

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
10K								
1.	575	Przemyslaw Tomczak	m	Male 21-34	1	Buckley RC	34:02	34:02
2.	247	Martin Green	m	Male 40-44	1	North Wales RR	35:23	35:23
3.	514	Mike Roberts	m	Male 21-34	2	Deestridders	35:33	35:33
4.	243	Simon Roberts	m	Male 45-49	1	Buckley Runners	36:10	36:10
5.	125	Thomas Spence	m	Male 21-34	3	Wrexham AC	37:20	37:20
6.	582	Phil Pumford	m	Male 21-34	4	Buckley Runners	37:35	37:35
7.	431	Jonathan Tyler	m	Male 21-34	5		37:40	37:40
8.	136	Dewi Williams	m	Male 35-39	1	Kenilworth Runners	37:48	37:48
9.	387	Nick Bartley	m	Male 21-34	6	Deestridders RC	37:52	37:52
10.	593	Shaun Hughes	m	Male 21-34	7	Denbigh Harriers	38:06	38:06
11.	559	Eddie Davies	m	Male 45-49	2	Buckley Runners	38:57	38:57
12.	149	Ant Cassidy	m	Male 40-44	2	Mossley Hill AC	39:10	39:10
13.	610	ANDREW MCKENZIE	m	Male 35-39	2		39:30	39:30
14.	417	Simon Cartwright	m	Male 35-39	3		39:34	39:34
15.	584	DAVID Graham	m	Male 35-39	4		39:35	39:35
16.	140	Edd Flynn	m	Male 21-34	8		39:38	39:38
17.	291	Craig Ottolini	m	Male 45-49	3	Market Drayton Running Club	39:45	39:45
18.	664	Mathy Thomas	m	Male 21-34	9	Buckley Runners	39:49	39:49
19.	551	Chris Owen	m	Male 21-34	10	Buckley runners	39:59	39:59
20.	637	Erika Robinson	f	Female 35-39	1	Buckley Runners	40:03	40:04
21.	620	GARETH EVANS	m	Male 35-39	5	ABERGELE HARRIERS	40:34	40:36
22.	311	Gareth Atkinson	m	Male 45-49	4		40:40	40:40
23.	548	david card	m	Male 35-39	6	oswestry olympians	40:42	40:42
24.	22	Martin Wynn	m	Male 50-54	1		40:43	40:46
25.	388	Joseph Newman	m	Male 21-34	11		40:55	40:58
26.	158	Carmel Triggs	f	Female 35-39	2		41:07	41:11
27.	672	Michael Austin	m	Male 40-44	3	Buckley Runners	41:20	41:21
28.	652	Phil Brown	m	Male 50-54	2	Balledon Runners	41:24	41:24
29.	218	Iain Davies-More	m	Male 40-44	4		41:14	41:26
30.	529	Stephen Cunningham	m	Male 40-44	5	West Cheshire AC	41:13	41:26
31.	663	Paul Frances	m	Male 21-34	12		41:07	41:31

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
32.	443	Lee Wasnidge	m	Male 50-54	3	Buckley Runners	41:40	41:40
33.	654	Mark Bennett	m	Male 35-39	7		41:28	41:44
34.	473	Andrew Roberts	m	Male 45-49	5		41:43	41:49
35.	560	Dave Chin	m	Male 21-34	13		41:47	41:52
36.	196	Luke Crofts	m	Male 21-34	14		41:53	41:53
37.	38	Karl Williams	m	Male 40-44	6	Buckley Runners	41:58	41:58
38.	145	steve coleman	m	Male 55-59	1	Astley & Tyldesley road runners	42:02	42:03
39.	440	David Nalder	m	Male 60-64	1	Ellesmere Port	42:15	42:15
40.	314	Ian Edwards	m	Male 45-49	6		42:17	42:21
41.	266	Nick Chadwick	m	Male 40-44	7		42:03	42:22
42.	225	Geraint Roberts	m	Male 21-34	15		42:31	42:31
43.	30	Carla Green	f	Female 40-44	1	NWRRC	42:35	42:35
44.	519	Darren Dentith	m	Male 40-44	8		42:37	42:43
45.	368	Benjamin Harrison	m	Male 12-20	1	Prestatyn Running Club	42:41	42:46
46.	478	Andrew Watkin	m	Male 21-34	16		42:58	43:00
47.	322	Ian Hogg	m	Male 45-49	7	Buckely Runners	43:19	43:19
48.	410	Richard Hall	m	Male 45-49	8	Bramhall Runners	42:34	43:28
49.	463	Joe Pedder	m	Male 21-34	17		43:26	43:33
50.	649	Dave Owen	m	Male 50-54	4		43:37	43:37
51.	596	Steffan Owen	f	Female 35-39	3	Meirionydd running club	43:35	43:38
52.	462	Gethin Jones	m	Male 21-34	18		43:33	43:41
53.	385	Ian Gibson	m	Male 21-34	19		43:47	43:50
54.	520	Peter Brodey	m	Male 21-34	20		43:35	43:54
55.	629	Richard Finch	m	Male 21-34	21		44:00	44:02
56.	586	Liam Henry	m	Male 35-39	8		43:56	44:03
57.	367	Tim Hargreaves	m	Male 45-49	9	Buckley Runners	44:06	44:06
58.	477	Andrew Taylor	m	Male 35-39	9		43:53	44:14
59.	612	Nick Cooper	m	Male 21-34	22		43:36	44:18
60.	642	Hazel Berrett	f	Female 50-54	1	Buckley	44:13	44:19
61.	667	Markus Davies	m	Male 35-39	10		44:19	44:19
62.	619	Tim Morgan	m	Male 40-44	9		44:17	44:24
63.	336	Jonny Owen	m	Male 40-44	10		43:58	44:26

