

Pos	Name	Category	Club	Time
1	HUGHES, Gareth Wyn	Senior Men	Mercia Fell Runners	00:53:15
2	ROBERTS, Tom	Senior Men	Meirionnydd Running Club	00:53:28
3	BENTLEY, Russel	Senior Men		00:54:23
4	ROBERTS, Richard	Senior Men	Eryri Harriers	00:54:32
5	EVANS, Tristan	Senior Men	Meirionnydd Running Club	00:55:01
6	RICHARDS, Ifan	Senior Men	Meirionnydd Running Club	00:55:26
7	BROWN, Jez	Men >40	Buckley Runners	00:55:33
8	KNOTT, Graeme	Senior Men	Harwich	00:56:36
9	PALMER, Mark	Men >50	Achille Ratti	00:57:05
10	LAWSON, David	Senior Men	Mynydd Du	00:57:20
11	PUGH, Jonathon	Senior Men	Builth And District	00:58:17
12	GRIFFITHS, Dylan	Senior Men	Rhedwyr Hebog	00:59:06
13	THOMAS, Dyfed	Men >40	Eryri Harriers	00:59:12
14	CARTER, Jimmy	Men >40	Meirionnydd Running Club	01:00:31
15	EVANS, Eilir	Senior Men	Meirionnydd Running Club	01:00:34
16	HOUGH, Alec	Senior Men	Mercia Fell Runners	01:01:01
17	WILLIAMS, Adrian	Men >40	Eryri Harriers	01:01:14
18	EDWARDS, Simon	Men >40	Buckley Runners	01:02:24
19	JONES, Stephen	Men >60	Eryri Harriers	01:02:39
20	GRANT, Miranda	Senior Women	Eryri Harriers	01:03:06
21	HESLETON, Darren	Men >40	Bro Dysynni AC	01:04:32
22	BEECHER, Katie	Senior Women	Les Croupiers	01:04:53
23	POWELL, Dave	Men >50	Aberystwyth AC	01:05:00
24	ANTHONY, Richard	Men >40	Aberystwyth AC	01:05:07
25	MCGUINNESS, Sion	Senior Men		01:05:48
26	WILLIAMS, Sian	Senior Women	Rhedwyr Hebog	01:05:57
27	PRITCHARD, Andy	Men >40	Buckley Runners	01:06:33
28	DAVIES, Leon	Men >40	North Wales Road Running Club	01:06:41
29	JACKSON, Chris	Senior Men	Glossopdale	01:06:54
30	RIDGWAY, Sarah	Women >40		01:07:18
31	FENWICK, Mat	Senior Men	Meirionnydd Running Club	01:07:31
32	DAVIES, Gethin	Junior Men	Menai Track And Field	01:07:44
33	HUGHES, Lenny	Men >60	Maldwyn Harriers	01:08:15
34	EVANS, Hayley	Senior Women	Buckley Runners	01:08:19
35	SHAW, Rory	Senior Men		01:08:43
36	O'HARA, James	Senior Men	Helsby	01:09:27
37	MITCHELL, Jay	Men >40		01:10:13
38	LEWIS, David	Men >40		01:10:45
39	EVANS, Dylan	Men >50	Meirionnydd Running Club	01:10:48
40	EDGAR, Iwan	Men >60	Eryri Harriers	01:10:52
41	SERJEANT, Keelan	Senior Men	Holmfirth Harriers	01:11:26

42	FLETCHER, Glyn	Men >50	Maldwyn Harriers	01:11:31
43	PRESTON, Adam	Men >40	Meirionnydd Running Club	01:11:45
44	COLE, Katie	Senior Women	No-mad Running	01:12:15
45	MARTIN, Rob	Men >50	Maldwyn Harriers	01:12:20
46	HARGREAVES, Tim	Men >50	Buckley Runners	01:12:31
47	ROBERTS, Richard	Senior Men		01:12:55
48	ROBERTS, Phillip	Men >40		01:13:00
49	SAUNDERS, Mark	Men >50	Mynydd Du	01:13:13
50	GURNEY, Bradley	Men >40	Mercia Fell Runners	01:14:07
51	LITABA, Sikobe	Men >50	Glossopdale	01:14:53
52	BARKER, Louise	Women >40	Aberystwyth AC	01:15:13
53	HINDLE, Neil	Men >60	Welsh Fell Running Association	01:15:17
54	BEDWELL, Alice	Women >50	Mynydd Du	01:15:35
55	WELLS, Ben	Men >40	Meirionnydd Running Club	01:16:55
56	WILLIAMS, Karl	Men >40	Buckley Runners	01:17:58
57	JONES, Phil	Men >60		01:18:25
58	BELSHAW, Ceri	Senior Women	Denbigh Harriers	01:18:28
59	METCALFE, Ruth	Women >40	Eryri Harriers	01:18:35
60	GARSON, Peter	Men >50	Aberystwyth AC	01:19:12
61	EDWARDS, Juliet	Women >50	Meirionnydd Running Club	01:19:49
62	DAVIES, Wayne	Senior Men	Maldwyn Harriers	01:20:49
63	ROWLANDS, Glyn	Men >60	Meirionnydd Running Club	01:21:07
64	GOULDING, Jonathan	Men >50	Chester Tri	01:21:31
65	O'SULLIVAN, Kate	Women >50	Aberystwyth AC	01:21:50
66	DONOGHUE, Paul	Men >40	Buckley Runners	01:22:41
67	WALKER, Richard	Men >40	Rhedwyr Hebog	01:23:50
68	MEINCKEN, Andrew	Men >40		01:25:55
69	STRINGER, Graeme	Men >50	Meirionnydd Running Club	01:26:00
70	WILLIAMS, Alice	Women >40	Clwydian Range Runners	01:26:17
71	JONES, Jim	Men >50	Helsby	01:28:52
72	EVANS, Steffan	Senior Men	Eryri Harriers	01:32:51
73	PICKINGTON, Justin	Men >40	Meirionnydd Running Club	01:35:15
74	EVANS, Kevin	Men >50	Meirionnydd Running Club	01:35:25
75	LUBRAN, Desirre	Senior Women	Rhayader	01:35:34
76	GUNNER, Gary	Men >70	Croft Ambrey RC	01:36:56
77	MCLEOD PUPE, Cameron	Men >60	Aberystwyth AC	01:37:40
78	ELLIS, Craig	Men >40		01:38:07
79	OLIVER, Maggie	Women >70	Eryri Harriers	01:48:55
80	WILLIAMS, Huw	Men >40	Llanmyr Llyn Striders	01:51:28
81	DAVIES, Barry	Men >40	Eryri Harriers	01:58:29
82	BAMFORD, Angela	Women >50	Maldwyn Harriers	02:01:04