

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Club	Gun Time	Position	Chip Time	Position
276	Martin	Green	M	1	MV40	1	NWRRC	01:22:44	1	01:22:43	1
22	Andrew	Carlin	M	2	MSENIOR	1	SALE HARRIERS	01:23:17	2	01:23:16	2
5190	Ioan	Huruban	M	3	MV35	1	TELFORD AC	01:25:12	3	01:25:11	3
5193	Michael	Corrales	M	4	MSENIOR	2	NWRRC	01:26:33	4	01:26:32	4
321	Paul	Brooks	M	5	MV40	2	STOCKPORT HARRIERS AC	01:26:36	5	01:26:36	5
325	Tony	Potts	M	6	MV40	3	STOCKPORT HARRIERS AC	01:26:49	6	01:26:48	6
305	Tom	Prew	M	7	MSENIOR	3		01:27:01	7	01:26:53	7
357	Przemyslaw	Tomczak	M	8	MSENIOR	4		01:27:22	8	01:27:21	8
354	Adam	Gordon	M	9	MV40	4	HELSEBY RUNNING CLUB	01:28:54	9	01:28:51	9
171	Neil	Finegan	M	10	MV40	5	HELSEBY RUNNING CLUB	01:30:20	10	01:30:18	10
5161	Rory	Middleton	M	11	MSENIOR	5	NWRRC	01:31:30	11	01:31:27	11
384	John	Stringer	M	12	MSENIOR	6		01:32:30	12	01:32:28	12
375	Rob	Grantham	M	13	MV40	6	PENSBY RUNNERS	01:32:43	13	01:32:42	13
267	Paul	Ross	M	14	MV40	7		01:32:54	14	01:32:53	14
266	Iwan	Evans	M	15	MV35	2	NWRRC	01:33:19	15	01:33:18	15
324	Huw	Owen	M	16	MV35	3		01:33:44	16	01:33:43	16
377	Jamie	Rylance	M	17	MV35	4		01:35:51	17	01:35:42	17
5167	Robert	Vallance	M	18	MSENIOR	7	THAMES VALLEY HARRIERS	01:36:19	18	01:36:10	18
252	Jamie	Stewart	M	19	MSENIOR	8	CHORLTON RUNNERS	01:36:25	19	01:36:16	19
304	Jack	Smisssaert	M	20	MSENIOR	9		01:36:32	20	01:36:25	20
67	Michael	Coyne	M	21	MV40	8		01:37:36	21	01:37:34	21
5173	Matthew	Mason	M	22	MSENIOR	10	HORSHAM JOGGERS	01:37:40	22	01:37:39	22
348	Michael	Potter	M	23	MV35	5		01:37:50	23	01:37:46	23
374	Matthew	Goodwin	M	24	MV35	6		01:38:12	24	01:38:09	24
5160	Mark	Jessett	M	25	MSENIOR	11	NWRRC	01:40:08	25	01:40:05	25
170	Ian	Rutherford	M	26	MV40	9	HELSEBY RUNNING CLUB	01:40:15	26	01:40:13	26
390	David	Mcculloch	M	27	MV35	7	KIRKBY MILERS AC	01:41:52	27	01:41:47	27
5171	Myra	Jones	F	1	FSENIOR	1	VALLEY STRIDERS	01:41:59	28	01:41:54	28
274	Phil	Tomkinson	M	28	MSENIOR	12	HELSEBY RUNNING CLUB	01:42:36	29	01:42:24	29
66	Ben	Watson	M	29	MV40	10	ABINGDON AC	01:42:45	30	01:42:33	30
393	Lenny	Hughes	M	30	MV60	1	MALDEN HARRIERS	01:42:53	31	01:42:51	31
255	Elod	Csaszar	M	31	MSENIOR	13		01:43:12	32	01:43:09	32
244	Steve	Coleman	M	32	MV50	1	ASTLEY & TYLDESLEY ROAD RUNNER	01:43:22	33	01:43:12	33
81	Gareth	Jones	M	33	MSENIOR	14		01:43:34	34	01:43:33	35
63	Mark	Dyer	M	34	MSENIOR	15		01:43:40	35	01:43:14	34
4	Andy	Carter	M	35	MV45	1	WEST CHESHIRE AC	01:43:46	36	01:43:42	36
361	Robert	Evans	M	36	MSENIOR	16	NWRRC	01:43:56	37	01:43:56	37
332	Calum	Wylie	M	37	MJUNIOR	1		01:44:06	38	01:44:03	39
253	Richard	Ward	M	38	MSENIOR	17	DERWENT RUNNERS (DERBY)	01:44:13	39	01:44:01	38

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345	David	Card	M	39	MV35	8	OSWESTRY OLYMPIANS	01:44:40	40	01:44:35	42
196	Ryan	Horsey	M	40	MV35	9		01:44:51	41	01:44:30	41
292	Peter	Southall	M	41	MV35	10		01:45:04	42	01:44:58	45
228	Mark	Ocallaghan	M	42	MV35	11	KIRKBY MILERS AC	01:45:09	43	01:44:28	40
