

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Total	Position	Chip Time	Position	Club	Local
1	Matthew	Roberts	M	1	MOPEN	1	00:32:42	1	00:32:42	1	ERYRI HARRIERS	
358	Michael	Corrales	M	2	MOPEN	2	00:34:06	2	00:34:06	2	DARK PEAK FELL RUNNERS CLUB	
126	Dilwyn	Powell-Jones	M	3	MOPEN	3	00:34:25	3	00:34:25	3		
2	Martin Hugh	Green	M	4	MV40	1	00:34:48	4	00:34:48	4	NORTH WALES ROAD RUNNERS	
177	Jonathan	Kettle	M	5	MV40	2	00:34:55	5	00:34:55	5	NORTH WALES ROAD RUNNERS	
5	Ryan	Cain	M	6	MOPEN	4	00:35:08	6	00:35:08	6	MENAI TRACK AND FIELD	
73	Ian	Edwards	M	7	MOPEN	5	00:35:29	7	00:35:29	7	ERYRI HARRIERS	
129	Ifan Dafydd	Jones	M	8	MOPEN	6	00:35:34	8	00:35:34	8		
372	James	Edwards	M	9	MOPEN	7	00:37:09	9	00:37:09	9	CYBI STRIDERS	
3	Andy	Savage	M	10	MV40	3	00:37:26	10	00:37:26	10	CYBI STRIDERS	
79	Owen	Humphreys	M	11	MV50	1	00:37:30	11	00:37:30	11	BEAUMARIS TOWN ROAD RUNNERS	
131	Anna	Bracegirdle	F	1	FOPEN	1	00:37:33	12	00:37:33	12		
258	Llyr	Ap Gruffydd	M	12	MOPEN	8	00:37:37	13	00:37:37	13		
369	Matthew	Fortes	M	13	MV40	4	00:37:46	14	00:37:46	14	ERYRI HARRIERS	
68	Tony	Price-Jones	M	14	MOPEN	9	00:37:54	15	00:37:54	15	NORTH WALES ROAD RUNNERS	
365	Paul	Wathan	M	15	MOPEN	10	00:38:28	16	00:38:28	16	ERYRI HARRIERS	
8	Darren	Blazier	M	16	MV40	5	00:38:50	17	00:38:50	17	ABERGELE HARRIERS	
356	Michael	Coyne	M	17	MV40	6	00:39:05	18	00:39:05	18	ERYRI HARRIERS	
330	Ieuan	Belshaw	M	18	MOPEN	11	00:39:12	19	00:39:12	19		
233	Chris	Thomas	M	19	MOPEN	12	00:39:28	20	00:39:28	20	CYBI STRIDERS	
224	Aron	Jones	M	20	MOPEN	13	00:39:55	21	00:39:55	21	RHEDWYR HEBOG RUNNERS	
186	Huw	Roberts	M	21	MOPEN	14	00:40:00	22	00:40:00	22		
199	Alan	Radbourne	M	22	MOPEN	15	00:40:03	23	00:40:03	23	CYBI STRIDERS	
178	Troy	Kettle	M	23	MJUNIOR	1	00:40:09	24	00:40:09	24	NORTH WALES ROAD RUNNERS	
9	Gemma	Moore	F	2	FOPEN	2	00:40:16	25	00:40:16	25	NORTH WALES ROAD RUNNERS	
107	Daniel	Grant	M	24	MOPEN	16	00:40:22	26	00:40:22	26		Yes
316	Bryn	Russell	M	25	MOPEN	17	00:40:26	27	00:40:26	27		
349	Noel	Craine	M	26	MV50	2	00:40:31	28	00:40:31	28		
360	Peter	Jones	M	27	MV40	7	00:40:50	29	00:40:50	29	CYBI STRIDERS	
275	Gethin	Davies	M	28	MJUNIOR	2	00:40:51	30	00:40:51	30	MEIRIONYDD RUNNING CLUB	
157	Owain	Hughes	M	29	MOPEN	18	00:40:57	31	00:40:57	31		
180	Simon	Bonfield	M	30	MV40	8	00:41:00	32	00:41:00	32	ABERGELE HARRIERS	
139	Dave	Ellis	M	31	MOPEN	19	00:41:21	33	00:41:21	33	CYBI STRIDERS	
191	Steven	Roberts	M	32	MV50	3	00:41:33	34	00:41:33	34	NORTH WALES ROAD RUNNERS	
48	Andy	Jones	M	33	MV40	9	00:41:36	35	00:41:36	35	GOG TRIATHLON CLUB	
362	Rhiannon	Kamink	F	3	FOPEN	3	00:41:48	36	00:41:48	36	COLWYN BAY AAC	
183	James	Hooton	M	34	MV40	10	00:41:50	37	00:41:50	37	CYBI STRIDERS	
376	Ali	Chant	M	35	MV40	11	00:41:52	38	00:41:52	38	ERYRI HARRIERS	
91	Kevin	Slattery	M	36	MV60	1	00:41:54	39	00:41:54	39	NORTH WALES ROAD RUNNERS	
