

# Flintshire 5km 2019

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time
64	Bryn	Woodall	Male	1.	Male 12-20	1.	Colwyn Bay Athletics Club	0:16:24,98	1.	0:16:22,35
111	James	Jones	Male	2.	Male 12-20	2.	Deeside Aac	0:16:30,52	2.	0:16:27,65
160	James	Kimber	Male	3.	Male 21-34	1.	Ellesmere Port Running Club	0:17:21,24	3.	0:17:18,23
266	Chris	Yorke	Male	4.	Male 50-54	1.	Run Wales	0:18:16,21	4.	0:18:13,50
267	Tim	Joy	Male	5.	Male 21-34	2.	Team Aura	0:18:35,91	5.	0:18:32,63
278	Nick	Jones	Male	6.	Male 35-39	1.	Lonely Goat Running Club	0:18:50,12	6.	0:18:46,52
275	Daniel	Jones	Male	7.	Male 21-34	3.		0:19:26,68	7.	0:19:22,63
189	Jack	Millward	Male	8.	Male 21-34	4.		0:19:40,75	8.	0:19:37,79
214	Glyn	Stephens	Male	9.	Male 21-34	5.		0:19:52,11	9.	0:19:48,37
127	Daniel	Mcdonald	Male	10.	Male 21-34	6.		0:19:56,57	10.	0:19:52,05
133	John	Jones	Male	11.	Male 21-34	7.		0:20:10,26	11.	0:20:06,33
188	Wesley	Oakley	Male	12.	Male 40-44	1.		0:20:10,49	12.	0:20:07,41
151	Luke	Crofts	Male	13.	Male 35-39	2.		0:20:11,36	13.	0:20:06,21
96	Vinny	Spillane	Male	14.	Male 45-49	1.		0:20:13,14	14.	0:20:08,71
222	Nicola	Jones	Female	1.	Female 21-34	1.		0:20:29,42	15.	0:20:25,75
180	Andy	Jones	Male	15.	Male 21-34	8.	Penyffordd Run Club	0:21:17,86	16.	0:21:12,62
126	Robert	Meacock	Male	16.	Male 21-34	9.		0:21:22,11	17.	0:21:16,30
234	Claire	Wyn-Jones	Female	2.	Female 21-34	2.	Ellesmere Port Running Club	0:21:25,81	18.	0:21:21,81
269	Ellie	Small	Female	3.	Female 12-20	1.	Deestridders	0:21:30,18	19.	0:21:27,22
88	Carla	Green	Female	4.	Female 45-49	1.	North Wales Road Runners	0:21:31,67	20.	0:21:26,71
187	Benjamin	Harrison	Male	17.	Male 21-34	10.	Prestatyn Running Club	0:21:35,05	21.	0:21:28,95
63	Alison	Williams	Female	5.	Female 21-34	3.	Buckley Runners	0:21:41,40	22.	0:21:31,14
156	Stephen	Coleman	Male	18.	Male 55-59	1.	Fydl Coast Runners	0:21:43,42	23.	0:21:40,26
22	Daniel	Owens	Male	19.	Male 21-34	11.	North Wales Road Runners	0:22:04,30	24.	0:21:59,55
84	Simon	Johnson	Male	20.	Male 45-49	2.		0:22:09,71	25.	0:22:04,16
35	Alan	Latham	Male	21.	Male 40-44	2.	Buckley Runners	0:22:10,66	26.	0:22:00,19
8	Kenny	Jones	Male	22.	Male 35-39	3.		0:22:19,81	27.	0:22:14,71
157	Vicky	Jones	Female	6.	Female 21-34	4.		0:22:23,76	28.	0:22:20,17
245	Ross	Tutton	Male	23.	Male 40-44	3.	Pennyffordd Run Club	0:22:25,49	29.	0:22:19,38
191	Kim	Kelly	Female	7.	Female 40-44	1.		0:22:27,37	30.	0:22:10,13
223	Chris	Quinn	Male	24.	Male 21-34	12.		0:22:29,94	31.	0:22:25,86

219	Paul	Lewtey	Male	25.	Male 40-44	4.	Deestridders Rc	0:22:31,26	32.	0:22:10,41
197	Cherif	Salhi	Male	26.	Male 21-34	13.		0:22:41,19	33.	0:22:25,81
