

Route	Bib No.	Surname	First Name	Cat	Gender	Club	Total	Overall Pos	Cat Pos
8K	51	Atherton	Luke	MO	M		00:44:36	1	1st Male
8K	42	Guillaume	Laura	F40	F		00:45:03	2	1st Female
8K	79	L	Kira	FO	F		00:45:09	3	1
8K	88	Swaine	Jahan	M23	M		00:47:19	4	1
8K	74	Eburne	Angharad	FO	F		00:47:20	5	1*
8K	89	Vaughan	Frankie	M60	M	Meirionnydd Running Club	00:47:24	6	1
8k	73	Davies	Karen	F60	F	Aberystwyth AC	00:47:56	7	1
8K	76	Harrison	Lainy	FO	F		00:52:54	8	2
8K	83	Thapa	Freya	F23	F		00:53:51	9	1
8K	75	Edwards	Angie	F70	F		00:53:57	10	1
8K	78	Jones	Kate	FO	F		00:54:06	11	3
8K	86	Carter	Mark	MO	M		00:54:06	12	1*
8K	82	Stacey	Sian	FO	F		00:55:53	13	4
8K	77	Jones	Ffion	FO	F		00:58:10	14	5
8K	85	Walsh	Mary	FO	F		00:58:10	15	6
8K	80	McCalman	Heather	F60	F	Edinburgh Running Network	01:01:00	16	2
8K	81	Richardson	Rachel	F60	F		01:05:05	17	3
8 Mile	57	Fenwick	Mat	M40	M	Meirionnydd Running Club	00:53:52	1	1st Male
8 Mile	50	ap Dyfrig	Rhodri	M40	M	Meirionnydd Running Club	00:55:23	2	1*
8 Mile	91	Ward	Matt	M50	M		00:58:03	3	1
8 Mile	66	Lean	Joe	M40	M		00:59:33	4	2
8 Mile	60	Jervis	Peter	MO	M		01:00:30	5	1
8 Mile	39	Felton	Lizzy	FO	F		01:03:00	6	1st Female
8 Mile	48	Saunders	Beth	FO	F		01:03:19	7	1*
8 Mile	71	Thomas	James	M40	M		01:03:28	8	3
8 Mile	43	Huxtable	Lynwen	F50	F	Aberystwyth AC	01:04:56	9	1
8 Mile	59	Jacobs	David	M50	M		01:05:38	10	2
8 Mile	63	Jones	Gareth	M40	M	Meirionnydd Running Club	01:05:49	11	4
8 Mile	72	Wright	David	M60	M	Colchester Harriers	01:06:44	12	1
8 Mile	37	Edwards	Juliet	F60	F	Meirionnydd Running Club	01:08:01	13	1
8 Mile	40	Fenwick	Allanah	F40	F	Meirionnydd Running Club	01:08:47	14	1
8 Mile	61	Jones	Tom	M50	M	Bro Dysynni	01:08:59	15	3

8 Mile	55	Evans	Dylan	M60	M	Meirionnydd Running Club	01:10:55	16	2
8 Mile	62	Jones	Huw	MO	M	Cerist Triathlon Club	01:10:58	17	2
8 Mile	67	Morgan	Huw	M40	M		01:11:23	18	5
8 Mile	38	Ellis	Elisabeth	FO	F	Meirionnydd Running Club	01:15:50	19	2
8 Mile	45	Jones	Helen	F50	F	Meirionnydd Running Club	01:17:42	20	2
8 Mile	90	Brett	Jeremy	M50	M		01:19:10	21	4
8 Mile	69	Shaw	Jon	M50	M	Cerist Triathlon Club	01:22:30	22	5
8 Mile	68	Pope	Cameron	M60	M	Aberystwyth AC	01:22:34	23	3
8 Mile	64	Jones	Elwyn	M70	M	Cerist Triathlon Club	01:22:45	24	1
8 Mile	65	Jones	Owain	M40	M		01:23:22	25	6
8 Mile	53	Evans	Dic	M70	M	Cardiff AAC	01:23:36	26	2
8 Mile	35	Chapman	Lizzie	FO	F		01:28:35	27	3
8 Mile	52	Donovan	Gareth	M40	M		01:28:57	28	7
8 Mile	44	Iffla	Kathy	F60	F	Bro Dysynni	01:31:51	29	2

\*Category prize rolls down if overall winner in same category