

Race Results for 2013 The Island Race Half Marathon on 03/03/2013

Race Number	First Name	Surname	Gender	Gender Position	Category	Category Position	Club	10K	Stage Position	Gun Time	Overall Position	Chip Time	Chip Position
1	Alun	Vaughan	Male	1	MOPEN	1	Eryri Harriers	00:31:48	1	01:09:56	1	01:09:56	1
737	Andy	Walling	Male	2	MOPEN	2	Menai Track and Field	00:35:11	2	01:16:59	2	01:16:59	2
644	Steffan	Sayer	Male	3	MOPEN	3	Menai Track and Field	00:35:40	3	01:17:35	3	01:17:35	3
123	Arthur	Connell	Male	4	MOPEN	4	Eryri Harriers	00:35:54	5	01:18:03	4	01:18:03	4
256	Martin	Green	Male	5	MOPEN	5	North Wales Road Runners Club	00:36:29	9	01:18:52	5	01:18:52	5
826	Ben	Williams	Male	6	MOPEN	6		00:36:12	7	01:19:58	6	01:19:58	6
802	Chris	Yorke	Male	7	M40+	1	North Wales Road Runners Club	00:35:50	4	01:21:16	7	01:21:16	7
26	Jim	Bacon	Male	8	MOPEN	7	Eryri Harriers	00:36:13	8	01:21:29	8	01:21:29	8
658	Bromley	Sibson	Male	9	MOPEN	8		00:36:56	11	01:21:54	9	01:21:51	9
745	Jodi	Waters	Male	10	MOPEN	9	abergele harriers	00:36:33	10	01:21:54	10	01:21:53	10
3	Ali	Lavender	Female	1	FOPEN	1	Oswestry Olympians	00:37:24	15	01:21:59	11	01:21:59	11
134	Stephen	Crook	Male	11	MOPEN	10		00:36:58	12	01:22:04	12	01:22:03	12
90	Sarah	Caskey	Female	2	FOPEN	2	Bangor University Athletics an	00:38:01	19	01:22:16	13	01:22:14	13
18	James	Atkinson	Male	12	MOPEN	11		00:36:08	6	01:22:46	14	01:22:43	14
651	Jack	Sexty	Male	13	MOPEN	12	Stafford Triathlon Club	00:37:07	13	01:23:01	15	01:23:00	15
811	Irfon	Rowlands	Male	14	M45+	1		00:37:49	17	01:23:27	16	01:23:26	16
506	Leo	Nathan	Male	15	MOPEN	13	Eryri Harriers	00:38:12	22	01:23:41	17	01:23:40	18
524	Dewi	Owen	Male	16	MOPEN	14	Eryri Harriers	00:38:11	20	01:23:41	18	01:23:39	17
4	Rhys	Ab Elwyn	Male	17	M45+	2	Eryri Harriers	00:38:16	23	01:23:45	19	01:23:44	19
102	Greg	Cherry	Male	18	MOPEN	15		00:39:18	34	01:23:53	20	01:23:45	20
440	Phillip	Lynes	Male	19	MOPEN	16		00:37:36	16	01:23:54	21	01:23:52	21
413	Toby	Laver	Male	20	MOPEN	17	Elaine"s Angels	00:39:04	31	01:23:54	22	01:23:54	22
608	Gwyn	Roberts	Male	21	M40+	2		00:37:50	18	01:24:21	23	01:24:19	23
755	Andrew	Whitaker	Male	22	M45+	3		00:38:31	25	01:24:22	24	01:24:22	24
424	Arwel	Lewis	Male	23	M50+	1	Eryri Harriers	00:38:34	26	01:24:28	25	01:24:28	25
2	Siobhan	Evans	Female	3	FOPEN	3	Eryri Harriers	00:37:23	14	01:24:35	26	01:24:34	26
570	Nathan	Popple	Male	24	MOPEN	18	Bangor University	00:38:12	21	01:24:51	27	01:24:49	27

						Athletics an							
565	Michael Iwan	Phillips	Male	25	MOPEN	19		00:39:29	37	01:25:34	28	01:25:32	29
258	Sam	Green	Male	26	MOPEN	20	Bangor University Athletics an	00:38:49	28	01:25:38	29	01:25:37	30
76	Thomas	Bunn	Male	27	M40+	3		00:39:15	32	01:25:47	30	01:25:45	31
641	Andy	Savage	Male	28	M40+	4		00:39:36	39	01:25:52	31	01:25:25	28
199	Gareth Rees	Ellis	Male	29	M40+	5	Menai Track and Field	00:38:43	27	01:26:02	32	01:26:01	33
17	Karl	Ashworth	Male	30	MOPEN	21		00:39:27	36	01:26:03	33	01:26:01	32
715	Neil	Thomas	Male	31	M40+	6	City of Chester Triathlon Club	00:39:18	33	01:26:10	34	01:26:03	34
475	Gill	Mead	Female	4	F45+	1	City of Chester Triathlon Club	00:39:36	38	01:26:35	35	01:26:33	36
296	Edward	Harmer	Male	32	M45+	4	Eryri Harriers	00:38:54	29	01:26:44	36	01:26:43	38
714	Jason	Thomas	Male	33	M40+	7	Cybi Striders	00:38:31	24	01:26:46	37	01:26:45	39
203	Owen	Elson	Male	34	MOPEN	22		00:40:26	51	01:26:47	38	01:26:23	35
407	James	Kirkwood	Male	35	MOPEN	23	Menai Track and Field	00:41:05	65	01:26:52	39	01:26:43	37
749	Tim	Watson	Male	36	M45+	5	Eryri Harriers	00:38:58	30	01:26:56	40	01:26:54	41
529	Huw	Owen	Male	37	MOPEN	24	Eryri Harriers	00:39:40	40	01:26:59	41	01:26:59	42
206	Carwyn	Evans	Male	38	MOPEN	25	Menai Track and Field	00:41:03	64	01:27:00	42	01:26:49	40
280	Neal	Haddaway	Male	39	MOPEN	26		00:40:04	45	01:27:14	43	01:27:07	44
11	Charles	Allington	Male	40	MOPEN	27	Menai track and field	00:40:09	46	01:27:34	44	01:27:32	46
323	Shaun	Hooson	Male	41	M45+	6	buckley runners	00:39:41	41	01:27:40	45	01:27:39	47
684	Gary	Spilsbury	Male	42	M50+	2		00:40:15	49	01:27:41	46	01:27:39	48
42	Adrian	Bellwood	Male	43	MOPEN	28		00:39:53	44	01:27:41	47	01:27:27	45
190	Iwan	Edgar	Male	44	M55+	1	Eryri Harriers	00:39:23	35	01:27:47	48	01:27:46	49
171	Colin	Dobbs	Male	45	MOPEN	29	Penny Lane Striders	00:40:15	48	01:28:04	49	01:28:01	50
157	Peter	Davies	Male	46	MOPEN	30	Bangor University Athletics an	00:41:02	62	01:28:07	50	01:28:05	51
637	John	Sammut	Male	47	MOPEN	31		00:41:53	77	01:28:24	51	01:27:05	43
98	Ali	Chant	Male	48	M40+	8	Eryri Harriers		0	01:28:33	52		0
665	Kevin	Slattery	Male	49	M55+	2	North Wales Road Runners Club	00:39:41	42	01:28:39	53	01:28:34	52
249	Mike	Goulbourne	Male	50	MOPEN	32		00:41:09	67	01:28:41	54	01:28:37	53
526	Dylan	Owen	Male	51	M45+	7	Eryri Harriers	00:39:49	43	01:28:41	55	01:28:38	54
390	Peter M W	Jones	Male	52	M50+	3		00:40:30	52	01:28:54	56	01:28:54	55

701	David	Taylor	Male	53	MOPEN	33	Bangor University Athletics an	00:40:46	58	01:28:56	57	01:28:56	56
467	Jody	Mceachern	Male	54	MOPEN	34		00:40:33	53	01:29:06	58	01:29:06	57
385	Mark	Jones	Male	55	M40+	9		00:40:34	54	01:29:09	59	01:29:07	58
618	Paul	Robertson	Male	56	M50+	4	Ellesmere Port Running Club	00:40:39	55	01:29:17	60	01:29:09	59
163	Mark	Dibb	Male	57	M40+	10		00:40:13	47	01:29:33	61	01:29:33	61
552	Jason	Parry Jones	Male	58	MOPEN	35		00:40:42	57	01:30:01	62	01:30:01	63
538	Dan	Paech	Male	59	MOPEN	36	Friday Breakfast Club	00:42:40	80	01:30:07	63	01:29:09	60
602	Eifion	Roberts	Male	60	M50+	5		00:41:03	63	01:30:17	64	01:29:56	62
710	Chris	Thomas	Male	61	MOPEN	37	Cybi Striders	00:41:05	66	01:30:21	65	01:30:20	65
82	Chris	Callaghan	Male	62	MOPEN	38		00:41:11	68	01:30:26	66	01:30:09	64
403	Jonathan	Kettle	Male	63	MOPEN	39	Dirty Daps Muddy Tracks	00:41:39	73	01:30:42	67	01:30:42	66
555	Ralph	Pawling	Male	64	MOPEN	40		00:41:47	75	01:31:11	68	01:31:03	68
625	Ian	Rowe	Male	65	MOPEN	41	Friday Breakfast Club	00:43:30	89	01:31:15	69	01:31:09	69
584	Richard	Ramsey	Male	66	MOPEN	42		00:42:56	81	01:31:15	70	01:30:46	67
285	Gerard	Hall	Male	67	MOPEN	43	Bangor University Athletics an	00:40:54	59	01:31:18	71	01:31:13	70
571	Gary	Porter-Jones	Male	68	M45+	8	Eryri Harriers	00:43:37	94	01:31:32	72	01:31:28	71
698	Beckie	Taylor	Female	5	FOPEN	4	Bangor University Athletics an	00:40:56	60	01:31:34	73	01:31:32	73
252	Lisa	Grantham	Female	6	FOPEN	5		00:43:48	99	01:31:35	74	01:31:35	74
238	Benjamin	Geal	Male	69	MOPEN	44		00:43:38	95	01:31:39	75	01:31:30	72
528	Gwynfor	Owen	Male	70	M55+	3		00:44:11	109	01:31:57	76	01:31:39	75
179	Simon	Doyle	Male	71	MOPEN	45		00:43:10	84	01:32:06	77	01:31:59	76
838	Duncan	Laisney	Male	72	MOPEN	46		00:41:45	74	01:32:07	78	01:32:02	77
88	Paul	Carter	Male	73	MOPEN	47	Bangor University Athletics an	00:43:00	82	01:32:11	79	01:32:03	78
505	David	Nalder	Male	74	M55+	4	Ellesmere Port Running Club	00:40:41	56	01:32:12	80	01:32:09	80
358	Andy	Jones	Male	75	MOPEN	48	North Wales Road Runners Club	00:41:16	69	01:32:20	81	01:32:16	82
314	Mathew	Heseltine	Male	76	MOPEN	49		00:40:57	61	01:32:22	82	01:32:04	79
561	Andrew	Peters	Male	77	MOPEN	50		00:43:27	88	01:32:23	83	01:32:19	84
533	Adam	Owen-Smith	Male	78	MOPEN	51	Wallasey AC	00:43:16	86	01:32:29	84	01:32:17	83
391	Shane	Jones	Male	79	MOPEN	52		00:40:15	50	01:32:38	85	01:32:38	87

