

Aberystwyth 10kM race results - 9th December 2007

<u>Overall Position</u>	<u>Race Number</u>	<u>Time</u>	<u>Name</u>	<u>Group</u>	<u>Category</u>	<u>MF?</u>	<u>Age</u>	<u>Club/Business team</u>
1	312	34.10	Steven McGuigan	2	Senior men (1st three) (2)	M	30	Bristol AC
2	277	36.05	Les Hewitson	3	V/40 men (3)	M	44	Ingli Runners
3	268	36.23	Glyn Price	3	V/40 men (3)	M	40	Sarn Helen
4	210	37.50	Huw Lewis	2	Senior men (1st three) (2)	M	27	N/A
5	92	37.52	Stephen King	2	Senior men (1st three) (2)	M	34	Aberystwyth AC
6	138	38.05	Michael Davies	2	Senior men (1st three) (2)	M	38	UWA Harries
7	322	38.10	Phoebe Webster	12	Senior lady (1st three) (12)	F	27	UWA Harries
8	223	38.27	Paul Scullion	3	V/40 men (3)	M	44	Aberystwyth AC
9	263	39.00	Glyn Fletcher	4	V/45 men (4)	M	45	Maldwyn Harriers
10	248	39.08	Kevin Hamilton	3	V/40 men (3)	M	43	Cerist Triathlon
11	84	39.11	Richard Hunter	2	Senior men (1st three) (2)	M	26	Shropshire shufflers
12	308	39.20	Iwan Edgar	5	V/50 men (5)	M	51	N/A
13	313	39.23	Richard Ellis	2	Senior men (1st three) (2)	M	28	N/A
14	262	39.27	Clifford Evans	4	V/45 men (4)	M	49	Aber Uni Harriers
15	80	39.33	Huw Nicholas Price	3	V/40 men (3)	M	44	Sarn Helen
16	317	39.50	Shelley Childs	2	Senior men (1st three) (2)	M	34	Aberystwyth AC
17	266	40.07	Philip Rogers	2	Senior men (1st three) (2)	M	23	UWA Harries
18	261	40.24	Delwyn Parry	2	Senior men (1st three) (2)	M	26	N/A
19	179	40.26	Rhys Jeffreys	2	Senior men (1st three) (2)	M	33	N/A
20	265	40.29	Bill Ridley	4	V/45 men (4)	M	45	Maldwyn Harriers
21	319	40.36	Norman Biggs	2	Senior men (1st three) (2)	M	35	N/A
22	182	40.45	Lenny Hughes	5	V/50 men (5)	M	51	Maldwyn Harriers
23	288	40.49	Rhodri Lake	2	Senior men (1st three) (2)	M	24	N/A
24	156	40.49	Mark Terry	5	V/50 men (5)	M	50	Trots
25	241	40.54	Dave Powell	4	V/45 men (4)	M	47	Aberystwyth AC
26	224	41.00	Andrew Nicholas	3	V/40 men (3)	M	40	Crymch
27	86	41.04	Ioan Isaac-Richards	2	Senior men (1st three) (2)	M	24	N/A
28	325	41.17	Huw Jones	2	Senior men (1st three) (2)	M	26	N/A
29	68	41.18	Daniel Clark	2	Senior men (1st three) (2)	M	20	UWA Harries
30	56	41.20	Stephen Owen	2	Senior men (1st three) (2)	M	34	N/A
31	255	41.23	Sebastian Gray	2	Senior men (1st three) (2)	M	24	N/A
32	272	41.32	No Name	#N/A	0	0	0	0
33	209	41.33	Gethin Holland	1	Under 20 men (1)	M	16	Aberystwyth AC
34	47	41.40	Rhys Jones	2	Senior men (1st three) (2)	M	22	N/A
35	108	41.41	Shan Roberts	14	V/40 lady (14)	F	40	Ingli Runners
36	318	41.42	Richard Graham	2	Senior men (1st three) (2)	M	36	N/A
37	299	41.50	Stuart Leitch	1	Under 20 men (1)	M	19	N/A
38	321	41.50	Haydn Lloyd	2	Senior men (1st three) (2)	M	35	Sarn Helen
39	58	41.57	Cyril Walters	7	V/60 men (7)	M	60	Trots
