

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Club	Gun Time	Position	Chip Time	Position
378	Gareth	Williams	M	1	MSENIOR	1	DEESTRIDERS RC	00:33:54	1	00:33:53	1
448	Alun	Williams	M	2	MV35	1		00:33:59	2	00:33:58	2
333	Mike	Roberts	M	3	MSENIOR	2	DEE	00:35:20	3	00:35:20	3
402	Dewi	Owen	M	4	MV35	2	ERYRI	00:36:09	4	00:36:08	4
5017	Sam	Sussex	M	5	MU20	1	WREXHAM AC	00:36:13	5	00:36:10	5
5034	Kirsty	Longley	F	1	FV35	1		00:37:08	6	00:37:08	6
357	Chris	Callaghan	M	6	MV35	3	BUCKLEY RUNNERS	00:37:22	7	00:37:21	7
411	Simon	Wilde	M	7	MV40	1	CHESTER TRIATHLON CLUB	00:37:37	8	00:37:36	8
5018	Craig	Davies	M	8	MV40	2	DEESTRIDERS RC	00:37:42	9	00:37:41	9
5032	Chris	Yorke	M	9	MV45	1	NWRRRC	00:38:04	10	00:38:04	10
103	Thomas	Spence	M	10	MSENIOR	3	WREXHAM AC	00:38:28	11	00:38:27	11
380	Andrew	Bromley	M	11	MSENIOR	4	DEESIDE AAC	00:38:30	12	00:38:29	12
410	Elizabeth	Renondeau	F	2	FV35	2	ELLESMERE PORT RUNNING CLUB	00:38:34	13	00:38:34	13
67	Jeremy	Randell	M	12	MV50	1	MEIRIONNYDD RUNNING CLUB	00:38:50	14	00:38:47	14
42	Andrew	Carter	M	13	MV45	2	WEST CHESHIRE AC	00:39:20	15	00:39:18	16
395	Rory	Middleton	M	14	MSENIOR	5		00:39:22	16	00:39:16	15
252	Rob	Mahoney	M	15	MSENIOR	6	BUCKLEY RUNNERS	00:39:55	17	00:39:50	19
5011	Eddie	Davies	M	16	MV45	3		00:40:04	18	00:40:02	21
332	Phil	Brown	M	17	MV50	2	BAILDON RUNNERS	00:40:06	19	00:40:05	22
281	Gareth	Vale	M	18	MSENIOR	7		00:40:08	20	00:40:00	20
242	Iain	Davies-Moore	M	19	MV45	4	WRECSAMTRI	00:40:11	21	00:39:49	18
5029	Tony	Davenport	M	20	MV45	5		00:40:12	22	00:40:09	23
74	Kevin	Coleclough	M	21	MV35	4		00:40:17	23	00:40:10	24
187	Julian	Jones	M	22	MV40	3		00:40:19	24	00:39:44	17
423	Jonathan	Cole	M	23	MV35	5	ELLESMERE PORT RUNNING CLUB	00:40:20	25	00:40:19	25
8	Martin	Wynn	M	24	MV50	3		00:40:25	26	00:40:19	26
155	Ashley	Williams	M	25	MU20	2	WREXHAM AC	00:40:33	27	00:40:30	28
5013	Michael	Austin	M	26	MV40	4	BUCKLEY RUNNERS	00:40:36	28	00:40:32	29
2	Nick	Foden	M	27	MSENIOR	8	ABERGELE HARRIERS	00:40:38	29	00:40:29	27
359	Stephen	Mcnicholas	M	28	MV50	4	PENNY LANE STRIDERS	00:40:42	30	00:40:35	30
198	Justin	Edwards	M	29	MU20	3		00:40:42	31	00:40:38	31
379	Joe	Foy	M	30	MV60	1	WEST CHESHIRE AC	00:40:49	32	00:40:46	32
13	Bob	Freeman	M	31	MV60	2	WEST CHESHIRE AC	00:41:03	33	00:40:59	34
5010	Ross	Birbeck	M	32	MSENIOR	9		00:41:06	34	00:40:56	33
388	David	Nalder	M	33	MV60	3	ELLESMERE PORT RUNNING CLUB	00:41:07	35	00:41:05	36
444	Andy	Jones	M	34	MV40	5	GOG TRIATHLON	00:41:08	36	00:41:03	35
258	Mark	Mayers	M	35	MV45	6	ABERGELE HARRIERS	00:41:17	37	00:41:09	37
220	Rob	Batterbee	M	36	MSENIOR	10		00:41:20	38	00:41:17	39
144	Andrew	Roberts	M	37	MV50	5		00:41:22	39	00:41:16	38
341	Debbie	Holl	F	3	FV40	1		00:41:25	40	00:41:21	40
157	Lee	Wasnidge	M	38	MV50	6	BUCKLEY RUNNERS	00:41:33	41	00:41:31	41

233	Phil	Lewis	M	39	MV50	7		00:41:40	42	00:41:34	43
172	Shane	Futcher	M	40	MV35	6		00:41:42	43	00:41:38	45
77	Dan	Jones	M	41	MSENIOR	11		00:41:42	44	00:41:35	44
232	Paul	Thomas	M	42	MV50	8	MALDWYN HARRIERS	00:41:45	45	00:41:39	46
304	Ceri	Cook	F	4	FV45	1	BUCKLEY RUNNERS	00:41:45	46	00:41:43	48
267	Graham	Harrison	M	43	MV55	1	ALTRINCHAM & DISTRICT AC	00:41:46	47	00:41:42	47
72	Mike	Kane	M	44	MV40	6		00:41:49	48	00:41:32	42
202	Jay	Jennions	F	5	FV35	3	DEESTRIDERS RC	00:41:54	49	00:41:49	49
161	Dean	Allison	M	45	MSENIOR	12		00:41:57	50	00:41:55	50
451	Chris	Griffiths	M	46	MV35	7	CADENCE TRI	00:42:05	51	00:41:58	52
5022	Natthys	Thomas	M	47	MSENIOR	13		00:42:13	52	00:41:55	51
44	Sam	Dutton	F	6	FV35	4	BUCKLEY RUNNERS	00:42:15	53	00:42:13	55
452	Marc	Jones	M	48	MSENIOR	14		00:42:15	54	00:42:03	53
317	Luke	Crofts	M	49	MSENIOR	15		00:42:18	55	00:42:11	54
