

Number	Firstname	Lastname	CLUB
16	Stacey	Adams-lewis	
223	Martin	Akehurst	
590	Charlotte	Allen	
35	Louise	amery	
559	Estelle	Amphlett	
251	Elora	Ancelot	
31	Dave	Andrews	
33	Rebecca Ca	Andrews	
629	Simone	Anthony	
160	Michelle	Arasa	
80	Cara	Ashworth	Aberystwyth AC
212	Nikki	Atkinson	
346	Simon	Ayres	
564	Donna	Bale	
626	Nia	Barker	
479	Sarah	Barnett	
609	Kerri	Baron	
156	Helen	Bateman	
481	Gemma	Beddoes	
394	Jenna	Bell	
492	Deborah	Bell	
625	Debbie	Benjamin	
57	Craig	Bentley	
461	Jono	Bentley	
396	Marianne	Bevans	
26	Michelle	Billing	
532	Muhamma	Bin Mohd Yusof	
451	Lindsey	Blackford	Cardigan RC
655	Rhian	Blackford	
40	Geraint	Blayney	
64	Karlana	Bouchier	
45	Carl	Bowen	
352	Bethan	Bowen	
359	Lisa	Bowen	
527	Margaret	Bowen	
592	Karen	Bradley	
659	Nich	Bradley	Meirionnydd Running Club
342	Sarah	Bradley	
598	Ian	Brandreth	Aberystwyth AC
128	Hollie	Brennan	
153	Wendy	Brice	Emlyn Runners
404	Emma	Brooks	
558	Debbie	Brooks	
466	Marian	Brosschot	
347	Jez	Broughton	
208	Peter	Brown	
242	Cora	Brown	
653	Eleanor	Bryant	
65	Lesley	Buckle	

290 Rachel	Buckley	
122 Clare	Burgess	
198 Jon	Burrows	Aberystwyth AC
600 Martin	Cabaret	
148 Monique	Campbell	
367 Lizzie	Cannings	
386 Damian	Capps	
241 Adam	Carlile	
137 Neil	Carney	Lawley Running Club
405 Alex	Carter	
429 Tom	Carter	
467 Pamela	Carter	
548 Jimmy	Carter	Meirionnydd Running Club
225 John	Carter	
211 Kim	Castree	
526 Sofia	Cavandoli	
264 Samantha	Chan	
432 Clare	Checkley	
78 Katie	Cherrett	
331 Tabitha	Childs	
566 Shelley	Childs	Aberystwyth AC
518 Daniel	Clark	
468 Shelley	Clarke-jones	
6 Claire	Clifton	
311 Quincy	Cloet	
652 Jack	Cockburn	
273 Ellie	Codd	
74 Tony	Coffey	Lawley Running Club
370 Lynn	Cole	
215 Susi	Collins Howgill	
657 Morgan	Commins	
114 Claire	Connolly	Stoke F.I.T
301 Avarina	Connor	
539 Tom	Constantine	
274 Rhys	Cooper	
633 Gerald	Cooper	
381 Ceri	Corfield	
573 Tom	Cosson	
537 Niamh	Cottrell	
663 Amanda	Coulson	
423 Ivan	Courtier	
540 Aron	Cowdy	
541 Anthony	Cowdy	
436 Jamie	Crawford	
125 Deian	Creunant	
637 Delyth	Crimes	Sarn Helen
395 sarah	Cronin	
292 Felicity	Crotty	Rutland Running & Triathlon Club
433 Heather	Crump	Aberystwyth AC
640 Anke	Cupok	

