

Pos	Name	Category	Club	Time
1	Gareth Wyn Hughes	M	Eryri	00:35:00
2	Gavin Roberts	M	Eryri	00:35:51
3	Owain Williams	M	Eryri	00:37:00
4	Matthew Fortes	MV40	Eryri	00:38:43
5	Joel Gomes	MV40	Wrexham A R	00:39:02
6	Sion Edwards	M		00:39:20
7	Craig Jones	MV50	Eryri	00:41:01
8	Gwyn Williams	MV51	Eryri	00:41:39
9	Paul Jones	MV51	Eryri	00:42:07
10	Stephen P Jones	MV60	Eryri	00:42:27
11	Dylan Webber	MV51		00:42:53
12	Conor Watt	MV40		00:42:54
13	Mike Fryer	MV40	Helsby	00:43:30
14	Joanne Henderson	FV40		00:44:46
15	Kevin Smith	MV51	Helsby RC	00:45:22
16	Jim O'Hara	MV40	Helsby	00:45:36
17	Peter Mould	MV40	Eryri	00:45:38
18	Jackie Lee	FV40	Eryri	00:45:49
19	Ewan Russell	MV40		00:46:57
20	Becki Law	F	Eryri	00:47:00
21	Adam Mitchell	MV51		00:47:11
22	Bleddyn Evans	MV51	GOG Triathlon	00:47:22
23	Daniel Wellings	MV51	GOG Triathlon	00:47:40
24	James Worthington	MV40		00:48:33
25	Chris Fitzpatrick	MV51	Helsby RC	00:48:55
26	Owen Pooley	MV40		00:49:38
27	Richard Bourne	MV60	Mysteruns	00:49:52
28	Neil Vicars-Harris	MV60	GOG Triathlon	00:49:57
29	Paul Cash	MV40		00:50:53
30	Jim Jones	MV60	Helsby RC	00:51:39
31	Hayley Turner	F	Eryri	00:51:46
32	Paul Frodsham	MV40	Helsby	00:51:58
33	Ifan Morgan	MV40		00:52:03
34	Neil Gooding	MV51	Pensby Runners	00:52:43
35	Tim Palmer	MV60	Helsby	00:53:09
36	Tom Albiston	MV40		00:53:18
37	Craig Rutter	MV40	GOG Triathlon	00:53:22
38	Benjamin Owen	MV40	Colwyn Bay AC	00:53:47
39	Mark Jones	MV51	Colwyn Bay AC	00:53:51
40	Michelle Farrell	F	GOG Triathlon	00:54:40
41	Terry Coleman	MV40	Eryri	00:56:16

42	Phil Gillard	MV60	Helsby	00:57:22
43	Christopher Williams	MV40	Colwyn Bay AC	00:57:26
44	Steven Brown	MV51	Prestatym	00:57:30
45	Ellie Salisbury	FV50	Eryri	00:57:34
46	John Humphries	MV40	Eryri	00:57:46
47	Hannah McPartland	F	Cybi Striders	00:57:52
48	Graham McVey	MV60		00:58:59
49	Rosemary Symms	FV60	Chester TRI	00:59:44
50	Jenny Williamson	F	Eryri	00:59:49
51	David Munday	MV60		01:01:04
52	Rachel Arnold	MV60	Helsby RC	01:01:15
53	John Morris	MV70	Buckley	01:01:16
54	Gwyn Evans	MV40	Eryri	01:01:45
55	Mark Bayant	MV51	Colwyn Bay AC	01:02:04
56	Dafydd Llewelyn	MV40		01:03:13
57	Don Williams	MV70	Eryri	01:03:15
58	Ewa Bajersha	F		01:04:03
59	Wayne Percival	MV40	Ambleside	01:07:59
60	Maggie Oliver	FV70	Eryri	01:09:32
61	Caroline Caffery	FV40	Razzels Runners	01:09:37
62	Jackie Keasley	FV60	Helsby	01:09:50
63	Jennifer Twentyman	F		01:14:18
64	Jonathan Hyde	M		01:14:18