40	160	41.58	Melissa Davis	12	Senior lady (1st three) (12)	F	24	Trafford AC
41	52	42.07	Rhys Owen	2	Senior men (1st three) (2)	M	29	N/A
42	186	42.13	Clive Evans	7	V/60 men (7)	M	60	Aberystwyth AC
43	226	42.18	Jeff Saycell	2	Senior men (1st three) (2)	M	37	N/A
44	267	42.27	Daniel Burgess	2	Senior men (1st three) (2)	M	31	Aberystwyth AC
45	119	42.27	Charlotte Williams	12	Senior lady (1st three) (12)	F	30	Oswestry Olympians
46	233	42.34	Samuel P Bergmanski	1	Under 20 men (1)	M	16	N/A
47	328	42.37	James Surgey	2	Senior men (1st three) (2)	M	22	N/A
48	109	42.40	John Gwynn Evans	7	V/60 men (7)	M	61	Aberystwyth AC
49	227	42.45	Alec Williams	3	V/40 men (3)	M	40	N/A
50	6	42.49	Julie Scholey	15	V/45 lady (15)	F	48	Les Croupiers
51	278	42.56	Lynn Green	16	V/50 lady (16)	F	50	Ingli Runners
52	114	42.59	Wendy May Boon	15	V/45 lady (15)	F	47	N/A
53	5	43.09	Mark Stieler	4	V/45 men (4)	M	46	Aberystwyth AC
54	128	43.10	Gwilym Owen Jones	5	V/50 men (5)	M	52	Aberystwyth AC
55	159	43.13	Andrew Brasington	3	V/40 men (3)	M	43	N/A
56	220	43.14	Gwyn Jones	4	V/45 men (4)	M	49	N/A
57	154	43.16	Ian Evans	2	Senior men (1st three) (2)	M	27	Aberystwyth AC
58	155	43.33	Ian Paynter	2	Senior men (1st three) (2)	M	20	N/A
59	247	43.33	Michael Hodges	5	V/50 men (5)	M	53	Rhayader AC
60	287	43.41	Paul Rose	3	V/40 men (3)	M	43	Aberystwyth AC
61	259	43.45	Paul Edwards	4	V/45 men (4)	M	48	Pembrokeshire Harriers
62	168	43.56	Jason Wilkins	2	Senior men (1st three) (2)	M	36	Cardigan RC
63	16	43.57	Adam Stockwell	2	Senior men (1st three) (2)	M	26	Shrewsbury A.C.
64	97	43.57	Rachel Jeanette Morgan	12	Senior lady (1st three) (12)	F	32	Cardiff AAC
65	316	44.00	David Hamer	2	Senior men (1st three) (2)	M	38	N/A
66	282	44.00	Claire Cleathero	12	Senior lady (1st three) (12)	F	33	Trots
67	314	44.05	Caroline Victoria	14	V/40 lady (14)	F	43	Sarn Helen
68	229	44.09	Arwel James	2	Senior men (1st three) (2)	M	38	Aberystwyth AC
69	215	44.13	Geoffrey Crute	5	V/50 men (5)	M	51	N/A
70	26	44.15	Andrew Poole	2	Senior men (1st three) (2)	M	29	Theatres @ Bronglais
71	158	44.19	Brian Hardcastle	5	V/50 men (5)	M	54	Rhayader AC
72	311	44.25	Chris Forster Brown	3	V/40 men (3)	M	40	N/A
73	254	44.34	Sion Williams	2	Senior men (1st three) (2)	M	30	N/A
74	301	44.35	Tony Wenlock	5	V/50 men (5)	M	53	Aberystwyth AC
75	129	44.38	Adriano Evola	4	V/45 men (4)	M	49	Aberystwyth AC
76	180	44.38	Anita Saycell	12	Senior lady (1st three) (12)	F	28	Aberystwyth AC

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77	88	44.41	Ben Evans	2	Senior men (1st three) (2)	M 24 N/A
78	306	44.44	Ben Evans	2	Senior men (1st three) (2)	M 20 UWA Harries
