

<u>Position</u>	<u>Time</u>	<u>Name</u>	<u>Category</u>	<u>Club</u>
1	43.04	Andres Jones	Senior men (1st three) (2)	Cardiff AC
2	46.04	Carwyn Thoms	Senior men (1st three) (2)	Sarn Helen
3	46.25	Felipe Jones	Senior men (1st three) (2)	U/A
4	48.04	Ifan Richards	Senior men (1st three) (2)	Meirionydd RC
5	48.34	James Thomas	Senior men (1st three) (2)	UWA
6	50.33	Dylan Lewis	Senior men (1st three) (2)	U/A
7	51.51	Mark Smith	Senior men (1st three) (2)	Aberystwyth AC
8	51.56	David Powell	V/45 men (4)	Aberystwyth AC
9	51.59	Shan Roberts	V/40 lady (14)	Ingli Runners
10	52.34	Chris Lewis	Senior men (1st three) (2)	U/A
11	53.24	Tom Limb	Senior men (1st three) (2)	UWA
12	53.36	Phoebe Webster	Senior lady (1st three) (12)	Aberystwyth AC
13	53.38	Haydn Lloyd	Senior men (1st three) (2)	Sarn Helen
14	53.56	John Battrick	Under 20 men (1)	U/A
15	54.04	Daniel Rushton	Senior men (1st three) (2)	U/A
16	54.18	Dafydd Davies	Senior men (1st three) (2)	U/A
17	54.21	Dylan Jones	Senior men (1st three) (2)	Bro Dysynni
18	54.35	Tristan Price	Senior men (1st three) (2)	U/A
19	54.42	John Parry	V/55 men (6)	Builth & District
20	54.53	Tony Hall	V/50 men (5)	Sarn Helen
21	55.23	Tom Roberts	Senior men (1st three) (2)	Meirionydd RC
22	55.23	Rhodri Owain	Senior men (1st three) (2)	U/A
23	55.25	Norman Biggs	Senior men (1st three) (2)	Aberystwyth AC
24	55.35	Josef Curtis	Senior men (1st three) (2)	U/A
25	55.38	Simon Hall	Senior men (1st three) (2)	Sarn Helen
26	56.01	Iestyn Richards	Senior men (1st three) (2)	Bro Dysynni
27	56.03	Huw Griffiths	Senior men (1st three) (2)	U/A
28	56.28	Col Groetjans	V/40 men (3)	Voorschoten 97
29	56.32	Paul Rose	V/45 men (4)	Aberystwyth AC
30	56.48	Edward Fletcher	Senior men (1st three) (2)	U/A
31	56.49	Ieuan Andrew Davies	V/40 men (3)	U/A
32	56.57	Richard Morgan	Senior men (1st three) (2)	U/A
33	57.13	Dee Jolly	Senior lady (1st three) (12)	Sarn Helen
34	57.16	Ian Evans	Senior men (1st three) (2)	Aberystwyth AC
35	57.21	David Michael	V/40 men (3)	U/A
36	57.24	Andrew Filmer	Senior men (1st three) (2)	U/A
37	57.25	Alaistair Duncanson	Senior men (1st three) (2)	U/A
38	58.10	Shelley Childs	Senior men (1st three) (2)	Aberystwyth AC
39	58.13	Sam Wakeling	Senior men (1st three) (2)	U/A
40	58.21	John Evans	V/60 men (7)	Aberystwyth AC
41	58.33	Andrew Edgell	Senior men (1st three) (2)	Sarn Helen
42	58.36	Clive Williams	V/40 men (3)	Aberystwyth AC
43	58.47	Jo Thatcher	V/40 lady (14)	Aberystwyth AC
44	58.59	Peter Crowther	V/55 men (6)	Northern Veterans
45	59.23	Peter Garson	V/40 men (3)	Aberystwyth AC
46	59.37	Geraint Huws	Senior men (1st three) (2)	U/A

