

Position	Time	Bib	Forename	Surname	M/F	Club
1	0:15:16	214	Aled	Jones	M	Aberystwyth AC
2	0:16:46	210	Teilo	Courtier-Li	M	
3	0:18:12	212	Ioan	Ings	M	
4	0:20:18	213	Evan	Burke	M	
5	0:23:20	211	Lucy	Gaul	F	