10km

POS	NAME	PEMBREY	AFON	3 CLIFFS	DOLAUCOTHI	GLASFYNYDD	CWM Y RHAIADR	BEST 4
1	Peter Lake	**97**	**93**	**96**	93	**98**		384
2	Katie Lake & James Cockrill	0	**90**	**89**	**85**	**94**		358
3	Robin Irwin	0	**100**	0	**97**	**99**		296
4	Freddie Lake	0	**91**	0	**98**	**100**		289
5	Andrew Raven	**99**	0	**95**	**94**	0		288
5	Bethan Irwin	0	**99**	0	**92**	**97**		288
7	Niall Reynolds	***0***	**95**	**97**	**91**	0		283
8	Sasha Habgood	***0***	**92**	0	**90**	**96**		278
9	Anthony Raven	**96**	0	**91**	**89**	0		276
10	Ben Mitchell	0	0	**100**	**100**	0		200
11	Freddie Habgood	**100**	***0***	0	**96**	0		196
11	Cris Arnold	**98**	0	**98**	0	0		196
13	Andrew Ferguson	0	**98**	**90**	0	0		188
14	Tom Habgood	0	0	0	**86**	**95**		181
15	Sarah Jenkins	0	0	**88**	**84**	0		172
16	Jon Collier	0	0	0	**99**	0		99
16	Tom Smith	0	0	**99**	0	0		99
18	Gill Lock	***0***	**97**	0	0	0		97
19	Daniel Thomas & Matt Lai	0	**96**	0	0	0		96
20	Vince Nagy-Kovacs	0	0	0	**95**	0		95
20	Louise Boorman & Gillian Jackson	**95**	0	0	0	0		95
22	Megan Symons	0	**94**	0	0	0		94
22	Matthew Knight	0	0	**94**	0	0		94
24	Laura Robinson	0	0	**93**	0	0		93
25	Saskia Jones	0	0	**92**	0	0		92
26	Kate O'Sullivan	0	0	0	**88**	0		88
27	Mike Kay	0	0	0	**87**	0		87
27	Laura Winter & Jez Broughton	0	0	**87**	0	0		87
29	Helena Goode	0	0	**86**	0	0		86
30	Jackie Frary	0	0	**85**	0	0		85
31	Zoe Pelech	0	0	**84**	0	0		84
32	Margaret Rynolds	0	***0***	0	0	0		0
33	Philip Jenkins	0	0	0	***0***	0		0

5km

POS	NAME	PEMBREY	AFON	3 CLIFFS	DOLAUCOTHI	GLASFYNYDD	CWM Y RHAIADR	Best 4
1	Garry Waters	0	**99**	**97**	**96**	**100**		392
2	Dave & Ann Mitchell	**99**	0	**95**	**95**	**99**		388
3	Jenni Nellist & Sam Payne	**97**	**95**	93	**94**	**98**		384
4	James Morris & Francine Chourot-Morris	**95**	**96**	**92**	**92**	0		375
5	Lucie & Andrew Morris	**92**	**94**	**91**	**93**	0		370
6	Margaret Reynolds	**96**	0	**100**	**99**	0		295
7	Eunice Carter	0	**98**	**98**	0	0		196
8	Jenny Green	0	0	**94**	**97**	0		191
9	Sam Mitchell	**100**	0	0	0	0		100
9	Peter O'Kane	0	**100**	0	0	0		100
9	Adam Nagy-Kovacs	0	0	0	**100**	0		100
12	Charlotte Green	0	0	**99**	0	0		99
13	Laura Robinson	**98**	0	0	0	0		98
13	Bethan Phillips	0	0	0	**98**	0		98
15	Dave Mitchell	0	**97**	0	0	0		97
16	Dave Bird	0	0	**96**	0	0		96
17	Mike Dobbs	**94**	0	0	0	0		94
18	Poppy Aspland & Eunice Carter	**93**	0	0	0	0		93
19	Janice Hughes	0	0	0	**91**	0		91
20	Edward Parsons	0	0	0	**90**	0		90