

| Results Moel Wnion 2009 | | | | | | | | | | | |
|-------------------------|--------|-------------------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Pos | Time | Names | Club | u/40 M | o/40 M | o/50 M | o/60 M | o/70 M | u/40 F | o/40 F | o/50 F |
| 1 | 35.10. | Brendan Taylor | Rossendale | ✓ | | | | | | | |
| 2 | 35.20. | Matthew Roberts | Eryri | ✓ | | | | | | | |
| 3 | 35.36. | Alun Vaughan | Eryri | ✓ | | | | | | | |
| 4 | 36.04. | Sam Tosh | Rossendale | ✓ | | | | | | | |
| 5 | 37.52. | Geran Hughes | Abergele | | ✓ | | | | | | |
| 6 | 38.19. | Paul Jenkinson | Eryri | | ✓ | | | | | | |
| 7 | 38.35. | Russell Owen | Eryri | | | ✓ | | | | | |
| 8 | 38.55. | Dafydd Williams | Eryri | | ✓ | | | | | | |
| 9 | 39.06. | Matt Jones | Ripley | ✓ | | | | | | | |
| 10 | 39.16. | Stephen P Jones | Eryri | | | ✓ | | | | | |
| 11 | 39.29. | Andy Fleet | Calder Valley | ✓ | | | | | | | |
| 12 | 39.50. | Iwan Edgar | Eryri | | | ✓ | | | | | |
| 13 | 40.35. | Jim McCormack | U/A | ✓ | | | | | | | |
| 14 | 40.52. | Gareth Williams | CYBI | ✓ | | | | | | | |
| 15 | 40.59. | Tom Hecht | U/A | ✓ | | | | | | | |
| 16 | 41.02. | Andrea Roberts | Eryri | | | | | | ✓ | | |
| 17 | 41.20. | Toby Keep | U/A | ✓ | | | | | | | |
| 18 | 41.24. | John Willacy | Eryri | | ✓ | | | | | | |
| 19 | 41.26. | Arwel Lewis | Eryri | | | ✓ | | | | | |
| 20 | 41.43. | Craig South | U/A | ✓ | | | | | | | |
| 21 | 41.58. | Johnny Moore | Calder Valley | | ✓ | | | | | | |
| 22 | 42.03. | Eilir Evans | Eryri | | | ✓ | | | | | |
| 23 | 42.04. | Rebecca Law | Eryri | | | | | | ✓ | | |
| 24 | 42.05. | Phil Daintith | Spectrum | ✓ | | | | | | | |
| 25 | 42.10. | Rory O'Donnell | U/A | ✓ | | | | | | | |
| 26 | 42.26. | Ferd Maier | Amber Valley AC | ✓ | | | | | | | |
| 27 | 43.03. | Neil Elias | Eryri | | ✓ | | | | | | |
| 28 | 43.09. | Donald Williams | Eryri | | | | x | | | | |
| 29 | 43.55. | Nigel Rowlands | Clwydian | ✓ | | | | | | | |
| 30 | 44.06. | Ross Powell | Mercia | | | ✓ | | | | | |
| 31 | 44.27. | Huw Lewis | Buckley | | | ✓ | | | | | |
| 32 | 44.28. | Wyn Trevor Jones | Caernarfon RC | ✓ | | | | | | | |
| 33 | 44.40. | Jim Bennell | Eryri | | | ✓ | | | | | |
| 34 | 44.50. | Ali Chant | Tod/ Eryri | ✓ | | | | | | | |
| 35 | 45.02. | Gary Porter-Jones | Eryri | | ✓ | | | | | | |
| 36 | 45.03. | Alan Heath | Clwydian | | ✓ | | | | | | |
| 37 | 45.04. | Mike Blake | Eryri | | | | x | | | | |
| 38 | 45.15. | Geoff Hand | Spectrum | | | ✓ | | | | | |
| 39 | 45.22. | Phil Davies | U/A | | ✓ | | | | | | |
| 40 | 45.29. | Matt Strickland | U/A | | ✓ | | | | | | |
| 41 | 45.36. | Ed Harmer | Eryri | | ✓ | | | | | | |