282	Paul	Hadley	Male	80	M45+	9	Wrekin Road Runners	00:43:15	85	01:32:39	86	01:32:32	86
548	Dylan	Parry	Male	81	MOPEN	53		00:44:13	110	01:32:49	87	01:32:44	88
250	John	Graham-Brown	Male	82	MOPEN	54		00:45:35	131	01:32:49	88	01:32:10	81
557	Nathan	Pearson	Male	83	MOPEN	55		00:43:30	90	01:33:08	89	01:33:04	90
445	Christian	Maggs	Male	84	MOPEN	56		00:41:52	76	01:33:13	90	01:33:12	91
603	Emlyn	Roberts	Male	85	M45+	10	Eryri Harriers	00:42:01	79	01:33:15	91	01:33:15	92
399	James	Kelly	Male	86	MOPEN	57		00:44:29	115	01:33:17	92	01:32:56	89
767	Arfon	Williams	Male	87	M40+	11		00:43:53	101	01:33:20	93	01:33:16	93
395	Tim	Jones	Male	88	MOPEN	58		00:45:03	121	01:33:26	94	01:32:23	85
605	Gareth	Roberts	Male	89	MOPEN	59		00:41:35	71	01:33:42	95	01:33:27	94
312	Rhys	Henderson	Male	90	M50+	6	Scott Sports	00:44:20	112	01:33:43	96	01:33:32	96
468	Daniel	Mcelligott	Male	91	MOPEN	60		00:44:52	120	01:33:44	97	01:33:37	97
670	David	Smith	Male	92	MOPEN	61	Welsh Triathlon	00:43:35	92	01:33:45	98	01:33:28	95
791	Brian	Wills	Male	93	M40+	12	Eryri Harriers	00:43:57	102	01:33:59	99	01:33:57	99
31	Martin	Ball	Male	94	M40+	13		00:44:00	103	01:34:13	100	01:34:02	101
732	Andrew	Vincent	Male	95	M45+	11		00:44:02	104	01:34:13	101	01:34:07	102
277	Sean	Grundy	Male	96	MOPEN	62	Arfon Masters	00:45:37	132	01:34:15	102	01:33:46	98
515	Andrew	O'malley	Male	97	M40+	14		00:43:35	91	01:34:17	103	01:33:58	100
803	Craig	Young	Male	98	MOPEN	63		00:41:57	78	01:34:19	104	01:34:18	104
727	Jonathan	Tyler	Male	99	MOPEN	64	Holyhead Cycling Club	00:45:05	122	01:34:36	105	01:34:34	107
343	Will	Ingham	Male	100	MOPEN	65		00:46:25	155	01:34:43	106	01:34:35	108
72	Simon	Browne	Male	101	MOPEN	66		00:45:31	130	01:34:44	107	01:34:10	103
758	Matthew	Whitfield	Male	102	M55+	5	Ellesmere Port Running Club	00:44:03	105	01:34:45	108	01:34:25	105
73	Jamie	Buckle	Male	103	MOPEN	67		00:43:47	98	01:34:48	109	01:34:41	109
530	Huw	Owen	Male	104	MOPEN	68		00:45:13	124	01:34:54	110	01:34:31	106
8	Gary	Allen	Male	105	M45+	12		00:44:19	111	01:34:56	111	01:34:45	110
173	Paul	Dodds	Male	106	M45+	13	RAF Valley Running Club	00:44:06	107	01:34:59	112	01:34:56	113
101	Russ	Cheetham	Male	107	M45+	14	Prestatyn Running Club	00:43:36	93	01:35:02	113	01:34:56	112
632	Matthew	Russell	Male	108	MOPEN	69	Menai Track and Field	00:41:37	72	01:35:07	114	01:34:56	111
114	Anthony	Collier	Male	109	M55+	6	Styal Running Club	00:44:40	117	01:35:34	115	01:35:34	115
129	Alex	Cowan	Male	110	MOPEN	70		00:44:44	119	01:35:38	116	01:35:28	114
266	Dylan	Griffiths	Male	111	MOPEN	71	Clwb Seiclo Madog	00:43:53	100	01:35:40	117	01:35:36	116
539	Clare	Page	Female	7	FOPEN	6		00:44:41	118	01:35:46	118	01:35:42	119
217	Simeon	Farrington-Newman	Male	112	MOPEN	72		00:45:31	129	01:36:01	119	01:35:49	121
84	Ian	Cannings	Male	113	M50+	7	Wallasey AC	00:46:08	147	01:36:06	120	01:35:42	118

337	Trefor	Hughes-Morris	Male	114	M45+	15		00:43:25	87	01:36:07	121	01:35:43	120
369	Dewi	Jones	Male	115	MOPEN	73		00:45:45	136	01:36:09	122	01:36:02	123
416	John	Leaver	Male	116	M45+	16		00:43:46	97	01:36:10	123	01:36:08	125
504	Iain	Murray	Male	117	M40+	15	City of Chester Triathlon Club	00:46:46	162	01:36:16	124	01:36:03	124
649	Tom	Scott	Male	118	MOPEN	74		00:45:48	141	01:36:18	125	01:35:39	117
650	Steve	Sexton	Male	119	MOPEN	75		00:45:24	127	01:36:21	126	01:35:54	122
371	Emrys	Jones	Male	120	M55+	7	Cybi Striders	00:44:38	116	01:36:24	127	01:36:09	126
402	Kirsty	Kemmett	Female	8	FOPEN	7		00:45:11	123	01:36:33	128	01:36:30	127
370	Duncan	Jones	Male	121	MOPEN	76		00:44:05	106	01:36:42	129	01:36:38	130
509	Mark	Newman	Male	122	MOPEN	77	RAF Valley Running Club	00:45:47	139	01:36:42	130	01:36:37	129
287	Ben	Hallifax	Male	123	M40+	16	Herne Hill Harriers	00:43:42	96	01:36:47	131	01:36:35	128
353	Sam	Jenkins	Male	124	MOPEN	78		00:44:25	113	01:36:54	132	01:36:44	131
723	Peter	Tinsley	Male	125	M40+	17	southport waterloo ac	00:46:12	149	01:37:23	133	01:37:18	134
236	Andrew	Gannon	Male	126	M45+	17	Menai Track and Field	00:45:27	128	01:37:24	134	01:37:21	136
306	Roger	Hawley	Male	127	M45+	18		00:46:13	150	01:37:25	135	01:37:25	137
597	Steve	Riley	Male	128	MOPEN	79	RAF Valley Running Club	00:44:07	108	01:37:33	136	01:37:30	139
43	David	Bennett	Male	129	MOPEN	80		00:46:24	154	01:37:33	137	01:36:46	132
294	Nick	Hardie	Male	130	MOPEN	81		00:45:18	125	01:37:36	138	01:37:16	133
215	Richard	Evans	Male	131	M45+	19		00:45:58	143	01:37:48	139	01:37:26	138
118	Malcolm	Collins	Male	132	M40+	18	Astley & Tyldesley Road Runner	00:47:16	171	01:37:55	140	01:37:21	135
352	Stephen	Jefferies	Male	133	M40+	19		00:46:00	145	01:38:05	141	01:38:01	142
166	Joern	Diedrichsen	Male	134	M40+	20		00:46:08	146	01:38:24	142	01:37:58	141
325	Aled Wyn	Hughes	Male	135	MOPEN	82		00:47:22	175	01:38:28	143	01:37:49	140
146	Andrew	Davies	Male	136	MOPEN	83		00:46:09	148	01:38:43	144	01:38:37	146
676	Peter	Smith	Male	137	M45+	20		00:45:45	137	01:38:49	145	01:38:45	149
156	Malcolm	Davies	Male	138	MOPEN	84		00:46:51	165	01:38:52	146	01:38:46	150
316	Adrian	Hill	Male	139	M45+	21	RAF Valley Running Club	00:45:21	126	01:38:57	147	01:38:42	147
86	Sarah	Carlin	Female	9	FOPEN	8		00:45:56	142	01:39:05	148	01:38:32	144
211	Jon	Evans	Male	140	M45+	22	North Wales Road Runners Club	00:45:44	134	01:39:22	149	01:39:04	151
631	Bryn	Russell	Male	141	MOPEN	85		00:41:22	70	01:39:22	150	01:39:20	152
80	Patrick	Cain	Male	142	M50+	8		00:46:50	164	01:39:24	151	01:38:20	143
115	Darren	Collier	Male	143	M40+	21	Greater manchester fire & resc	00:45:48	140	01:39:24	152	01:39:22	153

