

MEN**WOMEN**

	Name	Club	Time	
	U/20M			
1	No entries			
	SM			
1	Huw Gwyn	Eryri	01:15:09	
2	Tomos Jones	Hebog	01:24:01	
3	Cai Newell Jones	Meirionnydd	01:26:49	
	M35			
1	Tomos Roberts	Meirionnydd	01:09:25	CHAMPION
2	James Nicholls	Wrexham	01:13:09	
3	Chris Pownall	Cybi	01:16:27	
	M40			
1	Steffan Sayer	Menai	01:15:12	
2	Aled Hughes	GogTri	01:20:20	
3	Dean Thomas	Maldwyn	01:20:27	
	M45			
1	William Dunn	Meirionnydd	01:22:55	
2	Chris Thomas	Cybi	01:28:21	
3	David Ellis	Cybi	01:38:02	
	M50			
1	Robert Mansell	Cybi	01:15:53	
2	Jonathan Kettle	NWRRC	01:22:51	
3	David Hudd	Prestatyn	01:29:47	
	M55			
1	Derek Macphail	Meirionnydd	01:50:18	
2	Hugh Morgan	Eryri	02:09:14	
	M60			
1	Gareth Southworth	Cybi	01:44:26	
2	Steven Roberts	NWRRC	01:54:40	
	M65			
1	David Wright	Meirionnydd	01:43:04	
2	Trevor Tommy	Deestriders	01:50:44	
3	Chris Davies	Lliswerry	02:04:16	
	M70			
1	Robert Fryer	NWRRC	02:12:43	
	M75/80			
	No entries			