58:10	Angharad Holland	Unattached		50	Senior Ladies	24
230	104	00:58:10	Kevin Holland	Aberystwyth AC	180		V50/ Men	12
231	223	00:58:12	Steve Jones	Unattached	181		Business Team	
232	52	00:58:17	Jacqueline Lloyd	Maldwyn Harriers		51	V55/ Ladies	2
233	321	00:58:22	Jade Carry	Unattached		52	Senior Ladies	25
234	162	00:58:32	Michelle Beeson	Maldwyn Harriers	182		V40/ Men	25
235	319	00:58:36	Rebecca Collins	Unattached		53	Senior Ladies	26
236	311	00:58:46	Rhian Meredith	Unattached		54	V40/ Ladies	4
237	94	00:58:58	Nia Honeybun	Unattached		55	V50/ Ladies	3
238	99	00:59:01	Jasmin Thomas	Unattached		56	Business Team	
239	96	00:59:32	Margaret lane	Unattached		57	V40/ Ladies	5
240	220	00:59:36	Nick Bennett	Unattached	183		Business Team	
241	308	00:59:38	Annabelle Love	Unattached		58	Senior Ladies	27
242	322	00:59:40	Rosalind Young	Unattached		59	Senior Ladies	28
243	277	00:59:44	Katrina Michael	Unattached		60	Business Team	
244	320	00:59:49	Jessica Anderson	Unattached		61	Senior Ladies	29
245	219	00:59:58	Cancullian Parry	Unattached		62	Business Team	
246	24	00:59:59	Carys Llywelyn	Unattached		63	V35/ Ladies	8
247	161	01:00:05	Martin Wilding	Unattached	184		V45/ Men	14
248	358	01:00:12	Andrew Blackwell	Unattached	185		Business Team	
249	64	01:00:22	Diane Jones	Unattached		64	V40/ Ladies	6
250	92	01:00:24	Ashley Wallington	Unattached		65	Business Team	
251	203	01:00:31	Roanna Lawler	Unattached		66	V40/ Ladies	7
252	370	01:00:44	Alma Piotrowicz	Unattached		67	Under 20 Ladies	3
253	296	01:00:52	Karen Roberts	Unattached		68	Senior Ladies	30
254	295	01:00:58	Kobil Kuziew	Unattached	186		Business Team	
255	47	01:01:21	Sian Owen	Unattached		69	V40/ Ladies	8
256	178	01:01:40	Nerys Stephens	Unattached		70	Senior Ladies	31
257	369	01:01:58	Uta Kohl	Unattached		71	V40/ Ladies	9
258	269	01:02:06	Sian James	Unattached		72	V40/ Ladies	10
259	4	01:02:08	Bev Thomas	Unattached		73	Business Team	
260	273	01:02:16	Megan Williams	Unattached		74	Business Team	
261	17	01:02:18	Elaine Rowlands	Unattached		75	V45/ Ladies	8
262	6	01:02:40	Mari Humphreys	Unattached		76	V40/ Ladies	11
263	116	01:02:44	Menna Manley	Unattached		77	V35/ Ladies	9
264	115	01:02:44	Sonia Ellis-Jones	Unattached		78	V35/ Ladies	10
265	149	01:03:04	Luly Bond	Unattached		79	Business Team	
266	119	01:03:31	Phil Hatfield	Unattached	187		Business Team	
267	140	01:03:34	Mair Rishko	Unattached		80	V35/ Ladies	11
268	188	01:03:39	Paul Hill	Unattached	188		Senior Men	70
269	131	01:03:42	Jonathan Eirug	Unattached	189		V40/ Men	26
270	160	01:03:49	Sarah Ling	Unattached		81	Senior Ladies	32
271	159	01:04:10	Caroline Jackson	Unattached		82	V35/ Ladies	12
272	58	01:04:16	Ruth Packham	Unattached		83	V40/ Ladies	12
273	174	01:04:17	Robyn Harvey-Coggans	Unattached		84	Business Team	
274	74	01:04:26	Mandy Pilcher	Unattached		85	V40/ Ladies	13
275	89	01:04:34	Theresa Sharland	Unattached		86	Business Team	
276	137	01:04:36	Rhiannon Rees	Unattached		87	Senior Ladies	33
277	173	01:04:47	Stacey Parsons	Unattached		88	Business Team	
278	81	01:04:49	Kate Swann	Unattached		89	Senior Ladies	34
279	106	01:05:02	James Swan	Unattached	190		V55/ Men	6
280	364	01:05:03	Kerry Burtenshaw	Unattached		90	V35/ Ladies	13

281	303	01:05:03	Liz Wallwork	Unattached		91	V45/ Ladies	9
282	46	01:05:07	Julie Norris	Unattached		92	V35/ Ladies	14
283	32	01:05:10	Wendy Dowley	Unattached		93	V45/ Ladies	10