79	110	44.44	Gary Gunner	7	V/60 men (7)	M 61 Croft Ambrey
80	246	44.53	Arwel Price	5	V/50 men (5)	M 50 Cerist Triathlon
81	221	45.07	R Clive Williams	3	V/40 men (3)	M 40 N/A
82	145	45.07	David Huw Michael	3	V/40 men (3)	M 41 National Library of Wales
83	53	45.09	Christine Pluke	13	V/35 lady (13)	F 36 N/A
84	269	45.10	James Green	2	Senior men (1st three) (2)	M 38 Maldwyn Harries
85	174	45.13	Robert Williams	4	V/45 men (4)	M 49 Maldwyn Harries
86	315	45.17	Mike Lewis	3	V/40 men (3)	M 41 N/A
87	280	45.24	Carl Neale	2	Senior men (1st three) (2)	M 21 N/A
88	149	45.32	Richard Marggraf-Turley	2	Senior men (1st three) (2)	M 37 N/A
89	230	45.34	Kev Joyce	3	V/40 men (3)	M 42 N/A
90	228	45.37	Kevin Bryan	2	Senior men (1st three) (2)	M 38 N/A
91	177	45.42	Andrew Sedgmond	5	V/50 men (5)	M 52 Les Croupiers
92	135	45.59	Cliff Thomas	7	V/60 men (7)	M 62 Aberystwyth AC
93	264	46.06	Andrew Parry	6	V/55 men (6)	M 57 N/A
94	238	46.06	Mark Wakeley	2	Senior men (1st three) (2)	M 37 N/A
95	245	46.20	Bridget Parkinson	12	Senior lady (1st three) (12)	F 23 Aberystwyth AC
96	169	46.25	Jane Buck	14	V/40 lady (14)	F 43 Cardigan RC
97	57	46.29	Delyth Davies	12	Senior lady (1st three) (12)	F 27 N/A
98	201	46.35	Samantha Saville	12	Senior lady (1st three) (12)	F 26 N/A
99	202	46.35	Stephen Saville	2	Senior men (1st three) (2)	M 26 N/A
100	91	46.36	Michael John Green	5	V/50 men (5)	M 50 N/A
101	237	46.38	Andy Eden	4	V/45 men (4)	M 47 Aberystwyth AC
102	296	46.50	Gareth Johns	2	Senior men (1st three) (2)	M 20 UWA Harries
103	243	46.53	David Chapman	2	Senior men (1st three) (2)	M 22 N/A
104	103	47.16	Clive Williams	5	V/50 men (5)	M 51 Aberystwyth AC
105	183	47.19	Ryszard Piotrowicz	4	V/45 men (4)	M 47 N/A
106	4	47.21	Elizabeth Stielor	12	Senior lady (1st three) (12)	F 34 Aberystwyth AC
107	305	47.21	John Williams	3	V/40 men (3)	M 41 Llyfregell Genediathol
108	140	47.27	Terry Simpson	7	V/60 men (7)	M 63 Rhayader AC
109	107	47.28	Ian Lloyd Harvey	2	Senior men (1st three) (2)	M 36 Harvey Trotters
110	331	47.29	C Malkzell?	5	V/50 men (5)	M 51 N/A
111	249	47.33	Anita Worthing	16	V/50 lady (16)	F 52 Haem
112	15	47.34	Stephen Lister	2	Senior men (1st three) (2)	M 31 N/A
113	55	47.35	Andrew Davies	3	V/40 men (3)	M 40 N/A
114	111	47.38	Clara Eliese Hatfield	12	Senior lady (1st three) (12)	F 25 N/A
115	90	48.07	Malcolm Taylor	7	V/60 men (7)	M 64 Bro Dysynni AC
116	106	48.11	Virginia Harvey	12	Senior lady (1st three) (12)	F 28 Harvey Trotters
117	225	48.16	Kate O'Sullivan	14	V/40 lady (14)	F 43 Aberystwyth AC
118	309	48.16	Delor Harvey	14	V/40 lady (14)	F 40 Aberystwyth AC
119	200	48.27	Ceris Humphries	12	Senior lady (1st three) (12)	F 30 N/A
