

## Race Results for 2013 Nick Beer 10K on 10/02/2013

Race Number	First Name	Surname	Gender	Gender Position	Category	Category Position	Club	Gun Time	Overall Position	Chip Time	Chip Position
1	Rob	Samuel	Male	1	MOPEN	1	Eryri Harriers	00:31:35	1	00:31:35	1
399	Steven	Robinson	Male	2	MOPEN	2	ST EDMUND PACERS	00:33:17	2	00:33:17	2
690	James	Wignall	Male	3	MOPEN	3	Bangor University Athletics Cl	00:33:50	3	00:33:50	3
646	Brendan	Rothery	Male	4	MOPEN	4	Eryri Harriers	00:34:02	4	00:34:02	4
91	Daniel	Kashi	Male	5	MOPEN	5	Eryri Harriers	00:34:41	5	00:34:41	5
659	Gwyn	Owen	Male	6	M35+	1	Eryri Harriers	00:34:51	6	00:34:50	6
454	Alan	Ashton	Male	7	M40+	1	Liverpool Harriers & AC	00:35:18	7	00:35:18	7
460	Steffan	Sayer	Male	8	MOPEN	6	MENAI TRACK AND FIELD	00:35:53	8	00:35:53	8
143	Paul	Lewis	Male	9	M40+	2	Long Eaton RC	00:36:05	9	00:36:05	9
694	Joseph	Hudak	Male	10	MU20	1	Bangor University Athletics Cl	00:36:18	10	00:36:15	10
344	Arthur	Connell	Male	11	MOPEN	7	Eryri Harriers	00:36:22	11	00:36:21	11
537	Adrian	Williams	Male	12	M40+	3	Eryri Harriers	00:36:23	12	00:36:22	12
108	James	Ashworth	Male	13	M55+	1		00:36:28	13	00:36:25	13
655	Leo	Nathan	Male	14	MOPEN	8	Eryri Harriers	00:36:54	14	00:36:53	14
253	Darren	Blazier	Male	15	M40+	4	ABERGELE HARRIERS	00:37:12	15	00:37:12	15
128	Ben	Williams	Male	16	MOPEN	9		00:37:21	16	00:37:18	16
530	Rhys	Owen	Male	17	MOPEN	10	Cybi Striders	00:37:25	17	00:37:25	17
425	Paul	Barbier	Male	18	M45+	1	Eryri Harriers	00:37:30	18	00:37:30	18
642	Stephen	Eardley	Male	19	M40+	5	Colwyn Bay Athletics Club	00:37:34	19	00:37:34	19
601	Robert	Chadwick	Male	20	MOPEN	11	Eryri Harriers	00:37:57	20	00:37:56	21
348	Nathan	Popple	Male	21	MOPEN	12	Bangor University Athletics Cl	00:37:59	21	00:37:54	20

310	Matthew	Applegate	Male	22	MOPEN 13	Eryri Harriers	00:38:08 22	00:38:07 22
623	Richard	Wilyman	Male	23	MOPEN 14	Abergele Harriers	00:38:11 23	00:38:10 23
663	Chris	Yorke	Male	24	M40+ 6		00:38:12 24	00:38:12 24
654	Siobhan	Evans	Female	1	FOPEN 1	Eryri Harriers	00:38:14 25	00:38:12 25
178	Jez	Brown	Male	25	M40+ 7	Buckley Runners	00:38:20 26	00:38:18 26
320	Gareth	Howell	Male	26	MOPEN 15	Liverpool Harriers & AC	00:38:27 27	00:38:27 27
494	David	Barr	Male	27	M40+ 8	Liverpool Harriers & AC	00:38:33 28	00:38:32 28
346	Gwyn	Roberts	Male	28	M40+ 9		00:38:34 29	00:38:34 30
134	Dewi	Owen	Male	29	MOPEN 16	Eryri Harriers	00:38:35 30	00:38:33 29
652	Thomas	Prytherch	Male	30	M40+ 10	NORTH WALES POLICE	00:38:39 31	00:38:39 31
384	John Edward	Morris	Male	31	MOPEN 17	Deeside AAC	00:38:46 32	00:38:45 32
406	Paul	Jones	Male	32	M40+ 11	Eryri Harriers	00:39:01 33	00:38:59 33
689	Phillip	Lynes	Male	33	MOPEN 18		00:39:10 34	00:39:09 34
228	Neil	Hershaw	Male	34	M45+ 2	West Cheshire AC	00:39:13 35	00:39:12 35
617	Ken	Begley	Male	35	M45+ 3	City of Chester Triathlon Club	00:39:16 36	00:39:14 36
80	Adam	Irving	Male	36	MOPEN 19		00:39:21 37	00:39:20 38
119	Dylan	Griffith	Male	37	M35+ 2		00:39:22 38	00:39:14 37
496	Andrew	Kerr	Male	38	MOPEN 20	North Wales Road Runners	00:39:22 39	00:39:20 40
730	Robert	Armstrong	Male	39	MOPEN 21	Abergele Harriers	00:39:22 40	00:39:21 41
596	Peter M W	Jones	Male	40	M50+ 1		00:39:25 41	00:39:20 39
457	Jason	Thomas	Male	41	M35+ 3	Cybi Striders	00:39:30 42	00:39:29 42