304	Lauren	Hassett	Female	10	FOPEN	9	Clwb Rygbi Caernarfon	00:46:26	156	01:39:26	153	01:38:43	148
113	Lawrence	Coghlan	Male	144	MOPEN	86		00:45:44	135	01:39:30	154	01:38:35	145
39	Arfon	Bebb	Male	145	MOPEN	87		00:45:59	144	01:39:43	155	01:39:37	157
453	Matt	Mason	Male	146	MOPEN	88	Bangor University Athletics an	00:43:04	83	01:39:52	156	01:39:48	158
681	Ian	Sparks	Male	147	M50+	9	Macclesfield Harriers	00:48:16	197	01:39:54	157	01:39:29	155
348	Thomas	Ives	Male	148	MOPEN	89		00:44:28	114	01:40:01	158	01:39:52	159
140	Shaun	Curtis-Fleckney	Male	149	MOPEN	90		00:45:39	133	01:40:06	159	01:40:03	162
672	John	Smith	Male	150	M40+	22	City of Chester Triathlon Club	00:46:31	157	01:40:07	160	01:39:27	154
107	Steve	Clark	Male	151	MOPEN	91		00:46:33	159	01:40:17	161	01:40:01	161
629	Geoff	Rudd	Male	152	M50+	10	Liverpool Running Club	00:49:49	257	01:40:22	162	01:39:35	156
128	Danny	Cottle	Male	153	MOPEN	92		00:47:44	185	01:40:35	163	01:40:22	164
6	Paul	Adcock	Male	154	MOPEN	93		00:46:16	151	01:40:41	164	01:40:30	165
160	Edward	Davison	Male	155	M40+	23		00:48:09	194	01:40:48	165	01:39:55	160
162	Robert	Deaves	Male	156	M45+	23		00:47:40	180	01:41:02	166	01:40:07	163
512	Claire	Northcote	Female	11	F50+	1	Styal Running Club	00:47:35	177	01:41:24	167	01:41:24	173
696	Mark	Tabor	Male	157	M50+	11	City of Chester Triathlon Club	00:47:43	184	01:41:27	168	01:40:41	166
145	Alan	Davies	Male	158	M55+	8	North Wales Road Runners Club	00:46:50	163	01:41:40	169	01:41:32	174
821	Ian	Taylor	Male	159	M45+	24		00:47:51	187	01:41:40	170	01:41:22	172
825	Luke	Rhodes	Male	160	MOPEN	94		00:46:22	152	01:41:42	171	01:41:42	177
138	Suzy	Cumming	Female	12	FOPEN	10		00:46:58	166	01:41:43	172	01:41:05	167
332	Ifan	Hughes	Male	161	MOPEN	95		00:47:21	173	01:41:45	173	01:41:21	171
546	Gavin	Parr	Male	162	MOPEN	96		00:48:25	201	01:41:49	174	01:41:47	178
62	Jess	Bowoe	Male	163	M40+	24	Liverpool Running Club	00:48:03	191	01:41:56	175	01:41:19	169
284	Daniel	Hall	Male	164	MOPEN	97		00:47:26	176	01:42:02	176	01:41:56	181
711	Daniel	Thomas	Male	165	MOPEN	98		00:48:27	203	01:42:06	177	01:41:21	170
95	Joseph	Cavanagh	Male	166	MOPEN	99		00:48:15	196	01:42:12	178	01:41:37	176
200	Paul	Ellis	Male	167	M40+	25		00:48:29	207	01:42:13	179	01:42:06	182
404	Simon	Kettle	Male	168	M45+	25		00:47:16	172	01:42:16	180	01:42:13	185
812	Rhydian	Jones	Male	169	MOPEN	100		00:51:09	305	01:42:19	181	01:41:34	175
66	Andre	Bright	Male	170	MOPEN	101		00:48:26	202	01:42:23	182	01:41:48	179
454	Paul	Mason	Male	171	MOPEN	102	Atherton Running Club	00:45:45	138	01:42:23	183	01:41:18	168
776	Gwion	Williams	Male	172	MOPEN	103		00:48:51	218	01:42:28	184	01:42:13	184

640	Fiona	Sandom	Female	13	F40+	1		00:46:59	167	01:42:29	185	01:42:14	186
112	Tony	Clixby	Male	173	M60+	1	Village Road Runners	00:48:52	219	01:42:41	186	01:42:29	191
34	Glenn	Barnett	Male	174	M40+	26	North Wales Road Runners Club	00:48:32	208	01:42:43	187	01:42:15	187
753	Stuart	Welch	Male	175	MOPEN	104	cobra running and triathlon c	00:48:03	190	01:42:49	188	01:42:23	189
210	John Gwynn	Evans	Male	176	M65+	1	Aberystwyth AC	00:47:53	188	01:42:51	189	01:42:11	183
687	Thomas	Stamp	Male	177	MOPEN	105		00:47:41	181	01:42:53	190	01:42:36	192
214	Rhys	Evans	Male	178	MOPEN	106		00:47:01	169	01:43:04	191	01:41:54	180
396	Alaw	Jones Japheth	Female	14	FOPEN	11		00:48:54	221	01:43:07	192	01:43:04	201
279	Owain	Gwilym	Male	179	M40+	27		00:48:28	206	01:43:07	193	01:42:37	193
111	Philippa	Clayton	Female	15	FOPEN	12		00:47:21	174	01:43:13	194	01:43:02	199
68	Nicholas	Brook	Male	180	MOPEN	107		00:49:26	241	01:43:16	195	01:42:25	190
224	Mark	Fieldsend	Male	181	M40+	28		00:50:23	280	01:43:17	196	01:42:23	188
487	Alastair	Moralee	Male	182	M50+	12		00:48:52	220	01:43:17	197	01:43:00	196
486	Stephen	Moon	Male	183	MOPEN	108	RAF Valley Running Club	00:46:36	160	01:43:18	198	01:43:02	198
580	John	Pumford	Male	184	MOPEN	109		00:47:42	182	01:43:19	199	01:43:01	197
178	Tim	Downes	Male	185	M45+	26		00:48:39	211	01:43:27	200	01:43:13	203
809	Pwyll	Ap Sion	Male	186	M40+	29		00:47:07	170	01:43:28	201	01:42:56	195
38	Aaron	Bayley	Male	187	MOPEN	110		00:49:50	260	01:43:29	202	01:42:46	194
458	Sarah-Jane	Maunder	Female	16	FOPEN	13		00:47:56	189	01:43:34	203	01:43:04	200
587	Llyr	Rees	Male	188	M40+	30		00:48:03	192	01:43:36	204	01:43:16	204
822	Jack	Heasman	Male	189	MOPEN	111		00:48:59	222	01:43:54	205	01:43:36	205
377	Julian	Jones	Male	190	M40+	31		00:50:24	281	01:43:55	206	01:43:13	202
645	Nick	Scholes	Male	191	MOPEN	112		00:47:01	168	01:44:01	207	01:43:42	208
828	Paul	Wharmby	Male	192	M45+	27		00:49:01	225	01:44:08	208	01:43:39	206
126	Gary	Cooper	Male	193	MOPEN	113		00:50:05	271	01:44:16	209	01:43:42	207
59	Alistair	Bowen	Male	194	M40+	32		00:52:17	340	01:44:19	210	01:44:02	211
205	Gwion	Emlyn	Male	195	MOPEN	114		00:46:23	153	01:44:24	211	01:44:17	216
839	Kevin	Higgins	Male	196	M50+	13		00:49:11	234	01:44:25	212	01:44:09	213
301	Dale	Harratt	Male	197	M45+	28		00:48:12	195	01:44:27	213	01:43:57	209
311	Noreen	Henderson	Female	17	F55+	1	Scott Sports	00:49:39	248	01:44:38	214	01:44:09	212
10	Samantha	Allen	Female	18	FOPEN	14	Hart Road Runners	00:49:21	239	01:44:38	215	01:44:30	218
54	Andy	Bolton	Male	198	M40+	33		00:47:39	179	01:44:38	216	01:44:33	220
299	Phil	Harper	Male	199	MOPEN	115		00:47:42	183	01:44:44	217	01:44:02	210

418	Nicola	Lee-Browne	Female	19	F50+	2	North Wales Road Runners Club	00:48:37	210	01:44:46	218	01:44:46	221
493	Graeme	Morley	Male	200	MOPEN	116		00:50:05	269	01:44:56	219	01:44:21	217
387	Neil	Jones	Male	201	MOPEN	117		00:48:27	204	01:44:57	220	01:44:52	223
827	Dominic	Hulton	Male	202	MOPEN	118			0	01:45:03	221		0
556	Andrew	Pearce	Male	203	MOPEN	119		00:49:47	255	01:45:04	222	01:44:10	214
401	Roger	Kelsall	Male	204	MOPEN	120		00:48:16	198	01:45:10	223	01:44:12	215
560	Marie	Perrin	Female	20	F45+	2		00:48:48	216	01:45:14	224	01:45:10	232
495	Karl	Morris	Male	205	MOPEN	121	North Wales Road Runners Club	00:48:24	200	01:45:15	225	01:44:58	228
375	Gerallt	Jones	Male	206	MOPEN	122		00:50:33	289	01:45:15	226	01:44:49	222
186	Caroline	Ealey	Female	21	FOPEN	15		00:49:06	230	01:45:17	227	01:44:57	226
96	Peter	Cavanagh	Male	207	MOPEN	123		00:49:01	224	01:45:26	228	01:44:52	224
124	Victoria	Consterdine-Tilley	Female	22	FOPEN	16	South Cheshire Harriers	00:49:50	261	01:45:27	229	01:45:24	235
170	John	Dixon	Male	208	MOPEN	124		00:50:33	288	01:45:27	230	01:45:07	229
442	Tim	Macpherson	Male	209	MOPEN	125	Friday Breakfast Club	00:49:52	262	01:45:36	231	01:44:30	219
19	Leo	Atkinson	Male	210	MOPEN	126		00:50:03	268	01:45:37	232	01:45:11	234
582	George	Quinnell-Harcombe	Male	211	MOPEN	127		00:49:03	228	01:45:38	233	01:45:36	242
235	Luke	Furneaux	Male	212	MOPEN	128		00:48:28	205	01:45:39	234	01:45:29	238
164	Steven	Diboll	Male	213	MOPEN	129	Far runners	00:48:22	199	01:45:41	235	01:44:57	227
832	Karen	McNeil	Female	23	F40+	2		00:48:43	214	01:45:41	236	01:45:08	230
174	Simon	Doherty	Male	214	MOPEN	130	Denbigh Harries	00:49:42	252	01:45:46	237	01:45:37	243
573	Chris	Price	Male	215	M45+	29		00:49:28	242	01:45:49	238	01:45:38	244
673	Kevin	Smith	Male	216	M50+	14		00:50:31	286	01:45:50	239	01:44:55	225
60	Jason	Bowie	Male	217	MOPEN	131		00:49:31	244	01:45:51	240	01:45:09	231
276	Edith	Gruber	Female	24	FOPEN	17	Cybi Striders	00:50:55	299	01:45:53	241	01:45:47	247
466	Tina	Mcdonnell	Female	25	F40+	3	Eryri Harriers	00:49:36	247	01:45:53	242	01:45:47	246
41	Roger	Beech	Male	218	MOPEN	132		00:48:43	215	01:45:53	243	01:45:48	248
359	Andy	Jones	Male	219	MOPEN	133		00:46:37	161	01:45:59	244	01:45:58	251
492	Richard	Morgan	Male	220	MOPEN	134	Paddock Plodders	00:49:08	231	01:46:00	245	01:45:49	249
24	Cem	Azakli	Male	221	M40+	34	GMP S&S	00:49:13	235	01:46:02	246	01:45:10	233
209	Huw	Evans	Male	222	M40+	35		00:50:05	270	01:46:06	247	01:45:52	250
259	Stephen	Green	Male	223	MOPEN	135	Liverpool Running Club	00:48:41	213	01:46:06	248	01:45:34	241
675	Peter	Smith	Male	224	MOPEN	136		00:49:11	233	01:46:06	249	01:45:31	239
241	Emyr	Gibson	Male	225	MOPEN	137		00:49:16	237	01:46:08	250	01:45:44	245
437	Richard	Lowe	Male	226	MOPEN	138	Road Runners Club	00:48:37	209	01:46:12	251	01:45:28	236

