

10km Junior Male : 4 Runners : 10 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	65	Charlie O'Bryan	52:45		11.37
2	3	Bryn Bennett	56:06	3:21	10.70
3	67	Jac Doel	58:06	5:21	10.33
4	11	Tom Davies	58:06	5:21	10.33

10km Junior Female : 1 Runners : 10 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	10	Rosie Davies	58:03		10.34

10km Senior Male : 25 Runners : 10 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	57	Josh Griffiths	39:05		15.35
2	63	Chris Lewis	39:17	0:12	15.27
3	50	Matt Yelland	39:37	0:32	15.15
4	64	Alex Lewis	40:30	1:25	14.81
5	54	Simon Rees	41:00	1:55	14.63
6	36	Gareth Phillips	43:10	4:05	13.90
7	42	Huw Thomas	43:49	4:44	13.69
8	24	David James	47:37	8:32	12.60
9	62	Gareth Davies	48:08	9:03	12.47
10	55	Przemuslan Luszcz	48:22	9:17	12.41
11	52	Matthew Bailey	48:56	9:51	12.26
12	41	Piotr Smolen	49:35	10:30	12.10
13	20	Shane Evans	51:32	12:27	11.64
14	56	Gwyn Williams	52:03	12:58	11.53
15	2	Gary Bartram	52:59	13:54	11.32
16	31	Ceri Morgan	54:28	15:23	11.02
17	15	Aron Davies	54:30	15:25	11.01
18	66	Aled Williams	54:39	15:34	10.98
19	16	Stuart Davies	59:15	20:10	10.13
20	1	Luke Jones	1:01:25	22:20	9.77
21	19	Kevin Duncan	1:05:12	26:07	9.20
22	51	Adam Thompson	1:06:45	27:40	8.99
23	29	Aled Lewis	1:07:28	28:23	8.89
24	46	Mark Toller	1:17:23	38:18	7.75
25	47	Dai Watkins	1:18:14	39:09	7.67

10km Senior Female : 18 Runners : 10 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	53	Lucy Wathan	44:18		13.54
2	22	Laurie Higgins	52:17	7:59	11.48
3	13	Jess Davies	58:04	13:46	10.33
4	32	Tina Morris	58:36	14:18	10.24
5	34	Elmear Mulholland	1:01:24	17:06	9.77
6	7	Shan Cothi	1:02:07	17:49	9.66
7	60	Rachel Powell	1:03:50	19:32	9.40
8	18	Vicktoria Duncan	1:05:10	20:52	9.21
9	23	Corina Holley	1:07:18	23:00	8.92
10	38	Jenny Robins	1:08:38	24:20	8.74
11	28	Eleri Lewis	1:12:30	28:12	8.28
12	48	Michelle Williams	1:16:14	31:56	7.87
13	25	Mel Jones	1:16:53	32:35	7.80
14	17	Wendy Doel	1:16:54	32:36	7.80
15	49	Nat Williams	1:16:54	32:36	7.80
16	45	Narelle Toller	1:17:21	33:03	7.76
17	14	Luned Davies	1:18:03	33:45	7.69
18	27	Tamsin Law	1:18:13	33:55	7.67

10km Veteran Male : 4 Runners : 10 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	61	Nick Griffiths	39:09		15.33
2	9	Martin Croshaw	53:37	14:28	11.19
3	37	Eirion Powell	57:19	18:10	10.47
4	58	Rhodri Williams	1:07:57	28:48	8.83

10km Veteran Female : 5 Runners : 10 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	68	Sharon Leech	41:37		14.42
2	6	Deb Chick	51:06	9:29	11.74
3	5	Meryl Bowen	57:27	15:50	10.44
4	4	Kate Boothby	59:21	17:44	10.11
5	59	Elinor Williams	1:07:56	26:19	8.83

2km Junior Male : 12 Runners : 2 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	156	Jamie Jones	8:37		13.93
2	178	Harry Saunders	8:45	0:08	13.71
3	179	Oliver Weed	9:18	0:41	12.90
4	182	Sion Jones	9:44	1:07	12.33
5	185	Ifan Davies	11:00	2:23	10.91
6	172	Calum Stokes	11:43	3:06	10.24
7	189	Gruff Jones	13:07	4:30	9.15
8	176	Jack Griffiths	13:10	4:33	9.11
9	191	Osia Jones	14:19	5:42	8.38
10	184	Huw Davies	14:28	5:51	8.29
11	174	Nicholas Blofield	16:25	7:48	7.31
12	152	Ben Duncan	22:53	14:16	5.24

2km Junior Female : 15 Runners : 2 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	187	Ela Morgan	8:47		13.66
2	164	Orla Phillips	10:08	1:21	11.84
3	169	Carys Williams	10:29	1:42	11.45
4	186	Grace Matthey	10:38	1:51	11.29
5	180	Beatrice Morgan	11:47	3:00	10.18
6	151	Lois Davies	11:57	3:10	10.04
7	150	Ellie Alliston	13:17	4:30	9.03
8	173	Carys Morgan	13:26	4:39	8.93
9	171	Lia Marisa Stokes	13:32	4:45	8.87
10	165	Megan Rees	13:35	4:48	8.83
11	190	Erin Jones	13:36	4:49	8.82
12	166	Daisy Wathan	13:43	4:56	8.75
13	157	Megan Lloyd	13:51	5:04	8.66
14	163	Caitlin Ffion Harries	13:58	5:11	8.59
15	183	Mari Davies	14:27	5:40	8.30

2km Senior Male : 2 Runners : 2 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	161	Owen Wathan	13:44		8.74
2	192	Carwyn Jones	14:21	0:37	8.36

2km Senior Female : 6 Runners : 2 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	175	Emily Guerin	13:28		8.91
2	160	Charlotte Wathan	13:52	0:24	8.65
3	155	Nia Harries	13:59	0:31	8.58
4	177	Lisa Blofield	16:26	2:58	7.30
5	159	Rebecca Marsland	27:54	14:26	4.30
6	158	Sonia Marsland	28:01	14:33	4.28

2km Veteran Male : 1 Runners : 2 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	181	Huw Morgan	12:00		10.00

2km Veteran Female : 1 Runners : 2 Kms

Place	No.	Name	Time	Time Dif	Av Spd
1	154	Nannette Duncan	25:02		4.79