

Overall	Forename	Surname	Club	Gender	Age group	Bib number	Time
1	Tomos	Roberts	Meirionnydd	Male	senior	566	1.28.25
2	Richard	Roberts	Eryri Harriers	Male	v40	544	1.28.56
3	Alun	Williams	Meirionnydd	Male	v35	530	1.31.01
4	David	Bruce	Bristol and West	Male	v35	558	1.33.13
5	Steve	Rees	Neath Harriers	Male	v40	517	1.33.32
6	Stephen	Corbishley	Tipton Harriers	Male	senior	581	1.34.52
7	Owain	Schiavone	Aberystwyth AC	Male	v35	552	1.35.04
8	Daryl	John	Pembrokeshire Harriers	Male	v45	538	1.36.56
9	Peter	Ryder	Aberdare Valley	male	v35	593	1.40.46
10	Chris	Fulcher	Neath harriers	Male	v50	522	1.42.45
11	Ifan	Lloyd	Swansea Harriers	Male	v55	560	1.44.19
12	Glyn	Price	Sarn Helen	Male	v50	562	1.44.46
13	Frida	Cronqvist	Aberystwyth University Harriers	Female	0	573	1.45.41
14	Timothy	Woodhead	Deeside AC	Male	v50	531	1.47.23
15	Jessica	Bruce	Sarn Helen	Female	v35	557	1.47.32
16	Paul	Flynn	Swansea Harriers	Male	v50	547	1.48.02
17	Darren	Hesleton	Bro Dysynni AC	Male	v40	506	1.49.13
18	Ann	Nixon	Forest of Dean AC	Female	v60	555	1.50.01
19	dafydd	Roberts	rhedwyr hebog	Male	v55	539	1.51.12
21	Elliw	Haf	Eryri Harriers	Female	senior	567	1.51.39
20	Peter	Jones	Oswestry Olympians	Male	v40	563	1.51.25
22	Kevin	Hughes	Sarn Helen	Male	v45	594	1.52.21
23	John-Paul	Hunt	Spa Striders	Male	v40	548	1.56.25
24	Paul	Tucker	Mynydd Du	Male	v50	589	1.56.38
25	Dave	Powell	Aberystwyth AC	Male	v55	596	1.56.49
26	Rhodri	ap Dyfrig	N/A	Male	v40	519	1.56.58
27	Sam	Bass	None	Male	senior	569	1.58.50
28	James	Davies	Malvern joggers	Male	v35	549	2.00.46
30	Dylan	Owen	0	Male	v50	588	2.04.16
29	Tony	Mackay	Pegasus	Male	v50	540	2.02.12
31	Dave	Farron	Mercia	Male	v55	592	2.04.16
32	Ruby	Bye	n/a	Female	senior	504	2.05.14
33	Rodney	Powell	Whitland	Male	v45	546	2.06.47
34	Mark	Thomas	Run 4 all neath	Male	v55	516	2.07.15
35	Juliet	Fullwood	Cumberland Fell Runners (CFR)	Female	senior	515	2.07.31
36	Paul	Colley-Davies	Mynydd Du	Male	v50	590	2.07.39
37	David	Michael	N/A	Male	v50	518	2.10.59
38	Jonathan	Boothby	None	Male	senior	513	2.12.33
39	Mick	Taylor	Sarn Helen	Male	v55	597	2.12.42
40	Aled	Jones	Amman Valley Harriers	Male	senior	525	2.12.52
41	Lee	Watt	N/A	Male	v40	528	2.13.40
42	Sophie	Prichard	Narberth Nobbler	Female	v35	529	2.14.10
43	Ceri	LANE	Rhedwyr Hebog	Female	v45	524	2.15.03
44	Jerry	Cleford	None	Male	v45	551	2.15.17
45	Gareth	Davies	0	Male	v55	591	2.16.23
46	Gwion	Llwyd	Rhedwyr Hebog Runners	Male	v45	541	2.17.24
47	Hugh	Morgan-Jones	WFRA	Male	v55	583	2.17.51
48	James	Cowdell	Cannock Chase Trail Runners	Male	v50	580	2.19.15
49	Elizabeth	Walsh	Fairwater Cwmbran	Female	v40	508	2.19.39
50	Andrew	Edgell	Sarn Helen	male	v40	587	2.19.57
51	Peter	Garson	Aberystwyth AC	Male	v50	565	2.20.07
52	Keith	Butterworth	Clayton Le Moors Harriers	Male	v60	577	2.21.48
53	Rachel	Butler	Maldwyn Harriers	Female	v55	520	2.21.53
54	Diane	Heyder-Bruckner	Aberystwyth	Female	senior	507	2.22.25
55	Liz	Hughes	None	Female	v60	578	2.22.25

56	Delyth	Crimes	Sarn Helen	Female	v50	505	2.22.35
57	Kevin	LANE	Rhedwyr Hebog	Male	v50	523	2.22.42
58	Rebecca	Poole	Fairwater Runners Cwmbran	Female	v35	575	2.22.55
59	sharon	powell	Maldwyn Harriers	female	v45	598	2.25.53
60	KEVIN	Barnes	Hereford couriers	Male	v55	532	2.27.54
61	Juliette	Daum	Aberystwyth Athletics Club	Female	senior	503	2.29.16
62	Cara	Ashwroth	Aberystwyth AC	Female	v35	564	2.29.30
63	Kevin	Fowler	Pegasus RC	Male	v60	545	2.30.09
64	Rita	Tomkins	Presteigne Pacers	Female	v55	571	2.30.18
65	Gary	Lewis	None	Male	v50	572	2.30.18
66	Tony	Davies	Rhayader	Male	v50	595	2.30.49
67	Susi	COLLINS HOWGILL	INTRtri	Female	v55	556	2.34.30
68	Rose	Thomas	Rhayader	Female	v65	559	2.36.37
69	Lisa	Jones	Amman Valley Harriers	Female	v35	526	2.37.52
70	Peter	Harrison	Army	Male	v50	536	2.38.02
71	Katharine	Carson	N/A	Female	senior	512	2.38.05
72	Aleksandra	Uss	n/a	Female	v35	511	2.38.03
73	Ricky	Poole	None	Male	v35	576	2.39.30
74	Keith	Helliwell	Builth and district	Male	v40	534	2.40.57
75	Alex	Williams	Llandrindod harriers	Male	v35	535	2.40.57
76	Jill	Hillman	Maldwyn Harriers	Female	v60	521	2.43.02
77	John Gwyn	Evans	Aberystwyth AC	Male	v70	561	2.44.27
78	Mathew	Tench	N/A	Male	v45	582	2.49.35
79	Sarah	Parry	None	Female	v35	570	2.51.07
80	Andrew	Edgell	Sarn Helen	male	v40	587	2.54.57
81	Andrew	Grudzinski	North Herts Road Runners	Male	v40	542	2.56.04
82	Michelle	Grudzinski	North Herts Road Runners	Female	v40	543	2.56.04
83	Nicola	Sula	N/A	Female	v35	527	2.58.56
84	andy	smith	badgers	Male	v55	509	2.59.37
85	Holly	matts	Badgers	Female	v40	510	2.59.37