500	Tim	Moss	Male	227	MOPEN	139		00:50:24	282	01:46:15	252	01:45:29	237
813	John	Willacy	Male	228	M45+	30		00:51:33	318	01:46:17	253	01:45:32	240
75	Elfyn	Bullock	Male	229	MOPEN	140		00:47:37	178	01:46:19	254	01:46:13	255
648	Sian	Schultz	Female	26	FOPEN	18		00:49:02	227	01:46:24	255	01:46:16	258
647	Graham	Schultz	Male	230	MOPEN	141		00:49:03	229	01:46:25	256	01:46:18	259
503	Morin	Murphy	Female	27	FOPEN	19		00:50:28	284	01:46:27	257	01:46:02	252
700	David	Taylor	Male	231	M40+	36		00:50:30	285	01:46:33	258	01:46:13	254
449	Kevin	Marsh	Male	232	M40+	37	RAF Valley Running Club	00:48:59	223	01:46:37	259	01:46:24	261
329	Gareth	Hughes	Male	233	MOPEN	142		00:47:51	186	01:46:44	260	01:46:37	262
734	Mark	Wade	Male	234	M45+	31		00:50:20	278	01:46:47	261	01:46:21	260
663	Rhodri	Sion	Male	235	MOPEN	143		00:50:53	297	01:46:59	262	01:46:12	253
175	Jonathan	Dolben	Male	236	MOPEN	144		00:50:53	298	01:47:04	263	01:46:15	257
464	James	Mcdermott	Male	237	MOPEN	145		00:51:14	307	01:47:12	264	01:46:15	256
245	Daniel	Goldstein	Male	238	MOPEN	146		00:52:50	361	01:47:16	265	01:46:53	265
374	Gary	Jones	Male	239	M40+	38		00:52:51	363	01:47:16	266	01:46:55	266
501	Andrew	Murphy	Male	240	M40+	39		00:49:09	232	01:47:28	267	01:47:11	268
694	Nicholas	Stuart	Male	241	M55+	9		00:48:49	217	01:47:33	268	01:47:29	274
239	Gemma	Geekie	Female	28	FOPEN	20		00:49:48	256	01:47:34	269	01:47:15	269
386	Meirion	Jones	Male	242	MOPEN	147		00:49:49	258	01:47:35	270	01:46:52	263
817	Jan	Muir	Female	29	F45+	3		00:49:40	250	01:47:37	271	01:47:37	277
89	Rob	Carter	Male	243	MOPEN	148		00:50:12	276	01:47:43	272	01:46:52	264
569	Terry	Poole	Male	244	M50+	15	Thornton Cleveleys R.C.	00:48:41	212	01:47:45	273	01:47:36	275
624	Mark	Rothero	Male	245	M40+	40		00:48:06	193	01:47:46	274	01:47:36	276
790	Terry	Williams	Male	246	M45+	32		00:51:41	321	01:47:53	275	01:47:08	267
572	David	Powell	Male	247	M40+	41		00:49:24	240	01:47:58	276	01:47:18	270
94	Michael	Caulfield	Male	248	M45+	33		00:49:47	254	01:48:02	277	01:47:53	281
116	Geoff	Collins	Male	249	M55+	10		00:49:01	226	01:48:06	278	01:47:41	279
275	Rory	Grout	Male	250	MOPEN	149		00:58:01	524	01:48:16	279	01:47:24	272
253	Kieran	Gratton	Male	251	MOPEN	150	RAF Valley Running Club	00:50:41	293	01:48:16	280	01:47:29	273
141	Carolyn	Dales	Female	30	F40+	4		00:50:52	296	01:48:19	281	01:47:51	280
622	Martin	Ross	Male	252	MOPEN	151		00:49:57	266	01:48:22	282	01:47:22	271
22	Paul	Ayling	Male	253	M40+	42		00:51:00	301	01:48:22	283	01:47:59	282
680	Karen	Soley	Female	31	F40+	5		00:49:57	265	01:48:24	284	01:48:24	287
773	David John	Williams	Male	254	M50+	16		00:50:08	273	01:48:38	285	01:48:17	285
726	Sarah	Trickett	Female	32	FOPEN	21		00:51:18	312	01:48:39	286	01:48:27	288
405	Anwen	Kiernan	Female	33	FOPEN	22		00:49:55	264	01:48:48	287	01:48:13	284

525	Dylan	Owen	Male	255	MOPEN	152		00:49:43	253	01:48:50	288	01:47:41	278
808	Nia	Williams	Female	34	F40+	6		00:50:37	290	01:48:53	289	01:48:20	286
553	Nick	Parums	Male	256	M40+	43		00:51:00	303	01:48:58	290	01:48:44	290
485	Neil	Moncur	Male	257	M40+	44	RAF Valley Running Club	00:50:41	292	01:48:59	291	01:48:11	283
566	Lance	Philpott	Male	258	M50+	17		00:50:06	272	01:49:12	292	01:48:58	291
243	Nigel	Gilkes	Male	259	M50+	18		00:50:31	287	01:49:16	293	01:48:34	289
594	Jill	Riley	Female	35	F45+	4		00:49:36	246	01:49:18	294	01:49:10	295
198	Gareth	Ellis	Male	260	M45+	34		00:49:14	236	01:49:33	295	01:49:28	299
679	Ted	Smith	Male	261	M45+	35		00:52:46	356	01:49:34	296	01:49:19	296
677	Richard	Smith	Male	262	M45+	36		00:52:46	357	01:49:35	297	01:49:19	297
514	Chris	O'brien	Male	263	M45+	37		00:50:12	275	01:49:36	298	01:49:06	294
815	David	Billington	Male	264	MOPEN	153		00:46:33	158	01:49:52	299	01:49:50	302
499	Jo	Moss	Female	36	FOPEN	23		00:49:17	238	01:49:53	300	01:49:04	293
103	Leila	Cherry	Female	37	FOPEN	24		00:50:38	291	01:49:56	301	01:49:47	301
623	Simon	Ross	Male	265	MOPEN	154		00:51:51	327	01:49:58	302	01:48:58	292
463	Jim	McClymont	Male	266	MOPEN	155		00:49:33	245	01:50:00	303	01:49:51	303
197	Brad	Ehlen	Male	267	M40+	45	SPECTRUM STRIDERS	00:50:26	283	01:50:03	304	01:49:24	298
234	Ruth Ann	Furlong	Female	38	FOPEN	25		00:51:15	309	01:50:23	305	01:49:46	300
511	Wayne	Norman	Male	268	MOPEN	156	Cybi Striders	00:49:49	259	01:50:28	306	01:50:13	307
779	Kerry	Williams	Female	39	FOPEN	26		00:49:42	251	01:50:34	307	01:50:26	309
196	James	Egerton	Male	269	MOPEN	157		00:52:57	369	01:50:41	308	01:50:29	311
347	Britta	Ismer	Female	40	FOPEN	27	Bangor University Athletics an	00:51:54	328	01:50:42	309	01:50:38	314
436	Hywel	Loveluck	Male	270	M45+	38		00:50:22	279	01:50:46	310	01:50:28	310
165	Sean	Dickinson	Male	271	MOPEN	158	RAF Valley Running Club	00:51:30	317	01:50:48	311	01:50:12	306
502	Michael	Murphy	Male	272	MOPEN	159		00:53:05	372	01:50:51	312	01:50:00	304
630	Kelly	Rudd	Female	41	FOPEN	28	total fitness chester	00:49:58	267	01:50:52	313	01:50:07	305
768	Arwyn	Williams	Male	273	MOPEN	160	Cybi Striders	00:49:29	243	01:50:57	314	01:50:19	308
136	Emily	Cross	Female	42	FOPEN	29		00:51:56	330	01:51:01	315	01:50:31	312
12	Rachel	Allsopp	Female	43	F40+	7		00:53:24	384	01:51:07	316	01:50:32	313
427	Lauren	Lewis	Female	44	FOPEN	30		00:52:50	362	01:51:20	317	01:50:47	316
426	Jo	Lewis	Female	45	F40+	8	Prestatyn Running Club	00:51:00	300	01:51:21	318	01:51:14	321
379	Karl	Jones	Male	274	M40+	46		00:51:27	316	01:51:25	319	01:51:04	319
108	Jonathan	Clarke	Male	275	M45+	39	Styal Running Club	00:53:13	377	01:51:37	320	01:50:41	315
772	Dafydd	Williams	Male	276	M45+	40		00:50:09	274	01:51:38	321	01:51:28	322
223	Will	Ferrier	Male	277	MOPEN	161		00:53:10	376	01:51:46	322	01:50:58	318