120	79	48.29	James George Prior	2	Senior men (1st three) (2)	M 25 N/A
121	271	48.30	Raymond Jenkins	5	V/50 men (5)	M 52 N/A
122	276	48.35	Elen Jones	12	Senior lady (1st three) (12)	F 25 Pembrokeshire Triatholan
123	219	48.40	Sheila Jones	15	V/45 lady (15)	F 47 Bro Dysynni AC
124	166	48.40	Colin Jackson	4	V/45 men (4)	M 47 N/A
125	164	48.43	Glenda Roberts	16	V/50 lady (16)	F 54 Aberystwyth AC
126	104	48.45	Helen Williams	15	V/45 lady (15)	F 46 Aberystwyth AC
127	171	48.45	Barrie Jackson	8	V/65 men (8)	M 68 Bro Dysynni AC
128	146	48.49	Alex O'Keefe	2	Senior men (1st three) (2)	M 35 Westbury Harries
129	320	48.56	Dave Edgell	12	Senior lady (1st three) (12)	M 30 Sarn Helen
130	290	48.58	Dave Howells	5	V/50 men (5)	M 54 Pembrokeshire Triatholan
131	310	49.05	Graham Harvey	3	V/40 men (3)	M 43 Harvey Trotters
132	304	49.06	Jez Lougkin	8	V/65 men (8)	M 66 N/A
133	173	49.07	Sian Elin Williams	15	V/45 lady (15)	F 48 Maldwyn Harries
134	300	49.25	Damien Sidnell	4	V/45 men (4)	M 47 N/A
135	32	49.27	Emma Lucy Smith	12	Senior lady (1st three) (12)	F 21 Aberystwyth AC
136	298	49.32	David Miles	3	V/40 men (3)	M 43 N/A
137	291	49.33	Will Troughton	4	V/45 men (4)	M 46 Llyfregell Genediathol
138	130	49.34	Andrew Gough	2	Senior men (1st three) (2)	M 25 N/A
139	257	49.37	Adam Smith	2	Senior men (1st three) (2)	M 33 N/A
140	207	49.37	Eurig Morgan	2	Senior men (1st three) (2)	M 39 N/A
141	161	49.50	Annwen James	14	V/40 lady (14)	F 42 Aberystwyth AC
142	214	49.54	Lisa Berger	12	Senior lady (1st three) (12)	F 22 N/A
143	235	50.04	Mike Hodges	5	V/50 men (5)	M 54 Trots
144	275	50.05	Val Brown	14	V/40 lady (14)	F 41 Pembrokeshire Triatholan
145	286	50.10	Bleddyn Davies	2	Senior men (1st three) (2)	M 22 N/A
146	256	50.12	Catherine Tudor Jones	12	Senior lady (1st three) (12)	F 26 Llanbabo Hurricanes
147	123	50.26	Cian Ginley-Ibbotson	1	Under 20 men (1)	M 15 N/A
148	273	50.26	Toby Rodgers	2	Senior men (1st three) (2)	M 30 Ingli Runners
149	87	50.29	Janette Reynolds	12	Senior lady (1st three) (12)	F 28 Trots
150	330	50.32	Kevin Ashford	4	V/45 men (4)	M 46 N/A
151	188	50.42	John Alwyn Jones	5	V/50 men (5)	M 51 N/A
152	42	50.48	Gareth Davies	5	V/50 men (5)	M 53 Theatres @ Bronglais
153	50	50.50	Steve Orrells	6	V/55 men (6)	M 55 Maldwyn Harries
154	198	51.03	Alun Jenkins	3	V/40 men (3)	M 44 N/A
155	14	51.10	Robert Allen Harding	6	V/55 men (6)	M 56 Telford Harries
156	206	51.17	David Hopper	8	V/65 men (8)	M 65 N/A

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157	216	51.21	Sam Wright	2	Senior men (1st three) (2)	M	23	N/A
158	240	51.24	Paul Stovell	5	V/50 men (5)	M	45	N/A
159	260	51.25	Paul Stovell	5	V/50 men (5)	M	53	N/A
160	69	51.28	Peter Williams	3	V/40 men (3)	M	42	N/A