178	Emma	Hollinshead	Female	8.	Female 45-49	2.	Cannock & Stafford Ac	0:22:49,88	34.	0:22:44,00
182	Andrew	Taylor	Male	27.	Male 40-44	5.		0:22:59,98	35.	0:22:49,90
110	Sam	Evans	Male	28.	Male 21-34	14.		0:23:01,89	36.	0:22:41,79
18	Douglas	Graham	Male	29.	Male 40-44	6.		0:23:02,36	37.	0:22:56,19
171	Christine	Cammillare	Female	9.	Female 35-39	1.	Deestridders Rc	0:23:05,47	38.	0:22:43,64
116	Jimmy	Driver	Male	30.	Male 21-34	15.	Uts Run Club	0:23:10,29	39.	0:23:01,56
91	Mark	Rothero	Male	31.	Male 45-49	3.	Penyffordd Run Club	0:23:24,97	40.	0:23:17,65
231	Sebastian	Pawlak	Male	32.	Male 21-34	16.		0:23:34,33	41.	0:23:30,91
284	Sylvester	Pietron	Male	33.	Male 21-34	17.	Deestridders	0:23:34,75	42.	0:23:30,63
268	Jo	Houghton-Davies	Female	10.	Female 35-39	2.	Deestridders	0:23:38,14	43.	0:23:32,78
190	Gill	Glover	Female	11.	Female 50-54	1.		0:23:45,54	44.	0:23:28,21
81	Gareth	Catherall	Male	34.	Male 40-44	7.		0:23:47,11	45.	0:23:40,29
276	Claire	Atterbury	Female	12.	Female 40-44	2.		0:23:52,69	46.	0:23:48,36
206	Nader	Kohbodi	Male	35.	Male 21-34	18.		0:23:55,17	47.	0:23:50,46
122	Helen	Meredith	Female	13.	Female 45-49	3.		0:23:57,39	48.	0:23:36,61
12	Laura	Hudson	Female	14.	Female 45-49	4.	Accrington Road Runners	0:24:01,20	49.	0:23:53,53
285	Chris	Dyson	Male	36.	Male 21-34	19.		0:24:04,95	50.	0:23:41,67
221	Dean	Shafto	Male	37.	Male 35-39	4.		0:24:15,54	51.	0:24:01,83
177	Daniel	Roberts	Male	38.	Male 21-34	20.		0:24:25,91	52.	0:24:20,96
68	Shaun	Terry	Male	39.	Male 45-49	4.	Deestridders	0:24:30,85	53.	0:24:10,39
213	Lauren	Nield	Female	15.	Female 21-34	5.		0:24:33,03	54.	0:24:29,75
184	Tom	Birtles	Male	40.	Male 21-34	21.	Mere Runners	0:24:35,49	55.	0:24:22,51
117	Karl	Hughes	Male	41.	Male 50-54	2.	Wrexham Aac	0:24:36,03	56.	0:24:11,65
65	Steve	Reynolds	Male	42.	Male 50-54	3.		0:24:37,76	57.	0:24:33,19
167	Suzanne	Fletcher	Female	16.	Female 35-39	3.		0:24:44,63	58.	0:24:38,89
205	Ann Claire	Jones	Female	17.	Female 45-49	5.		0:24:48,82	59.	0:24:40,19
121	Bethan Wyr	Roberts	Female	18.	Female 45-49	6.		0:24:53,29	60.	0:24:44,97
279	Barry	Stanfield	Male	43.	Male 45-49	5.		0:24:56,87	61.	0:24:47,78
168	Stephen	Birkett	Male	44.	Male 45-49	6.	Deestridders	0:24:57,01	62.	0:24:37,19
247	Linda	Turley	Female	19.	Female 45-49	7.		0:25:03,21	63.	0:24:59,27
75	Ian	Edwards	Male	45.	Male 40-44	8.		0:25:11,25	64.	0:24:59,81
43	Clive	Palmer	Male	46.	Male 55-59	2.	Stoke F.i.t.	0:25:13,76	65.	0:25:02,05

153	Tegan	Walsh	Female	20.	Female 12-20	2.	Wrexham Ac	0:25:20,90	66.	0:25:18,02
24	Lee	Welburn	Male	47.	Male 40-44	9.		0:25:22,61	67.	0:25:11,70
