

Place	Time	Name	Team	Race Age Category	Number	Place
1	0:34:50	JONES, Harry	Colwyn Bay AC	MU/20	21	1
2	0:35:00	BLEAKLEY, James	Trafford AC	Senior Male	7	2
3	0:35:11	WILLIAMS, Gary Rees	Menai Track & Field	MV40	1	3
4	0:35:27	EARLSTON, John	Abergele Harriers	MV45	178	4
5	0:36:44	JONES, Lee	Deeside AAC	Senior Male	93	5
6	0:36:50	WILLIAMS, Richard Wyn	Eryri Harriers	Senior Male	116	6
7	0:37:05	JAMES, Ian	Wrexham AC	MV45	31	7
8	0:37:22	BELLIS, Stephen	Buckley Runners	MV50	196	8
9	0:37:47	ROBERTS, Dewi	Abergele Harriers	MV40	20	9
10	0:37:51	BLINSTON, Kerry	North Wales Road Runners Club	Senior Male	16	10
11	0:37:58	KELLY, Chris	Prestatyn RC	Senior Male	46	11
12	0:37:59	WRIGHT, Simon	Wigan Phoenix	MV50	87	12
13	0:38:10	WRIGHT, Lynn		FV35	100	13
14	0:38:29	ROBERTS, Gareth	Abergele Harriers	MV40	19	14
15	0:38:38	BUTTERWORTH, Andrew		Senior Male	9	15
16	0:38:48	JONES, Michael	Buckley Runners	Senior Male	35	16
17	0:38:49	JONES, Peter		MV45	1001	17
18	0:39:02	PARRY, Emma	Wrexham AC	Senior Female	165	18
19	0:39:21	NICHOLLS, George	Prestatyn RC	Senior Male	174	19
20	0:39:21	PRYCE, David	Colwyn Bay AC	MV40	401	20
21	0:39:35	ELLIOTT, Ron	North Wales Road Runners Club	MV60	222	21
22	0:39:51	NOLAN, David	North Wales Road Runners Club	Senior Male	213	22
23	0:40:18	SHAW, David	Salford Harriers	MV40	207	23
24	0:40:21	REDFERN, Isabel	Colwyn Bay AC	Senior Female	166	24
25	0:40:25	WILLIAMS, Donald	Eryri Harriers	MV60	88	25
26	0:40:37	BALLINGER, Paul	Denbigh Harriers	MV45	126	26
27	0:40:45	ROBERTS, Konrad	North Wales Road Runners Club	MV40	40	27
28	0:40:56	GRANT, Simon	Abergele Harriers	MU/20	25	28
29	0:40:59	BRANDRICK, Paul	Prestatyn RC	MV50	162	29
30	0:41:11	ROCHE, Gavin		Senior Male	83	30
31	0:41:29	ROTHERY, Ian	Cybi Striders	MV50	53	31
32	0:41:32	HARDING, Tim		MV45	193	32
33	0:41:50	HUGHES, Jac	Colwyn Bay AC	MU/20	164	33
34	0:41:58	CAWLEY, Alan W	North Wales Road Runners Club	MV45	125	34
35	0:42:03	JACKSON, Steven	Preston Harriers	MV45	33	35
36	0:42:05	GREEN, Martin	North Wales Road Runners Club	Senior Male	135	36
37	0:42:09	HODGSON, Tony	Meirionnydd	MV55	189	37
38	0:42:11	EGAN, Arthur	Wrexham AC	MV60	176	38
39	0:42:24	HARVEY, John	Rhos on Sea Cycling Club	MV40	137	39
40	0:42:30	WILLIAMS, Christopher	Colwyn Bay AC	MV45	157	40
41	0:42:51	DAVIES, Graham	Carneddau Tri Club	MV40	133	41
42	0:42:52	WILLIAMS, Darren		Senior Male	216	42
43	0:42:56	CONLON, Paul	Denbigh Harriers	MV40	232	43
44	0:42:59	WHITTLE, Alex		MU/20	141	44
45	0:43:08	ROBERTS, Scott	Colwyn Bay AC	MU/20	32	45
46	0:43:10	MURDOCH, Craig		MV40	205	46
