

Race#	Forename	Surname	Gender	Gen Pos	Category	Cat Pos	Club	Gun Time	Position	Chip Time	Position
144	luke	beresford	M	1	MSENIOR	1	Ripley Running Club	01:20:52	1	01:20:51	1
441	Ken	Caulkett	M	2	MSENIOR	2		01:21:05	2	01:21:04	2
320	Paul	Brooks	M	3	MV40	1	Stockport Harriers	01:22:47	3	01:22:47	3
344	Stephen	Crook	M	4	MV35	1	Stockport Harriers	01:24:16	4	01:24:16	4
84	James	Cordon	M	5	MV40	2	Stockport Harriers	01:24:42	5	01:24:42	5
352	Martin	Green	M	6	MV40	3	NWRRC	01:26:17	6	01:26:17	6
248	Daniel	Hughes	M	7	MSENIOR	3	RED ROSE ROAD RUNNERS	01:28:07	7	01:28:02	7
207	Thomas	Mills	M	8	MSENIOR	4		01:29:07	8	01:29:01	8
244	Craig	Allen	M	9	MV35	2	Matlock AC	01:29:59	9	01:29:56	9
380	Neil	Finegan	M	10	MV40	4	Helsby RC	01:31:31	10	01:31:26	10
387	DARREN	BLAZIER	M	11	MV40	5	Abergele harriers	01:31:56	11	01:31:56	11
54	Anthony	Ryder	M	12	MSENIOR	5		01:33:19	12	01:33:09	12
333	George	Nicholls	M	13	MV45	1	Prestatyn Running Club	01:33:20	13	01:33:19	14
442	David	Hulse	M	14	MSENIOR	6		01:33:21	14	01:33:20	15
456	Robert	Fawcett	M	15	MV55	1		01:33:23	15	01:33:22	16
247	scott	Thompson	M	16	MV40	6		01:33:29	16	01:33:22	17
121	Jason	Ball	M	17	MV40	7	SINFIN	01:33:32	17	01:33:23	18
386	craig	lammas	M	18	MV35	3		01:33:34	18	01:33:15	13
405	Matthew	Jones	M	19	MV40	8	Ripley Running Club	01:33:47	19	01:33:45	20
389	Rory	Middleton	M	20	MSENIOR	7		01:33:47	20	01:33:42	19
227	Peter	Wilmot	M	21	MV45	2	Matlock AC	01:33:58	21	01:33:55	21
394	Iwan	Evans	M	22	MV35	4	NWRRC	01:34:16	22	01:34:14	22
293	Matt	Tucker	M	23	MSENIOR	8		01:34:33	23	01:34:17	23
238	Mark	Warwick	M	24	MV50	1	Team Derby Runner	01:34:44	24	01:34:43	24
435	Simon	Duckett	M	25	MV35	5		01:35:27	25	01:35:19	26
278	Tony	Wardle	M	26	MV45	3	south cheshire harriers	01:35:37	26	01:35:16	25
183	luke	thomas	M	27	MSENIOR	9		01:35:57	27	01:35:39	28
166	Jordan	Prince	M	28	MSENIOR	10		01:36:08	28	01:35:23	27
430	Jim	Kennett	M	29	MV45	4	Delamere Spartans	01:36:11	29	01:36:03	29
458	Michael	Belshaw	M	30	MV50	2	Eryri Harriers	01:37:47	30	01:37:45	30
393	Roger	Cartledge	M	31	MV40	9		01:37:55	31	01:37:50	31
338	patrick	mckeown	M	32	MSENIOR	11		01:38:40	32	01:38:17	32
384	John	Dyer	M	33	MSENIOR	12	Penny Lane Striders	01:38:40	33	01:38:28	34
173	KARL	MCKENZIE	M	34	MV40	10	Sale Harriers Manchester	01:38:49	34	01:38:28	35
76	stephen	stocker	M	35	MV40	11		01:38:50	35	01:38:49	36

268	Martyn	Stewart	M	36	MV35	6		01:38:52	36	01:38:27	33
200	Andy	Fowler	M	37	MV45	5	Stockport Harriers	01:39:02	37	01:38:59	38
273	Chris	Parry	M	38	MSENIOR	13		01:39:03	38	01:38:52	37
302	Victor	Davies	M	39	MV50	3		01:39:12	39	01:39:02	39
299	richard	sims	M	40	MV55	2	Ripley Running Club	01:39:18	40	01:39:15	40
379	Ian	Rutherford	M	41	MV40	12	Helsby RC	01:39:29	41	01:39:24	41
264	Shaun	Hughes	M	42	MSENIOR	14		01:39:39	42	01:39:33	42
276	Declan	Brennan	M	43	MSENIOR	15		01:39:40	43	01:39:36	43
245	Simone	Capponi	M	44	MV35	7	Penny Lane Striders	01:39:55	44	01:39:54	46
422	Tom	Dowd	M	45	MV35	8		01:40:17	45	01:39:49	45
374	Steve	Davies	M	46	MSENIOR	16		01:40:21	46	01:39:41	44
437	Peter	Mould	M	47	MSENIOR	17	Abergele harriers	01:40:31	47	01:40:24	47
443	James	McQueen	M	48	MV45	6	Eryri Harriers	01:40:31	48	01:40:28	48
35	Nick	Foden	M	49	MSENIOR	18	Abergele harriers	01:40:38	49	01:40:32	49
79	steven	daly	M	50	MSENIOR	19		01:40:54	50	01:40:54	51
408	Chris	Murphy	M	51	MV45	7		01:40:58	51	01:40:52	50
71	Simon	Barrett	M	52	MV35	9	Radcliffe AC	01:41:24	52	01:40:57	52
22	David	Merritt	M	53	MSENIOR	20	Valley Striders AC	01:41:28	53	01:41:17	53
251	steve	coleman	M	54	MV50	4	Astley & Tyldesley road runner	01:41:37	54	01:41:28	54
283	Martin	Lea	M	55	MV50	5	Matlock AC	01:41:43	55	01:41:37	55
417	Andrew	Roberts	M	56	MV50	6		01:41:52	56	01:41:42	56