33	Kane	Green	M	43	MV35	12		01:45:19	44	01:44:52	43
106	Laura	Baynham-Hughes	F	2	FV35	1	HELSEBY RUNNING CLUB	01:45:25	45	01:45:14	46
5168	Stuart	Johnson	M	44	MSENIOR	18	SPECTRUM STRIDERS	01:45:26	46	01:44:56	44
389	Paul	Plummer	M	45	MV45	2	STOCKPORT HARRIERS AC	01:45:57	47	01:45:44	47
350	Steven	Kelly	M	46	MSENIOR	19	LIVERPOOL RUNNING CLUB	01:46:20	48	01:45:48	48
86	Aaron	Cheetham	M	47	MSENIOR	20		01:46:40	49	01:46:16	49
91	Lucy	Partridge	F	3	FV35	2	PENSBY RUNNERS	01:46:46	50	01:46:40	51
102	Neil	Carter	M	48	MV55	1	WEST CHESHIRE AC	01:47:08	51	01:47:00	52
351	Andrew	Stanton	M	49	MSENIOR	21		01:47:10	52	01:46:31	50
250	Rhiannon	Robson	F	4	FV35	3		01:47:15	53	01:47:10	53
398	Andy	Leslie	M	50	MSENIOR	22	WIDNES RUNNING CLUB	01:47:54	54	01:47:51	54
188	Paul	Harrison	M	51	MV45	3		01:48:38	55	01:48:20	56
15	Geoff	Dignan	M	52	MSENIOR	23		01:48:41	56	01:48:01	55
182	Andy	Cole	M	53	MSENIOR	24		01:48:58	57	01:48:42	58
202	Joel	Pook	M	54	MSENIOR	25		01:49:09	58	01:48:33	57
5159	Andy	Bradley	M	55	MV50	2	CLAYTON LE MOORS	01:49:24	59	01:49:12	59
2	Simon	Barrett	M	56	MV35	13	GLASGOW UNIVERSITY HARES AND H	01:49:31	60	01:49:27	61
220	Chris	Owen	M	57	MSENIOR	26		01:49:36	61	01:49:18	60
330	Ian	Kirby	M	58	MV45	4	ELLESMERE PORT RC	01:49:50	62	01:49:42	62
51	Susan	Henderson	F	5	FV40	1		01:50:00	63	01:49:55	63
236	Ian	Winter	M	59	MSENIOR	27		01:50:49	64	01:50:39	65
277	Lee	Denton	M	60	MSENIOR	28		01:50:57	65	01:50:41	66
379	Andrei	Preda	M	61	MSENIOR	29		01:51:17	66	01:50:37	64
340	Kevin	Smyth	M	62	MSENIOR	30	LIVERPOOL RUNNING CLUB	01:51:44	67	01:51:13	67
343	Darran	Wislon	M	63	MV45	5		01:51:52	68	01:51:43	69
129	Jenny	Perry	F	6	FV35	4		01:52:08	69	01:51:59	70
231	Wesley	Bathers	M	64	MSENIOR	31		01:52:20	70	01:52:11	71
260	John	Sheridan	M	65	MV35	14		01:52:26	71	01:51:42	68
169	Catherine	Gras	F	7	FV45	1	ADAC	01:52:37	72	01:52:32	72
224	Suzy	Wallace	F	8	FSENIOR	2		01:53:09	73	01:52:54	73
347	Jean Yves	Goujon	M	66	MV40	11		01:53:28	74	01:53:21	76
318	David	Ward	M	67	MV50	3		01:53:34	75	01:53:01	74
296	Steve	Fernyhough	M	68	MV35	15		01:53:50	76	01:53:14	75
259	Tony	Spriggs	M	69	MV50	4		01:53:54	77	01:53:48	80
29	Stephen	Richards	M	70	MV45	6		01:54:03	78	01:53:23	77

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208	Emma	Nicholson	F	9	FSENIOR	3	ENGLAND ATHLETICS	01:54:04	79	01:53:50	81
187	Rob	Shepherd	M	71	MV35	16		01:54:05	80	01:53:28	78
309	John	Reeves	M	72	MSENIOR	32		01:54:07	81	01:53:46	79
5163	Rhiannon	Kaminh	F	10	FJUNIOR	1	COLWYN BAY AC	01:54:19	82	01:54:01	83
142	Duncan	Stewart	M	73	MV40	12		01:54:24	83	01:53:59	82
5185	Paul	Jones	M	74	MV50	5		01:54:37	84	01:54:14	84
247	Nicolas	Chauvin	M	75	MSENIOR	33		01:54:44	85	01:54:16	85
338	Peter	Walters	M	76	MV60	2	WINSTON RUNNERS	01:54:46	86	01:54:31	86
395	Gareth	Roberts	M	77	MV40	13	PRESTATYN RUNNING CLUB	01:55:04	87	01:54:44	87
5196	Richard	Costain	M	78	MSENIOR	34	PENNY LANE STRIDERS	01:55:10	88	01:54:58	89
