

<u>Pos.</u>	<u>Forename</u>	<u>Surname</u>	<u>ClubName</u>	<u>RaceTime</u>	<u>Category</u>	<u>CatPos</u>
1	Ollie	Thorogood	South West RR	00:36:11	MSEN	1
2	Owen	Knox	Banbury Harriers	00:37:39	MU20	1
3	Harrison	Mayne	Bromsgrove and Redditch	00:37:41	MU20	2
4	David	Dwyer		00:37:51	M40	1
5	Matt	Tizzard	Milton Keynes AC	00:39:55	MSEN	2
6	Dominic	Jenkins		00:40:11	MSEN	3
7	Stuart	Richards		00:40:28	MSEN	4
8	Frida	Cronqvist		00:40:37	FSEN	1
9	Paul	Williams	Aberystwyth AC	00:41:32	M50	1
10	Daniel	Roberts	The Yellow Army	00:42:06	M40	2
11	Isaac	Ayres		00:42:08	MU20	3
12	Emma	Price	St Neots Riverside Runners	00:42:36	FU20	1
13	Nicola	Davies		00:42:55	F35	1
14	James	Price		00:43:44	MU20	4
15	Andre	Marsh	Intr Tri	00:44:05	M50	2
16	Damian	Sidnell	Aberystwyth AC	00:44:08	M50	3
17	Dean	Thomas		00:44:18	M40	3
18	Mark	Jillissen	CILFLA	00:44:29	M50	4
19	Rob	Jones		00:44:30	MSEN	5
20	Peter	Crowther	Aberystwyth AC	00:44:38	M60	1
21	Glyn	Evans		00:44:40	MSEN	6
22	Phillip	Pugh	Maldwyn Harriers	00:44:40	MSEN	7
23	Richard	Mason		00:44:59	MSEN	8
24	Steven	Mesham	Presteigne Pacers	00:45:17	M40	4
25	Stephen	Noble		00:45:38	MU20	5
26	Johnathan	Mountford	Telford AC	00:45:54	MSEN	9
27	Kate	Thorpe		00:46:16	F35	2
28	Angharad	Morgan	Aberystwyth AC	00:46:51	F35	3
29	Thomas	Powell	Ludlow Runners	00:47:14	MSEN	10
30	John	Higgins		00:47:44	M50	5
31	Duncan	Mason		00:47:52	MSEN	11
32	Richard	Bennett	Newport and District RC	00:48:07	M50	6
33	Will	Knox	Banbury Harriers	00:48:19	M40	5
34	Shan	Lawson	Aberystwyth AC	00:48:31	F45	1
35	Chris	Laughton	Ceirist	00:48:33	M50	7
36	Nathan	Landeg		00:48:47	M40	6
37	Jacob	Mason		00:48:52	MSEN	12
38	Sarah	Hamer		00:48:56	F35	4
39	Elizabeth	Bennett	Newport and District RC	00:48:58	F45	2
40	Robert	Calver	Chapel Allerton Runners	00:49:08	M40	7
41	PAUL	Quayle		00:49:18	M50	8
42	Alex	James	Aberystwyth AC	00:49:30	MSEN	13
43	Darren	Vaughan		00:49:30	M40	8
44	Peter	Grimley		00:49:49	MSEN	14
45	Sara	Jones		00:50:02	F35	5
46	Jamie	Bryan		00:50:10	MSEN	15
47	Lynwen	Huxtable	Aberystwyth AC	00:50:14	F45	3
48	Haydn	Foulkes	Aberystwyth AC	00:50:28	M50	9
49	James	Chaytor		00:50:37	MSEN	16

