

**Beast Bach**

£7

£10

| No   | Name              | Club/area                | CAT  | Tshirt | AGE | LOCAL | Not paid  |
|------|-------------------|--------------------------|------|--------|-----|-------|-----------|
| 1001 | Sam Shingler      | Sospan Road Runners      | O35F | M      | 37  |       |           |
| 1002 | Sarah Scott       | Cardigan Running club    | O35F | M      | 39  |       |           |
| 1003 | Rhian Protheroe   | Pembrokeshire Harriers   | O35F | M      | 39  | L     |           |
| 1004 | Rachel Evans      | St Brides                | O35F | M      | 39  |       |           |
| 1005 | Vanessa Cutler    | Swansea                  | O35F | M      | 44  |       |           |
| 1006 | Viv Jones         | Sospan Road Runners      | O35F | S      | 41  |       |           |
| 1007 | Beth Coghlan      | Preseli Runners          | O35F | S      | 37  | L     |           |
| 1008 | Claire Harris     | Pembroke                 | O35F | S      | 37  |       |           |
| 1009 | Jane Rees         | Clunderwen               | O35F | S      | 42  | L     |           |
| 1010 | Laura Francis     | Frome Running Club       | O35F | S      | 38  |       |           |
| 1011 | Evie Fowke        | Narberth                 | O35F |        | 44  | L     |           |
| 1012 | Claire Campbell   | Isle of Wight RR AC      | O35F |        | 39  |       |           |
| 1013 | Karen Thomson     | Nolton                   | O35F |        | 40  |       |           |
| 1014 | Emma Williams     | Sospan Road Runners      | O35F |        | 35  |       |           |
| 1015 | Bethan Ouseley    | Pembrokeshire Harriers   | O35F |        | 38  | L     |           |
| 1016 | Jodie Broad       | Hay Hotfooters           | O35F |        | 40  |       |           |
| 1017 | Antonia Trueman   | Pembroke                 | O35F |        | 38  |       |           |
| 1018 | Jo Raymond        | Clunderwen               | O35F |        | 37  | L     |           |
| 1019 | Anthony Griffiths | H'west                   | O40M | L      | 46  |       |           |
| 1020 | Gwyndaf Williams  | Pembrokeshire Harriers   | O40M | L      | 46  |       |           |
| 1021 | Martin Everett    | Volcano Club             | O40M | L      | 44  | L     |           |
| 1022 | Roger Devonald    | Haverfordwest            | O40M | L      | 49  |       |           |
| 1023 | Fraser McMillan   | West Coast Tri           | O40M | M      | 40  |       |           |
| 1024 | Audbrey Young     | Young bros               | O40M | M      | 44  |       |           |
| 1025 | Mark Jones        | Sospan Road Runners      | O40M | M      | 42  |       |           |
| 1026 | Steve Ouseley     | Pembrokeshire Harriers   | O40M | M      | 41  | L     |           |
| 1027 | Gerald Brace      | Tenby                    | O40M | M      | 45  |       | NP-Tshirt |
| 1028 | Dean Brown        | Team FGI Pembroke        | O40M | S      | 44  |       |           |
| 1029 | James Roach John  | Pembrokeshire Harriers   | O40M | XL     | 40  |       |           |
| 1030 | Jason Protheroe   | Clunderwen               | O40M | XL     | 47  | L     |           |
| 1031 | Gareth Thomas     | Hill Mountain            | O40M | XL     | 44  |       |           |
| 1032 | Tom Garrod        | Witney road runners      | O40M |        | 47  |       |           |
| 1033 | David Mallin      | H'west                   | O40M |        | 44  |       |           |
| 1034 | Jon Lewis         | Fishguard                | O40M |        | 49  |       |           |
| 1035 | Jason Wilkins     | Cardigan Running club    | O40M |        | 45  |       |           |
| 1036 | Barry Owen        | Emlyn Flyers             | O40M |        | 40  |       |           |
| 1037 | Adrian Gwilliam   | Fairwater Cwmbran runner | O40M |        | 49  |       |           |
| 1038 | Ben Beachell      | Eryri                    | O40M |        | 45  |       |           |
| 1039 | Elaine Davies     | Pembrokeshire Harriers   | O45F | L      | 50  | L     |           |
| 1040 | Jackie Martin     | Sospan Road Runners      | O45F | S      | 51  |       |           |
| 1041 | Suzanne Bevan     | Llandeilo                | O45F | S      | 50  |       |           |
| 1042 | Sue Lloyd         | Pembrokeshire Harriers   | O45F | S      | 51  |       |           |
| 1043 | Allie Gilbert     | Canicross                | O45F | S      | 50  |       |           |
| 1044 | Louise Boorman    | Pembrokeshire Harriers   | O45F |        | 52  | L     |           |

