

Pos	Name	Category	Club	Time
1	Gareth Wyn Hughes	M38		00:50:25
2	Chris Mclean	M31	Cerist Triathlon Club	00:52:28
3	Tristan Evans	M35	Meirionnydd Running Club	00:54:11
4	Matthew Fortes	M43	Eryri Harriers	00:54:21
5	Richard Roberts	M41	Eryri Harriers	00:54:29
6	Russell Bentley	M38	Eryri Harriers	00:59:02
7	Joel Gomes	M40	Wrexham AAC	00:59:11
8	Matthew Nichols	M30	Matlock AC	00:59:20
9	Gwion Roberts	M28	Meirionnydd Running Club	00:59:32
10	Peter Jones	M45	Oswestry Olympians	00:59:39
11	Sophie Horrocks	F26	Rosendale	00:59:46
12	Rhys Jones	M22		00:59:48
13	Alice Forster	F32	Black Combe	00:59:50
14	Miranda Grant	F38	Eryri Harriers	00:59:58
15	Jasper Ray	M20		01:00:31
16	Darren Hesleton	M43	Bro Dysynni AC	01:01:16
17	Jimmy Carter	M42	Meirionnydd Running Club	01:02:39
18	Paul Jones	M47	Eryri Harriers	01:02:44
19	Chris Ray	M29		01:02:54
20	Stephen Jones	M65	Eryri Harriers	01:03:04
21	Dylan Webber	M41	Eryri Harriers	01:03:09
22	Charlie Allington	M33		01:03:13
23	MICHAEL Reynolds	M53	Mercia Fell Runners	01:03:54
24	Sarah Ridgeway	F45	Run Snowdonia	01:04:33
25	Richard Anthony	M43	Aberystwyth AC	01:04:56
26	Anthony Powell	M47	Maldwyn Harriers	01:05:07
27	Gavin Buckley	M38	Rhedwyr Hebog	01:05:21
28	Jeremy Randell	M56	Meirionnydd Running Club	01:05:31
29	Rhys Davies	M40	Meirionnydd Running Club	01:05:45
30	Jay Mitchell	M45		01:05:49
31	Jackie Lee	F44	Eryri Harriers	01:06:24
32	Ben Wells	M42	Meirionnydd Running Club	01:06:32
33	Gwydion Ap Wynn	M41	Rhedwyr Hebog	01:06:44
34	DYLAN Evans	M57	Meirionnydd Running Club	01:07:31
35	Vic Belshaw	M60	Denbigh Harriers	01:07:36
36	Elis Vaughan Jones	M22		01:08:54
37	Dean Ridgeway	M28		01:08:59
38	Adam Preston	M47	Meirionnydd Running Club	01:09:19
39	Will Miller	M40	Eryri Harriers	01:09:23
40	Eleanor Davies	F41	Meirionnydd Running Club	01:09:37
41	Lenny Hughes	M63	Maldwyn Harriers	01:09:47

42	John Gerallt Hughes	M39		01:09:49
43	Iwan Edgar	M63	Eryri Harriers	01:13:18
44	Glyn Fletcher	M57	Maldwyn Harriers	01:13:41
45	Ruby Bye	F30		01:13:42
46	Kevin Jones	M44	Maldwyn Harriers	01:13:43
47	Iwan Ap Trefor	M38	Rhedwyr Hebog	01:13:49
48	Jacki Artist	F36	Eryri Harriers	01:14:17
49	Andrew Hearle	M64	Mercia Fell Runners	01:14:28
50	James Worthington	M35		01:14:39
51	Jonathan Goulding	M54	Chester Triathlon Club	01:14:47
52	Neil Owen	M66	Fell Runners	01:14:54
53	Neil Hindle	M65	Welsh Fell Running Association	01:16:21
54	Andrew Smith	M62	Welsh Fell Running Association	01:16:39
55	Juliet Edwards	F58	Meirionnydd Running Club	01:16:57
56	Jim Jones	M54	Helsby	01:18:04
57	Paul Hodges	M53	Eryri Harriers	01:18:09
58	Keelan Serjeant	M39	Holmfirth Harriers	01:18:31
59	Glyn Rowlands	M62	Meirionnydd Running Club	01:18:31
60	Megan Padma Stuart	F23		01:18:43
61	Eddie Lesniak	M65	Achille Ratti	01:18:57
62	Tony Hodgson	M70	Meirionnydd Running Club	01:19:55
63	James Hodges	M51		01:22:12
64	Julie Lloyd Evans	F48	Oswestry Olympians	01:25:25
65	Catherine Havard	F55		01:25:38
66	Nia Evans	F44	Meirionnydd Running Club	01:25:54
67	Goronwy Hughes	M47	Rhedwyr Hebog	01:26:49
68	Dianne Hayder-Bruckner	F35	Aberystwyth AC	01:33:52
69	Peter Nicholls	M68	Meirionnydd Running Club	01:34:16
70	Neil Grant	M62	Meirionnydd Running Club	01:34:26
71	Elliot Newsam	M24	Matlock AC	01:35:07
72	Kate Osullivan	F55	Aberystwyth AC	01:35:47
73	Linda Edmondson	F58	Welsh Fell Running Association	01:37:06
74	Toby Forrester	M50	Mercia Fell Runners	01:38:55
75	Helen Jones	F52	Meirionnydd Running Club	01:39:46
76	Sandra Williams	F51	Meirionnydd Running Club	01:39:46
77	Richard Griffiths	M70	Bro Dysynni AC	01:41:17
78	Alwyn Oliver	M75	Eryri Harriers	01:44:37
79	Maggie Oliver	F72	Eryri Harriers	01:45:04
80	Cameron Mcleod Pupe	M64	Aberystwyth AC	01:45:17
81	Kevin Evans	M58	Meirionnydd Running Club	01:47:11