75	Gareth Rees	Ellis	Male	42	M40+ 12	Menai Track and Field	00:39:35 43	00:39:34 43
691	Andrew	Hatton	Male	43	MU20 2	Bangor University Athletics Cl	00:39:39 44	00:39:35 44
445	Tim	Gears	Male	44	M35+ 4	Oswestry Olympians	00:39:42 45	00:39:37 45
440	Rory	O'donnell	Male	45	MOPEN 22	Eryri Harriers	00:39:50 46	00:39:50 48
146	Daniel	Mitchell	Male	46	MU20 3	Cardiff University Athletics	00:39:52 47	00:39:46 47
296	Kev	Lilley	Male	47	M50+ 2	Sheffield Running Club	00:39:54 48	00:39:54 50
220	James	Pendleton	Male	48	MOPEN 23		00:39:55 49	00:39:38 46
442	Sarah	Caskey	Female	2	FOPEN 2	Bangor University	00:39:58 50	00:39:58 52

267	David	Taylor	Male	49	MOPEN 24	Athletics Cl Bangor University Athletics Cl	00:39:58 51	00:39:54 49
401	Ralph	Pawling	Male	50	MOPEN 25		00:40:01 52	00:39:56 51
279	Jacob	Griffith	Male	51	MU20 4	Colwyn Bay Athletics Club	00:40:03 53	00:40:03 54
233	Adrian	Brown	Male	52	M40+ 13		00:40:05 54	00:40:01 53
420	Tim	Watson	Male	53	M45+ 4	Eryri Harriers	00:40:05 55	00:40:04 55
405	Peter	Shipley	Male	54	MOPEN 26	Sale Harriers Manchester	00:40:12 56	00:40:09 56
32	Andy	Yates	Male	55	M45+ 5		00:40:23 57	00:40:21 58
375	Gary	Houlston	Male	56	M45+ 6		00:40:24 58	00:40:16 57
724	Iwan	Edgar	Male	57	M55+ 2	Eryri Harriers	00:40:28 59	00:40:27 59
651	Arwel	Lewis	Male	58	M50+ 3	Eryri Harriers	00:40:28 60	00:40:28 60
670	Russell	Godwin	Male	59	M45+ 7	Colwyn Bay Athletics Club	00:40:38 61	00:40:38 63
323	Huw	Owen	Male	60	M35+ 5	Eryri Harriers	00:40:39 62	00:40:35 62
604	Jack	Gibson	Male	61	MOPEN 27		00:40:43 63	00:40:34 61
241	Rob	Batterbee	Male	62	MOPEN 28		00:40:45 64	00:40:42 64
645	Stuart	Hancocks	Male	63	MOPEN 29		00:40:45 65	00:40:42 65
556	Jared	Roberts	Male	64	MOPEN 30	Colwyn Bay Athletics Club	00:40:53 66	00:40:52 67
618	Sam	Orton	Male	65	M35+ 6		00:41:01 67	00:40:51 66
115	Mark	Dibb	Male	66	M40+ 14		00:41:06 68	00:41:03 68
210	Gareth Wyn	Roberts	Male	67	M35+ 7		00:41:33 69	00:41:24 70
381	Shane	Jones	Male	68	MU20 5		00:41:37 70	00:41:37 72
587	Simon	Hansen	Male	69	M35+ 8		00:41:39 71	00:41:33 71
44	James	Salt	Male	70	M35+ 9		00:41:41 72	00:41:40 73
625	Glenn Handbrake	Lewis	Male	71	MOPEN 31	Dwgi Warriors	00:41:47 73	00:41:15 69
139	Timothy	Woodhead	Male	72	M40+ 15		00:41:50 74	00:41:42 74
681	Ben	Owen	Male	73	MOPEN 32	Colwyn Bay Athletics Club	00:41:54 75	00:41:53 76
657	Dylan	Owen	Male	74	M45+ 8	Eryri Harriers	00:41:57 76	00:41:53 75

300	Mark	Jones	Male	75	M40+	16		00:42:10	77	00:42:10	79
501	Emma	Collins	Female	3	F50+	1	Denbigh harriers	00:42:15	78	00:42:13	80
38	Paul	Islip	Male	76	M50+	4		00:42:24	79	00:42:08	78
506	Gavin	Roberts	Male	77	MOPEN	33		00:42:26	80	00:41:54	77
223	Chris	Griffiths	Male	78	M35+	10		00:42:34	81	00:42:22	81
34	Lisa	Grantham	Female	4	F35+	1	City of Chester Triathlon Club	00:42:34	82	00:42:33	83
378	Myra	Jones	Female	5	FOPEN	3	Valley Striders	00:42:37	83	00:42:25	82
505	Philip	Targett	Male	79	M45+	9	Eryri Harriers	00:42:40	84	00:42:38	84
264	Hayley	Cook	Female	6	FOPEN	4	HERNE HILL HARRIERS	00:42:54	85	00:42:50	85
727	Carl	Roberts	Male	80	MU20	6		00:42:58	86	00:42:58	86
432	Rhodri	Jones	Male	81	M40+	17		00:43:04	87	00:43:01	87
693	David	Smith	Male	82	MOPEN	34	Welsh Trathlon	00:43:16	88	00:43:14	90