289	Darren	Makin	M	79	MV35	17		01:55:14	89	01:54:45	88
315	Tess	Barrett-Walsh	F	11	FV35	5		01:55:19	90	01:55:11	93
152	Andrew	Startin	M	80	MSENIOR	35		01:55:21	91	01:55:13	94
346	Stephan	Redon	M	81	MV35	18		01:55:29	92	01:55:03	90
373	Mark	Fieldsend	M	82	MV40	14		01:55:32	93	01:55:03	91
312	Emmie	Hanreck	F	12	FV40	2		01:55:35	94	01:55:30	96
139	John	Leaver	M	83	MV50	6		01:55:36	95	01:55:18	95
342	Jonathan	Fisher	M	84	MSENIOR	36	LIVERPOOL RUNNING CLUB	01:55:38	96	01:55:07	92
148	Nadine	Weeks	F	13	FV35	6		01:55:43	97	01:55:40	97
290	Damian	Rafferty	M	85	MV40	15		01:55:49	98	01:55:45	99
299	Max	Buttkus	M	86	MV35	19		01:56:06	99	01:55:48	100
301	Donald	Morgan	M	87	MV50	7	HARROGATE HARRIERS	01:56:09	100	01:56:04	101
262	Robert	Lyon	M	88	MV40	16		01:56:10	101	01:55:43	98
271	David	Gardner	M	89	MV70	1	NWRRC	01:56:23	102	01:56:13	103
287	Mark	Bell	M	90	MV45	7	WARRINGTON RUNNING CLUB	01:56:31	103	01:56:19	104
291	Dave	Jones	M	91	MV40	17		01:56:39	104	01:56:10	102
229	Marc	Morris	M	92	MSENIOR	37		01:56:53	105	01:56:44	107
48	David	Feakes	M	93	MV50	8	HELSEBY RUNNING CLUB	01:57:02	106	01:56:51	108
11	Phil	Sykes	M	94	MV35	20		01:57:03	107	01:56:34	105
200	Eric	Bidaou	M	95	MV50	9		01:57:05	108	01:56:41	106
243	Martin	Lamb	M	96	MSENIOR	38		01:57:22	109	01:57:05	110
248	Sam	Burt	M	97	MSENIOR	39		01:57:23	110	01:57:11	112
61	James	Cornick	M	98	MSENIOR	40		01:57:24	111	01:57:07	111
311	Kev	Roberts	M	99	MV40	18		01:57:29	112	01:57:03	109
369	Linda	Jones	F	14	FV50	1	WREXHAM AC	01:57:30	113	01:57:14	113
5191	Charlotte	Hedin	F	15	FV40	3		01:57:59	114	01:57:50	117
137	Mark	Parr	M	100	MV45	8		01:58:05	115	01:57:35	114
283	Daniel	Snelson	M	101	MSENIOR	41	ABERGELE HARRIERS	01:58:11	116	01:57:39	115
189	Stacey	Baker	F	16	FSENIOR	4		01:58:12	117	01:57:48	116

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105	Niamh	Lewis	F	17	FSENIOR	5		01:58:17	118	01:58:09	119
218	James	Rogers	M	102	MV40	19		01:58:34	119	01:58:04	118
272	Alan	Owen	M	103	MV45	9		01:58:36	120	01:58:25	122
239	Thorin	Jones	M	104	MSENIOR	42		01:58:48	121	01:58:16	120
10	Andrew	Bell	M	105	MV55	2	CONGLETON HARRIERS	01:58:49	122	01:58:19	121
310	Sean	Gavin	M	106	MV40	20		01:58:54	123	01:58:37	124
221	Neil	Goulding	M	107	MV40	21	SKELMERSDALE BOUNDARY HARRIERS	01:58:56	124	01:58:35	123
149	Terry	Nelson	M	108	MSENIOR	43		01:59:02	125	01:58:47	127
399	Kay	Hatton	F	18	FV50	2	NWRRC	01:59:04	126	01:58:46	126
313	Stephen	Whittingham	M	109	MV55	3		01:59:05	127	01:58:40	125
217	Philip	Young	M	110	MV45	10	SALTWELL HARRIERS	01:59:06	128	01:58:56	129
388	Marius	Blazauskas	M	111	MSENIOR	44		01:59:10	129	01:58:48	128
5179	Tom	Van Hoof	M	112	MV50	10		01:59:18	130	01:59:02	130
261	Greg	Davies	M	113	MSENIOR	45		01:59:31	131	01:59:26	132
5183	Craig	Tessyman	M	114	MSENIOR	46	FYLDE COAST	01:59:33	132	01:59:05	131
5182	Paul	Mcard	M	115	MV50	11		01:59:59	133	01:59:37	133
268	Tom	Adams	M	116	MSENIOR	47		02:00:15	134	01:59:58	136
