

Position	Race Number	First Name	Surname	Time
1	233	Jimmy	Davies	00:20:10
2	234	Elizabeth	Tremlett	00:20:46
3	239	Gethin	Thomas	00:20:49
4	228	Maisie	Foster	00:20:58
5	231	Noa	Jal	00:22:40
6	227	Anwen	O'Leary	00:23:24
7	203	Rhydian	Evans	00:23:53
8	226	Gareth	Jones	00:24:41
9	225	Angharad	Owen	00:25:25
10	229	Jana	Weidemann	00:26:35
11	214	Noa	Jones	00:26:50
12	223	Linda	Westlake	00:26:55
13	209	Sara	Jenkins	00:27:43
14	217	Sian	Morgans	00:25:45
15	238	Liz	Jones	00:27:51
16	206	Chrissy	Harrison	00:27:58
17	230	Bronwen	Dart	00:28:03
18	204	Iwan	Evans	00:28:08
19	224	Sian	Williams	00:30:23
20	208	Sarah	Jenkins	00:30:53
21	224	Sian	Williams	00:31:09
22	222	Rosie	Stephens	00:32:36
23	237	Lara	Davies	00:32:43
24	232	Alex	Thomas	00:33:28
25	216	Tristian	Lewis	00:33:59
26	201	Gaynor	Bryson	00:34:36
27	220	David	Standley-Bruce	00:34:37
28	221	Becky	Standley-Bruce	00:36:38
29	215	Sian	Lewis	00:36:46
30	210	Llinos	Jones	00:39:18
31	235	Sian	Davies	00:40:08
32	207	Louise	Havard-Thomas	00:42:17
33	236	Katy	Davies	00:45:04
34	218	Elizabeth	Randall	00:45:36
35	202	Rachel	Davies	29:04:58