384	Thomas	Dutton	M	37	MOPEN	20	00:42:00	40	00:42:00	40	BEAUMARIS TOWN ROAD RUNNERS	
247	Katie	Reynolds	F	4	FOPEN	4	00:42:04	41	00:42:04	41	CYBI STRIDERS	
44	David	Griffith	M	38	MV40	12	00:42:07	42	00:42:07	42	GOG TRIATHLON CLUB	
209	Dylan	Huws	M	39	MV60	2	00:42:11	43	00:42:11	43	ERYRI HARRIERS	Y
111	Stuart	Culverhouse	M	40	MV40	13	00:42:15	44	00:42:15	44	NORTH WALES ROAD RUNNERS	
352	Joseph	Matthews	M	41	MV40	14	00:42:24	45	00:42:24	45		
36	Richard	Scamans	M	42	MV40	15	00:42:26	46	00:42:26	46	NORTH WALES ROAD RUNNERS	
60	Arwel	Lewis	M	43	MV60	3	00:42:27	47	00:42:27	47	ERYRI HARRIERS	
266	Nia	Gwynn	F	5	FV40	1	00:42:40	48	00:42:40	48		
359	Owen	Pooley	M	44	MOPEN	21	00:42:53	49	00:42:53	49		
263	James	Brown	M	45	MOPEN	22	00:42:54	50	00:42:54	50		
296	Gareth	Evans	M	46	MV40	16	00:43:06	51	00:43:06	51	ABERGELE HARRIERS	
309	Neil	Godding	M	47	MOPEN	23	00:43:12	52	00:43:12	52		
185	Jody	Cain	F	6	FJUNIOR	1	00:43:16	53	00:43:16	53		
357	Nick	Houghton	M	48	MV50	4	00:43:19	54	00:43:19	54		
299	Andrew	Parker	M	49	MV40	17	00:43:23	55	00:43:23	55		
56	Ben	Hudson	M	50	MV40	18	00:43:26	56	00:43:26	56	NORTH WALES ROAD RUNNERS	
340	Lucy	Bracegirdle	F	7	FOPEN	5	00:43:32	57	00:43:32	57		
366	David	Spofforth	M	51	MOPEN	24	00:43:34	58	00:43:34	58	NORTH WALES ROAD RUNNERS	
119	Lleucu	Lane	F	8	FJUNIOR	2	00:43:39	59	00:43:39	59	ERYRI HARRIERS	
231	Emlyn	Roberts	M	52	MV50	5	00:43:45	60	00:43:45	60	ERYRI HARRIERS	
320	Gerald	Carroll	M	53	MV40	19	00:43:52	61	00:43:52	61	ST. BRENDAN'S AC KERRY IRELAND	
381	Richard	Hughes	M	54	MOPEN	25	00:43:58	62	00:43:58	62		Yes
367	Dylan	Owen	M	55	MV50	6	00:44:02	63	00:44:02	63		
298	Johnhuw	Watkin Hughes	M	56	MOPEN	26	00:44:13	64	00:44:13	64	CYBI STRIDERS	
302	Karl	Morris	M	57	MOPEN	27	00:44:15	65	00:44:15	65	NORTH WALES ROAD RUNNERS	
304	Gareth	Williams	M	58	MOPEN	28	00:44:16	66	00:44:16	66		
213	Steve	Poupart	M	59	MV40	20	00:44:18	67	00:44:18	67	NORTH WALES ROAD RUNNERS	
279	Rhi	Willmot	F	9	FOPEN	6	00:44:33	68	00:44:33	68	CYBI STRIDERS	
278	Kevin	Clark	M	60	MV50	7	00:44:36	69	00:44:36	69	CYBI STRIDERS	
99	Peredur	Williams	M	61	MV40	21	00:44:38	70	00:44:38	70	ANNIBYNNWR	
16	Nia	Morgan	F	10	FV40	2	00:44:38	71	00:44:38	71	CYBI STRIDERS	
85	Suzy	Cumming	F	11	FV40	3	00:44:41	72	00:44:41	72		
284	Andrew	Roberts	M	62	MV50	8	00:44:43	73	00:44:43	73	GOG TRIATHLON CLUB	
87	Barry	Smith	M	63	MOPEN	29	00:44:44	74	00:44:44	74	CYBI STRIDERS	
234	Carla	Green	F	12	FV40	4	00:44:47	75	00:44:47	75	NORTH WALES ROAD RUNNERS	
86	Guto	Roberts	M	64	MOPEN	30	00:44:52	76	00:44:52	76		Yes

97	Bari	Jones	M	65	MOPEN	31	00:44:58	77	00:44:58	77		Yes
184	Cai	Rowlands	M	66	MOPEN	32	00:45:06	78	00:45:06	78		
260	Helen	Morgan	F	13	FOPEN	7	00:45:11	79	00:45:11	79	ERYRI HARRIERS	
239	Harry	Jolley	M	67	MOPEN	33	00:45:12	80	00:45:12	80		
238	Dewi	Roberts	M	68	MOPEN	34	00:45:16	81	00:45:16	81	CYBI STRIDERS	
