

Pos	Name	Category	Club	Time
1	Mike Spill	MU23	Menai Track & Field	00:23:37
2	Tom Wood	MU23	Eryri Harriers	00:24:24
3	Gavin Roberts	MOpen	Gog Tri	00:24:25
4	Max Dunford	MU23	SDC	00:24:51
5	James Brown	MOpen		00:24:59
6	Cai La-Trobe	MU23	Menai Track & Field	00:25:05
7	Owain Williams	MOpen	Eryri	00:25:07
8	Joe Hughes	MOpen		00:25:17
9	Rhys Goodhead	MOpen		00:25:22
10	Max Wainwright	MOpen	Helsby RC	00:25:25
11	Dan Stones	MU23	Menai	00:25:28
12	Jez Brown	MV45	Buckley Runners	00:25:33
13	Emlyn Owen	MV40	Eryri Harriers	00:25:34
14	Eden Potter	MU23	Menai Track & Field	00:25:41
15	Rob Grantham	MV40	Pensby	00:25:44
16	Neal Hockley	MOpen	Eryri	00:25:52
17	Aled Edwards	MOpen	Eryri	00:25:59
18	Dyfed Whiteside-Thomas	MV40	Eryri	00:26:05
19	Gethin Davies	MU23	Meirionnydd	00:26:08
20	Arthur Livesey	MOpen		00:26:09
21	Ross Roberts	MV40	Eryri	00:26:11
22	Josh Matthews	MOpen		00:26:18
23	Kristian Groom	MV40	Dark Peak	00:26:19
24	Tony Wood	MOpen	Denbigh Harriers	00:26:54
25	David White	MOpen	Buckley Runners	00:26:56
26	Matt Fortes	MV40	Eryri	00:27:04
27	Arthur Connell	MOpen	Eryri	00:27:23
28	Craig Jones	MV45	Eryri Harriers	00:27:37
29	Darach Reynolds	MOpen	Gog Tri	00:27:40
30	Leon Davies	MV40	NWRRC	00:27:51
31	Gavin Buckley	MOpen	Hebog	00:27:53
32	Russell Owen	MV55	Eryri Harriers	00:28:15
33	Vic Belshaw	MV55	Denbigh	00:28:28
34	Catherine Connell	FOpen	Eryri	00:28:38
35	Gemma Moore	FOpen	NWRRC	00:28:45
36	Sian Williams	FOpen	Hebog	00:28:54
37	Steve Toogood	MV55	Buckley Runners	00:29:11
38	Tom Gloster	MOpen	Hebog	00:29:33
39	George Latham	MU23	SDC	00:29:34
40	Jeremy Randell	MV50	Merionnydd	00:29:43
41	William Johnson	MU23	SDC	00:29:44

42	Gwyneth Parry	FU23	Deeside	00:29:49
43	Andy Pritchard	MV45	Buckley Runners	00:30:08
44	Irfon Roberts	MV50	Eryri	00:30:13
45	Arwel Lewis	MV50	Eryri	00:30:23
46	Eliot Waterhouse	MOpen		00:30:33
47	Math Llwyd	MOpen	Eryri	00:30:36
48	Adrian Leoard	MOpen	Gog Triathlon	00:30:38
49	David Baugh	MV55	Denbigh	00:30:52
50	Jonathan Fleming	MOpen	Denbigh	00:31:09
51	Richard Bourne	MV50	Mysteruns	00:31:11
52	Hayley Evans	FOpen	Buckley Runners	00:31:13
53	Adam Mitchell	MOpen		00:31:34
54	Lou Beetlestone	FOpen	Eyri	00:31:43
55	Peter MW Jones	MV55		00:31:49
56	Phillip Roberts	MV40		00:31:53
57	Catrin Donnelly	FU23	Menai Track & Field	00:32:07
58	Richard Morris	MOpen	NWRRRC	00:32:17
59	Rhiannon Kamink	FOpen	Colwyn Bay	00:32:18
60	Gabriel Muskett	FOpen		00:32:31
61	Gethin Morgan	MOpen		00:32:33
62	Shane Shilling	MOpen	Bangor Uni	00:32:39
63	Victoria Whitehead	FV45	Denbigh Harriers	00:32:41
64	Heidyn Cole	MU23	SDC	00:32:42
65	Lois Lee	MU23	SDC	00:32:42
66	Megan Hughes	FV40	Eryri	00:32:57
67	George Palmer-Hall	MU23	SDC	00:33:00
68	Jamie Boon	MU23		00:33:05
69	Math Bicknall	MOpen		00:33:11
70	Emma Collins	FV55	Denbigh Harriers	00:33:13
71	Carl Mitchell	MOpen		00:33:15
72	Ali Thomas	FV50	Eryri	00:33:22
73	Emlyn Roberts	MV50	Eryri	00:33:25
74	Tom Laws	MOpen		00:33:26
75	Lisa Grantham	FV40	Pensby	00:33:35
76	Kean Rowlands	MV60	Eryri Harriers	00:33:37
77	Huw Lewis	MV55	Buckley	00:33:38
78	Chris Williams	MV50	Colwyn Bay	00:33:48
79	John Roberts	MV40		00:34:09
80	Becky Law	FOpen	Eryri	00:34:15
81	Jonathan Moore	MV50	Eryri Harriers	00:34:23
82	Robin Whiteside-Thomas	MU23	Eryri	00:34:24
83	Alice Williams	FV45	Buckley Runners	00:34:35
84	Rhi Willmot	FOpen	Cybi	00:34:36
85	Phil Jones	MV60		00:34:50

