

| <u>No.</u> | <u>Position</u> | <u>Name</u> | <u>Club</u> | <u>Age</u> | <u>Class</u> | <u>Time</u> |
|------------|-----------------|------------------|----------------|------------|--------------|-------------|
| 181 | 1 | Dylan Lewis | Sarn Helen | 32 | M | 43.22 |
| 144 | 2 | Ken Caulkett | Sarn Helen | 34 | M | 44.43 |
| 187 | 3 | Llewelyn Lloyd | Sarn Helen | 24 | M | 45.28 |
| 183 | 4 | Gareth Payne | Sarn Helen | 42 | M40 | 45.46 |
| 150 | 5 | Simon Hall | Sarn Helen | 36 | M | 46.40 |
| 145 | 6 | Glyn Price | Sarn Helen | 48 | M40 | 47.06 |
| 182 | 7 | Gareth Hodgson | | 28 | M | 47.21 |
| 156 | 8 | Jimmy Carter | Vegan Runner | 38 | M | 47.57 |
| 176 | 9 | Geraint Williams | | 41 | M40 | 48.03 |
| 147 | 10 | Andrew Poole | | 37 | M | 48.09 |
| 188 | 11 | Richard Anthony | Aberyswyth | 39 | M | 48.32 |
| 153 | 12 | Alex Lewis | Neath Harriers | 36 | M | 48.35 |
| 151 | 13 | Carwyn Davies | Sarn Helen | 38 | M | 49.08 |
| 189 | 14 | Matthew Rose | Aberyswyth | | M | 49.21 |
| 157 | 15 | Dave Powell | Aberyswyth | 55 | M50 | 49.47 |
| 159 | 16 | Calvin Williams | Sarn Helen | 53 | M50 | 49.56 |
| 162 | 17 | Andrew Davis | Sarn Helen | 47 | M40 | 50.16 |
| 172 | 18 | Barry Owen | Emlyn Flyers | 41 | M40 | 52.40 |
| 161 | 19 | Matthew Page | A Cycling | 31 | M | 53.28 |
| 158 | 20 | Louise Barker | Aberyswyth | 40 | F35 | 53.32 |
| 149 | 21 | Dee Jolly | Sarn Helen | 28 | F | 53.43 |
| 175 | 22 | Caleb Williams | | 16 | M | 54.19 |
| 152 | 23 | Dean Thomas | | 45 | M40 | 54.22 |
| 163 | 24 | Mark Rivers | | 39 | M | 54.41 |
| 164 | 25 | Gary Jones | | 40 | M40 | 54.51 |
| 148 | 26 | Tony Hall | Sarn Helen | 60 | M50 | 55.24 |
| 170 | 27 | Trystan Johns | WCT | 35 | M | 55.36 |
| 139 | 28 | Michael Davies | Sarn Helen | 46 | M40 | 55.45 |
| 137 | 29 | Hywel Jones | | 53 | M50 | 55.53 |
| 177 | 30 | Vincent Bailey | | 46 | M40 | 56.19 |

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|-----|----|--------------------|-------------------|----|-----|-------|
| 186 | 31 | M Taylor | | 56 | M50 | 56.23 |
| 167 | 32 | Murray Kisbee | Sarn Helen | 66 | M50 | 56.26 |
| 134 | 33 | Gareth Davies | | 27 | M | 56.30 |
| 142 | 34 | Thomas Willoughby | Sarn Helen | 16 | M | 57.28 |
| 185 | 35 | Howard Thomas | Cardigan | 42 | M40 | 57.45 |
| 184 | 36 | R Luxton | Cardigan | 56 | M50 | 58.34 |
| 180 | 37 | Eleri Rivers | Sarn Helen | 41 | F35 | 59.19 |
| 179 | 38 | David Thomas | Sarn Helen | 52 | M40 | 59.35 |
| 138 | 39 | Mitchell Readwin | Sarn Helen | 32 | M | 60.30 |
| 160 | 40 | John Camani | Trots | 29 | M | 60.49 |
| 173 | 41 | Jason Wilkins | Cardigan | 45 | M40 | 61.04 |
| 168 | 42 | Kyra Kirkham | | 39 | F35 | 61.09 |
| 131 | 43 | Neil Harries | | 45 | M40 | 61.19 |
| 171 | 44 | Ian Davies | Velo Cycling Club | 52 | M50 | 61.23 |
| 178 | 45 | Aneurin James | Sarn Helen | 47 | M40 | 62.24 |
| 141 | 46 | Helen Willoughby | Sarn Helen | 51 | F45 | 63.34 |
| 174 | 47 | Jane Wilkins | Cardigan | 52 | F45 | 64.12 |
| 154 | 48 | Sian Roberts Jones | Sarn Helen | 35 | F35 | 65.16 |
| 132 | 49 | Jena Weidemann | | 22 | F | 65.49 |
| 128 | 50 | Ceri Morgan | | 28 | M | 67.53 |
| 169 | 51 | Eric Davey | Llanelli | 65 | M50 | 68.53 |
| 165 | 52 | Melanie Gaul | Aberyswyth | 43 | F35 | 69.25 |
| 155 | 53 | Sarah Williams | | 38 | F35 | 71.22 |
| 135 | 54 | Oona Crawford | Trots | 61 | F45 | 72.37 |
| 166 | 55 | Pukkie Morgan | Aberyswyth | 48 | F45 | 76.18 |
| 133 | 56 | Jordan Tweedale | | 27 | M | 76.33 |
| 143 | 57 | Emma Gray | Sarn Helen | 37 | F35 | 94.35 |

1st TEAM - Sarn Helen

Dylan Lewis

Glyn Price

Dee Jolly