355	Tom	Albiston	M	69	MOPEN	35	00:45:30	82	00:45:30	82		
198	Rachel	Shipley	F	14	FOPEN	8	00:45:37	83	00:45:37	83	ABERGELE HARRIERS	
127	Griffith Sion	Davies	M	70	MOPEN	36	00:45:42	84	00:45:42	84		
140	Ellie	New	F	15	FOPEN	9	00:45:52	85	00:45:52	85		
375	John	Hay	M	71	MV50	9	00:45:56	86	00:45:56	86	BEAUMARIS TOWN RUNNERS	
332	Huw	Hughes	M	72	MOPEN	37	00:46:00	87	00:46:00	87		
323	Ian	Mulligan	M	73	MV50	10	00:46:01	88	00:46:01	88	CYBI STRIDERS	
319	Vicky	Darby-Brown	F	16	FV40	5	00:46:02	89	00:46:02	89	BTRR	
120	Ceri	Lane	F	17	FV40	6	00:46:05	90	00:46:05	90	RHEDWYR HEBOG RUNNERS	
282	Dave	Blackmore	M	74	MV40	22	00:46:06	91	00:46:06	91		
351	Rhian	Jones	F	18	FV40	7	00:46:09	92	00:46:09	92		Yes
280	Dafydd	Williams	M	75	MOPEN	38	00:46:09	93	00:46:09	93	ERYRI HARRIERS	
308	Ioan	Hartleb	M	76	MOPEN	39	00:46:14	94	00:46:14	94		
57	Nigel	Holmes	M	77	MV60	4	00:46:17	95	00:46:17	95	CYBI STRIDERS	
324	Charles	MacIclhan	M	78	MV50	11	00:46:18	96	00:46:18	96		
364	Gemma	Wathan	F	19	FOPEN	10	00:46:22	97	00:46:22	97	ERYRI HARRIERS	
63	Llinos	Jones	F	20	FV40	8	00:46:25	98	00:46:25	98		Yes
341	Phillip	Davies	M	79	MOPEN	40	00:46:27	99	00:46:27	99		
328	Harry	Street	M	80	MJUNIOR	3	00:46:33	100	00:46:33	100		
303	Llyr	Williams	M	81	MOPEN	41	00:46:34	101	00:46:34	101		
368	Dyfnallt	Huws	M	82	MV40	23	00:46:36	102	00:46:36	102	CYBI STRIDERS	
292	Sion	Roberts	M	83	MV40	24	00:46:40	103	00:46:40	103	CYBI STRIDERS	
165	Roland	Thomas	M	84	MV40	25	00:46:41	104	00:46:41	104		
325	Thomas	Doyle	M	85	MV40	26	00:46:48	105	00:46:48	105		
138	Sian	Ellis	F	21	FOPEN	11	00:46:49	106	00:46:49	106	CYBI STRIDERS	
148	Nick	Antoniazzi	M	86	MV50	12	00:46:54	107	00:46:54	107		
377	Ifan	Morgan	M	87	MOPEN	42	00:46:57	108	00:46:57	108		
229	Eurwyn	Edwards	M	88	MV60	5	00:47:03	109	00:47:03	109	ERYRI HARRIERS	
243	Kevin	Betts	M	89	MV50	13	00:47:04	110	00:47:04	110		
223	Emyr	Davies	M	90	MV70	1	00:47:06	111	00:47:06	111	RHEDWYR HEBOG RUNNERS	
382	Tomos	Williams	M	91	MOPEN	43	00:47:07	112	00:47:07	112		Yes
170	Dewi	Williams	M	92	MV40	27	00:47:14	113	00:47:14	113	CYBI STRIDERS	
311	Shon	Jones	M	93	MV50	14	00:47:19	114	00:47:19	114	COLWYN BAY AAC	
318	Robert	Pritchard	M	94	MV40	28	00:47:22	115	00:47:22	115	BETSI RUNAWAYS	Yes
110	Paul	Williams	M	95	MV40	29	00:47:22	116	00:47:22	116	CYBI STRIDERS	
314	Iwan	Williams	M	96	MOPEN	44	00:47:23	117	00:47:23	117		Yes
249	Lynne	Parry	F	22	FV40	9	00:47:27	118	00:47:27	118		Yes
331	Ryan	Davies	M	97	MOPEN	45	00:47:28	119	00:47:28	119		
117	Martin	Owen	M	98	MV50	15	00:47:30	120	00:47:30	120		
187	Meurig	Rowlands	M	99	MV50	16	00:47:33	121	00:47:33	121		
363	Anne	Mynott	F	23	FV50	1	00:47:36	122	00:47:36	122	COLWYN BAY AAC	
59	Matthew	Barker	M	100	MOPEN	46	00:47:38	123	00:47:38	123		
285	Daniel	Owens	M	101	MOPEN	47	00:47:44	124	00:47:44	124		