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
64.	445	David Harrold	m	Male 40-44	11		44:25	44:26
65.	21	Mark Evans	m	Male 55-59	2	Oswestry Olympians	44:26	44:29
66.	174	Zoe Roberts	f	Female 21-34	1		44:27	44:31
67.	103	CLIFF HUGHES	m	Male 50-54	5		44:33	44:33
68.	457	mark threadgold	m	Male 45-49	10		44:16	44:34
69.	222	Ads Wills	m	Male 40-44	12		44:18	44:37
70.	627	Jack Cox	m	Male 21-34	23		44:42	44:42
71.	534	Mike Barley	m	Male 45-49	11	Chester Tri Club	44:37	44:43
72.	572	Andrew Peers	m	Male 21-34	24		44:45	44:47
73.	468	Thomas Lewis	m	Male 21-34	25		45:00	45:00
74.	495	Lee Smith	m	Male 35-39	11	Bramhall runners	44:20	45:01
75.	181	David Moyle	m	Male 21-34	26		45:02	45:04
76.	535	Liam Pritchard	m	Male 12-20	2		45:13	45:20
77.	573	simon prescott	m	Male 40-44	13	ellesmere port	45:22	45:23
78.	288	Simon Caddick	m	Male 40-44	14		44:52	45:30
79.	479	John Jones	m	Male 55-59	3	Abergele Harriers	45:19	45:31
80.	318	Ian Winter	m	Male 21-34	27		45:28	45:32
81.	258	Danny Snelson	m	Male 21-34	28	Abergele Harriers	45:20	45:32
82.	264	Dave Wootton	m	Male 50-54	6	Buckley Runners	45:28	45:34
83.	256	Luke Brown	m	Male 12-20	3		45:19	45:35
84.	492	Lew Jones	m	Male 21-34	29		45:32	45:43
85.	175	Mike Smith	m	Male 21-34	30		45:40	45:45
86.	674	Peter James	m	Male 40-44	15		45:40	45:47
87.	556	Rob Dreinert	m	Male 21-34	31		45:40	45:52
88.	146	Gavin Billington	m	Male 21-34	32	Wrexham Amateur Athletics Club	46:01	46:05
89.	395	Tristan Thomas	m	Male 35-39	12	Wrexham AC	46:08	46:10
90.	231	Kathryn Williams	f	Female 35-39	4		46:06	46:14
91.	4	Gary Fraser	m	Male 40-44	16		46:14	46:14
92.	579	Osian Cluer Williams	m	Male 12-20	4		46:12	46:15
93.	561	John Nugent	m	Male 40-44	17		45:25	46:18
94.	401	Christopher Sear	m	Male 21-34	33		45:56	46:19
95.	411	Will Webster	m	Male 21-34	34		45:55	46:19

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
96.	640	Philip Hughes	m	Male 35-39	13		46:01	46:19
97.	348	Peter Sussex	m	Male 45-49	12	Wrexham AAC	46:20	46:20
98.	633	Chris Bradley	m	Male 21-34	35		45:58	46:22
99.	518	Einir Owen	f	Female 35-39	5		46:25	46:25
100.	511	Phil Taylor	m		1		46:27	46:31
101.	565	Vikki Murphy	f	Female 45-49	1	Bramhall runners	46:00	46:41
102.	397	Kevin Parry	m	Male 35-39	14		46:43	46:49
103.	486	Olli Emptage	m	Male 12-20	5		46:33	46:49
104.	131	Jen Adams	f	Female 21-34	2		46:25	46:52
105.	474	Phil Norton	m	Male 21-34	36		46:49	46:56
106.	641	Daniel Schraibman	m	Male 40-44	18	Denbigh Harriers	46:54	47:02
107.	522	Mike Hough	m	Male 50-54	7		46:59	47:04
108.	437	Stuart Hardcastle	m	Male 60-64	2	Swaledale Runners	47:14	47:14
109.	209	James Richards	m	Male 21-34	37		46:39	47:14
110.	476	Marcus Watkin	m	Male 21-34	38		47:16	47:18
111.	133	Dominic Kearney	m	Male 40-44	19		47:00	47:18
112.	568	David Griffiths	m	Male 45-49	13	Penny Lane	47:02	47:19
113.	623	Mike Dunning	m	Male 21-34	39		47:06	47:19
114.	347	Jane Doughton	f	Female 40-44	2		47:21	47:21
115.	379	Bruce Jackson	m	Male 45-49	14		47:04	47:23
116.	647	Mark Dunning	m	Male 21-34	40		47:15	47:27
117.	73	Laura Brownlow	f	Female 35-39	6		47:20	47:28
118.	624	Ian Dunning	m	Male 21-34	41		47:25	47:38
119.	512	Adam Taylor	m	Male 21-34	42		47:36	47:39
120.	439	Lee Mcnelis	m	Male 40-44	20		47:24	47:41
121.	550	Alan Spinks	m	Male 45-49	15	Mossley Hill AC	47:31	47:45
122.	227	Kevin Sullivan	m	Male 21-34	43		47:47	47:47
123.	302	Tom Duckers	m	Male 21-34	44		47:32	47:52
124.	282	Andy Roberts	m	Male 35-39	15		47:16	47:55
125.	533	Bernadette Pedder	f	Female 50-54	2	Chester Tri Club	47:49	47:56
126.	112	Christine Cammillare	f	Female 21-34	3		47:48	47:57
127.	497	Russ Cheetham	m	Male 50-54	8	Prestatyn RC	47:51	47:59

