Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dynion / Male: M	M40	M50	M60	M70	Merched / Female: L	L40	L50	L60	L70
1	20	35.28	Chris Richards	Bangor Uni	1									
2	19	36.03	Callum Davidson	Bangor Uni	2									
3	23	38.27	Jez Brown	Buckley		1								
4	5	38.39	Sam Orton	Eryri		2								
5	3	40.05	Matthew Fortes	Eryri		3								
6	33	40.34	Tristan Evans	Meirionydd	3									
7	57	41.19	John Parkinson	Eryri		4								
8	7	42.44	Jonathan Moore	Eryri		5								
9	18	43.15	Simon Anetts	Bangor Uni	4									
10	8	43.38	Russell Owen	Eryri			1							
11	62	44.18	Gethin Armstrong	Eryri	5									
12	43	45.17	Derek Weaver	Eryri				1						
13	46	45.29	Gwynedd Jones			6								
14	29	45.53	Anthony Davies	Eryri		7								
15	37	46.30	Vic Belshaw	Denbigh			2							
16	49	46.32	Dean Horrell		6									
17	31	46.40	Leon Davies	North Wales Road Ru		8								
18	30	46.41	Gary Young	Eryri		9								
19	2	47.23	Becki Law	Eryri						1				
20	61	47.49	Iwan Edgar	Eryri				2						
21	50	48.00	Liam O'Donnell		7									
22	16	48.06	Richard Borne	Mysteruns			3							
23	32	48.08	Rory Shaw		8									
24	38	48.40	Gary Porter-Jones	Eryri		10								
25	6	48.48	Phillip Roberts	Helsby RC		11								
26	17	48.55	Gemma Moore	North Wales Road Ru						2				
27	14	48.57	Matthew Bicknell		9									
28	26	49.10	Arwel Elias		10									
29	1	49.22	Ann-Marie Jones										1	
30	34	49.28	Tom Albiston		11									
31	42	50.31	Graham Davis	Mysteruns			4							
32	39	50.42	Gwyn Williams			12								
33	11	50.45	Ruth Metcalfe	Eryri							1			
34	28	50.58	Megan Hughes	Eryri						3				
35	41	51.30	Nia Albiston	Eryri						4				
36	21	51.32	Huw Lewis	Buckley			5							
37	60	51.34	Richard Bale			13								
38	59	52.02	Rhodri Williams		12									
39	54	52.13	Ali Thomas	Eryri								1		
40	55	52.22	Phil Tan Jones					3						
41	35	52.33	Duncan Jones	Denbigh Harriers			6							
42	25	52.43	Neil Hindle	WFRA				4						
43	53	52.57	Ruth William	Eryri						5				
44	47	53.47	Dave Broatch	Eryri				5						
45	58	54.17	Iwan Ap Trefor	Hebog	13									
46	64	54.19	Kevin Williams		14									
47	13	54.29	Lucy O'Donnell							6				
48	36	54.57	Claire Holmes							7				
49	22	55.00	John Morris	Buckley					1					
50	45	55.13	Chris Drew	Rachub Rockets		14								
51	40	55.16	Graham McVey			15								
52	63	56.40	Eddie Lesniak	Achille Ratt CC				6						
53	15	56.48	Gareth Davies	Llanwyr Llyn		16								
54	27	57.29	Emyr Davies	Hebog					2					
55	52	57.40	Emma Marshall								2			
56	24	57.45	Neil Bridgstock		15									
57	10	58.50	Ellie Salisbury	Eryri								2		
58	44	59.41	Lisel Walker	Hereford Tri Club							3			
59	51	61.40	Rebecca Stedham							8				
60	4	62.13	Adrian Jones			17								
61	56	67.55	Ross Powell					7						
62	12	69.06	Mel Hinchliffe								4			
63	48	81.28	Kathryn Hewitt									3		
64	9	DNF	Nicholas Johns	Eryri	16									