354	Brian	Sheppard	M	57	MV60	1		01:41:54	57	01:41:52	57
288	Emma	Collins	F	1	FV50	1	denbigh harriers	01:42:39	58	01:42:33	58
47	Stephen	Sharrocks	M	58	MV50	7	Stockport Harriers	01:43:19	59	01:43:17	60
50	Jason	Wright	M	59	MSENIOR	21		01:43:42	60	01:42:53	59
373	Stuart	Johnson	M	60	MSENIOR	22	Spectrum Striders RC	01:43:52	61	01:43:32	61
266	John	McNamara	M	61	MV35	10	Liverpool running club	01:43:57	62	01:43:42	63
158	Craig	McAdam	M	62	MSENIOR	23		01:44:00	63	01:43:41	62
282	Robert	Brown	M	63	MV40	13		01:44:05	64	01:43:44	64
446	Gareth	Williams	M	64	MV45	8		01:44:17	65	01:43:59	65
457	William	Matthews	M	65	MSENIOR	24		01:44:31	66	01:44:19	67
160	Jacqui	Gears	F	2	FV40	1	Oswestry Olympians	01:44:42	67	01:44:20	68
198	ed	godber	M	66	MV35	11	heanor rc	01:44:50	68	01:44:45	69
431	James	Salt	M	67	MV35	12	Abergele harriers	01:44:54	69	01:44:47	71
455	Paul	Davis	M	68	MV50	8		01:44:57	70	01:44:46	70
420	lizzie	irvine	F	3	FSENIOR	1		01:45:01	71	01:44:18	66

193	ryan	cross	M	69	MSENIOR	25	Tick Hill running club	01:45:01	72	01:44:49	72
155	Lucy	Partridge	F	4	FV35	1	Pensby Runners	01:45:19	73	01:45:00	73
272	paul	ballinger	M	70	MV55	3	denbigh harriers	01:45:23	74	01:45:04	74
322	Duncan	Jones	M	71	MV55	4	denbigh harriers	01:45:46	75	01:45:39	75
228	Michael	Adamson	M	72	MSENIOR	26		01:46:35	76	01:46:22	76
371	steven	roberts	M	73	MV50	9	NWRRC	01:46:47	77	01:46:43	78
94	Kevin	Sullivan	M	74	MSENIOR	27		01:47:03	78	01:46:55	81
385	Paul	Shaw	M	75	MV40	14	University of Birmingham AC	01:47:07	79	01:47:00	82
376	Raymond	Cassidy	M	76	MV40	15	Llamwyr Llyn Striders	01:47:11	80	01:46:29	77
413	Dave	Raynor	M	77	MV50	10	RED ROSE ROAD RUNNERS	01:47:17	81	01:46:54	80
167	Ben	Wilson	M	78	MSENIOR	28		01:47:30	82	01:46:46	79
250	Damien	Briscoe	M	79	MSENIOR	29	Penistone Footpath Runners	01:47:33	83	01:47:33	84
378	Aled	Lloyd	M	80	MSENIOR	30		01:47:50	84	01:47:30	83
212	Janine	Gall	F	5	FV45	1	Team Derby Runner	01:47:58	85	01:47:54	88
161	Esther	Broughton	F	6	FV40	2	Ripley Running Club	01:48:06	86	01:47:40	85
145	David	Gibson	M	81	MSENIOR	31		01:48:08	87	01:47:59	89
427	Gareth	Smith	M	82	MSENIOR	32		01:48:08	88	01:47:50	86
175	Cathy	Cresswell	F	7	FV40	3	Ripley Running Club	01:48:16	89	01:47:51	87
388	Mark	Jessett	M	83	MSENIOR	33		01:48:18	90	01:48:13	90
182	Paul	Wilcockson	M	84	MV35	13	Buckley Runners	01:48:25	91	01:48:23	93
231	Paul	Ankers	M	85	MV45	9		01:48:31	92	01:48:28	95
328	Harold	Baker	M	86	MSENIOR	34		01:48:47	93	01:48:26	94
424	Colin	Rutland	M	87	MV55	5		01:48:47	94	01:48:33	96
295	Matthew	Given	M	88	MV35	14	Stockport Harriers	01:48:51	95	01:48:18	92
438	John Paul	Chorley	M	89	MV35	15		01:48:58	96	01:48:52	99
400	Aled	Lloyd Williams	M	90	MSENIOR	35		01:49:01	97	01:48:17	91
345	Oliver	Parry	M	91	MSENIOR	36		01:49:06	98	01:48:51	98
165	samuel	Jones	M	92	MSENIOR	37		01:49:18	99	01:49:13	102
317	Rodney	Jones	M	93	MV55	6	Tattenhall Runners	01:49:23	100	01:48:47	97
279	Louise	Gordon	F	8	FV40	4	south cheshire harriers	01:49:28	101	01:49:06	100
249	Steve	Smith	M	94	MSENIOR	38		01:49:40	102	01:49:37	103
146	Carl	Murray	M	95	MSENIOR	39		01:49:45	103	01:49:11	101
150	Rick	Taylor	M	96	MV40	16		01:50:18	104	01:49:52	104
239	carl	dimmock	M	97	MV45	10		01:50:25	105	01:50:15	107
128	Nicholas	Clay	M	98	MSENIOR	40		01:50:31	106	01:50:08	105
152	Neil	Vickers	M	99	MV55	7		01:50:36	107	01:50:10	106

365	Janneke	Beijnum van	F	9	FV35	2	Sale Harriers Manchester	01:50:46	108	01:50:39	108
426	PAUL	MORRIS	M	100	MV40	17		01:50:48	109	01:50:45	110
93	Ryan	Smith	M	101	MSENIOR	41		01:51:04	110	01:50:43	109
311	David	Pugh	M	102	MV55	8		01:51:11	111	01:50:49	111
434	Jonathan	White	M	103	MV45	11		01:51:16	112	01:51:05	113
390	Richard	Ward	M	104	MSENIOR	42		01:51:22	113	01:51:06	115
82	Suzanna	Heppenstall	F	10	FV35	3		01:51:28	114	01:51:05	114