<b>47</b>	59.58	Sion Williams	Senior men (1st three) (2)	Ystwyth CC
<b>48</b>	60.02	Clive Evans	V/60 men (7)	Aberystwyth AC
<b>49</b>	60.04	Adriano Evola	V/50 men (5)	Aberystwyth AC
<b>50</b>	60.05	Rachel Parker	Under 20 lady (11)	UWA
<b>51</b>	60.16	Jason Williams	Senior men (1st three) (2)	Cardigan RC
<b>52</b>	60.27	Brian Russell	V/50 men (5)	Cardigan RC
<b>53</b>	60.30	Caspar Donnison	Under 20 men (1)	U/A
<b>54</b>	60.32	Mike Jones	V/45 men (4)	U/A
<b>55</b>	60.32	Richard Griffiths	V/55 men (6)	Bro Dysynni
<b>56</b>	60.34	Emma Thomas	Senior lady (1st three) (12)	UWA
<b>57</b>	61.19	Tomos Jones	Under 20 men (1)	U/A
<b>58</b>	61.30	Darryl Evans	V/45 men (4)	Maldwyn Harriers
<b>59</b>	61.44	Daniel Howells	V/40 men (3)	U/A
<b>60</b>	61.50	Glyn Rowlands	V/50 men (5)	Meirionydd RC
<b>61</b>	61.56	Clive King	V/40 men (3)	Eryri Harriers
<b>62</b>	62.30	Gwydion Williams	Under 20 men (1)	U/A
<b>63</b>	62.32	Chris Moore	Senior men (1st three) (2)	Emlyn Runners
<b>64</b>	62.42	Alun Nash	V/45 men (4)	U/A
<b>65</b>	62.51	Clive Williams	V/50 men (5)	Aberystwyth AC
<b>66</b>	62.56	Robert Nash	V/50 men (5)	U/A
<b>67</b>	62.59	Phoebe Pender	Senior lady (1st three) (12)	Aberystwyth AC
<b>68</b>	64.08	Ryszard Piotrdwicz	V/45 men (4)	U/A
<b>69</b>	65.25	Rob Lawson	Senior men (1st three) (2)	U/A
<b>70</b>	65.25	Mark Williams	Senior men (1st three) (2)	U/A
<b>71</b>	65.26	Anthony Pickles	Senior men (1st three) (2)	UWA
<b>72</b>	65.40	Kevin Bryan	V/40 men (3)	U/A
<b>73</b>	65.53	Arfon Hughes	V/40 men (3)	U/A
<b>74</b>	65.54	Craig Turner	V/40 men (3)	U/A
<b>75</b>	65.54	Dai Roberts	V/45 men (4)	Aberystwyth AC
<b>76</b>	66.26	Cameron Pope	V/50 men (5)	Aberystwyth AC
<b>77</b>	66.54	Jane Wilkins	V/45 lady (15)	Cardigan RC
<b>78</b>	67.21	Heather Pitcher	V/40 lady (14)	U/A
<b>79</b>	67.49	Leo Lewis	V/50 lady (16)	U/A
<b>80</b>	70.19	Phillip Cable	V/50 men (5)	U/A
<b>81</b>	70.52	Ormond Williams	V/45 men (4)	U/A
<b>82</b>	71.52	Malcolm Taylor	V/65 men (8)	Bro Dysynni
<b>83</b>	72.05	Goronwy Evans	V/50 men (5)	U/A
<b>84</b>	72.22	Debbie Nash	Senior lady (1st three) (12)	Aberystwyth AC
<b>85</b>	73.14	Brenda Jones	V/65 lady (19)	Bro Dysynni
<b>86</b>	74.31	Helen Stretch	V/55 lady (17)	Aberystwyth AC
<b>87</b>	75.55	Menna Stephens	Senior lady (1st three) (12)	Aberystwyth AC
<b>88</b>	76.16	Rik Mombray	V/45 men (4)	U/A
<b>89</b>	77.26	Katie-Elizabeth McDermott	Senior lady (1st three) (12)	UWA
<b>90</b>	77.32	Leah Sumner	Senior lady (1st three) (12)	UWA
<b>91</b>	78.01	Eryl Owain	V/55 men (6)	U/A
<b>92</b>	78.46	Shan Breese	V/50 lady (16)	Aberystwyth AC
<b>93</b>	79.19	Rachel Smith	Senior lady (1st three) (12)	UWA
<b>94</b>	80.34	Rob Smart	Senior men (1st three) (2)	Serpentine

<b>95</b>	80.49	Rose Rhys	V/55 lady (17)	Aberystwyth AC
<b>96</b>	82.38	Gudrun Jones	V/50 lady (16)	Sarn Helen
<b>97</b>	83.03	Dinah Jones	V/45 lady (15)	Sarn Helen
<b>98</b>	85.17	Sue Ginley	V/45 lady (15)	Aberystwyth AC