|      |                       |                           |      |     |    |    |
|------|-----------------------|---------------------------|------|-----|----|----|
| 1045 | Jane Wilkins          | Cardigan Running club     | O45F |     | 52 |    |
| 1046 | Karen Stevens         | Jameston                  | O45F |     | 47 |    |
| 1047 | Alison Griffiths      | Pembrokeshire Harriers    | O45F |     | 45 |    |
| 1048 | Sarah Evans           | Pembroke Dock             | O45F |     | 49 |    |
| 1049 | John Morris           | Gelli runners             | O50M | L   | 53 | L  |
| 1050 | Chris Sexton          | Pembrokeshire Harriers    | O50M | L   | 51 | L  |
| 1051 | Tudor Jones           | Bridgend                  | O50M | M   | 52 |    |
| 1052 | Mike Hughes           | Keeston                   | O50M | M   | 50 |    |
| 1053 | Edwyn Jenkins         | Sospan Road Runners       | O50M | S   | 53 |    |
| 1054 | Roger Bennett         | Aberystwyth AC            | O50M | XXL | 55 |    |
| 1055 | Mark Richards         | DPP                       | O50M | XXL | 51 |    |
| 1056 | Paul Jones            | Sospan Road Runners       | O50M |     | 55 |    |
| 1057 | Stephen Glynn         | Pembrokeshire Harriers    | O50M |     | 55 |    |
| 1058 | John Wallace          | Bronwydd                  | O50M |     | 54 |    |
| 1059 | Richard Thompson      | Pembs Tri club            | O50M |     | 52 | L  |
| 1060 | Jeannie Bell          | Pembrokeshire Harriers    | O55F | M   | 59 | L  |
| 1061 | Jane Richards         | St Tish                   | O55F | M   | 56 |    |
| 1062 | Ann Rowell            | Trots                     | O55F |     | 59 |    |
| 1063 | Jane Louise Abbott    | Running somewhere else    | O55F |     | 57 |    |
| 1064 | Lesley Evans          | Pembrokeshire Harriers    | O55F |     | 56 |    |
| 1065 | Barbara Thomas        | Pembrokeshire Harriers    | O55F |     | 70 |    |
| 1066 | Gillian Phillips      | Sospan Road Runners       | O55F |     | 56 |    |
| 1067 | Ifor Thomas           | Solva                     | O60M | M   | 65 |    |
| 1068 | Lorraine Evans        | Sospan Road Runners       | OF   | M   | 34 |    |
| 1069 | Hannah Melling-Orton  | Gorseinon                 | OF   | M   | 30 |    |
| 1070 | Louise James          | Bronwydd                  | OF   | M   | 34 |    |
| 1071 | Llion Griffiths       | Cardigan                  | OF   | M   | 21 |    |
| 1072 | Julia Tello-Velamazan | Mid Wales Orienteers Club | OF   |     | 27 |    |
| 1073 | Ellie Astins          | Pembs Tri club            | OF   | S   | 34 |    |
| 1074 | Niamh Allitt          | Norfolk                   | OF   | S   | 33 |    |
| 1075 | Angharad Thomas       | Sospan Road Runners       | OF   |     | 25 |    |
| 1076 | Liz Thomas            | Running somewhere else    | OF   |     | 28 |    |
| 1077 | Rebecca Poole         | Fairwater Cwmbran runner  | OF   |     | 32 |    |
| 1078 | Emma Williams         | Sospan Road Runners       | OF   |     | 34 | £5 |
| 1079 | Leah Raymond          | Clunderwen                | OF   |     | 18 | L  |
| 1080 | Gethin Francis        | Sospan Road Runners       | OM   | L   | 38 |    |
| 1081 | Tim Bransden          | Llanfallteg               | OM   | L   | 36 | L  |
| 1082 | Rhydian Watkins       | By Odins Beard            | OM   | L   | 24 | L  |
| 1083 | Chris Harris          | Pembroke                  | OM   | L   | 38 |    |
| 1084 | Nick Venables         | Sospan Road Runners       | OM   | L   | 35 | NP |
| 1085 | Richard Grenfell      | Boncath                   | OM   | M   | 26 |    |
| 1086 | Tristram Lewis        | Kilgetty                  | OM   | M   | 36 |    |
| 1087 | Stuart Westmorland    | Mynachlog ddu             | OM   | M   | 43 | L  |
| 1088 | Paul G Jones          | Cardiff                   | OM   | M   | 35 |    |
| 1089 | Sion Lewis            | Casmael                   | OM   | M   | 18 | L  |
| 1090 | Lee Waters            | St Davids half, & Lee!    | OM   | M   | 37 |    |