105	James	Christy	Male	278	MOPEN	162		00:53:09	375	01:51:46	323	01:50:57	317
231	Nicholas	Fraser	Male	279	MOPEN	163	chester west running club	00:54:20	419	01:51:54	324	01:51:30	323
15	Richard	Argyle	Male	280	MOPEN	164		00:54:24	421	01:51:54	325	01:51:35	325
187	Robert	Eastham	Male	281	MOPEN	165		00:53:20	382	01:51:54	326	01:51:51	328
144	Lisa	Davidson	Female	46	F40+	9	Merseyside Triathlon Club	00:50:43	294	01:52:00	327	01:51:51	327
752	Phil	Weedon	Male	282	M45+	41	Village Road Runners	00:51:00	302	01:52:00	328	01:51:32	324
596	Sandra	Riley	Female	47	F40+	10	Village Road Runners	00:52:48	359	01:52:00	329	01:51:59	329
168	Bethany	Diment	Female	48	FOPEN	31		00:53:07	374	01:52:14	330	01:51:11	320
664	Andrew	Skeoch	Male	283	MOPEN	166		00:51:49	326	01:52:16	331	01:51:36	326
27	Hannah	Bailey	Female	49	FOPEN	32		00:51:20	315	01:52:20	332	01:52:16	335
668	Andy	Smith	Male	284	M45+	42		00:51:19	314	01:52:20	333	01:52:15	334
789	Russell	Williams	Male	285	M40+	47	Cybi Striders	00:50:19	277	01:52:28	334	01:52:16	336
823	Tom	Webb	Male	286	MOPEN	167		00:53:36	392	01:52:40	335	01:52:20	341
824	Nick	Webb	Male	287	MOPEN	168		00:53:40	395	01:52:41	336	01:52:18	339
835	Dylan	Williams	Male	288	MOPEN	169		00:53:33	390	01:52:41	337	01:52:18	338
189	Tony	Eden	Male	289	MOPEN	170		00:51:16	311	01:52:42	338	01:52:10	332
441	Mark	Lyon	Male	290	M45+	43		00:51:55	329	01:52:44	339	01:52:01	330
167	Mike	Dilworth	Male	291	M55+	11		00:52:54	366	01:52:47	340	01:52:38	344
345	Stephen	Irvin	Male	292	M45+	44		00:51:10	306	01:52:49	341	01:52:28	342
607	Gerallt	Roberts	Male	293	MOPEN	171		00:54:14	412	01:52:50	342	01:52:12	333
324	Andrew	Howick	Male	294	M45+	45	Cybi Striders	00:51:16	310	01:52:54	343	01:52:16	337
805	Russel	Wilson	Male	295	MOPEN	172		00:51:15	308	01:52:56	344	01:52:05	331
169	Antony	Diserens	Male	296	M50+	19		00:52:41	352	01:52:56	345	01:52:37	343
568	Julian	Plunkett	Male	297	M40+	48		00:52:29	346	01:52:57	346	01:52:39	345
237	Tony	Gardner	Male	298	M40+	49		00:52:29	347	01:52:58	347	01:52:40	346
55	Michael	Bolton	Male	299	M45+	46		00:51:37	319	01:53:01	348	01:52:55	348
590	Deborah	Richards	Female	50	F50+	3		00:52:39	350	01:53:06	349	01:52:20	340
666	Adam	Smith	Male	300	MOPEN	173		00:52:14	339	01:53:23	350	01:53:13	351
744	Philip	Warrington	Male	301	M55+	12		00:52:14	338	01:53:23	351	01:53:13	350
9	Heather	Allen	Female	51	F60+	1	Hart Road Runners	00:52:46	358	01:53:29	352	01:53:21	353
527	Gavin	Owen	Male	302	MOPEN	174		00:53:29	387	01:53:35	353	01:53:04	349
695	Phil	Swarbrick	Male	303	MOPEN	175	RAF Valley Running Club	00:49:40	249	01:53:39	354	01:53:34	357
783	Neil	Williams	Male	304	M40+	50		00:53:14	379	01:53:42	355	01:53:31	355
709	Carl	Thatcher	Male	305	MOPEN	176		00:52:30	348	01:53:52	356	01:53:47	361
619	Alison	Robinson	Female	52	FOPEN	33		00:52:46	355	01:53:53	357	01:52:54	347
820	Lesley	Goodson	Female	53	F45+	5		00:52:52	364	01:53:54	358	01:53:39	360

593	Gareth	Riley	Male	306	MOPEN	177		00:56:16	476	01:53:55	359	01:53:17	352
389	Paul	Jones	Male	307	MOPEN	178		00:52:45	354	01:53:57	360	01:53:34	356
307	Ian	Hayhoe	Male	308	M60+	2	Village Road Runners	00:54:08	410	01:54:13	361	01:53:38	359
429	Sian	Lewis	Female	54	FOPEN	34		00:52:22	341	01:54:17	362	01:53:35	358
100	Paul	Cheetham	Male	309	M50+	20		00:52:55	368	01:54:19	363	01:53:25	354
833	Juan	Pastorino Zafforoni	Male	310	MOPEN	179		00:54:52	437	01:54:35	364	01:54:17	366
708	Colin	Thackray	Male	311	M50+	21	North Wales Road Runners Club	00:54:15	413	01:54:36	365	01:53:52	362
132	Nigel	Crierie	Male	312	M45+	47	Ellesmere Port Running Club	00:52:39	349	01:54:48	366	01:54:29	370
364	Ceri	Jones	Female	55	FOPEN	35		00:54:40	429	01:54:51	367	01:54:34	372
598	Daron	Roberts	Male	313	MOPEN	180		00:50:51	295	01:54:52	368	01:54:25	368
579	Colin	Pugh	Male	314	M45+	48		00:53:36	393	01:54:57	369	01:54:03	363
378	Karl	Jones	Male	315	MOPEN	181		00:51:37	320	01:54:57	370	01:54:45	377
564	Amanda	Pettersen	Female	56	FOPEN	36		00:52:05	333	01:54:59	371	01:54:53	381
743	Sian	Ward-Davies	Female	57	FOPEN	37		00:54:08	409	01:55:00	372	01:54:07	364
216	Dale	Fagence	Male	316	M40+	51		00:54:07	408	01:55:01	373	01:54:08	365
381	Kirstin	Jones	Female	58	F40+	11		00:53:39	394	01:55:04	374	01:54:32	371
159	William	Davies	Male	317	M60+	3		00:53:26	385	01:55:06	375	01:54:48	379
498	Paul	Morton	Male	318	M50+	22		00:52:39	351	01:55:07	376	01:54:55	382
446	Lee	Maher	Male	319	MOPEN	182		00:53:48	399	01:55:11	377	01:54:38	373
360	Angela	Jones	Female	59	FOPEN	38		00:52:23	342	01:55:12	378	01:54:50	380
398	John	Jorgensen	Male	320	M40+	52		00:54:57	441	01:55:14	379	01:54:25	369
674	Mark	Smith	Male	321	M50+	23		00:52:14	337	01:55:16	380	01:55:06	387
135	Adam	Cross	Male	322	MOPEN	183		00:53:48	398	01:55:16	381	01:54:55	383
759	David	Wild	Male	323	MOPEN	184		00:51:45	323	01:55:21	382	01:54:41	375
760	Emam	Wild	Female	60	FOPEN	39		00:51:45	325	01:55:22	383	01:54:42	376
47	Madeline	Bird	Female	61	F55+	2	Ellesmere Port Running Club	00:53:03	371	01:55:24	384	01:55:07	388
703	Michael	Taylor	Male	324	MOPEN	185	Friday Breakfast Club	00:53:13	378	01:55:26	385	01:54:23	367
719	Katy	Thompson	Female	62	FOPEN	40		00:52:41	353	01:55:29	386	01:55:13	390
754	Jack	Wenbourne	Male	325	MOPEN	186		00:54:01	407	01:55:35	387	01:54:40	374
643	Rachael	Sawrey	Female	63	FOPEN	41		00:55:13	449	01:55:38	388	01:54:58	384
51	Dervilla	Blake	Female	64	FOPEN	42		00:54:09	411	01:55:45	389	01:55:06	386
247	Andrew	Goodrick	Male	326	MOPEN	187		00:53:30	388	01:55:46	390	01:54:46	378
271	Peter	Groome	Male	327	M45+	49	Bitton Road Runners	00:52:06	335	01:55:47	391	01:55:01	385

