

Overall	Forename	Surname	Club	Gender	Age group	Bib number	Time
1	Edward	Gronbech	Radley AC/university of Wales Aberystwyth	Male	senior	34	53.36
2	Damien	Dear	Northbrook AC	Male	senior	67	54.50
3	Mark	Whitehead	Aberystwyth AC	Male	v40	31	55.49
4	Evan	Prie-Davies	Brecon AC	Male	Under 20	28	56.21
5	Jack	Westwood	Aberystwyth University Harriers	Male	senior	36	57.23
6	Andrew	Reddy	Aberdare VAAC	Male	v35	48	58.04
7	Mark	Rivers	Sarn Helen	Male	v40	63	59.00
8	Michael	Davies	Sarn Helen	Male	v50	49	59.32
9	Steven	Ouseley	Pembrokeshire Harriers	Male	v45	11	1.00.40
10	Arwel	Lewis	Eryri Harriers	Male	v60	75	1.01.26
11	Chris	Lewis	0	Male	v35	55	1.02.17
12	Richard	Fellows	Fenspool Harriers	Male	v45	9	1.02.31
13	Nick	Thompson	Aberystwyth AC	Male	senior	37	1.03.11
14	Rhiannon	Kamink	Aberystwyth University Harriers	Female	senior	35	1.03.51
15	Heddwen	Daniel	Cardiff Athletics	Female	senior	42	1.04.06
16	Emma	Price	St Neots Riverside Runners	Female	Under 20	17	1.04.21
17	Chloe	Leek	Pontypool Runners	Female	Under 20	43	1.05.47
18	Ben	Gaskell	Rhayader RC	Male	senior	66	1.06.03
19	Jonathan	Hayes	n/a	Male	v50	29	1.06.15
21	Eleri	Riwis	Sarn Helen	Female	v45	62	1.09.15
20	Stephen	Cole	Wallasey	Male	v45	65	1.07.27
22	Ivan	Courtier	Aberystwyth AC	Male	v50	27	1.09.23
23	Mitchell	Readwin	Sarn Helen	Male	v35	64	1.09.29
24	Anne	Mynott	Colwyn Bay Athletics	Female	v55	30	1.09.42
25	Darren	Fountain	N/A	Male	senior	46	1.09.52
26	Ioan	Davies	RWPY Warriors	Male	v40	69	1.10.09
27	Andy	Starr	0	Male	v40	59	1.10.42
28	Richard	Leek	N/A	Male	v50	45	1.11.51
30	R. Clive	Williams	0	Male	v50	74	1.12.10
29	Kirsten	Hughes	Aberystwyth A.C	Female	v35	58	1.11.55
31	Gron	Evans	Aberystwyth A.C	Male	v60	52	1.12.22
32	Lynwen	Huxtable	Aberystwyth AC	Female	v50	10	1.13.43
33	Spencer	Davies	Northbrook ac	Male	v45	20	1.15.02
34	H	Foulkes	0	Male	v50	73	1.15.12
35	Bryan	Clee	Presteigne Pacers	Male	v45	24	1.16.28
36	Karen	Davies	Aberystwyth	Female	v50	26	1.17.02
37	Cris	Arnold	none	Male	v50	23	1.17.27
38	Leah	Lewis	0	Female	senior	56	1.17.35
39	Mearina	James	Aberystwyth A.C	Female	v50	54	1.18.30
40	Claire	Morris	N/A	Female	v45	47	1.18.50
41	Lainy	Harrison	Aberystwyth Athletes Club	Female	senior	18	1.18.51
42	Iola	Evans	Aberystwyth AC	Female	v45	70	1.21.03
43	Bryan	lloyd	0	Male	v55	50	1.21.08
44	Mark	Kirkham	Running 50 10ks for Charity	Male	v50	71	1.21.54
45	Louise	Boorman	Pembrokeshire Harriers	Female	v55	5	1.21.56
46	Shelley	Enders	None	Female	v50	3	1.22.13
47	Anita	Leek	N/A	Female	v45	44	1.23.04
48	Ffion	Jones	N/A	Female	senior	33	1.23.10
49	Helen	Williams	Aberystwyth AC	Female	v55	40	1.23.17
50	David	Enders	None	Male	v55	4	1.23.41
51	Katrina	Michael	n/a	Female	v50	14	1.27.23
52	Anna	Georgiou	Builth and District Running Club	Female	v40	19	1.28.58
53	David	Jones	None	Male	v45	16	1.29.50
54	Nicola	kelly	Builth and District Running Club	Female	v45	68	1.32.17
55	Emma	Davies	None	Female	v35	32	1.33.06
56	Tim	Davies	0	Male	v45	60	1.33.11

57	Rebecca	Doswell	Sarn Helen	Female	v45	25	1.33.40
58	Cath	White	0	Female	v40	57	1.34.01
59	Jen	Smith	none	Female	v35	13	1.39.39
60	Carol	Macy	No club	Female	v40	6	1.39.39
61	Eirian	Davies	0	Male	v65	61	1.45.38
62	Louise	Waring	0	Female	v35	53	1.47.49
63	Jane	Holmes	Sarn Helen	Female	v45	12	1.53.04
64	Nicola	Roberts	None	Female	v50	38	1.59.55
65	Jayne	Hughes	None	Female	v50	39	2.00.00
66	Jackie	Turner	Pershore Plum Plodders	Female	v50	2	2.00.10
67	Hazel	Tolley	Pershore Plum Plodders	Female	v50	1	2.00.10