434	Marc	Bradford	M	50	MV35	8	MACCLESFIELD HARRIERS	00:42:33	56	00:42:29	57
91	Steve	Hopkins	M	51	MSENIOR	16		00:42:35	57	00:42:21	56
55	Nick	Roberts	M	52	MV45	7	CHESTER TRIATHLON CLUB	00:42:37	58	00:42:29	58
394	Mark	Jessett	M	53	MSENIOR	17		00:42:38	59	00:42:32	59
244	Tim	Hargreaves	M	54	MV45	8	BUCKLEY RUNNERS	00:42:40	60	00:42:37	60
375	Brian	Sheppard	M	55	MV60	4		00:42:55	61	00:42:49	61
347	Mat	Fenwick	M	56	MV35	9		00:43:12	62	00:43:07	63
428	Mark	Allsopp	M	57	MU20	4		00:43:22	63	00:43:14	64
43	Mark	Richards	M	58	MV45	9	DEESTRIDERS RC	00:43:24	64	00:43:22	67
440	Asif	Dar	M	59	MV35	10		00:43:28	65	00:43:22	68
51	Nick	Chadwick	M	60	MV40	7		00:43:30	66	00:43:02	62
382	Philip	Parry	M	61	MV40	8		00:43:46	67	00:43:34	70
5008	Stephen	Day	M	62	MSENIOR	18		00:43:50	68	00:43:15	65
21	Stephen	Seward	M	63	MV40	9		00:43:51	69	00:43:44	71
152	Steffan	Jones	M	64	MSENIOR	19		00:43:54	70	00:43:19	66
339	Jason	Davies	M	65	MV40	10		00:44:10	71	00:43:33	69
81	Lewis	Corbett	M	66	MV40	11		00:44:15	72	00:43:55	72
5027	Rhys	Wainwright	M	67	MSENIOR	20		00:44:15	73	00:44:01	73
266	Carole	Harrison	F	7	FV50	1	ALTRINCHAM & DISTRICT AC	00:44:21	74	00:44:17	77
63	Jen	Adams	F	8	FSENIOR	1		00:44:25	75	00:44:19	78
5015	Cliff	Wiseman	M	68	MV40	12		00:44:27	76	00:44:16	76
393	James	Dubash	M	69	MV45	10		00:44:30	77	00:44:14	75
31	Peter	James	M	70	MV40	13		00:44:31	78	00:44:22	79
108	Richard	Clipperton	M	71	MV45	11		00:44:32	79	00:44:12	74
205	Jonathan	Ricketts	M	72	MV35	11		00:44:39	80	00:44:26	80
9	Mark	Evans	M	73	MV55	2	OSWESTRY OLYMPIANS	00:44:42	81	00:44:35	82
213	Christopher	Littler	M	74	MSENIOR	21		00:44:42	82	00:44:32	81
113	Neil	Ringstead	M	75	MV40	14	ELLESMERE PORT RUNNING CLUB	00:44:44	83	00:44:42	83

271	Rachel	Shipley	F	9	FSENIOR	2	ABERGELE HARRIERS	00:44:57	84	00:44:52	87
5005	Rob	Jude	M	76	MSENIOR	22		00:45:00	85	00:44:56	89
29	Lee	Foster	M	77	MSENIOR	23		00:45:06	86	00:44:47	85
54	Benjamin	Harrison	M	78	MU20	5	PRESTATYN RUNNING CLUB	00:45:06	87	00:45:04	90
351	David	Mcguinness	M	79	MV35	12		00:45:06	88	00:44:52	88
269	Robin	Hudson	M	80	MSENIOR	24		00:45:08	89	00:44:43	84
5036	James	Waite	M	81	MU20	6		00:45:22	90	00:45:20	92
235	Russ	Cheetham	M	82	MV50	9	PRESTATYN RUNNING CLUB	00:45:24	91	00:45:19	91
405	Llyr	Rees	M	83	MV45	12	BEAUMARIS TOWN ROAD RUNNERS	00:45:32	92	00:44:50	86
352	Michael	Weston	M	84	MV40	15		00:45:55	93	00:45:54	98
120	Ian	Hogg	M	85	MV45	13		00:46:01	94	00:45:30	94
315	Nick	Byrne	M	86	MSENIOR	25		00:46:03	95	00:45:37	95
429	David	Mortimer	M	87	MV50	10	CYBI STRIDERS	00:46:04	96	00:45:24	93
5	Gareth	Williams	M	88	MSENIOR	26		00:46:06	97	00:45:41	96
320	Arwel	Jones	M	89	MV55	3	PRESTATYN RUNNING CLUB	00:46:07	98	00:46:01	99
396	Mike	Clarke	M	90	MV50	11		00:46:08	99	00:46:02	100
255	Mark	Tooze	M	91	MV45	14		00:46:10	100	00:46:04	101
248	Neil	Thomas	M	92	MV40	16		00:46:12	101	00:46:05	103
201	Lee	Tovey	M	93	MV35	13		00:46:22	102	00:46:09	104
340	Stuart	Hardcastle	M	94	MV55	4	SWALEDALE RUNNERS	00:46:26	103	00:46:21	108
37	Martyn	Barnaby	M	95	MV40	17	ABERGELE HARRIERS	00:46:28	104	00:46:19	106
331	Rob	Cunliffe	M	96	MV50	12		00:46:28	105	00:46:20	107
153	James	Richards	M	97	MSENIOR	27		00:46:33	106	00:45:49	97
314	Richard	James	M	98	MV35	14	WREXHAM AC	00:46:34	107	00:46:25	110
212	Karl	Williams	M	99	MV40	18		00:46:35	108	00:46:31	111
15	Nathan	Catherall	M	100	MSENIOR	28		00:46:37	109	00:46:21	109
381	Arthur	Connell1	M	101	MSENIOR	29		00:46:38	110	00:46:37	114
346	Steven	Edwards	M	102	MSENIOR	30	ELLESMERE PORT RUNNING CLUB	00:46:43	111	00:46:17	105
236	David	Harrold	M	103	MV40	19		00:46:44	112	00:46:33	112
230	Philip	Hughes	M	104	MV40	20		00:46:47	113	00:46:04	102
286	Alison	Williams	F	10	FSENIOR	3		00:46:57	114	00:46:47	119