47	0:43:20	ROTHERY, Desmond	Cybi Striders	Senior Male	52	47
48	0:43:25	JONES, Kenneth	Denbigh Harriers	MV55	139	48
49	0:43:28	JONES, Paul	Eryri Harriers	Senior Male	99	49
50	0:43:30	TANN, Garry		MV45	187	50
51	0:43:35	MAGUINNESS, Neil		Senior Male	57	51
52	0:43:39	EVANS, John Gwynn	Aberystwyth AC	MV60	208	52
53	0:43:42	DAVIES, Tony		MV40	163	53
54	0:43:47	EYNON, Aled		Senior Male	155	54
55	0:43:54	JONES, David		MV40	186	55
56	0:43:58	EVANS, Gwydion		Senior Male	198	56
57	0:43:58	METCALFE, Ruth	Eryri Harriers	FV35	140	57
58	0:44:03	HOOTON, James	Cybi Striders	Senior Male	170	58

59	0:44:04	JONES, Paula		FV35	123	59
60	0:44:05	CROWTHER, Robert		Senior Male	67	60
61	0:44:05	HIGGINS, Kevin		MV45	212	61
62	0:44:07	HUGHES-ROBERTS, John	Prestatyn RC	MV45	144	62
63	0:44:22	SPOTSWOOD, Robert	Abergele Harriers	MV45	68	63
64	0:44:30	HILLARY, John		Senior Male	95	64
65	0:44:39	WILLIAMS, Geraint	Cybi Striders	MV40	171	65
66	0:44:39	MCKERNON, Joe		MV40	168	66
67	0:44:58	FAIRLAMB, Martyn		Senior Male	14	67
68	0:45:05	BOOTH-TAYLOR, Darren		Senior Male	79	68
69	0:45:09	HATFIELD, Stephen	Prestatyn RC	MV60	146	69
70	0:45:17	GWYNFOR, Owen		MV50	160	70
71	0:45:48	SMITH, Peter	Abergele Harriers	MV40	11	71
72	0:45:53	WALKER, John	North Wales Road Runners Club	MV40	72	72
73	0:46:01	MURRY, Russell		MV40	94	73
74	0:46:08	WILLIAMS, Martin Gareth	Eryri Harriers	MV55	81	74
75	0:46:10	HUMPHRIES, Keith	Denbigh Harriers	MV45	45	75
76	0:46:20	HATTON, Kay	North Wales Road Runners Club	FV40	18	76
77	0:46:41	OWEN, Peter		MV50	1002	77
78	0:46:42	CLIFT, Deborah	Abergele Harriers	FV40	50	78
79	0:46:43	MCDONOUGH, Joanne	Prestatyn RC	Senior Female	118	79
80	0:46:44	MCVEY, Graham		Senior Male	184	80
81	0:46:46	DAVIES, Robert	Prestatyn RC	Senior Male	24	81
82	0:46:53	STEPHENSON, Kristy	North Wales Road Runners Club	FV40	128	82
83	0:46:54	JACKSON, Barrie	Bro Dysynni AC	MV65	136	83
84	0:46:57	WILSON, Silvester		MV45	1003	84
85	0:46:59	MACKAREL, Nick		MV40	224	85
86	0:47:00	FEDRICK, Jane		FV40	97	86
87	0:47:04	MANDLEY, Robert		Senior Male	215	87
88	0:47:07	ELLIS, Gareth		Senior Male	132	88
89	0:47:21	CUTLER, Mike	South Cheshire Harriers	MV45	75	89
90	0:47:38	JONES, David Alan	Denbigh Harriers	MV55	69	90
91	0:47:39	GRANT, Pamela	Abergele Harriers	FV45	26	91
92	0:47:45	REES, Anthony		MV55	124	92
93	0:47:58	EARP, Colin	South Cheshire Harriers	MV55	127	93
94	0:48:18	BRYAN, Simon		Senior Male	159	94
95	0:48:36	EDWARDS, David	Abergele Harriers	MV50	119	95
96	0:48:46	ALLEN, Paul		Senior Male	59	96
97	0:48:47	PATTERSON, Neil		Senior Male	74	97
98	0:48:47	THOMAS, Evan		Senior Male	192	98