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
128.	552	Rob Busby	m	Male 45-49	16		47:53	48:00
129.	604	Gary Jones	m	Male 35-39	16		47:19	48:02
130.	2	Chris Birch	f	Female 65-69	1	Abergele Harriers	47:56	48:02
131.	540	David Denman	m	Male 55-59	4		47:23	48:07
132.	216	Greg Grundy	m	Male 40-44	21		48:04	48:10
133.	592	Gwennan Henstock	f	Female 35-39	7		47:36	48:11
134.	607	Adina Stan	f	Female 21-34	4	Bramhall Runners	47:32	48:13
135.	609	Andrew Tomlinson	m	Male 40-44	22	Bramhall Runners	47:22	48:14
136.	606	Iwan Brown	m	Male 21-34	45		48:14	48:15
137.	539	Ricky West	m	Male 40-44	23		48:16	48:16
138.	484	Andrew Jackson	m	Male 21-34	46		48:15	48:18
139.	191	kent humphreys	m	Male 45-49	17		48:27	48:28
140.	530	gareth . p. ellis	m	Male 45-49	18		48:32	48:32
141.	416	John Jones	m	Male 21-34	47		48:25	48:32
142.	184	Michael Horaczek	m	Male 40-44	24		48:32	48:36
143.	10	Mark Rothero	m	Male 45-49	19		48:03	48:36
144.	668	Peter Doran	m	Male 45-49	20	Wrexham Tri	47:57	48:40
145.	163	TONY CLIXBY	m	Male 65-69	1	VILLAGE ROAD RUNNERS	48:36	48:42
146.	365	BILLY COPP	m	Male 40-44	25		48:40	48:43
147.	516	GARETH CATHERALL	m	Male 40-44	26		48:44	48:53
148.	331	Emma Serjeant	f	Female 35-39	8	Holmfirth Harriers	48:48	48:53
149.	20	Nadhim Bayatti	m	Male 40-44	27	Bramhall Runners	48:31	48:55
150.	494	Charlie Evans	m	Male 45-49	21		48:49	48:56
151.	192	Louise Goodwin	f	Female 35-39	9		48:55	49:00
152.	636	Lesley Phoenix	f	Female 21-34	5		48:50	49:00
153.	460	Ian Jones	m	Male 50-54	9	Denbigh Harriers	48:57	49:03
154.	310	Robert Duckers	m	Male 21-34	48		48:49	49:08
155.	325	leah bradshaw-williams	f	Female 21-34	6		49:07	49:11
156.	144	Vicky Hughes	f	Female 35-39	10		49:14	49:16
157.	276	John Cooper	m	Male 40-44	28		48:34	49:16
158.	665	Nicola Kay	f	Female 21-34	7	Buckley Runners	49:12	49:17
159.	666	Colin Sefton	m	Male 55-59	5	Mossley Hill AC	49:09	49:22

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
160.	523	Sue Hough	f	Female 50-54	3		49:19	49:24
161.	229	Ross McCaddon	m	Male 21-34	49		49:07	49:27
162.	219	Graham Walker	m	Male 40-44	29		49:06	49:28
163.	386	Mark Povall	m	Male 40-44	30		49:12	49:30
164.	488	Chris Lyon	m	Male 21-34	50		49:19	49:30
165.	566	James Eden	m	Male 21-34	51		49:07	49:30
166.	207	Ian McCaddon	m	Male 50-54	10		49:14	49:34
167.	622	Graeme Allen	m	Male 21-34	52		49:06	49:35
168.	110	Jayme Salt	m	Male 12-20	6		49:20	49:35
169.	464	Kevin Dibble	m	Male 45-49	22		49:20	49:36
170.	635	Nick Laing	m	Male 45-49	23		49:02	49:37
171.	456	Sion Williams	m	Male 45-49	24		49:02	49:37
172.	544	David Lovelock	m	Male 21-34	53		49:40	49:42
173.	316	Paula Hughes	f	Female 45-49	2		49:04	49:43
174.	487	Mark Lyon	m	Male 45-49	25		49:37	49:46
175.	143	Stephen Thomas	m	Male 50-54	11		49:31	49:47
176.	362	Kirsty Aspinall	f	Female 40-44	3		49:40	49:48
177.	646	Karol Lewandowski	m	Male 21-34	54		49:49	49:49
178.	186	Steve Fairclough	m	Male 50-54	12	Bramhall Runners	49:22	49:52
179.	655	Craig Jones	m	Male 40-44	31		49:48	49:53
180.	177	Steven Moore	m	Male 35-39	17		49:49	49:54
181.	500	Bala Subramanian	m	Male 21-34	55		49:55	49:55
182.	277	Graeme Bell	m	Male 45-49	26		49:13	49:55
183.	313	Victoria Beardshaw	f	Female 40-44	4		49:44	49:58
184.	268	Mei Emrys	m	Male 35-39	18	Denbigh Harriers	49:48	50:01
185.	571	John Seddon	m	Male 60-64	3		49:56	50:06
186.	137	colin martin	m	Male 50-54	13		50:05	50:17
187.	130	mick pursglove	m	Male 50-54	14	sytri	50:06	50:18
188.	660	Alan Jones	m	Male 45-49	27	PRESTATYN RUNNING CLUB	50:13	50:19
189.	485	Andrew Schofield	m	Male 40-44	32		50:17	50:20
190.	553	Andy Griffiths	m	Male 45-49	28		50:08	50:24
191.	502	Nathan Winstanley	m	Male 35-39	19		50:24	50:30

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
192.	583	Huw Seddon	m	Male 21-34	56		50:25	50:33
193.	650	Clare Williams	f	Female 40-44	5	Shropshire Shufflers	50:25	50:39
194.	121	Mike Jones	m	Male 40-44	33		50:12	50:42
195.	419	Bradley Cotton	m	Male 21-34	57		50:26	50:51
196.	536	Nick Iles	m	Male 35-39	20		50:47	50:51
197.	483	Scott Jones	m	Male 21-34	58		50:52	50:54
198.	659	Linda Church	f	Female 50-54	4		50:43	51:00
199.	173	Julie Brace	f	Female 45-49	3		50:36	51:07
200.	3	Steve Knowles	m	Male 45-49	29		51:21	51:21
201.	466	Charlotte Wilton-Jones	f	Female 12-20	1		51:18	51:23
202.	490	Paul Muncey	m	Male 55-59	6		51:11	51:30
203.	480	Patrick Geddes	m	Male 21-34	59		51:12	51:32
204.	88	Lee Wright	m	Male 21-34	60	Deeside Athletic Club	51:09	51:33
205.	414	michael williams	m	Male 50-54	15	rochdale	51:34	51:36
206.	594	Owen Tomlin	m	Male 21-34	61		50:59	51:41
207.	371	Alison Perrins	f	Female 40-44	6	Wrexham AC	51:36	51:45
208.	257	Col Murphy	m	Male 45-49	30		51:22	51:46
209.	528	Gareth Ellis	m	Male 50-54	16		51:28	51:58
210.	616	Paul Povey	m	Male 40-44	34		51:40	52:01
211.	670	Michael Ostick	m	Male 21-34	62		51:40	52:05
212.	113	Paul Lewtey	m	Male 35-39	21		52:00	52:10
213.	470	ivan pitman	m	Male 45-49	31		52:02	52:13
214.	205	Maria Rodriguez	f		1		52:10	52:13
215.	135	John alan Owen	m	Male 45-49	32		51:48	52:20
216.	138	Phil Madigan	m	Male 35-39	22		52:17	52:29
217.	595	Mark Morgan	m	Male 21-34	63		51:47	52:30
218.	226	Chris Newman	f	Female 55-59	1		52:14	52:34
219.	447	Eric Henderson	m	Male 35-39	23		52:37	52:42
220.	396	mike robinson	m	Male 40-44	35		52:38	52:42
221.	376	Gavin Ebery	m	Male 21-34	64	Bro Dysynni	52:22	52:47
222.	618	John Gwynn evans	m	Male 65-69	2	Aberystwyth A C	52:20	52:47
223.	359	John Unsworth	m	Male 45-49	33		52:38	52:49