372	Paul	Quinn	M	105	MV45	15	BUCKLEY RUNNERS	00:46:57	115	00:46:52	122
123	Steven	Pinnington	M	106	MV35	15		00:46:59	116	00:46:44	116
176	Michael	Ruane	M	107	MV40	21		00:47:00	117	00:46:36	113
254	Colin	Davies	M	108	MV65	1	ALTRINCHAM & DISTRICT AC	00:47:05	118	00:46:56	123
185	Tom	Duckers	M	109	MSENIOR	31		00:47:07	119	00:46:49	121
194	Chris	Birch	F	11	FV65	1	ABERGELE HARRIERS	00:47:08	120	00:47:07	126
385	Nathan	Winstanley	M	110	MV35	16		00:47:09	121	00:46:48	120
437	Vincent	Edwards	M	111	MV60	5	DEESTRIDERS RC	00:47:13	122	00:46:45	117
5019	Paul	Korffman	M	112	MV40	22		00:47:14	123	00:46:40	115
312	Kevin	Curtis	M	113	MV55	5	ELLESMERE PORT RUNNING CLUB	00:47:17	124	00:46:47	118
16	Ricky	West	M	114	MV40	23	NIXON ROAD RUNNERS	00:47:26	125	00:47:23	129

300	David	Baker	M	115	MSENIOR	32		00:47:32	126	00:47:06	125
291	Mike	Hough	M	116	MV50	13		00:47:34	127	00:47:15	127
129	Jodelle	Romero-Edwards	F	12	FV40	2		00:47:39	128	00:47:25	130
24	Gavin	Billington	M	117	MSENIOR	33		00:47:43	129	00:47:19	128
170	Paul	Martin	M	118	MV40	24		00:47:49	130	00:47:34	131
400	Geraint	Jones	M	119	MV40	25		00:47:50	131	00:47:05	124
169	Colin	Gill	M	120	MV40	26	THETRIMARKET	00:47:51	132	00:47:37	133
5021	Mike	Barliy	M	121	MV45	16	CHESTER TRIATHLON CLUB	00:47:58	133	00:47:47	136
221	Richard	Durcan	M	122	MV35	17		00:48:00	134	00:47:36	132
308	Jamie	Lyons	M	123	MU20	7		00:48:02	135	00:47:43	134
412	Alan	Jones	M	124	MV45	17	PRESTATYN RUNNING CLUB	00:48:04	136	00:47:58	139
148	Alistair	Romei	M	125	MV40	27	SYTRI SHREWSBURY TRIATHLON CLU	00:48:08	137	00:48:03	143
5030	Amy	Williamson	F	13	FSENIOR	4		00:48:09	138	00:47:46	135
218	Kenneth John	Hughes	M	126	MV60	6		00:48:15	139	00:47:58	140
5024	Esther	Owen	F	14	FV35	5		00:48:29	140	00:48:17	146
5004	Richard	Whale	M	127	MV40	28		00:48:30	141	00:48:22	149
5031	Hayley	Williams	F	15	FSENIOR	5		00:48:32	142	00:48:21	148
203	Matt	Richards	M	128	MSENIOR	34		00:48:34	143	00:47:51	137
337	Trevor	Tommy	M	129	MV50	14		00:48:36	144	00:48:25	150
225	Simon	Caddick	M	130	MV35	18		00:48:37	145	00:48:02	142
365	Darren	Martin	M	131	MV45	18		00:48:38	146	00:48:00	141
118	Gail	Clayton	F	16	FV55	1	SHROPSHIRE SHUFFLERS	00:48:39	147	00:48:11	145
5035	Liz	Turner	F	17	FV40	3		00:48:42	148	00:48:32	155
353	Adam	Hughes	M	132	MSENIOR	35		00:48:46	149	00:48:29	153
276	Paul	Clark	M	133	MV35	19		00:48:47	150	00:47:55	138
47	Lee	Wright	M	134	MSENIOR	36	DEESIDE AAC	00:48:50	151	00:48:19	147
224	Gareth	Davies	M	135	MV35	20		00:48:51	152	00:48:39	157
49	Zoe	Allan	F	18	FSENIOR	6		00:48:52	153	00:48:25	151
7	Louise	Goodwin	F	19	FV35	6		00:48:53	154	00:48:48	161
20	Kent	Humphreys	M	136	MV45	19		00:48:57	155	00:48:51	163
350	Andrew	Griffiths	M	137	MV40	29		00:48:59	156	00:48:40	158
446	Andy	Brooks	M	138	MV55	6		00:49:03	157	00:48:52	164
298	Ross	Blakemore	M	139	MSENIOR	37		00:49:03	158	00:48:37	156
328	Bruce	Jackson	M	140	MV45	20		00:49:04	159	00:48:41	159
6	Alison	Perrins	F	20	FV40	4	WREXHAM AC	00:49:04	160	00:48:59	167
5026	Ed	Hughes	M	141	MV35	21		00:49:06	161	00:48:31	154
60	Andrew	Davies	M	142	MV40	30		00:49:08	162	00:48:50	162
447	Nicola	Duffield	F	21	FV35	7		00:49:11	163	00:49:00	169
326	Hanna	Daly	F	22	FSENIOR	7		00:49:15	164	00:48:53	166
301	Caoimhghin	Mccann	M	143	MV45	21		00:49:15	165	00:48:06	144
358	April	Wilkinson	F	23	FSENIOR	8	WARRINGTON ROAD RUNNERS	00:49:15	166	00:49:00	168
151	Owen	Evans	M	144	MSENIOR	38	ALYNCARPETS	00:49:18	167	00:49:02	170

5028	Chris	Mee	M	145	MSENIOR	39		00:49:20	168	00:49:03	171
86	Sam	Burt	M	146	MSENIOR	40		00:49:21	169	00:48:47	160
35	Mark	Blakemore	M	147	MV50	15		00:49:22	170	00:48:52	165
59	Ian	Edwards	M	148	MV45	22		00:49:23	171	00:48:29	152