259	Olivia	Zeltner	F	11	FSENIOR	2		01:51:31	115	01:51:21	117
176	Karl	Tietz	M	105	MV55	9	Ripley Running Club	01:51:34	116	01:51:10	116
203	Chris	Warne	M	106	MSENIOR	43		01:51:40	117	01:51:39	119
412	Oliver	Williams	M	107	MV40	18		01:51:44	118	01:50:58	112
147	Darren	Hughes	M	108	MSENIOR	44		01:51:58	119	01:51:24	118
342	Steven	Kelly	M	109	MSENIOR	45	Liverpool running club	01:52:00	120	01:51:45	120
305	Adam	Quick	M	110	MSENIOR	46		01:52:07	121	01:51:52	122
296	Paul	Beech	M	111	MV50	11		01:52:10	122	01:51:47	121
454	Ian	Duckworth	M	112	MSENIOR	47		01:52:23	123	01:52:12	123
392	Andrew	Parker	M	113	MV40	19		01:52:37	124	01:52:24	125
52	Dave	Wilson	M	114	MV40	20		01:52:44	125	01:52:42	128
372	Michael	Ruane	M	115	MV40	21		01:52:48	126	01:52:42	127
89	Chris	Smith	M	116	MU20	1		01:52:49	127	01:52:28	126
409	John	Richards	M	117	MV35	16	Stockport Harriers	01:52:55	128	01:52:22	124
399	Jonathan	Purcell	M	118	MU20	2		01:53:12	129	01:52:55	129
366	Peter	Smith	M	119	MV40	22		01:53:51	130	01:53:27	130
6	Keith	Chew	M	120	MV40	23		01:53:53	131	01:53:35	131
300	charlotte	wilcock	F	12	FSENIOR	3		01:54:01	132	01:54:00	136
23	Gemma	Midwood	F	13	FSENIOR	4	Valley Striders AC	01:54:08	133	01:53:56	135
341	Darren	Turner	M	121	MV40	24		01:54:10	134	01:53:52	133
334	BRAD	EHLEN	M	122	MV40	25	SPECTRUM STRIDERS	01:54:18	135	01:53:53	134
148	Paul	Morris	M	123	MSENIOR	48		01:54:19	136	01:53:45	132
68	Nathan	Davies	M	124	MV40	26		01:54:21	137	01:54:14	139
237	Len	Jackson	M	125	MV55	10		01:54:23	138	01:54:21	140
142	Robert	Horgan	M	126	MU20	3		01:54:25	139	01:54:12	137
143	Chris	Hamblet	M	127	MSENIOR	49		01:54:25	140	01:54:12	138
453	Paul	Quinn	M	128	MV45	12	Buckley Runners	01:54:37	141	01:54:36	141
134	Katie	Georgeson	F	14	FSENIOR	5		01:54:57	142	01:54:40	142
327	Paul	Biggs	M	129	MV45	13		01:55:18	143	01:54:58	143

451	Gareth	Ellis	M	130	MV45	14		01:56:02	144	01:55:51	145
162	Mike	Donnelly	M	131	MV45	15		01:56:03	145	01:55:31	144
433	Tony	Spriggs	M	132	MV50	12		01:56:07	146	01:55:59	150
291	Paul	Jones	M	133	MV35	17		01:56:09	147	01:55:57	147
103	Jeremy	Bateman	M	134	MV55	11	Ripley Running Club	01:56:16	148	01:56:06	152
351	Angela	Lipson	F	15	FV45	2	Tattenhall Runners	01:56:34	149	01:55:59	149
398	keith	fawcett	M	135	MV50	13		01:56:34	150	01:55:59	151
70	Charlie	Butterfield	M	136	MV35	18		01:56:34	151	01:55:58	148
169	Luke	Bradshaw	M	137	MSENIOR	50		01:56:41	152	01:56:09	153
51	Donna	Thompson	F	16	FV35	4		01:56:45	153	01:55:54	146
309	peter	watson	M	138	MSENIOR	51		01:56:58	154	01:56:53	157
356	Alex	Quinn	F	17	FSENIOR	6		01:57:05	155	01:56:37	154
449	Dewi	Jones	M	139	MSENIOR	52		01:57:18	156	01:56:43	155
261	Sydney	Simpson	M	140	MV50	14		01:57:19	157	01:56:57	158
90	Becky	Smith	F	18	FSENIOR	7		01:57:24	158	01:57:01	159
11	Gareth	Williams	M	141	MSENIOR	53		01:57:33	159	01:57:23	161
340	Dylan Lloyd	Williams	M	142	MV50	15		01:57:34	160	01:56:49	156
401	Graham	Stewardson	M	143	MV40	27		01:57:37	161	01:57:18	160
349	CHARLES	ASHLEY	M	144	MV55	12	WREXHAM AAC	01:57:39	162	01:57:31	162
330	Matthew	Mulcahy	M	145	MV40	28		01:58:01	163	01:57:51	163
381	richard	emberton	M	146	MV40	29		01:58:39	164	01:58:22	167
125	Gareth	Belton	M	147	MV35	19		01:58:41	165	01:58:01	164
120	antony	pennington	M	148	MSENIOR	54		01:58:43	166	01:58:02	165
91	Ashley	Smith	M	149	MSENIOR	55		01:58:45	167	01:58:23	168
429	Jacki	Jarvis	F	19	FV50	2	Oswestry Olympians	01:58:47	168	01:58:31	171
287	Rachel	Granger	F	20	FV45	3		01:58:53	169	01:58:29	170
132	Sarah	Hall	F	21	FSENIOR	8	RED ROSE ROAD RUNNERS	01:58:53	170	01:58:26	169
184	alix	thomas	F	22	FSENIOR	9		01:58:56	171	01:58:38	173
123	Daniel	Preston	M	150	MSENIOR	56		01:58:59	172	01:58:16	166
301	Martin	Moore	M	151	MV55	13	Stafford Harriers	01:59:03	173	01:58:35	172