237	Jon	Evans	M	102	MV50	17	00:47:44	125	00:47:44	125	NORTH WALES ROAD RUNNERS	
12	Lucy	O Donnell	F	24	FOPEN	12	00:47:50	126	00:47:50	126	ERYRI HARRIERS	
288	Andrew	Ellwood	M	103	MV40	30	00:47:53	127	00:47:53	127	GOG TRIATHLON CLUB	
204	Dylan	Lewis	M	104	MV40	31	00:47:54	128	00:47:54	128		Yes
55	Sarah	Ferguson	F	25	FV40	10	00:47:57	129	00:47:57	129	NORTH WALES ROAD RUNNERS	
40	Meirion	Owen	M	105	MOPEN	48	00:48:01	130	00:48:01	130		
174	David	Mccumskey	M	106	MV40	32	00:48:08	131	00:48:08	131		
205	Mei	Gwylim	M	107	MV40	33	00:48:10	132	00:48:10	132		Yes
14	Alaw Jones	Japheth	F	26	FOPEN	13	00:48:18	133	00:48:18	133		
105	Hugh	Jones	M	108	MOPEN	49	00:48:20	134	00:48:20	134		
371	Lowri	Ifor	F	27	FOPEN	14	00:48:21	135	00:48:21	135		
235	Rhodri	Owen	M	109	MOPEN	50	00:48:22	136	00:48:22	136		
114	Delyth	Gwyn	F	28	FOPEN	15	00:48:22	137	00:48:22	137	CLWB RHEDEG DVT RUNNING CLUB	
250	Jo	Alexander	F	29	FOPEN	16	00:48:24	138	00:48:24	138		Yes
227	Alaw	Hughes	F	30	FOPEN	17	00:48:33	139	00:48:33	139		
112	Amanda	Sellens	F	31	FOPEN	18	00:48:44	140	00:48:44	140		
162	Darren	Seeney	M	110	MV50	18	00:48:58	141	00:48:58	141	CYBI STRIDERS	
133	Merfyn	Jones	M	111	MV50	19	00:49:00	142	00:49:00	142	GOG TRIATHLON CLUB	
160	Donald	Hale	M	112	MV60	6	00:49:03	143	00:49:03	143	NORTH WALES ROAD RUNNERS	
293	Christian	Hough	M	113	MOPEN	51	00:49:09	144	00:49:09	144		
171	Hannah	Griffith	F	32	FV40	11	00:49:10	145	00:49:10	145	NORTH WALES ROAD RUNNERS	
294	Eleri	Hallam	F	33	FV40	12	00:49:14	146	00:49:14	146		Yes
31	Andrew Wyn	Hughes	M	114	MOPEN	52	00:49:15	147	00:49:15	147		
15	Wendi	Evans	F	34	FV50	2	00:49:19	148	00:49:19	148		
161	Dafydd	Sidgwick	M	115	MOPEN	53	00:49:22	149	00:49:22	149		Yes
246	Harri	Roberts	M	116	MV50	20	00:49:30	150	00:49:30	150	ERYRI HARRIERS	
336	Simon	Longman	M	117	MV60	7	00:49:30	151	00:49:30	151		
76	Rob	Stewart	M	118	MV40	34	00:49:31	152	00:49:31	152	GOG TRIATHLON CLUB	
115	Meilyr	Emrys	M	119	MOPEN	54	00:49:38	153	00:49:38	153		

264	Charlotte	Mead	F	35	FOPEN	19	00:49:39	154	00:49:39	154	
230	Tony	Gibson	M	120	MV60	8	00:49:43	155	00:49:43	155	NORTH WALES ROAD RUNNERS
261	Gwyn	Evans	M	121	MV60	9	00:49:44	156	00:49:44	156	ERYRI HARRIERS
70	Sara	Tuck	F	36	FOPEN	20	00:49:46	157	00:49:46	157	GOG TRIATHLON
25	Maldwyn	Evans	M	122	MV50	21	00:49:59	158	00:49:59	158	ERYRI HARRIERS
84	Elgan	Roberts	M	123	MOPEN	55	00:50:03	159	00:50:03	159	Yes
122	Laurie	Griffith	F	37	FV40	13	00:50:14	160	00:50:14	160	GOG TRIATHLON CLUB
222	Euryn	Williams	M	124	MV50	22	00:50:18	161	00:50:18	161	
175	Elen Haf	Jones	F	38	FOPEN	21	00:50:20	162	00:50:20	162	CYBI STRIDERS
176	Irfon	Rowlands	M	125	MV50	23	00:50:20	163	00:50:20	163	CYBI STRIDERS
118	Kevin	Lane	M	126	MV50	24	00:50:21	164	00:50:21	164	RHEDWYR HEBOG RUNNERS
255	Nia	Williams	F	39	FV40	14	00:50:26	165	00:50:26	165	