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
224.	598	Nina Ruddle	f	Female 35-39	11		52:10	52:49
225.	366	gwenllian edwards	f	Female 35-39	12		52:43	52:50
226.	630	Simon McCormick	m	Male 45-49	34		52:17	52:50
227.	317	Gareth Lyons	m	Male 35-39	24		52:14	52:52
228.	541	Conor O'Brien	m	Male 21-34	65		52:11	52:56
229.	118	Will Catterall	m	Male 12-20	7		52:45	52:57
230.	286	Colin Hampson	m	Male 45-49	35		52:34	52:58
231.	491	John Houghton	m	Male 55-59	7		52:56	53:05
232.	58	Paul Davis	m	Male 35-39	25	Buckley Runners	53:01	53:06
233.	626	Sallyann Oneil	f	Female 40-44	7		52:46	53:09
234.	195	Ian Kinnair	m	Male 45-49	36		52:50	53:12
235.	168	Kevin Jones	m	Male 40-44	36		52:37	53:19
236.	398	Ste Robinson	m	Male 21-34	66		53:10	53:22
237.	363	Ed Hopson	m	Male 21-34	67		53:02	53:22
238.	661	Christine Bassindale	f	Female 55-59	2		53:03	53:24
239.	117	Aidan Wafer	m	Male 55-59	8		52:55	53:27
240.	357	Lorna Royle	f	Female 40-44	8	Deestriders running club	53:10	53:36
241.	435	Peter Bennett	m	Male 55-59	9		53:26	53:38
242.	271	John Wright	m	Male 50-54	17		53:24	53:41
243.	499	Steven Ingram	m	Male 55-59	10		53:31	53:44
244.	587	David Jones	m	Male 40-44	37		53:04	53:44
245.	585	Rachel Fennah	f	Female 12-20	2		53:04	53:44
246.	588	Gary Dyson	m	Male 45-49	37		53:21	53:46
247.	298	Stephen Davies	m	Male 55-59	11		53:30	53:46
248.	223	Ruth Smith	f	Female 40-44	9		53:21	53:48
249.	361	Terry Williams	m	Male 45-49	38		53:35	53:50
250.	569	Rachael Smart	f	Female 35-39	13		53:45	53:53
251.	57	Gareth Johnstone	m	Male 40-44	38	Fylde Coast Running	53:27	53:53
252.	482	Ben Grundy	m	Male 55-59	12		53:28	53:55
253.	330	Alan Hayden	m	Male 21-34	68		53:32	53:56
254.	327	Lee Halley	m	Male 21-34	69		53:32	53:56
255.	409	Louise Griffiths	f	Female 50-54	5		53:29	53:57

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
256.	287	Sean Quick	m	Male 40-44	39		53:39	54:01
257.	248	Shkira Jones	f	Female 21-34	8		53:29	54:02
258.	675	Catrin Hughes	f	Female 35-39	14		53:27	54:07
259.	51	Bernard Brown	m	Male 50-54	18		53:28	54:09
260.	421	Debbie Dyke	f	Female 50-54	6		53:50	54:09
261.	471	John Rae	m	Male 21-34	70		53:52	54:09
262.	378	HADYN JOHNSON	m	Male 40-44	40	PRESTATYN RUNNING CLUB	53:47	54:10
263.	549	Cassie Ogden	f	Female 35-39	15		53:35	54:12
264.	334	Mark Aindow	m	Male 45-49	39		53:39	54:12
265.	97	Jill Cutler	f	Female 35-39	16		53:44	54:12
266.	193	Linda Edwards	f	Female 45-49	4		53:46	54:16
267.	438	Andrew Michael	m	Male 21-34	71		54:02	54:17
268.	150	Jude Morton	f	Female 40-44	10		54:01	54:17
269.	608	George Dyson	m	Male 12-20	8		53:56	54:21
270.	349	Andrew Doughton	m	Male 35-39	26		54:29	54:30
271.	653	Lois Wiegand	f	Female 40-44	11		54:26	54:33
272.	545	Max Dowell	m	Male 12-20	9		54:26	54:37
273.	558	Vanessa Elliott	f	Female 45-49	5		54:33	54:40
274.	557	Mark Elliott	m	Male 45-49	40		54:33	54:41
275.	651	Robert Prys Owen	m	Male 65-69	3		54:24	54:43
276.	246	Daniel Joyce	m	Male 35-39	27		54:19	54:57
277.	84	Kelly Jones	f	Female 21-34	9		54:41	55:00
278.	176	Laura Davies	f	Female 21-34	10		54:28	55:02
279.	95	Barbie Jones	f	Female 45-49	6		54:29	55:04
280.	185	helen massey	f	Female 50-54	7		54:38	55:08
281.	31	Suzanne Eccles	f	Female 35-39	17		55:07	55:17
282.	269	Steve Spencer	m	Male 35-39	28		54:59	55:22
283.	305	Lynsey Hughes	f	Female 21-34	11		55:18	55:29
284.	375	Rhian Hughes	f	Female 40-44	12		55:22	55:38
285.	496	Adam Hardaker	m	Male 21-34	72		55:38	55:41
286.	369	Sasha Crickmore	f	Female 21-34	12		55:30	55:44
287.	501	Philip Smith	m	Male 45-49	41		55:09	55:46

