The Night Nobbler 2025

Rescheduled for January 3rd 2026

#	Runner	Club	Age	Bib	Time
1	Jack Jones 🏆		M16	43	48:02
2	Callum Davies 🏆		M18	33	48:41
3	Lewis Murray		M18	15	53:34
4	John Perkins 🏆	Amman valley harriers	M40	73	53:54
5	John Collier	Team NFT	M18	47	54:06
6	Olly Williams	NBLRs	M18	101	54:57
7	Henry Drake	Amman Valley Harriers	M40	61	56:25
8	Ollie Minton	NBLRS	M18	2	56:26
9	Kristian Walter	ATG	M40	424	58:27
10	James Barton	Pembs Tri	M18	57	58:33
11	Alex Poole		M18	108	58:40

12	Paul Worcester		M40	37	59:00
13	Alex Lewis		M40	54	59:10
14	Kitty Robinson	NBLRs	F18	1	59:22
15	Simon Williams	TROTS	M40	21	59:37
16	Kevin Jones	Sarn Helen	M50	11	1:01:17
17	Christopher Davies		M18	29	1:02:05
18	Robin Jackson	SWYD Tri Club	F40	18	1:02:22
19	Ryan Haigh		M18	8	1:03:57
20	Alun James		M18	114	1:04:26
21	Benedict Vaughan-Morris	Amman Valley Harriers	M40	305	1:04:38
22	Rob Crocker	@leastwetri	M18	292	1:04:39
23	Jamie Lewis	@LeastWeTri	M18	289	1:04:44
24	Rory Fairhurst	Sarn Helen	M18	41	1:04:47
25	Jonny Williams		M18	55	1:05:04
26	Piers Oliphant		M16	62	1:05:21
27	Holly Blower		M16	63	1:05:26
28	Nicolas Schwarz		M40	30	1:05:48
29	Carys Ratcliffe	Mission Possible Tri Club	F18	120	1:06:36
30	Ben Roberts	TROTs	M18	453	1:06:36
31	Chris Frearson		M40	75	1:06:47

32	Ioan Lloyd	Sarn Helen	M18	51	1:06:57
33	Alex Thomas		M18	48	1:07:01
34	James Hosegood		M40	142	1:07:07
35	Ash Murdoch		M18	46	1:08:17
36	Ian Cooper		M40	26	1:08:47
37	Adrian Roberts	Saundersfoot Runners	M50	91	1:09:19
38	Nathan Miles	Pembs Tri	M50	516	1:09:32
39	Matilda Wolstenholme		F18	274	1:09:33
40	George Jones		F18	44	1:09:59
41	Oliver Burton		F18	168	1:10:20
42	Ricki Morgan	Tenby Aces	M40	115	1:10:23
43	Joe Allister	Gower Trail Blazers	M40	60	1:11:14
44	Kayleigh Bagshaw	TROTS	F18	196	1:11:21
45	Bethan Williama	Rhedwyr Emlyn	F18	49	1:11:35
46	Dafydd Owen		M18	524	1:11:55
47	Robin Shaw		F18	17	1:12:04
48	Wayne Gardner		M50	281	1:12:18
49	Jonny Hyde	@Leastwetri	M18	98	1:12:29

50	Barry Parsons	@Leastwetri	F18	70	1:12:29
51	Mark Sibbald		M50	261	1:12:43
52	Craig Voisey	No swim, no bike no fun	M40	540	1:13:08
53	Huw Phillips		M18	481	1:13:44
54	James Bevan-Smith	Peter lloyd coaching	M18	523	1:14:23
55	Josie Thomas		F18	112	1:14:33
56	Heather Warner		F18	19	1:14:35
57	David Roch		M18	299	1:14:57
58	Guto Evans	Amman Valley Harriers	M50	50	1:15:09
59	Ceri Schiavone		F40	236	1:16:33
60	Jenny Tanner	TROTS	F40	104	1:16:39
61	Josh Rees		M18	531	1:16:50
62	Tobias Brace	Tenby Penguins	F40	288	1:16:51
63	Luke Williams		M18	572	1:17:00
64	Sahana Cooper		F18	182	1:17:02
65	Rhys thomas	Tenby penguins	M18	561	1:17:17
66	Vince Bailey	TROTS	M50	195	1:17:34