710	Peter	Davies	Male	83	MOPEN	35	Bangor University Athletics Cl	00:43:18	89	00:43:14	91
584	David	Baker	Male	84	M45+	10	Denbigh Harriers	00:43:21	90	00:43:19	92
671	Chris	Roberts	Male	85	M45+	11	Colwyn Bay Athletics Club	00:43:27	91	00:43:24	93
709	Paul	Carter	Male	86	M35+	11	Bangor University Athletics Cl	00:43:32	92	00:43:27	94
433	Daniel	Hale	Male	87	MOPEN	36		00:43:32	93	00:43:06	88
380	Jason	Parry Jones	Male	88	MOPEN	37		00:43:37	94	00:43:12	89
169	Steven Paul	Roberts	Male	89	M45+	12		00:43:41	95	00:43:35	97
364	Iwan	Evans	Male	90	M35+	12		00:43:49	96	00:43:46	98
386	Dewi	Jones	Male	91	MOPEN	38		00:43:54	97	00:43:30	96
263	Jason	Williams	Male	92	M40+	18		00:43:54	98	00:43:49	99
443	Jacqui	Smith	Female	7	F35+	2	Oswestry Olympians	00:43:56	99	00:43:52	102
114	Gareth	Evans	Male	93	M35+	13		00:43:58	100	00:43:51	100
524	Russ	Cheetham	Male	94	M45+	13	Prestatyn Running Club	00:43:59	101	00:43:51	101
197	Stephen	O'Neill	Male	95	M60+	1		00:44:02	102	00:43:59	103
303	Emrys	Jones	Male	96	M50+	5	Cybi Striders	00:44:12	103	00:44:03	104
352	Stephen	Seward	Male	97	M40+	19		00:44:17	104	00:44:17	111
37	Steve	Jones	Male	98	M40+	20	Biddulph Running Club	00:44:17	105	00:43:29	95

563	Jonny	Lambert	Male	99	M35+	14		00:44:19	106	00:44:14	108
700	Tony	Davies	Male	100	M45+	14		00:44:22	107	00:44:16	110
18	Ian	Mcconnell	Male	101	M45+	15	Village Road Runners	00:44:25	108	00:44:14	109
635	DYLAN	ROBERTS	Male	102	M40+	21		00:44:31	109	00:44:22	113
593	Simon	Hooton	Male	103	MOPEN	39		00:44:32	110	00:44:21	112
736	Jonathan Tyler	Tyler	Male	104	MOPEN	40		00:44:32	111	00:44:29	114
341	Andrew	Taylor	Male	105	M35+	15		00:44:36	112	00:44:09	106
718	Andrew	Kelman	Male	106	M35+	16		00:44:46	113	00:44:12	107
282	Gavin	Mart	Male	107	MOPEN	41		00:44:46	114	00:44:36	115
467	Dylan	Parry	Male	108	MOPEN	42		00:44:46	115	00:44:45	118
507	Nic	Wright	Male	109	M50+	6		00:44:49	116	00:44:44	117
666	Ivan	Holroyd	Male	110	M40+	22		00:44:53	117	00:44:06	105
19	Adam	Rudkin	Male	111	MOPEN	43		00:44:54	118	00:44:41	116
180	Jack	Bayliss	Male	112	M50+	7	Triathlon England	00:45:01	119	00:45:00	126
527	Malcolm	Davies	Male	113	MOPEN	44		00:45:06	120	00:44:55	122
427	Gwion	Llwyd	Male	114	M35+	17		00:45:07	121	00:44:47	119
447	Joanne	McDonough	Female	8	FOPEN	5	Prestatyn Running Club	00:45:08	122	00:44:53	121
69	Peter	Carpenter	Male	115	M50+	8		00:45:10	123	00:44:55	123
367	Andrew	Roberts	Male	116	M45+	16		00:45:18	124	00:45:08	127
609	Anthony	Howe	Male	117	M35+	18	Abergele Harriers	00:45:19	125	00:45:08	128
227	George	Dowie	Male	118	M35+	19		00:45:19	126	00:44:58	125
149	Ben	Pegler	Male	119	MOPEN	45		00:45:21	127	00:45:19	131
23	Robert	Mandley	Male	120	M35+	20		00:45:23	128	00:44:51	120
725	Mark	Mayers	Male	121	M40+	23	Abergele Harriers	00:45:25	129	00:45:16	130
334	Simon	Hesketh	Male	122	MOPEN	46	North Wales Road Runners	00:45:30	130	00:44:56	124
568	Michael	Whiteside	Male	123	M65+	1		00:45:36	131	00:45:13	129
456	Tracey	Llewellyn	Female	9	F35+	3	Cybi Striders	00:45:40	132	00:45:35	136
281	John Owen	Griffith	Male	124	M60+	2	Cybi Striders	00:45:42	133	00:45:39	137
717	Christopher	Bloke	Male	125	M35+	21	Knutford Tri Club	00:45:43	134	00:45:25	132
202	Martin	Kelly	Male	126	M35+	22	Village Road Runners	00:45:43	135	00:45:29	134