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
288.	56	Lynda Rowlands	f	Female 45-49	7	Wrexham AAC	55:21	55:46
289.	85	Colin Fisher	m	Male 55-59	13		55:31	55:48
290.	671	Jane Mcdonell	f	Female 35-39	18		55:27	55:52
291.	157	Steve Edwards	m	Male 45-49	42		55:50	55:54
292.	432	Helen Parton	f	Female 50-54	8		55:25	55:56
293.	24	Bethan Wyn Roberts	f	Female 45-49	8		55:48	55:56
294.	509	Malcolm Parry	m	Male 75-79	1		55:39	55:59
295.	11	Sam Blacow	f	Female 21-34	13	Bramhall Runners	55:18	56:00
296.	407	Luke Jackson	m	Male 21-34	73		55:42	56:03
297.	427	Rebecca Dew	f	Female 21-34	14		55:23	56:05
298.	109	Ellie DAVIES	f	Female 21-34	15		56:02	56:10
299.	108	Debbie Davies	f	Female 50-54	9		56:02	56:10
300.	187	Paul Hughes	m	Male 45-49	43		56:01	56:13
301.	415	Jennifer Owens	f	Female 21-34	16	Prestatyn running club	56:07	56:14
302.	498	Robert Mackey	m	Male 65-69	4	Buckley Runners	56:16	56:16
303.	412	Jez Davies	m	Male 45-49	44	Wrexham	56:10	56:18
304.	673	Mike James	m	Male 45-49	45		55:54	56:20
305.	658	Stephen Church	m	Male 45-49	46		56:06	56:23
306.	669	Hayley Price Jones	f	Female 40-44	13	NWRRC	56:05	56:28
307.	515	Chloe Jones	f	Female 21-34	17		56:06	56:29
308.	165	Sarmid Al-Kamil	m	Male 50-54	19	Bramhall Runners	55:50	56:30
309.	249	Sian Meirion	f	Female 45-49	9		56:29	56:36
310.	289	Raymond Hayes	m	Male 50-54	20		56:20	56:37
311.	273	Joanna Turner	f	Female 21-34	18		56:12	56:40
312.	274	James Turner	m	Male 35-39	29		56:12	56:40
313.	513	Alastair Christian	m	Male 21-34	74		55:57	56:42
314.	339	Jan Bancroft	f	Female 21-34	19	Wrexham ac	56:33	56:43
315.	341	Tracey Baxter	f	Female 40-44	14		56:02	56:47
316.	32	Vicky Warburton	f	Female 35-39	19		56:38	56:47
317.	342	Alistair McLachlan	m	Male 40-44	41		56:03	56:47
318.	489	Lisa Davies	f	Female 21-34	20		56:45	56:49
319.	39	Paul Burns	m	Male 45-49	47		56:21	56:54

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
320.	542	Alan Lindsay	m	Male 45-49	48		56:33	56:54
321.	617	Jennifer Rambaldi	f	Female 21-34	21		56:29	56:54
322.	645	Eleanor Francis	f	Female 21-34	22		56:29	56:54
323.	430	stephen dutton	m	Male 35-39	30		56:34	56:57
324.	199	James Anderson	m	Male 40-44	42		56:14	56:59
325.	215	Rachel Jones	f	Female 40-44	15		56:45	57:00
326.	326	Eve Pugh	f	Female 45-49	10		56:34	57:02
327.	18	Neil Page	m	Male 50-54	21		56:23	57:04
328.	17	Ian Oxley	m	Male 50-54	22		56:23	57:04
329.	290	Rachael Wheldon	f	Female 35-39	20		56:43	57:08
330.	284	Dave Bennett	m	Male 40-44	43		56:44	57:08
331.	390	neil garvey	m	Male 35-39	31		56:27	57:09
332.	418	Leanne Evans-Jones	f	Female 21-34	23		56:41	57:10
333.	76	evelyn aindow	f	Female 45-49	11		56:48	57:21
334.	106	Ben Anglesea	m	Male 21-34	75		57:09	57:25
335.	644	Kate Wilde	f	Female 21-34	24		56:54	57:30
336.	625	Jeff Hardman	m	Male 60-64	4		57:07	57:35
337.	532	David Wiggins	m	Male 55-59	14	Helsby	57:19	57:35
338.	147	Sarah Jones	f	Female 21-34	25		57:25	57:37
339.	75	MICHAEL EDWARDS	m	Male 35-39	32		57:00	57:37
340.	203	Sioned Pugh	f	Female 21-34	26		57:01	57:38
341.	68	Marie Fairclough	f	Female 50-54	10	Bramhall Runners	56:59	57:40
342.	394	William Bridge	m	Male 40-44	44		57:02	57:43
343.	597	Sam Kelly	m	Male 21-34	76		57:33	57:43
344.	148	Edward Jones	m	Male 21-34	77		57:36	57:47
345.	292	Francesca Hutcheson	f	Female 40-44	16	Shropshire Shufflers	57:34	57:49
346.	270	Louise Busby	f	Female 40-44	17		57:38	57:53
347.	279	CHRIS BOOR	m	Male 40-44	45		57:21	57:57
348.	614	Sam Hatchett	m	Male 21-34	78		57:42	58:05
349.	578	Eifion Evans	m	Male 21-34	79		58:05	58:06
350.	562	Phil Raymond	m	Male 21-34	80	Liverpool running club	57:59	58:09
351.	380	Karen Holmes	f	Female 40-44	18		57:48	58:10