67	Tony Phillips		M40	64	1:17:44
68	Darren Mason	Tenby Aces	F40	31	1:17:47
69	Mark Preston		F18	5	1:18:13
70	David Pepper	Cove	M18	40	1:18:34
71	David Sangster		M50	498	1:18:36
72	Simon Dorken	Llanelli AC	M40	45	1:18:37
73	Fraser McMillan	Cardigan Running Club	M50	74	1:19:02
74	Dan Sheen	Pembs Tri	M40	536	1:19:16
75	Aaron Rodway		M40	10	1:19:23
76	Paul Colman	Pembrokeshire Harriers	M50	59	1:19:37
77	Alex Cooper	Pembs Tri	M40	240	1:19:44
78	Norman Mason		M50	492	1:19:59
79	Connor Malone	Cardigan Running Club	M18	564	1:20:06
80	Sharon Thompson🏆	Saundersfoot Runners	F50	92	1:20:43
81	Kieran Head		M40	72	1:20:58
82	Dannie Hayes	Ironchef Coaching	F40	9	1:20:59
83	Julian Lewis	TROTS	M50	199	1:21:27
84	Sandra Goodwin		F50	296	1:21:55
85	Andrew Webb		M50	129	1:22:26
86	Craig Colborne	Ironchef Coaching	M50	7	1:22:38

87	Alex Dallimore	CTC	M18	514	1:22:42
88	Mike Langford		M18	513	1:23:01
89	Tim Whittal-Williams		M50	171	1:24:11
90	Katie Foley		F40	213	1:24:29
91	Sarah Doughty	Harriers	F18	66	1:24:46
92	Jim Dilks	Tenby Penguins	M50	97	1:25:03
93	Louis Shirt		F40	80	1:25:05
94	Isie Everett		F18	251	1:25:14
95	Kevin Wheeler	Pembs Tri	M50	219	1:25:21
96	Robin Williams		M18	14	1:25:24
97	Ben Clarke		F18	233	1:25:28
98	Oscar Fitzgerald	Mission Possible Tri Club	M16	310	1:26:22
99	Lee Lewis	@leastwetri	M18	24	1:26:44
100	David Cornish	Port Talbot Harriers	M50	110	1:26:58
101	Tom Dinan		M18	25	1:27:01
102	Tom Blackler		M18	6	1:27:05
103	Kevin Upstill		M50	220	1:27:12
104	Marta Davies	Tenby Penguins	F40	539	1:27:36
105	Abigail Felstead	Tenby Penguins	F18	23	1:27:44
106	Charlie Felstead	Tenby Penguins	M18	16	1:27:50

107	Glyn Drake		M40	497	1:28:19
108	William Hopwood		M18	496	1:28:36
109	Simon Phillips	Pembs Tri	M40	517	1:29:07
110	Gareth Downward	Run With Us Abergavenny	M18	504	1:29:16
111	Matthew Terry		M16	249	1:29:16
112	Sarah Boulding	Chatty Pacers Ammanford	F18	12	1:29:17
113	Nick Butler	Caerphilly Triers	M50	52	1:29:27
114	Chloe Butler 🏆	Caerphilly Triers	F16	34	1:29:29
115	Mathew Newman		M40	495	1:29:38
116	Callum Thomas		F18	145	1:29:53
117	Helen Worcester		M40	39	1:30:03
118	Ben Charles	Penguins	M40	557	1:30:39
119	Heather Fitzgerald	Mission Possible Tri Club	F40	311	1:31:52
120	Oliver James		M18	151	1:32:36
121	David Richards	Pembrokeshire Harriers	M18	94	1:32:36
122	Chris Bevan	NBLRS	F50	184	1:32:38
123	Nigel Bevan		M50	569	1:32:40
124	Jon Harraway	Clwb Rhedeg Clwb badminton Aberteifi	M50	28	1:32:58
125	Cai Batchelor		F40	27	1:33:05
126	Callum Lawson	Gravells Run Club	M18	518	1:33:15