319	Martyn	Barnaby	M	152	MV40	30	Abergele harriers	01:59:20	174	01:59:09	174
189	Ian	Warton-Woods	M	153	MV35	20	Ripley Running Club	01:59:40	175	01:59:12	175
117	Tony	Hails	M	154	MV50	16		01:59:45	176	01:59:17	176
421	martin	smyth	M	155	MV40	31		01:59:50	177	01:59:29	178
13	andrew	bell	M	156	MV50	17	congleton harriers	01:59:51	178	01:59:22	177
172	Anthony	White	M	157	MV45	16		01:59:58	179	01:59:49	180

44	Peter	Knizat	M	158	MV35	21		02:00:05	180	02:00:01	184
346	Simon	Harrop	M	159	MV50	18		02:00:09	181	02:00:00	183
105	Jonathan	Gore	M	160	MV40	32	Sweatshop	02:00:14	182	01:59:48	179
4	Andy	Pennell	M	161	MV50	19	Bramhall Runners	02:00:22	183	02:00:08	186
285	john	crayton	M	162	MV45	17		02:00:23	184	02:00:21	187
135	Aimee	Cook	F	23	FSENIOR	10	Tyne Bridge Harriers	02:00:24	185	01:59:58	181
460	Bern	Longman	M	163	MV40	33		02:00:31	186	01:59:59	182
253	Eddie	Caldow	M	164	MSENIOR	57		02:00:32	187	02:00:05	185
360	Gio	Tan	M	165	MSENIOR	58		02:01:03	188	02:00:42	189
364	robert	Helm	M	166	MV55	14		02:01:08	189	02:00:55	191
102	Iona	Nixon	F	24	FSENIOR	11		02:01:15	190	02:01:13	192
201	Richard	Zacharias	M	167	MV35	22		02:01:16	191	02:00:47	190
137	Zoltan	Horvath	M	168	MSENIOR	59		02:01:20	192	02:00:41	188
110	John	Stevens	M	169	MV35	23		02:01:23	193	02:01:18	194
459	Lasse	Christensen	M	170	MSENIOR	60		02:01:32	194	02:01:20	195
307	hannah	daltrey	F	25	FSENIOR	12		02:01:35	195	02:01:30	197
186	Charlotte	Goodwin	F	26	FSENIOR	13		02:01:45	196	02:01:27	196
59	Jacqueline	Elson-Whittaker	F	27	FV45	4	Dudley Kingswinford	02:01:54	197	02:01:16	193
294	Lance	Boseley	M	171	MV50	20	Tattenhall Runners	02:02:00	198	02:01:50	198
220	Lucie	Michaelson	F	28	FSENIOR	14	Penny Lane Striders	02:02:21	199	02:02:07	200
8	Michael	Smith	M	172	MV35	24		02:02:30	200	02:02:00	199
277	Tony	Man	M	173	MV45	18	Penny Lane Striders	02:02:39	201	02:02:27	203
34	Paul	Cassidy	M	174	MSENIOR	61		02:02:42	202	02:02:07	201
187	Rachel	Symons	F	29	FV40	5		02:02:47	203	02:02:35	206
343	Katie	Patterson	F	30	FSENIOR	15		02:02:51	204	02:02:30	204
46	Bob	Green	M	175	MV50	21		02:02:52	205	02:02:11	202
452	Roger	Wadon	M	176	MV40	34	Prestatyn Running Club	02:03:02	206	02:02:45	207
348	Claire	Clarke	F	31	FSENIOR	16	Prestatyn Running Club	02:03:03	207	02:02:45	208
157	MICHAEL	HORTON	M	177	MV65	1	North Staffs Road Runners Asso	02:03:13	208	02:02:59	210
318	Elinor	Coombs	F	32	FV40	6	Central ac	02:03:13	209	02:02:58	209
462	Tess	LEE	F	33	FV40	7		02:03:13	210	02:02:32	205
377	Chris	Phillipson	M	178	MV35	25		02:03:26	211	02:03:05	211
323	david	pitt	M	179	MV35	26		02:03:29	212	02:03:28	212
194	Rob	Bacon	M	180	MV35	27		02:03:40	213	02:03:35	214
53	Ronan	Burns	M	181	MV40	35		02:03:41	214	02:03:33	213
298	John	Waring	M	182	MSENIOR	62		02:04:02	215	02:03:42	215

448	Paul	Johnson	M	183	MSENIOR	63		02:04:23	216	02:04:06	217
289	natasha	syers	F	34	FV40	8		02:04:26	217	02:04:12	219
314	Phill	Berry	M	184	MSENIOR	64	Sweatshop	02:04:34	218	02:04:09	218
383	Jenny	Skues	F	35	FSENIOR	17		02:04:36	219	02:03:58	216
256	Stephen	Morley	M	185	MV55	15		02:05:11	220	02:04:38	220
179	CHARLOTTE	JAGGARD	F	36	FV35	5	CLWYDIAN RANGE RUNNERS	02:05:16	221	02:04:53	221
75	Ross	Ellison	M	186	MSENIOR	65		02:05:33	222	02:05:15	224
324	Rebecca	kempsey	M	187	MV35	28		02:05:39	223	02:05:38	227
80	ANTHONY	MURPHY	M	188	MV45	19	RED ROSE ROAD RUNNERS	02:05:39	224	02:05:03	222
297	Phil	Jolley	M	189	MV45	20	Warrington Running Club	02:05:43	225	02:05:08	223
113	Katie	Lee	F	37	FSENIOR	18	Bangor University Athletics Cl	02:05:48	226	02:05:16	225
195	lisa	hennen	F	38	FV40	9	Gosport road runners	02:05:57	227	02:05:51	228
375	Michael	Davies	M	190	MV50	22	Tattenhall Runners	02:06:03	228	02:05:25	226
222	Jan	Forrester	F	39	FV60	1	Matlock AC	02:06:08	229	02:05:58	230