17	Manon	Curley	
18	Andrew	Curley	
452	Kate	Curran	
89	Liam	Daly	Builth & District
20	Martin	Darby	Sarn Helen
314	J. Rhys	Dart	
10	Natalie	Davies	
162	Donna	Davies	Sarn Helen
163	Chloe	Davies	
164	Dick	Davies	
165	Sarah	Davies	
189	Rhian	Davies	Emlyn Runners
191	Nigel	Davies	Sarn Helen
206	Menna	Davies	
236	Christine	Davies	
258	Rob	Davies	
259	Lynfa	Davies	
304	Bethan Wy	Davies	
313	Mark	Davies	
332	Heledd	Davies	
345	Gary Wyn	Davies	Aberystwyth AC
351	Delyth	Davies	
362	Caryl Wyn	Davies	Sarn Helen
363	Fiona	Davies	
364	Adrian	Davies	
393	Nicola	Davies	Sarn Helen
501	Meinir	Davies	
509	Clara	Davies	Amman Valley Harriers
572	Terry	Davies	
583	Rachel	Davies	Amman Valley Harriers
616	Ffion	Davies	
644	Iwan	Davies	
113	Claire	Davies	
149	Catrin	Davies	
471	Chris	Davies	
472	Tammy	Davies	
416	Jonathan	Davis	
93	Andrew	Detheridge	
514	Matthew	Devonshire	
622	Laura	Dickens	
110	Tim	Dixon	
660	Sandra	Douglas	
428	Thomas	Drakeley	
261	Carys	Drew	
503	Claire	Driffield	
29	Joseph	Droogan	
387	Carole	Dudley	
190	Jamie	Dumayne	
323	George	Eadon	Sarn Helen
337	Catherine	Ealey-Fitzg	Rhayader AC

43	Julie	Edwards	
549	Rachel	Edwards	
611	Huw	Edwards	
75	Joanna	Edwards-Jc	Lawley Running Club
103	Christine	Egerton	
123	Gwenith	Elias	
368	Non	Elias	
369	Anwen	Elias	
183	Adrian	Emanuel	
184	Katherine	Emanuel	
185	Kelly	Emanuel	
484	Shelley	Enders	
538	David	Enders	
220	Samantha	English	
221	Jeff	English	
209	Helen	Enoch	
8	Ceirios	Evans	
85	Gwyndaf	Evans	
86	Issy	Evans	
104	Guy	Evans	
168	Jeff	Evans	
245	Gillian B	Evans	
255	Lisa	Evans	
305	Carwyn Gly	Evans	
317	Eilir	Evans	
382	Joanna	Evans	
418	Martin	Evans	
469	Wyn	Evans	
499	Iola	Evans	
504	caroline	evans	
510	Ian	Evans	Aberystwyth AC
512	Susan	Evans	
516	Clive	Evans	
604	Gron	Evans	Aberystwyth AC
645	Bethan	Evans	
649	Sian	Evans	Aberystwyth AC
167	Jenny	Evans	Maldwyn Harriers
407	Adriano	Evola	Aberystwyth AC
371	Sue	Eyre	
552	Cara-Leann	Farley	RUN4ALL Running Club
235	Diane	Farmery	
37	Patrick	Finney	Aberystwyth AC
391	Zoe	Fleming	
90	Sarah	Ford	
651	Haydn	Foulkes	
307	Tom	Francis	
288	Simon	French	
617	Elizabeth	Froggatt	ward
229	Mike	Frost	
591	Jake	Gartland	

424 Rhian	George	
99 Sue	Ginley	Aberystwyth AC
664 Conall	Ginley Ibbotson	
97 Henry	Goddard	
268 Oliver	Goldsmith	
545 Mo	Gomez	
192 Sarah	Goodson	
112 Amy	Goodwin	
390 Michelle	Gopalan	
266 Melanie	Graham	
578 Sara	Grasham	Aberystwyth AC
315 Gemma	Gratton	
336 Rowena	Greasley	Sarn Helen
425 Eleri	Green	
661 Shirley	Green	Maldwyn Harriers
82 James	gregory	
84 Sam	Gregory	
44 Irene	Griffiths	
77 Marjorie	Griffiths	Bro Dysynni AC
234 Dilwyn	Griffiths	
276 Ann	Griffiths	Fylde Coast Runners
344 Sara	Griffiths	
495 Gafin	Griffiths	Les Croupiers
496 Selina	Griffiths	
325 Hugh	Griffiths	
458 Huw	Griffiths	
120 Bethan	Gruffydd	
38 Laura	Guillaume	Aberystwyth AC
524 Nurul Faler	Gunasekera	
547 Sarah	Gwenlan	
281 Andrew	Gwilym	
506 Simon	Hall	Sarn Helen
278 Rachel	Hallam Sto	Biggleswade AC
380 Debbie	Halstead	
580 Donna	Hanly	
372 Julie	Harding	
388 Robert	Harding	Telford Harriers
641 Helmut	Hardt	
621 Robert	Hardware	
139 Rhys	Harries	
145 Nerys	Harries	
333 Tony	Harries	
4 Jamie	Harris	
402 Gus	Harris	
415 Elaine	Harrison	
519 Adrian	Harvey	
95 Sarah	hawkins	
187 Erik	Haxell	
567 Ann	Hazzelby-Evans	
159 Helen	Heaton	

