

	Amser Time	Rhif Number	Enw Name	Clwb	Dosbarth Category
1	67.20	59	Tim Davies	Mercia	M
2	69.48	55	Chris Near	Eryri	M
3	70.59	57	Peter Haworth	Bangor Uni	M
4	72.22	82	Craig Jones	Eryri	M
5	72.30	25	Ricky Challinor	Liverpool Harriers	M
6	73.30	16	Dafydd Williams	Eryri	V40
7	73.58	83	Francis Blunt	U/A	M
8	74.05	63	Andy Fleet	Calder FR	M
9	74.26	38	James McQueen	Eryri	M
10	74.29	10	Gareth Hurst	SWRR/RMA	M
11	75.06	62	Johnny Moore	Calder FR	V40
12	75.42	37	Russell Owen	Eryri	V50
13	77.48	80	Trystan Gwilym	U/A	V40
14	78.05	69	Arwel Lewis	Eryri	V50
15	79.20	46	Llifon Foulkes	Eryri	M
16	79.36	78	Shane Williams	U/A	M
17	79.58	53	Gareth Williams	Cybi	M
18	80.07	17	Gwynfor Owen	U/A	V50
19	80.25	34	John Willacy	Eryri	V40
20	81.37	43	Adrian Williams	Eryri	M
21	83.06	30	Andrea Roberts	Eryri	L
22	83.17	68	Matthew Barnes	U/A	V40
23	83.31	60	Mark Atherton	U/A	M
24	83.43	70	Neil Oliver Elias	Eryri	V40
25	83.46	24	Jenny Heming	Eryri	L
26	84.32	6	Toby Keep	U/A	M
27	84.53	49	Craig South	U/A	M
28	84.57	7	Ali Chant	Eryri	M
29	85.33	75	Gareth Johnsen	U/A	M
30	85.44	81	Gary Porter-Jones	Eryri	V40
31	86.26	58	John Rowley	U/A	M
32	87.39	77	Emlyn Roberts	Eryri	V40
33	87.54	5	Bryn Williams	Eryri	M
34	88.05	31	Matthew Ward	Eryri	M
35	88.12	61	Ian Pudge	Fell Ponies	M
36	88.15	44	Llion Iwan	U/A	M
37	88.31	67	Ed Harmer	Eryri	V40
38	88.57	26	Alan Heath	Clwydian Range Runners	V40
39	89.01	73	Jim Bennell	Eryri	V50
40	89.08	11	Emma Hitchins	SWRR	L
41	89.30	14	Dafydd Whiteside-Thomas	Eryri	V60
42	89.37	72	Miranda Grant	Hunters Bog Trotters	L
43	89.57	2	Michael Case	U/A	V40
44	90.05	23	Mike Blake	Eryri	V60
45	90.24	28	Andrew Green	Keighley & Craven AC	V50
46	90.41	51	John Harold	Eryri	V40
47	90.52	74	Colin Daimond	U/A	M
48	91.24	54	Richard Boone	Eryri	V40
49	91.55	71	Mark Weldrick	U/A	M
50	92.18	39	Gareth Ellis	Trafford AC	M

51	92.38	18	Jeremy Williams	Eryri	V50
52	93.49	76	Gareth Davies	Colwyn Bay	V40
53	93.54	1	Chris Gurney	Mynydd Du	V40
54	94.04	8	Danny Patton	U/A	V40
55	94.07	84	Annie Williams	Eryri	LV40
56	95.16	27	Chris Jones	Clwydian Range Runners	M
57	95.57	32	Nigel Rowlands	Clwydian Range Runners	M
58	96.01	22	Keith Williams	U/A	V40
59	96.17	56	Pilar Near	Eryri	L
60	96.25	64	Tom Thomas	Fell Ponies	M
61	96.54	9	Dylan Cole-Jones	Skelmersdale B.Harr.	M
62	97.12	15	Rod Rogers	Eryri	V50
63	97.39	40	Maldwyn Evans	Eryri	V40
64	97.45	33	Ed Reid	Abergele Harriers	V40
65	98.37	65	Stephen Edwards	Eryri	M
66	98.42	50	Sandra Rowlands	Clwydian Range Runners	LV40
67	98.47	3	Kevin Edwards	Eryri	M
68	98.50	52	Ian Williams	Cybi	V40
69	99.02	20	Ron Edwards	U/A	M
70	99.09	66	Shane Price	U/A	M
71	102.09	79	Harri Gwynn Roberts	U/A	V40
72	102.21	42	Iestyn Harris	U/A	V40
73	103.16	41	Dei Jones	Eryri	V50
74	103.53	47	Francis Uhlman	U/A	V60
75	105.23	29	Keith Williams	U/A	M
76	106.57	48	Glenda Davies	Prestatyn	LV40
77	107.37	35	Dylan Roberts	U/A	M
78	108.28	13	Rhian Whiteside-Thomas	U/A	V40
79	115.34	21	David Hughes	U/A	V40
80	121.58	36	Dilwyn Jones	U/A	M
81	123.49	19	Gavin Jones	U/A	V40
82	123.58	45	Werner Spill	Meirion T&F	V50