103	Jon	Evans Fry	M	117	MSENIOR	48		02:00:17	135	01:59:52	134
168	Tom	Williams	M	118	MV50	12		02:00:17	136	01:59:58	137
104	Rob	Lewis	M	119	MSENIOR	49		02:00:21	137	01:59:56	135
5187	Marie	Hotchkiss	F	19	FSENIOR	6		02:00:32	138	02:00:29	141
203	Peer	Ovesen	M	120	MV45	11	CHESTER TRIATHLON CLUB	02:00:51	139	02:00:20	139
201	Simon	Pugh	M	121	MV55	4		02:00:52	140	02:00:20	140
212	Adam	Kieran	M	122	MSENIOR	50		02:00:54	141	02:00:08	138
308	Gail	King	F	20	FV40	4		02:00:59	142	02:00:40	143
386	Peter	Smith	M	123	MV40	22		02:01:15	143	02:00:32	142
5162	Anne	Mynott	F	21	FV50	3		02:01:25	144	02:01:06	145
186	Anthony	Mcgee	M	124	MV50	13		02:01:29	145	02:00:57	144
8	Dale	Harratt	M	125	MV50	14		02:01:35	146	02:01:11	147
302	Chris	Phillipson	M	126	MV35	21		02:01:39	147	02:01:09	146
211	Shane	Knott	M	127	MV35	22	PENNY LANE STRIDERS	02:01:43	148	02:01:12	148
99	Daniel	Bedward	M	128	MV35	23		02:01:46	149	02:01:22	149
349	Paul	Roberts	M	129	MV35	24	HELSEBY RUNNING CLUB	02:02:10	150	02:01:40	150
381	Karl	Bunnell	M	130	MSENIOR	51	WALLASEY A.C.	02:02:19	151	02:02:14	151
5177	Peter	Burton	M	131	MV50	15	LYMM RUNNERS	02:02:41	152	02:02:25	152
52	Gareth	Ward	M	132	MV50	16		02:02:50	153	02:02:43	155
5192	Maxwell	Thomas	M	133	MV35	25		02:03:00	154	02:02:29	153
34	Stephen	Firth	M	134	MV40	23	ROAD RUNNERS CLUB	02:03:02	155	02:02:34	154
378	Janneke	Dobben	F	22	FSENIOR	7		02:03:26	156	02:03:07	159

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58	Ben	Thomas	M	135	MSENIOR	52		02:03:31	157	02:03:00	158
27	Ben	Ross	M	136	MSENIOR	53		02:03:32	158	02:02:54	156
178	Richard	Barton	M	137	MV50	17		02:03:40	159	02:02:57	157
157	Rob	Pritchard	M	138	MV40	24	BETSI RUNAWAYS	02:03:46	160	02:03:09	160
385	Barry	Standen	M	139	MV40	25		02:03:46	161	02:03:43	164
111	Robin	Fox	M	140	MV45	12		02:03:49	162	02:03:40	163
123	Mark	Finch	M	141	MV50	18		02:03:57	163	02:03:37	162
77	Kristian	Bailey	M	142	MJUNIOR	2		02:03:59	164	02:03:21	161
197	Haydn	Jones	M	143	MV50	19		02:04:29	165	02:04:17	166
154	John	Croall	M	144	MV55	5	LYMM RUNNERS	02:04:38	166	02:04:21	167
360	Keith	Tewkesbury	M	145	MV70	2	ABERGELE HARRIERS	02:04:38	167	02:04:33	170
317	Barry	Davies	M	146	MV45	13		02:04:49	168	02:04:12	165
240	Sarah	Rylance	F	23	FV35	7		02:04:57	169	02:04:34	171
210	Matt	Cooper	M	147	MSENIOR	54	MACCLESFIELD HARRIERS	02:04:58	170	02:04:32	169
249	Diego	Penaranda	M	148	MSENIOR	55		02:05:11	171	02:04:26	168
47	Lesley	Feakes	F	24	FV50	4	HELSEBY RUNNING CLUB	02:05:29	172	02:05:18	172
141	Woody	Manning	M	149	MV35	26		02:05:45	173	02:05:27	173
167	Russ	Cheatham	M	150	MV50	20	PRESTATYN RUNNING CLUB	02:05:53	174	02:05:37	175
297	Matt	Nield	M	151	MSENIOR	56		02:05:59	175	02:05:42	176
98	Paul	Armstrong	M	152	MV35	27		02:06:02	176	02:05:31	174
190	Hayley	Cooper	F	25	FV45	2		02:06:53	177	02:06:46	178
204	Carwyn	Williams	M	153	MSENIOR	57		02:07:04	178	02:06:38	177
74	Steve	Smith	M	154	MV45	14		02:07:06	179	02:07:02	182
35	Vicky	Collins	F	26	FSENIOR	8		02:07:20	180	02:06:46	179
