

Posistion	Category	Bib Numbe	Name	Sex	Club	Time
1	MOpen	31	Janos Vranek	M	Aberystwyth AC	15:50
2	MJun	51	Michael Wood	M	Macclesfield Harriers & AC	15:55
3	Mjun	61	Rhys Pladdy	M	Cardiff AC	16:07
4	M45	14	David Dwyer	M	Aberystwyth AC	16:49
5	MOpen	17	Elliot Davies	M	Rhedwyr Hebog	16:54
6	MOpen	60	Rhodri Williams	M	Sarn Helen	16:56
7	M35	123	Gary Wyn Davies	M	Aberystwyth AC	16:57
8	MJun	127	Xander Brandon - Higgs	M	Maldwyn Harriers	16:59
9	M35	118	Dylan Lewis	M	Sarn Helen	17:03
10	MJun	8	Ben Gethin	M	Maldwyn Harriers	17:04
11	MOpen	143	Callum Jones	M	ASRC	17:11
12	M45	15	Edward Land	M	Aberystwyth AC	17:53
13	M45	68	Simon Hall	M	Sarn Helen	18:01
14	M45	92	Jamie Biggs	M		18:06
15	MOpen	146	Ieuan Pugh - Jones	M	Meirionydd	18:13
16	M45	105	Shelley Childs	M	Aberystwyth AC	18:14
17	M45	135	Ian Evans	M	Aberystwyth AC	18:18
18	M45	20	Gareth Jenkins	M		18:20
19	MOpen	39	Llyr ab Einion	M	Aberystwyth AC	18:21
20	M35	12	Dafydd Davies	M	Caffi Gruff	18:25
21	MOpen	102	Osian Burrell	M	ASRC	18:35
22	M45	57	Paul Jones	M	Aberystwyth AC	18:40
23	FOpen	77	Polly Summers	F	Sarn Helen	18:47
24	MOpen	9	Caleb Lewis - Price	M	Summer Running	19:09
25	M55	55	Paul Williams	M	Aberystwyth AC	19:24
26	MJun	148	Macs Hughes	M		19:31
27	M45	16	Eilir Evans	M	ASRC	19:39
28	MOpen	111	Hugh Parry	M		20:11
29	M45	27	Iain Barber	M	Aberystwyth AC	20:13
30	FJun	152	Olivia Morgan	F	Maldwyn Harriers	20:15
31	MOpen	21	Cai Jenkins	M		20:23
32	FOpen	98	Sophia Barker	F	Sarn Helen	20:30
33	F55	91	Lou Summers	F	Sarn Helen	20:31
34	MJun	29	Isaac Jones	M	Aberystwyth AC	20:34
35	F35	72	Sophie Griffiths	F		20:35
36	FOpen	54	Nicola Williams	F	Sarn Helen	20:36
37	F35	69	Dee Jolly	F	Sarn Helen	20:37
38	M35	76	Tom Bates	M	Bow Street	20:42
39	M45	78	Dave Gethin	M	Maldwyn Harriers	20:49
40	MOpen	136	Llyr Thomas	M		20:51
41	MJun	70	Ben Hall	M	Sarn Helen	20:55
42	M45	58	Rabbi Thapa	M	Aberystwyth AC	20:58
43	FJun	106	Martha Wood	F	Macclesfield Harriers & AC	20:58
44	FOpen	139	Beth Saunders	F		21:17
45	MOpen	22	Garmon Nutting	M	Bow Street	21:25
46	MJun	144	Osian Bryn Jones	M		21:28
47	MJun	2	Aled Davies	M	Aberystwyth AC	21:37
48	M45	153	Bari Morgan	M		21:39
49	FOpen	104	Ffion Quan	F	Summer Running	21:39
50	F45	11	Charmine Wood	F	Macclesfield Harriers & AC	21:40