374	Heledd	Owens	F	40	FOPEN	22	00:50:26	166	00:50:26	166	
202	Dyfed	Parry	M	127	MV40	35	00:50:32	167	00:50:32	167	
289	Medwen	Williams	F	41	FV40	15	00:50:46	168	00:50:46	168	
28	Einir	Owen	F	42	FOPEN	23	00:50:46	169	00:50:46	169	
274	Barry	Davies	M	128	MV40	36	00:51:03	170	00:51:03	170	MEIRIONYDD RUNNING CLUB
193	Sara	Sawicz	F	43	FOPEN	24	00:51:03	171	00:51:03	171	CYBI STRIDERS
253	Mari Elen	Hughes	F	44	FOPEN	25	00:51:04	172	00:51:04	172	
273	Ffion	Hughes	F	45	FOPEN	26	00:51:04	173	00:51:04	173	CYBI STRIDERS
46	Gwilym	Williams	M	129	MV70	2	00:51:06	174	00:51:06	174	
305	Douglas	Graham	M	130	MV40	37	00:51:16	175	00:51:16	175	BLACK CLOAK RUNNERS
271	Garry	O'connor	M	131	MV50	25	00:51:36	176	00:51:36	176	
265	Sonia	Pritchard	F	46	FV40	16	00:51:39	177	00:51:39	177	
102	Amanda	Durber	F	47	FV40	17	00:51:44	178	00:51:44	178	
354	Robin	Jones	M	132	MOPEN	56	00:51:44	179	00:51:44	179	
346	Kevin	Higgins	M	133	MV50	26	00:51:49	180	00:51:49	180	NORTH WALES ROAD RUNNERS
262	Arwyn	Williams	M	134	MV40	38	00:51:52	181	00:51:52	181	
173	Olive	Stuart	F	48	FV40	18	00:51:53	182	00:51:53	182	LONELY GOAT RC
276	Robert	Fryer	M	135	MV60	10	00:51:57	183	00:51:57	183	NORTH WALES ROAD RUNNERS
361	Alun	Griffiths	M	136	MOPEN	57	00:52:08	184	00:52:08	184	
156	Robin	Hughes	M	137	MOPEN	58	00:52:08	185	00:52:08	185	
216	Gwenan	Jones	F	49	FOPEN	27	00:52:09	186	00:52:09	186	
241	Rhian	Harper Owen	F	50	FV40	19	00:52:20	187	00:52:20	187	CYBI STRIDERS
236	Brian	Hughes	M	138	MV50	27	00:52:31	188	00:52:31	188	
342	Michelle	Morris	F	51	FOPEN	28	00:52:34	189	00:52:34	189	
334	Angharad	Rhisiart	F	52	FV40	20	00:52:36	190	00:52:36	190	CYBI STRIDERS
373	Tomos	Owens	M	139	MOPEN	59	00:52:38	191	00:52:38	191	
47	Jan	Muir	F	53	FV50	3	00:52:43	192	00:52:43	192	
327	Mali	Jones	F	54	FJUNIOR	3	00:52:45	193	00:52:45	193	
30	Jason	Cahill	M	140	MV50	28	00:52:45	194	00:52:45	194	
211	Kate	Potter	F	55	FV50	4	00:52:46	195	00:52:46	195	ERYRI HARRIERS
124	Dafydd	Roberts	M	141	MV50	29	00:52:46	196	00:52:46	196	CYBI STRIDERS
218	Deio	Davies	M	142	MOPEN	60	00:52:47	197	00:52:47	197	
24	Dei	Jones	M	143	MV60	11	00:52:49	198	00:52:49	198	ERYRI HARRIERS
61	Sian	Barker	F	56	FOPEN	29	00:52:51	199	00:52:51	199	
34	Chris	Hughes	M	144	MOPEN	61	00:52:54	200	00:52:54	200	
322	Gwenllian	Williams	F	57	FOPEN	30	00:52:56	201	00:52:56	201	CLWB RHEDEG DVT RUNNING CLUB
380	Victoria	Roberts	F	58	FV40	21	00:52:56	202	00:52:56	202	BEAUMARIS TOWN ROAD RUNNERS
248	Jano	Hughes	F	59	FV50	5	00:53:08	203	00:53:08	203	
123	Bethan Wyn	Roberts	F	60	FV40	22	00:53:11	204	00:53:11	204	
151	Adrian	Jones	M	145	MOPEN	62	00:53:13	205	00:53:13	205	
37	Paul	Maitland	M	146	MV50	30	00:53:25	206	00:53:25	206	CYBI STRIDERS
144	Iona	Jones	F	61	FV40	23	00:53:26	207	00:53:26	207	
167	Gwyn	Moseley	M	147	MOPEN	63	00:53:36	208	00:53:36	208	ERYRI HARRIERS
