|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Pos | Time | Family | First | Num | Gen | Age | Catg | Club | K/Split |
| 1 | 0:51:17 | Crutchley | Joe | 811 | M | 17 | OM |  | 0:05:08 |
| 2 | 0:58:28 | Powell | Thomas | 798 | M | 32 | OM | Ludlow Runners | 0:05:51 |
| 3 | 0:59:28 | Roberts | Eifion | 836 | M | 54 | M50 |  | 0:05:57 |
| 4 | 0:59:52 | Johns | Trys | 823 | M | 36 | M35 | Cardigan Running Club | 0:05:59 |
| 5 | 1:00:35 | Williams | Stephen | 824 | M | 31 | OM | Cardigan Running Club | 0:06:03 |
| 6 | 1:00:48 | Blann | Lora | 815 | F | 37 | F35 |  | 0:06:05 |
| 7 | 1:02:21 | Johnson | Daniel | 830 | M | 25 | OM |  | 0:06:14 |
| 8 | 1:03:42 | Casman | Phillip | 833 | M | 55 | M55 | Evesham Vale RC | 0:06:22 |
| 9 | 1:04:52 | Hayes | Jonathan | 803 | M | 53 | M50 | Bridgend AC | 0:06:29 |
| 10 | 1:04:58 | Fellows | Richard | 808 | M | 45 | M45 |  | 0:06:30 |
| 11 | 1:07:12 | Mynott | Anne | 801 | F | 54 | F50 | Colwyn Bay Athletic Club | 0:06:43 |
| 12 | 1:09:46 | Cowdell | James | 817 | M | 49 | M45 |  | 0:06:59 |
| 13 | 1:09:48 | Leek | Richard | 820 | M | 52 | M50 |  | 0:06:59 |
| 14 | 1:10:34 | Davies | Susan | 822 | F | 52 | F50 | CroFt AMbrey Runners | 0:07:03 |
| 15 | 1:10:38 | Williams | Clive | 835 | M | 61 | M60 | Aberystwyth AC | 0:07:04 |
| 16 | 1:10:52 | Davies | Barry | 796 | M | 47 | M45 |  | 0:07:05 |
| 17 | 1:12:08 | Clee | Bryan | 812 | M | 47 | M45 | Presteigne Pacers | 0:07:13 |
| 18 | 1:13:27 | Figures | Emma | 828 | F | 33 | OF |  | 0:07:21 |
| 19 | 1:16:17 | Davies | Tom | 802 | M | 68 | M65 | Croft Ambrey | 0:07:38 |
| 20 | 1:19:16 | Piotrowicz | Ryszard | 827 | M | 56 | M55 |  | 0:07:56 |
| 21 | 1:19:52 | Crump | Heather | 825 | F | 27 | OF | Aberystwyth AC | 0:07:59 |
| 22 | 1:20:01 | Boorman | Louise | 797 | F | 54 | F50 | Pembrokeshire Harriers | 0:08:00 |
| 23 | 1:20:15 | Leek | Anita | 821 | F | 46 | F45 |  | 0:08:01 |
| 24 | 1:20:19 | Carter | Eunice | 838 | F | 53 | F50 | Aberystwyth AC | 0:08:02 |
| 25 | 1:20:25 | James | Bryony | 799 | F | 25 | OF |  | 0:08:02 |
| 26 | 1:20:25 | Shaw | Ross | 800 | M | 31 | OM |  | 0:08:02 |
| 27 | 1:20:38 | Manning | Luke | 829 | F | 33 | OF |  | 0:08:04 |
| 28 | 1:20:41 | Phillips | Leanne | 819 | F | 44 | F40 | Lliswerry Runners | 0:08:04 |
| 29 | 1:21:30 | Arnold | Cris | 814 | M | 51 | M50 |  | 0:08:09 |
| 30 | 1:22:41 | Kensler | Elizabeth | 807 | F | 46 | F45 | Aberystwyth AC | 0:08:16 |
| 31 | 1:23:30 | Pollard | Lelsey | 818 | F | 48 | F45 |  | 0:08:21 |
| 32 | 1:24:09 | Goodwin | Amy | 831 | F | 27 | OF |  | 0:08:25 |
| 33 | 1:25:47 | Walsh | Elizabeth | 924 | F | 41 | F40 | Fairwater Runners | 0:08:35 |
| 34 | 1:28:37 | Morgan | Andrew | 804 | M | 44 | M40 |  | 0:08:52 |
| 35 | 1:29:14 | Thomas | Daniel | 837 | M | 55 | M55 |  | 0:08:55 |
| 36 | 1:29:15 | Horsman | John | 832 | M | 66 | M65 | Cardigan Running Club | 0:08:55 |
| 37 | 1:29:22 | James | Karen | 816 | F | 48 | F45 |  | 0:08:56 |
| 38 | 1:31:47 | Williams | Helen | 834 | F | 55 | F55 | Aberystwyth AC | 0:09:11 |
| 39 | 1:34:09 | Ndlovu | Brenda | 805 | F | 23 | OF |  | 0:09:25 |
| 40 | 1:46:14 | Haigh | Julie | 810 | F | 58 | F55 | Caerphilly Runners | 0:10:37 |
| 41 | 1:58:11 | Magee | Jane | 826 | F | 57 | F55 | Shropshire Shufflers | 0:11:49 |

*10k 2017- Results*