

Beast Bach 2019							
Position	Time	No	Surname	Name	Cat	Club	Local
1	1.13.59	1026	BRAY	Peter	OM	Chorlton Runners	
2	1.21.39	1096	GRIFFITHS	Kevin	M50	TROTS	Y
3	1.22.08	1218	THOMPSON	Finnlay	OM	Pembs Tri Club	
4	1.23.15	1160	MORRIS	Edmund	OM	YHA Manorbier	Y
5	1.23.25	1180	PRICE	Glyn	M50	Sarn Helen	Y
6	1.29.29	1247	HOLCROFT	Andy	M40	Pembrokeshire Harriers	Y
7	1.31.33	1139	LEWIS	Alex			
8	1.31.48	1049	DAVIES	Seth	OM	Crymych	Y
9	1.32.29	1054	DAVIES	Mike	M50	Sarn Helen	Y
10	1.35.17	1189	REES	Conrad	M40	Tenby	Y
11	1.35.29	1245	YOUNG	Dickon	M40	Whitland	Y
12	1.35.35	1109	HOYLAND	Wayne	M40	Primal Health & Fitness	
13	1.35.59	1128	JURY	Simon	M40	Oslo Tri	Y
14	1.36.27	1143	MAIDMENT	Andy	OM	Devizes Running Club	
15	1.36.36	1121	JONES	Martin	OM	Milford Haven	Y
16	1.37.23	1243	WILSON	Jimmy	M40		
17	1.37.50	1025	BRAY	Kitty	OF	Southern Navigators	
18	1.38.33	1135	LEWIS	Sion	OM	Puncheston	Y
19	1.39.03	1072	EVANS	Luke	OM	TROTS	Y
20	1.39.18	1155	MINTON	Oliver	OM	Narberth	Y
21	1.39.36	1210	TANNER	Dafydd	OM	Cardiff	
22	1.40.35	1070	EDWARDS	Craig	M40	DDMT	
23	1.40.35	1126	JONES	Kevin	M40	Maldwyn Harriers	
24	1.40.54	1177	POWELL	Rodney	M40	TROTS	Y
25	1.41.11	1003	ALLEN	Martin	M50	YHA Manorbier	Y
26	1.43.08	1031	BUSISA	Lox	OM	Maenclochog	Y
27	1.43.12	1133	KIMBER	Domi	F50	Rhedwyr Preseli	Y
28	1.43.43	1048	DAUNCEY	Nicholas	M40	Black Pear Joggers	
29	1.44.49	1131	KENT	David	M50	Tenby Aces	Y

30	1.45.11	1061	DAVIES	Wayne	OM	Newtown	
31	1.45.56	1011	BEESON	Danny	OM	Maldwyn Harriers	
32	1.45.59	1044	COX	Johnathan	M50	Carmarthen Harriers	
33	1.46.03	1043	CORDINGLY	Sarah	OF	Maldwyn Harriers	
34	1.46.15	1112	JAMES	Jonathan	M40	Celtic Tri	
35	1.47.16	1047	CURTIS	Thomas	OM	Newport, Pembs	Y
36	1.47.31	1102	HARRIS	Martin	M50	Fishguard	Y
37	1.48.38	1191	RICHARDS	Joshua	OM	Gloucester	
38	1.48.46	1127	JONES	Paul	OM	Swansea	
39	1.49.42	1113	JAMES	Jason	M40	Pembroke	Y
40	1.49.43	1091	GILES	Mathew	OM	Gloucester	
41	1.50.16	1190	REES	Simon	M50	St Dogmaels	Y
42	1.50.18	1007	BAGSHAW	Kayleigh	OF	Trots	
43	1.50.28	1055	DAVIES	Lyn	M40	Team Cemais	Y
44	1.51.10	1217	THOMAS	Henry	OM	Cirencester, Glos	
45	1.51.42	1018	BEVAN	Suzanne	F50	Swansea	
46	1.52.10	1200	SEXTON	Christopher	M50	Pembrokeshire Harriers	Y
47	1.52.21	1066	DILKS	Archie	OM	TROTS	Y
48	1.52.26	1159	MORGAN	Lisa	F40	Pembrokeshire Harriers	Y
49	1.53.42	1084	FRANKL	Rowenna	OF	Kidwelly	
50	1.53.43	1111	IFAN	Cynyr	M40	Llandysul	
51	1.54.00	1174	POOLE	Rebecca	OF	Fairwater runners Cwmbran	
52	1.54.26	1194	ROBERTS	Sarah	OF	TROTS	Y
53	1.55.00	1065	DEW	Anthony	M40	Llanddewi Velfrey	Y
54	1.55.08	1094	GREEN	Katharine	OF	Haverforwest	Y
55	1.55.48	1012	BEESON	Jake	OM	Maldwyn Harriers	
56	1.55.59	1244	WORTH	Laurence	M50	Pembrokeshire Harriers	Y
57	1.56.00	1115	JENKINS	Kevin	M50	TROTS	Y
58	1.56.02	1032	CARTWRIGHT	Louise	OF	Llandysul	
59	1.56.03	1144	MANUEL	David	M40	Maldwyn Harriers	
60	1.56.08	1013	BEESON	Paul	M50	Maldwyn Harriers	