51 M35	131 Andrew Ellis	M	Cerist Triathlon	20:41
52 MOpen	137 Darius Huntly	M		20:41
53 M35	13 Dafydd Davies	M		21:42
54 MJun	149 Ted Woodland	M		21:43
55 MJun	155 Ellis Jones	M		21:46
56 FOpen	10 Catrin Hughes	F		21:47
57 M55	122 Ivan Courtier	M	Aberystwyth AC	21:54
58 M65	83 Damian Sidnell	M	Aberystwyth AC	21:55
59 MOpen	45 Matthew Shaw	M	ASRC	21:57
60 FOpen	107 Dwynwen Davies	F	Aberystwyth Woman	22:01
61 M65	89 David Evans	M	Summer Running	22:01
62 F35	82 Lynette Jones	F		22:03
63 M45	128 Huw Griffiths	M	Aberystwyth AC	22:03
64 M45	62 Richard Steele	M		22:09
65 FOpen	38 Lisa Redgrave	F	ASRC	22:11
66 MOpen	73 Steffan Davies	M		22:18
67 MJun	147 Cai Morgan	M		22:19
68 F45	80 Sian Roberts Jones	F	Sarn Helen	22:23
69 FOpen	113 Alaw Davies	F	Aber Woman	22:36
70 M55	32 John Shaw	M	ASRC	22:40
71 FJun	117 Yasmin Evans	F	Aberystwyth AC	22:44
72 F35	41 Lyndsey Wheelar	F	Aberystwyth AC	22:47
73 M55	115 Daniel Thorogood	M	Aberystwyth AC	23:03
74 FJun	94 Rebecca Biggs	F		23:04
75 MOpen	125 Jake Summers	M	Summer Running	23:12
76 F45	151 Morgan Commins	F		23:15
77 F45	130 Kirsty Gethin	F		23:40
78 FOpen	119 Natalie Hibbard	F		23:48
79 F35	84 Roxie Thomas	F	Summer Running	23:48
80 M55	49 Mel Hopkins	M	Aberystwyth AC	23:57
81 F45	66 Sian Owen	F	Aberystwyth AC	24:06
82 FOpen	121 Elinor Inns	F	Aberystwyth AC	24:09
83 F35	36 Kiri Reynolds	F		24:14
84 MOpen	116 Chris Jones	M	ASRC	24:31
85 F35	145 Nerys Jones	F	ASRC	24:36
86 FOpen	150 Clara Combin	F		24:37
87 FJun	140 Ellie Tansley	F	Sarn Helen	24:47
88 Mopen	18 Fabio Banks	M		24:56
89 F35	87 Lauren March	F		24:56
90 M35	138 Gareth Best	M		24:57
91 F55	65 Shelley Enders	F	Sarn Helen	25:04
92 MOpen	46 Matthew Faires	M		25:04
93 M35	99 Mark Railton	M		25:06
94 M45	48 Michael Williams	M		25:11
95 MJun	124 William Darby	M	Aberystwyth Town U15	25:24
96 M45	44 Martin Darby	M	Sarn Helen	25:26
97 M35	19 Gareth Baker	M	ASRC	25:30
98 F35	35 Kim Broom	F		25:39
99 MJun	141 Moi Schiavone	M	Aberystwyth AC	25:43
100 F55	96 Aerona Miles Walker	F	Summer Running	25:44
101 F45	63 Rowan Agate	F	ASRC	25:48

102 M35	126 Deiniol Glyn	M		25:49
103 F45	132 Ruth Flatman	F	Aberystwyth AC	25:49
104 FJun	6 Poppy Lowe	F		25:57
105 F35	4 Angharad Rennie - Davies	F		26:08
106 M65	109 Andrew Parry	M		26:19
107 F35	103 Elin Efans	F	Summer Running	26:24
108 F55	25 Helen Williams	F	Aberystwyth AC	26:24
109 F35	100 Charlotte Priddy	F	Aberystwyth AC	26:30
110 M35	133 Emyr Thomas	M		26:31
111 F55	95 Lyn Rees	F	Summer Running	26:34
112 M65	129 Peter Barber	M	Aberystwyth AC	26:37
113 MJun	142 Now Schiavone	M	Aberystwyth AC	26:40
114 M35	112 Jon Butler	M		26:43
115 FJun	154 Esther Jones	F	Sarn Helen	26:44
116 M45	67 Simon Rhys Jones	M	ASRC	26:56
117 F45	81 Rachael Taylor	F		26:59
118 M55	56 Paul Tonkin	M	Aberystwyth AC	27:01
119 FUN	7 Kaitlyn Lowe	F		27:08
120 MOpen	43 Maldwyn Francis	M	ASRC	27:21
121 F55	110 Mags Evans	F		28:08
122 FJun	93 April Biggs	F		26:48
123 J35	88 Sandra Jervis	F		28:48
124 F55	114 Jane Thorogood	F	Aberystwyth AC	28:55
125 F55	108 Heulwyn Lloyd	F		29:04
126 F55	40 Louise Russell	F	Aberystwyth AC	29:08
127 F45	42 Lynne Connolly	F	Aberystwyth AC	29:08
128 F65	90 Julie Evans	F	Summer Running	29:29
129 F35	86 Sam Strickleston	F		29:57
130 F35	134 Carly Butler	F		29:58
131 FOpen	1 Adrianna Cahill	F		30:02
132 F35	120 Angharad Evans	F	Summer Running	30:06
133 F45	79 Sonia Davies	F		30:12
134 MOpen	71 Sion Roberts	M		31:35
135 FOpen	64 Sara Evans	F		31:57
136 F55	101 Cerys Fychan	F	Summer Running	32:26
137 F55	53 Nicky Herriot	F		33:02
138 F45	59 Rhian Haf Davies	F		36:20
139 F35	75 Becky Crockett	F	Aberystwyth Town Fc	36:49
140 M45	74 Thomas Crockett	M	Aberystwyth Town Fc	36:50
141 F35	28 Irene Griffiths	F	Aberystwyth AC	40:32
142 F35	5 Anabelle Lowe	F		40:33