

## 10km Junior Female : 1 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	90	Mazie Ann Price	1:27:16		6.88

**10km Senior Male : 8 Runners : 10 Kms**

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	51	Matt Yelland	39:28		15.20
2	59	Ioan Davies	44:55	5:27	13.36
3	53	Julian Jones	46:01	6:33	13.04
4	54	Rhodri Jones	46:43	7:15	12.84
5	52	Aled Jones	48:39	9:11	12.33
6	104	David James	50:46	11:18	11.82
7	55	Gareth Jones	51:37	12:09	11.62
8	50	Emyr Evans	1:11:09	31:41	8.43

**10km Senior Female : 8 Runners : 10 Kms**

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	57	Elizabeth Tremlett	42:11		14.22
2	63	Clara Davies	43:53	1:42	13.67
3	60	Sioned Howells	44:11	2:00	13.58
4	62	Naomi Williams	48:00	5:49	12.50
5	103	Phillipa James	50:45	8:34	11.82
6	64	Lisa Jones	57:56	15:45	10.36
7	65	Nia Williams	1:05:16	23:05	9.19
8	66	Sioned Williams	1:14:00	31:49	8.11

## 10km Veteran Male : 9 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	75	Aled Thomas	43:45		13.71
2	87	Brian Evans	44:02	0:17	13.63
3	70	Martin Croshaw	47:26	3:41	12.65
4	74	Marcus Bickford	49:24	5:39	12.15
5	76	Alwyn Williams	49:28	5:43	12.13
6	56	Aled Richards	51:39	7:54	11.62
7	71	Dai Harris	51:43	7:58	11.60
8	58	Geraint Jenkins	52:56	9:11	11.34
9	106	Eirian Davies	1:10:23	26:38	8.52

## 10km Veteran Female : 6 Runners : 10 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	81	Louise Jones-Evans	45:48		13.10
2	61	Rachel Field	53:14	7:26	11.27
3	80	Nia Morgan	53:30	7:42	11.21
4	86	Louise Evans	56:37	10:49	10.60
5	83	Tina Morris	56:43	10:55	10.58
6	105	Monica Barlow	57:51	12:03	10.37