161	100	51.33	Marion Carson	14	V/40 lady (14)	F	43	Aberystwyth AC
162	61	51.59	Paul James Arnold	5	V/50 men (5)	M	51	Aberystwyth AC
163	27	52.01	Karen Williams	13	V/35 lady (13)	F	35	Theatres @ Bronglais
164	178	52.03	Phillip David Bradley	2	Senior men (1st three) (2)	M	38	N/A
165	143	52.07	Jason Martin	2	Senior men (1st three) (2)	M	32	N/A
166	258	52.10	Carys Prytherch	13	V/35 lady (13)	F	39	Aberystwyth AC
167	59	52.14	Jenny Williamson	15	V/45 lady (15)	F	45	N/A
168	211	52.18	David Dowsett	6	V/55 men (6)	M	57	N/A
169	11	52.23	Steven Higgins	3	V/40 men (3)	M	43	N/A
170	236	52.33	Andrew Lister	2	Senior men (1st three) (2)	M	26	N/A
171	244	52.34	Gareth Revell	2	Senior men (1st three) (2)	M	38	N/A
172	231	52.36	James Hunter	2	Senior men (1st three) (2)	M	20	Aber Uni Harriers
173	199	52.46	Dylan Wyn Jones	2	Senior men (1st three) (2)	M	24	N/A
174	115	52.47	Joy Preece	15	V/45 lady (15)	F	45	N/A
175	279	52.47	Adam Foale	2	Senior men (1st three) (2)	M	25	N/A
176	116	52.48	Kevin Preece	3	V/40 men (3)	M	44	N/A
177	54	52.52	Ian Kendall	2	Senior men (1st three) (2)	M	36	N/A
178	329	52.54	Geraint Evans	3	V/40 men (3)	M	42	N/A
179	205	53.08	Peter Trudgill	9	V/70 men (9)	M	71	N/A
180	323	53.10	Richard Kipling	2	Senior men (1st three) (2)	M	30	N/A
181	73	53.11	Chris Spiller	4	V/45 men (4)	M	45	N/A
182	99	53.22	Nia Lloyd Thomas	12	Senior lady (1st three) (12)	F	34	N/A
183	208	53.22	David Calvert	2	Senior men (1st three) (2)	M	22	N/A
184	332	53.32	Colin Walkin	4	V/45 men (4)	M	45	N/A
185	295	53.39	Cassandra Belcher	12	Senior lady (1st three) (12)	F	21	UWA Harries
186	239	53.43	Eleri Connor	12	Senior lady (1st three) (12)	F	25	N/A
187	153	53.48	Ian Allen	3	V/40 men (3)	M	41	N/A
188	43	53.48	Shaun Humphreys	4	V/45 men (4)	M	46	N/A
189	289	54.10	Simone Eade	12	Senior lady (1st three) (12)	F	34	N/A
190	274	54.18	Anthoni Schiavone	6	V/55 men (6)	M	56	N/A
191	250	54.43	Mairianne Plet	12	Senior lady (1st three) (12)	F	23	Aber Uni Harriers
192	270	54.47	Franklin Chukwu	2	Senior men (1st three) (2)	M	33	Haem
193	251	55.03	Rhian Evans	13	V/35 lady (13)	F	38	N/A
194	101	55.04	Owain Gillard	2	Senior men (1st three) (2)	M	30	N/A
195	102	55.04	Anna Turley	12	Senior lady (1st three) (12)	F	29	N/A
196	28	55.05	Rhian Breese	12	Senior lady (1st three) (12)	F	20	Theatres @ Bronglais
197	222	55.05	Alison Bennetts-Brown	12	Senior lady (1st three) (12)	F	21	N/A
198	232	55.11	Graham Jones	4	V/45 men (4)	M	47	N/A
199	127	55.20	Tricia Hirst	16	V/50 lady (16)	F	50	N/A
200	63	55.24	Huw Morris	4	V/45 men (4)	M	47	N/A
201	62	55.34	Ruth Morris	17	V/55 lady (17)	F	55	N/A
202	12	55.39	Megan Edwards	12	Senior lady (1st three) (12)	F	23	N/A
