

Class	Field	Pos	No.	Name	Club	Time (mm:ss)
<b>M16</b> <i>(7km, 360m Ascent)</i>	1	1	367	Josh Peavor	Eryri Harriers	43:00
		2				
		3				
		4				
<b>M18</b> <i>(9.5km, 500m Ascent)</i>	2	1	369	Matthew Anthony	Deeside AAC	58:03
		2	368	Kavan Heppenstall	Clwydian Range Runners	62:04
		3				
		4				