

Category E	Name	Race Number	Race Time	Race Rank
Females Under 35	Emily Downey	858	00:19:25	1
Females Under 35	Catherine Thomas	951	00:19:28	2
Females Under 35	Alaw Beynon-Thomas	873	00:19:53	3
Females Under 35	Fionnuala MacLaughlin	949	00:20:29	4
Females Under 35	Efa Llewellyn	853	00:20:58	5
Females Under 35	Rowena Melbourne	876	00:21:29	6
Females Under 35	Ffion Aur Evans	832	00:23:09	7
Females Under 35	Samantha Bodycombe-Jones	869	00:23:16	8
Females Under 35	Caitlin Reed	948	00:23:29	9
Females Under 35	Katie Audsley	875	00:24:21	10
Females Under 35	Sarah Addington - Hall	958	00:25:24	11
Females Under 35	Selina Bodycombe-Jones	836	00:26:23	12
Females Under 35	Nia Rees	975	00:26:27	13
Females Under 35	Vivienne Jones	946	00:28:19	14
Females Under 35	Rhiannon Cumber	882	00:28:27	15
Females Under 35	Elena Duxberry	953	00:29:35	16
Females Under 35	Becky Oakley	952	00:29:50	17
Females Under 35	Karen Jones	837	00:30:36	18
Females Under 35	Nia Jenkins	893	00:31:47	19
Females Under 35	Rhian James	860	00:32:46	20
Females Under 35	Rachel Nicholson	969	00:33:00	21
Females Under 35	Emilie Edmunds	956	00:41:52	23
Females Under 35	Heidi Morris	947	00:41:52	22
Females V + 35	Jenny Phillips	962	00:20:02	1
Females V + 35	Claire Cleathero	850	00:21:25	2
Females V + 35	Suzanne Bevan	963	00:23:31	3
Females V + 35	Llinos Williams	871	00:25:50	4
Females V + 35	Jacqueline King	839	00:26:16	5
Females V + 35	Paula James	959	00:27:46	6
Females V + 35	Irene Wittich	960	00:29:44	7
Females V + 45	Caroline J Jones	966	00:19:49	1
Females V + 45	Mary Bowen Rees	967	00:20:17	2
Females V + 45	Sandra Pinkham	892	00:20:27	3
Females V + 45	Jacqueline Brace	881	00:21:14	4
Females V + 45	Ann Powell	866	00:23:47	5
Females V + 45	Lindy Beaton	849	00:24:27	6
Females V + 45	Deborah Price	964	00:26:46	7
Females V + 45	Shan Dreese	890	00:27:18	8
Females V + 45	Tina Hooper	862	00:28:34	9
Females V + 45	Celia Melvin	965	00:31:02	10
Male Under 40	Mark Crook	922	00:16:39	1
Male Under 40	Paul Clarke	868	00:17:38	2
Male Under 40	Geraint Mansfield	852	00:18:09	3
Male Under 40	Richard Johnson	899	00:18:21	4
Male Under 40	Llyr Raw-Rees	894	00:18:28	5
Male Under 40	Alvin Phillips	885	00:18:32	6
Male Under 40	John Morris	867	00:18:33	7
Male Under 40	Michael Halsall	856	00:19:02	8
Male Under 40	Robyn Reed	909	00:19:21	9
Male Under 40	Stephen Kihara	880	00:19:25	10
Male Under 40	Shelley Childs	895	00:19:35	11
Male Under 40	Marcus Williams	918	00:19:36	12
Male Under 40	Martin Davies	883	00:19:47	13
Male Under 40	Philip Tucker	919	00:20:25	14