127	Paul Morris		M50	103	1:33:15
128	Elin Jones	Sarn Helen	F18	13	1:33:18
129	Linzi Morris		F50	93	1:33:19
130	Sophie Frearson		F18	76	1:33:53
131	Jonathan Gravell	Sospan Road Runners	M50	555	1:33:57
132	Elsa Taday		F18	421	1:34:03
133	Chris Price		M50	228	1:34:14
134	Rebecca Strydom	NBLRs	F40	68	1:34:18
135	Gareth Jones	Tenby Aces	M40	218	1:34:20
136	Jonathan Williams		F50	493	1:34:25
137	Sabrina Schwarz		F18	141	1:34:32
138	Donna Jenkins		F18	241	1:34:36
139	Thomas Draper		M18	361	1:34:51
140	Thomas Addison		M18	20	1:34:52
141	Adrian Waters	Vegan Runners UK	M50	285	1:35:19
142	Jon Davies		M40	474	1:35:29
143	Aaron Hay	Least we tri	M18	290	1:35:31
144	Roscoe Howell	Pembrokeshire Harriers	M40	35	1:35:36
145	Kimberley Evans		F40	36	1:35:38
146	Matthew Rossiter		M40	102	1:35:47

147	Benedict Oleary		M50	152	1:35:55
148	Pete King	Running Punks	M50	56	1:36:35
149	Victoria Jones		F18	366	1:36:50
150	Hannah-Mae Samson	Ironchef	F18	525	1:36:50
151	Sian Thomas	Tenby penguins	F18	528	1:36:53
152	Holly Wigmore		F18	116	1:37:14
153	Sian Dyer		F40	272	1:37:17
154	Helen Phillips-Jones		F18	431	1:37:18
155	Elena Davies		F40	222	1:37:22
156	Virginia Melly		F18	125	1:37:22
157	Elizabeth Clissold		F18	149	1:37:36
158	Matt Clissold		M50	150	1:37:37
159	Bronwyn Clissold		F16	188	1:37:38
160	Ella Mathias		F18	209	1:37:44
161	Jason Thomas		M18	541	1:37:45
162	Daniel Edmonds	Manorbier and District Athletic	M40	543	1:37:58
163	Steve Butler		M50	571	1:38:02
164	Ade lewis		M50	364	1:38:09
165	Karl Cain	#TeamBeut	M50	4	1:38:15
166	Anthony Evans		M50	365	1:38:26

167	Luke Broadley		F18	264	1:39:45
168	Stephen Willis		M50	194	1:39:48
169	Adam Sanchez		M18	313	1:39:50
170	Corbin Moran		M18	482	1:39:55
171	Andrew Couzens		M50	515	1:39:59
172	Celyn Morris	Triaspire	F18	500	1:40:05
173	Russell Newbery		M40	369	1:40:05
174	James Warren		M16	501	1:40:09
175	Becky Tebbutt		F18	127	1:40:26
176	Matthew Watkinson		M40	574	1:40:26
177	Charis Watkinson		F40	575	1:40:29
178	Lee Wilkinson		M40	260	1:40:30
179	Christopher Jones	Swansea Harriers	M50	123	1:40:33
180	Katie Macro		F18	126	1:40:35
181	Alana Pranskunas		F18	521	1:41:10
182	Tom Dietrich		M40	212	1:41:11
183	Peter Rawsthorne		M40	205	1:41:22
184	Jacqueline Rawsthorne		F40	204	1:41:26
185	Sayaka Fukuda		F40	473	1:41:52
186	Janine Owen	On your Marks	F40	358	1:41:54