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
352.	381	Andrew Armstrong	m	Male 35-39	33		57:48	58:10
353.	577	Eirian Commins	f	Female 50-54	11		58:00	58:15
354.	343	Peter Steven Edwards	m	Male 50-54	23		57:50	58:21
355.	459	Lesley Mayers	f	Female 45-49	12		58:18	58:25
356.	581	Simon Gregory	m	Male 21-34	81		58:29	58:31
357.	100	Owen Hughes	m	Male 12-20	10		58:30	58:31
358.	101	Hannah Trueman	f	Female 12-20	3		58:30	58:32
359.	323	Gemma Elliott	f	Female 12-20	4		58:06	58:38
360.	242	Sharon Carney	f	Female 40-44	19		58:09	58:44
361.	321	Topsy Lee	f	Female 35-39	21		58:18	58:49
362.	82	John Shone	m	Male 21-34	82		58:36	58:49
363.	676	Jackie Pottle	f	Female 50-54	12	PRESTATYN RUNNING CLUB	58:22	58:51
364.	42	Steve Cooke	m	Male 55-59	15		58:53	58:58
365.	634	Lee Blackwell	m	Male 35-39	34		58:32	58:58
366.	639	Chris Griffiths	m	Male 35-39	35		58:31	58:58
367.	183	Graham Palmer	m	Male 35-39	36		58:16	58:59
368.	296	Lee Burberry	m	Male 45-49	49		58:42	59:00
369.	404	Dave Jones	m	Male 60-64	5		58:26	59:00
370.	123	David Pughe	m	Male 55-59	16		58:36	59:01
371.	328	Ronan Flynn	m	Male 45-49	50		58:49	59:04
372.	446	Shaun Partington	m	Male 40-44	46	Wrexham A C	58:20	59:04
373.	372	Diane Cannon	f	Female 45-49	13		58:53	59:06
374.	300	Claire Campbell	f	Female 40-44	20		58:40	59:09
375.	423	Ian Ferguson	m	Male 45-49	51		58:56	59:10
376.	356	Jacky Garnett	f	Female 45-49	14		59:00	59:14
377.	240	Joanne Whitehead	f	Female 50-54	13		58:48	59:17
378.	638	david edwards	m	Male 65-69	5		58:46	59:18
379.	570	Sophie Ellis	f	Female 12-20	5		58:54	59:24
380.	537	peter williams	m	Male 45-49	52		59:15	59:27
381.	615	Rachel Allen	f	Female 21-34	27		59:09	59:35
382.	309	michael shone	m	Male 40-44	47		59:15	59:38
383.	389	Michelle Plowman	f	Female 40-44	21		59:11	59:40

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
384.	547	Andrew Amos	m	Male 21-34	83	Kirkby milers	59:26	59:41
385.	96	Alex Crawford	m	Male 12-20	11		59:08	59:43
386.	643	David G Hughes	m	Male 50-54	24		59:39	59:43
387.	354	Elaine Charles	f	Female 50-54	14		59:16	59:47
388.	631	Ruth Williams	f	Female 21-34	28		59:50	59:58
389.	493	Tanya Jones	f	Female 21-34	29		59:52	1:00:03
390.	517	Diane Lyon	f	Female 50-54	15		59:36	1:00:07
391.	467	BRYAN WILLIAMSON	m	Male 65-69	6		1:00:13	1:00:13
392.	162	ben sheibani	m	Male 21-34	84		1:00:01	1:00:17
393.	161	georgia crewe	f	Female 21-34	30		1:00:01	1:00:17
394.	373	Stuart Challinor	m	Male 45-49	53		59:57	1:00:29
395.	170	Jean Hughes	f	Female 55-59	3		1:00:13	1:00:31
396.	576	Alison Jones	f	Female 45-49	15	Buckley RC	59:57	1:00:34
397.	403	Denise Garner	f	Female 40-44	22		1:00:02	1:00:34
398.	151	Ian Morris	m	Male 45-49	54		59:54	1:00:35
399.	475	daniel morris	m	Male 21-34	85		59:54	1:00:35
400.	337	hayley cooper	f	Female 21-34	31		59:54	1:00:35
401.	212	Donna Yule	f	Female 40-44	23		1:00:25	1:00:39
402.	34	Lucy Amos	f	Female 40-44	24		59:56	1:00:41
403.	33	Rachel Twiss	f	Female 35-39	22		1:00:10	1:00:54
404.	329	Robert Edwards	m	Male 50-54	25		1:00:44	1:01:02
405.	632	Laura Horan	f	Female 21-34	32		1:00:47	1:01:11
406.	324	Sharon Jones	f	Female 45-49	16		1:00:47	1:01:13
407.	299	Kathryn Sigsworth	f	Female 35-39	23		1:00:37	1:01:17
408.	465	Rachel Casey	f	Female 40-44	25		1:01:19	1:01:19
409.	208	Garry Stone	m	Male 40-44	48		1:00:43	1:01:24
410.	194	Lisa Collins	f	Female 40-44	26		1:00:43	1:01:24
411.	648	Bethan Lunn	f	Female 40-44	27	Prestatyn	1:00:56	1:01:25
412.	295	Graham Roberts	m	Male 45-49	55		1:00:50	1:01:26
413.	472	Nan Roberts	f	Female 45-49	17		1:00:58	1:01:26
414.	92	Vivienne Jones	f	Female 50-54	16		1:00:50	1:01:29
415.	213	Andrew Barnard	m	Male 40-44	49		1:00:54	1:01:30

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
416.	338	David Gerber	m	Male 21-34	86		1:01:13	1:01:31
417.	171	EDWARD CHAPMAN	m	Male 55-59	17		1:01:01	1:01:45
418.	54	Rebecca Williams	f	Female 35-39	24		1:01:22	1:01:47
419.	281	Dewi Griffiths	m	Male 55-59	18	fylde coast runners	1:01:20	1:01:55
420.	524	Beth Sales	f	Female 21-34	33		1:01:41	1:02:15
421.	83	Nia Hughes- Pollard	f	Female 35-39	25		1:02:00	1:02:18
422.	384	Sarah Hanson	f	Female 21-34	34		1:01:52	1:02:26
423.	91	Linzi Selley	f	Female 40-44	28		1:01:51	1:02:29
424.	275	Rebecca Evans	f	Female 21-34	35		1:02:10	1:02:30
425.	167	Rhiannon Dixon	f	Female 21-34	36		1:02:11	1:02:32
426.	80	Emma Waldron	f	Female 35-39	26		1:02:03	1:02:36
427.	79	Vicky Watkins	f	Female 35-39	27		1:02:03	1:02:36
428.	353	LOUISE APPLEBY	f	Female 55-59	4		1:02:09	1:02:43
429.	510	Colin Pheasant	m	Male 60-64	6	Chase Harriers	1:02:48	1:02:48
430.	259	catherine atkin	f	Female 50-54	17		1:02:22	1:02:51
431.	554	Stephanie Williamson	f	Female 35-39	28		1:02:11	1:02:57
432.	255	Brenda Gatward	f	Female 45-49	18		1:02:18	1:02:57
433.	451	Joanne Rushforth	f	Female 45-49	19		1:02:31	1:02:57
434.	64	Mark Reynolds	m	Male 50-54	26		1:02:49	1:03:20
435.	434	Natalie Bennett	f	Female 21-34	37		1:03:13	1:03:24
436.	37	John Rounding	m	Male 35-39	37		1:02:52	1:03:27
437.	116	Susan Pryce	f	Female 40-44	29		1:02:57	1:03:29
438.	589	Ruth Bateman	f	Female 21-34	38		1:03:10	1:03:31
439.	400	Lora Stokes	f	Female 21-34	39		1:03:16	1:03:44
440.	312	Adrian Barsby	m	Male 55-59	19		1:03:03	1:03:44
441.	538	Holly Savage	f	Female 21-34	40		1:03:16	1:03:50
442.	393	Kevin Dickel	m	Male 40-44	50		1:03:12	1:03:52
443.	303	roy jardine	m	Male 65-69	7	eryri	1:03:20	1:03:52
444.	172	Susan Bennett	f	Female 40-44	30		1:03:12	1:03:53
445.	504	James Bone	m	Male 35-39	38		1:03:26	1:03:55
446.	628	Claire Kitchen	f	Female 35-39	29		1:03:28	1:03:57
447.	563	Katie Griffith	f	Female 21-34	41		1:03:38	1:03:58

