

| Pos | Name              | Category | Club       | Time     |
|-----|-------------------|----------|------------|----------|
| 1   | Gareth W. Hughes  | U/40     | Mercia     | 00:22:53 |
| 2   | Tom Roberts       | U/40     | Meirioness | 00:24:06 |
| 3   | Math Fortes       | O/40     | Eryri      | 00:24:09 |
| 4   | Sam Soles         | U/16     | Buxton     | 00:24:14 |
| 5   | Rob Grantham      | O/40     | Pewsby     | 00:24:35 |
| 6   | Number 91         |          |            | 00:24:41 |
| 7   | John Parkinson    | O/40     | Eryri      | 00:24:48 |
| 8   | Ifan Oldfield     | U/16     |            | 00:24:53 |
| 9   | Gavin Roberts     | U/40     | GOG        | 00:24:56 |
| 10  | Dylan Griffiths   | U/40     | Hebog      | 00:25:02 |
| 11  | Owain Williams    |          |            | 00:25:03 |
| 12  | Thomas Wood       | U/18     | Eryri      | 00:25:06 |
| 13  | John Rowley       | U/40     | Eryri      | 00:25:18 |
| 14  | Aled Edwards      | U/40     |            | 00:25:24 |
| 15  | Mark Davies       |          |            | 00:25:47 |
| 16  | Gethin Davis      | U/16     | Menai      | 00:26:02 |
| 17  | Jon Walker        | U/40     | Penistone  | 00:26:06 |
| 18  | Craig Number 151  |          |            | 00:26:12 |
| 19  | David Penny       | U/40     |            | 00:26:26 |
| 20  | Rhiannon Kamink   | U/18F    | Colwyn Bay | 00:26:28 |
| 21  | Simon Edwards     | O/40     | Buckley    | 00:26:39 |
| 22  | Steve Toogood     | O/50     | Buckley    | 00:26:42 |
| 23  | Tomos Aldous      | U/40     | GOG        | 00:26:45 |
| 24  | Carah Ridgeway    | F40      | Mercia     | 00:26:48 |
| 25  | Paul Jones        | O/40     | Eryri      | 00:26:51 |
| 26  | Callum O'Donnel   | U/16     | Menai      | 00:27:01 |
| 27  | Daragh Reynolds   | U/40     | GOG        | 00:27:04 |
| 28  | Tom Morgan        |          |            | 00:27:11 |
| 29  | Sian Williams     | F        | Hebog      | 00:27:13 |
| 30  | Number 144        |          |            | 00:27:28 |
| 31  | Gethin Armstrong  | U/40     | Eryri      | 00:27:35 |
| 32  | Annabelle McQueen | U/18     | Eryri      | 00:27:44 |
| 33  | Justin Edwards    | U/16     | Buckley    | 00:27:53 |
| 34  | Dan Soles         | U/18     | Buxton     | 00:28:08 |
| 35  | Number 139        |          |            | 00:28:15 |
| 36  | Pete Mould        | U/40     |            | 00:28:17 |
| 37  | Ben Beecolm       |          | Eryri      | 00:28:18 |
| 38  | James Wan         | U/40     |            | 00:28:29 |
| 39  | Number 138        |          |            | 00:28:34 |
| 40  | Lou Beetlestone   | U/40     | Eryri      | 00:28:52 |
| 41  | Number 181        |          |            | 00:28:54 |

