Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dynion / Male: M	M40	M50	M60	M70	Merched / Female: L	L40	L50	L60	L70
1	140	42.34	matt fortes	eryri		1								
2	130	43.41	max dunford	st davids	1									
3	117	44.36	jonathan tyler	betsi runaways	2									
4	142	44.51	craig jones	eryri		2								
5	120	45.57	andrea rowlands	eryri							1			
6	118	46.07	brian wills	eryri		3								
7	153	46.18	vic belshaw	denbigh			1							
8	150	48.21	tim van riessen	u/a										
9	115	48.44	johnny moore	eryri			2							
10	148	49.34	steve toogood	buckley			3							
11	114	49.39	catherine connell	eryri						1				
12	156	49.40	ali chant	eryri		4								
13	147	49.47	dylan huws	eryri			4							
14	155	50.63	john richard davies	eryri	3									
15	149	51.15	tom chandy	eryri	4									
16	137	51.30	irfon rowlands	cybi			5							
17	159	51.45	gary porter jones	eryri	5									
18	125	51.57	meilyr wyn	u/a	6									
19	121	52.03	gwyneth parry	deeside						2				
20	158	52.50	adam mitchell	u'a	7									
21	122	52.54	richard borne	mysteruns			6							
22	151	53.02	ellie robinson	west chesire							2			
23	127	53.34	huw lewis	buckley			7							
24	112	54.10	christopher williams	colwyn bay a/c			8							
25	144	54.29	megan hughes	eryri							3			
26	132	54.55	william johnston	st davids	8									
27	131	55.13	dougal brew	st davids	9									
28	139	56.08	becki law	eryri						3				
29	152	56.16	emma collins	denbigh								1		
30	157	56.21	richard evans	eryri			9							
31	154	56.37	shane skillin	cybi	10									
32	145	57.05	carl mitchell	u/a	11									
33	110	57.18	lucy o donnell	u/a						4				
34	113	57.27	tom albiston	u/a	12									
35	111	58.06	neil bridgstock	eryri	13									
36	133	58.52	james rogers	prestatyn		5								
37	65	58.53	phil gillard	helsby		6								
38	119	58.56	ellie salisbury	eryri								2		
39	134	59.01	john morris	buckley					1					
40	135	59.04	dave brotach	eryri			10							
41	128	59.37	graham mcvey	u/a	14									
42	129	60.21	emyr davies	hebog					2					
43	124	60.55	chris vincent	u/a			11							
44	141	62.26	alex fletcher	eryri						5				
45	143	65.05	louise emery	eryri							4			
46	136	68.29	brian robbins	eryri					3					
47	116	68.41	steffan evans	eryri	15									
48	138	69.31	elen haf jones	cybi	16									
49	146	71.23	tom simone	u/a	17									
50	123	74.26	maggie oliver	eryri										1
51	126	89.30	Rebbecca Roberts	eryri						6				
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Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dynion / Male: M	M40	M50	M60	M70	Merched / Female: L	L40	L50	L60	L70
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