

Posn	No.	Time	Name	Club	Male				Female		
					u/40	o/40	o/50	o/60	u/40	o/40	o/50
1	71	37.30	Shaun Godsman	Todmorden	1						
2	84	37.40	Richard Roberts	Eryri Harriers	2						
3	94	37.49	Ian Hayton	Wrexham AC	3						
4	111	40.16	Craig Jones	North Wales Police	4						
5	90	41.32	Stephen Gilliland	Bro Dysynni		1					
6	87	41.40	Nigel Rowlands	Clwydian Range Runners	5						
7	74	41.40	Simon Edwards	Buckley Runners	6						
8	95	41.46	Sarah Kleeman	Eryri Harriers					1		
9	67	42.16	Aled Wyn Morris	u/a	7						
10	86	42.26	Anna Bartlett	Shrewsbury AC					2		
11	72	42.52	Jeremy Williams	Eryri Harriers			1				
12	98	42.59	Kerry Blinston	NWRR	8						
13	79	43.16	Geran Hughes	Abergele Harriers		2					
14	101	43.19	Tom Prytherch	North Wales Police	9						
15	104	43.27	Paul Jones	Eryri Harriers	10						
16	91	43.30	Simon Glyn Roberts	Buckley Runners	11						
17	85	43.40	Andrea Roberts	Eryri Harriers					3		
18	118	43.48	Steve Heaney	North Wales Police			2				
19	109	44.35	Martin Cortvriend	Macclesfield Harriers			3				
20	66	44.48	John Humphries	Mysteruns		3					
21	114	44.58	Barrie Wells	NWRR			4				
22	93	45.11	David Owens	Clwydian Range Runners		4					
23	83	45.28	Ron Elliott	NWRR				1			
24	103	45.33	Noel Crane	Eryri Harriers		5					
25	107	45.33	Tony Harvey	u/a	12						
26	77	46.21	Mike Blake	Eryri Harriers			5				
27	99	46.35	Peter Hughes	u/a		6					
28	108	47.38	Charles Enston	Eryri Harriers	13						
29	92	47.43	Gary Porter Jones	u/a	14						
30	88	48.04	Chris Williams	Colwyn Bay AC		7					
31	116	48.22	Phil Jones	WFRA				2			
32	70	48.24	Rob Jones	Clwydian Range Runners			6				
33	73	48.26	John Linley	Clwydian Range Runners			7				
34	104	49.58	Paul Jones	Eryri Harriers	15						
35	112	50.05	Russell Murray	WFRA		8					
36	89	50.05	Edwin Williams	u/a		9					
37	63	50.10	Ellie Salisbury	Eryri Harriers					1		
38	69	51.37	Paul Oldfield	Clwydian Range Runners		10					
39	82	51.50	Ian Blakemore	Eryri Harriers		11					
40	65	52.02	Judith Clare Jones	Mysteruns					2		
41	102	53.08	Kay Hatton	NWRR					3		
42	97	60.20	Toni Blinston	NWRR				4			
43	76	60.57	Angella Hughes	Abergele Harriers					4		
44	96	60.58	Wynford Lloyd Hughes	WFRA		12					
45	117	61.16	Iorwerth Roberts	Eryri Harriers				3			1
46	105	66.27	Sheila Bennell	Eryri Harriers							