

Prizes			
<u>Race</u>	Men		Women
1st	Iwan Morton		Sian Jones
2nd	Iestyn Rhodes		Anne Marie Harris
3rd	Jonathan Ford		Helen Williams
<u>V40</u>			
1st	Stephen Morgan		Julie Cashell
2nd	Gareth Weltch		Amanda Williams
3rd	James Morrison		Helen Brown
<u>V50</u>			
1st	James Fletcher		Sharon Woods
2nd	Stephen Priesnall		Anna Helsing
3rd	Jon Tibke		
<u>V60</u>			
1st	Peter Williams		
2nd	Simon Blease		
3rd			
<u>Team</u>	Mynydd Du		Parc Bryn Bach
	Iwan Morton		Sian Jones
	Jonathan Ford		Helen Williams
	James Fletcher		Rhianydd Evans
<u>Spot Prizes</u>	9	Peter Williams	
	12	James Morrison	
	27	Paul Abbot	