

Bib	LastName	FirstName	ClubAffiliated	Category	Time	Overall Pos	Cat Pos
34	Lewis	Dylan	Sarn Helen	MO	0:49:36	1	1
16	Hesleton	Darren	Bro Dysynni AC	M40	00:54:31	2	1
1	Alexander	Mike		M40	00:59:04	3	2
3	Behan	Ant		M40	00:59:51	4	3
18	Huxtable	Lynwen	Aberystwyth AC	F50	01:00:44	5	1
12	Flutter	Richard	Meirionnydd Running Club	M50	01:01:58	6	1
31	Thomas	James		M40	01:02:34	7	4
5	Cattermole	Debbie	Meirionnydd Running Club	F50	01:03:40	8	2
9	Edwards	Juliet	Meirionnydd Running Club	F60	01:06:45	9	1
14	Griffiths-Jones	Rhian	Denbigh Harriers	F40	01:08:35	10	1
24	Morgan	Huw		M40	01:09:16	11	5
26	Purdon	Sarah	Aberystwyth AC	FO	01:11:48	12	1
4	Butler	Nick		M40	01:13:41	13	6
6	Chapman	Lizzie		FO	01:13:56	14	2
33	Wigley	Elinor		FO	01:14:48	15	3
19	Jones	Owain		M40	01:15:38	16	7
17	Humphreys	Dave	Aberystwyth AC	M50	01:15:51	17	2
25	Pope	Cameron	Aberystwyth AC	M60	01:17:55	18	1
27	Stockford	Sian		F40	01:18:34	19	2
28	Stockford	Wil		M40	01:18:34	20	8
7	Crowley	Elin		FO	01:19:47	21	4
23	Macdermot	Jacinta		F50	01:22:13	22	3
29	Thapa	Claire	Cerist Triathlon Club	F50	01:22:13	23	4
20	Junia	Wendell		M40	01:22:14	24	9
21	Kloos	Christiane	Aberystwyth AC	F50	01:22:35	25	5

10	Evans	Nia		FO	01:29:50	26	5
22	Lewis	Sara		FO	01:29:50	27	6
11	Evans	John	Aberystwyth AC	M70	01:37:01	28	1
2	Andrews	Amie		F40	01:37:42	29	3
15	Hall	Jenny		F50	01:37:42	30	6