

Name	Age Group	RESULT	MEDAL
Matthew Evans	M35	09:46	GOLD
David Goodger	M40	11:47	GOLD
Huw Evans	M45	09:33	GOLD
Tim Kelly	M45	09:57	GUEST
Adrian Lewis	M45	10:07	SILVER
Ian Johnston	M50	09:45	GUEST
Paul Flynn	M50	10:44	GOLD
Martyn Cole	M55	11:28	GOLD
Clive Osmond	M55	12:30	SILVER
Mark Hargreaves	M60	10:44	GUEST
Nick Holliday	M60	10:59	GUEST
Mark Williams	M60	12:06	GOLD
Huw Roberts	M60	12:07	SILVER
Austin Davies	M60	12:13	BRONZE
David Bedwell	M65	10:44	GUEST
Mike Murphy	M65	12:03	GOLD
Michael H Davies	M65	13:00	SILVER
Ian Swanson	M65	18:13	BRONZE
Phil Brennan	M75	13:25	GOLD
Llinos Jones	W35	11:46	GOLD
Helen-Marie Davies	W40	11:38	GOLD
Caroline Cotterell	W45	11:49	GUEST