| 42 | 45.44. | David Norris | U/A | | ✓ | | | | | | |

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| 43 | 45.55. | Kean Rowlands | Clwydian | | | ✓ | | | | | |
| 44 | 46.00. | Graham Davies | Colwyn Bay | | ✓ | | | | | | |
| 45 | 46.09. | Peter Smith | U/A | | ✓ | | | | | | |
| 46 | 46.15. | John Harold | Eryri | | ✓ | | | | | | |
| 47 | 46.25. | Peter Roberts | Buckley | | | | ✓ | | | | |
| 48 | 46.51. | Richard Borne | Eryri | | ✓ | | | | | | |
| 49 | 47.19. | Ronald Maciat | Spectrum | | ✓ | | | | | | |
| 50 | 47.21. | Annie Williams | Eryri | | | | | | | ✓ | |
| 51 | 47.31. | Steve Jones | Eryri | | | ✓ | | | | | |
| 52 | 47.32. | Dilwyn Rowlands | Eryri | ✓ | | | | | | | |
| 53 | 47.55. | Ian Taylor | NWRRC | | ✓ | | | | | | |
| 54 | 47.57. | Dewi Roberts | Eryri | ✓ | | | | | | | |
| 55 | 48.09. | Trefor W Roberts | Eryri | | ✓ | | | | | | |
| 56 | 48.13. | Paul Stinton | Clwydian | ✓ | | | | | | | |
| 57 | 48.21. | Sandra Rowlands | Clwydian | | | | | | | ✓ | |
| 58 | 48.35. | Neville Griffiths | Spectrum | | | | ✓ | | | | |
| 59 | 48.45. | Martin Cliffe | U/A | ✓ | | | | | | | |
| 60 | 48.46. | Kenny Forster | Spectrum | | ✓ | | | | | | |
| 61 | 49.01. | Joanne Moore | U/A | | | | | | ✓ | | |
| 62 | 49.16. | Ian Blakemore | Eryri | | | ✓ | | | | | |
| 63 | 49.25. | Ian Williams | Eryri | | ✓ | | | | | | |
| 64 | 49.32. | Ali Thomas | Eryri | | | | | | | ✓ | |
| 65 | 49.43. | Helen Morgan | U/A | | | | | | ✓ | | |
| 66 | 49.55. | Kevin Edwards | Eryri | ✓ | | | | | | | |
| 67 | 50.01. | Keith Williams | U/A | | ✓ | | | | | | |
| 68 | 50.14. | Nefyn Williams | U/A | | ✓ | | | | | | |
| 69 | 50.15. | Wendy Trimbel | Eryri | | | | | | ✓ | | |
| 70 | 51.28. | Kamal Chauhan | U/A | ✓ | | | | | | | |
| 71 | 51.39. | Ellie Salisbury | Eryri | | | | | | | ✓ | |
| 72 | 52.03. | John Linley | Clwydian | | | | ✓ | | | | |
| 73 | 53.06. | Graham McVey | U/A | ✓ | | | | | | | |
| 74 | 53.08. | Richard Scamans | U/A | ✓ | | | | | | | |
| 75 | 53.26. | Dylan Roberts | U/A | ✓ | | | | | | | |
| 76 | 53.30. | Stephen Edwards | Eryri | ✓ | | | | | | | |
| 77 | 54.04. | Francis Uhlman | WFRA | | | | ✓ | | | | |
| 78 | 54.09. | Jennifer Williamson | Eryri | | | | | | ✓ | | |
| 79 | 54.13. | Maggie Oliver | Eryri | | | | | | | | ✓ |
| 80 | 54.39. | Gordon Allison | Cheltenham | ✓ | | | | | | | |
| 81 | 55.06. | Richard Jones | U/A | | ✓ | | | | | | |
| 82 | 57.18. | Ian Wyn Hughes | U/A | | ✓ | | | | | | |
| 83 | 57.41. | Wynford Lloyd-Hughes | U/A | | | ✓ | | | | | |
| 84 | 58.03. | Alexandra Fletcher | U/A | | | | | | x | | |
| 85 | 58.19. | Steve Pilbeam | Eryri | | | ✓ | | | | | |
| 86 | 58.22. | David Hughes | U/A | ✓ | | | | | | | |