61	1.56.14	1092	GOODLIFE	William	OM	Gloucester	
62	1.56.44	1205	SPEAR	Derek	M50	Cadoxton	
63	1.57.14	1042	COOPER	Fiona	F40	Newport, Pembs	Y
64	1.57.50	1039	COMEAU	Gilles	M40	Bristol	
65	1.58.03	1156	MORGAN	Andrew	M40	Gwaun Valley	Y
66	1.59.08	1040	COOK	Oliver	M40	Llanycefn	Y
67	1.59.09	1246	YOUNG	Aubrey	M40	Nobblers	Y
68	1.59.20	1195	ROBERTS	Christine	F40	Llanstadwell	
69	1.59.34	1067	DILKS	Jim	M40	TROTS	Y
70	1.59.37	1223	TROMANS	Wendy	F50	Emlyn runners	
71	2.00.16	1034	CLEMENT	Jonathan	M50	Burry Port	
72	2.00.23	1148	MARTIN	Eliza	OF	Pembrokeshire Harriers	Y
73	2.01.21	1080	EYNON	Aled	OM	TROTS	Y
74	2.01.43	1162	MUNRO	Helen	F40	Pembrokeshire Harriers	Y
75	2.02.20	1154	MIKLAUSIC	Jessica	OF	Gloucester	
76	2.02.34	1082	FLETCHER	Delyth	F40	Cani Runners	
77	2.02.44	1178	POWELL	Caroline	F50	U/A	
78	2.03.07	1019	BIGGS	Richard	M50	Corsham running club	
79	2.03.22	1129	KAVANAGH	Vivienne	F50	Gorseinon	
80	2.03.41	1056	DAVIES	Hazel	F60	Cardigan running club	Y
81	2.04.19	1059	DAVIES	Llinos	OF	Mynydd du	
82	2.04.22	1006	BAGGOT	Alison	F40	Emlyn runners	
83	2.04.23	1023	BOORMAN	Louise	F50	Pembrokeshire Harriers	Y
84	2.04.45	1202	SMITH	Gareth	OM	TROTS	Y
85	2.04.56	1024	BOWEN	Natalie	F40	Haverfordwest	Y
86	2.05.13	1095	GRIFFITHS	Ant	M50	Haverfordwest	Y
87	2.05.44	1137	LEWIS	Lidia	F40	Welwyn, Herts	
88	2.06.00	1071	EVAND	Gwilym	OM	Team CEMAIS	Y
89	2.06.06	1073	EVANS	Ian	OM	Templeton	Y
90	2.06.17	1237	WILLIAMS	Jonathan	M50	TROTS	Y
91	2.06.22	1132	KILSBY	Emma	F40	Newcastle Emlyn	

