

Posn.	First name	Surname	Club	Age Cat	Time	Category Posn
1	Gavin	Roberts	Calder Valley Fell Runners	MOpen	00:24:11	1
2	Noa	Vaughan	Eryri Harriers	MU19	00:24:40	1
3	Math	Roberts	Calder Valley Fell Runners	MV40	00:25:20	1
4	Joel	Gomes	Run Free	MV40	00:25:21	2
5	Siôn	Edwards	Eryri Harriers	MOpen	00:25:38	2
6	Ben	Sergeant	Eryri Harriers	MU17	00:26:08	1
7	Dave Bus	Hughes	Eryri Harriers	MOpen	00:26:13	3
8	Craig	Lowe	Eryri Harriers	MOpen	00:27:02	4
9	warren	renkel	Run Free	MV40	00:27:04	3
10	Lawrence	Ramsay		MOpen	00:27:19	5
11	Tony	Wood	Denbigh Harriers	MOpen	00:27:20	6
12	Ian	Edwards	Eryri Harriers	MOpen	00:27:28	7
13	Matthew	Basnett	Staffordshire Moorlands AC	MOpen	00:27:50	8
14	James	Coleman	Eryri Harriers	MOpen	00:27:53	9
15	Michael	Corrales	Dark Peak Fell Runners	MOpen	00:28:09	10
16	David	White	Buckley Runners	MOpen	00:28:11	11
17	Emlyn	Owen	Eryri Harriers	MV40	00:28:15	4
18	Deri	Hockley	Eryri Harriers	MU17	00:28:29	2
19	Jez	Brown	Buckley Runners	MV50	00:28:37	1
20	Delwyn	Parry	Eryri Harriers	MV40	00:28:43	5
21	Joanne	Henderson		WV40	00:28:47	1
22	Rhys	ap Gwilym		MV40	00:29:04	6
23	William	Hughes		MOpen	00:29:21	12
24	Russell	Owen	Eryri Harriers	MV60	00:29:57	1
25	Simon Gwyn	Roberts	Buckley Runners	MV50	00:30:02	2
26	Cai	Dafydd	Betsi Runaways	MU17	00:30:03	3
27	Craig	Jones	Eryri Harriers	MV50	00:30:13	3
28	Jon	Barnwell	Eryri Harriers	MOpen	00:30:17	13
29	Suzie	Richards	Eryri Harriers	WOpen	00:30:21	1
30	David	Murray	Eryri Harriers	MV40	00:30:26	7
31	Anwen	Hockley	Eryri Harriers	WU19	00:30:44	1
32	Tess	Elias		WOpen	00:30:50	2
33	Dylan	Huws	Eryri Harriers	MV60	00:31:31	2
34	Efa	Baines	Eryri Harriers	WU19	00:31:33	2
35	Steve	Toogood	Buckley Runners	MV60	00:31:52	3
36	Allan	Mckeown	Deestriders RC	MV40	00:32:13	8
37	Jacob	Ratcliffe	Eryri Harriers	MOpen	00:32:17	14
38	Katy	Baugh	Denbigh Harriers	WOpen	00:32:23	3
39	Matt	Lewis	Eryri Harriers	MOpen	00:32:28	15
40	Gerwyn	Thomas		MOpen	00:32:29	16
41	Stephen	Ellison		MV40	00:32:54	9
42	David	Baugh	Denbigh Harriers	MV60	00:34:04	4
43	Ceri	Stewart	Môn milers	WV40	00:34:07	2
44	Gwyn	Williams		MV50	00:34:08	4
45	John	Fletcher		MOpen	00:34:20	17
46	Neil	Vicars-Harris	GOG Triathlon	MV50	00:34:31	5
47	Irfon	Rowlands		MV50	00:34:32	6
48	Andrew	Goater	Betsi Runaways	MV50	00:34:36	7
49	Mary	Gillie	Eryri Harriers	WV40	00:34:44	3
50	Richard	Groome		MV50	00:35:15	8
51	Ifan	Morgan		MOpen	00:35:17	18
52	Mabli	Baines	Eryri Harriers	WU19	00:35:25	3