240	Brygida	Gorecka	Female	21.	Female 21-34	6.		0:25:25,51	68.	0:25:20,05
93	Charlotte	Harvey	Female	22.	Female 21-34	7.	Penyffordd Run Club	0:25:30,43	69.	0:25:22,95
120	Sarah	Shaw	Female	23.	Female 35-39	4.		0:25:37,42	70.	0:25:17,60
192	Kate	Somma	Female	24.	Female 45-49	8.		0:25:41,77	71.	0:25:24,17
229	Ross	Makin	Male	48.	Male 40-44	10.		0:25:51,21	72.	0:25:30,89
241	Tatiana	Gorecka	Female	25.		1.		0:25:57,15	73.	0:25:51,91
163	Cheryl	Lord-Brown	Female	26.	Female 50-54	2.		0:25:58,95	74.	0:25:47,43
283	Andy	Cowden	Male	49.	Male 55-59	3.		0:25:59,04	75.	0:25:37,91
128	Sarah	Hough	Female	27.	Female 40-44	3.		0:26:03,03	76.	0:25:41,68
170	Thomas	Bagnall	Male	50.	Male 12-20	3.		0:26:06,94	77.	0:25:49,34
149	Neil	Burgoyne	Male	51.	Male 55-59	4.		0:26:09,85	78.	0:25:59,19
286	Greg	Holland	Male	52.	Male 21-34	22.		0:26:11,05	79.	0:25:47,65
235	Isidore	Alvarez	Male	53.	Male 21-34	23.		0:26:13,05	80.	0:25:57,29
256	Gavin	Taylor	Male	54.	Male 35-39	5.	Penyffordd Run Club	0:26:19,29	81.	0:26:12,56
257	Mike	Dovaston	Male	55.	Male 40-44	11.		0:26:27,43	82.	0:26:10,03
217	Stephanie	Mememory	Female	28.	Female 50-54	3.	Penyffordd Run Club	0:26:28,07	83.	0:26:20,34
258	Daniel	Dovaston	Male	56.	Male 12-20	4.		0:26:33,13	84.	0:26:15,33
118	Clare	Blackhurst	Female	29.	Female 40-44	4.		0:26:37,72	85.	0:26:18,30
38	Nick	Burgess	Male	57.	Male 21-34	24.		0:26:50,38	86.	0:26:40,44
239	Jeremy	Davies	Male	58.	Male 50-54	4.	Wrexham Aac	0:27:02,20	87.	0:26:48,28
244	Richard	Mememory	Male	59.	Male 45-49	7.	Penyffordd Run Club	0:27:03,65	88.	0:26:56,59
254	Alex	Elliot	Male	60.	Male 21-34	25.		0:27:07,88	89.	0:26:49,04
233	Kamila	Gendek	Female	30.	Female 21-34	8.		0:27:09,51	90.	0:26:52,17
249	Katie	Aindow	Female	31.	Female 12-20	3.		0:27:09,75	91.	0:27:01,04
145	Jonathan	Abbott	Male	61.	Male 21-34	26.		0:27:20,43	92.	0:27:07,75
274	Geoff	Roberts	Male	62.	Male 55-59	5.		0:27:27,06	93.	0:27:07,16
33	Steph	Russell	Female	32.	Female 35-39	5.		0:27:34,93	94.	0:27:27,75
202	Paul	Houlding	Male	63.	Male 55-59	6.		0:27:37,47	95.	0:27:08,72
112	Laura	Singleton	Female	33.	Female 35-39	6.		0:27:47,15	96.	0:27:36,74
165	Stuart	Quayle	Male	64.	Male 40-44	12.	Prestatyn Running Club	0:27:51,98	97.	0:27:32,76
232	Gwenno	Edwards	Female	34.	Female 21-34	9.	Denbigh Harriers	0:27:59,43	98.	0:27:53,69
199	Jeffrey	Jones	Male	65.	Male 65-69	1.	Denbigh Harriers	0:28:03,10	99.	0:27:57,18

248	Luke	Yarwood	Male	66.	Male 21-34	27.		0:28:04,67	100.	0:27:51,29
193	Helen	Alefounder	Female	35.	Female 45-49	9.	Prestatyn Running Club	0:28:05,33	101.	0:27:46,95
183	Leon	Cassidy	Male	67.	Male 45-49	8.		0:28:07,11	102.	0:27:49,63