92	2.07.09	1104	HAYTON	Fred	M50	Kilgetty	Y
93	2.07.11	1238	WILLIAMS	Clare	F50	Pembrokeshire Harriers	Y
94	2.07.25	1219	THORNHILL	Shona	OF	Dursley	
95	2.07.27	1175	POOLE	Ricky	M40	Cwmbran	
96	2.07.42	1170	PASSENGER	Andrew	M40	Glangwili	
97	2.08.04	1009	BARHAM	Sarah	F50	Swansea	
98	2.08.14	1183	REED	Edd	M40	P. Dock	Y
99	2.08.18	1062	DAVIES	Rhian	F40	Maenclochog	Y
100	2.08.49	1239	WILLIAMS	Sonia	F40	Team Cemais	Y
101	2.09.15	1106	HILL	Tina	F50	Emlyn runners	
102	2.09.38	1192	RIDOUT	Mike	M60	Pembrokeshire Harriers	Y
103	2.09.39	1224	TROTMAN	Sharon	F40	3M Gorseinon	
104	2.09.44	1221	TILLEY	Jamie	M40	Celtic Podiatry	
105	2.09.44	1222	TILLEY	Chris	M60	Trefin	Y
106	2.09.51	1074	EVANS	Darren	OM	Pembrokeshire Harriers	Y
107	2.10.10	1045	COYNE	Joanne	F40	Burry Port	
108	2.10.19	1227	UPSTILL	Kevin	M50	Cwmfelin Boeth	
109	2.10.24	1050	DAVIES	James	OM	Abingdon/Goodwick	
110	2.10.25	1212	TEBBUTT	Jonothan	M40	Maenclochog	Y
111	2.10.57	1098	HAMID	Andrew	M50	Walton East	Y
112	2.11.36	1138	LEWIS	Ade	M40	Haverfordwest	Y
113	2.11.36	1234	WEAKES	Karl	M40	Camrose, Haverfordwest	Y
114	2.11.37	1010	BARING	Daisy	OF	Sheffield	
115	2.11.51	1033	CLANCY	Zoe	F40	Vale of Glamorgan	
116	2.12.47	1187	REES	Linda	F50	Gorseinon RR	
117	2.12.51	1186	REES	Paul	M50	Gorseinon RR	
118	2.14.44	1078	EVANS	Grace	OF	Team Cemais	Y
119	2.15.17	1153	McLOGHLIN	Hannah	OF	Shan Jones runners	Y
120	2.15.30	1068	DILKS	Beckie	F40	TROTS	Y
121	2.15.31	1124	JONES	Sion	M40	Cardiff	
122	2.15.34	1207	SUMMERS	Eleri	OF	Login	Y

123	2.15.42	1208	SWANN	Patrick	OM	Tenby Aces	Y
124	2.15.42	1209	SWANN	Vicky	OF	Saundersfoot	Y
125	2.15.46	1116	JENKINS	Janette	F50	TROTS	Y
126	2.16.04	1035	CLEMENT	Ruth	F40	Burry Port	
127	2.16.18	1179	POWELL	Nikki	F40	Celtic Tri	
128	2.17.55	1171	PAUL	Chris	M40	Llanychaer	Y
129	2.18.41	1005	AUSTIN	Fiona	OF	Milford Haven	Y
130	2.19.36	1236	WICKENS	Caroline	F40	Camrose, Haverfordwest	Y
131	2.19.46	1093	GOODWIN	Margaret	F50	Pembrokeshire Harriers	Y
132	2.19.46	1125	JONES	Gillian	F60	Pembrokeshire Harriers	Y
133	2.20.14	1118	JOHN	Kelly	OF	Walton East	Y
134	2.20.29	1203	SMITH	Andy	M50	Birchgrove, Swansea	
135	2.20.52	1041	COOLEY	Ben	M50	DDMT	
136	2.21.12	1157	MORGAN	Mair	F50	TROTS	Y
137	2.22.35	1028	BROWN	Val	F50	Llawhaden	Y
138	2.23.24	1108	HISCOCK	John	M40	Solva	
139	2.23.36	1146	MARTIN	Jackie	F50	Sospan runners	
140	2.23.55	1027	BROUGHTON	Jez	M40	Cilgerran	Y
141	2.24.19	1123	JONES	Dafydd	M40	Cardiff	
142	2.25.46	1198	SABISTON	Mike	M40	Cardigan	Y
143	2.25.47	1184	REED	Donna	F40	P. Dock	Y
144	2.25.54	1090	GEORGE	Mark	M40	Bavaria, Germany	
145	2.25.55	1241	WILLIAMS	Alys	OF	TROTS	Y
146	2.26.02	1211	TARRANT	Suzi	F50	Vegan Runners	Y
147	2.26.59	1087	GALE	Jane	F40	Neyland	Y
148	2.27.25	1163	NAHAR	Qumrun	F40	Pembrokeshire Harriers	Y
149	2.27.27	1158	MORGAN	Leeann	F40	Haverfordwest	Y
150	2.28.48	1075	EVANS	Jayne	F50	TROTS	Y
151	2.29.45	1122	JONES	Jade	OF	Pembrokeshire Harriers	Y
152	2.29.46	1089	GAUL	Melanie	F40	Aberystwyth AC	
153	2.29.46	1173	PHILLIPS	Emma	F40	DDMT	