Male Under 40	Andrew Beaton	848 00:20:53	15
Male Under 40	Adam Smith	896 00:21:01	16
Male Under 40	Steven Williams	842 00:21:11	17
Male Under 40	Steffan L Jones	914 00:21:34	18
Male Under 40	Aled Jones-Davies	833 00:21:40	19
Male Under 40	Richard Phillips	865 00:21:49	20
Male Under 40	Gareth Swann	912 00:21:56	21
Male Under 40	Simon Scurrell	920 00:22:07	22
Male Under 40	Darren Williams	863 00:22:25	23
Male Under 40	Ashley Lewis	901 00:22:31	24
Male Under 40	Matthew John	911 00:22:59	25
Male Under 40	Jonathan Rees	917 00:23:37	26
Male Under 40	Klance McMahon	845 00:23:52	27
Male Under 40	Ashley McMahon	846 00:23:59	28
Male Under 40	Andrew Edwards	877 00:24:04	29
Male Under 40	Rhidian Edwards	902 00:24:27	30
Male Under 40	James Shuttleworth	897 00:24:29	31
Male Under 40	Aled Williams	908 00:25:43	32
Male Under 40	Hywel Thomas	921 00:26:13	33
Male Under 40	Paul Skinner	974 00:26:20	34
Male Under 40	Berian Reed	910 00:26:39	35
Male Under 40	Daniel Nicholson	971 00:27:15	36
Male Under 40	Joe Davies	970 00:27:25	37
Male Under 40	Dan Phillips	835 00:27:33	38
Male Under 40	Andrew Passenger	923 00:29:40	40
Male Under 40	Dean Watson	903 00:29:40	39
Male Under 40	Hywel J Walters	968 00:30:03	41
Male Under 40	Andrew Roberts	906 00:30:59	42
Male Under 40	Sam Trueman	904 00:30:59	43
Male Under 40	David Williams	907 00:31:01	45
Male Under 40	Daniel Powell	905 00:31:01	44
Male Under 40	Mark Edwards	878 00:31:12	46
Male V + 40	Glyn Price	870 00:17:00	1
Male V + 40	Roger Coombs	937 00:18:13	2
Male V + 40	Jeff Thomas	888 00:18:20	3
Male V + 40	Kevin Griffiths	879 00:18:32	4
Male V + 40	Steve Thomas	936 00:18:58	5
Male V + 40	Huw Nicholas Price	861 00:19:14	6
Male V + 40	Andy Davies	847 00:19:19	7
Male V + 40	Shane Cahill	933 00:19:40	8
Male V + 40	Vincent Bailey	887 00:20:01	9
Male V + 40	Dominic Shields	857 00:20:03	10
Male V + 40	Jason Dickinson	932 00:20:28	11
Male V + 40	John Rees	925 00:20:38	12
Male V + 40	Stephen Jones	935 00:20:57	13
Male V + 40	Paul Rees	864 00:20:59	14
Male V + 40	Fred Jenkins	855 00:21:06	15
Male V + 40	Roger Edmunds	930 00:21:13	16
Male V + 40	Neil Edwards	843 00:21:20	17
Male V + 40	Morty O'Shea	939 00:22:37	18
Male V + 40	Richard Springett	924 00:22:49	19
Male V + 40	Rob Monk	927 00:23:24	20
Male V + 40	Richard Long	841 00:24:01	21
Male V + 40	Ray James	891 00:24:16	22
Male V + 40	Paul Meldrum	934 00:24:21	23

Male V + 40	Stuart Barnes	928 00:24:23	24
Male V + 40	Richard Donne	972 00:25:02	25
Male V + 40	Robert King	838 00:25:04	26
Male V + 40	Andy Light	900 00:25:13	27
Male V + 40	Paul Jones	926 00:25:48	28
Male V + 40	Gary Foreman	889 00:25:52	29
Male V + 40	Huw Lloyd	929 00:25:57	30
Male V + 40	Simon Edmunds	938 00:28:32	31
Male V + 50	Jon Embling	886 00:18:36	1
Male V + 50	Derek Scarborough	884 00:18:40	2
Male V + 50	Huw Roberts	874 00:18:47	3
Male V + 50	Mike Hodges	851 00:23:44	4
Male V + 50	Dewi Price	973 00:23:59	5
Male V + 50	Raymond Fisher	940 00:24:19	6
Male V + 50	John Price	941 00:25:51	7
Male V + 50	Bob Elliott	898 00:26:00	8
Male V + 50	Anthony Jenkins	831 00:31:47	9
Male V + 60	John Davies	872 00:22:00	1
Male V + 60	Rowland Sherwood	854 00:23:03	2
Male V + 60	Brian Slate	840 00:24:30	3
Male V + 60	Michael Deadman	945 00:25:40	4
Male V + 60	David Phillips	943 00:27:03	5
Male V + 60	Raymond Leonard	944 00:30:10	6