513	Chris	Nutley	Male	328	MOPEN	188		00:53:54	404	01:55:47	392	01:55:10	389
64	Neil	Bridgstock	Male	329	MOPEN	189		00:52:27	344	01:55:48	393	01:55:30	391
380	Kevin	Jones	Male	330	M45+	50		00:52:54	365	01:56:00	394	01:55:44	396
840	Gareth	Williams	Male	331	M50+	24		00:53:19	381	01:56:02	395	01:55:36	392
233	Simon	Frusher	Male	332	M45+	51	Windrush Triathlon	00:55:13	450	01:56:09	396	01:55:47	397
738	Thomas	Wallington	Male	333	MOPEN	190	RAF Valley Running Club	00:51:45	324	01:56:22	397	01:56:05	400
143	Sarah	Daniels	Female	65	FOPEN	43		00:51:08	304	01:56:29	398	01:56:29	404
626	Alun Lloyd	Rowlands	Male	334	M55+	13	Cybi Striders	00:53:48	400	01:56:29	399	01:55:43	395
713	Huw	Thomas	Male	335	M40+	53		00:49:53	263	01:56:40	400	01:56:18	403
549	Huw	Parry	Male	336	M40+	54		00:57:27	512	01:56:42	401	01:55:41	394
769	Carwyn	Williams	Male	337	MOPEN	191		00:52:48	360	01:56:43	402	01:56:04	399
550	John	Parry	Male	338	M40+	55		00:57:36	518	01:56:43	403	01:55:40	393
746	John	Watkins	Male	339	M40+	56		00:53:34	391	01:56:48	404	01:56:08	401
483	Helen	Mitchell	Female	66	F45+	6	North Wales Road Runners Club	00:54:54	440	01:56:48	405	01:56:11	402
207	Dylan	Evans	Male	340	MOPEN	192		00:53:41	396	01:56:49	406	01:56:31	405
434	Jenny	Loman	Female	67	FOPEN	44		00:54:50	434	01:56:49	407	01:55:59	398
97	Philip	Chadwick	Male	341	M40+	57		00:56:22	477	01:56:50	408	01:56:35	406
13	Graham Cameron	Alton	Male	342	M50+	25		00:52:12	336	01:57:11	409	01:56:40	408
181	Helen	Duley	Female	68	FOPEN	45		00:55:21	453	01:57:11	410	01:56:51	409
532	Sara	Owen	Female	69	FOPEN	46	Sheffield Running Club	00:54:20	418	01:57:19	411	01:57:13	418
588	Miriam	Rees	Female	70	FOPEN	47		00:54:53	439	01:57:21	412	01:57:12	415
346	Colin	Irving	Male	343	M45+	52		00:56:05	474	01:57:23	413	01:56:39	407
25	Jaco	Baas	Male	344	M45+	53		00:54:35	426	01:57:29	414	01:57:04	412
409	Jani	Kraner	Male	345	MOPEN	193		00:52:55	367	01:57:31	415	01:57:19	420
799	Hollie	Wynne	Female	71	FOPEN	48	Aberystwyth AC	00:53:01	370	01:57:32	416	01:57:01	411
522	David	Owen	Male	346	M60+	4	Prestatyn Running Club	00:52:05	334	01:57:34	417	01:57:30	422
480	Jennifer	Millard	Female	72	FOPEN	49		00:55:47	465	01:57:42	418	01:57:12	416
761	Paul	Wilde	Male	347	MOPEN	194		00:55:47	464	01:57:42	419	01:57:13	417
318	Mark	Hill	Male	348	MOPEN	195		00:52:03	332	01:57:42	420	01:57:01	410
669	Daniel	Smith	Male	349	MOPEN	196		00:51:18	313	01:57:44	421	01:57:06	414
794	Emily	Wood	Female	73	F45+	7	Eryri Harriers	00:53:07	373	01:57:45	422	01:57:37	423
139	Lynn	Cunnah-Watson	Female	74	F50+	4		00:54:53	438	01:57:47	423	01:57:47	426
180	Roger	Dugan	Male	350	M45+	54	Shropshire Shufflers	00:54:36	428	01:57:48	424	01:57:15	419
478	Erik	Merriman	Male	351	MOPEN	197		00:53:27	386	01:57:48	425	01:57:29	421

456	Liam	Matthews	Male	352	MOPEN	198	00:53:42	397	01:58:01	426	01:57:40	425
232	Mark	Freeman	Male	353	M50+	26	00:54:00	406	01:58:04	427	01:57:05	413
439	Victoria	Lyle	Female	75	FOPEN	50	00:56:58	495	01:58:12	428	01:57:39	424
411	Lewis	Lane	Male	354	M45+	55	00:55:01	443	01:58:20	429	01:58:06	431
678	Ruth	Smith	Female	76	F50+	5	00:56:59	498	01:58:21	430	01:57:52	427
662	Liz	Simpson	Female	77	F65+	1	00:56:01	472	01:58:25	431	01:58:25	440
351	Natalie	James	Female	78	FOPEN	51	00:54:58	442	01:58:31	432	01:58:26	441
691	Gary	Story	Male	355	MOPEN	199	00:53:55	405	01:58:31	433	01:57:56	429
686	George	Stamp	Male	356	MOPEN	200	00:53:17	380	01:58:36	434	01:58:20	437
106	Kevin	Clark	Male	357	M45+	56	00:55:37	460	01:58:41	435	01:58:32	442
303	Amy	Hassett	Female	79	FOPEN	52	00:51:57	331	01:58:46	436	01:58:02	430
757	Kate	White	Female	80	FOPEN	53	00:54:29	425	01:58:48	437	01:58:09	432
394	Sue	Jones	Female	81	F50+	6	00:54:52	435	01:58:52	438	01:58:13	434
444	Neil	Maddocks	Male	358	M40+	58	00:55:31	459	01:58:53	439	01:58:14	435
322	Mathew	Hogan	Male	359	MOPEN	201	00:54:28	424	01:58:55	440	01:57:54	428
765	Alwyn	Williams	Male	360	MOPEN	202	00:53:48	401	01:58:56	441	01:58:43	445
787	Robin	Williams	Male	361	M40+	59	00:52:28	345	01:58:59	442	01:58:40	444
636	Shaun	Sagar	Male	362	M45+	57	00:56:45	491	01:59:08	443	01:58:33	443
229	Cadi	Fon	Female	82	FOPEN	54	00:56:43	490	01:59:09	444	01:58:15	436
44	Sam	Benson	Male	363	M40+	60	00:56:23	478	01:59:09	445	01:58:12	433
756	Ann-Marie	White	Female	83	F40+	12	00:55:47	466	01:59:12	446	01:58:22	439
606	Gaz	Roberts	Male	364	M40+	61	00:55:50	468	01:59:13	447	01:58:22	438
172	Louise	Docwra	Female	84	F45+	8	00:54:36	427	01:59:23	448	01:58:48	446
508	Suzannah	Newham	Female	85	FOPEN	55	00:54:42	431	01:59:30	449	01:59:11	453
816	Lisa	Shepherd	Female	86	FOPEN	56	00:55:43	462	01:59:39	450	01:58:58	449
592	Andrew	Ricketts	Male	365	M45+	58	00:55:30	458	01:59:41	451	01:58:57	448
804	Liz	Zass	Female	87	F65+	2	00:55:46	463	01:59:41	452	01:58:48	447
255	Jason	Green	Male	366	M40+	62	00:57:24	510	01:59:42	453	01:58:58	450
257	Ruth	Green	Female	88	F40+	13	00:57:25	511	01:59:42	454	01:58:59	451
777	Huw	Williams	Male	367	MOPEN	203	00:55:38	461	01:59:56	455	01:59:10	452
583	Louise	Ralph	Female	89	FOPEN	57	00:54:21	420	01:59:59	456	01:59:22	454
37	Ellie	Bates	Female	90	FOPEN	58	00:54:18	417	02:00:02	457	01:59:44	461
621	Sharon	Rootkin	Female	91	F45+	9	00:55:13	448	02:00:02	458	01:59:46	463
153	Ieuan	Davies	Male	368	M45+	59	00:58:43	549	02:00:04	459	01:59:38	456
222	Eva	Ferlez	Female	92	FOPEN	59	00:56:12	475	02:00:05	460	01:59:52	464
562	Laura	Peters	Female	93	FOPEN	60	00:58:01	525	02:00:05	461	01:59:32	455

415	Jake	Lea-Wilson	Male	369	MOPEN	204		00:56:26	484	02:00:05	462	01:59:41	459
202	Joel	Elson	Male	370	MOPEN	205		00:56:25	482	02:00:06	463	01:59:42	460
74	Laura	Buckle	Female	94	FOPEN	61		00:57:03	499	02:00:11	464	02:00:06	469
182	Daniel	Dumabrton	Male	371	MOPEN	206		00:57:30	515	02:00:12	465	01:59:44	462
469	Russ	Mcginn	Male	372	M40+	63		00:54:16	414	02:00:18	466	02:00:07	470
652	Naomi	Sharp	Female	95	FOPEN	62		00:54:42	430	02:00:18	467	01:59:58	466
14	Rebecca	Andrews	Female	96	FOPEN	63		00:58:03	526	02:00:25	468	01:59:52	465
775	Gavin	Williams	Male	373	M45+	60		00:58:13	534	02:00:29	469	01:59:39	457
519	Alan	Owen	Male	374	M40+	64		00:58:13	533	02:00:30	470	01:59:40	458
536	Ian	Owens	Male	375	M40+	65		00:51:43	322	02:00:45	471	02:00:36	475
544	Peter	Parkin	Male	376	MOPEN	207		00:55:10	446	02:00:48	472	02:00:01	467
213	Martin	Evans	Male	377	MOPEN	208	RAF Valley Running Club	00:55:22	456	02:01:01	473	02:00:04	468
56	Matthew	Borders	Male	378	MOPEN	209		00:55:22	454	02:01:04	474	02:00:26	473
248	Rowan	Goodrick	Female	97	FOPEN	64		00:54:17	416	02:01:09	475	02:00:11	471
558	Bridget	Peberdy	Female	98	F50+	7	Alnwick Harriers	00:56:23	479	02:01:13	476	02:00:44	476
69	Margaret	Brookwell	Female	99	FOPEN	65		00:58:48	550	02:01:17	477	02:00:33	474
653	Tracey	Sharratt	Female	100	FOPEN	66	Five Frogs Triathlon	00:57:07	501	02:01:20	478	02:00:26	472
328	Gareth	Hughes	Male	379	MOPEN	210		00:54:25	422	02:01:26	479	02:00:50	477
412	Geoff	Lang	Male	380	M45+	61		00:57:33	516	02:01:29	480	02:00:57	478
574	Jo	Price	Female	101	FOPEN	67		00:53:49	402	02:01:52	481	02:01:45	483
354	Anthony	Johnson	Male	381	MOPEN	211		00:58:07	531	02:01:54	482	02:01:11	479
131	Danny	Creek	Male	382	MOPEN	212		00:54:16	415	02:01:55	483	02:01:18	481
308	Steve	Hayward	Male	383	M55+	14		00:57:36	519	02:02:06	484	02:01:23	482
355	Ben	Johnson	Male	384	MOPEN	213		00:56:39	486	02:02:07	485	02:01:16	480
362	Brenda	Jones	Female	102	F70+	1	Bro Dysynni AC	00:56:45	492	02:02:14	486	02:01:54	485
620	Gareth	Rogers	Male	385	MOPEN	214		00:53:21	383	02:02:18	487	02:02:00	488
227	Paul	Folly	Male	386	MOPEN	215		00:53:31	389	02:02:20	488	02:01:58	487
739	Andrew	Walls	Male	387	MOPEN	216		00:53:51	403	02:02:23	489	02:02:03	490
81	Rob	Caine	Male	388	MOPEN	217		00:56:26	483	02:02:28	490	02:01:54	486
735	Andrew	Wagner	Male	389	M40+	66		00:55:01	444	02:02:29	491	02:02:16	493
831	Nadine	Woolfenden	Female	103	FOPEN	68		00:55:21	452	02:02:31	492	02:01:49	484
771	Chris	Williams	Male	390	MOPEN	218	Cybi Striders	00:54:52	436	02:02:39	493	02:02:13	492
195	Alun	Efans	Male	391	M40+	67		00:54:26	423	02:02:45	494	02:02:32	494
274	Philip	Grout	Male	392	M65+	2		00:58:03	527	02:02:54	495	02:02:03	491
265	Dewi	Griffiths	Male	393	MOPEN	219		00:57:22	508	02:03:00	496	02:02:00	489
740	Linda	Walsh	Female	104	F40+	14		00:55:20	451	02:03:01	497	02:02:34	495