27	Julie	Davies	Female	10	F35+	4	Oswestry Olympians	00:45:44	136	00:45:40	139
138	David	Crisp	Male	127	M35+	23		00:45:46	137	00:45:28	133

644	Christopher	James	Male	128	MOPEN 47		00:45:48 138	00:45:44 143
667	Paul	Kelly	Male	129	M35+ 24		00:45:54 139	00:45:34 135
713	Dewi	Snelson	Male	130	MOPEN 48	Cybi Striders	00:45:54 140	00:45:44 142
701	Chris	Reid	Male	131	M45+ 17	St Helens Striders	00:45:55 141	00:45:39 138
534	Zak	Young	Male	132	M40+ 24		00:45:57 142	00:45:51 144
97	Steve	Holmes	Male	133	M35+ 25	Razzer's Runners	00:45:59 143	00:45:52 145
288	Bethan Dobson	Jones	Female	11	FOPEN 6		00:46:02 144	00:45:53 146
619	Peter	Greno	Male	134	MOPEN 49		00:46:06 145	00:45:59 149
14	Ian	Wright	Male	135	M45+ 18		00:46:11 146	00:46:03 152
486	David	Billington	Male	136	MOPEN 50		00:46:11 147	00:46:02 150
95	Rhys Aled	Griffiths	Male	137	MOPEN 51		00:46:18 148	00:45:43 141
289	Roger	Beech	Male	138	M35+ 26		00:46:19 149	00:45:53 147
561	Andrew	Gannon	Male	139	M45+ 19	Menai Track and Field	00:46:20 150	00:46:16 159
605	Jenny	Wells	Female	12	FOPEN 7		00:46:21 151	00:45:54 148
459	Steven	Mcallister	Male	140	MOPEN 52		00:46:22 152	00:45:41 140
603	Aaron	Bayley	Male	141	M35+ 27		00:46:28 153	00:46:05 154
418	David	Tomlinson	Male	142	MOPEN 53	Colwyn Bay Athletics Club	00:46:31 154	00:46:28 162
403	Nicholas	Brook	Male	143	M35+ 28		00:46:32 155	00:46:04 153
327	Vinny	Jones	Male	144	M45+ 20		00:46:34 156	00:46:14 158
728	Joe	Cooper	Male	145	MOPEN 54	Denbigh Harriers	00:46:35 157	00:46:05 155
560	Daniel	Jackson	Male	146	MOPEN 55		00:46:36 158	00:46:33 164
92	Dewi Bryn	Griffiths	Male	147	MOPEN 56		00:46:39 159	00:46:05 156
4	Gavin	Reeves	Male	148	M35+ 29	Wrexham Athletic Club	00:46:40 160	00:46:27 161
576	Pierce	Jones	Male	149	MU20 7		00:46:42 161	00:46:39 170
276	David	Griffith	Male	150	M40+ 25	Colwyn Bay Athletics Club	00:46:50 162	00:46:46 172
99	Aled	Williams	Male	151	MOPEN 57		00:46:52 163	00:46:18 160
372	Greg	Baugh	Male	152	M45+ 21		00:46:53 164	00:46:35 165
103	Robert	Lupton	Male	153	M35+ 30		00:46:53 165	00:46:08 157
315	Chris	Spillane	Male	154	M45+ 22	INEPT	00:46:57 166	00:46:52 175
503	Gary	Clarke	Male	155	M35+ 31	Oswestry Olympians	00:46:58 167	00:46:54 176
77	Thomas	Richardson	Male	156	M40+ 26		00:46:58 168	00:46:46 173

500	Stefan	Lederle	Male	157	M35+	32		00:46:58	169	00:46:32	163
697	Greig	Best	Male	158	M35+	33		00:47:00	170	00:46:38	169
283	Arfon	Bebb	Male	159	MOPEN	58		00:47:04	171	00:46:48	174
268	Glenn	Barnett	Male	160	M40+	27	North Wales Road Runners	00:47:04	172	00:46:54	177
408	Nina	Othen	Female	13	FOPEN	8	Salford	00:47:05	173	00:46:57	179
222	Mel	Evans	Male	161	M40+	28		00:47:09	174	00:46:42	171
385	Sean	Neathey	Male	162	MOPEN	59		00:47:09	175	00:46:38	168
72	Judith	Loder	Female	14	FOPEN	9		00:47:10	176	00:46:38	167
569	John Gwynn	Evans	Male	163	M65+	2	Aberystwyth AC	00:47:10	177	00:47:05	182
304	Stephen	Jones	Male	164	M45+	23	Emllyn Runners	00:47:13	178	00:46:36	166
395	Chris	Brayshay	Male	165	M35+	34		00:47:18	179	00:47:16	188
549	Llyr	Rees	Male	166	M40+	29		00:47:21	180	00:47:07	185
554	Chris	Stillo	Male	167	M55+	3	Goyt Valley Striders	00:47:22	181	00:47:06	184
8	Thomas	Naylor	Male	168	MOPEN	60		00:47:24	182	00:47:11	186
