

| Cyfenw | Enw | Race No | Finish Time | Finish Pos |
|---------------|---------------|----------------|--------------------|-------------------|
| Lewis | Poppy | 296 | 00:04:48 | 1 |
| Russel-Sretch | Alice | 295 | 00:04:53 | 2 |
| Jones | Lucy Fflur | 297 | 00:05:20 | 3 |
| Jiwa-Walisi | Natasha | 304 | 00:05:21 | 4 |
| Lloyd | Manon | 709 | 00:05:22 | 5 |
| Nix | Laura | 708 | 00:05:28 | 6 |
| Butchers | Alisha | 303 | 00:05:37 | 7 |
| Long | Rhiannon | 298 | 00:05:57 | 8 |
| Henry | Megan | 818 | 00:06:16 | 9 |
| Springett | Rebecca | 294 | 00:06:24 | 10 |
| Jones | Mared Haf | 820 | 00:06:27 | 11 |
| Williams | Gwen Haf | 823 | 00:06:31 | 12 |
| Jones | Siwan | 710 | 00:06:37 | 13 |
| Thomas | Ashleigh | 821 | 00:06:50 | 14 |
| Davies | Sioned Martha | 822 | 00:07:01 | 15 |
| Jones | Sioned | 300 | 00:07:22 | 16 |
| Butterworth | Lowri | 299 | 00:07:34 | 17 |
| Morgan | Ruth | 301 | 00:07:38 | 18 |
| James | Carys Haf | 819 | 00:07:41 | 19 |