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
448.	507	Jan Parry	f	Female 70-74	1		1:03:41	1:04:00
449.	237	Sarah Johnson	f	Female 40-44	31		1:03:34	1:04:04
450.	350	John Etherington	m	Male 70-74	1		1:04:05	1:04:05
451.	603	Iorwerth Roberts	m	Male 75-79	2	Eryri Harriers	1:03:32	1:04:06
452.	55	Michael Cantwell	m	Male 45-49	56		1:03:42	1:04:11
453.	600	Alicia Dooley	f	Female 21-34	42		1:04:11	1:04:21
454.	454	Janet Selbie	f	Female 50-54	18		1:04:19	1:04:33
455.	98	Hannah Davies	f	Female 21-34	43		1:03:59	1:04:33
456.	99	Angharad Carmody	f	Female 21-34	44		1:03:59	1:04:34
457.	241	sheila Gofton	f	Female 55-59	5		1:04:16	1:04:36
458.	252	Barry Hughes	m	Male 65-69	8		1:04:08	1:04:37
459.	48	Stefano Cosentino	m	Male 45-49	57		1:04:36	1:04:47
460.	613	Andrea Howitt	f	Female 40-44	32		1:04:37	1:04:47
461.	591	Chris Hughes	m	Male 35-39	39		1:04:03	1:04:49
462.	453	Donna Mcallister	f	Female 21-34	45		1:04:41	1:04:55
463.	662	Simon Coates	m	Male 55-59	20		1:04:35	1:04:57
464.	580	Steve Bullows	m	Male 50-54	27	Hyde Striders	1:04:51	1:05:01
465.	13	Allison Hunt	f	Female 55-59	6		1:04:32	1:05:06
466.	301	Sally Watkins	f	Female 50-54	19		1:04:43	1:05:09
467.	36	Rachael Grundy	f	Female 21-34	46		1:04:42	1:05:18
468.	94	James Ashbee	m	Male 35-39	40		1:04:43	1:05:22
469.	426	Debbie Preston	f	Female 50-54	20		1:04:57	1:05:23
470.	81	Graham Wild	m	Male 50-54	28		1:04:49	1:05:31
471.	351	Alison Jones	f	Female 45-49	20		1:05:00	1:05:31
472.	127	John Roden	m	Male 50-54	29		1:05:29	1:05:40
473.	461	Lynsey Thomas	f	Female 21-34	47		1:05:29	1:05:40
474.	297	Sarah Greig	f	Female 45-49	21		1:05:12	1:05:41
475.	481	david roberts	m	Male 40-44	51		1:05:07	1:05:46
476.	244	Linda Edwards	f	Female 55-59	7		1:06:15	1:06:55
477.	245	Hannah Joyce	f	Female 21-34	48		1:06:15	1:06:56
478.	178	David Crane	m	Male 70-74	2		1:06:47	1:07:04
479.	47	Melissa Crane	f	Female 21-34	49		1:06:49	1:07:07

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
480.	406	Gareth Jackson	m	Male 50-54	30		1:07:10	1:07:10
481.	405	Abby Jackson	f	Female 21-34	50		1:06:48	1:07:10
482.	294	Mert Aslan	m	Male 35-39	41		1:06:53	1:07:14
483.	46	Nigel Heyes	m	Male 60-64	7		1:06:33	1:07:17
484.	210	Linda Gwatkin	f	Female 50-54	21		1:06:52	1:07:22
485.	278	Karen Williams	f	Female 50-54	22		1:06:53	1:07:22
486.	420	Paul Houlding	m	Male 50-54	31		1:06:56	1:07:26
487.	35	Jan Partridge	f	Female 40-44	33		1:07:08	1:07:39
488.	358	Martin Blythe	m	Male 40-44	52		1:07:43	1:07:46
489.	402	Llinos Alwen Jones Jones	f	Female 40-44	34		1:07:34	1:07:48
490.	508	Katie Donoghue	f	Female 21-34	51		1:07:54	1:07:56
491.	611	Cheryl Stewart	f	Female 40-44	35		1:07:28	1:07:56
492.	182	Michelle Griffiths	f	Female 40-44	36		1:07:29	1:08:09
493.	382	Dwysan Rowena	f	Female 40-44	37	Denbigh Harriers	1:07:43	1:08:10
494.	126	Miriam Bearham	f	Female 21-34	52		1:08:12	1:08:18
495.	102	john duckers	m	Male 65-69	9		1:07:51	1:08:21
496.	107	Sally Anglesea	f	Female 21-34	53		1:08:13	1:08:29
497.	59	Stephen Spooner	m	Male 35-39	42		1:08:27	1:08:42
498.	63	Tanya Reynolds	f	Female 40-44	38		1:08:12	1:08:42
499.	206	Ceri Davies	f	Female 21-34	54		1:08:33	1:08:46
500.	424	Denise Roberts	f	Female 45-49	22		1:08:50	1:09:16
501.	93	Kate Walker	f	Female 21-34	55		1:08:47	1:09:25
502.	154	John Bennett	m	Male 21-34	87		1:09:12	1:09:26
503.	153	Sally Jenkinson	f	Female 21-34	56		1:09:12	1:09:26
504.	333	Gary Jones	m	Male 55-59	21		1:08:45	1:09:30
505.	332	Beverley Jones	f	Female 45-49	23		1:08:45	1:09:30
506.	599	Kate Connah	f	Female 21-34	57		1:09:28	1:09:37
507.	335	Gary Hayward	m	Male 35-39	43		1:09:11	1:09:43
508.	374	Claire Hughes	f	Female 21-34	58		1:09:19	1:09:50
509.	531	Nicola Chaloner	f	Female 21-34	59	Wrexham AC	1:09:23	1:10:04
510.	120	Nicola Jones	f	Female 40-44	39		1:09:39	1:10:10
511.	433	Gary Davies	m	Male 21-34	88		1:10:03	1:10:11