513	Elfyn	Bullock	Male	169	M35+	35		00:47:25	183	00:47:21	191
499	Lorna	Street	Female	15	FOPEN	10		00:47:26	184	00:47:00	181
597	Mike	Rose	Male	170	MOPEN	61		00:47:28	185	00:46:57	178
214	Jonathan	Worsley	Male	171	M45+	24		00:47:30	186	00:47:16	189
353	Graham	Mcvey	Male	172	M40+	30		00:47:30	187	00:47:14	187
570	Matthew	Bicknell	Male	173	MOPEN	62	Colwyn Bay Athletics Club	00:47:31	188	00:47:05	183
98	Chris	Birch	Female	16	F65+	1	Abergele Harriers	00:47:32	189	00:47:28	196
492	Conor	Close	Male	174	M35+	36		00:47:34	190	00:47:26	194
212	Sean	Banning	Male	175	M45+	25		00:47:39	191	00:46:59	180
481	Paul	Andrew	Male	176	M35+	37		00:47:49	192	00:47:23	193
620	Dan	Redfern	Male	177	M35+	38		00:47:51	193	00:47:27	195
511	Anna	Williams	Female	17	FOPEN	11		00:47:51	194	00:47:32	197
517	Mike	Hughes	Male	178	M50+	9		00:47:51	195	00:47:48	205
582	Simon	Hughes	Male	179	M35+	39		00:47:53	196	00:47:17	190
342	Jan	Muir	Female	18	F45+	1		00:47:53	197	00:47:53	210
224	Carwyn	Davies	Male	180	MU20	8		00:47:54	198	00:47:22	192
402	Steve	Halligan	Male	181	M50+	10		00:47:55	199	00:47:34	198
539	Chris	Hoult	Male	182	M45+	26		00:47:56	200	00:47:46	203

668	Bleddyn	Evans	Male	183	MOPEN	63		00:47:58	201	00:47:51	207
627	Jennifer	Charlton	Female	19	F35+	5		00:47:59	202	00:47:52	208
436	Andy	Moore	Male	184	M55+	4		00:48:00	203	00:47:37	199
266	Pwyll	Ap Sion	Male	185	M40+	31		00:48:00	204	00:46:03	151
461	Alfie	Hawkins	Male	186	MU20	9		00:48:01	205	00:47:38	200
101	Grant	Watson	Male	187	M40+	32		00:48:02	206	00:47:52	209
466	Simon	Doherty	Male	188	M35+	40	Denbigh Harriers	00:48:02	207	00:47:41	202
462	Tom	Higgins	Male	189	MOPEN	64		00:48:08	208	00:48:04	215
540	Craig	Stock	Male	190	MOPEN	65		00:48:10	209	00:48:03	214
449	David	Thomas	Male	191	M35+	41		00:48:13	210	00:47:41	201
581	Bethan	Jones	Female	20	FOPEN	12		00:48:13	211	00:48:05	216
257	Neil	Robinson	Male	192	MOPEN	66		00:48:14	212	00:47:49	206
723	Lynn	Ward	Female	21	F45+	2	Northern Vets	00:48:18	213	00:47:47	204
512	Carl	Lederle	Male	193	M40+	33		00:48:25	214	00:47:59	211
106	Alan	Bennett	Male	194	M50+	11		00:48:26	215	00:48:11	220
155	Stephen	Jones	Male	195	M45+	27		00:48:27	216	00:48:11	219
610	Colin	Gordon	Male	196	M40+	34		00:48:28	217	00:48:17	222
337	Adam	Jackson	Male	197	MOPEN	67		00:48:29	218	00:48:21	223
732	Emma	Jones	Female	22	F35+	6		00:48:31	219	00:47:59	212
636	Christoph	Gertler	Male	198	MOPEN	68	Eryri Harriers	00:48:32	220	00:48:29	224
567	Storm	Bate	Male	199	M45+	28		00:48:34	221	00:48:11	221
410	Marc	Pickles	Male	200	M40+	35		00:48:36	222	00:48:01	213
238	David	Walsh	Male	201	MOPEN	69		00:48:39	223	00:48:08	217
705	Scott	Wagell	Male	202	M40+	36		00:48:41	224	00:48:37	228
715	Mike	Cutler	Male	203	M55+	5		00:48:43	225	00:48:32	227
431	Matthew	Gilman	Male	204	M40+	37		00:48:46	226	00:48:31	225
637	Mark	Owen	Male	205	M40+	38		00:48:48	227	00:48:09	218
423	David	Edwards	Male	206	M45+	29	Abergele Harriers	00:48:55	228	00:48:40	231
613	Josh	Williams	Male	207	MOPEN	70		00:48:57	229	00:48:39	230
251	Tony	Green	Male	208	M55+	6	Liverpool Harriers & AC	00:48:57	230	00:48:57	241
170	Rosemary	Rogers	Female	23	F60+	1	Deestridders	00:48:58	231	00:48:53	236
245	Helen	Morgan	Female	24	FOPEN	13		00:48:58	232	00:48:52	235