284	179	01:05:29	Gudrun Jones	Sarn Helen		94	V50/ Ladies	4
285	294	01:05:30	Mattehew Hopkins	Unattached	191		Senior Men	71
286	170	01:05:39	Rik Mowbray	Unattached	192		V50/ Men	13
287	107	01:05:42	Laura Coleman	Unattached		95	Senior Ladies	35
288	148	01:06:05	Anwen Morgan	Unattached		96	Business Team	
289	121	01:06:13	Peter Stocks	Unattached	193		V60/ Men	9
290	150	01:06:13	Lisa Fenton	Unattached		97	Business Team	
291	145	01:06:19	Beckie Sweeney	Unattached		98	Business Team	
292	279	01:06:25	Julia Jones	Unattached		99	V40/ Ladies	14
293	201	01:06:25	Ceri Burgess	Unattached		100	Senior Ladies	36
294	205	01:06:38	Nia Williams-Jones	Unattached		101	Senior Ladies	37
295	77	01:06:45	Rosetta Cornell	Unattached		102	Senior Ladies	38
296	232	01:06:54	Marj Griffiths	Bro Dysynni AC		103	V65/ Ladies	1
297	218	01:07:22	Julia Lloyd	Unattached		104	V40/ Ladies	15
298	98	01:07:44	Clare Bates	Unattached		105	Business Team	
299	226	01:07:52	Emma Whittick	Aberystwyth AC		106	Senior Ladies	39
300	312	01:08:02	Jennifer Willmont	Unattached		107	Senior Ladies	40
301	375	01:09:03	Jennifer Willmont	Unattached		108	Business Team	
302	328	01:09:05	Nick Davidson	Unattached	194		Business Team	
303	97	01:09:30	Lyndsey Davies	Unattached		109	Senior Ladies	41
304	3	01:09:32	Lyn James	Unattached	195		V45/ Men	15
305	108	01:09:33	Gwenllian Evans	Unattached		110	Business Team	
306	186	01:09:50	Jackie Rees	Unattached		111	V40/ Ladies	16
307	327	01:10:23	James Nicholas	Unattached	196		Senior Men	72
308	91	01:10:35	Ashley Dobbie	Unattached		112	Business Team	
309	245	01:10:55	Ray Jenkins	Unattached	197		V55/ Men	7
310	13	01:10:55	Emma Pugh	Unattached		113	V40/ Ladies	17
311	10	01:11:27	Leanda Sutton	Not Clear		114	Senior Ladies	42
312	281	01:12:31	Susan Williams	Unattached		115	V45/ Ladies	11
313	0	01:12:31						
314	0	01:12:41						
315	252	01:12:41	Laura Samuel	Unattached		116	Under 20 Ladies	4
316	253	01:12:48	Alyn Samuel	Unattached	198		V45/ Men	16
317	11	01:12:49	Kevin Davies	Unattached	199		V45/ Men	17
318	361	01:12:49	Gwen Clemens	Unattached		117	V35/ Ladies	15
319	363	01:16:41	Carwyn Evans	Unattached	200		V40/ Men	27
320	215	01:16:51	Eleanor Ross	Unattached		118	Senior Ladies	43
321	0	01:16:51						
322	138	01:17:00	Janet Sanders	Unattached		119	V45/ Ladies	12
323	20	01:17:12	Annmarie Butun	Unattached		120	V55/ Ladies	3
324	83	01:18:01	Ella Morgan	Unattached		121	Business Team	
325	87	01:18:01	Louise Ritchie	Unattached		122	Business Team	
326	57	01:19:05	Emma Davies	Unattached		123	Senior Ladies	44
327	69	01:19:05	Denise Leese	Unattached		124	V45/ Ladies	13
328	257	01:19:16	Paul Jones	Unattached	201		Business Team	
329	259	01:19:17	Kelly Aherne	Unattached		125	Business Team	
330	38	01:19:44	Natalie Betteley	Unattached		126	Business Team	
331	31	01:19:44	Wendy Morris-Twiddy	Unattached		127	Business Team	
332	27	01:20:34	Zoe Boon	Unattached		128	Business Team	
333	26	01:20:44	Karen Boon	Unattached		129	Business Team	
334	21	01:20:48	Sally Macaulay	Not Clear		130	V40/ Ladies	18
335	122	01:20:48	Sharon Williams	Unattached		131	Business Team	
336	86	01:21:25	Kane Fenner	Unattached	202		Business Team	
337	210	01:21:25	Nathan Hazlehurst	Unattached	203		Under 20 Men	13
338	293	02:00:00	Matthew Calfe	Unattached	204		Under 20 Men	14
339	212	02:00:00	Lisa Search	Unattached		132	Senior Ladies	45
340	211	02:00:00	Robert Haycock	AUCHS	205		V40/ Men	28