36	Graeme	Wilson	M	191	MV50	23		02:06:22	230	02:05:56	229
109	Heledd	Roberts	F	40	FSENIOR	19		02:06:29	231	02:06:12	232
163	MaySze	Chang	F	41	FV35	6		02:06:41	232	02:06:02	231
31	Karen	Mawditt	F	42	FV45	5	MDRC	02:06:54	233	02:06:22	233
357	Zoe	Hancock	F	43	FV35	7		02:07:50	234	02:07:13	235
92	Chris	Martin	M	192	MSENIOR	66		02:07:52	235	02:07:29	236
415	Jamie	Webster	M	193	MV35	29		02:07:59	236	02:07:12	234
122	Helen	Johnson	F	44	FV35	8		02:09:06	237	02:08:31	237
347	Liping	Wen	F	45	FV45	6		02:09:23	238	02:09:14	238
213	Gary	Turner	M	194	MV50	24		02:09:45	239	02:09:21	239
254	Robert	Webster	M	195	MV55	16	Tattenhall Runners	02:09:59	240	02:09:23	240
355	Laura	Peach	F	46	FSENIOR	20		02:10:02	241	02:09:33	241
274	John	Parry	M	196	MV40	36		02:10:30	242	02:09:51	242
444	Hazel	Carter	F	47	FV35	9		02:10:41	243	02:10:03	243
234	Mark	Freeman	M	197	MV50	25	Royal Air Force Valley	02:11:13	244	02:10:27	244
414	Ben	Smithers	M	198	MSENIOR	67	fyld coast runners	02:11:52	245	02:11:43	247
223	chris	vale	M	199	MSENIOR	68		02:11:58	246	02:11:45	248
304	Matt	Ward	M	200	MV40	37		02:12:00	247	02:11:15	245
17	Stephen	Birkett	M	201	MV40	38		02:12:09	248	02:11:40	246
230	Stuart	Cassidy	M	202	MV55	17		02:12:17	249	02:12:08	249
57	Krystal	Garnett	F	48	FSENIOR	21		02:12:46	250	02:12:22	250
290	Alison	Williams	F	49	FV50	3	Crosby Stormers	02:13:06	251	02:12:43	251

280	Lisa	Watson	F	50	FV35	10	Ripley Running Club	02:13:30	252	02:13:03	252
391	Martin	Ward	M	203	MV55	18		02:14:04	253	02:13:47	253
96	Stuart	Colwill	M	204	MV65	2		02:14:14	254	02:13:54	257
9	Joanne	Smith	F	51	FSENIOR	22		02:14:19	255	02:13:49	254
361	Colin	Tucker	M	205	MV40	39		02:14:23	256	02:13:52	255
350	paul	martin	M	206	MV45	21		02:14:27	257	02:13:58	260
219	Ruth	Elliker	F	52	FV40	10		02:14:35	258	02:14:04	261
329	Andrew	Jones	M	207	MV35	30		02:14:36	259	02:13:55	259
78	Jodie	Liptrot	F	53	FSENIOR	23	Prestatyn Running Club	02:14:39	260	02:13:54	256
77	Candice	Garnett	F	54	FV40	11	Prestatyn Running Club	02:14:40	261	02:13:54	258
216	Emma	CULCHETH	F	55	FSENIOR	24		02:14:41	262	02:14:07	262
321	Barry	Powell	M	208	MV50	26		02:14:52	263	02:14:38	264
58	Rachel	Price	F	56	FV50	4	Market Drayton Running Club	02:15:05	264	02:14:33	263
149	David John	WILLIAMS	M	209	MV50	27		02:15:15	265	02:14:51	266
180	Nicole	van den Wittenboer	F	57	FV45	7	Dragons Running Club	02:15:21	266	02:14:54	267
269	Nick	Leese	M	210	MSENIOR	69		02:15:33	267	02:15:14	270
233	Dewi	Griffiths	M	211	MV50	28	fyld coast runners	02:15:35	268	02:14:46	265
271	Peter	Strigner	M	212	MSENIOR	70		02:15:43	269	02:14:59	268
214	David	Bentham	M	213	MV60	2	Sarawak Sandflies	02:15:44	270	02:15:20	271
225	Jo	Smith	F	58	FV45	8	Wrekin Road Runners	02:15:46	271	02:15:08	269
370	Richard	Durcan	M	214	MV35	31		02:16:19	272	02:16:12	272
416	Thomas	Hunt	M	215	MU20	4		02:17:01	273	02:16:12	273
119	sarah	PENNINGTON	F	59	FSENIOR	25		02:17:55	274	02:17:12	274
181	Nicole	van den Wittenboer	F	60	FV45	9	Dragons Running Club	02:18:29	275	02:18:01	276
243	Huw	Williams	M	216	MV40	40	Llyn Striders	02:18:32	276	02:17:49	275
1	Vanessa	Dos Santos	F	61	FV45	10		02:18:42	277	02:18:27	277
419	Richard	Davies	M	217	MSENIOR	71		02:19:13	278	02:18:42	278
359	ian	charlesworth	M	218	MV45	22		02:19:47	279	02:19:14	279
315	Joseph	Connor	M	219	MV35	32	Bramhall Runners	02:19:54	280	02:19:40	281
358	Mandy	Owen	F	62	FV35	11	NWRRC	02:20:04	281	02:19:30	280
209	amanda	garner	F	63	FSENIOR	26	Buckley Runners	02:20:12	282	02:19:45	282
395	Jackie	Hughes	F	64	FV45	11		02:20:18	283	02:19:46	283
308	lucy	wild	F	65	FV35	12		02:20:32	284	02:20:28	284
14	Andrew	Lloyd	M	220	MSENIOR	72		02:21:13	285	02:20:44	285
428	Dale	Irvine	M	221	MSENIOR	73		02:22:17	286	02:21:51	286