85	Rachel	Parry	F	24	FSENIOR	9		00:49:30	172	00:49:16	174
275	Leia	Bowes	F	25	FSENIOR	10		00:49:31	173	00:49:08	172
5023	Michael	Stone	M	149	MV55	7	WIRRAL AC	00:49:33	174	00:49:31	180
335	Karen	Massey	F	26	FV40	5		00:49:41	175	00:49:30	179
5020	Berni	Pedder	F	27	FV50	2	CHESTER TRIATHLON CLUB	00:49:41	176	00:49:26	177
398	Nikki	Clarke	F	28	FV45	2		00:49:42	177	00:49:34	183
168	Osian	Jones	M	150	MSENIOR	41	OSIAN	00:49:46	178	00:49:10	173
156	John	Leighton	M	151	MV35	22		00:49:47	179	00:49:31	181
322	Kathy	Evans	F	29	FV40	6	DENBIGH HARRIERS	00:49:50	180	00:49:37	186
219	Iain	Hobson	M	152	MV35	23	CILCAIN HARRIERS	00:49:54	181	00:49:34	182
241	Nick	Laing	M	153	MV45	23	HESWALL MINCERS	00:49:59	182	00:49:17	175
239	Sion	Williams	M	154	MV45	24		00:49:59	183	00:49:18	176
367	Daniel	Cole	M	155	MV40	31		00:50:04	184	00:49:35	184
95	Andrew	Roberts	M	156	MV35	24		00:50:11	185	00:49:37	185
119	Ian	Barnes	M	157	MV55	8		00:50:11	186	00:49:45	187
111	Stephen	Spence	M	158	MV55	9	WREXHAM AC	00:50:13	187	00:50:03	190
178	Emma	Hardy	F	30	FV40	7	WAKEFIELD RUNNING MAMAS	00:50:17	188	00:50:08	191
277	Mike	Clark	M	159	MV35	25		00:50:18	189	00:49:27	178
89	Catharine	Crossley	F	31	FSENIOR	11	MACCLESFIELD HARRIERS	00:50:20	190	00:49:56	189
121	Mei	Emrys	M	160	MSENIOR	42		00:50:28	191	00:50:16	194
409	Helen	Meredith	F	32	FV40	8		00:50:32	192	00:50:25	197
183	Gary	Rendle	M	161	MV55	10		00:50:36	193	00:50:21	195
311	Kev	Roberts	M	162	MV40	32		00:50:37	194	00:50:15	193
384	Jude	Morton	F	33	FV40	9		00:50:42	195	00:50:21	196
142	Matthew	Allman	M	163	MSENIOR	43		00:50:43	196	00:49:50	188
25	Alun	Davies	M	164	MV35	26		00:50:48	197	00:50:11	192
342	Phil	Thomas	M	165	MV50	16		00:51:01	198	00:50:36	198
329	Nigel	Gilkes	M	166	MV50	17		00:51:11	199	00:51:08	204
200	Rachel	Devine	F	34	FV40	10		00:51:13	200	00:50:52	200
297	Colin	Martin	M	167	MV50	18		00:51:17	201	00:51:08	205
290	Sue	Hough	F	35	FV50	3		00:51:18	202	00:50:58	202
373	Michelle	Henderson	F	36	FV35	8		00:51:27	203	00:51:10	207
245	Vicky	Hughes	F	37	FV35	9		00:51:31	204	00:51:08	203
100	Rachael	Smart	F	38	FV40	11		00:51:34	205	00:50:52	201
217	Bernard	Brown	M	168	MV50	19		00:51:35	206	00:50:50	199
354	Lee	Forster	M	169	MV40	33		00:51:43	207	00:51:36	215
79	Leah	Bradshaw-Williams	F	39	FSENIOR	12		00:51:45	208	00:51:09	206
5039	George	Thompson	M	170	MU20	8		00:51:45	209	00:51:18	209

11	Joseph	Connor	M	171	MV35	27	BRAMHALL RUNNERS	00:51:48	210	00:51:28	213
197	Ray	Williams	M	172	MV50	20		00:51:48	211	00:51:28	214
330	Claire	Finch	F	40	FSENIOR	13		00:51:49	212	00:51:26	212
61	Gareth	Johnstone	M	173	MV40	34	FYLDE COAST RUNNERS	00:51:51	213	00:51:25	211
389	Angela	Albiston	F	41	FV40	12		00:52:02	214	00:51:13	208
38	Sian	Lord	F	42	FV35	10	RHUDDLAN	00:52:04	215	00:51:55	220
361	Jan	Canter	M	174	MV50	21		00:52:09	216	00:51:43	217
5007	Jon	Jones	M	175	MV35	28		00:52:13	217	00:51:22	210
420	Marcos	De Akmeida	M	176	MSENIOR	44		00:52:14	218	00:51:59	221
414	Derek	Ralphs	M	177	MV50	22		00:52:14	219	00:51:52	219
374	Robert	Prys-Owen	M	178	MV60	7		00:52:18	220	00:52:06	224
65	Steven	Moore	M	179	MV35	29		00:52:22	221	00:52:00	222
133	Sarah	Cordingley	F	43	FSENIOR	14		00:52:25	222	00:52:21	229
422	Martin	Hunt	M	180	MV45	25		00:52:25	223	00:52:02	223
363	Carole	Richardson	F	44	FV35	11	BEAUMARIS TOWN ROAD RUNNERS	00:52:31	224	00:51:49	218
318	Mark	Freeman	M	181	MV50	23	RAF VALLEY	00:52:33	225	00:51:41	216
50	Danial	Roberts	M	182	MU20	9		00:52:40	226	00:52:13	226
132	Steve	Knowles	M	183	MV45	26		00:52:41	227	00:52:15	227
135	David	Jones	M	184	MSENIOR	45		00:52:55	228	00:52:12	225
145	Chris	Paddock	M	185	MV35	30		00:52:56	229	00:52:40	232
397	Stephen	Jones	M	186	MV50	24		00:53:01	230	00:52:34	230
