

Year 3 and 4

1	Macs Huws	06:11
2	Yasmin Evans	07:21
3	Gwenan Huws	07:34
4	Dyfan Huw	07:38
5	Iwan Daniels	07:42
6	Freya Lerigo	07:49
7	Betsan Whitehead	08:14
8	Eiry Nerriman	08:20
9	Leis Myrddin	08:29
10	Now Schiavone	08:32
11	Rhiannon Starr	08:34
12	Bruin Taylor-Mair	08:55
13	Manon Davies	08:56

Year 5 and 6

1	Jac I
2	Owā
3	Ben
4	Dew
5	Gwē
6	Lili I
7	Llin
8	Noa
9	Moi
10	Gwē
11	Don
12	Bets
13	Frec
14	Lois
15	Getl
16	Myf
17	Mar

Secondary School

1	Liam Regan	19:40
2	Olie Lerigo	22:39
3	Ifan Morris	24:03
4	Alan Roberts	24:40
5	Reggie Middleton	24:55
6	Eleias Dafis	25:06
7	Leah Regan	25:30
8	Bethan Rosser	25:34
9	Enfys Rowlands	26:02
10	Llew Schiavone	27:52
11	Nel Dafis	28:21
12	Rhuben Colman	31:00
13	Jac Foale	31:02
14	Betsan Cleary	37:13

Myrddin	06:17
ain Lewis	06:26
Hall	06:28
i Huws	06:40
en Tomset	06:52
Myrddin	07:02
os Rowlands	07:10
h	07:19
Schiavone	07:24
enno Mai	07:26
iald	07:39
san Neville Jones	07:44
ddie Foale	08:08
i Roberts	08:11
hin	08:37
i Morris	09:00
tha Dafis	09:03

Position	Name	Time	Club
1	Owain Schiavone	35:18	Tim Dic
2	Robin Woods	35:21	Builth and District
3	Dylan Lewis	37:04	Sarn Helen
4	James Cowan	37:54	Aber Harries
5	Jimmy Carter	38:57	Cerist Tri
6	Daniel Rushton	38:58	
7	Tomos Roberts	39:44	Tim Dic
8	Ieuan Pugh Jones	40:06	Tim Dic
9	Simon Hall	40:11	Sarn Helen
10	Balazs Pinter	40:52	Aber Ac
11	Norman Biggs	41:35	Sarn Helen
12	Andre Marsh	41:45	Tim Dic
13	Shelley Childs	42:32	Aber Ac
14	Kameron Simmonds-Sandy	43:06	Cerist Tri
15	Olliver Clegg	43:14	Aber Harries
16	Damian Sidnell	43:26	Aber Ac
17	Ieuan Joyce	43:31	
18	Dee Jolly	44:22	Sarn Helen
19	Caryl Davies	45:45	Sarn Helen
20	Daniel Harrand	46:18	
21	Lynwen Huxtable	46:37	Aber Ac
22	Emyr Thomas	48:02	
23	Elen Roberts	48:03	Aber Ac
24	Richard Heneghan	48:35	Margate
25	Clive Williams	49:00	Aber Ac
26	Christian Prynne	49:11	Builth and District
27	Andrew Ellis	50:15	Cerist Tri
28	Claire Morris	50:57	Tim Dic
29	Nia Rees	51:50	Aber Ac
30	Tony Hall	52:45	
31	Phil Harris	53:49	Builth and District
32	Garry Watts	53:56	
33	Hefin Jones	54:11	
34	Robin Sharrott	54:28	Ilkeston Running Club
35	Andy Starr	54:34	
36	Deian Creunant	55:22	
37	Peter Hinxman	55:27	
38	David Newham	56:08	
39	Izzy Watts	58:57	Builth and District
40	John Evans	60:23	Aber Ac
41	Nia Davies	64:58	
42	Rachel Taylor	65:00	
43	Nicola Kerry	65:11	Builth and District
44	Gareth Morris	65:14	Builth and District