397	Anna	Heaton	Holme Pierrepont RC
579	Edward	Hedderly	
326	Ricky	Hicks	
630	Steven	Hicks	
560	Laurie	Higgins	Brecon AC
536	Rhian	Hill	Cardigan RC
180	Peter	Hinxman	Aberystwyth AC
136	Becky	Hoad	Aberystwyth AC
151	Lucy	Hodson	
554	Kieran	Holland	
5	Catrin	Hopkins	Aberystwyth AC
121	Kristy	Hopkins	
182	Paul	Hopkins	
217	Evan	Hopkins	
465	Sian	Hopkins	
252	Huw	Hopkins	
142	Alison	Hopson	
280	Mark	Horsman	Cardigan RC
316	John	Horsman	Cardigan RC
656	John	Houghton	
656	John	Houghton	
96	Catherine	Howarth	
196	Eleanor	Howells	
250	Elen	Howells	
200	Wendy	Hoyland	
648	Rachel	Hubbard	
34	Karl Josef	Huge	
53	Heledd	Hughes	
124	Rhodd	Hughes	
378	Arfon	Hughes	Meirionnydd Running Club
593	Linda	Hughes	
594	Stephen	Hughes	
599	Kirsten	Hughes	Aberystwyth AC
602	Aled	Hughes	Aberystwyth AC
36	Jan	Hulin	
195	Francesca	Hutcheson	Shropshire Shufflers
267	Penny	Hutton	
204	Jessica	Hynes	
340	Amlyn	Ifans	
507	Wendy	Ifans	
528	Hugo	Iffla	Bro Dysynni AC
529	Kathy	Iffla	Bro Dysynni AC
420	Tim	Iveson	Builth & District
624	Dean	Iyavoo	
60	Stacey	Jackson	
354	Paul	Jackson	
117	Rhunedd	James	
176	Mearina	James	
284	Manon	James	
303	Dannie	James	

310	Kayrene	James	
319	Manon	James	
335	Lyn	James	
338	Bethan	James	
426	Annwen	James	
443	Kirsty	James	
421	Joanna	James	
584	Kathy	Jenkins	
132	Louise	Jenkins	Emlyn Runners
293	Darren	Jenner	
530	Demi	John	
589	Adam	John	
377	Elizabeth	Johnson	Pencoed Panthers
544	Rob	Johnson	Aberystwyth AC
662	Becki	Johnson	
9	Daniel	Johnson	Aberystwyth AC
488	Sharron	Johnson	
350	Donna	Johnston	
398	Simon	Johnston	
447	Jason	Johnston	
2	Sioned	Jones	Aberystwyth AC
23	Sian	Jones	
56	Owain	Jones	
81	Shane	Jones	
105	Arwel	Jones	
115	Joanna	Jones	
171	Carys	Jones	
237	Lucy	Jones	
324	Melanie	Jones	
365	Dylan	Jones	
366	Catrin	Jones	
444	Paul	Jones	
445	Kim	Jones	
456	Shirley	Jones	
459	Jane	Jones	Maldwyn Harriers
485	Sara	Jones	
486	Richard	Jones	
487	Keith	Jones	
493	Sally	Jones	
523	Hannah	Jones	
576	Llinos	Jones	Amman Valley Harriers
587	Aled	Jones	Sarn Helen
588	Sioned Mai	Jones	Meirionnydd Running Club
605	Sian	Jones	
606	Bedwyr	Jones	
634	Emyr	Jones	
666	Lona	Jones	Aberystwyth AC
170	Gary	Jones	
358	Annwen	Jones	
116	Christophe	Judge	

