

Name	Race Entry Number	Time
Overall Winner - Phil Lynes	45	24-58
Owain James	31	26-48
Hefin Wright	1	26-57
Rhys Jones	32	27-30
Arwel Lewis	29	28-22
Karl Ashworth	55	29-17
Meurig Parry	22	29-28
Gareth Wyn Owen	16	29-34
Paul Dunford	57	29-55
Aled Hughes	30	30--07
Hefin Daniel	21	31-17
Ladies Winner - Lauren Hasset	67	31-27
Mark Allen	50	31-52
Alun Evans	51	32-03
Martin Hooker	61	32-19
Owen Eilir Jones	20	32-29
Neil Thomas	19	32-31
Emyr Gibson	18	32-40
Gavin Edwards	28	33-33
Ifron Jones	48	33-46
Meilir Emrys	36	33-51
Gwilym Williams	63	33-59
Llion Williams	5	34-40
Gavin Jones	15	34-47
Gethin Jones	47	35-24
Lowri Jones	34	35-50
Norman Hughes	43	36-09
Huw Williams	6	36-09
Ken Harrison	33	36-50
Sian Williams	4	37-24
Anthony Hughes	59	38-03
Rhys Williams	58	38-03

Gibbs	42 38-09
Kelvin Owen	53 38-10
Carl Thatcher	17 39-11
Hannah Hughes	11 39-22
Richard Evans	8 39-54
Elan Jones	40 39-54
Kathryn Hewitt	49 41-39
Elena Jones	2 43-33
Bethan Jones	3 43-33
Nicky Jones	46 44-20
Lisa Thomas	13 44-45
Kelly Jones	39 47-10
Bryn Jones	60 47-25
Nia Owen	52 49-11
Iwan Morris	7 49-56
Debbie Jones	41 50-32
Ffion Jones	44 51-11
Tracey Jones	38 51-13
Courtney Van	25 56-11
Katie Midwinter	24 56-12
Nicole Davies	26 56-12
Sioned Worsley	54 56-25
Catrin Hughes	56 56-26
Rhys Godfrey	23 64-04
Cara Aston	14 64-04
Shirley Jones	37 66-38
Valmai Owen	10 70-14
Mary Evans	12 70-15
Eleri Warrington	9 70-16
Mabel Jones	64 70-17