

Pos	Forename	Surname	Time
1	Matthew	Phillips	26.09
2	Emma	Edwards	27.11
3	Hywel	Williams	27.31
4	Joanne	Huson	27.33
5	Naomi	Davies	27.35
6	Andrew	Little	27.49
7	Michael	Griffiths	28.37
8	Richard	Appleford	28.55
9	Tom	Longley	29.21
10	Alison	Williams	30.44
11	Sara	Williams	31.07
12	Dave	Baileys	33.15
13	Carys	Dawes	33.41
14	Kaylea	Palkowski	33.46
15	Nick	Davies	38.23