310	Ben	Grundy	M	187	MV60	8		00:53:05	231	00:52:18	228
5038	Dan	Sherwin	M	188	MSENIOR	46		00:53:09	232	00:52:50	234
292	Nicola	Kay	F	45	FSENIOR	15		00:53:10	233	00:53:03	239
184	Gareth	Ellis	M	189	MV50	25		00:53:13	234	00:52:38	231
165	Stuart	Dean	M	190	MSENIOR	47		00:53:22	235	00:52:55	236
5001	Gabriella	Kaye	F	46	FSENIOR	16		00:53:26	236	00:53:06	240
109	Paula	Hulme	F	47	FV45	3		00:53:29	237	00:52:52	235
5009	Andy	Jones	M	191	MV40	35		00:53:32	238	00:52:49	233
392	Daniel	Farrell	M	192	MSENIOR	48		00:53:40	239	00:53:01	238
30	Ben	Lane	M	193	MSENIOR	49		00:53:44	240	00:53:32	244
439	Llyr	Morris	M	194	MV35	31		00:53:46	241	00:53:14	241
147	Caroline	Lawrence	F	48	FV40	13		00:53:48	242	00:52:59	237
265	Ruth	Smith	F	49	FV40	14		00:53:53	243	00:53:26	243
302	Stephen	Ratcliffe	M	195	MV45	27	BIDDULPH RC	00:53:55	244	00:53:36	246
427	Andrew	Williams	M	196	MSENIOR	50		00:53:56	245	00:53:43	251
288	Dave	Butler	M	197	MV35	32		00:53:58	246	00:53:25	242
293	Allison	Reid	F	50	FV40	15	PRESTATYN RUNNING CLUB	00:54:01	247	00:53:59	253
124	Mandy	Baxter	F	51	FV45	4	SHROPSHIRE SHUFFLERS	00:54:04	248	00:53:34	245
196	Dylan	Evans	M	198	MSENIOR	51	WORST PACE SCENARIO/ CITIZENS	00:54:15	249	00:53:37	247
435	Rob	Chew	M	199	MSENIOR	52	THE EX-STEEL WORKERS	00:54:18	250	00:53:38	248
313	Craig	Curtis	M	200	MV35	33	ELLESMERE PORT RUNNING CLUB	00:54:21	251	00:53:52	252

5014	Jane	McDonnell	F	52	FV35	12		00:54:23	252	00:53:39	249
114	Colin	Hampson	M	201	MV45	28	RHEDWYR GLANRAFON	00:54:24	253	00:53:39	250
303	Mike	James	M	202	MV45	29		00:54:31	254	00:54:12	254
58	John	Futter	M	203	MV40	36		00:54:34	255	00:54:25	257
5012	Carl	Williams	M	204	MV45	30		00:54:37	256	00:54:17	255
268	Steven	Williams	M	205	MV35	34		00:54:42	257	00:54:35	259
154	Heidi	Williams	F	53	FV45	5		00:54:51	258	00:54:27	258
417	Keith Marzo	Marsden	M	206	MV55	11	WALLASEY AC	00:54:54	259	00:54:36	260
356	Nick	Morton	M	207	MSENIOR	53		00:55:01	260	00:54:38	261
5002	Paul	Chamberlin	M	208	MV45	31		00:55:01	261	00:54:43	263
5003	Elaine	Kaye	F	54	FV50	4		00:55:01	262	00:54:42	262
424	Terry	Oreilly	M	209	MSENIOR	54		00:55:03	263	00:54:51	267
349	Jeremy	Davies	M	210	MV45	32		00:55:04	264	00:54:49	265
247	Stewart	Edney	M	211	MV45	33		00:55:08	265	00:54:19	256
343	Samuel	Barnes	M	212	MU20	10		00:55:15	266	00:54:50	266
344	Jennifer	Mcdonald	F	55	FU20	1		00:55:17	267	00:54:52	272
110	Amy	Doyle	M	213	MSENIOR	55	SHROPSHIRE SHUFFLERS	00:55:23	268	00:54:52	270
432	Kate	Farmer	F	56	FSENIOR	17		00:55:23	269	00:54:52	269
27	Paul	Hughes	M	214	MV45	34		00:55:29	270	00:55:20	281
436	Paul	Carter	M	215	MV40	37		00:55:30	271	00:55:03	276
186	Louise	Smith	F	57	FV45	6	SHROPSHIRE SHUFFLERS	00:55:30	272	00:55:00	274
209	Michelle	Thomas	F	58	FV40	16		00:55:32	273	00:55:11	278
309	Lois	Wiegand	F	59	FV35	13		00:55:32	274	00:54:43	264
406	Debbie	Roberts	F	60	FV35	14	BEAUMARIS TOWN ROAD RUNNERS	00:55:33	275	00:54:51	268
289	Andy	Mcclean	M	216	MV60	9		00:55:37	276	00:55:01	275
158	Ciaran	Lynch	M	217	MV45	35		00:55:37	277	00:54:56	273
171	Colin	Tucker	M	218	MV45	36		00:55:37	278	00:54:52	271
223	Susan	Houghton	F	61	FV50	5		00:55:37	279	00:55:04	277
425	Philip	Smith	M	219	MV45	37		00:55:56	280	00:55:13	279
294	Tom	Chamberlain	M	220	MSENIOR	56		00:55:58	281	00:55:38	288
421	Dawn	Hunt	F	62	FV45	7		00:56:01	282	00:55:37	285
251	David	Clegg	M	221	MSENIOR	57		00:56:02	283	00:55:13	280
249	Donna	Hopkins	F	63	FSENIOR	18		00:56:03	284	00:55:32	283
282	Tryphena	Bolton	M	222	MSENIOR	58		00:56:03	285	00:55:31	282
386	Francesca	Hutcheson	F	64	FV35	15	SHROPSHIRE SHUFFLERS	00:56:10	286	00:55:38	287
34	John	Owen	M	223	MV50	26		00:56:16	287	00:55:47	289