177	Lisa	Donovan	Female	105	F40+	15		00:55:30	457	02:03:01	498	02:02:34	496
85	Dawn	Cantarelli	Female	106	F45+	10		00:55:22	455	02:03:01	499	02:02:36	497
704	Paul	Taylor	Male	394	MOPEN	220		00:52:24	343	02:03:01	500	02:02:40	499
120	Leah	Collis	Female	107	FOPEN	69		00:54:49	433	02:03:13	501	02:02:39	498
137	Claire	Cullingford	Female	108	FOPEN	70	RAF Valley Running Club	00:57:39	520	02:03:21	502	02:03:08	503
130	Raymond	Cramer	Male	395	M50+	27	Merseyside Triathlon Club	00:58:43	548	02:03:42	503	02:02:57	500
834	Karl	Aspin	Male	396	MOPEN	221		00:58:17	535	02:03:57	504	02:03:05	501
373	Gareth	Jones	Male	397	M40+	68		00:58:28	540	02:04:00	505	02:03:12	504
747	Mandy	Watkins	Female	109	FOPEN	71		00:56:57	494	02:04:01	506	02:03:22	505
585	Jonny	Rankin	Male	398	MOPEN	222		00:57:16	504	02:04:05	507	02:03:05	502
366	Dale	Jones	Male	399	MOPEN	223	zippys	00:57:35	517	02:04:15	508	02:04:06	510
122	Mairead	Conlon	Female	110	FOPEN	72	Merseyside Triathlon Club	00:56:59	497	02:04:21	509	02:03:23	506
517	Caroline	Offord	Female	111	FOPEN	73		00:57:23	509	02:04:24	510	02:04:24	513
242	Elaine	Giles	Female	112	F40+	16		00:56:25	481	02:04:27	511	02:04:09	511
87	Lee	Carter	Male	400	M45+	62		00:56:48	493	02:04:32	512	02:03:37	507
460	Stephanie	Mcardle-Watson	Female	113	FOPEN	74		00:57:21	505	02:04:33	513	02:03:44	508
70	Amber	Brown	Female	114	FOPEN	75		00:56:30	485	02:04:36	514	02:04:17	512
432	Richard	Lloyd Jones	Male	401	MOPEN	224		00:58:37	545	02:04:43	515	02:03:54	509
633	Matthew	Rust	Male	402	MOPEN	225		00:58:29	541	02:04:57	516	02:04:26	514
339	Brian	Humphreys	Male	403	M55+	15	Celtic Royal	00:58:24	537	02:05:03	517	02:05:00	518
541	Oriana	Pampolini-Roberts	Female	115	FOPEN	76		00:55:49	467	02:05:20	518	02:04:46	515
634	Thomas	Rust	Male	404	M50+	28		00:58:30	542	02:05:21	519	02:04:50	516
575	Caroline	Princep-Beresford	Female	116	F40+	17		01:00:03	568	02:05:23	520	02:04:51	517
451	Helen	Marshall	Female	117	FOPEN	77		01:01:02	585	02:05:25	521	02:05:13	519
614	Natalie	Roberts	Female	118	F40+	18		01:01:02	584	02:05:25	522	02:05:13	520
554	Matthew	Patten	Male	405	MOPEN	226		00:57:21	507	02:05:38	523	02:05:25	525
201	Joanne	Elson	Female	119	FOPEN	78		00:56:58	496	02:05:41	524	02:05:16	522
71	India	Brown	Female	120	FOPEN	79		00:55:06	445	02:06:00	525	02:05:39	528
657	Thomas	Sheldrick	Male	406	MOPEN	227		00:55:58	470	02:06:00	526	02:05:47	530
49	Julie	Black	Female	121	F45+	11	Action Heart Running Club	00:57:21	506	02:06:03	527	02:05:26	527
336	Carol	Hughes-Morris	Female	122	F40+	19		00:59:06	553	02:06:03	528	02:05:19	524
798	Tracey	Wright	Female	123	F50+	8		00:59:00	552	02:06:04	529	02:05:14	521
531	Naomi	Owen	Female	124	FOPEN	80		00:57:13	503	02:06:04	530	02:06:04	533
797	Jason	Wootton	Male	407	MOPEN	228		01:02:19	602	02:06:13	531	02:05:48	531
599	Darren	Roberts	Male	408	MOPEN	229	Knutsford Tri	00:58:43	547	02:06:13	532	02:05:16	523

133	John	Croft	Male	409	MOPEN	230		01:01:41	591	02:06:19	533	02:06:09	534
226	Pawel	Folfasinski	Male	410	MOPEN	231		00:57:57	523	02:06:22	534	02:05:26	526
397	Robert	Jordan	Male	411	M40+	69	Vagabond mountaineering club	00:58:39	546	02:06:41	535	02:05:49	532
372	Ffion	Jones	Female	125	FOPEN	81		01:00:15	573	02:06:45	536	02:05:44	529
581	Emma	Quaeck	Female	126	F50+	9		00:57:48	521	02:06:46	537	02:06:33	538
814	Andrew	Kelman	Male	412	M40+	70		00:56:40	489	02:06:53	538	02:06:19	537
50	Dave	Blackmore	Male	413	M40+	71		00:56:40	488	02:06:53	539	02:06:18	536
459	Rosemarie	Mcardle	Female	127	FOPEN	82		00:59:18	557	02:07:03	540	02:06:14	535
298	Alex	Harper	Male	414	MOPEN	232		00:56:00	471	02:07:19	541	02:06:36	539
818	Robby	Richie	Female	128	F45+	12		00:58:31	544	02:07:25	542	02:06:42	540
7	Seth	Allan	Male	415	MOPEN	233	BEDS	00:56:04	473	02:07:27	543	02:06:59	541
481	Ryan	Millward	Male	416	MOPEN	234		00:57:05	500	02:07:27	544	02:07:02	542
786	Robert	Williams	Male	417	M40+	72		00:57:56	522	02:08:12	545	02:07:31	545
537	Jose	Padilla	Male	418	MOPEN	235		00:58:25	538	02:08:13	546	02:07:21	544
736	Tim	Wain-Hobson	Male	419	M55+	16		01:00:04	569	02:08:16	547	02:07:15	543
367	Daphne	Jones	Female	129	F55+	3		00:59:19	558	02:08:20	548	02:07:49	547
718	Ian	Thompson	Male	420	M50+	29		00:59:36	561	02:08:27	549	02:07:33	546
365	Cheryl	Jones	Female	130	FOPEN	83	Deestriders	01:00:08	571	02:08:27	550	02:08:07	548
161	Erika	Dawson-Davies	Female	131	F40+	20	North Wales Road Runners Club	00:55:12	447	02:08:32	551	02:08:20	549
431	Rebecca	Lloyd	Female	132	F40+	21		00:58:04	528	02:08:52	552	02:08:46	550
656	James	Sheldrick	Male	421	M50+	30		00:55:58	469	02:09:30	553	02:09:16	555
534	Evelyn	Owen-Smith	Female	133	FOPEN	84	Wallasey AC	01:00:05	570	02:09:30	554	02:09:15	554
507	Stephen	Need	Male	422	M45+	63	Liverpool Running Club	00:59:58	567	02:09:43	555	02:09:06	553
428	Nerys Angharad	Lewis	Female	134	FOPEN	85		00:59:53	562	02:09:53	556	02:09:05	552
457	Paul	Maund	Male	423	MOPEN	236		00:57:30	513	02:10:03	557	02:10:03	558
830	Rhodri	Charles-Williams	Male	424	MOPEN	237		00:58:30	543	02:10:09	558	02:09:05	551
29	Sharon	Bakewell	Female	135	F40+	22		01:01:18	586	02:10:11	559	02:09:48	557
766	Andrew	Williams	Male	425	M45+	64		00:58:58	551	02:10:18	560	02:09:28	556
400	Mark	Kelsall	Male	426	MOPEN	238		01:02:31	608	02:10:46	561	02:10:19	559
589	Anna	Richards	Female	136	FOPEN	86		01:03:05	615	02:10:54	562	02:10:39	562
278	Stevie	Gulesserian	Female	137	FOPEN	87		01:02:10	598	02:10:55	563	02:10:31	561
264	Catie	Griffiths	Female	138	FOPEN	88		01:02:10	597	02:10:55	564	02:10:31	560
642	Susanna	Sawle	Female	139	FOPEN	89		00:57:30	514	02:11:25	565	02:10:53	564