|      |                       |                        |    |    |    |               |
|------|-----------------------|------------------------|----|----|----|---------------|
| 1091 | Dave Wilson           | Kilgetty               | OM | M  | 33 |               |
| 1092 | Misha Burnham         | Pontfaen               | OM | M  | 34 | L             |
| 1093 | Dafydd Williams       | Cardiff                | OM | M  | 33 |               |
| 1094 | Calvin Hill           | St Davids half, & Lee! | OM | M  | 35 |               |
| 1095 | Tim Plumb             | JNT                    | OM | M  | 35 | L Overpaid £6 |
| 1096 | Ben llewelyn          | MB, H'west             | OM | S  | 22 |               |
| 1097 | Thomas Warner         | Worcestershire         | OM | S  | 35 |               |
| 1098 | Daniel Davies         | Pembrokeshire Harriers | OM | S  | 26 |               |
| 1099 | Barrie Evans          | Kilgetty               | OM | XL | 39 |               |
| 1100 | Richard Lowcock James | Cwm Ogwr runners       | OM |    | 38 |               |
| 1101 | Marc Beasley          | Narberth               | OM |    | 28 | L             |
| 1102 | James Mackay          | Saundersfoot           | OM |    | 32 |               |
| 1103 | Mike Brown            | Llanddewi Velfrey      | OM |    | 34 | L             |
| 1104 | Stephen Lewis         | Fishguard              | OM |    | 27 |               |
| 1105 | Rob Thomson           | Nolton                 | OM |    | 37 |               |
| 1106 | Ben Woods             | Rhedwyr Emlyn          | OM |    | 31 |               |
| 1107 | Martin Davies         | St Clears              | OM |    | 33 |               |
| 1108 | James King            | Llanfallteg            | OM |    | 32 | L             |
| 1109 | Daniel Sheen          | Pembrokeshire Harriers | OM |    | 31 |               |
| 1110 | Darren Holloway       | St Davids half, & Lee! | OM |    | 33 |               |
| 1111 | Paul James            | St Davids half, & Lee! | OM |    | 34 |               |
| 1112 | Finn Thompson         | Pembrokeshire Tri Club | OM |    | 18 | L             |
| 1113 | George Prior Palmer   | London                 | OM |    | 26 | NP            |
| 1114 | David James           | The Duck Pond Club     | OM |    | 28 |               |
| 1115 | Luke Raymond          | Clunderwen             | OM |    | 18 | L             |
| 1116 | Conrad Rees           | Manorbier Newton       | OM |    | 39 |               |
| 1117 |                       |                        |    |    |    |               |
| 1118 |                       |                        |    |    |    |               |
| 1119 |                       |                        |    |    |    |               |
| 1120 |                       |                        |    |    |    |               |
| 1121 |                       |                        |    |    |    |               |
| 1122 |                       |                        |    |    |    |               |
| 1123 |                       |                        |    |    |    |               |
| 1124 |                       |                        |    |    |    |               |
| 1125 |                       |                        |    |    |    |               |
| 1126 |                       |                        |    |    |    |               |
| 1127 |                       |                        |    |    |    |               |
| 1128 |                       |                        |    |    |    |               |
| 1129 |                       |                        |    |    |    |               |
| 1130 |                       |                        |    |    |    |               |