383	Josie	Davies	F	65	FV50	6	NWRRC	00:56:18	288	00:56:10	291
222	Gwenllian	Edwards	F	66	FV35	16		00:56:24	289	00:55:34	284
438	Manon	Morris	F	67	FSENIOR	19		00:56:24	290	00:55:52	290
278	Steve	Edwards	M	224	MV50	27		00:56:31	291	00:55:38	286
41	Dave	Passe	M	225	MV60	10		00:56:34	292	00:56:18	296
445	Ffion	Lloyd Jones	F	68	FSENIOR	20		00:56:35	293	00:56:12	292

48	Geraint	Hughes	M	226	MV40	38		00:56:37	294	00:56:13	293
84	Karina	Williams	F	69	FV35	17		00:56:37	295	00:56:21	298
138	Corrine	Chamberlain	F	70	FV55	2		00:56:39	296	00:56:20	297
33	David	Pughe	M	227	MV50	28		00:56:55	297	00:56:18	295
94	Dewi	Griffiths	M	228	MV50	29	FYLDE COAST RUNNERS	00:56:58	298	00:56:16	294
260	Susan	Ridings	F	71	FV55	3	BUCKLEY RUNNERS	00:57:02	299	00:56:31	300
66	Debbie	Dodd	F	72	FV55	4	WREXHAM AC	00:57:09	300	00:56:52	305
370	Natalie Lou	Birkett	F	73	FSENIOR	21		00:57:09	301	00:56:22	299
453	Jacqueline	Hughes	F	74	FV45	8		00:57:18	302	00:56:55	307
238	Rich	Mehrtens	M	229	MSENIOR	59		00:57:18	303	00:56:37	302
237	Roxanna	Woodward	F	75	FSENIOR	22		00:57:18	304	00:56:37	301
117	Elisha	Evans	F	76	FU20	2		00:57:19	305	00:57:11	312
442	Amanda	Garner	F	77	FSENIOR	23	BUCKLEY RUNNERS	00:57:20	306	00:56:49	304
368	Emma	Windel	M	230	MSENIOR	60		00:57:24	307	00:56:49	303
376	Vivien	Sheppard	F	78	FV55	5		00:57:27	308	00:57:17	316
327	Paul	Danks	M	231	MV45	38		00:57:29	309	00:56:52	306
369	Nina	Ruddle	F	79	FV35	18		00:57:31	310	00:57:08	311
334	Lindy	Bailey	F	80	FV50	7	SHROPSHIRE SHUFFLERS	00:57:37	311	00:57:08	310
319	Ian	Kelly	M	232	MV55	12		00:57:38	312	00:56:58	308
105	Rhian	Jones	F	81	FSENIOR	24		00:57:39	313	00:57:15	315
441	Andrew	Amos	M	233	MSENIOR	61	KIRKBY MILERS	00:57:48	314	00:57:38	320
39	Colin	Fisher	M	234	MV55	13		00:57:49	315	00:57:14	313
366	Sara	Roberts	F	82	FV45	9		00:57:49	316	00:57:04	309
150	Rob	Mackey	M	235	MV65	2	BUCKLEY RUNNERS	00:57:50	317	00:57:18	317
14	Simon	Mccormick	M	236	MV45	39		00:57:53	318	00:57:15	314
413	Alastair	Birch	M	237	MSENIOR	62		00:58:02	319	00:57:47	321
28	Hadyn	Johnson	M	238	MV40	39	PRESTATYN RUNNING CLUB	00:58:11	320	00:57:32	318
355	Helen	Eaton	F	83	FV40	17		00:58:18	321	00:57:55	323
419	Susie	Woods	F	84	FV45	10	CHESTER TRIATHLON CLUB	00:58:27	322	00:57:33	319
416	Louise	Marsden	F	85	FSENIOR	25	WALLASEY AC	00:58:33	323	00:58:15	326
262	Joseph	Jones	M	239	MV50	30		00:58:35	324	00:58:06	325
338	Jean	Hughes	F	86	FV55	6		00:58:40	325	00:57:53	322
5016	Gordon	Carter	M	240	MV65	3		00:58:40	326	00:58:03	324
173	Lee	Blackwell	M	241	MV35	35		00:58:46	327	00:58:37	327
143	Nan	Roberts	F	87	FV45	11		00:59:12	328	00:58:55	332
403	Anne Marie	Farrell	F	88	FSENIOR	26		00:59:18	329	00:58:39	328
22	Huw	Selby	M	242	MSENIOR	63	FOUL BOYS RUNNING CLUB	00:59:20	330	00:58:55	331
175	Ellie	Davies	F	89	FSENIOR	27		00:59:24	331	00:59:01	334
174	Debbie	Davies	F	90	FV50	8		00:59:24	332	00:59:01	335
102	Ian	Smart	M	243	MV40	40		00:59:31	333	00:58:46	329
162	Ann-Marie	Parry	F	91	FSENIOR	28	WREXHAM AC	00:59:39	334	00:59:22	339
228	Maxine	Nevitt	F	92	FV40	18		00:59:43	335	00:58:54	330



295	Kevin	Dickel	M	244	MV40	41		00:59:46	336	00:58:58	333
164	Jane	Mccallaow	F	93	FV50	9	BUCKLEY RUNNERS	00:59:48	337	00:59:38	343
5025	Matty	Williams	M	245	MSENIOR	64		00:59:55	338	00:59:41	346
449	Charlotte	Lawson	F	94	FSENIOR	29		00:59:55	339	00:59:40	345
426	Emily	Payne	F	95	FU20	3		01:00:03	340	00:59:11	336
56	Rachael	Wheldon	M	246	MV35	36		01:00:03	341	00:59:30	341
279	Jamie	Edwards	M	247	MSENIOR	65		01:00:08	342	00:59:14	337
280	Davey	Edwards	M	248	MSENIOR	66		01:00:08	343	00:59:15	338
234	Lisa	Hughes	F	96	FV35	19		01:00:11	344	00:59:22	340
431	Richard	Rose	M	249	MV35	37		01:00:11	345	00:59:58	350
17	Rachel	Price	F	97	FV40	19		01:00:12	346	00:59:42	347