|    |                   |       |           |          |
|----|-------------------|-------|-----------|----------|
| 42 | Ian Cooke         | O/50  | Leeds     | 00:29:01 |
| 43 | Irfon Rowlands    | O/40  | Cybi      | 00:29:16 |
| 44 | Henry Thompson    | U/18  | St Davids | 00:29:21 |
| 45 | Gemma Moore       | F     | NWRRC     | 00:29:33 |
| 46 | Richard Bourne    | O/40  | Mysteruns | 00:29:37 |
| 47 | Gary Porter-Jones | O/40  | Eryri     | 00:29:39 |
| 48 | Number 149        |       |           | 00:29:41 |
| 49 | Becky Law         | F     | Eryri     | 00:29:42 |
| 50 | Rory Shaw         | U/40  |           | 00:29:51 |
| 51 | Tom Budesh        | U/40  |           | 00:29:53 |
| 52 | Daffy Lewis       |       |           | 00:30:01 |
| 53 | Gareth W. Owen    | O/40  |           | 00:30:01 |
| 54 | Ron Edwards       | O/40  |           | 00:30:03 |
| 55 | SimonFawcett      | U/40  |           | 00:30:05 |
| 56 | Dewi Williams     | U/40  | JMC       | 00:30:14 |
| 57 | Poppy Cooke       | U/16F | Leeds     | 00:30:15 |
| 58 | Dyfnaltt Huws     | O/40  | Cybi      | 00:30:26 |
| 59 | Math Bickhall     | U/40  |           | 00:30:34 |
| 60 | EmlynRoberts      | O/50  | Eryri     | 00:30:35 |
| 61 | SarahHarley       | F     | Eryri     | 00:30:41 |
| 62 | EliwHaf           | F     | Eryri     | 00:30:52 |
| 63 | IanMulligan       | O/50  | Cybi      | 00:31:01 |
| 64 | TomosRichards     | U/40  |           | 00:31:26 |
| 65 | LesleyLawson      | F     |           | 00:31:27 |
| 66 | Number 119        |       |           | 00:31:37 |
| 67 | GwynWilliams      |       |           | 00:31:42 |
| 68 | WilliamJohnson    | U/16  | St Davids | 00:31:44 |
| 69 | TomAlbiston       | U/40  |           | 00:32:01 |
| 70 | JackRoberts       | U/40  | Eryri     | 00:32:14 |
| 71 | SarahBarwen       | F50   | Eryri     | 00:32:14 |
| 72 | AmyO'Hare         | U/18F | GOG       | 00:32:28 |
| 73 | ChrisMewes        | O/40  |           | 00:32:33 |
| 74 | Iwan Trefor       | U/40  | Hebog     | 00:32:35 |
| 75 | Rhi Willmot       | F     | Cybi      | 00:32:44 |
| 76 | Jenny Towill      | F     | Eryri     | 00:33:25 |
| 77 | Helen Ashworth    | F     | Prestatin | 00:33:38 |
| 78 | Paul Baxendale    | O/50  | Now       | 00:33:44 |
| 79 | Ian Jones         | O/60  |           | 00:33:47 |
| 80 | Steve Ward        | U/40  |           | 00:33:55 |
| 81 | Rhodri Williams   | U/40  |           | 00:33:56 |
| 82 | Alistair Wood     | O/50  | Eryri     | 00:33:56 |
| 83 | Harri Roberts     | O/50  | Eryri     | 00:33:56 |
| 84 | Number 127        |       |           | 00:34:01 |
| 85 | Aaron Griffiths   | U/40  |           | 00:34:03 |

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|-----|------------------|-------|-----------|----------|
| 86  | Jenny Williamson | F     | Eryri     | 00:34:05 |
| 87  | Tomos Land       | U/16  | Menai     | 00:34:15 |
| 88  | Pat Cain         | O/50  |           | 00:34:22 |
| 89  | Hayley Turner    | F     | Eryri     | 00:34:31 |
| 90  | Lucy             | F     | St Davids | 00:34:35 |
| 91  | Helen Blair      | F40   | Eryri     | 00:34:35 |
| 92  | Chris Hughes     | U/40  | Eryri     | 00:34:37 |
| 93  | John Humphries   | O/50  | Mysteruns | 00:35:08 |
| 94  | Ellie Sailsbury  | F50   | Eryri     | 00:35:28 |
| 95  | Number 137       |       |           | 00:35:33 |
| 96  | Rowland Sharp    | O/50  | Hebog     | 00:36:04 |
| 97  | William Evans    | O/40  |           | 00:36:04 |
| 98  | Elin Stevenson   | F     | Eryri     | 00:36:16 |
| 99  | Gwion Evans      | U/16  | Eryri     | 00:36:22 |
| 100 | Celt Jones       | U/16  | St Davids | 00:36:28 |
| 101 | Gwyn Evans       | O/50  | Eryri     | 00:36:31 |
| 102 | Elin Harlow      | F     |           | 00:36:31 |
| 103 | Jon Oldfield     | O/40  | Wrexham   | 00:37:03 |
| 104 | Number 162       |       |           | 00:37:24 |
| 105 | Barry Davies     | O/40  |           | 00:37:27 |
| 106 | Alex Fletcher    | F     | Eryri     | 00:37:35 |
| 107 | Number 126       |       |           | 00:37:55 |
| 108 | Tina Usherwood   | F50   | Canicross | 00:40:57 |
| 109 | Jayne P-Jones    | F50   | Prestatin | 00:43:05 |
| 110 | Julie Logan      | F40   | Prestatin | 00:45:02 |
| 111 | Tracey Colligan  | F40   |           | 00:47:05 |
| 112 | CatrinDonnell    | U/16F | Menai     | 32       |
| 113 | Susan Calvent    | F50   | Abergele  | DNF      |