187	Anthony Dew		M40	357	1:42:01
188	Aaron Morgans		F18	487	1:42:22
189	Sara House		F18	419	1:42:47
190	Lucy Luke		F18	277	1:42:47
191	Rhian Llewellyn		F18	280	1:42:48
192	Dave Gosling		M18	546	1:43:28
193	Lizzy McNamara		F18	552	1:43:33
194	Stuart Wilson		M40	254	1:44:15
195	Dan Kristof	Tri Hard Harriers	M18	170	1:44:21
196	Aaron Buckingham		M18	42	1:45:05
197	Katie Arnold		F18	363	1:45:07
198	Jake Osullivan	NBLRs	M18	3	1:45:07
199	Kate Bevan		F18	113	1:45:19
200	Mike Mathias		M50	210	1:45:36
201	Jane Barber		F50	133	1:45:45
202	Kevin Rawlins		M50	389	1:45:45
203	Chris Gregory	NBLRS	M18	547	1:45:54
204	Mike Mathias	Manorbier running club	M50	549	1:46:15
205	Gethin Jones		M18	156	1:46:23
206	Melanie Jowitt		F50	270	1:46:23

207	Kevin Ferney	Tenby penguins	M50	286	1:46:30
208	Clare Hewitt		F50	268	1:46:41
209	Lauren Hall	TROTS	F18	259	1:46:44
210	Bethan Phillips	Peter Lloyd Coaching	F18	258	1:46:46
211	Matthew Mantripp		M40	400	1:46:58
212	Rob Dawe		M18	201	1:47:14
213	Andy Dawe		M50	198	1:47:21
214	Judith Oakley	Vegan Runners UK	F50	111	1:47:21
215	Bryony Jones		F40	176	1:47:24
216	Rabi Thapa	Aberystwyth athletics club	M50	164	1:47:30
217	Dan Rudd		M18	282	1:47:35
218	Beth Feetham		F18	283	1:47:42
219	Sam Grunhut	3Ms Gorseinon Road Runners	M18	124	1:47:48
220	Rob Buy		M40	140	1:48:17
221	Richard Evans		M50	512	1:48:17
222	Roger Matthews	Aberystwyth Athletics Club	M50	163	1:48:53
223	Abi Price	Pembs Tri	F18	211	1:48:53
224	Sarah Williams	Pembrokeshire Harriers	F50	197	1:48:54
225	Josh Lewis		M18	267	1:48:57
226	Rachel Pickersgill		F18	266	1:48:58

227	Mike Indeka		M50	161	1:49:05
228	Ella Bailey		F18	248	1:49:29
229	Bethan Rocke		F18	471	1:49:30
230	Lorna Rees		F40	456	1:49:31
231	Alice rees		F18	185	1:49:33
232	Alice Lasseter		F18	452	1:49:36
233	Kyra Pickersgill		F18	430	1:49:39
234	Tenille hopes		F40	147	1:49:41
235	Robert Jenkins		M50	165	1:49:52
236	Matthew Williams		M40	566	1:50:25
237	Jo Williams	Pembs Tri	F40	567	1:50:28
238	Jim Bromhead		M18	175	1:51:02
239	Jenny Bromhead		F40	174	1:51:03
240	Jon Richards		M18	378	1:51:11
241	Dave Pyott		F18	169	1:51:53
242	Steve Thomas	Running Punks	M50	173	1:51:57
243	Mark Heron	Pembrokeshire Harriers	F40	203	1:51:58
244	Adam Jury		M18	315	1:52:15
245	Lesley Woolford		F18	548	1:52:28
246	Chris La Rosa		M40	247	1:52:32

