

Distance	Bib	First Name	Last Name	Cat	Club	Time	Cat Pos	Overall
8K	4	Elen	Evans	FS	Meirionnydd Running Club	00:43:05	1	1
8K	19	Juliet	Edwards	F60	Meirionnydd Running Club	00:46:23	1	2
8K	50	Andy	Skipton-Carter	M50		00:47:36	1	3
8K	9	Freya	Thapa	FU23	Cerist Triathlon Club	00:51:24	1	4
8K	46	Paul	Wise	M60		00:53:44	1	5
8K	6	Kathy	Iffla	F60	Bro Dysynni AC	00:57:03	2	6
8K	10	Elen	Williams	FS	Meirionnydd Running Club	00:57:15	2	7
8K	1	Jo	Adkins	FS		00:59:54	3	8
8K	3	Vikki	Copland	FS		01:00:27	4	9
8K	31	Rachel	Lilley	F50		01:03:05	1	10
8K	51	Gwenno	Pugh	FS	Meirionnydd Running Club	01:04:04	5	11
8K	8	Rachel	Richardson-Wright	F60	Meirionnydd Running Club	01:07:24	3	12
8 Mile	37	Tom	Roberts	MS	Meirionnydd Running Club	00:46:14	1	1
8 Mile	47	Alun	Williams	M40	Meirionnydd Running Club	00:49:46	1	2
8 Mile	36	Gwion	Roberts	MS	Meirionnydd Running Club	00:52:19	2	3
8 Mile	14	Alex	Burch	MS		00:52:37	3	4
8 Mile	45	David	Edwards	MS		00:53:13	4	5
8 Mile	23	Ed	Iffla	MS		00:54:01	5	6
8 Mile	24	Jack	Iffla	MS	Meirionnydd Running Club	00:56:09	6	7
8 Mile	26	Rhys	Jeremiah	MS	Obstacle Mud Runner Magazine	00:57:20	7	8
8 Mile	21	Elliw	Haf	FS	Eryri Harriers	00:57:40	1	9
8 Mile	13	Ant	Behan	M40		00:58:39	2	10
8 Mile	11	Michael	Alexander	M40		00:58:59	3	11
8 Mile	16	Alice	Croot	FS		00:59:07	2	12
8 Mile	48	Matt	Ward	M50		00:59:27	1	13
8 Mile	41	Gary	Taggart	M60	Cerist Triathlon Club	00:59:33	1	14
8 Mile	27	Pete	Jervis	MS	Maldwyn H	01:00:09	8	15
8 Mile	38	Charles	Romijn	M40		01:00:40	4	16
8 Mile	15	Ivan	Courtier	M50	Aberystwyth AC	01:03:05	2	17
8 Mile	12	Louise	Barker	F40	Aberystwyth AC	01:05:12	1	19
8 Mile	43	David	Wright	M60	Meirionnydd Running Club	01:06:19	2	20
8 Mile	34	Isabel	Parry	FS		01:08:58	3	21
8 Mile	25	Hugo	Iffla	M70	Bro Dysynni AC	01:09:39	1	22
8 Mile	44	Sarah	Edwards	FS		01:11:25	4	23
8 Mile	49	Hannah	Rees	FS	Cerist Triathlon Club	01:14:42	5	24
8 Mile	22	Kevin	Hamilton	M50		01:15:59	3	25
8 Mile	29	Wayne	Larkin	M40		01:16:03	5	26
8 Mile	30	Lesley	Lewis	F50		01:17:39	1	28
8 Mile	35	Cameron	Pope	M60	Aberystwyth AC	01:19:05	3	29
8 Mile	40	Hefin	Squires	MS		01:19:53	9	30
8 Mile	20	Ceri	Evans	F40		01:21:51	2	31
8 Mile	32	Jacinta	Macdermot	F50	Cerist Triathlon Club	01:23:05	2	32
8 Mile	42	Claire	Thapa	F50	Cerist Triathlon Club	01:23:05	3	33
8 Mile	18	Gareth	Donovan	M40		01:24:30	6	34
8 Mile	28	Christiane	Kloos	F50	Aberystwyth AC	01:26:13	4	35
8 Mile	17	Hannah	Dee	F40	Aberystwyth AC	01:29:46	3	36