

## 10km

POS	NAME	PEMBREY	AFON	3 CLIFFS	DOLAUCOTHI	GLASFYNYDD	CWM Y RHAADR	BEST 4
1	Freddie Lake	0	91	0	98	100	100	389
2	Peter Lake	97	93	96	93	98	91	384
3	Niall Reynolds	0	95	97	91	0	95	378
4	Sasha Habgood	0	92	0	90	96	93	371
5	Anthony Raven	96	0	91	89	0	92	368
6	Katie Lake & James Cockrill	0	90	89	85	94	90	363
7	Robin Irwin	0	100	0	97	99	0	296
8	Cris Arnold	98	0	98	0	0	96	292
=9	Andrew Raven	99	0	95	94	0	0	288
=9	Bethan Irwin	0	99	0	92	97	0	288
11	Sarah Jenkins	0	0	88	84	0	89	261
12	Ben Mitchell	0	0	100	100	0	0	200
13	Freddie Habgood	100	0	0	96	0	0	196
14	Andrew Ferguson	0	98	90	0	0	0	188
15	Tom Habgood	0	0	0	86	95	0	181
=16	Jon Collier	0	0	0	99	0	0	99
=16	Tom Smith	0	0	99	0	0	0	99
=16	William Lake	0	0	0	0	0	99	99
19	William Arnold	0	0	0	0	0	98	98
=20	Gill Lock	0	97	0	0	0	0	97
=20	Mark Saunders	0	0	0	0	0	97	97
22	Daniel Thomas & Matt Lai	0	96	0	0	0	0	96
=23	Vince Nagy-Kovacs	0	0	0	95	0	0	95
=23	Louise Boorman & Gillian Jackson	95	0	0	0	0	0	95
=25	Megan Symons	0	94	0	0	0	0	94
=25	Matthew Knight	0	0	94	0	0	0	94
=25	Alice Bedwell	0	0	0	0	0	94	94
28	Laura Robinson	0	0	93	0	0	0	93
29	Saskia Jones	0	0	92	0	0	0	92
30	Kate O'Sullivan	0	0	0	88	0	0	88
=31	Mike Kay	0	0	0	87	0	0	87
=31	Laura Winter & Jez Broughton	0	0	87	0	0	0	87
33	Helena Goode	0	0	86	0	0	0	86
34	Jackie Frary	0	0	85	0	0	0	85
35	Zoe Pelech	0	0	84	0	0	0	84
36	Margaret Rynolds	0	0	0	0	0	0	0
37	Philip Jenkins	0	0	0	0	0	0	0

## 5km

POS	NAME	PEMBREY	AFON	3 CLIFFS	DOLAUCOTHI	GLASFYNYDD	CWM Y RHAADR	Best 4
1	Margaret Reynolds	96	0	100	99	0	100	395
2	Garry Waters	0	99	97	96	100	97	393
3	Dave & Ann Mitchell	99	0	95	95	99	0	388
4	Jenni Nellist & Sam Payne	97	95	93	94	98	96	386
5	James Morris & Francine Chourot-Morris	95	96	92	92	0	0	375
6	Lucie & Andrew Morris	92	94	91	93	0	0	370
7	Jenny Green	0	0	94	97	0	98	289
8	Eunice Carter	0	98	98	0	0	0	196
=9	Sam Mitchell	100	0	0	0	0	0	100
=9	Peter O'Kane	0	100	0	0	0	0	100
=9	Adam Nagy-Kovacs	0	0	0	100	0	0	100
=12	Charlotte Green	0	0	99	0	0	0	99
=12	Philip Jenkins	0	0	0	0	0	99	99
=14	Laura Robinson	98	0	0	0	0	0	98
=14	Bethan Phillips	0	0	0	98	0	0	98
16	Dave Mitchell	0	97	0	0	0	0	97
17	Dave Bird	0	0	96	0	0	0	96
18	Sadie Lake	0	0	0	0	0	95	95
19	Mike Dobbs	94	0	0	0	0	0	94
20	Poppy Aspland & Eunice Carter	93	0	0	0	0	0	93
21	Janice Hughes	0	0	0	91	0	0	91
22	Edward Parsons	0	0	0	90	0	0	90