86	Kate Potter	FV50	Eryri	00:34:59
87	Phillipa Robert	FV40		00:35:07
88	Jim Jones	MV50	Helsby RC	00:35:16
89	Graham McVey	MV40		00:35:23
90	Phil Gillard	MV55	Helsby RC	00:35:26
91	Ellie Salisbury	FV50	Eryri	00:35:28
92	Dei Jones	MV65	Eryri Harriers	00:35:42
93	David Livesey	MV60	Hia	00:35:45
94	John Morris	MV70	Buckley	00:36:06
95	Chris Cook	MV55	FRA	00:36:14
96	James Harwood	MV40	Eryri	00:36:28
97	Anne Myanott	FV50	Colwyn Bay	00:36:34
98	Neil Bridgstock	MOpen	Eryri Harriers	00:36:36
99	Dave Broach	MV50	Eryri	00:36:45
100	Kenny Clark	MV50	Cybi	00:36:47
101	Sioned Lloyd Griffiths	FOpen	Denbigh Harriers	00:36:52
102	Menai Baugh	FV60	Denbigh	00:37:01
103	David York	MV55	Tattenhall	00:37:04
104	Helen Blair	FV50	Eryri	00:37:18
105	Emily Hampton	FOpen	Cann X	00:37:21
106	Will Evans	MV50		00:37:28
107	Richard Parry	MV40		00:37:44
108	Kath Broatch	FV50		00:38:03
109	Tamsin Fretwell	FV40	Eryri	00:38:48
110	Neil Stephenson	FV50	Prestatyn	00:39:14
111	Geoff Fielding	MV70	Eryri Harriers	00:39:21
112	Gwyn Evans	MV55	Eryri Harriers	00:39:25
113	Anwen Brown	MV40	Denbigh	00:39:46
114	Ben Hay	MU23	SDC	00:40:30
115	Stefan Brown	MV40	Prestatyn	00:40:50
116	Katrina Jenkinson	FOpen	Eryri	00:40:57
117	Dwynwen Pennant	FV45	Hebog	00:41:04
118	Brian Robins	MV70	Eryri	00:41:08
119	Michaela Lauder	FOpen	Cybi	00:41:13
120	Alex Fletcher	FOpen	Eryri	00:41:57
121	Maggie Oliver	FV70	Eryri	00:42:17
122	Clair Atterbury	FV40	Prestatyn	00:42:50
123	Victoria Warland	FOpen	Cann X	00:42:58
124	Julie Logan	FV40	Prestatyn	00:43:41
125	Aaron Spencer	MU23	SDC	00:44:34
126	Jason Burke	MV40	Cybi	00:47:11
127	Gwion Rhys Evans	MU23	Eryri	00:47:54
128	Hazel Robins	FV50	Eryri	00:50:47
129	Becca Roberts	FOpen	Eryri	00:59:17

130	Fiona Parry	FV40	Betsi Runaways	01:01:18
131	Joseph Liptrot	MU23	SDC	Rtd At Finish
132	Sarah Barnwell	FV50	Eryri Harriers	Rtd At Finish