461	Ryan	Smith	M	222	MSENIOR	74	Ripley Running Club	02:22:32	287	02:21:54	287



407	Tom	Briggs	M	223	MSENIOR	75	Ripley Running Club	02:22:32	288	02:21:55	288
229	Iain	Ferguson	M	224	MV35	33		02:22:34	289	00:00:00	0
406	Warren	Smith	M	225	MV35	34	Wrekin Road Runners	02:22:48	290	02:22:09	289
188	Scott	harrison	M	226	MSENIOR	76		02:22:52	291	02:22:15	290
436	Neil	Ballard	M	227	MV55	19		02:23:14	292	02:22:46	292
270	Matthew	Brown	M	228	MV40	41		02:23:15	293	02:22:36	291
447	Colin	Pheasant	M	229	MV60	3	Chase Harriers	02:23:19	294	02:23:07	294
263	Chris	Jones	M	230	MV50	29		02:23:31	295	02:23:08	295
252	Harriette	Union	F	66	FSENIOR	27		02:23:34	296	02:23:09	296
335	Alice	Wickman	F	67	FSENIOR	28		02:23:37	297	02:23:11	297
21	Rachel	James	F	68	FSENIOR	29		02:23:54	298	02:23:02	293
221	Gareth	French	M	231	MSENIOR	77		02:24:03	299	02:23:24	298
281	Paul	Jones	M	232	MV40	42		02:24:07	300	02:23:47	299
168	Valerie	Cross	F	69	FV45	12	Market Drayton Running Club	02:24:58	301	02:24:27	302
73	Katie	Kocik	F	70	FSENIOR	30		02:25:08	302	02:24:53	303
402	Dawn	Hunt	F	71	FV45	13		02:25:08	303	02:24:20	300
423	Martin	Hunt	M	233	MV45	23		02:25:09	304	02:24:21	301
81	Andrew	Collin	M	234	MV60	4		02:25:21	305	02:24:57	305
418	Nan	Roberts	F	72	FV45	14		02:25:33	306	02:25:19	308
41	Carl	Harris	M	235	MSENIOR	78		02:25:38	307	02:24:56	304
363	Sandra	Vedovotto	F	73	FV45	15		02:25:38	308	02:25:28	310
411	Julie	Hood	F	74	FV45	16	Mums 2 Marathons	02:25:56	309	02:25:12	306
124	Mandy	mundy	F	75	FV45	17	Mums 2 Marathons	02:25:57	310	02:25:13	307
191	Michelle	Grudzinski	F	76	FV35	13	North Herts Road Runners	02:26:05	311	02:25:33	311
255	DIANE	JONES	F	77	FV40	12	Abergele harriers	02:26:12	312	02:25:27	309
445	Megan	Mew	F	78	FV40	13		02:26:22	313	02:25:38	312
326	Nania	Mason	F	79	FV50	5		02:26:25	314	02:26:01	314
12	carole	bailey	F	80	FV40	14	fylde coast runners	02:26:28	315	02:25:54	313
60	David	Swales	M	236	MV50	30		02:26:43	316	02:26:19	315
265	Bethan	Davies	F	81	FSENIOR	31		02:26:53	317	02:26:33	316
210	Mio	Kontic	M	237	MV50	31	Wrekin Road Runners	02:27:22	318	02:26:39	317
236	Dave	Bailey	M	238	MV35	35	Spider toe	02:27:29	319	02:26:49	318
382	Derek	Ralphs	M	239	MV50	32		02:27:30	320	02:26:49	319
63	Kirsty	Housbey	F	82	FV35	14		02:28:08	321	02:27:29	320
331	Laura	Pickering	F	83	FSENIOR	32		02:28:23	322	02:28:20	327
332	Iolo	Hughes	M	240	MSENIOR	79		02:28:23	323	02:28:20	326

48	Kerry	Lewsey	F	84	FSENIOR	33		02:28:29	324	02:27:41	321
206	Pauline	Morris	F	85	FV55	1		02:28:41	325	02:28:15	324
127	daniel	pritchard	M	241	MSENIOR	80		02:28:49	326	02:28:01	322
337	Chido	Chalenga	F	86	FSENIOR	34		02:28:54	327	02:28:17	325
204	John	Kerr	M	242	MV50	33	Totley AC	02:28:58	328	02:28:28	328
126	sian	pritchard	F	87	FV35	15		02:29:02	329	02:28:13	323
339	Simon	Kirkman	M	243	MSENIOR	81	RED ROSE ROAD RUNNERS	02:29:38	330	02:29:09	329
28	Sandra	Evans	F	88	FV45	18	MDRC	02:29:44	331	02:29:13	330
215	Susan	Bentham	F	89	FV60	2	Sarawak Sandflies	02:30:50	332	02:30:27	331
100	Lesley	Ramsden	F	90	FV45	19		02:32:18	333	02:31:36	332
242	Samantha	Goodwin	F	91	FV45	20		02:33:15	334	02:32:41	333
25	Sally	Roberts	F	92	FSENIOR	35		02:33:46	335	02:32:59	334
258	Nicola	Tully	F	93	FSENIOR	36		02:34:25	336	02:33:52	335
262	Ami	Davies	F	94	FSENIOR	37		02:35:34	337	02:35:16	336
397	Nick	Morton	M	244	MSENIOR	82		02:35:55	338	02:35:19	337
396	Helen	Eaton	F	95	FV40	15		02:35:57	339	02:35:21	338
164	Claire	Woolstencroft	F	96	FSENIOR	38	Beauty of Stockport	02:36:17	340	02:35:40	339
62	Krystyna	Niemczuk	F	97	FSENIOR	39		02:37:06	341	02:36:27	340
133	Storm	Norman	F	98	FSENIOR	40		02:37:31	342	02:37:06	341
267	Manda	Schoeman	F	99	FSENIOR	41	Secunda Marathon Club	02:37:53	343	02:37:37	345
192	mark	kenny	M	245	MSENIOR	83		02:37:55	344	02:37:41	346