235	Siôn	Williams	Male	209	M40+	39		00:49:01	233	00:48:32	226
551	Sian	Jones	Female	25	F45+	3		00:49:06	234	00:48:47	233

606	Barrie	Wells	Male	210	M55+	7	North Wales Road Runners	00:49:07 235	00:48:39 229
630	Mark	Jones	Male	211	M40+	40	North Wales Road Runners	00:49:07 236	00:49:03 244
478	Steven	Warburton	Male	212	M50+	12		00:49:08 237	00:48:43 232
649	Ian	Rothery	Male	213	M55+	8	Cybi Striders	00:49:08 238	00:49:06 247
643	Ronald Vincent	Barnard	Male	214	M45+	30		00:49:10 239	00:48:51 234
664	Lee	Roberts	Male	215	MOPEN	71		00:49:13 240	00:49:04 245
216	Nick	Lythgoe	Male	216	M40+	41	Shropshire Shufflers	00:49:15 241	00:49:00 242
213	Phillip	Roberts	Male	217	M40+	42		00:49:15 242	00:48:55 240
383	Christopher	Ward	Male	218	M45+	31		00:49:16 243	00:48:54 237
382	Niamh	Hawkins	Female	26	FOPEN	14		00:49:17 244	00:48:55 238
656	Thomas	Stamp	Male	219	MOPEN	72		00:49:18 245	00:49:17 254
523	Richard	Chinery	Male	220	MOPEN	73		00:49:18 246	00:49:10 248
622	Jess	Christley	Female	27	FOPEN	15		00:49:21 247	00:49:12 250
313	Hayley	Turner	Female	28	FOPEN	16	Eryri Harriers	00:49:21 248	00:48:55 239
669	Sion	Dobson-Jones	Male	221	M35+	42		00:49:24 249	00:49:18 255
137	Shaun	Davies	Male	222	M35+	43		00:49:25 250	00:49:03 243
17	Lisa	Rudkin	Female	29	F40+	1	Abbey Runners	00:49:29 251	00:49:16 253
371	Richard	Pugh	Male	223	M35+	44		00:49:34 252	00:49:10 249
83	Martin	Nevin	Male	224	M35+	45		00:49:36 253	00:49:34 261
483	Gareth	Roberts	Male	225	M40+	43		00:49:40 254	00:49:12 251
573	Del	Williams	Male	226	M40+	44	Cybi Striders	00:49:40 255	00:49:04 246
360	Britta	Ismer	Female	30	FOPEN	17	Bangor University Athletics Cl	00:49:43 256	00:49:38 263
358	Cemlyn	Williams	Male	227	MOPEN	74		00:49:43 257	00:49:21 257
397	Lesley	Goodson	Female	31	F45+	4	North Wales Road Runners	00:49:49 258	00:49:13 252
638	Jill	Riley	Female	32	F45+	5		00:49:49 259	00:49:35 262
135	Richard	Borne	Male	228	M45+	32	Mysteruns	00:49:51 260	00:49:26 259
437	Ryan	Howells	Male	229	M35+	46		00:49:52 261	00:49:18 256
209	Louise	Connelly	Female	33	F40+	2		00:49:54 262	00:49:40 264
585	Chris	Davies	Male	230	MOPEN	75		00:49:55 263	00:49:29 260

485	Lee	Williams	Male	231	MOPEN	76		00:49:56	264	00:49:23	258
154	Mark	Lyon	Male	232	M45+	33		00:50:04	265	00:49:49	265
248	Graham	Howell	Male	233	M60+	3	Liverpool Harriers & AC	00:50:04	266	00:50:04	271
295	Jacky	Smith	Female	34	F55+	1	Sheffield Running Club	00:50:09	267	00:50:07	273
231	Emyr	Gibson	Male	234	M35+	47		00:50:13	268	00:49:51	266
522	Harri	Chinery-Parkes	Male	235	MU20	10		00:50:21	269	00:50:13	274
714	Alex	Williams	Male	236	M40+	45		00:50:22	270	00:50:04	270
695	Kia	Walker	Female	35	F35+	7		00:50:23	271	00:50:16	275
521	Anna	Potter	Female	36	FOPEN	18		00:50:23	272	00:50:02	269
434	Stephen	Keys	Male	237	MOPEN	77		00:50:24	273	00:49:58	268
607	John	Hawkins	Male	238	MOPEN	78		00:50:27	274	00:50:18	277
509	Adam	Smith	Male	239	MOPEN	79		00:50:36	275	00:49:54	267
206	Mike	Dilworth	Male	240	M55+	9		00:50:39	276	00:50:31	283
145	Stephen	Mitchell	Male	241	M40+	46		00:50:41	277	00:50:05	272
356	David John	Williams	Male	242	M50+	13		00:50:41	278	00:50:24	280
286	Roger	Dugan	Male	243	M45+	34	Shropshire Shufflers	00:50:48	279	00:50:29	281
