

First Name	Surname	Gender	Affiliated club name	Age Cat	Race Number	Time
Ollie	George	Male	Pembrokeshire Harries	U20	583	00:50:51
Joe	Robson	Male	Aberystwyth Uni	SM	117	00:51:49
Alun	Williams	Male	Meirionnydd	M40	132	00:52:26
Mark	Whitehead	Male	Aberystwyth AC	M45	174	00:55:27
William	Arnold	Male	Cardiff University	SM	561	00:56:11
Morgan	Thompson	Male	Aberystwyth Uni	U20	582	00:58:00
James	Cowan	Male	Aberystwyth Uni	SM	90	00:58:15
Isaac	Ayres	Male	Carmarthen Harriers		732	00:58:33
Rhodri	ap Dyfrig	Male	Meirionnydd	M40	602	00:58:49
Harry	Woodhouse	Male	Hereford Couriers	SM	133	00:59:53
					175	01:02:04
Zara	Bowman	Female	Aberystwyth Uni	FS	84	01:02:30
Ryan	Mccluskey	Male	Maldwyn harriers	M45	109	01:02:43
Oliver	Clegg	Male	Aberystwyth Uni	SM	88	01:03:55
Iestyn	Lawson	Male		U20	585	01:04:24
Jake	Simmons	Male	Aberystwyth Uni	SM	123	01:06:39
Nesta	Mccluskey	Female	Maldwyn harriers	F45	110	01:06:47
agathe	Iatli	Female	Aberystwyth Uni	FS	138	01:07:09
Richard	Fellows	Male	N/A	M50	95	01:08:31
Emma	Price	Female	Aberystwyth Uni	FS	135	01:09:19
Sebastian	Haigh	Male	None	SM	97	01:10:12
Jonatha	Benson	Male	None	M45	81	01:10:54
					168	01:11:43
Ruby	Bye	Female		SF	624	01:11:43
Celainn	McQuaid	Female	Cardiff University	FS	111	01:12:43
Anne	Mynott	Female	Colwyn Bay athletics	F55	114	01:13:14
					167	01:13:44
Shim	Laing	Female	None	U20	562	01:14:03
					172	01:14:27
Clive	Williams	Male	Aberystwyth AC	M65	131	01:15:24
					171	01:15:25
David	Cornish	Male	Port Talbot Harries	M55	142	01:16:26
Kevin	Barnes	Male	Hereford couriers	M55	79	01:16:43
Fred	Jones	Male	Denbigh Harriers	M65	102	01:16:57
David	Sutherland	Male	Builth and District Running Club	M60	126	01:17:49
Angharad	Edwards	Female	Tim Dic	FS	94	01:18:36
					170	01:18:47
Peter	Harrison	Male	Army	M55	99	01:18:58
ROBERT	SHARRATT	Male	ILKESTON RUNNING CLUB	M60	121	01:19:08
Helen	Money-Kyrle	Female	Cranfield	FS	113	01:19:35
Steven	Brown	Male	Prestatyn Running Club	M50	86	01:20:20
Caroline	Caffery	Female	None	F45	87	01:20:34
Steve	Cole	Male	Wallasey AC	M50	89	01:20:51
David	Spencer	Male	None	M55	124	01:20:51
Liza	Austin	Female	Croft Ambrey	F55	78	01:21:32
Charlotte	Bethell	Female	Pegasus RC	FS	83	01:24:53
Phil	Harris	Male	su2c	M65	98	01:27:01
Clare	Lancaster	Female	Aberystwyth AC	F45	104	01:27:56
Christine	Zarges	Female	Aberystwyth AC	F40	134	01:28:00
John	Evans	Male	Aberystwyth AC	M75	141	01:30:03
Angela	Self	Female	None	F60	119	01:30:21
Helen	Stretch	Female	Aberystwyth AC	F65	125	01:32:21
					173	01:32:34
Judith	Thomas	Female	None	F55	127	01:32:38
Carol	Nacy	Female	Aberystwyth AC	F45	107	01:32:41
Helen	Williams	Female	Aberystwyth AC	F60	130	01:33:57
Molly	De-Winton	Female	Builth and District Running Club	FS	139	01:41:08
Abigail	Everton	Female	None	FS	140	01:41:08
Julie	Haigh	Female	Caerphilly Runners	F60	96	01:41:45
					169	01:47:57
Joanne	Walker	Female	N/a	F45	129	02:00:30
Sue	Lewis	Female	none	F50	106	02:01:02
Kelvin	Mason	Male	N/A	M65	108	02:09:22
Rachel	Richards	Female	Aberystwyth AC	F45	116	02:21:49
Louise	Amery	Female	None	F50	76	02:22:38
Llyr	ab Einion	Male	Aberystwyth Uni	SM	75	route
Gemma	Beddoes	Female	none	F40	80	
Christian	Berlin	Male	Aberystwyth Uni	SM	82	
Alice	Briggs	Female	na	F40	85	
Nia	Davies	Female	Aberystwyth AC	FS	91	
Liz	Davies	Male	Carmarthen & District Harriers	M50	92	
Hannah	Dee	Female	NA	F45	93	
Lucas	Jones	Male	n/a	SM	101	
Amy	Lewis	Female	none	F40	105	
Rhian	Meredith-Edwards	Female	Aberystwyth AC	F50	112	
Nia Teff	Rees	Female	Aberystwyth Uni	U20	115	
CAROL ANN	SHARRATT	Female	ILKESTON RUNNING CLUB	F60	120	
Damian	Sidnell	Male	Aberystwyth AC	M60	122	
Rachael	Taylor	Female		F45	143	
Huw	Jones	Male	Deeside AAC	U20	584	