154	2.29.49	1151	MCFARLANE-SHOPE	John	OM	Sheffield	
155	2.29.56	1119	JOHN	Gareth	M40	Pembrokeshire Harriers	Y
156	2.30.02	1226	TUSTIN	Lisa	OF	Celtic Tri	
157	2.30.11	1225	TUSHINGHAM-FORD	Sarah- Kay	OF	Cardigan running club	Y
158	2.30.23	1099	HARRIES	Stuart	M50	Cardiff	
159	2.30.33	1230	WALLACE	John	M50	Henley on Thames	
160	2.33.21	1088	GARNER	Deb	F50	Pembrokeshire Harriers	Y
161	2.33.21	1181	PROTHEROE	Rhian	F40	Black Pear Joggers	
162	2.33.31	1100	HARRIES	Jane	F50	Full On Tri	
163	2.34.01	1058	DAVIES	Melanie	F40	Cardigan	Y
164	2.34.01	1242	WILLIAMS	Tracy	OF	Cardigan running club	Y
165	2.34.05	1161	MOSES	Suzanne	F50	Pembrokeshire Harriers	Y
166	2.36.07	1165	NJUGUNA	Wairimu	F40	Brighton	
167	2.37.04	1017	BEST	Emily	OF	Cani Runners	
168	2.38.14	1037	COLMAN	Jill	F50	Pembrokeshire Harriers	Y
169	2.38.39	1134	KITSON-JAMES	Leah	OF	West Coast Tri	
170	2.38.39	1046	CRIMMINS	Katie	OF	Milford Haven	Y
171	2.38.39	1085	FROST	Stefan	OM	Milford Tritons	Y
172	2.38.51	1001	ABBOTT	Louise	F60	Cirencester, Glos	
173	2.39.36	1022	BLUNT	Carys	OF	Maenclochog/Sheffield	Y
174	2.39.59	1140	LLEWELYN	Nicola	F40	Glanamman	
175	2.40.00	1117	JOHN	Amy	OF	Pembrokeshire Harriers	Y
176	2.40.03	1141	LUKE	Rhonwen	OF	Haverfordwest	Y
177	2.40.10	1233	WATKINS	Rebecca	OF	Swansea	
178	2.40.42	1136	LEWIS	Ann- Marie	OF	Templeton	Y
179	2.44.08	1052	DAVIES	Yvonne	OF	Carmarthen	
180	2.44.08	1152	MCKEE-HANDS	Caron	F50	Llanybydder	
181	2.44.20	1206	STRYDOM	Rebecca	OF	Templeton	Y
182	2.44.38	1051	DAVIES	Emma	OF	Sospan runners	
183	2.45.30	1150	McFARLANE	Meg	OF	Milford Haven	Y
184	2.45.30	1164	NICKERSON	Tara	OF	Rosemarket	Y

185	2.46.14	1064	DENNISS	Jodie	F40	Ystalyfera	
186	2.48.00	1015	BELL	Jeanie	F60	Pembrokeshire Harriers	Y
187	2.48.01	1103	HAYES	Paul	M60	Llangolman	Y
188	2.49.12	1008	BARBER	Julie	F50	TROTS	Y
189	2.50.15	1228	WALDEN-JONES	Jacquie	F40	Pontfaen	Y
190	2.51.22	1166	O'CONNOR	Sean	M40	DDMT	
191	2.52.13	1057	DAVIES	Elaine	F50	Pembrokeshire Harriers	Y
192	2.52.13	1076	EVANS	Ceinwen	F50	Pembrokeshire Harriers	Y
193	2.52.14	1197	RYDER	Faith	F40	Pembrokeshire Harriers	Y
194	2.53.14	1014	BELL	Jade	OF	Maenclochog	Y
195	2.53.14	1021	BLAZEY	Keira	OF	Saundersfoot	Y
196	2.53.16	1020	BLAZEY	John	OM	Saundersfoot	Y
197	2.53.30	1101	HARRIES	Maria	F40	Pembrokeshire Harriers	Y
198	2.53.30	1120	JOHN	Sally	F40	Pembrokeshire Harriers	Y
199	3.15.23	1169	PARSONS	Leanne	OF	Ogmore Phoenix Runners	
200	3.27.16	1036	COGGINS	Rachel	OF	Cani Runners	
201	3.31.13	1199	SCHREIDER	Emma	OF	Canada	
202	3.31.13	1201	SHADWELL	Karen	F40	Bristol	