716	Sion	Thomas	Male	427	M45+	65		01:00:33	582	02:11:27	566	02:10:45	563
109	Rachel	Clarke	Female	140	FOPEN	90		00:58:05	530	02:11:48	567	02:11:42	574
692	Katie	Stsm	Female	141	FOPEN	91		00:59:14	556	02:11:53	568	02:11:37	572
267	Gillian	Griffiths	Female	142	FOPEN	92		00:58:05	529	02:11:57	569	02:11:50	575
559	Bethan	Percy	Female	143	FOPEN	93		01:02:26	605	02:12:00	570	02:11:14	565
63	Leah	Bradshaw-Williams	Female	144	FOPEN	94		01:03:47	624	02:12:00	571	02:11:24	569
722	Min	Tilston	Female	145	F45+	13	Wreccsam Tri Club	01:03:47	625	02:12:01	572	02:11:24	570
741	Jayna	Walters	Female	146	FOPEN	95		00:59:53	563	02:12:06	573	02:11:14	566
688	Mair	Stead	Female	147	F45+	14		01:00:21	576	02:12:16	574	02:11:17	567
551	Lynne	Parry	Female	148	FOPEN	96		01:00:25	579	02:12:16	575	02:11:22	568
430	Steve	Liddiard	Male	428	MOPEN	239		00:56:39	487	02:12:19	576	02:11:40	573
616	Cathy	Robertson	Female	149	F50+	10		01:01:47	593	02:12:31	577	02:11:33	571
720	James	Thornton	Male	429	MOPEN	240		00:56:24	480	02:13:16	578	02:12:34	576
474	Paul	Mcwha	Male	430	M45+	66	Buxton AC	00:54:43	432	02:13:17	579	02:13:04	583
36	Jenny	Barrow	Female	150	F45+	15	Team Phizzy Pigs	01:01:49	595	02:13:18	580	02:12:48	580
547	Stephen	Parr	Male	431	M40+	73	Team Phizzy Pigs	01:01:49	594	02:13:18	581	02:12:48	581
782	Miriam	Williams	Female	151	FOPEN	97		01:01:20	587	02:13:35	582	02:12:36	577
261	Julie Van Weert	Gregson	Female	152	F40+	23		01:01:21	589	02:13:35	583	02:12:37	578
393	Steve	Jones	Male	432	M40+	74		00:58:28	539	02:13:37	584	02:12:50	582
610	Iorwerth	Roberts	Male	433	M65+	3	Eryri Harriers	01:02:24	604	02:13:40	585	02:12:42	579
188	Helen	Eaton	Female	153	F40+	24		01:00:28	580	02:13:46	586	02:13:34	586
151	Gerwyn	Davies	Male	434	MOPEN	241		01:04:00	629	02:13:52	587	02:13:15	585
706	Deiniol	Tegid	Male	435	M45+	67		01:01:52	596	02:13:58	588	02:13:10	584
520	Arwel Wynn	Owen	Male	436	MOPEN	242		01:00:31	581	02:14:11	589	02:13:34	587
615	Rhys	Roberts	Male	437	M40+	75		00:58:22	536	02:14:27	590	02:14:04	588
601	Edward	Roberts	Male	438	M50+	31		00:59:13	555	02:15:01	591	02:14:12	589
331	Gwawr Ann	Hughes	Female	154	FOPEN	98		00:59:55	564	02:15:09	592	02:14:27	590
230	Lucy Elena	Fox	Female	155	FOPEN	99		01:03:24	621	02:15:11	593	02:14:56	593
810	Ingrid	Thierry	Female	156	FOPEN	100		01:02:37	609	02:15:19	594	02:14:51	592
65	Gary	Briggs	Male	439	M50+	32		00:59:12	554	02:15:28	595	02:14:45	591
479	Richard	Micklethwaite	Male	440	MOPEN	243	RAF Valley Running Club	01:00:53	583	02:16:15	596	02:15:26	594
23	Edward	Ayres	Male	441	MOPEN	244		00:57:07	502	02:16:56	597	02:16:19	595
154	Jamie	Davies	Male	442	M45+	68		01:00:23	577	02:16:57	598	02:16:22	596
535	Catherine	Owens	Female	157	FOPEN	101		00:59:28	559	02:17:00	599	02:16:51	601

260	Hannah	Greenhow	Female 175	FOPEN	115		01:04:16	633	02:23:58	635	02:23:56	638
309	Danny	Heafey	Male 461	M50+	35		01:03:53	628	02:23:59	636	02:23:34	634
300	Carol	Harratt	Female 176	F45+	16		01:04:33	634	02:24:17	637	02:23:49	637
52	Helena	Blower	Female 177	FOPEN	116		01:09:23	671	02:24:31	638	02:23:24	633
604	Emyr	Roberts	Male 462	M45+	70		01:04:59	642	02:24:37	639	02:23:44	635
638	Mick	Sams	Male 463	M45+	71		01:04:59	641	02:24:37	640	02:23:44	636
717	Tracy	Thomas	Female 178	FOPEN	117		01:05:00	644	02:25:32	641	02:24:53	641
251	Caroline	Grant	Female 179	FOPEN	118		01:04:54	640	02:25:34	642	02:24:57	643
321	Rachael	Hobbs	Female 180	FOPEN	119		01:10:45	679	02:25:40	643	02:24:35	639
488	Anna	Morgan	Female 181	FOPEN	120		01:10:45	678	02:25:41	644	02:24:35	640
77	Alex	Butler	Male 464	MOPEN	254		01:04:49	638	02:25:43	645	02:24:57	642
357	Noni	Johnson	Female 182	FOPEN	121		01:04:51	639	02:26:25	646	02:26:13	647
462	Hannah	Mccall	Female 183	FOPEN	122		01:04:12	632	02:26:36	647	02:25:54	644
40	Debbie	Beck	Female 184	FOPEN	123		01:06:26	650	02:26:52	648	02:25:56	645
712	David Nicholas	Thomas	Male 465	M40+	80		00:59:58	566	02:26:56	649	02:26:12	646
540	Emma	Page	Female 185	FOPEN	124	RAF Valley Running Club	01:03:51	626	02:26:57	650	02:26:52	648
422	Katie	Leonard	Female 186	FOPEN	125	RAF Valley Running Club	01:03:52	627	02:27:00	651	02:26:55	649
302	Delyth	Harris	Female 187	F45+	17		01:07:05	658	02:27:47	652	02:27:01	650
305	Sandra	Hawken	Female 188	F45+	18		01:07:42	659	02:28:32	653	02:28:15	653
837	Kirsti	Brown	Female 189	F40+	28		01:08:36	669	02:28:39	654	02:28:13	652
836	Kevin	Brown	Male 466	M40+	81		01:08:33	667	02:28:41	655	02:28:11	651
671	Gaynor	Smith	Female 190	F40+	29		01:08:31	666	02:29:01	656	02:28:37	654
142	Paul	Daly	Male 467	M40+	82	Cale Green Runners	01:08:33	668	02:29:02	657	02:28:39	655
523	Delyth	Owen	Female 191	FOPEN	126		01:06:52	652	02:29:15	658	02:28:43	656
121	Georgia	Colman	Female 192	FOPEN	127		01:06:53	653	02:29:15	659	02:28:44	657
21	Sarah	Aubrey	Female 193	FOPEN	128		01:06:37	651	02:29:25	660	02:29:19	659
586	Annie	Rawlinson	Female 194	F45+	19		01:05:06	645	02:29:40	661	02:28:47	658
420	Katherine	Lees	Female 195	FOPEN	129		01:07:02	657	02:30:09	662	02:29:23	661
288	Jennifer	Halliwell	Female 196	FOPEN	130		01:07:01	656	02:30:10	663	02:29:21	660
246	John	Gomez	Male 468	M55+	19		01:07:00	655	02:31:25	664	02:31:25	663
731	Lyndsey	Vernon	Female 197	FOPEN	131		01:04:48	637	02:31:38	665	02:31:00	662
5	Mike	Adamson	Male 469	M55+	20		01:00:10	572	02:32:03	666	02:31:54	664
193	Joan	Edwards	Female 198	F50+	12	North Wales Road Runners Club	01:06:07	649	02:32:38	667	02:32:07	665
705	Nicola	Taylor-Jones	Female 199	FOPEN	132		01:08:09	664	02:32:40	668	02:32:12	666

450	Gwenda	Marshall	Female 200	F50+	13		01:10:12	674	02:33:38	669	02:32:38	667
473	Linda	Mcmorrow	Female 201	F60+	2		01:08:01	662	02:33:45	670	02:33:05	668
635	Tracey	Sadler	Female 202	FOPEN	133		01:07:54	661	02:35:02	671	02:34:23	669
104	Kirsty	Christianson	Female 203	FOPEN	134		01:06:58	654	02:35:20	672	02:34:50	670
185	Caroline	Dyke	Female 204	FOPEN	135		01:11:35	680	02:36:52	673	02:35:50	671
204	Robyn	Elson	Female 205	FOPEN	136		01:09:31	673	02:37:51	674	02:36:51	672
510	Chris	Newton	Male 470	MOPEN	255		01:05:00	643	02:38:08	675	02:37:59	674
750	Annabel	Weaver	Female 206	FOPEN	137		01:12:19	681	02:38:17	676	02:37:16	673
183	Tracy	Dumbarton	Female 207	FOPEN	138	Kent AC	01:09:11	670	02:39:45	677	02:39:17	675
293	Amy	Harbone	Female 208	FOPEN	139		01:07:42	660	02:40:34	678	02:40:18	677
707	Amy	Tew	Female 209	FOPEN	140		01:08:08	663	02:40:39	679	02:39:52	676
32	Annie	Banham-Taylor	Female 210	F55+	4		01:08:12	665	02:42:00	680	02:41:53	678
697	Ian	Tandy	Male 471	M50+	36		01:10:17	677	02:44:16	681	02:43:20	679
20	Mair	Aubrey	Female 211	FOPEN	141		01:13:08	682	02:46:17	682	02:45:25	680
315	Thomas	Heynes	Male 472	MOPEN	256		01:14:41	684	02:49:15	683	02:48:45	681
48	Lucy Elizabeth	Bishop	Female 212	FOPEN	142		01:14:42	685	02:49:16	684	02:48:49	682
471	Al	Mckenna	Male 473	M45+	72		01:10:13	675	02:50:39	685	02:49:41	684
563	Gillian	Petrie	Female 213	FOPEN	143		01:10:14	676	02:50:39	686	02:49:41	683
600	Dave	Roberts	Male 474	M45+	73		01:13:36	683	02:52:18	687	02:51:19	685
335	Rob	Hughes	Male 475	MOPEN	257		01:25:37	686	02:55:19	688	02:54:37	686
721	Marion	Thorpe	Female 214	F70+	2		01:31:07	688	02:59:38	689	02:59:38	687
595	Nigel	Riley	Male 476	M50+	37	Bolton United Harriers & AC	01:25:59	687	03:02:08	690	03:01:48	688
384	Leisa	Jones	Female 0	FOPEN	0			0	DNF	DNF	DNF	DNF
494	Arwyn	Morris	Male 0	MOPEN	0			0	DNF	DNF	DNF	DNF