135	Michael	Hayton	M	148	MV60	12	00:53:46	209	00:53:46	209	NORTH WALES ROAD RUNNERS
121	Nia-Meleri	Edwards	F	62	FOPEN	31	00:53:48	210	00:53:48	210	
215	David	Lancaster	M	149	MV50	31	00:53:48	211	00:53:48	211	
206	Jemma	Zalot-Sankey	F	63	FV40	24	00:53:50	212	00:53:50	212	BEAUMARIS TOWN ROAD RUNNERS
65	Glesni	Williams Davies	F	64	FV40	25	00:53:54	213	00:53:54	213	NONE
67	Natalie	Howson	F	65	FOPEN	32	00:53:56	214	00:53:56	214	GOG TRIATHLON CLUB
96	Catrin	Elis	F	66	FOPEN	33	00:54:16	215	00:54:16	215	
142	Brian	Robbins	M	150	MV70	3	00:54:23	216	00:54:23	216	ERYRI HARRIERS
27	Dwynwen	Pennant	F	67	FV40	26	00:54:40	217	00:54:40	217	RHEDWYR HEBOG RUNNERS
338	Laura	Mckenzie	F	68	FV40	27	00:54:41	218	00:54:41	218	BETSI RUNAWAYS
32	Chris	Guare	M	151	MOPEN	64	00:54:49	219	00:54:49	219	
335	Sophie	Steventon	F	69	FOPEN	34	00:55:06	220	00:55:06	220	
45	Mared	Gruffydd	F	70	FOPEN	35	00:55:09	221	00:55:09	221	
29	Pippa	Rogers	F	71	FV40	28	00:55:18	222	00:55:18	222	Yes
212	Mair	Stead	F	72	FV50	6	00:55:18	223	00:55:18	223	Yes
317	Gavin	Williams	M	152	MV40	39	00:55:21	224	00:55:21	224	BEAUMARIS TOWN ROAD RUNNERS
244	Pam	Grant	F	73	FV60	1	00:55:29	225	00:55:29	225	
166	Cefin	Vaughan	M	153	MV40	40	00:55:30	226	00:55:30	226	TROTS
164	Heledd	Thomas	F	74	FOPEN	36	00:55:31	227	00:55:31	227	
33	Ann	Hughes	F	75	FV40	29	00:55:34	228	00:55:34	228	
347	Paul	Jones	M	154	MV40	41	00:55:39	229	00:55:39	229	RHEDWYR HEBOG RUNNERS
172	Steffan	Griffith	M	155	MV40	42	00:55:40	230	00:55:40	230	

58	Diane	Holmes	F	76	FV60	2	00:55:43	231	00:55:43	231	CYBI STRIDERS	
179	Nigel	Jones	M	156	MV50	32	00:55:44	232	00:55:44	232	CYBI STRIDERS	
154	Llinos	Iorwerth	F	77	FV40	30	00:55:47	233	00:55:47	233		
251	David	Roberts	M	157	MV50	33	00:55:50	234	00:55:50	234	CYBI STRIDERS	
116	Dafydd	Emrys	M	158	MOPEN	65	00:55:52	235	00:55:52	235		
132	Stephanie	Daniels	F	78	FV50	7	00:56:13	236	00:56:13	236		Yes
350	Jo	Letton	F	79	FV40	31	00:56:13	237	00:56:13	237		Yes
240	Andrew	Jones	M	159	MV40	43	00:56:16	238	00:56:16	238	BEAUMARIS TOWN ROAD RUNNERS	
152	Chris	Leese	M	160	MV60	13	00:56:22	239	00:56:22	239		
128	Tom	Hampson	M	161	MOPEN	66	00:56:37	240	00:56:37	240		
38	Ffranco	Williams	M	162	MV50	34	00:56:39	241	00:56:39	241		
385	Sharon	Edwards	F	80	FV40	32	00:56:48	242	00:56:48	242		
329	Siwan	Glyn	F	81	FOPEN	37	00:56:48	243	00:56:48	243	PORT EIRIAS RUNNERS	
270	Lealey	Griffiths	M	163	MOPEN	67	00:56:51	244	00:56:51	244		
269	Gavin	Mackenzie	M	164	MV40	44	00:56:51	245	00:56:51	245		
225	Ceridwen	Evans	F	82	FOPEN	38	00:56:53	246	00:56:53	246	CYBI STRIDERS	
17	Elaine	Davies	F	83	FV50	8	00:56:59	247	00:56:59	247		
370	Carole Louise	Richardson	F	84	FV40	33	00:57:24	248	00:57:24	248	BEAUMARIS TOWN ROAD RUNNERS	
337	Sioned	Cross	F	85	FOPEN	39	00:57:34	249	00:57:34	249		
72	Josie	Rhisiart	F	86	FV40	34	00:57:43	250	00:57:43	250	CYBI STRIDERS	