203	38	56.02	Bethan Lewis	12	Senior lady (1st three) (12)	F	26	N/A
204	29	56.04	Shan Breese	15	V/45 lady (15)	F	48	Theatres @ Bronglais
205	203	56.08	Helen Davies	13	V/35 lady (13)	F	37	Cardigan RC
206	49	56.11	Caroline Orrells	16	V/50 lady (16)	F	50	Maldwyn Harriers
207	302	56.28	Karen Robbie	14	V/40 lady (14)	F	41	N/A
208	85	56.34	Sioned Fflur Jones	12	Senior lady (1st three) (12)	F	25	N/A
209	48	56.57	Rose Foweler	12	Senior lady (1st three) (12)	F	27	N/A
210	190	56.57	Goronwy Evans	5	V/50 men (5)	M	51	N/A
211	293	57.12	Peter Stocks	6	V/55 men (6)	M	59	N/A
212	303	57.13	Natalie Moxham	14	V/40 lady (14)	F	40	N/A
213	120	57.14	Sarah Anscombe	14	V/40 lady (14)	F	43	N/A
214	39	57.21	Llinos Medi Jones	12	Senior lady (1st three) (12)	F	26	N/A
215	41	57.26	Helen Stretch	17	V/55 lady (17)	F	55	Aberystwyth AC
216	333	57.28	Melanie Bowman	12	Senior lady (1st three) (12)	F	20	N/A
217	184	57.45	Sarah Zacharias	12	Senior lady (1st three) (12)	F	21	N/A
218	242	57.49	Glen Robson	2	Senior men (1st three) (2)	M	26	N/A
219	25	57.49	Dave Robson	6	V/55 men (6)	M	56	Elvet Striders
220	193	57.58	Graeme Gillespie	3	V/40 men (3)	M	42	N/A
221	89	57.58	Brian Cowen	5	V/50 men (5)	M	52	N/A
222	191	58.00	Lizzie Pugh	12	Senior lady (1st three) (12)	F	26	N/A
223	46	58.00	Sion Morgan	2	Senior men (1st three) (2)	M	23	N/A
224	70	58.07	Ian Mitchell	7	V/60 men (7)	M	63	N/A
225	144	58.15	Katrina B. Michael	14	V/40 lady (14)	F	40	N/A
226	292	58.30	Megan Williams	14	V/40 lady (14)	F	41	Aberystwyth AC
227	283	58.45	Michelle Beeson	13	V/35 lady (13)	F	38	Maldwyn Harriers
228	31	58.46	Heather Payton	18	V/60 lady (18)	F	60	Trent Park RC
229	30	58.47	Mike Matthews	7	V/60 men (7)	M	64	N/A
230	60	59.02	Menna Wyn Lewis	12	Senior lady (1st three) (12)	F	29	N/A
231	65	59.10	Louise Maguire	12	Senior lady (1st three) (12)	F	32	Cardigan
232	195	59.11	Sonya Gwen Obaji	12	Senior lady (1st three) (12)	F	23	N/A
233	71	59.12	Ann Mitchell	17	V/55 lady (17)	F	56	N/A
234	74	59.14	Samuel Spiller	1	Under 20 men (1)	M	17	N/A
235	218	59.20	Martin Wilding	3	V/40 men (3)	M	43	N/A
236	281	59.40	Suzanne Austin	12	Senior lady (1st three) (12)	F	30	Jog Scotland

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237	189	59.48	Rosemary Rhys	16	V/50 lady (16)	F 53 Aberystwyth AC
238	72	59.50	Paula Sparrow	6	V/50 lady (16)	F 54 N/A
239	36	60.15	Thomas George Cosson	2	Senior men (1st three) (2)	M 31 N/A
240	252	60.25	Sioned Evans	12	Senior lady (1st three) (12)	F 26 Llanbabo Hurricanes
241	10	60.28	William Richard Williams	7	V/60 men (7)	M 64 N/A
242	307	60.30	Lisa Young	12	Senior lady (1st three) (12)	F 26 N/A
243	76	60.32	Ian Prior	7	V/60 men (7)	M 63 N/A
