

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