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53	Mike	Snell	Eryri Harriers	MV60	00:35:29	5
54	Dakotah	Shirfield	Eryri Harriers	WOpen	00:35:31	4
55	Alun	Pritchard		MV40	00:35:32	10
56	Jay	Wymer	Eryri Harriers	WOpen	00:35:33	5
57	Emma	Collins	Denbigh Harriers	WV60	00:35:34	1
58	Will	Jones	Clapham Chasers	MOpen	00:35:41	19
59	Daf	Lewis	Dwygyfylchi Rebels	MV50	00:35:49	9
60	Bryony	North		WOpen	00:35:59	6
61	Liam	Lex		MOpen	00:36:23	20
62	Dan	Burton	Run Free	MOpen	00:36:31	21
63	Bethan	Billington	Menai Track & Field	WU17	00:36:33	1
64	Mike	Hobday	Denbigh Harriers	MV60	00:36:34	6
65	Matthew	Bicknell	Eryri Harriers	MV40	00:36:49	11
66	Ian	Mulligan	Cybi Striders	MV50	00:36:57	10
67	Simon	Berry		MV40	00:37:01	12
68	Chris	Morris	GOG Triathlon	MOpen	00:37:05	22
69	Peter	Lester-Owen	Denbigh Harriers	MV60	00:37:09	7
70	Ben	Lomax	Dwygy Dashers	MOpen	00:37:14	23
71	Duncan	Jones	Denbigh Harriers	MV60	00:37:23	8
72	Greg	Grundy	Colwyn Bay AC	MV40	00:37:24	13
73	Rachel	Williams	Canicross Anglesey	WOpen	00:38:05	7
74	Juliet	Edwards	Meirionnydd RC	WV60	00:38:10	2
75	Owain	Hughes		MOpen	00:38:14	24
76	John	Jones	Llamwyr Llyn	MV75	00:38:22	1
77	Denis	Garnham		MV50	00:38:35	11
78	Wil	Evans	Eryri Harriers	MV50	00:38:43	12
79	Carla	Lauder	Rhedwyr Hebog	WV40	00:39:00	4
80	Ellie	Salisbury	Eryri Harriers	WV60	00:39:17	3
81	Emily	Wymer	Canicross Anglesey	WOpen	00:39:30	8
82	Anne	Mynott	Colwyn Bay AC	WV60	00:39:35	4
83	Steve	Sinfield		MV40	00:39:39	14
84	Gary	Porter Jones		MV50	00:39:57	13
85	Ady	Hayhoe		WOpen	00:40:06	9
86	Richard	Borne	Mysteruns	MV50	00:40:37	14
87	Steven	Brown	Eryri Harriers	MV50	00:40:57	15
88	Caroline	Caffery	Buckley Runners	WV40	00:41:07	5
89	Mandy	Cartwright	Prestatyn RC	WV40	00:41:30	6
90	Iain	Hobson	Buckley Runners	MV40	00:41:33	15
91	Kate	Potter	Eryri Harriers	WV60	00:41:41	5
92	Menai	Baugh	Denbigh Harriers	WV60	00:42:02	6
93	Keith	Williams		MV50	00:42:27	16
94	Martin	Macgregor		MOpen	00:42:43	25
95	Arfon	Roberts	Dwygy Dashers	MV60	00:42:44	9
96	Sophie	Johnson	Prestatyn RC	WV40	00:43:02	7
97	James	Rogers	Prestatyn RC	MV40	00:43:19	16
98	Gwyn	Evans	Eryri Harriers	MV60	00:44:07	10
99	Dwynwen	Pennant	Rhedwyr Hebog	WV50	00:44:36	1
100	John	Morris	Buckley Runners	MV75	00:44:38	2
101	Nia Meleri	Edwards	DC Triathlon	WOpen	00:45:46	10
102	Dei	Jones	Eryri Harriers	MV70	00:46:08	1
103	Sian	Meirion	Buckley Runners	WV50	00:47:11	2
104	Elizabeth	Martin	Prestatyn RC	WV40	00:47:24	8

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105	Aron	Williams		MV40	00:51:33	17
106	Margaret	Oliver	Eryri Harriers	WV75	00:55:06	1
107	Zoe	Stanley		WOpen	01:02:43	11
108	Samantha	Morton		WOpen	01:02:45	12
109	Claire	Chapman	Dwygy Dashers	WOpen	01:04:07	13
110	Geoffrey	Fielding	Eryri Harriers	MV75	Retired	