163	Sal	Seeney	F	87	FV50	9	00:57:44	251	00:57:44	251	CYBI STRIDERS	
256	Hawys	Williams	F	88	FOPEN	40	00:57:55	252	00:57:55	252		
168	Elin	Lewis-Griffith	F	89	FOPEN	41	00:58:00	253	00:58:00	253	NO	
242	Nicholas	Owen	M	165	MV40	45	00:58:00	254	00:58:00	254		
188	Tom	Lewis	M	166	MOPEN	68	00:58:03	255	00:58:03	255		
254	Rhys	Alun	M	167	MOPEN	69	00:58:06	256	00:58:06	256		
297	Caroline	Underwood	F	90	FV40	35	00:58:10	257	00:58:10	257		
321	Cain	Jones	F	91	FOPEN	42	00:58:19	258	00:58:19	258		
54	William	Stewart	M	168	MV50	35	00:58:22	259	00:58:22	259		
379	Eleri	Owen	F	92	FOPEN	43	00:58:25	260	00:58:25	260		Yes
50	Gwyn	Williams	M	169	MV50	36	00:58:32	261	00:58:32	261		Yes
136	David	Gardner	M	170	MV70	4	00:58:39	262	00:58:39	262	NORTH WALES ROAD RUNNERS	
353	Leanne	Matthews	F	93	FOPEN	44	00:58:40	263	00:58:40	263	GOG TRIATHLON CLUB	
130	Melanie	Owen	F	94	FV40	36	00:59:08	264	00:59:08	264	BEAUMARIS TOWN ROAD RUNNERS	
93	Sarah	Massey	F	95	FV40	37	00:59:11	265	00:59:11	265	GOG TRIATHLON CLUB	
90	Non	Thwaite	F	96	FOPEN	45	00:59:20	266	00:59:20	266		
150	Philip	Hardy	M	171	MV60	14	00:59:23	267	00:59:23	267	BEAUMARIS TOWN ROAD RUNNERS	
101	Elen	Parry	F	97	FV40	38	00:59:28	268	00:59:28	268	CLWB RHEDEG DVT RUNNING CLUB	
312	Sian	Owen	F	98	FV40	39	00:59:28	269	00:59:28	269		
208	Iona	Jones	F	99	FV50	10	00:59:34	270	00:59:34	270		
300	Alun Meirion	Jones	M	172	MV60	15	00:59:47	271	00:59:47	271		Yes
313	Malcolm	Roberts	M	173	MV50	37	01:00:09	272	01:00:09	272	LLANFAIR TOWN RUNNERS	
333	Paul	Owen	M	174	MV40	46	01:00:11	273	01:00:11	273	CLWB RHEDEG DVT RUNNING CLUB	
378	Ruth	Williams	F	100	FOPEN	46	01:00:12	274	01:00:12	274	CLWB RHEDEG DVT RUNNING CLUB	
20	Kathryn	Roberts	F	101	FV40	40	01:00:13	275	01:00:13	275	RHEDWYR HEBOG RUNNERS	
228	Vivienne	Edwards	F	102	FV60	3	01:00:13	276	01:00:13	276	ERYRI HARRIERS	
283	Nan	Roberts	F	103	FV50	11	01:00:33	277	01:00:33	277	GOG TRIATHLON CLUB	
286	Sarah	Ellwood	F	104	FV40	41	01:00:39	278	01:00:39	278	GOG TRIATHLON CLUB	
43	Alun	Roberts	M	175	MV40	47	01:00:52	279	01:00:52	279		
295	Sharon	Ray	F	105	FV40	42	01:00:56	280	01:00:56	280		
158	Kate	Hughes-Jenkins	F	106	FOPEN	47	01:00:56	281	01:00:56	281		
232	Llinos	Davies	F	107	FV50	12	01:01:00	282	01:01:00	282	GOG TRIATHLON CLUB	
159	Jocelyn	Jenkins	F	108	FV50	13	01:01:00	283	01:01:00	283		
83	Annie	Elis Pritchard	F	109	FV40	43	01:01:03	284	01:01:03	284		
192	Zoe	Roberts	F	110	FV40	44	01:01:04	285	01:01:04	285		
155	Celia	Free	F	111	FV40	45	01:01:21	286	01:01:21	286	GOG TRIATHLON CLUB	
23	Gavin Edmund	Williams	M	176	MV50	38	01:01:28	287	01:01:28	287		
19	Alan	Owen	M	177	MV40	48	01:01:29	288	01:01:29	288		
89	Mari	Jones-Evans	F	112	FOPEN	48	01:01:31	289	01:01:31	289		
214	Llinos Ceiri	Pritchard	F	113	FOPEN	49	01:01:35	290	01:01:35	290		
53	Richard	Furniss	M	178	MOPEN	70	01:01:44	291	01:01:44	291	CYBI STRIDERS	
