

TIER 1 - 10 KM					
Overall	Name	Club or City	Height Gain	Time	M/F
1	Fabian Devlin	North Endurance	27	0:36:41	1
2	Paul Martin	North Endurance	23	0:37:16	2
3	Bradley Williams	North Endurance	22	0:38:58	3
4	Ralph Wolohan	Pensby Runners	34	0:39:41	4
5	Felicity Wolohan	Penny Lane Striders	12	0:41:42	1
6	Alistair Chambers	Ivanhoe Runners	-	0:41:44	5
7	Paul Scullion	Aberystwyth	74	0:41:48	6
8	Martin Jensen	St Albans	-	0:42:25	7
9	Adrian Pearce	Wales	201	0:43:15	8
10	Mike Alexander	WeSwimRun	52	0:43:41	9
11	Matthew Maloney	North Endurance	63	0:44:37	10
12	Paul Skipper	Mersey Tri	75	0:45:20	11
13	Paul Burgin	Wirral	-	0:47:43	12
14	Jon Shaw	Cerist Tri	86	0:49:54	13
15	Maggie Collingborn	Aberystwyth	80	0:50:13	2
16	Anthony Gilbert	Wirral	69	0:50:49	14
17	Helen Skipper	MerseyTri	67	0:56:42	3
18	Ellie Michael	Wirral	67	0:57:00	4
19	Tracy Harby	Sheffiled	74	0:57:53	5
20	Jamie Karmellhi	Liverpool	50	0:59:04	15
21	Becky Varnouse	Penny Lane Striders	140	1:01:57	6
22	Jamie Lewis	Netherlands	66	1:05:21	16
23	Chris Laughton	Cerist Tri	323	1:06:00	17
24	Andrea Edwards-Jones	Dolgellau	331	1:08:41	7
25	John Williams	Cerist Tri	354	1:08:54	18
26	Angela Edwards	Cerist Tri	315	1:11:00	8
27	Claire Thapa	Cerist Tri	340	1:11:46	9
28	Rebecca Warren	Holyhead Running Club	296	1:15:11	10
29	Bob Persuader	Vegan Runners UK	777	1:18:42	19
30	Robert Goodsell	Cerist Tri	428	1:24:00	20
	Danni Wood	Nottingham			
	Alice Croot	Machynlleth			