703	Rhys	Jones	Male	244	MOPEN	80		00:50:50	280	00:50:17	276
363	Tristan James	Williams	Male	245	MOPEN	81		00:50:52	281	00:50:30	282
571	Gay	Waring	Female	37	F55+	2	Prestatyn Running Club	00:50:53	282	00:50:39	285
66	Robert	Bell-Davies	Male	246	M35+	48		00:50:54	283	00:50:21	278
588	Tim	Sherwood	Male	247	MOPEN	82		00:50:55	284	00:50:34	284
309	Andrew	Pearce	Male	248	M45+	35		00:50:57	285	00:50:23	279
590	Gerwyn	Lloyd	Male	249	MOPEN	83		00:50:58	286	00:50:50	290
612	Emily	Wood	Female	38	F45+	6	Eryri Harriers	00:51:01	287	00:50:47	287
471	David	Owen	Male	250	M60+	4	Prestatyn Running Club	00:51:05	288	00:50:52	293
575	Michael	Jones	Male	251	M45+	36		00:51:09	289	00:50:53	294
387	Mike	Davis	Male	252	M65+	3	Prestatyn Running Club	00:51:10	290	00:50:51	292
21	Siwan	Kalatzi	Female	39	F35+	8	Thames Valley Triathletes	00:51:11	291	00:50:59	297
280	Laurie	Griffith	Female	40	F40+	3	Colwyn Bay Athletics Club	00:51:12	292	00:51:02	301
542	Kevin	Clark	Male	253	M45+	37		00:51:15	293	00:51:09	305
234	Nick	Laing	Male	254	M40+	47		00:51:15	294	00:50:46	286
696	Julia	Korn	Female	41	F45+	7		00:51:16	295	00:51:10	306

719	Roger	Wilson	Male	255	M50+	14		00:51:17	296	0
626	Jonathon	Tilley	Male	256	MOPEN	84		00:51:20	297	00:50:51
722	Christopher	Marsland	Male	257	M45+	38	Northern Vets	00:51:20	298	00:50:49
640	Philippa	Milward	Female	42	F60+	2		00:51:21	299	00:50:50
285	Kristina	Kordiak	Female	43	FOPEN	19		00:51:22	300	00:50:56
291	Simon	Davies	Male	258	M35+	49		00:51:24	301	00:51:00
123	Ian	Brice	Male	259	M45+	39		00:51:24	302	00:51:11
270	Jane	Fedrick	Female	44	F45+	8		00:51:33	303	00:51:06
73	Jo	Lewis	Female	45	F40+	4	Prestatyn Running Club	00:51:34	304	00:51:09
56	Michaela	Owen	Female	46	FOPEN	20		00:51:34	305	00:50:58
105	Sarah	Mahoney	Female	47	F40+	5		00:51:34	306	00:51:27
148	Stephen	Richards	Male	260	M35+	50		00:51:37	307	00:51:00
208	Anthony	Harper	Male	261	M55+	10	Southport Waterloo	00:51:37	308	00:51:23
389	Karen	Owen	Female	48	FOPEN	21		00:51:39	309	00:51:35
409	Alison	Peel	Female	49	FOPEN	22		00:51:39	310	00:51:35
683	Norman	Partington	Male	262	M50+	15	Smetrum Striders	00:51:41	311	00:51:07
84	Chris	Smith	Male	263	M45+	40		00:51:41	312	00:51:00
621	Lisa	Roberts	Female	50	FOPEN	23	MENAI TRACK AND FIELD	00:51:42	313	00:51:33
76	David	Richardson	Male	264	M45+	41		00:51:42	314	00:51:30
160	Karen	Jones	Female	51	F35+	9	helsby running club	00:51:50	315	00:51:43
686	Phill	Eastwood	Male	265	MOPEN	85		00:51:54	316	00:51:46
311	Gareth	Ellis	Male	266	M40+	48		00:51:54	317	00:51:35
680	Ian	Branthwaite	Male	267	M50+	16		00:51:56	318	00:51:40
321	Patrick	Henley	Male	268	M65+	4	Liverpool Harriers & AC	00:52:00	319	00:52:00
10	Alan	Gregson	Male	269	MOPEN	86		00:52:01	320	00:51:35
508	Tracie	Williams	Female	52	F45+	9		00:52:10	321	00:51:45
468	Kevin	Burns	Male	270	M55+	11	Deestridders	00:52:10	322	00:51:56
316	Alison	Hewitt	Female	53	FOPEN	24		00:52:12	323	00:52:01
419	Nicola	Tomlinson	Female	54	FOPEN	25	Colwyn Bay Athletics Club	00:52:15	324	00:52:05
54	Dave	Kirkby	Male	271	M45+	42	Eryri Harriers	00:52:15	325	00:51:59
336	Michael	Williams	Male	272	M45+	43	R/DALE	00:52:16	326	00:52:10
546	Francis	Fitzek	Male	273	M55+	12		00:52:16	327	00:51:58