99	0:48:50	PEGG, Donald		MV55	91	99
100	0:48:59	ALDRICH, Clare		Senior Female	28	100
101	0:49:07	JONES, Menna	Cybi Striders	FV35	167	101
102	0:49:11	THELWALL-JONES, Simon	Oswestry Olympians	Senior Male	41	102
103	0:49:12	TEWKESBURY, Keith		MV60	217	103
104	0:49:13	WILLIAMS, Melanie	Abergele Harriers	FV45	10	104
105	0:49:21	MORRIS, David		MV40	65	105
106	0:49:25	POWNALL, Lee	North Wales Road Runners Club	Senior Male	138	106
107	0:49:25	BURTON, Jason	Prestatyn RC	Senior Male	134	107
108	0:49:27	DOOLAN, Mike	Prestatyn RC	MV55	209	108
109	0:49:28	WILLIAMS, Christopher		MV40	55	109
110	0:49:37	TAYLOR, Malcolm	Bro Dysynni AC	MV60	96	110
111	0:49:43	BAYLISS, Sarah	Denbigh Harriers	FV35	15	111
112	0:49:44	ROBERTS, Iorwerth	Eryri Harriers	MV60	112	112
113	0:49:51	PUGH, Richard		Senior Male	202	113
114	0:49:58	THOMAS, Mark		MV40	109	114
115	0:50:03	THOMAS, Robert	Meirionnydd	MU/20	190	115
116	0:50:09	MORGANS, Gemma	Colwyn Bay AC	FU/20	39	116
117	0:50:24	CLARK, Alex Gordon		Senior Male	204	117

118	0:50:27	LYONS, John		MV60	169	118
119	0:50:52	BUCKLEY, David John		Senior Male	113	119
120	0:50:55	EYNON, Deidre		FV35	151	120
121	0:50:55	EVANS, Gary		MV40	229	121
122	0:51:06	MAHY, Julian	Colwyn Bay AC	MV50	47	122
123	0:51:20	JARDINE, Roy	Eryri Harriers	MV55	54	123
124	0:51:25	ROBERTS, Gareth		MV50	153	124
125	0:51:27	LUDDEN, Margaret	Buckley Runners	FV45	34	125
126	0:51:33	LAWRENCE, Richard		Senior Male	49	126
127	0:51:39	COSGROVE, Luke Anthony		Senior Male	180	127
128	0:51:42	KATER, Lorien	Karachi Hash House Harriers	FV35	200	128
129	0:51:44	HARVEY, Ruth	Cybi Striders	FV40	173	129
130	0:51:45	KIRKHAM, David	Cybi Striders	MV55	172	130
131	0:51:54	JONES, Judith	Eryri Harriers	FV45	197	131
132	0:52:02	ROBERTS, Jane		FV45	156	132
133	0:52:04	WILLIAMS, Bernadette	Eryri Harriers	FV35	103	133
134	0:52:05	O'BRIEN, Mike		MV55	220	134
135	0:52:06	HOLMES, Lucinda (Cindy)		FV45	78	135
136	0:52:10	MCNEIL, Karen		FV35	218	137
137	0:52:24	JONES, Eleri	Denbigh Harriers	FV35	111	138
138	0:52:34	COLLINS, Laura		Senior Female	43	139
139	0:52:34	MATTHEWS, Simon		Senior Male	42	140
140	0:52:49	RICHARDS, Stephen		MV40	211	141
141	0:53:03	BAILEY, Sid	Deestridders	MV45	102	142
142	0:53:15	BRIGHOUSE, Leah	Colwyn Bay AC	FU/20	8	143
143	0:53:18	JAMES, Marc		Senior Male	63	144
144	0:53:27	TAYLOR, Paul	Oldham & Royton Harriers	MV50	92	145
145	0:53:28	RODRIGUES, Laura		Senior Female	149	146
146	0:53:41	POPSYS, Rob		MV40	84	147
147	0:53:43	WILSON, Katie	Deeside AAC	Senior Female	61	148
148	0:53:45	BOARD, Paul		MV45	37	149
149	0:53:49	MURPHY, Fiona		FV40	90	150