244	139	61.01	Nicola Sutton	13	V/35 lady (13)	F 38 N/A
245	175	61.01	John Williams	7	V/60 men (7)	M 60 N/A
246	112	61.07	Mandy Cavill	14	V/40 lady (14)	F 42 N/A
247	165	61.16	Amber Rosenthal	12	Senior lady (1st three) (12)	F 29 Rhayader AC
248	131	61.17	Jan Davies	14	V/40 lady (14)	F 44 Rhayader AC
249	98	61.22	Marjorie Griffiths	18	V/60 lady (18)	F 62 Bro Dysynni AC
250	33	61.22	Gudrun Jones	16	V/50 lady (16)	F 50 Sarn Helen
251	37	61.40	Morfudd V Bevan-Jones	12	Senior lady (1st three) (12)	F 27 N/A
252	152	61.40	Helen Jones	14	V/40 lady (14)	F 42 N/A
253	151	61.59	Nerys Buttler	14	V/40 lady (14)	F 40 N/A
254	253	62.17	Elin Aaron	12	Senior lady (1st three) (12)	F 26 Llanbabo Hurricanes
255	157	62.40	Gemma Hardcastle	11	Under 20 lady (11)	F 18 N/A
256	324	63.04	Damon Hammond	3	V/40 men (3)	M 44 N/A
257	234	63.05	Barbara Lazur	12	Senior lady (1st three) (12)	F 27 Haem
258	284	63.09	Kath Dootson	13	V/35 lady (13)	F 38 N/A
259	285	63.14	Rachel Long	13	V/35 lady (13)	F 37 N/A
260	170	64.06	Susan Peterson	16	V/50 lady (16)	F 51 N/A
261	77	64.25	Sue Prior	17	V/55 lady (17)	F 58 N/A
262	45	64.33	Sarah Birch	12	Senior lady (1st three) (12)	F 22 Aberystwyth AC
263	217	64.34	Perf Ping	12	Senior lady (1st three) (12)	F 33 N/A
264	193	64.34	Graeme Gillespie	3	V/40 men (3)	M 42 N/A
265	294	65.04	Marie Byrne	16	V/50 lady (16)	F 52 Amazing Feet
266	134	65.19	Beth Holland	15	V/45 lady (15)	F 48 Aberystwyth AC
267	124	65.55	Sue Ginley	15	V/45 lady (15)	F 45 Aberystwyth AC
268	95	66.14	Ernest Wykes	8	V/65 men (8)	M 68 Cerist Triathlon
269	213	66.38	Emma Sara Thomas	11	Under 20 lady (11)	F 19 N/A
270	212	66.38	Phoebe Pender	11	Under 20 lady (11)	F 19 N/A
271	150	67.44	Llinos Morgan	13	V/35 lady (13)	F 38 N/A
272	204	67.49	Fern J L Daish	12	Senior lady (1st three) (12)	F 21 N/A
273	7	67.53	Elaine Willetts	14	V/40 lady (14)	F 41 N/A
274	8	67.53	Brad Willetts	3	V/40 men (3)	M 42 N/A
275	40	68.55	Alison Jones	17	V/55 lady (17)	F 55 Cerist Triathlon
276	194	69.17	Teresa Davies	15	V/45 lady (15)	F 46 N/A
277	96	69.17	Maggie Holliday	16	V/50 lady (16)	F 50 N/A
278	163	69.46	Christiane Kloos	13	V/35 lady (13)	F 35 N/A
279	122	69.57	Diane Parry	13	V/35 lady (13)	F 38 N/A
280	121	69.57	Susan D. James	16	V/50 lady (16)	F 51 N/A
281	67	72.04	Gwenda Llinos Marshall	15	V/45 lady (15)	F 48 N/A
282	51	72.04	Dewi Elwy Griffiths	4	V/45 men (4)	M 46 N/A
283	13	72.37	Kathy Ling	18	V/60 lady (18)	F 64 Wrekin RR
284	326	77.12	Nicola Lovell	12	Senior lady (1st three) (12)	F 26 N/A
285	327	78.35	Anna Richards	12	Senior lady (1st three) (12)	F 24 N/A
286	137	78.35	Vivien Annette Giles	16	V/50 lady (16)	F 53 N/A
287	176	82.26	Lesley-Anne Kerr	15	V/45 lady (15)	F 47 N/A