36	Chris	Collins	M	155	MV40	26		02:07:20	181	02:06:47	180
90	Louise	Goodwin	F	27	FV35	8		02:07:28	182	02:06:48	181
293	Susan	Verity	F	28	FV45	3		02:07:53	183	02:07:24	183
50	Richard	Zacharias	M	156	MV35	28		02:08:03	184	02:07:27	184
31	Hannah	Roberts	F	29	FSENIOR	9		02:08:05	185	02:07:46	187
80	Barry	Powell	M	157	MV50	21		02:08:06	186	02:07:43	186
303	Julian	Pritchard	M	158	MV35	29		02:08:11	187	02:08:00	189
333	Naomi	Onitiri	F	30	FSENIOR	10		02:08:12	188	02:07:56	188
298	James	Roberts	M	159	MV55	6		02:08:16	189	02:07:43	185
145	Giuseppe	Serra	M	160	MV45	15		02:08:21	190	02:08:15	191
89	Paul	Watson	M	161	MV40	27		02:08:26	191	02:08:03	190
365	Stewart	Pickup	M	162	MSENIOR	58		02:08:29	192	02:08:26	192
232	Gary	Sharp	M	163	MV45	16		02:08:44	193	02:08:38	194
38	James	Dean	M	164	MSENIOR	59		02:08:58	194	02:08:28	193
59	Michael	Andrews	M	165	MSENIOR	60		02:09:07	195	02:08:55	195

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60	Katarzyna	Slany	F	31	FSENIOR	11		02:09:07	196	02:08:55	197
205	Ryan	Roberts	M	166	MSENIOR	61		02:09:22	197	02:08:55	196
306	Maria	Falsone	F	32	FSENIOR	12		02:09:25	198	02:09:07	201
320	Thanushan	Balakrishnan	M	167	MV35	30		02:09:28	199	02:09:06	200
355	Liam	Mellon	M	168	MSENIOR	62		02:09:38	200	02:09:31	204
143	Cayley	Firth	F	33	FSENIOR	13		02:09:39	201	02:09:14	202
285	Stephen	Birkett	M	169	MV40	28		02:09:39	202	02:09:02	199
372	Helen	Johnson	F	34	FV35	9		02:09:41	203	02:09:02	198
242	Louise	Williams	F	35	FV35	10		02:09:42	204	02:09:28	203
5176	Adrian	Monti	M	170	MV45	17	BRIGHTON AND HOVE AC	02:09:46	205	02:09:34	206
376	Nick	High	M	171	MV35	31		02:09:55	206	02:09:33	205
41	Adrian	Thomas	M	172	MV45	18		02:10:00	207	02:09:36	207
165	Chris	Newman	F	36	FV55	1		02:10:21	208	02:10:14	210
238	Michael	Horton	M	173	MV65	1	NSRRA	02:10:32	209	02:10:19	211
334	Emma	Hill	F	37	FV40	5		02:10:34	210	02:10:13	208
387	Egle	Blazauskiene	F	38	FSENIOR	14		02:10:35	211	02:10:13	209
199	Mark	Gamblin	M	174	MV45	19	CHORLTON RUNNERS	02:11:16	212	02:10:57	213
146	Joseph	Brand	M	175	MSENIOR	63		02:11:19	213	02:11:01	214
358	Jonathan	Phillips	M	176	MSENIOR	64		02:11:28	214	02:11:14	216
25	Sue	Jones	F	39	FV55	2	CYBI STRIDERS	02:11:32	215	02:10:56	212
14	Kevin	Clarke	M	177	MV50	22		02:11:55	216	02:11:12	215
108	Amanda	Billingham	F	40	FSENIOR	15		02:12:10	217	02:11:59	220
329	Thomas	Billingham	M	178	MSENIOR	65		02:12:15	218	02:12:05	221
5169	Andy	Berkley	M	179	MV45	20	MIDDLETON HARRIERS AC	02:12:17	219	02:11:32	217
131	Steve	Clapperton	M	180	MV40	29		02:12:18	220	02:11:36	218
300	Stephen	Carr	M	181	MV40	30	SWINTON RUNNING CLUB	02:12:35	221	02:11:51	219
5189	Stephen	Gleave	M	182	MV40	31	PRESTATYN RUNNING CLUB	02:12:40	222	02:12:14	222
179	Dave	Sloan	M	183	MV50	23		02:12:41	223	02:12:26	225
316	Martina	Verescakova	F	41	FV35	11		02:12:53	224	02:12:18	223
397	Martin	Hunt	M	184	MV50	24	WALLASEY A.C.	02:12:59	225	02:12:26	224