150	0:53:51	POWELL, Martin		MV45	210	151
151	0:54:00	CALVERT, Susan	Abergele Harriers	FV45	110	152
152	0:54:19	BEARD, David	Eryri Harriers	MV50	120	153
153	0:54:22	ALCOCK, Amanda		Senior Female	223	154
154	0:54:32	GUILLEMIN, Alison	Abergele Harriers	FV40	145	155
155	0:54:42	ROBERTS, Glyn Armon		MV55	131	156
156	0:54:50	HARDING, Sally		FV45	194	157
157	0:55:30	GREEN, Steven		MV50	71	158
158	0:55:39	BAXENDALE, Helen	Prestatyn RC	FV40	51	159
159	0:55:52	MORRIS, Doug	Oswestry Olympians	MV70	114	160
160	0:55:52	SAMS, Michael		MV40	115	161
161	0:55:55	CROWTHER, Ann	Prestatyn RC	FV45	66	162
162	0:56:10	KINNINMONT, Megan		Senior Female	60	163
163	0:56:15	FENTON, Jim		MV50	121	164
164	0:56:24	JONES, David		MV40	183	165
165	0:56:26	JONES, Arwel		MV40	129	167
165	0:56:26	HARGREAVES, Christine		FV45	130	167
166	0:56:28	BILLINGTON, Raymond	Wrexham AC	MV70	219	168
167	0:56:37	GRIFFITHS, Michael		MV45	36	169
168	0:56:40	BRANDRICK, Gillian	Prestatyn RC	FV50	161	170
169	0:56:51	HARRISON-JONES, John Roger		MV65	108	171
170	0:56:52	PITTON, Dimitri		Senior Male	230	172
171	0:56:59	HUGHES, Gareth		MU/20	150	173
172	0:57:04	SHILLINGS, Peter		MV50	201	174
173	0:57:11	WARREN, Lynne		FV35	226	175
174	0:57:11	WOOLFORD, Kathryn		FV40	227	176
175	0:57:43	MOULDING, Lewis		Senior Male	175	177

176	0:57:49	MCCONOCHIE, Donald		MV70	70	178
177	0:58:25	CLARKE, Fiona		FV50	195	179
178	0:58:46	NASH, Martyn		Senior Male	221	180
179	0:58:50	FOSTER, Robin		Senior Male	231	181
180	0:59:02	ROBERTS, Steven Edward		MV40	73	182
181	0:59:20	TUBMAN, Keith		MV60	30	183
182	0:59:33	FATTAH, Magda	Prestatyn RC	Senior Female	107	184
183	0:59:56	PARRY, Chris		Senior Male	77	185
184	0:59:56	PARRY, Sam		FV35	76	186
185	1:00:00	JONES, Yvonne		Senior Female	98	187
186	1:00:20	GRIFFITHS, Marjorie	Bro Dysynni AC	FV60	147	188
187	1:00:30	BARTLEY, Maureen	Denbigh Harriers	FV35	181	189
188	1:00:30	HIRST, Julie		FV35	64	190
189	1:01:08	YOUNG, Eve		Senior Female	86	191
190	1:01:34	BERTOLA, Anthony		MV45	225	192
191	1:03:13	ROBERTSON, David		MV50	214	193
192	1:03:21	JONES, Julie	Abergele Harriers	FV40	182	194
193	1:03:32	BEGLEY, Annwen	Abergele Harriers	FV35	188	195
194	1:03:53	TIPPING, John	Wrexham AC	MV65	89	196
195	1:04:35	WILKINSON, Cliff	North Wales Road Runners Club	MV70	23	197
196	1:04:40	EVANS, Louise		FV45	85	198
197	1:04:42	STOCKLEY, John		MV60	82	199
198	1:05:19	LYNCH, Rhian	Prestatyn RC	FV40	142	200
199	1:13:58	SYMONDS, Sheila	Bro Dysynni AC	FV70	177	201
200	1:17:11	SHRINIVASIN, Jannki		FV45	233	202
201	1:29:55	HUGHES, Sandra		FV45	154	203
202	1:29:55	HUGHES, Susan		FV40	152	204