62	Benn	Danson	Male	68.	Male 40-44	13.	Deestriders	0:28:20,65	103.	0:27:59,49
230	Nikki	Derbyshire	Female	36.	Female 40-44	5.		0:28:20,72	104.	0:27:59,44
136	Ryan	Hughes	Male	69.	Male 21-34	28.		0:28:21,27	105.	0:28:18,00
224	Dawn	Wood	Female	37.	Female 45-49	10.		0:28:22,73	106.	0:27:59,39
220	Hayley	Batley	Female	38.	Female 35-39	7.		0:28:25,13	107.	0:28:13,74
80	Jude	Lloyd-Johnson	Female	39.	Female 40-44	6.	Chester Tri	0:28:26,33	108.	0:28:13,52
147	Diane	Jones	Female	40.	Female 40-44	7.		0:28:32,46	109.	0:28:23,68
242	Les	Moulsdale	Male	70.	Male 55-59	7.	Mere Runners	0:28:34,01	110.	0:28:22,03
59	Stephen	Ridgeley	Male	71.	Male 50-54	5.		0:28:37,23	111.	0:28:10,02
109	Alex	Davies	Male	72.	Male 21-34	29.		0:28:42,36	112.	0:28:21,51
44	Kay	Cottrell	Female	41.	Female 60-64	1.	Run Free	0:28:49,28	113.	0:28:39,40
226	Kirsty	Duckers	Female	42.	Female 21-34	10.		0:29:18,31	114.	0:29:07,21
259	Sandra	Stevenson	Female	43.	Female 55-59	1.		0:29:29,78	115.	0:29:04,61
77	Katie	Girvan	Female	44.	Female 21-34	11.		0:29:31,63	116.	0:29:14,23
104	Felicity	Brandish	Female	45.	Female 40-44	8.	Penyffordd Running Club	0:29:35,54	117.	0:29:25,08
26	Steven	Pritchard	Male	73.	Male 45-49	9.		0:29:43,41	118.	0:29:35,68
27	Rebecca	Noble	Female	46.	Female 35-39	8.		0:29:43,94	119.	0:29:35,68
142	Stephanie	Dean	Female	47.	Female 21-34	12.		0:29:44,32	120.	0:29:17,80
125	Sara	Jones	Female	48.	Female 45-49	11.		0:29:54,45	121.	0:29:40,48
174	Elin	Henstock	Female	49.	Female 12-20	4.		0:30:10,17	122.	0:29:58,85
253	Rachel	Henri-Joy	Female	50.	Female 45-49	12.		0:30:15,39	123.	0:29:50,44
40	Brian	Ellis	Male	74.	Male 45-49	10.	Aura	0:30:19,99	124.	0:30:11,22
201	Stuart	Brown	Male	75.	Male 35-39	6.	Deestriders	0:30:20,18	125.	0:29:59,60
106	Elaine	Langley	Female	51.	Female 45-49	13.		0:30:22,80	126.	0:29:59,32
137	Nan	Roberts	Female	52.	Female 50-54	4.	Gog Triathlon	0:30:30,12	127.	0:30:22,03
138	Andrew	Roberts	Male	76.	Male 50-54	6.	Gog Triathlon	0:30:30,26	128.	0:30:22,01
34	Anna	Moore	Female	53.	Female 35-39	9.		0:30:31,66	129.	0:30:24,39
215	Natasha	Hudson	Female	54.	Female 40-44	9.		0:30:33,94	130.	0:30:19,23
277	Lynne	Hird	Female	55.	Female 45-49	14.		0:30:36,96	131.	0:30:20,78
166	Eric	Phillips	Male	77.	Male 45-49	11.		0:30:37,55	132.	0:30:12,20
148	Debra	Williams	Female	56.	Female 55-59	2.		0:30:47,95	133.	0:30:37,80

261	Isabel	Davies	Female	57.	Female 12-20	5.		0:30:53,18	134.	0:30:43,58
195	Laura	Cogswell	Female	58.	Female 35-39	10.		0:30:57,10	135.	0:30:39,35
79	Max	Marcham	Male	78.	Male 21-34	30.		0:30:58,85	136.	0:30:35,26
