

Position	Time	Name	Club	Category	
1	68.47	Rob Grantham	Elesmere Port	M	record
2	72.37	Matt Fortes	Eryri	M	
3	73.11	Iwan Morton	UA	M	
4	76.45	Fred Maier	Bangor Uni	U23	record
5	77.10	Lifon Foulkes	Eryri	M	
6	77.18	Adam Haines	Eryri	M50	record
7	77.22	Mark Atherton	Meironedd	M40	
8	84.47	Rory Odonnell	Eryri	M	
9	86.18	Kean Rowlands	Clywddian RR	M50	
10	86.24	Lisa Grantham	Wirral AC	F	
11	86.30	Phil Tan Jones	Eryri	M50	
12	86.34	Gary porter Jones	Eryri	M40	
13	87.15	Simon Blease	Brycheinog	M50	
14	88.25	Kevin Hagley	SWRR	M40	
15	88.25	Ian Luke	UA	M	
16	89.50	Dave Soles	Pennine	M40	
17	94.40	Richard Bourne	UA	M40	
18	94.42	Gwion Williams	Eryri	M	
19	95.05	Nick Jones	Eryri	M	
20	95.16	David Lewis	Eryri	M	
21	95.33	Ross Powell	WFRA	M50	
22	96.16	Sandra Rowlands	Clywddian RR	F40	
23	96.22	Martin Courtvriend	Denbigh	M60	
24	97.00	I R Hughes	UA	M40	
25	98.00	Simon Daniel	UA	M	
26	98.22	Brian Robins	Eryri	M60	
27	99.33	Ellie Salisbury	Eryri	F50	record
28	100.18	Kate Worthington	Eryri	F	
29	102.08	Emyr Davies	Eryri	M60	
30	103.37	Keith Williams	UA	M40	
31	109.15	Rhys Owen	UA	M	
32	157.00	David Owen	Prestatyn	M60	
33	a long time	Graham McVie	UA	M40	
34	even longer	Dilwyn Rowlands	Eryri	M40	
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