238	Eira	Jukes	
239	Celyn	Jukes	
498	Tabitha	Jukes	
441	Heather	Kelly	Maldwyn Harriers
442	Timothy	Kelly	Maldwyn Harriers
32	Elizabeth	Kensler	Aberystwyth AC
339	Dawn	Kenwright	Sarn Helen
59	Alison	Kinsey	Emlyn Runners
179	Eileen	Kinsman	
111	James	Kirkwood	Holme Pierrepont RC
543	christiane	Kloos	Aberystwyth AC
257	Vicky	Knappett	
287	Sian	Knowles	
218	Uta	Kohl	
565	Andrzej	Kowalczyk	
224	Les	Lacey	
474	Ariel	Ladegård	
1	Edward	Land	Aberystwyth AC
312	Suzanne	Lander	
585	Jonathan	Lawson	
586	Shan	Lawson	Aberystwyth AC
320	Sue	Lee	
298	Zoe	Lee-Payne	
275	Sarah	Lehmkuehler	
383	Owen	Lewis	
462	Wayne	Lewis	Amman Valley Harriers
482	Amy	Lewis	
615	Huw	Lewis	
623	David	Lewis	
19	Mark	Lewis	
141	Rhian	Linehan	
553	Daniel	Lines	
92	Kathy	Ling	Wrekin Road Runners
411	Nicola	Llewelyn	
658	Sera	Llewelyn	
109	Heulwen	Lloyd	
100	Louise	Long	
61	Phillip	Lowther	Aberystwyth AC
233	Richard	Lucas	
401	Carol	Macy	
639	Anel	Marais	
41	Andre	Marsh	
476	Zoe	Marshall	
384	Susan	Marston	
385	Richard	Marston	
199	Tina	McAuley	
327	Rhian	McCulloch	
450	Ellen	McDonagh	
596	Caron	Mckee-Hands	
614	Sarah	McKenna	

169	Fraser	McMillan	Cardigan RC
475	Niamh	McNulty	
356	Molly	Meade	
309	Matthaios	Melas	
455	Roger	Mence	
262	Rhian	Meredith-Edwards	
438	David	Michael	
439	Katrina	Michael	
440	James	Michael	
3	Rob	Mills	
460	Sylvia	Mills	Maldwyn Harriers
175	Jan	Millward	
247	Rhydwen	Mitchell	
68	Frances	Morgan	
289	Claire	Morgan	
373	Kate	Morgan	
413	Stuart	Morgan	
414	Dan	Morgan	
419	Lisa	Morgan	
446	Iona	Morgan	
483	Sarah	Morgan	
668	Kate	Morgan	
136	Donna	Morris	Brecon AC
137	Phil	Morris	Brecon AC
222	Hayley	Morris	
360	Huw	Morris	
361	Ruth	Morris	
389	Celia	Morris	
534	Neil	Morris	
563	Laura	Morris	
435	Adam	Mousley	
277	David	Moyle	
431	Mandy	Mullett	Maldwyn Harriers
7	Richard	Munn	
613	Ryan	Myles-Roberts	
513	Nicola	Myring-Thomas	
285	Enfys	Needham Jones	
463	Tim	Newby	
464	Alison	Newby	
521	Jeremy	Newman	
260	Nicholas	Newton	
54	Thomas	Nicholas	
55	Gwennan	Nicholas	
417	Peter	Nicholls	
72	Tomos	Nolan	
186	Lowri	Norrington-Davies	
66	Rachel	O'Connor	
494	Kimberley	Oldfield	
12	Lee	Orrells	Maldwyn Harriers
13	Steve	Orrells	Maldwyn Harriers

