

Beast Bach

No	Name	Club/area	CAT	Tshirt	AGE	LOCAL	Not paid
1	Sam Shingler	Sospan Road Runners	O35F	M	37		
2	Sarah Scott	Cardigan Running club	O35F	M	39		
3	Rhian Protheroe	Pembrokeshire Harriers	O35F	M	39	L	
4	Rachel Evans	St Brides	O35F	M	39		
5	Vanessa Cutler	Swansea	O35F	M	44		
6	Viv Jones	Sospan Road Runners	O35F	S	41		
7	Beth Coghlan	Preseli Runners	O35F	S	37	L	
8	Claire Harris	Pembroke	O35F	S	37		
9	Jane Rees	Clunderwen	O35F	S	42	L	
10	Laura Francis	Frome Running Club	O35F	S	38		
11	Evie Fowke	Narberth	O35F		44	L	
12	Claire Campbell	Isle of Wight RR AC	O35F		39		
13	Karen Thomson	Nolton	O35F		40		
14	Emma Williams	Sospan Road Runners	O35F		35		
15	Bethan Ouseley	Pembrokeshire Harriers	O35F		38	L	
16	Jodie Broad	Hay Hotfooters	O35F		40		
17	Rob Marsh	St Davids	O40M	L	45		
18	Anthony Griffiths	H'west	O40M	L	46		
19	Gwyndaf Williams	Pembrokeshire Harriers	O40M	L	46		
20	Martin Everett	Volcano Club	O40M	L	44	L	
21	Roger Devonald	Haverfordwest	O40M	L	49		
22	Fraser MCMillan	West Coast Tri	O40M	M	40		
23	Audrey Young	Young bros	O40M	M	44		
24	Mark Jones	Sospan Road Runners	O40M	M	42		
25	Steve Ouseley	Pembrokeshire Harriers	O40M	M	41	L	
26	Dean Brown	Team FGI Pembroke	O40M	S	44		
27	James Roach John	Pembrokeshire Harriers	O40M	XL	40		
28	Jason Protheroe	Clunderwen	O40M	XL	47	L	
29	Gareth Thomas	Hill Mountain	O40M	XL	44		
30	Gerald Brace	Tenby	O40M		45		
31	Tom Garrod	Witney road runners	O40M		47		
32	David Mallin	H'west	O40M		44		
33	Jon Lewis	Fishguard	O40M		49		
34	Jason Wilkins	Cardigan Running club	O40M		45		
35	Barry Owen	Emlyn Flyers	O40M		40		
36	Adrian Gwilliam	Fairwater Cwmbran runner	O40M		49		
37	Ben Beachell	Eryri	O40M		45		
38	Elaine Davies	Pembrokeshire Harriers	O45F	L	50	L	
39	Jackie Martin	Sospan Road Runners	O45F	S	51		
40	Suzanne Bevan	Llandeilo	O45F	S	50		
41	Sue Lloyd	Pembrokeshire Harriers	O45F	S	51		
42	Allie Gilbert	Canicross	O45F	S	50		
43	Louise Boorman	Pembrokeshire Harriers	O45F		52	L	
44	Jane Wilkins	Cardigan Running club	O45F		52		

45	Karen Stevens	Jameston	O45F		47	
46	Alison Griffiths	Pembrokeshire Harriers	O45F		45	
47	Sarah Evans	Pembroke Dock	O45F		49	
48	John Morris	Gelli runners	O50M	L	53	L
49	Chris Sexton	Pembrokeshire Harriers	O50M	L	51	L
50	Tudor Jones	Bridgend	O50M	M	52	
51	Edwyn Jenkins	Sospan Road Runners	O50M	S	53	
52	Roger Bennett	Aberystwyth AC	O50M	XXL	55	
53	Mark Richards	DPP	O50M	XXL	51	
54	Paul Jones	Sospan Road Runners	O50M		55	
55	Stephen Glynn	Pembrokeshire Harriers	O50M		55	
56	John Wallace	Bronwydd	O50M		54	
57	Richard Thompson	Pembs Tri club	O50M		52	L
58	Jeannie Bell	Pembrokeshire Harriers	O55F	M	59	L
59	Jane Richards	St Tish	O55F	M	56	
60	Ann Rowell	Trots	O55F		59	
61	Jane Louise Abbott	Running somewhere else	O55F		57	
62	Lesley Evans	Pembrokeshire Harriers	O55F		56	
63	Barbara Thomas	Pembrokeshire Harriers	O55F		70	
64	Gillian Phillips	Sospan Road Runners	O55F		56	
65	Ifor Thomas	Solva	O60M	M	65	
66	Lorraine Evans	Sospan Road Runners	OF	M	34	
67	Hannah Melling-Orton	Gorseinon	OF	M	30	
68	Louise James	Bronwydd	OF	M	34	
69	Llion Griffiths	Cardigan	OF	M	21	
70	Julia Tello-Velamazan	Mid Wales Orienteers Club	OF	OF	27	
71	Ellie Astins	Pembs Tri club	OF	S	34	
72	Niamh Allitt	Norfolk	OF	S	33	
73	Angharad Thomas	Sospan Road Runners	OF		25	
74	Liz Thomas	Running somewhere else	OF		28	
75	Rebecca Poole	Fairwater Cwmbran runner	OF		32	
76	Gethin Francis	Sospan Road Runners	OM	L	38	
77	Tim Bransden	Llanfallteg	OM	L	36	L
78	Rhydian Watkins	By Odins Beard	OM	L	24	L
79	Chris Harris	Pembroke	OM	L	38	
80	Nick Venables	Sospan Road Runners	OM	L	35	NP
81	Richard Grenfell	Boncath	OM	M	26	
82	Tristram Lewis	Kilgetty	OM	M	36	
83	Stuart Westmorland	Mynachlog ddu	OM	M	43	L
84	Paul G Jones	Cardiff	OM	M	35	
85	Sion Lewis	Casmael	OM	M	18	L
86	Lee Waters	St Davids half, & Lee!	OM	M	37	
87	Dave Wilson	Kilgetty	OM	M	33	
88	Misha Burnham	Pontfaen	OM	M	34	L
89	Dafydd Williams	Cardiff	OM	M	33	
90	Calvin Hill	St Davids half, & Lee!	OM	M	35	

91	Tim Plumb	JNT	OM	M	35 L	Overpaid £6
92	Ben Ilewelyn	MB, H'west	OM	S	22	
93	Thomas Warner	Worcestershire	OM	S	35	
94	Daniel Davies	Pembrokeshire Harriers	OM	S	26	
95	Barrie Evans	Kilgetty	OM	XL	39	
96	Richard Lowcock James	Cwm Ogwr runners	OM		38	
97	Marc Beasley	Narberth	OM		28 L	
98	James Mckay	Saundersfoot	OM		32	
99	Mike Brown	Llanddewi Velfrey	OM		34 L	
100	Stephen Lewis	Fishguard	OM		27	
101	Rob Thomson	Nolton	OM		37	
102	Ben Woods	Rhedwyr Emlyn	OM		31	
103	Martin Davies	St Clears	OM		33	
104	James King	Llanfallteg	OM		32 L	
105	Daniel Sheen	Pembrokeshire Harriers	OM		31	
106	Darren Holloway	St Davids half, & Lee!	OM		33	
107	Paul James	St Davids half, & Lee!	OM		34	
108	Finn Thompson	Pembrokeshire Tri Club	OM		18 L	
109	George Prior Palmer	London	OM		26	NP
110	David James	The Duck Pond Club	OM		28	