118	MATTHEW	PENNINGTON	M	246	MSENIOR	84		02:38:08	345	02:37:25	342
425	Michelle	Lindfield	F	100	FV40	16		02:38:21	346	02:37:35	343
26	Angharad	Callaghan	F	101	FV35	16		02:38:21	347	02:37:36	344
67	Lowri	Roberts	F	102	FSENIOR	42		02:38:40	348	02:38:31	349
369	Harriet	Robinson	F	103	FSENIOR	43		02:38:49	349	02:38:18	348
303	Ed	Wright	M	247	MSENIOR	85		02:38:50	350	02:38:04	347
292	Lynn	Gargett	F	104	FSENIOR	44		02:39:13	351	02:38:33	350
353	Louise	Fury	F	105	FV40	17		02:40:18	352	02:39:33	351
185	Liam	Murphy	M	248	MSENIOR	86		02:40:19	353	02:39:34	352
450	Claudia	Wuerdinger	F	106	FV40	18		02:41:13	354	02:40:39	353
104	Adam	Merriman	M	249	MSENIOR	87		02:41:21	355	02:41:06	355
240	Natalie	Farrell	F	107	FSENIOR	45		02:41:26	356	02:40:50	354
404	christopher	welsby	M	250	MV45	24		02:42:29	357	02:41:37	356
440	Wendy	Ward	F	108	FV40	19		02:42:53	358	02:42:25	357
10	Dafydd	Pesic-Smith	M	251	MSENIOR	88		02:43:30	359	02:43:00	358

211	Joseph	Fearn	M	252	MV35	36		02:43:50	360	02:43:13	359
310	jodie	jones	F	109	FSENIOR	46		02:44:30	361	02:44:26	360
241	Tina	Croson	F	110	FV35	17		02:44:59	362	02:44:30	361
15	lynne	wheeler	F	111	FV35	18		02:45:04	363	02:44:40	362
316	Phoebe	Williams	M	253	MSENIOR	89		02:45:06	364	02:45:04	363
205	sarah	woods	F	112	FV50	6		02:48:12	365	02:47:37	364
439	Linda	Woodall	F	113	FV50	7		02:48:26	366	02:48:08	365
410	Brian	Wareing	M	254	MV70	1		02:51:00	367	02:50:42	366
306	Michael	Stokes	M	255	MSENIOR	90		03:04:23	368	03:03:34	367
66	holly	lewsey	F	114	FSENIOR	47		03:05:19	369	03:04:32	368
336	Suzy	Emsden	M	256	MV40	43		03:05:53	370	03:05:44	369
88	Steve	Smith	M	257	MV50	34		03:07:44	371	03:06:56	370
87	Cathy	Smith	F	115	FV50	8		03:07:45	372	03:06:57	371
29	David	Hull	M	258	MSENIOR	91		03:10:32	373	03:09:51	372
30	Paul	Mills	M	259	MSENIOR	92		03:10:36	374	03:09:54	373
368	Ramona	Mulligan	F	116	FV45	21	RED ROSE ROAD RUNNERS	03:18:34	375	03:18:06	374
43	Sandra	Koch	F	117	FV35	19	Running Sisters Maidenhead	03:26:18	376	03:25:28	375
226	Vicky	Gore	F	DNF	FV35	DNF	Wesham Road Runners	DNF	DNF	DNF	DNF
2	JILL	CLARK	F	DNS	FV50	DNS	Hyde Village Striders	DNS	DNS	DNS	DNS
108	Daniel	Ellis	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
286	Lisa	Grantham	F	DNS	FV40	DNS	Pensby Runners	DNS	DNS	DNS	DNS
170	Aaron	Jackson	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
313	Matthew	Lewis	M	DNS	MSENIOR	DNS	Telford Harriers	DNS	DNS	DNS	DNS
138	Colin	Wickens	M	DNS	MV50	DNS		DNS	DNS	DNS	DNS
130	Robin	Owen	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
98	Boris	Wojtan	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
61	David	Redfern	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
24	Lewis	Rogers	M	DNS	MU20	DNS	Imperial College Union Cross C	DNS	DNS	DNS	DNS
202	Kevan	Catalano	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
56	Mark	Catterall	M	DNS	MV35	DNS		DNS	DNS	DNS	DNS
19	Tess	LEE	F	DNS	FV40	DNS		DNS	DNS	DNS	DNS
197	Darren	Kelly	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
83	Michael	Okeeffe	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
224	Alison	Ower	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
367	Dawn	Urquhart	F	DNS	FV40	DNS	Buckley Runners	DNS	DNS	DNS	DNS
115	jessica	dodd	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS

177	Ronan	Burns	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
362	Clive	Hope	M	DNS	MV55	DNS		DNS	DNS	DNS	DNS
325	Mary	Cheung	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
140	Joshua	Cerefice	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
246	Carmella	Duggan	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
95	Ceri	Scott	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
199	Sharyn	Hodgson	F	DNS	FV40	DNS		DNS	DNS	DNS	DNS