158	Abi	Rosenbloom	Female	59.	Female 40-44	10.		0:31:00,14	137.	0:30:37,44
105	Terry	Price	Male	79.	Male 45-49	12.		0:31:00,41	138.	0:30:36,54
287	Abigail	Cammillare	Female	60.	Female 21-34	13.	Deestriders	0:31:02,01	139.	0:30:40,31
123	Chloe	Peers	Female	61.	Female 21-34	14.		0:31:05,46	140.	0:30:51,40
263	Andrew	Rate	Male	80.	Male 21-34	31.		0:31:05,76	141.	0:30:52,36
139	Gruff	Jones	Male	81.	Male 12-20	5.		0:31:10,42	142.	0:30:58,64
60	Jane	Edwards	Female	62.	Female 50-54	5.		0:31:15,88	143.	0:31:06,55
113	Penny	Jones	Female	63.	Female 35-39	11.		0:31:18,24	144.	0:30:55,23
103	Ian	Beckett	Male	82.	Male 50-54	7.		0:31:20,30	145.	0:30:56,39
159	Finn	Rowlands	Male	83.	Male 12-20	6.		0:31:25,60	146.	0:31:02,97
185	Kait	Hughes	Female	64.	Female 21-34	15.		0:31:27,20	147.	0:31:14,39
85	Jane	Foster-Coulter	Female	65.	Female 45-49	15.		0:31:28,99	148.	0:31:22,83
216	Alexandra	Cooper	Female	66.	Female 35-39	12.		0:31:31,94	149.	0:31:17,50
71	Carly	Pealing	Female	67.	Female 35-39	13.		0:31:33,85	150.	0:31:17,32
5	Rebecca	Hulme	Female	68.	Female 21-34	16.		0:31:41,21	151.	0:31:32,37
260	Hermione	Davies	Female	69.	Female 12-20	6.		0:31:49,94	152.	0:31:40,34
280	Lizanne	Conroy	Female	70.	Female 40-44	11.		0:31:51,76	153.	0:31:42,91
255	Abbigail	Sear	Female	71.	Female 40-44	12.	Aura	0:31:53,02	154.	0:31:28,07
82	Jane	Price	Female	72.	Female 45-49	16.		0:31:56,24	155.	0:31:50,75
99	James	Jackson	Male	84.	Male 35-39	7.	Lonely Goat Running Club	0:32:08,74	156.	0:31:44,43
176	Gwyneth	Roberts	Female	73.	Female 55-59	3.		0:32:21,73	157.	0:32:16,40
86	Mel	Lewis	Female	74.	Female 45-49	17.		0:32:31,48	158.	0:32:25,75
114	Ian	Jones	Male	85.	Male 55-59	8.	Denbigh Harriers	0:32:38,50	159.	0:32:16,45
115	Jessica	Jones	Female	75.	Female 21-34	17.	Denbigh Harriers	0:32:38,70	160.	0:32:15,69
162	Chris	Elmore	Male	86.	Male 65-69	2.		0:32:40,82	161.	0:32:21,40
666	Charli	Weller	Female	76.	Female 50-54	6.	Newcastle Staffs Ac	0:32:41,92	162.	0:32:23,86
179	Jan	Cahill	Female	77.	Female 45-49	18.		0:32:43,30	163.	0:32:36,70
271	Carol	Fielder Hughes	Female	78.	Female 45-49	19.		0:32:48,75	164.	0:32:37,97
119	Alison	Baker	Female	79.	Female 35-39	14.		0:32:56,98	165.	0:32:47,56
237	Olivia	Davies	Female	80.	Female 12-20	7.	Wrexham Aac	0:33:01,88	166.	0:32:48,43
161	Leanne	Parry Roberts	Female	81.	Female 21-34	18.		0:33:08,66	167.	0:32:52,48

225	Debbie	Crump	Female	82.	Female 45-49	20.		0:33:09,82	168.	0:33:01,79
246	Linda	Willbourn	Female	83.	Female 45-49	21.		0:33:20,58	169.	0:33:12,32
11	Katie	Williams	Female	84.	Female 35-39	15.		0:33:40,40	170.	0:33:29,61
3	Lucy	Broster	Female	85.	Female 12-20	8.		0:33:49,98	171.	0:33:42,71
