

Pos	Name	Category	Club	Time
1	Felipe Jones		Sarn Helen	00:35:21
2	Sion Price U23		Sarn Helen	00:37:12
3	Max Dunford U23		St Davids	00:37:34
4	John Parkinson		Eryri	00:37:41
5	Gavin Roberts			00:38:24
6	Neil Ashcroft		Ambleside AC	00:38:47
7	Paul Jones		Eryri	00:39:40
8	Mark Davies		NWRCC	00:39:56
9	Miranda Grant		Eryri	00:40:03
10	Jack Smith-Keegin		GOG Tri	00:40:06
11	Steve P Jones		Eryri	00:40:15
12	Craig Jones		Eryri	00:40:51
13	Emlyn Owen			00:41:26
14	Daragh Reynolds		GOG Tri	00:41:44
15	Steve Toogood		Buckely Runners	00:41:52
16	Tomas Aldous U23		GOG Tri	00:43:28
17	Sian Williams		Hebog	00:43:37
18	Goronwy Hughes		Hebog	00:43:55
19	Alan Jones			00:44:07
20	Gary Porter-Jones		Eryri	00:44:10
21	Craig South		Hebog	00:44:25
22	Paul Edlington			00:44:42
23	Jack Harley-Walsh U23		St Davids	00:44:54
24	Nic Brook		Eryri	00:45:11
25	Jackie Lee		Eryri	00:45:31
26	Jordan Tapper			00:45:41
27	Leon Davies			00:45:49
28	Pete Mould			00:46:09
29	Alan Duncan		Bowland FR	00:46:16
30	Simeon Hayns U23		St Davids	00:46:42
31	Jacob Stockings U23		St Davids	00:46:42
32	Richard Bourne		Mysteruns	00:46:48
33	Paul Cash			00:46:54
34	Richard Jones		Hebog	00:47:12
35	Gwyn Williams			00:47:16
36	Lincoln Donnelly			00:47:22
37	George Latham U23		St Davids	00:47:39
38	Steve Burthem		Warrington AC	00:47:54
39	Lisa Grantham		Pensby	00:48:05
40	Neil Hindle		WFRA	00:48:07
41	Graham Davies		Mysteruns	00:48:19

42	Kean Rowlands	Eryri	00:48:33
43	Lois Lee U23	St Davids	00:48:55
44	Charlie Marei U23	St Davids	00:49:06
45	Jeff Adams	Pensby	00:49:18
46	Jim Jones	Helsby	00:49:24
47	Des Rothy		00:49:29
48	Nick Bradley	Merionnydd	00:49:43
49	Pete Kay	Local	00:49:59
50	Helen Macarthur	GOG Tri	00:50:16
51	David Green	Pensby	00:50:18
52	Greg Grundy	Local	00:51:00
53	Ruth Hendon		00:52:10
54	Trefor Roberts		00:52:18
55	Paul Challender	Pensby	00:53:00
56	Amy Oriare U23	GOG Tri	00:53:12
57	Hayley Turner	Eryri	00:53:15
58	John Humphries	Mysteruns	00:53:17
59	Peter Jones		00:53:42
60	Dave Broatch	Eryri	00:54:20
61	Graham Muley		00:54:34
62	Carla Marie Lauder	Hebog	00:55:46
63	Emma Macarthur	Local	00:55:59
64	Ellie Salisbury	Eryri	00:56:14
65	Emma Huntley		00:56:57
66	Huw Parry	GOG Tri	00:56:59
67	Matthew Gillett U23	St Davids	00:58:57
68	Nina Bentley	Eryri	01:00:30
69	Mike Blake	Eryri	01:00:30
70	Owen Williams	WFRA	01:00:42
71	Sioned Mair Jones	Merionnydd	01:08:08