160	Lyndsay	Penn	F	98	FSENIOR	30		01:00:15	347	00:59:38	342
78	Joel	Rousseau	M	250	MV35	38		01:00:17	348	00:59:39	344
345	Gemma	Edwards	F	99	FSENIOR	31	ELLESMERE PORT RUNNING CLUB	01:00:24	349	00:59:45	349
5041	Nicola	Shaw	F	100	FSENIOR	32		01:00:27	350	00:59:58	351
127	Hayley	Loftus	F	101	FV40	20		01:00:29	351	01:00:18	354
240	William	Bridge	M	251	MV40	42		01:00:32	352	00:59:44	348
257	Suzanne	Oliver	F	102	FV35	20		01:00:48	353	01:00:14	352
273	Jude	Jones	F	103	FV40	21		01:00:49	354	01:00:15	353
263	Jackie	Jones	F	104	FV45	12		01:00:53	355	01:00:21	356
261	Rhiannon	Denham	F	105	FV35	21		01:00:53	356	01:00:21	355
250	Sharon	Smith	F	106	FV55	7	WETHERBY RUNNERS	01:00:56	357	01:00:36	362
5006	Mark	De	M	252	MV50	31		01:01:13	358	01:00:23	357
159	Sian	Meirion	F	107	FV40	22	RHEDWYR GLANRAFON	01:01:19	359	01:00:30	358
191	Sarah	Moody	F	108	FSENIOR	33		01:01:20	360	01:00:35	360
192	Mike	Vale	M	253	MV35	39		01:01:20	361	01:00:35	359
36	Tina	Blakemore	F	109	FV50	10		01:01:22	362	01:00:52	363
70	Danny	Williams	M	254	MV45	40		01:01:29	363	01:00:53	366
348	Susanne	Brierley	F	110	FV45	13	FETCHEVERYONE RUNNING CLUB	01:01:29	364	01:00:53	365
146	Ali	Bellingham	M	255	MV40	43		01:01:29	365	01:00:36	361
207	Susan	Boon	F	111	FV35	22		01:01:36	366	01:01:19	367
23	Adam	Squire	M	256	MSENIOR	67	FOUL BOYS RUNNING CLUB	01:01:49	367	01:01:24	369
215	Laurence	Dash	M	257	MV65	4		01:01:49	368	01:00:52	364
83	Vicky	Hancock	F	112	FV35	23		01:02:08	369	01:01:30	370
360	Jonathan	Kersh	M	258	MV45	41		01:02:09	370	01:01:44	373
80	Suzanne	Cheatle	F	113	FV40	23		01:02:12	371	01:01:40	371
189	Juliet	Whyte	F	114	FV40	24		01:02:13	372	01:02:02	379
399	Laura	Parry	F	115	FSENIOR	34		01:02:13	373	01:01:59	378
64	David	Jones	M	259	MV60	11		01:02:14	374	01:01:56	376
443	Andrew	Barnard	M	260	MV40	44		01:02:16	375	01:01:23	368
53	David	Bennett	M	261	MV40	45		01:02:16	376	01:01:44	372
274	Nicola	Chaloner	F	116	FSENIOR	35	WREXHAM AC	01:02:27	377	01:02:09	380

214	Barry	Hughes	M	262	MV65	5		01:02:31	378	01:01:50	375
371	Yvonne	Willis	F	117	FV50	11		01:02:32	379	01:01:45	374
10	Krystle	Whitley-Goff	F	118	FSENIOR	36		01:02:41	380	01:02:29	386
387	Bethan	Jones	F	119	FSENIOR	37		01:02:42	381	01:02:28	383
391	Steve	Jepson	M	263	MV40	46		01:02:43	382	01:02:29	385
179	Nigel	Cooper	M	264	MV50	32		01:02:50	383	01:01:59	377
99	Sarah	Swan	F	120	FV40	25		01:02:54	384	01:02:15	382
299	Tim	Guy	M	265	MV55	14		01:03:04	385	01:02:12	381
115	Louise	Astbury	F	121	FV35	24	ELLESMERE PORT RUNNING CLUB	01:03:11	386	01:02:29	384
401	Chris	Boor	M	266	MV40	47		01:03:12	387	01:02:53	388
415	Craig	Kitching	M	267	MV40	48		01:03:18	388	01:02:34	387
1	Nicola	Birkett	F	122	FV35	25		01:03:31	389	01:02:55	389
285	Lisa	Roberts	F	123	FV40	26		01:03:42	390	01:03:06	390
32	Mandy	Stamp	F	124	FSENIOR	38		01:03:59	391	01:03:47	395
5040	Sophie	Ellis	F	125	FU20	4		01:04:07	392	01:03:40	394
112	Angela	Best	F	126	FSENIOR	39	ELLESMERE PORT RUNNING CLUB	01:04:09	393	01:03:26	391
377	Lauren	Morgan	F	127	FSENIOR	40	ELLESMERE PORT RUNNING CLUB	01:04:09	394	01:03:26	392
76	Ceri	Allen	F	128	FSENIOR	41		01:04:10	395	01:03:55	396
204	Vicky	Jones	F	129	FV35	26		01:04:13	396	01:03:30	393
126	Sarah	Cartwright	F	130	FV45	14	SHROPSHIRE SHUFFLERS	01:04:47	397	01:04:17	398
284	Lance	Collymore	M	268	MV45	42		01:04:53	398	01:04:18	400
283	Tracey	Roberts	F	131	FV45	15		01:04:53	399	01:04:19	401
52	Linda	Walker	F	132	FSENIOR	42		01:04:54	400	01:04:16	397
26	Sue	Francom	F	133	FV55	8		01:04:58	401	01:04:28	402
136	Peter	Smith	M	269	MV40	49		01:05:02	402	01:04:33	405
5033	Phil	Molyneux	M	270	MSENIOR	68		01:05:08	403	01:04:18	399
210	Anieke	Anders	F	134	FSENIOR	43		01:05:21	404	01:04:31	403