4	Dylan	Rowe	Male	87.	Male 21-34	32.		0:33:49,98	172.	0:33:42,80
89	Carly	Speed	Female	86.	Female 21-34	19.		0:33:52,74	173.	0:33:39,20
144	Mark	Abbott	Male	88.	Male 50-54	8.		0:33:53,08	174.	0:33:40,12
54	Stephanie	Roberts	Female	87.	Female 21-34	20.		0:33:59,22	175.	0:33:36,14
53	Kerry	Roberts	Female	88.	Female 45-49	22.		0:34:01,04	176.	0:33:38,52
108	Jackie	Marshall	Female	89.	Female 40-44	13.		0:34:04,93	177.	0:33:50,04
270	Lynne	Cooper	Female	90.	Female 50-54	7.		0:34:23,06	178.	0:34:12,47
98	Alison	Stokes	Female	91.	Female 40-44	14.		0:34:31,66	179.	0:34:20,02
146	Alison	Abbott	Female	92.	Female 50-54	8.		0:34:33,20	180.	0:34:20,58
200	Sharon	Beresford	Female	93.	Female 40-44	15.		0:34:45,94	181.	0:34:39,21
134	Ruth	Bateman	Female	94.	Female 21-34	21.		0:34:57,82	182.	0:34:42,74
152	Kayleigh	Mccue	Female	95.	Female 21-34	22.		0:34:58,11	183.	0:34:51,69
135	Lucy	Roberts	Female	96.	Female 35-39	16.		0:34:58,98	184.	0:34:44,02
90	Louise	Allen	Female	97.	Female 21-34	23.		0:35:03,72	185.	0:34:48,76
194	Emily	Blake	Female	98.	Female 35-39	17.		0:35:04,72	186.	0:34:55,49
169	Karen	Bagnall	Female	99.	Female 45-49	23.		0:35:06,42	187.	0:34:49,18
92	Rhian	Haynes	Female	100.	Female 40-44	16.		0:35:09,30	188.	0:34:44,98
281	Alexander	Trelov	Male	89.	Male 21-34	33.		0:35:10,20	189.	0:35:03,38
164	Karla	Rogers	Female	101.	Female 35-39	18.		0:35:25,56	190.	0:35:13,65
181	Samantha	Horaczek	Female	102.	Female 35-39	19.		0:35:26,96	191.	0:35:16,91
262	Sarah	Rate	Female	103.	Female 35-39	20.		0:35:35,49	192.	0:35:22,65
129	Hannah	Dowell	Female	104.	Female 21-34	24.		0:35:43,93	193.	0:35:28,33
17	Lindsay	Smith	Female	105.	Female 40-44	17.		0:35:44,52	194.	0:35:32,21
227	Catherine	Robinson	Female	106.	Female 45-49	24.	Deestridders Rc	0:35:56,63	195.	0:35:34,48
39	Helen	Ellis	Female	107.	Female 45-49	25.	Aura	0:35:57,41	196.	0:35:47,99
66	Wendy	Wear	Female	108.	Female 50-54	9.	Shufflers	0:37:06,42	197.	0:36:43,67
67	Selina	Peck	Female	109.	Female 35-39	21.	Shropshire Shufflers	0:37:06,47	198.	0:36:43,84
196	Ella	Butler	Female	110.	Female 12-20	9.		0:37:06,94	199.	0:36:57,66
273	Jo	Richard	Female	111.	Female 21-34	25.		0:37:10,14	200.	0:36:50,95
31	Gareth	Davies	Male	90.	Male 35-39	8.		0:37:17,69	201.	0:37:02,97

32	Claire	Davies	Female	112.	Female 21-34	26.		0:37:17,96	202.	0:37:03,13
30	Sara	Roberts	Female	113.	Female 50-54	10.		0:37:30,19	203.	0:37:16,39
29	Michael	Roberts	Male	91.	Male 55-59	9.		0:37:30,34	204.	0:37:16,47
228	Clare	Allan	Female	114.	Female 55-59	4.		0:37:35,39	205.	0:37:27,36
50	Nat	Churchill	Female	115.	Female 35-39	22.		0:37:46,04	206.	0:37:31,41