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
512.	364	Steffi Lakes	f	Female 21-34	60		1:10:03	1:10:12
513.	180	Steph Brown	f	Female 21-34	61		1:09:43	1:10:17
514.	285	Lyndsey Ryrie	f	Female 21-34	62		1:10:00	1:10:28
515.	527	samantha wood	f	Female 35-39	30		1:10:15	1:10:41
516.	526	cathy george	f	Female 45-49	24		1:10:14	1:10:41
517.	436	Carol Bennett	f	Female 50-54	23		1:10:50	1:11:02
518.	425	Rachel Eaton	f	Female 35-39	31		1:10:33	1:11:11
519.	122	Bev Morgan	f	Female 35-39	32		1:10:33	1:11:11
520.	307	Carys Jones	f	Female 12-20	6		1:11:13	1:11:44
521.	306	Nicola Jones	f	Female 45-49	25		1:11:15	1:11:46
522.	590	Anna bassett	f	Female 50-54	24		1:11:09	1:11:47
523.	211	Carol Johnson	f	Female 40-44	40		1:11:41	1:12:11
524.	605	Kevin Bridgwood	m	Male 21-34	89		1:12:07	1:12:50
525.	574	bridget aldrige	f	Female 40-44	41		1:12:43	1:12:52
526.	344	Katie Edwards	f	Female 21-34	63		1:12:21	1:12:53
527.	345	Zara Ramsay	f	Female 21-34	64		1:12:22	1:12:54
528.	233	Angela Cottam	f		2		1:12:34	1:12:57
529.	232	Jennifer Cooper	f	Female 35-39	33		1:12:35	1:12:57
530.	319	Mark Morrelle	m	Male 40-44	53		1:12:28	1:13:06
531.	429	Michael Flackett	m	Male 21-34	90		1:12:58	1:13:16
532.	43	Jon Joyce	m	Male 35-39	44		1:12:53	1:13:32
533.	45	Alwenna Joyce	f	Female 60-64	1		1:12:53	1:13:32
534.	621	sarah williams	f	Female 40-44	42		1:13:05	1:13:37
535.	441	Kelly Pinches	f	Female 21-34	65		1:13:33	1:13:50
536.	469	Jody Burfoot	f	Female 21-34	66		1:13:42	1:14:19
537.	236	Peter Appleton	m	Male 55-59	22		1:14:03	1:14:26
538.	505	John Bilsland	m	Male 65-69	10		1:13:55	1:14:32
539.	506	Pauline Owen	f	Female 55-59	8		1:13:55	1:14:32
540.	65	Paula Tudor	f	Female 50-54	25		1:15:14	1:15:24
541.	280	Gwenda Marshall	f	Female 55-59	9	Fylde coast runners	1:14:49	1:15:25
542.	155	Emma Griffiths	f	Female 21-34	67		1:15:43	1:16:06
543.	156	Emma Burton	f	Female 40-44	43		1:15:43	1:16:06

Flintshire 10K & 3K

Finisher List

Place	Bib	Name	Gender	AG	Age Cat Pos	Club	ChipTime	GunTime
544.	450	erica vale	f	Female 35-39	34		1:16:33	1:16:46
545.	602	LEANNE JONES	f	Female 21-34	68		1:16:34	1:16:46
546.	293	Deborah Wiggall	f	Female 40-44	44		1:16:55	1:17:15
547.	224	Lauren Norval	f	Female 21-34	69		1:17:07	1:17:23
548.	250	Linda Blackwell	f	Female 21-34	70		1:16:50	1:17:26
549.	656	Amanda Prydden	f	Female 45-49	26		1:17:19	1:17:34
550.	124	Sophie Walker	f	Female 21-34	71		1:17:40	1:17:53
551.	564	Jayne Shone	f	Female 21-34	72		1:17:39	1:17:53
552.	152	Linz Thompson	f	Female 45-49	27		1:17:40	1:17:56
553.	179	Michael james Norval	m	Male 21-34	91		1:17:40	1:17:56
554.	67	Tim Foulkes	m	Male 21-34	92		1:17:54	1:18:31
555.	23	Karen Bailey	f	Female 21-34	73		1:17:54	1:18:31
556.	66	Eddie Tudor	m	Male 40-44	54		1:19:13	1:19:24
557.	201	Bernadette Chainey	f	Female 55-59	10		1:19:37	1:20:21
558.	200	Ric Chainey	m	Male 60-64	8		1:19:37	1:20:21
559.	238	Nicola Morgan	f	Female 45-49	28		1:19:57	1:20:35
560.	448	karen snee	f	Female 45-49	29	Buckley runners	1:19:57	1:20:35
561.	254	Abbie Kinnair	f	Female 12-20	7		1:21:11	1:21:48
562.	458	Shamreen Perally	f	Female 21-34	74		1:23:31	1:23:31
563.	449	Samirah Perally	f	Female 21-34	75		1:23:00	1:23:31
564.	444	Jo Wilson-Cunningham	f	Female 40-44	45		1:24:48	1:25:29
565.	253	Niamh Kinnair	f	Female 12-20	8		1:27:34	1:28:11
566.	251	Jane Williams	f	Female 45-49	30		1:27:32	1:28:11

Number of records: 566