247	Nicola Otoole		F18	505	1:52:40
248	Ruth Hardern		F18	187	1:52:51
249	Lyn Phillips		M50	476	1:52:57
250	Sam Edwards	ALYX	F40	499	1:53:04
251	Katie Hill		F40	284	1:53:08
252	Lauren Owens		F18	250	1:53:08
253	Catherine Fulson		F40	255	1:53:12
254	Rhian Hill		F40	470	1:53:14
255	Adam York	NBLRS	M18	231	1:53:19
256	Curtis Elias		M16	221	1:53:23
257	Greg Elias		M40	225	1:53:28
258	Mark Protheroe	Run Bont	M40	135	1:54:19
259	Sarah Robinson		F40	279	1:54:29
260	Lisa Davies	Run Bont	F40	278	1:54:31
261	Sara-Wyn Watkins		F18	356	1:54:43
262	Rhiannon Clapham		F18	207	1:54:44
263	Katy Lloyd		F18	265	1:54:47
264	Jess James	Pembrokeshire Harriers	F18	206	1:54:52
265	Thomas Grenfell		M18	245	1:56:06
266	Sarah John		F18	246	1:56:08

267	Richard Morgan		F40	307	1:56:12
268	Glenn Jones		M40	306	1:56:15
269	Aldo Picek	Sofit	M50	428	1:56:18
270	Lloyd Nicholls		M40	532	1:56:40
271	Polly Groom	Dog Bog Adventure Club	F40	215	1:56:41
272	Dai Nicholls		M40	542	1:56:44
273	Jamie Wooles		M18	276	1:56:44
274	Ellie Armytage		F18	177	1:56:52
275	Dan McDermott	Tenby Penguins	M18	511	1:56:55
276	Peter Armytage		M50	178	1:56:58
277	Emily Evans		F18	275	1:57:15
278	James Lory		M18	544	1:58:09
279	Nicola Thomas	Amman Valley Harriers	F40	128	1:58:36
280	Michelle Spencer	Amman Valley Harriers	F40	130	1:58:40
281	Elise McCarthy		F18	553	1:59:04
282	Neil McCarthy		M50	545	1:59:06
283	Jenna Lewis	@leastwetri	F18	444	1:59:16
284	Kimberley Lewis		F18	287	1:59:29
285	Isaac Clark	Amman valley harriers	M16	162	1:59:46
286	Leah Clark	Amman valley harriers	F40	121	1:59:47

287	Mathew Bayliss	Amman valley harriers	M40	160	1:59:49
288	Adam Cunningham		M18	420	2:00:07
289	Jamie Lee		M18	298	2:00:09
290	Alice Walls		F18	297	2:00:10
291	Phoebe Davies		F18	529	2:00:16
292	Dexter Goldsworthy		M16	229	2:00:23
293	Ceri Worcester		M18	22	2:00:37
294	Bethan Bowen		F18	563	2:00:38
295	Ali Lewis-Belton	Pembs Tri	F50	186	2:00:40
296	Victoria Winship		F18	189	2:00:44
297	Del Eyre	Run4all neath	F50	232	2:00:56
298	Samuel Richards		M18	416	2:01:05
299	Rhys Goldsworthy		M18	227	2:01:17
300	Dave Otton		M18	235	2:01:32
301			M16	183	2:01:49
302	Alice Davies		F18	520	2:01:49
303	Sadie Johnson		F18	134	2:01:52
304	Shannen Rees		F18	472	2:01:52
305	Oliver Town		M18	519	2:02:10
306	Laura Goldsworthy		F18	230	2:02:21