49	Bethan	Tout	Female	116.	Female 35-39	23.		0:37:46,13	207.	0:37:31,61
265	Jenny	Blckburn	Female	117.	Female 21-34	27.		0:37:47,22	208.	0:37:29,37
70	Katie	Parker	Female	118.	Female 21-34	28.		0:37:49,94	209.	0:37:33,69
218	Catherine	Mccormack	Female	119.	Female 35-39	24.		0:38:32,52	210.	0:38:15,57
83	Amy	Selby	Female	120.	Female 35-39	25.		0:38:39,78	211.	0:38:32,83
251	Martha	Hill	Female	121.	Female 12-20	10.		0:38:49,22	212.	0:38:38,50
250	James	Hill	Male	92.	Male 35-39	9.		0:38:49,24	213.	0:38:38,72
37	Laura	Goodwin	Female	122.	Female 21-34	29.		0:39:02,89	214.	0:38:44,63
186	Emma	Norton	Female	123.	Female 21-34	30.		0:39:10,24	215.	0:38:54,64
94	Rebecca	Clayton	Female	124.	Female 21-34	31.		0:39:18,36	216.	0:39:02,88
236	Emma	Sillars	Female	125.	Female 40-44	18.		0:39:25,24	217.	0:38:59,70
238	Jessica	Sillars	Female	126.	Female 35-39	26.		0:39:25,41	218.	0:38:59,82
130	Paulina	Lawniczak	Female	127.	Female 40-44	19.		0:39:28,34	219.	0:39:08,58
155	Siobhan	Lightfoot	Female	128.	Female 35-39	27.		0:39:28,66	220.	0:39:09,07
173	Jackie	Wyer	Female	129.	Female 45-49	26.		0:39:33,07	221.	0:39:16,49
19	Tracey	Challoner	Female	130.	Female 50-54	11.		0:39:44,99	222.	0:39:32,98
23	Debbie	Barker	Female	131.	Female 45-49	27.	Deestridders Rc	0:39:47,34	223.	0:39:26,42
131	Donna	Hewitt	Female	132.	Female 45-49	28.	Penyffordd Running Club	0:40:05,27	224.	0:39:48,74
36	Sophie	Vaughan	Female	133.	Female 35-39	28.		0:40:18,04	225.	0:39:59,55
204	Ghislaine	Tinn	Female	134.	Female 21-34	32.		0:42:17,29	226.	0:42:05,04
212	Janet	Major	Female	135.	Female 55-59	5.		0:43:03,54	227.	0:42:44,96
124	Isslia	Roberts	Female	136.	Female 21-34	33.		0:43:54,05	228.	0:43:27,87
100	Dawn	Hardman	Female	137.	Female 45-49	29.		0:44:51,27	229.	0:44:35,22
175	Helen	Campbell	Female	138.	Female 45-49	30.	Deestridders	0:45:17,81	230.	0:44:53,35
210	Paul	Booth	Male	93.	Male 55-59	10.		0:46:04,72	231.	0:45:43,93
211	Ally	Booth	Female	139.	Female 55-59	6.		0:46:06,00	232.	0:45:45,47
48	Sareena	Prince	Female	140.	Female 21-34	34.		0:46:07,88	233.	0:45:56,06
47	Dave	Roberts	Male	94.	Male 21-34	34.		0:46:07,88	234.	0:45:55,46
42	Steven	Evans	Male	95.	Male 50-54	9.		0:49:14,44	235.	0:48:52,29

41	Mandy	Evans	Female	141.	Female 45-49	31.		0:49:14,98	236.	0:48:53,09
72	Rhian	Oxenham	Female	142.	Female 21-34	35.		0:49:30,78	237.	0:49:14,00
198	Kirsty	Blain	Female	143.	Female 21-34	36.	Penyffordd Running Club	0:56:38,53	238.	0:56:22,13
95	Mike	Stamper	Male	96.	Male 21-34	35.		0:57:47,03	239.	0:57:02,36
9	Christine	Judson	Female	144.	Female 55-59	7.		0:57:48,54	240.	0:57:04,13