

	Name	Club	Time
	U/20M		
1	Noa Vaughan	Eryri H.	34.43
2	Dion Griffith	Menai t&f	34.56
	SM		
1	Adam Jones	Eryri H.	33.19
2	Scott Nixon	Cardiff A.C.	33.31
3	James Yarwood	Abergele H.	33.46
	M35		
1	Ian Edwards	Eryri H.	35.27
2	Jonathan Tyler	Cybi S.	36.52
3	Edwards Sanders	Cybi S.	42.17
	M40		
1	Warren Renkel	Run Free	35.23
2	Steve Forsyth	NWRRC	36.19
3	Iwan Evans	NWRRC	39.44
	M45		
1	Nic Brook	Eryri H.	35.08
2	Jonathan Kettle	NWRRC	36.25
3	Paul Sidwell	Run Free	37.05
	M50		
1	Darren Blazier	Abergele H.	38.28
2	Stuart Culverhouse	NWRRC	41.46
3	Dilwyn Rowlands	Eryri H.	44.06
	M55		
1	Richard Eccles	NWRRC	37.54
2	Paul Garstang	Gog Tri	42.21
3	Richie Williams	Cybi S.	42.49
	M60		
1	John Jones	Abergele H.	43.58
2	Simon Nixon	Denbigh H.	46.19
3	Gwyn Evans	Eryri H.	54.13
	M65		
1	Robert Fryer	NWRRC	50.25
2	Eurwyn Edwards	Eryri H.	51.45
3	Malcolm Harrison	Gog Tri	55.17
	M70		
1	Martin Cortvriend	Prestatyn	44.49
2	Don Hale	NWRRC	56.50
3	No entry		
	M75		
1	Emyr Davies	Hebog	49.14
2	No entry		
	M80		
1	No entry		

N. Wales championships

	Name	Club	Time
	U/20F		
1	No entry		
	SL		
1	Katie Reynonlds	Eryri H.	39.13
2	Rachel Shipley	Abergele H.	39.27
3	Elliaw Haf	Eryri H.	39.51
	F35		
1	Kelly Alford	NWRRC	51.30
2	No entry		
	F40		
1	Sarah Hudson	NWRRC	44.30
2	Gwennan Henstock	Buckley R.	48.25
3	Helen Morgan	Eryri H.	48.56
	F45		
1	Victoria Taylor	NWRRC	54.50
2	No entry		
	F50		
1	Nicola Wylie	NWRRC	48.15
2	Rachel Threadkell	Cybi S.	56.00
3	Helen Davies	Denbigh H.	56.03
	F55		
1	Kate Potter	Eryri H.	54.56
2	Carol Moss	Abergele H.	55.13
3	Susan Smith	NWRRC	62.23
	F60		
1	Wendi Evans	Eryri H.	48.40
2	Christine Wyn-Jones	Deeside A.C.	52.36
3	Sue Jones	Cybi S.	57.39
	F65		
1	Vivienne Edwards	Eryri H.	64.56
2	No entry		
	F70/F75/F80		
1	No entry		

[illegible]

	U/17
1	
2	
3	