154	Caroline	Orrells	Maldwyn Harriers
76	Carys	Owen	
106	Sharon	Owen	
205	Daniel	Owen	
263	Jessica	Owen	
353	Tegid	Owen	
610	Lowri	Owen	
612	Catrin	Owen	
646	Arwel	Owen	
283	Lowri	Owens	
665	Richard	Oxenham	
650	Amanda	Palmer	
497	Dasshany	Paramassivam	
118	Marie	Parkes	Lawley Running Club
15	Sarah	Parry	
569	Nicola	Parry	
47	Orla	Patten	
48	Steve	Patten	
49	Siobhan	Patten	
453	Alys	Patterson	
126	Chantelle	Patton-Hallett	
174	Darren	Payne	
282	Lloyd	Pemberton	
328	Anna	Percy	Rhayader AC
329	Kevin	Percy	
246	Phil	Perkins	
71	Jamie	Perks	Lawley Running Club
87	Luke	Phillips	
172	Sue	Phillips	
577	Hannah	Phillips	
30	Karolina	Pilinska	
515	Justin	Pilkington	Meirionnydd Running Club
638	Ryszard	Piotrowicz	
178	Mike	Pitcher	
437	Kieran	Portman	
525	Dominique	Postance	
213	Wyn	Powell	
322	Jan	Powell	
376	Anne	Powell	
520	Oliver	Preston	
231	Carwyn	Price	Rhayader AC
232	Yvette	Price	
348	Donna	PRICE	
581	Karla	Price	Rhayader AC
219	Barbara	Priddey	Emlyn Runners
134	Gareth	Prismick	
291	Verity	Pritchard	
399	Tracy	Pryce	
400	Steve	Pryce	
94	Christian	Prynne	Builth & District

181	Rob	Pugh	
628	Phil	Pugh	
69	Dianne	Pugh	
177	Mair	Pugh Jones	
21	Fiona	Pugh-Evans	
11	Hazel	Pugh-Jones	
434	Kieron	Pugh-Jones	
244	Andrew	Purkiss	
73	Jessica	Raby	
306	Mandy	Randall	
173	Ali	Rees	Emlyn Runners
296	James	Rees	
603	Bethan	Rees	Aberystwyth AC
654	Andrew	Rees	
551	Tom	Reeves	Aberystwyth University Harriers
138	Rachel	Richards	
201	Chris	Richards	
202	Megan Haf	Richards	
408	Steffan	Richards	
635	Keith	Richards	Aberystwyth AC
70	Karen	Roberts	
127	Tomos	Roberts	
129	Nicola	Roberts	
140	Anne	Roberts	
193	Sion	Roberts	
343	Marsha	Roberts	
379	Glesni	Roberts	
517	Richard	Roberts	
555	Mathew	Roberts	
632	Elen	Roberts	Aberystwyth AC
643	Elin	Roberts	
253	Sean	Roberts	
511	Gwion	Roberts	Meirionnydd Running Club
240	Jessie	Roberts-Duffey	
143	Lara	Robson	
101	Lindsay	Rodgers	
102	Ian	Rodgers	
270	Lianne	Rollinson	
508	Claire	Rose	
254	Sarah	Rossiter	
83	Lucy	Rouse	Lawley Running Club
642	Hayleigh	Routledge	
14	Suzanne	Rowlands	
216	Arfon	Rowlands	
302	Elaine	Rowlands	Aberystwyth AC
500	Anwen	Rowlands	
477	Adam	Runacres	Sleaford Striders AC
374	Rob	Saunders	
299	Joanna	Scarrott	
318	Victoria	Scarrott	

