

The Narth Run - results and records	2013	2014	2015		
Fun run 2.5K male	Joshua Houghton-Snell 11:12 COURSE RECORD	Linus Harman 11:33			
Fun run 2.5K female	Arwen Van der Horst 10:56 COURSE RECORD	Seren Van der Horst 12:29			
5K male	Matthew Webb 34:42	Christopher Ezard 26:10 COURSE RECORD			
5K female	Bethan Rees 29:27	Mary Pardington 25:00 COURSE RECORD			
10K male	Huw Evans 36:26 COURSE RECORD	Adrian Wain 39:58			
10K female	Emily Pardington 45:55 COURSE RECORD	Emily Pardington 46:55			