Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dynion / Male:						Merched / Female:					
					Mjunior	M	M40	M50	M60	M70	FJunior	F	F40	F50	F60	F70
1	113	00:28:20	Ryan Roberts			1										
2	97	00:28:44	Ryan Davies	Wrexham		2										
3	107	00:29:01	Michael Corrales	North Wales Road R		3										
4	134	00:31:22	Andy Savage	Cybi Striders			1									
5	127	00:31:41	Jason Thomas	Cybi Striders			2									
6	129	00:32:11	Irfon Rowlands	Cybi Striders				1								
7	80	00:32:24	Iwan Evans	North Wales Road R			3									
8	101	00:32:25	Chris Thomas	Cybi Striders		4										
9	93	00:33:11	Kevin Clark	Cybi Striders				2								
10	98	00:33:13	Hannah Jones	Betsi Runaways								1				
11	91	00:34:01	James Hotton	Cybi Striders			4									
12	103	00:34:20	Arwel Lewis	Eryri				3								
13	106	00:34:49	Dave Ellis	Cybi Striders		5										
14	96	00:36:00	Angus Morgan	Harrogate Harriers A		6										
15	111	00:36:24	David Reekie				5									
16	99	00:37:10	Rhi Willmot	Cybi Striders								2				
17	110	00:37:14	Josh Humphreys	Cybi Striders		7										
18	94	00:37:14	Donald Morgan	Harrogate Harriers A				4								
19	84	00:37:31	Carwyn Williams			8										
20	89	00:37:34	Nigel Holmes	Cybi Striders					1							
21	126	00:38:04	Ruth Williams	Eryri								3				
22	95	00:38:23	Anthony Bates			9										
23	108	00:38:29	Glen Barnett	North Wales Road R			6									
24	100	00:38:40	Jack Robertson	Betsi Runaways		10										
25	105	00:39:27	Sian Ellis	Cybi Striders								4				
26	76	00:39:30	Donald Hale	North Wales Road R					2							
27	87	00:39:33	Robert Fryer	North Wales Road R					3							
28	114	00:39:42	Dewi Williams	Cybi Striders			7									
29	125	00:41:15	Sion Roberts	Cybi Striders			8									
30	115	00:41:50	Jason Burke	Cybi Striders			9									
31	82	00:42:04	Steffan Griffith				10									
32	109	00:42:14	Ceridwen Evans	Cybi Striders								5				
33	117	00:42:25	Paul Williams				11									
34	69	00:42:26	Ffion Hughes									6				
35	67	00:42:50	RHIAN HARPER OWEN	Cybi Striders									1			
36	133	00:43:00	Paul Maitland	Cybi Striders				5								
37	118	00:43:04	Ann Hughes										2			
38	66	00:43:07	Sara Sawicz									7				
39	70	00:43:32	Barry Smith			11										
40	72	00:43:43	Jayne Vaughan										3			
41	132	00:43:51	Sam Mahon		1											
42	112	00:43:57	Hannah Gray										4			
43	73	00:43:58	Keith Sharp					6								
44	130	00:44:02	James Mahon					7								
45	77	00:44:08	David Lancaster					8								
46	75	00:44:09	Gwenllian Thomas									8				
47	88	00:44:10	Di Holmes	Cybi Striders											1	
48	90	00:44:41	Shelly Hemsley									9				
49	128	00:45:33	Elle Langham-Walsh									10				
50	85	00:45:54	Jordan Williams		2											
51	83	00:45:58	Roger Kiernan							1						
52	104	00:46:04	ruth Harvey	Cybi Striders										1		
53	79	00:46:17	elen parry	Clwb Rhedeg DVT R									5			
54	78	00:46:17	Sian Owen										6			
55	122	00:47:15	Louise Poulter									11				
56	123	00:47:23	Paul Owen				12									
57	124	00:47:24	Ruth Williams	Clwb Rhedeg DVT R								12				
58	62	00:48:44	Steven Herbert					9								
59	64	00:48:54	Jenny Fewings									13				
60	121	00:49:03	Karl Sadil	Menai Track and Fie			13									
61	102	00:49:31	David Kirkam	Cybi Striders					4							
62	86	00:49:51	Ronnie Roberts					10								
63	68	00:49:55	Caroline Williams									14				
64	71	00:51:56	Michelle Griffiths										7			
65	92	00:51:57	Rhian Jones	Cybi Striders								15				
66	119	00:54:28	Awen Williams									16				
67	120	00:55:09	Mandy Jones										8			
68	116	00:56:30	Lucy Williams									17				
69	74	00:57:24	karen roberts									18				
70	63	00:59:26	Pat Wilson											2		
71	131	01:01:04	Caroline Knight											3		
72	81	DNS	Ysanne Clark	Cybi Striders								DNS				
73	65	DNS	Kim Cullen									DNS				
74																
75																