

Trods'N'Plods 2024

Name	YB	Time	Club
Lawro	M40	00:54:04	Penny Lane Striders
G-Pea	M50	01:14:25	Clwydian Range Runners
Hop	M50	01:22:32	Clwydian Range Runners
Fitz	M40	01:24:19	Denbigh Harriers
Simo	M40	01:28:31	Bowland FR
Katy B	F	01:29:58	Denbigh Harriers
Rachel	F	00:54:14	Denbigh Harriers