382	Paul	Williams	M	185	MV60	3		02:13:23	226	02:12:41	226
336	Sarka	Jeremic	F	42	FV40	6		02:13:29	227	02:13:01	228
5194	Lucy	Ryvar	F	43	FSENIOR	16		02:13:30	228	02:12:44	227
192	Tania	Wild	F	44	FSENIOR	17	LYMM RUNNERS	02:13:45	229	02:13:25	229
94	Andy	Ascroft	M	186	MSENIOR	66		02:13:50	230	02:13:39	232
270	Michael	Hayton	M	187	MV65	2	NWRRC	02:13:54	231	02:13:37	231
97	Liam	Cade	M	188	MV35	32		02:14:03	232	02:13:27	230
246	Tiburcio	Sanz	M	189	MSENIOR	67		02:14:25	233	02:13:57	233
115	Andy	Plant	M	190	MV45	21		02:14:33	234	02:14:03	234

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392	Kevin	Monaghan	M	191	MV50	25	ST HELENS STRIDERS	02:14:39	235	02:14:03	235
337	Grace	Crawford	F	45	FV35	12		02:14:47	236	02:14:19	236
257	George	Carter	M	192	MSENIOR	68		02:15:11	237	02:15:04	242
175	Jennifer	Ohare	F	46	FV40	7	HELSEBY RUNNING CLUB	02:15:12	238	02:14:50	238
184	Si	Mackley	M	193	MV40	32		02:15:15	239	02:14:33	237
359	Susan	Rowland	F	47	FV50	5		02:15:23	240	02:15:01	239
209	Diane	Jones	F	48	FV40	8	ABERGELE HARRIERS	02:15:39	241	02:15:20	245
367	Paul	Mcgregor	M	194	MV50	26	PENNY LANE STRIDERS	02:15:45	242	02:15:02	240
368	Jane	Nicholson	F	49	FV50	6	PENNY LANE STRIDERS	02:15:46	243	02:15:03	241
24	Robert	Davies	M	195	MV35	33		02:15:48	244	02:15:09	243
5184	Catharina	Vanderhoen	F	50	FV45	4		02:15:52	245	02:15:31	247
118	Stuart	Davies	M	196	MV35	34		02:15:54	246	02:15:11	244
125	Pauline	Newton	F	51	FV60	1	MARKET DRAYTON RUNNING CLUB	02:15:56	247	02:15:35	248
116	Katy	Sutcliffe	F	52	FSENIOR	18		02:16:08	248	02:15:29	246
362	Clare	Roberts	F	53	FV35	13		02:16:36	249	02:16:15	250
140	Sarah	Tipuric	F	54	FJUNIOR	2		02:16:36	250	02:16:02	249
5166	Tony	Clark	M	197	MV45	22	WARRINGTON TRI	02:16:37	251	02:16:17	251
322	Tim	Johnson	M	198	MV50	27		02:16:48	252	02:16:29	252
328	Meurig	Thomas	M	199	MV45	23		02:16:51	253	02:16:45	254
383	Nick	Eastwood	M	200	MV45	24		02:16:51	254	02:16:46	255
380	Hayley	Macdonald-Jones	F	55	FV40	9		02:17:16	255	02:16:40	253
132	Rhys	Parry	M	201	MV35	35		02:17:17	256	02:16:50	257
235	Terry	Long	M	202	MV60	4	PENNY LANE STRIDERS	02:17:18	257	02:16:47	256
155	Louise	Croall	F	56	FV50	7	LYMM RUNNERS	02:17:28	258	02:17:07	259
164	Mio	Newbould	F	57	FV45	5		02:17:39	259	02:17:02	258
5174	Wendy	Mason	F	58	FV55	3	HORSHAM JOGGERS	02:17:53	260	02:17:18	261
9	Sophie	Miller	F	59	FSENIOR	19		02:18:04	261	02:17:15	260
284	Chris	Jones	M	203	MV50	28		02:18:10	262	02:17:55	263
256	Martin	Ward	M	204	MV55	7		02:18:13	263	02:18:00	264
396	Dawn	Hunt	F	60	FV45	6	WALLASEY A.C.	02:18:17	264	02:17:43	262
214	Ashley	Girdlestone	M	205	MSENIOR	69		02:18:54	265	02:18:10	265
100	David	Jones	M	206	MV40	33		02:19:03	266	02:18:29	266
12	Niamh	Mcmorrow	F	61	FSENIOR	20		02:19:08	267	02:18:40	268
326	Rachel	Rick	F	62	FV55	4	PENNY LANE STRIDERS	02:19:22	268	02:18:37	267
109	Kay	Leaver	F	63	FV40	10	PENSBY RUNNERS	02:19:22	269	02:19:04	270
45	Wallis	Bean	F	64	FSENIOR	21		02:19:32	270	02:18:59	269