307	Lucy Harris		F18	509	2:02:24
308	Amy McPherson		F18	262	2:02:26
309	Shaun Lynch		M50	522	2:02:30
310	Dwayne Head		M40	158	2:02:42
311	Phil Evans		M40	159	2:02:46
312	Stuart Lee		M16	437	2:02:59
313	Sasha James		F18	508	2:03:02
314	Amy Morgan		F18	478	2:03:07
315	Julian Edwards		M50	38	2:03:17
316	Alice Kent		N/C	533	2:03:24
317	Eloise Lewis		F18	224	2:03:24
318	Joshua Richards		F18	417	2:03:25
319	David Kent	Tenby Aces	M50	534	2:03:26
320	Sammi Otton		F18	234	2:03:32
321	Tristy McDermott		F18	418	2:03:34
322	Jenna Ford		F18	58	2:03:35
323	Jason Sanders		M50	573	2:03:36
324	Daniel O`Mahony	Rhondda Tri Club	M18	179	2:03:40
325	Thomas Jenkins		M40	530	2:03:51
326	Mark Johns		M40	538	2:04:06

327	Clare Campbell		F50	293	2:04:22
328	Charley Jones	Team Gower Tri	F18	302	2:04:41
329	Emily Stewart	Team Gower Tri	F18	308	2:04:50
330	Liam Pugh		M18	376	2:05:02
331	Lily Bowen		F18	375	2:05:05
332	Fiona Worcester		F18	269	2:05:06
333	Marie Tilly		F40	294	2:05:11
334	Deborah Clark		F50	295	2:05:15
335	Jo Barrett		F40	122	2:05:19
336	Nathan Mathias	Mission Possible Tri Club	F40	181	2:05:22
337	Suzanne Williams	Monday Movers	F40	148	2:05:23
338	Joanne Mathias	Mission Possible Tri Club	F40	180	2:05:26
339	Wyndham Williams		M40	69	2:05:27
340	Lee Young	Manorbier	M50	167	2:06:21
341	Ann Ebsworth		F40	300	2:06:26
342	Marysia Pugh		F50	374	2:06:39
343	Rhian Young	Manorbier and District Athletic	F40	157	2:06:50
344	Kate Mathias	Tenby Aces	F50	208	2:06:53
345	Neil Cross	Tenby Penguins	M50	551	2:06:55
346	Helen Hawthorn		F40	137	2:07:01

347	Steph Dewick-Berry		F18	136	2:07:03
348	Nik Berry		N/C	138	2:07:05
349	Marja Cross	Tenby Penguins	F50	550	2:07:09
350	Bob Weston	Aged Crocks	N/C	527	2:07:15
351	Debbie Cranmer	Aged Crocks	N/C	526	2:07:19
352	Rachel Matthews	Cardigan Running Club	F50	144	2:07:21
353	Mark Dixon	NBLRS	M50	359	2:07:33
354	Kristina Hall		F18	301	2:07:34
355	Cara Jury		F18	316	2:07:40
356	Emma McLean		F40	560	2:07:49
357	Sophie Pavia-Lacey	Mission Possible Tri Club	F18	439	2:07:50
358	Stepehn Murray	Missionpossible	M18	438	2:07:54
359	Ben Pugh		M18	377	2:07:59
360	Stella Mirfin		F18	379	2:08:02
361	Rhys morgan	Cardigan Running Club	M50	479	2:08:09
362	Darren Johns		M18	172	2:08:32
363	Jemma Rees		F18	166	2:08:36
364	Braint Llewellyn		F18	562	2:09:06
365	Ela Llewellyn		F18	565	2:09:12
366	Cath Morton	TROTS	F40	558	2:09:19

367	Clare Willey	Saundersfoot	M50	559	2:09:22
368	Lauren Bradbury	Tenby Penguins	F18	537	2:09:23
369	Oliver Moruzzi		F18	146	2:09:33
370	Rebecca Guillet		F40	570	2:09:34
371	Victoria Hammersley		M40	238	2:09:38
372	Alistair Bowen	Cardigan Running Club	M50	475	2:09:45
373	Leanne Roberts	Cardigan Running Club	F18	477	2:09:45
374	Kristy White	Cardigan Running Club	F18	480	2:09:46
375	Mel Pallas		F50	263	2:10:15
376	Ceinwen Evans		F50	312	2:10:20
377	Hannah Hammersley		F18	239	2:10:34
378	Thea Davies	Taupo Trail Runners New Zealand	F40	422	2:10:40
379	James Evans		M40	303	2:10:51
380	Anwen Evans		F18	139	2:10:52
381	Rob Evans		M18	143	2:10:53
382	Laura Winter	Cardigan Running Club	F40	257	2:10:56
383	Kelly Fowler	Monday Movers	F40	507	2:10:59
384	Katie Stuart-Robson		F18	309	2:11:01
385	Calum O`Connell		M18	314	2:11:04
386	Jill Hayman		F50	535	2:11:07

