

Position	Name	Time	Club	Category
1	Robin Woods	32:48	Builth And District	M40
2	Phil Morris	32:55	Builth And District	M40
3	Owain Schiavone	33:05	Tim Dic	M40
4	Edward Land	34:08	Aberystwyth AC	M40
5	Jimmy Carter	34:58	Cerist Tri	M40
6	James Cowan	35:15	Aber University	S
7	Tomos Roberts	35:26	Tim Dic	S
8	Donna Morris	35:42	Builth And District	F35
9	James Thomas	35:58		M40
10	Rhys Jeremiah	36:00		M35
11	Gary Davies	36:50	Aberystwyth AC	M35
12	Shelley Childs	37:01	Aberystwyth AC	M40
13	Ieuan Pugh Jones	37:45	Tim Dic	S
14	Norman Biggs	37:50	Sarn Helen	M50
15	Christopher Woodfield	38:20	Tim Dic	S
16	Kameron Simmons Sandy	38:50	Cerist Tri	S
17	Oliver Clegg	39:55	Aber University	S
18	Kate Jones	40:15	Builth And District	SF
19	Gary Thapa	40:30	Cerist Tri	M40
20	Ieuan Joyce	40:42		M50
21	Emma Palfrey	41:03	Tim Dic	F35
22	Will Lerigo	42:35	Aberystwyth AC	M35
23	Emma Price	42:37	Aber University	SF
24	Caryl Davies	42:51	Sarn Helen	SF
25	Hugh Griffiths	43:04	Tim Dic	S
26	Christian Prynne	45:04	Builth And District	M50
27	Lisa Boucher	46:07	Builth And District	F35
28	Paul Rose	46:38	Aberystwyth AC	M50
29	Claire Morris	47:28	Tim Dic	F40
30	Gary Watts	48:46	Builth And District	M50
31	Robert Sharratt	49:30	Ilkeston	M60
32	Andy Starr	50:39		M40
33	David Humphries	51:05		S
34	Deian Creunant	52:04	Aberystwyth AC	Master
35	Philip Harris	53:10	Builth And District	M40
36	Izzy Watts	54:47	Builth And District	F40
37	Christian Kloos	55:53	Aberystwyth AC	SF
38	Gareth Morris	62:09	Builth And District	M50
39	Rachael Taylor	62:30		F40
40	Nicola Kelly	62:57	Builth And District	F50