

Position	BibNumber	FirstName	SecondName	ClubName	RaceTime	Category
1	814	Rob	Samuel	Eryri Harriers	01:27:59	MSEN
2	817	Daniel	Bodman		01:32:57	MSEN
3	768	David	Bruce	Bristol and West	01:38:02	MSEN
4	792	Matthew	Collins	Micky Morris Racing Team	01:38:45	M35
5	807	Dylan	Lewis	Sarn Helen	01:39:23	M35
6	803	Robin	Woods	Builth & District	01:41:52	M40
7	790	Mark	Horsman	Cardigan Running Club	01:42:40	M40
8	818	Balazs	Pinter	Aberystwyth AC	01:43:29	M45
9	787	Ifan	Lloyd	Swansea Harriers	01:49:45	M55
10	816	Stephen	Corbishley	Tipton Harriers	01:50:27	MSEN
11	821	Jimmy	Carter	Meirionnydd RC	01:50:38	M40
12	830	Dee	Buchanan	San Domenico	01:51:02	M40
13	828	Alex	Lewis	Neath Harriers	01:53:16	M35
14	825	James	Thomas		01:55:07	M40
15	804	Arwel	Lewis	Eryri Harriers	01:56:51	M55
16	805	Christopher	Francis	3M Gorseinon Road Runners	01:59:05	MSEN
17	769	Jessica	Bruce	Sarn Helen	02:00:45	F35
18	780	Alec	Hough	Mercia fell runners	02:01:35	MSEN
19	806	Lauren	Cooper	Parc Bryn Bach	02:02:44	FSEN
20	801	Ieuan	Pugh Jones	Clwb Rhedeg Meirionnydd	02:02:53	MSEN
21	834	Nerys	Jones	TROTS	02:02:54	FSEN
22	810	Dave	Powell	Aberystwyth AC	02:05:52	M55
23	815	Vic	Walsh	Belle Vue Racers	02:06:24	M35
24	819	Paul	Scullion	Aberystwyth AC	02:06:46	M50
25	813	Dafydd	Davies	Cardiff AAC	02:07:04	M35
26	809	Louise	Barker	Aberystwyth AC	02:07:52	F40
27	783	Ruby	Bye		02:08:05	FSEN
28	779	Peter	Harrison	157 (Welsh) Transport Regiment	02:09:43	M50
29	812	Lenny	Hughes	Maldwyn Harriers	02:10:16	M60
30	826	Joanne	Rees	Rhayader RC	02:10:18	F40
31	798	Emma	Palfrey	Cardiff AAC	02:10:45	FSEN
32	822	Andrew	Ellis	Meirionnydd RC	02:12:01	M50
33	777	Judith	Oakley	Vegan Runners UK	02:13:05	F50
34	774	Andrew	Rees	AMMAN VALLEY HARRIERS	02:16:26	M40
35	836	Rebekah	Stuart	Aberystwyth AC	02:18:44	FSEN
36	799	Angharad	Starr	Caerphilly Runners	02:19:38	F35
37	800	Kate	FitzGibbon	Vegan Runners UK	02:23:42	F55
38	827	Andy	Starr		02:24:52	M40
39	782	Gavin	Goodwin		02:26:33	M40
40	786	Neal	Alexander		02:26:33	M35
41	835	Peter	Garson	Aberystwyth AC	02:27:10	M50
42	829	Kate	O'Sullivan	Aberystwyth AC	02:28:51	F50
43	795	Rachel	Cutter		02:29:00	FSEN
44	820	Keith	Powell	TROTS	02:29:44	M50
45	784	Gareth	Hardman	Bridgend AC	02:29:59	M50
46	785	Gina	Hardman	Bridgend AC	02:29:59	F45
47	773	Jessica	Owen	Aberystwyth University Harriers	02:30:21	FSEN
48	772	Dawn	Kenwright	Sarn Helen	02:31:39	F60
49	771	Christian	Prynne	Builth & District AC	02:34:39	M45

50	824	Jana	Weidemann		02:37:20	F5EN
51	823	Neil	Harries		02:37:20	M45
52	797	Yricka	Gardner	Wrexham AAC	02:44:43	F45
53	778	Yvonne	Brown	Vegetarian Cycling & Athletics Club	02:46:04	F55
54	832	Leonard	Foullt	Worksworth Runners	02:46:28	M50
55	788	Cara	Ashworth	Aberystwyth AC	02:49:20	F35
56	831	Pamela	Carter	Sarn Helen	02:50:34	F35
57	802	Karen	Owens	Wrexham AC	02:54:16	F50
58	808	John Gwynn	Evans	Aberystwyth AC	02:58:15	M70
59	833	Huw	Morris		02:58:54	M55
60	789	john	Horsman	Cardigan Running Club	03:11:28	M65