

Cyfenw	Enw	Categori	Race No	Finish Time	Finish Pos
Evans	Mathew	MU40	467	00:16:35	1
Evans	Wynne	MU40	447	00:16:57	2
Pearson	Tom	MU40	999	00:17:10	3
Kilkelly	Paul	MU40	72	00:17:18	4
Cleverley	Andrew	MU40	56	00:17:20	5
Richards	Matthew	MU40	60	00:17:45	6
Morris	Joh	MU40	186	00:17:46	7
Brynon-Thomas	Alaw	FU35	445	00:18:17	8
Griffiths	Kevin	M40+	469	00:18:19	9
Glynn	Steve	MU40	548	00:18:24	10
Griffiths	Stuart	MU40	443	00:18:39	11
Davies	Martin	MU40	54	00:18:50	12
Thomas	Stephen	M40+	552	00:18:56	13
Clarke	Paul	MU40	470	00:19:07	14
Elliott	Gareth	M	291	00:19:14	15
Reed	Robyn	MU40	550	00:19:17	16
MEYLER	PHIL	M50+	557	00:19:19	17
Lewis	Davy	MU40	62	00:19:25	18
Johnson	Richard	MU40	61	00:19:30	19
Schiavone	Owain	MU40	437	00:19:39	20
Jones	Stuart	MU40	429	00:19:45	21
Coney	James	MU40	472	00:19:46	22
Leech	Sharon	F35+	434	00:19:51	23
Vanhegan	Tristan	MU40	68	00:20:00	24
Buttramworth	Steve	M40+	430	00:20:03	25
Hall	Chris	M40+	460	00:20:07	26
Hancock	Johnathan	M40+	432	00:20:12	27
Evans	Aled	M40+	435	00:20:14	28
Downey	Emily	FU35	456	00:20:16	29
Bevan	Suzanne	F45+	468	00:20:21	30
Jones	Johnathan	MU40	439	00:20:22	31
Brace	Jacqueline	F45+	466	00:20:28	32
Thatcher	Joanne	F35+	574	00:20:28	33
Worth	Laurence	M40+	189	00:20:29	34
Jones Davies	Aled	MU40	433	00:20:29	35
Snelson	Dewi	MU40	567	00:20:41	36
JONES	STEPHEN	M40+	559	00:20:44	37
Jones	Caroline	F45+	573	00:20:45	38
PHILLIPS	JENNY	F35+	563	00:20:49	39
Halsall	Michael	MU40	453	00:20:57	40
Atkins	Liam	MU40	126	00:20:58	41
Jones	Steffan	MU40	549	00:21:02	42
Wing	Patrick	M50+	290	00:21:16	43
Hodder	Robert	MU40	828	00:21:17	44
Thomas	Philip	M40+	442	00:21:35	45
Bowen Rees	Mari	F45+	180	00:21:35	46
Halton-Davies	Martin	MU40	289	00:22:00	47
Morris	Gwen	FU35	446	00:22:18	48
Evans	Ffion	FU35	441	00:22:22	49
Reed	Caitlin	FU35	569	00:22:25	50
Thomas	Megan	FU35	187	00:22:27	51
Goddard	Jeremy	MU40	55	00:22:48	52
Sherwood	Roland	M60+	448	00:22:48	53
Gillings	Marc	MU40	188	00:23:12	54
MELDRUM	ANDREW PAUL	M40+	561	00:23:12	55

Reed	Berian	MU40	551	00:23:59	56
James	Ray	M40+	65	00:24:04	57
Price	Dewi	M50+	63	00:24:05	58
NIX	DEE	F35+	560	00:24:16	59
Springett	Richard	M40+	827	00:24:24	60
Light	Andy	M40+	66	00:24:28	61
Monk	Robyn	M40+	553	00:24:28	62
Harris	Rhydwen	M40+	730	00:24:32	63
Milford	Denis	MU40	461	00:24:37	64
Grappel	Penny	F45+	459	00:24:51	65
Evans	Sioned	FU35	566	00:25:00	66
Powell	Daniel	MU40	69	00:25:07	67
Le Roux	Selby	M40+	449	00:25:10	68
Lewis	Gethin	MU40	70	00:25:10	69
Phillips	Michelle	F35+	572	00:25:17	70
Elliott	Bob	M50+	292	00:25:23	71
WILLIAMS	MATHEW	MU40	556	00:25:26	72
Slate	Brian	M60+	436	00:25:30	73
Rees	Kevin	MU40	427	00:25:31	74
Jones	Anwen	FU35	457	00:25:43	75
Adams	Mike	MU40	451	00:25:47	76
Adams	Rhys	MU40	452	00:26:06	77
HARRIES	HANNAH	FU35	562	00:26:14	78
Price	John	M50+	717	00:26:22	79
Heath	Mark	MU40	431	00:26:27	80
Leighton	Nigel	M50+	59	00:26:35	81
Cumber	Rhiannon	FU35	458	00:26:46	82
Daniels	Catrin	FU35	1000	00:26:49	83
Price	Debbie	F45+	723	00:26:55	84
James	Chris	MU40	53	00:27:01	85
Davies	Helen	FU35	455	00:27:02	86
Griffiths	Donna	FU35	444	00:27:09	87
Hudd	Simon	M40+	440	00:27:10	88
Lewis	Sara	FU35	454	00:27:22	89
Evans	Richard	M40+	830	00:27:24	90
EDWARDS	Lynne	M50+	428	00:27:47	91
Morriss	Jenny	F35+	725	00:27:51	92
Lewis	Osian Llyr	MU40	71	00:28:16	93
Thomas	Pauline	F55+	726	00:28:41	94
Tippins	Zara	FU35	570	00:28:52	95
Hooper	Tina	F45+	575	00:28:58	96
EDWARDS	Joseph	MU40	74	00:29:11	97
EDWARDS	Laura	F45+	57	00:29:17	98
Emaunel	Ceri	F45+	58	00:29:17	99
Lewis	Harry	MU40	464	00:29:42	100
Page	Daron	MU40	465	00:29:43	101
Crawford	Oona	F55+	471	00:29:44	102
Walters	Dafydd	M40+	829	00:29:59	103
James	Darren	MU40	192	00:30:18	104
Jenkins	Nigel	MU40	729	00:30:34	105
Thomas	Mel	F35+	191	00:31:58	106
Houston	Claire	FU35	727	00:34:14	107
Mekee-Hands	Caron	F45+	190	00:34:37	108
WILLIAMS	Charles	MU40	462	00:34:38	109
Lewis	Geoge	MU40	463	00:34:47	110
Durell	Sam	MU40	73	00:35:14	111

BIGGS	SIMON	MU40	564	No time available	
Bowen Rees	Florence	FU35	185	No time available	
Cooper	Alex	F35+	571	No time available	
Crerar	Jo	F35+	450	No time available	
Davies	Teifion	MU40	728	No time available	
EDWARDS	RHIDIAN	MU40	555	No time available	
Hughes	Carwin		718	No time available	
JOHN	TIM	MU40	554	No time available	
Lewis	Catrin	FU35	64	No time available	
Macloughlin	Fi	FU35	568	No time available	
NOCK	RACHEL	FU35	558	No time available	
Peak	David	M60+	722	No time available	
Phillips	David	M60+	565	No time available	
Power	Elaine	F45+	724	No time available	
Rand	Mike	MU40	721	No time available	