211	Michelle	Garside	F	135	FSENIOR	44		01:05:21	405	01:04:31	404
167	Paula	Thomas	F	136	FV40	27		01:05:24	406	01:05:03	408
166	Andrew	Thomas	M	271	MV40	50		01:05:24	407	01:05:03	409
45	Cortney	Ellis	F	137	FSENIOR	45		01:05:34	408	01:05:17	413
195	Sian	Clayton	F	138	FV35	27	WREXHAM AC	01:05:38	409	01:04:51	406
404	Elen Mai	Nefydd	F	139	FV40	28	RUNSTRONG NORTH WALES	01:05:48	410	01:05:01	407
90	Donna	Mcallister	F	140	FSENIOR	46		01:06:02	411	01:05:14	410
92	Janet	Selbie	F	141	FV50	12		01:06:02	412	01:05:15	411
364	Joanne	Rushforth	F	142	FV45	16		01:06:05	413	01:05:16	412
98	James	Smith	M	272	MV65	6		01:06:12	414	01:05:51	414
57	Terrie	Blammon	F	143	FV40	29	WINSTON RUNNERS	01:06:37	415	01:06:09	415
73	Sharon	Fitzpatrick	F	144	FV40	30		01:06:37	416	01:06:09	416
88	Kayleigh	Mcdiarmid	F	145	FSENIOR	47		01:06:59	417	01:06:44	422
188	Graeme	Newby	M	273	MV50	33		01:07:02	418	01:06:22	418
325	Olivia	Jones	F	146	FSENIOR	48		01:07:06	419	01:06:28	419

5037	Mark	Brandish	M	274	MV45	43		01:07:13	420	01:06:21	417
104	Steve	Cooke	M	275	MV55	15		01:07:23	421	01:06:33	420
206	Danielle	Oxford	F	147	FSENIOR	49		01:07:24	422	01:07:02	423
430	Felicity	Williams	F	148	FV35	28		01:07:27	423	01:06:34	421
362	Roger	Davies	M	276	MV65	7		01:07:54	424	01:07:23	424
75	Sarah Jane	Rowlands	F	149	FSENIOR	50		01:07:56	425	01:07:42	427
140	Stephen	Spooner	M	277	MV35	40		01:08:23	426	01:07:37	425
128	Andrew	Michael	M	278	MSENIOR	69		01:08:23	427	01:07:37	426
307	Sioned	Taylor	F	150	FSENIOR	51		01:08:28	428	01:08:05	430
180	Laura	Cooper	F	151	FSENIOR	52		01:08:47	429	01:07:55	428
296	Lindsay	Lloyd	F	152	FSENIOR	53		01:08:55	430	01:08:00	429
40	Joan	Edwards	F	153	FV55	9	NWRRRC	01:09:05	431	01:08:49	433
227	Heather	Reynolds	F	154	FSENIOR	54	DEESTRIDERS RC	01:09:15	432	01:08:20	431
231	Beth	Sales	F	155	FSENIOR	55		01:09:21	433	01:08:33	432
96	Chrissy	Dickens-Paice	F	156	FSENIOR	56	BUCKLEY RUNNERS	01:09:42	434	01:09:32	438
323	Linda	Davies	F	157	FV40	31		01:09:51	435	01:09:00	434
306	Matthew	Pritchard	M	279	MV40	51		01:09:54	436	01:09:14	437
305	Carol	Clough	M	280	MV45	44		01:09:54	437	01:09:14	436
229	Melissa	Hughes	F	158	FSENIOR	57		01:10:02	438	01:09:14	435
226	Bridget	Aldridge	F	159	FV40	32		01:11:29	439	01:10:39	439
177	Ian	Ferguson	M	281	MV45	45		01:12:02	440	01:11:19	440
71	Nicola	Kirby	F	160	FV40	33	RUNSTRONG NORTH WALES	01:12:27	441	01:11:41	441
68	Hannah	Arndt	F	161	FSENIOR	58	RUNSTRONG NORTH WALES	01:12:52	442	01:12:11	443
69	Chris	Davies	M	282	MV35	41	RUNSTRONG NORTH WALES	01:12:52	443	01:12:11	442
141	Chrissy	Darfield	F	162	FV35	29		01:13:11	444	01:12:26	444
272	Colette	Davies	F	163	FV35	30		01:13:25	445	01:12:33	445
163	Sue	Kelly	F	164	FV40	34	BUCKLEY RUNNERS	01:13:36	446	01:13:26	448
408	Kerry	Matthews	F	165	FSENIOR	59		01:14:10	447	01:13:15	447
407	Leah	Tyson	F	166	FV35	31		01:14:10	448	01:13:14	446
287	Lyndsey	Evans	F	167	FSENIOR	60		01:14:35	449	01:13:40	449
418	Claire	Marsden	F	168	FSENIOR	61	WALLASEY AC	01:15:09	450	01:14:42	450
97	Ann	Pugsley	F	169	FV55	10		01:17:54	451	01:17:13	451
93	Gwenda	Marshall	F	170	FV55	11	FYLDE COAST RUNNERS	01:17:54	452	01:17:14	452
82	Ken	Cheatle	M	283	MV45	46		01:18:34	453	01:18:02	453
270	Kim	De Almeida	F	171	FSENIOR	62		01:19:47	454	01:19:34	455
137	Vikki	Leay	F	172	FSENIOR	63		01:20:01	455	01:19:31	454
131	Jacky	Garnett	F	173	FV45	17		01:23:57	456	01:23:06	456
122	Gary	Lloyd	M	284	MV50	34		01:23:58	457	01:23:08	457
316	Cindy	Van Vaerenbergh	F	174	FV35	32	RUNSTRONG NORTH WALES	01:25:50	458	01:25:04	458
46	Paul	Ellis	M	DNF	MV55	DNF		DNF	DNF	DNF	DNF
390	Williams	David	M	DNF	MV35	DNF		DNF	DNF	DNF	DNF
125	Lorna	Sheridan	F	DNF	FV45	DNF		DNF	DNF	DNF	DNF