110	Martin	Pritchard	M	207	MV40	34	MENAI TRACK AND FIELD	02:19:32	271	02:19:10	271
96	Magdalena	Adams	F	65	FSENIOR	22		02:20:39	272	02:20:22	272
5180	Rob	Simmonite	M	208	MSENIOR	70		02:20:51	273	02:20:36	273

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207	Michael	Gallagher	M	209	MSENIOR	71		02:20:57	274	02:20:43	275
128	Sandra	Evans	F	66	FV45	7	MARKET DRAYTON RUNNING CLUB	02:21:18	275	02:20:58	277
5188	Chris	Robinson	M	210	MV50	29		02:21:30	276	02:20:39	274
5186	Boram	Oh	F	67	FSENIOR	23		02:21:30	277	02:20:53	276
226	Stanka	Adamcova	F	68	FSENIOR	24		02:21:40	278	02:21:26	280
75	Mike	Doherty	M	211	MV50	30		02:21:55	279	02:21:18	278
26	Alun	Jones	M	212	MV60	5	CYBI STRIDERS	02:21:55	280	02:21:20	279
151	Colin	Thackray	M	213	MV55	8		02:22:04	281	02:21:32	281
30	Toby	Cartwright	M	214	MV35	36		02:22:23	282	02:21:43	282
281	Harry	Walker	M	215	MV55	9		02:22:34	283	02:22:10	283
230	Gillian	Brooker	F	69	FV40	11		02:22:46	284	02:22:35	285
161	Susie	Woodward-Moor	F	70	FV45	8		02:23:02	285	02:22:21	284
400	Brenda	Jones	F	71	FV70	1	BRO DYSYNNI AC	02:23:13	286	02:23:01	286
401	Marc	Cookson	M	216	MSENIOR	72		02:23:49	287	02:23:15	288
181	Clare	Finch	F	72	FSENIOR	25	BRAMHALL RUNNERS	02:23:50	288	02:23:15	287
245	Sinead	Malone	F	73	FV40	12	CHESTER TRIATHLON CLUB	02:24:09	289	02:23:33	289
227	David John	Williams	M	217	MV50	31		02:24:58	290	02:24:38	290
216	Lynlee	Veach	F	74	FV45	9		02:25:38	291	02:25:05	291
366	Anne	Oxbrough	F	75	FV35	14	PENNY LANE STRIDERS	02:25:59	292	02:25:15	292
275	Lucy	Gray	F	76	FV35	15		02:26:00	293	02:25:46	293
176	Tanya	Downes	F	77	FV40	13	HELSEBY RUNNING CLUB	02:26:16	294	02:25:54	294
73	Paula	Fletcher	F	78	FV45	10		02:26:22	295	02:26:00	295
339	Laura	Winter	F	79	FV35	16	EMLYN RUNNERS	02:26:43	296	02:26:18	296
183	Samantha	Goodwin	F	80	FV45	11		02:26:49	297	02:26:22	297
363	Serena	Meljan	F	81	FV40	14		02:27:07	298	02:26:43	298
215	Brett	Veach	M	218	MV50	32		02:27:27	299	02:26:55	299
353	Elinor	Chapman	F	82	FSENIOR	26	PENNY LANE STRIDERS	02:27:42	300	02:26:58	300
356	Kerry	Marshall	F	83	FV40	15		02:27:46	301	02:27:20	302
82	Duanne	Jackson	M	219	MSENIOR	73		02:27:55	302	02:27:32	303
195	Helen	Ryvar	F	84	FV35	17		02:28:02	303	02:27:20	301
278	Emily	Powell	F	85	FSENIOR	27		02:28:05	304	02:27:33	304
364	Sandra	Freeman	F	86	FV50	8		02:28:39	305	02:28:05	305
6	Rachel	James	F	87	FSENIOR	28		02:29:03	306	02:28:47	308
273	Nicola	Kay	F	88	FSENIOR	29	BUCKLEY RUNNERS	02:29:07	307	02:28:53	309
335	Kate	Wilde	F	89	FSENIOR	30		02:29:07	308	02:28:53	310
127	Nick	Marriott	M	220	MV45	25		02:29:08	309	02:28:29	306
62	Jemma	Grundon	F	90	FSENIOR	31		02:29:11	310	02:28:53	311
160	Amy	Garner	F	91	FV35	18		02:29:25	311	02:28:47	307
341	Andrea	Ehninger	F	92	FV40	16		02:30:02	312	02:29:50	313

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20	Christine	Gibbons	F	93	FV55	5	BRAMHALL RUNNERS	02:30:04	313	02:29:50	312
5178	Alex	Udall	M	221	MSENIOR	74		02:30:32	314	02:30:05	314
