

Position	No	Time	Name	Club	u/40	o/40	o/50	o/60	o/70	F	F40	F50	F60
	1	48	36.01	Alun Vaughan	Eryri	1							
	2	50	36.02	Tim Higginbottom	Eryri	2							
	3	40	36.05	Harry Matthews	Mynydd Du	3							
	4	36	36.17	Gwyn Owen	Eryri	4							
	5	27	36.37	Geran Hughes	Abergele		1						
	6	38	36.43	Paul Thompson	Clayton le Moors	5							
	7	3	36.47	Ian Houston	Wrexham	6							
	8	53	37.07	Chris Near	Eryri	7							
	9	32	38.02	Richard Thomas	Eryri	8							
	10	25	38.36	Iwan Marton	Eryri	9							
	11	19	38.49	Ed Loffill	Keswick	10							
	12	21	39.08	Steve Gilliland	Bro Dysyni		2						
	13	13	39.17	Russel Owen	Eryri		3						
	14	8	39.27	Nathalie White	Bingley					1			
	15	9	39.43	Matthew Roberts	Eryri	11							
	16	65	39.48	Paul Harwarth	CRR		4						
	17	47	39.57	Stephen P. Jones	Eryri			1					
	18	2	40.21	Graham Mc Ara	Cheshire			2					
	19	57	40.24	Craig Jones	WFRA	12							
	20	63	40.27	Seb. Phillips	n/a	13							
	21	7	40.43	Justin Mc Ilveen	Abergele	14							
	22	35	41	Paul Jenkinson	Eryri	15							
	23	33	41.06	Nigel Rowlands	Clywydian	16							
	24	77	41.09	Sarah Kleeman	Eryri					2			
	25	43	41.1	Anna Bartlett	Shrewsbury					3			
	26	58	41.53	Arwel Lewis	Eryri		5						
	27	66	42.04	Paul Stinlon	Clywydian	17							
	28	37	42.16	Dewi Roberts	Bro Dysyni	18							
	29	73	43.49	Craig South	n/a	19							
	30	31	43.54	Andrea Roberts	Eryri					4			
	31	34	44.12	Noel Crane	n/a		6						
	32	42				20							
	33	56					7						
	34	62				21							
	35	12	44.46	Dan William	Eryri					1			
	36	71		Elir Evans	Eryri								
	37	5		Charles Ashley	Wrexham		8						
	38	18		Chris Williams			9						
	39	45	47.04	Jim Benell	Eryri			3					
	40	51		Charles Enston	Eryri	22							
	41	11	47.39	Dave Ormaod									
	42	22	47.46	Steve LL Jones	Eryri			4					
	43	67	48.21	Mike Hale	Eryri			5					
	44	23	48.37	Arwell Jones	Prestatyn		10						
	45	49	48.59	Neil Elias	n/a		11						
	46	69	49	David Livsey	n/a			6					
	47	76	49.08	Gordon manson	Oswestry			7					
	48	28	49.12	Rebecca Riddings	Menai T&F					5			
	49	24	49.13	Steve Murphy	n/a		12						
	50	59	49.15	Jenny Ewels	Clywydian					6			
	51	20	49.54	Emyr Davis	Eryri				2				
	52	55	50.03	Richard E.	n/a		13						
	53	17	50.05	Alwyn Oliver	Eryri				3				
	54	4	50.24	Ross Powell	WFRA			8					
	55	14	50.39	Ian Williams	CYBI			9					
	56	1	50.4	Ellie Salisbury	Eryri						1		
	57	74	50.42	Edwin Williams	Eryri		14						
	58	16	51.05	Ian Blakeman	Eryri		15						
	59	29	51.27	Dylwin Rowlands	Eryri	23							

Record::

Record::