85	Thea	Hazelaar	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
16	Lisa	Lee	F	DNS	FV50	DNS		DNS	DNS	DNS	DNS
38	Lianne	Gotheridge	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
112	Tahir	Hanif	M	DNS	MV45	DNS		DNS	DNS	DNS	DNS
33	Stephen	Roberts	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
174	Joe	Collins	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
107	Rosemary	Rogers	F	DNS	FV65	DNS	West Cheshire AC	DNS	DNS	DNS	DNS
312	James	Cram	M	DNS	MV35	DNS		DNS	DNS	DNS	DNS
65	Bethany	Swales	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
129	Emma	Owen	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
97	Ruth	Wojtan	F	DNS	FV40	DNS		DNS	DNS	DNS	DNS
275	Simon	Crompton	M	DNS	MV50	DNS		DNS	DNS	DNS	DNS
159	Tim	Gears	M	DNS	MV35	DNS	Oswestry Olympians	DNS	DNS	DNS	DNS
55	Tim	Barnes	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
18	Emily	Dwyer	F	DNS	FV45	DNS		DNS	DNS	DNS	DNS
196	Aimee	Turner	F	DNS	FSENIOR	DNS	Vegan Runners UK	DNS	DNS	DNS	DNS
260	Peta	Adams	F	DNS	FV40	DNS	Windle Valley Runners	DNS	DNS	DNS	DNS
45	Rebecca	Owen	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
403	Lisa	Shepherd	F	DNS	FV40	DNS		DNS	DNS	DNS	DNS
154	Alex	Firth	M	DNS	MV35	DNS		DNS	DNS	DNS	DNS
40	Suzie	Pearson	F	DNS	FSENIOR	DNS	Plumstead runners	DNS	DNS	DNS	DNS
218	Bern	Longman	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
114	Emma	Manford	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
3	David	South	M	DNS	MV50	DNS		DNS	DNS	DNS	DNS
72	Mark	Theodoreson	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
208	Lasse	Christensen	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
171	Natalie	Jenkins	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
139	Martyn	Wickens	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
131	Emma	Johnson	M	DNS	MSENIOR	DNS	RED ROSE ROAD RUNNERS	DNS	DNS	DNS	DNS

99	Jay	Stewart	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
235	tayla	williams	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
20	Amy	Mallon	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
156	Peter	Hopgood	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
257	Steve	Woods	M	DNS	MV45	DNS		DNS	DNS	DNS	DNS
42	Julia	Hulland - Vernon	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
151	Cath	Fowler	F	DNS	FV40	DNS		DNS	DNS	DNS	DNS
116	Gavin	Williams	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
432	John	Evans	M	DNS	MV65	DNS	Aberystwyth A C	DNS	DNS	DNS	DNS
37	Theresa	Critchlow	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
178	Tina	Owen	F	DNS	FV45	DNS		DNS	DNS	DNS	DNS
5	Sarah	Leatherbarrow	F	DNS	FV50	DNS	Bramhall Runners	DNS	DNS	DNS	DNS
111	iolo	madoc-jones	M	DNS	MV45	DNS		DNS	DNS	DNS	DNS
74	jeremy	lewis	M	DNS	MV40	DNS		DNS	DNS	DNS	DNS
32	Nikki	Fraser	F	DNS	FV35	DNS		DNS	DNS	DNS	DNS
141	Laura	Nield	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
106	Angie	Lane	F	DNS	FV50	DNS	Sweatshop	DNS	DNS	DNS	DNS
284	G	Browne	M	DNS	MV35	DNS	Lytham St Annes Road Running C	DNS	DNS	DNS	DNS
69	Dyfan	Garmon	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
136	Jessica	Morris	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
64	Claudia	Wuerdinger	F	DNS	FV40	DNS		DNS	DNS	DNS	DNS
27	Rebecca	Craven	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
86	Andy	Hill	M	DNS	MV35	DNS		DNS	DNS	DNS	DNS
232	Gwenda	Marshall	F	DNS	FV55	DNS	fylde coast runners	DNS	DNS	DNS	DNS
49	Keeley	Lewsey	F	DNS	FV35	DNS		DNS	DNS	DNS	DNS
190	Catherine	Smith	F	DNS	FV35	DNS	Chester tri club	DNS	DNS	DNS	DNS
153	Jemma	Firth	F	DNS	FSENIOR	DNS		DNS	DNS	DNS	DNS
39	John	Hamblin	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
217	Patrick	Kwak	M	DNS	MSENIOR	DNS		DNS	DNS	DNS	DNS
7	PAMELA	MUNRO	F	DNS	FV60	DNS		DNS	DNS	DNS	DNS