88	Mike	Robinson	M	222	MSENIOR	75		02:30:45	315	02:30:21	315
237	Mark	Saunders	M	223	MV40	35		02:30:47	316	02:30:37	316
286	Beverley	Goodson	F	94	FV45	12	DEESTRIDERS	02:31:49	317	02:31:30	317
87	Stephen	Miles	M	224	MV55	10		02:31:55	318	02:31:30	318
344	John	Albutt	M	225	MV60	6		02:32:21	319	02:31:54	319
206	Graham	Farley	M	226	MV50	33	FROME RUNNING CLUB	02:32:50	320	02:32:22	320
269	Dave	Reid	M	227	MV55	11	WARRINGTON TRI	02:33:03	321	02:32:28	321
144	Harriet	Broad	F	95	FSENIOR	32		02:33:33	322	02:33:08	322
177	Chris	Hopkins	M	228	MV50	34		02:34:19	323	02:34:03	325
319	Mike	Murray	M	229	MV65	3		02:34:28	324	02:33:55	323
44	Jessica	Stevenson	F	96	FSENIOR	33	STOKE FIT	02:34:40	325	02:34:02	324
327	Hugh	Roberts	M	230	MV60	7		02:35:08	326	02:34:58	326
331	Napoleon	Charaklias	M	231	MV40	36		02:36:08	327	02:35:57	327
282	Andrew	Barnard	M	232	MV40	37		02:36:17	328	02:36:02	328
5175	Katie	Kocik	F	97	FSENIOR	34		02:36:25	329	02:36:06	329
225	Kieran	Ashton	M	233	MSENIOR	76		02:37:04	330	02:36:28	330
5195	Vinny	Spillane	M	234	MV40	38		02:37:05	331	02:36:28	331
133	Rachel	Button	F	98	FV35	19		02:37:25	332	02:36:46	332
95	Rachel	Roberts	F	99	FSENIOR	35		02:39:52	333	02:39:12	333
5170	David	Rhodes	M	235	MV55	12		02:40:06	334	02:39:50	334
7	Carol	Harratt	F	100	FV50	9		02:40:43	335	02:40:20	335
194	Lauren	Williams	F	101	FSENIOR	36		02:41:18	336	02:40:56	339
158	Olivia	Bailey	F	102	FSENIOR	37		02:41:32	337	02:40:54	338
138	Sarah	Matthews	F	103	FV35	20	WARRINGTON ROAD RUNNERS	02:41:37	338	02:40:52	336
258	Derek	Ralphs	M	236	MV50	35		02:41:37	339	02:40:52	337
279	Cheryl	Chaffe	F	104	FV45	13		02:43:27	340	02:43:18	341
280	Rob	Chaffe	M	237	MV50	36		02:43:27	341	02:43:19	342
5172	Anthony	Mason	M	238	MV55	13	HORSHAM JOGGERS	02:43:42	342	02:43:07	340
117	Kevin	Maguire	M	239	MV70	3	WINSTON RUNNERS	02:44:03	343	02:43:36	343
153	Sheila	Gofton	F	105	FV55	6		02:44:54	344	02:44:47	345
134	Alan	Newell	M	240	MV45	26	ABERGELE HARRIERS	02:45:05	345	02:44:46	344
76	Doug	Bailey	M	241	MV50	37		02:48:55	346	02:48:16	346
13	Linda	Mcmorrow	F	106	FV65	1		02:49:40	347	02:49:11	347
288	Sara	Rioux	F	107	FV40	17		02:55:28	348	02:55:21	348
251	Chrissy	Dickens-Paice	F	108	FSENIOR	38	BUCKLEY RUNNERS	02:58:03	349	02:57:49	349
163	Jason	Dwan	M	242	MV40	39	BUCKLEY RUNNERS	02:58:04	350	02:57:49	350
352	Joshua	Sinclair-Thomson	M	243	MSENIOR	77		02:59:03	351	02:58:22	351

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71	Molly	Sinclair-Thomson	F	109	FSENIOR	39		02:59:03	352	02:58:22	352
5165	Brian	Elvidge	M	244	MV50	38		03:07:50	353	03:07:05	353
5164	Carly	McSherry	F	110	FSENIOR	40		03:07:53	354	03:07:08	354
72	Mike	Sawtell	M	245	MSENIOR	78		03:08:53	355	03:08:49	355
5158	Katie	Brooks	F	111	FV40	18	YEOVIL TOWN RRC	03:13:37	356	03:12:56	356
43	Jacob	Edge	M	246	MSENIOR	79		03:14:15	357	03:13:36	357
5181	Jane	Sloan	F	112	FV45	14		03:30:45	358	03:30:09	358
223	Lily	Pashova	F	DNF	FSENIOR	DNF		DNF	DNF	DNF	DNF