50	Piotr	Stresak	Presteigne Pacers	00:50:53	M60	2
51	Kirsten	Hughes	Aberystwyth AC	00:51:00	F35	6
52	Owen	Thomas		00:51:09	M50	10
53	Jonathan	Lawson		00:51:19	M40	9
54	Patricia	Heginen	CIFLA	00:51:36	F45	4
55	David	Enders		00:51:37	M50	11
56	Hefin	Squires		00:51:44	MSEN	17
57	Neil	Gamble	Aberystwyth AC	00:51:59	M40	10
58	John	Scullion		00:52:45	M60	3
59	Issy	Evans	Maldwyn Harriers	00:52:48	F35	7
60	Mark	Kirkham		00:52:52	M50	12
61	Prandeep	Kumar		00:53:10	MSEN	18
62	Karen	Davies	Aberystwyth AC	00:53:13	F45	5
63	Kate	O'Sullivan	Aberystwyth AC	00:53:22	F55	1
64	Claire	Ellis	Lawley Running Club	00:53:33	F35	8
65	John	Greenwood	Walney Wind Cheetahs	00:53:39	M60	4
66	Jo	Wallace		00:53:48	F35	9
67	Amanda	Mallows	Aberystwyth AC	00:53:58	F35	10
68	Jonathan	Pierce	Telford Harriers	00:54:19	M60	5
69	Adrian	Harvey		00:54:39	MSEN	19
70	Ben	Jiggins		00:54:39	MSEN	20
71	Juliette	Daum	Aberystwyth AC	00:55:23	F35	11
72	Louis	Gale		00:55:38	MSEN	21
73	Neil	Morris		00:55:42	M50	13
74	Cameron	Pope	Aberystwyth AC	00:55:48	M60	6
75	Harbhi	Cooper	Aberystwyth AC	00:56:04	FU20	2
76	Roy	Williams	Rhayader RC	00:56:07	M50	14
77	Esther	Martin	Sneyd Striders	00:56:09	F45	6
78	Laura	McKenzie	Betsi Runaways	00:56:18	F35	12
79	Rose	Thomas	Rhayader AC	00:56:20	F65	1
80	Gareth	Morris	Builth Wells	00:56:24	M50	15
81	Becki	Johnson		00:56:30	F35	13
82	Gwil	Short		00:56:36	MSEN	22
83	Clive	Evans	Emlyn	00:56:37	M70	1
84	David	Davies	CDF	00:57:14	M60	7
85	John	Evans	Aberystwyth AC	00:57:19	M70	2
86	Jane	Bailey	Aberystwyth AC	00:57:29	F55	2
87	Elwyn	Jones	Cerist	00:57:42	M60	8
88	Rebecca	Owen		00:57:59	F35	14
89	Antony	Williams	Hay Hotfooters	00:58:16	M50	16
90	Jan	Davies		00:58:54	F55	3
91	Helen	Williams	Aberystwyth AC	00:59:01	F55	4
92	Robert	James	Aberystwyth AC	00:59:12	M50	17
93	Catherine	Ealey-fitzgerald	Rhayader RC	00:59:24	F45	7
94	Clare	Greenwood	Walney Wind Cheetahs	00:59:31	F55	5
95	Raymond	Sharratt	Rhayader RC	00:59:32	M70	3
96	Christine	Zarges		00:59:34	F35	15
97	Hannah	Sefton		01:00:03	FSEN	2
98	Maria	Padget		01:00:10	F45	8
99	Richard	Monk		01:00:11	M70	4

100	Steve	Tustin	Cobra RC	01:00:26	M40	11
101	Shelley	Enders		01:00:45	F45	9
102	Angela	Self		01:01:42	F55	6
103	Francesca	Hutcheson	Shropshire Shufflers	01:02:22	F35	16
104	Jade	Gaitely		01:02:28	F35	17
105	Anne Marie	Tyrer	Lonely Goats RC	01:02:58	F35	18
106	Clare	Williams	Shropshire Shufflers	01:03:03	F35	19
107	Megan	Williams	Aberystwyth AC	01:05:01	FSEN	3
108	Stuart	Williams		01:05:10	M50	18
109	Ceirios	Evans		01:18:57	F35	23
110	Amanda	Evans	Aberystwyth AC	01:05:35	F35	20
111	Richard	Mayne		01:05:47	M40	12
112	Susan	Evans		01:06:03	F45	10
113	Roderick	Benbow		01:06:34	M70	5
114	Stuart	Tulloch		01:06:50	M50	19
115	Mike	Pritchard		01:06:51	M50	20
116	Gwenda	James	Aberystwyth AC	01:07:25	F55	8
117	Laura	Heley		01:07:26	F35	21
118	Wendy	Williams		01:07:31	F45	11
119	Nick	Jones		01:07:40	M50	21
120	Mandy	Randall		01:07:51	FSEN	4
121	Sue	Lewis		01:07:53	F45	12
122	Jane	Butler		01:07:54	F45	13
123	Jennie	Miller	Lonely Goat RC	01:08:39	F45	14
124	Danny	Newman		01:10:27	F35	22
125	Simon	Venti		01:10:49	M50	22
126	Marjorie	Griffiths	Bro Dysynni AC	01:12:00	F65	2
127	Robert	Harding	Telfrod Harriers	01:12:30	M60	9
128	Deji	Bucknor		01:12:43	F45	15
129	Anita	Rogers		01:13:28	F65	3
130	Jennifer	Groden		01:14:20	F65	4
131	Boz	Groden		01:14:20	M40	13
132	Sarah	McKenna		01:14:21	F45	16
133	Becky	Knight		01:14:21	F55	9
134	Marianne	Topham		01:15:39	F45	17
135	Bethan	Evans		01:05:13	F55	7
136	Karen	Williams		01:20:36	F55	10
137	Lyndsey	Wheeler	Aberystwyth AC	01:21:48	FSEN	5
138	Helen	Williams	Aberystwyth AC	01:21:48	F45	18
139	Gemma	Atherton		01:22:52	F35	24
140	Rachel	Richards	Aberystwyth AC	01:31:12	F45	19