341 James	Scarrott	
601 Owain	Schiavone	Aberystwyth AC
403 Phillipp	Schofield	
22 John	Scullion	
131 Hannah	Sefton	
406 Russell	Shailes	
562 Theresa	Sharland	Aberystwyth AC
197 Damian	Sidnell	Aberystwyth AC
489 Robert	Silcox	
618 Debra	Simpson - Jones	
478 Jude	Sims	
546 Gemma	Sims	
157 Charlotte	Smith	
410 Sarah	Smith	Rhayader AC
457 Chris	Smith	
505 Meg	Smith	
574 Clare	Smith	Lawley Running Club
575 Richard	Smith	Lawley Running Club
454 Emma	Sofianos	Maldwyn Harriers
188 Pippa	Southern	Vegan Runners UK
636 Josh	Stacey	
62 Victoria	Stait	
473 Jordan	Stait	
556 William	Staley	
561 Robert	Stephens	
294 Helen	Steward	Biggleswade AC
295 Malcolm	Steward	Biggleswade AC
448 Holly	Stewart	
279 John	Stott	Biggleswade AC
480 Graeme	Stringer	Meirionnydd Running Club
627 Rebekah	Stuart	
24 Daniel	Stykuc	
133 Amy	Talboys	
248 Jayne	Tapscott	
158 Stephen	Taylor	
392 Jonathan	Taylor	
135 Rose	Thomas	Rhayader AC
297 Nia	Thomas	
308 Daniel	Thomas	
375 Fflur	Thomas	
490 Howard	Thomas	Cardigan RC
491 Siwan	Thomas	Cardigan RC
166 Ricki	Thomas	
595 Roisin	Thomas-Hands	
152 Carol	Thomas-Harries	
620 Nick	Thompson	Aberystwyth AC
571 Gareth	Thornton	
107 Jane	Thorogood	Aberystwyth AC
226 Elinor	Thorogood	Aberystwyth AC
412 Ollie	Thorogood	Aberystwyth AC

607	Daniel	Thorogood	
194	Richard	Titcombe	Maldwyn Harriers
647	Emanuil	Tolev	
150	Sharon	Tomkinson	
27	Peter	Tooze	
28	Meganne	Tooze	
46	Judith	Townsley	
130	Martin	Tranter	
146	Joanna	Trevitt	
256	Wendy	Tromans	Emlyn Runners
207	Amy	Tuitt	
243	Ellen	Van Havenbergh	
542	kelly	vaughan	
25	Lina	Verseckaitė	Aberystwyth AC
39	Matthew	Walker	
108	Joanne	Walker	
330	Jo	Wallace	
230	Suzanne	Walsh	
214	Dylan	Walters	
470	Alice	Walters	
88	Ellie-May	Watkins	
271	Izzy	Watts	
272	Gary	Watts	
321	Sean	Watts	
608	Rebekah	Weatherhead	
52	Jennie	Welton	
42	Linda	Westlake	
91	Lyndsey	Wheeler	
334	Lynsey	Whitcombe	
533	dave	whitney	Meirionnydd Running Club
631	Anna	Wilamowski	
570	Cameron	Wilcox	
300	Matthew	Willey	
58	Emma	Williams	
144	Kath	Williams	
147	Heledd	Williams	
155	Elizabeth	Williams	
161	Geraint	Williams	
210	Helen	Williams	Aberystwyth AC
227	Russell	Williams	Cardigan RC
228	Tracy	Williams	Cardigan RC
249	Owen	Williams	
265	Julie	Williams	
269	Joanne	Williams	
355	Sian	Williams	
427	Rachel	Williams	Maldwyn Harriers
430	Clive	Williams	Aberystwyth AC
449	Ceris	Williams	Aberystwyth AC
522	Cathie	Williams	Sospan Road Runners
531	Kate	Williams	

582	Elin	Williams	
619	Jane	Williams	
63	Gemma	Williams	Cardigan RC
79	Julie	Wilson	
286	Catherine	Wood	
357	Rebecca	Wood	
597	Kerryanne	Wood	
119	Neil	Woodfine	Lawley Running Club
535	Rachel	Woodgate	
550	Dan	Woodhouse	
203	Ali	Wright	
568	Sophie	Yarker	
557	Matt	Yelland	Amman Valley Harriers
502	Dineshwar	Yokheswarem	
409	Ted	Youngman	