77	Paul	Williams	M	179	MV40	49	01:02:02	292	01:02:02	292		Yes
80	Sarah	Popplewell	F	114	FV40	46	01:02:05	293	01:02:05	293	BEAUMARIS TOWN ROAD RUNNERS	
345	Elizabeth	Bossingham	F	115	FOPEN	50	01:02:11	294	01:02:11	294		
301	Rachel	Morris	F	116	FOPEN	51	01:02:16	295	01:02:16	295	NORTH WALES ROAD RUNNERS	
226	Pauline	Jones	F	117	FV40	47	01:02:17	296	01:02:17	296		
109	Lucy	Williams	F	118	FV40	48	01:02:27	297	01:02:27	297	CYBI STRIDERS	
113	Grug	Jones	F	119	FV40	49	01:02:36	298	01:02:36	298		
147	Sue	Eckersley	F	120	FV50	14	01:02:37	299	01:02:37	299		Yes
310	Bethan	Wynne	F	121	FV50	15	01:02:41	300	01:02:41	300	PORTH EIRIAS RUNNERS	
35	Michelle	Jenkinson-Jones	F	122	FV50	16	01:02:43	301	01:02:43	301		
74	Cheryl	Stewart	F	123	FV40	50	01:03:17	302	01:03:17	302	GOG TRIATHLON CLUB	
141	Megan	New	F	124	FV40	51	01:03:17	303	01:03:17	303	GOG TRIATHLON	
268	Michelle	Lindfield	F	125	FV40	52	01:03:17	304	01:03:17	304	GOG TRIATHLON CLUB	
39	Samantha	Owen	F	126	FOPEN	52	01:04:46	305	01:04:46	305		
51	Karen	Jones	F	127	FV40	53	01:04:50	306	01:04:50	306		
267	Claire	Williams	F	128	FOPEN	53	01:04:56	307	01:04:56	307		

182	Rebecca	Burns	F	129	FV50	17	01:05:06	308	01:05:06	308	BETSI RUNAWAYS	
104	Elen Wyn	Williams	F	130	FOPEN	54	01:05:10	309	01:05:10	309		
66	Gwenan	Owen	F	131	FOPEN	55	01:05:46	310	01:05:46	310		Yes
143	Ifor	ap Gwilym	M	180	MV50	39	01:06:00	311	01:06:00	311		
315	Rhian	Jones	F	132	FV40	54	01:06:33	312	01:06:33	312	CYBI STRIDERS	
245	Catherine	Unwin	F	133	FOPEN	56	01:07:03	313	01:07:03	313	BEAUMARIS TOWN ROAD RUNNERS	
339	Miriam	Grant	F	134	FOPEN	57	01:07:29	314	01:07:29	314		
306	Ann	Jones	F	135	FV50	18	01:07:37	315	01:07:37	315	CYBI STRIDERS	
326	Nigel	Rowlands	M	181	MV50	40	01:07:46	316	01:07:46	316		
252	Elin	Gruffydd	F	136	FOPEN	58	01:08:38	317	01:08:38	317		
18	Sharon	Hughes	F	137	FV50	19	01:09:31	318	01:09:31	318	GOG TRIATHLON	
149	Sonja	Griffiths	F	138	FV50	20	01:09:31	319	01:09:31	319		
217	Elin	Jones	F	139	FOPEN	59	01:10:10	320	01:10:10	320		
343	Emma	Bayman	F	140	FV40	55	01:11:25	321	01:11:25	321		
344	Rhian	Lloyd-Hughes	F	141	FV40	56	01:11:26	322	01:11:26	322		
64	Nia	Griffith	F	142	FOPEN	60	01:12:05	323	01:12:05	323		
221	Marina	Owen	F	143	FOPEN	61	01:12:12	324	01:12:12	324		
169	Mo	Lewis	F	144	FOPEN	62	01:12:42	325	01:12:42	325		
277	Gwenda	Baker	F	145	FV50	21	01:13:08	326	01:13:08	326		
181	Carol	Hughes	F	146	FV60	4	01:13:29	327	01:13:29	327		
125	Iwan	Morris	M	182	MOPEN	71	01:14:18	328	01:14:18	328	CLWB RHEDEG DVT RUNNING CLUB	
220	Sharon	Ellis	F	147	FV50	22	01:14:55	329	01:14:55	329		
106	Tina	Owen	F	148	FV50	23	01:15:35	330	01:15:35	330		
62	Pat	Wilson	F	149	FV50	24	01:16:06	331	01:16:06	331	CYBI STRIDERS	
307	Bethan	Evans	F	150	FOPEN	63	01:17:13	332	01:17:13	332		
100	Gareth	Griffith	M	183	MV60	16	01:21:02	333	01:21:02	333		Yes