387	Rosie Thorne		F18	304	2:11:08
388	Wendy Sibbald		F50	510	2:11:18
389	Joshua Odlin		M18	368	2:11:36
390	Zoe McCarthy		F18	362	2:11:49
391	Jasmine Osborne	Cardigan Running Club	F18	244	2:11:49
392	Jordan Jones		M18	367	2:11:54
393	Jakita Roach		F18	460	2:12:00
394	Tiffany Roach		F18	291	2:12:04
395	Tara Rees	Tenby Aces	F50	388	2:12:05
396	Gareth Rees	Tenby Aces	M50	468	2:12:15
397	Loz Tynan		F18	243	2:12:30
398	Steph Tynan		F18	242	2:12:33
399	Bethan Griffiths		F18	271	2:12:36
400	Paul Slack	Tenby Aces	F50	373	2:12:59
401	Julie Slack	Tenby Aces	F50	371	2:13:00
402	Sarah Williams		F18	506	2:13:46
403	Carlton Coates	Tenby Aces	F50	370	2:13:53
404	Nicola Coates	Tenby Aces	F50	372	2:14:08
405	Amanda-Jane Williams		F50	483	2:14:09
406	Marie Jones		F40	237	2:14:42

407	Simon Morgan		M40	429	2:18:55
408	Andrew Adamson	Tenby Aces	M40	273	2:19:10
409	Lucianna Rabaiotti		F18	154	2:19:12
410	Dan Allerton	Gelliswick Running Club	M18	155	2:19:17
411	Jeri Adey		F18	489	2:20:01
412	Carrie Garner		F18	216	2:20:04
413	Deb Parr		F40	217	2:20:16
414	Debbie Jones	ATG	F40	223	2:21:29
415	Lucie Waring	Gelliswick Running Club	F18	190	2:22:30
416	Scott Dedoncker		M18	191	2:23:39
417	Chelsi Mason		F18	153	2:23:43
418	Julie Evans	ATG	F40	423	2:24:26
419	Anna Bolton	ATG	F50	226	2:24:33
420	Nicci Southard-Stuart	Tri Hard Harriers	F50	202	2:27:04
421	Liz Griffiths	Tri Hard Harriers	F40	200	2:27:15
422	Gemma Thomas		M40	415	2:27:41
423	Hannah Jones		F40	502	2:28:17
424	Abbs O`Dell	Greg`s gym Bints	M40	503	2:28:18
425	Ann-Marie Martin	Peak Performance Wales	F40	556	2:29:23
426	Steven Martin	Peak Performance Wales	F40	554	2:29:26

427	Leigh Hking		M40	568	2:30:02
428	Emma Baker		F40	440	2:31:04
429	Sarah John		F40	436	2:31:43
430	Rob Palmer		M40	252	2:37:14
431	Emma Palmer		F50	253	2:37:15
432	Jack Miles		M16	360	2:39:47
433	Tina Mathias		F40	131	2:39:53
434	Sophie Harris		F18	132	2:40:00
435	Josh Eynon		M18	256	DNF
436	Aaron grove		M18	32	DNF
437	Charlotte Morgan		F40	494	DNF
438	Tony Price		M50	71	DNF
439	Jamie Spencer	Tenby Penguins	M18	193	DNF
440	Ella Trimble	Tenby Penguins	F18	192	DNF