414	David	Carr	Male	274	M45+	44		00:52:18	328	00:51:42	317
555	Liz	Stillo	Female	55	F55+	3	Goyt Valley Striders	00:52:22	329	00:52:05	329
151	Sue	Jones	Female	56	F50+	2	Cybi Striders	00:52:26	330	00:52:16	333
658	Nathan Handlebar	Lewis	Male	275	MOPEN	87	Dwgi Warriors	00:52:29	331	00:51:55	322
120	Peter	Bulmer	Male	276	M50+	17		00:52:30	332	00:52:09	330
82	Bryn	Roberts	Male	277	M45+	45		00:52:31	333	00:52:29	341
190	Roy	Marsden	Male	278	M55+	13		00:52:31	334	00:52:17	334
39	Wendy	Proctor	Female	57	F45+	10	NSRRA	00:52:32	335	00:51:52	321
362	Peter	Skelton	Male	279	M55+	14		00:52:35	336	00:52:27	339
428	Nick	Marron	Male	280	MOPEN	88		00:52:40	337	00:52:16	332
355	Ieuan	Davies	Male	281	M45+	46	Cybi Striders	00:52:41	338	00:52:27	338
698	Carlo	Galeotti	Male	282	M40+	49		00:52:45	339	00:52:23	336
688	Gary	Martin	Male	283	M40+	50		00:52:49	340	00:52:30	343
388	Claire	Gadsby	Female	58	FOPEN	26	Prestatyn Running Club	00:52:51	341	00:52:27	340
702	Simon	Hall	Male	284	M40+	51		00:52:54	342	00:52:37	344
475	Tracy	Roberts	Female	59	F40+	6	abergele harriers	00:52:54	343	00:52:48	347
40	Val	Edwards	Female	60	F60+	3		00:52:56	344	00:52:29	342
237	Sarah	Walsh	Female	61	FOPEN	27		00:52:56	345	00:52:26	337
199	Neil	Williams	Male	285	M40+	52		00:53:05	346	00:52:49	348
293	Sarah	Bayliss	Female	62	F40+	7	Denbigh Harriers	00:53:06	347	00:52:45	346
687	Patrick	Lee-Browne	Male	286	M45+	47		00:53:09	348	00:52:58	354
301	Caren	Williams	Female	63	F35+	10		00:53:10	349	00:52:54	352
421	Emma	Penk	Female	64	F35+	11		00:53:12	350	00:53:09	360
345	Melanie	Lewis	Female	65	F40+	8		00:53:13	351	00:52:54	351
55	Matt	Gower	Male	287	MOPEN	89		00:53:13	352	00:52:41	345
706	Clifford	Wigzell	Male	288	M35+	51		00:53:19	353	00:53:00	355
368	Andrew	Scott	Male	289	M35+	52		00:53:19	354	00:53:02	358
370	Helen	Ashworth	Female	66	FOPEN	28	Prestatyn Running Club	00:53:20	355	00:52:56	353
611	Alan	Thomas	Male	290	M50+	18		00:53:23	356	00:52:50	349
398	Matthew	Ferdinando	Male	291	MOPEN	90		00:53:26	357	00:53:04	359
376	Peter	Doyle	Male	292	M45+	48		00:53:29	358	00:52:51	350
477	Martin	Ellis	Male	293	M55+	15		00:53:31	359	00:53:10	361
359	Ruth	Harvey	Female	67	F45+	11	Cybi Striders	00:53:32	360	00:53:22	365

218	Paul	Roberts	Male	294	MOPEN	91		00:53:34	361	00:53:02	357
544	Steven	Roberts	Male	295	M45+	49		00:53:36	362	00:53:01	356
78	Carl	Thatcher	Male	296	MOPEN	92		00:53:37	363	00:53:35	373
566	Phil	Jones	Male	297	M35+	53		00:53:37	364	00:53:16	362
207	Carol	Bowen	Female	68	F45+	12	Blythe Bridge Running Club	00:53:38	365	00:53:19	363
131	Emily	Hooley	Female	69	FOPEN	29		00:53:39	366	00:53:27	370
716	Matthew	Welch	Male	298	M35+	54		00:53:40	367	00:53:24	367
177	Martin	Garth Williams	Male	299	M65+	5	Eryri Harriers	00:53:46	368	00:53:25	368
179	Hannah	Mart	Female	70	F35+	12		00:53:53	369	00:53:26	369
536	Jaco	Baas	Male	300	M45+	50		00:53:55	370	00:53:42	377
595	Alun Lloyd	Rowlands	Male	301	M55+	16	Cybi Striders	00:53:56	371	00:53:21	364
168	Michael	Collins	Male	302	M40+	53	Blythe Bridge Running Club	00:54:01	372	00:53:41	375
413	Mike	Cotter	Male	303	M40+	54		00:54:07	373	00:53:32	371
312	Jack	Thomas	Male	304	M70+	1	Buckley Runners	00:54:07	374	00:53:35	372
484	Ann-Marie	White	Female	71	F40+	9		00:54:08	375	00:53:41	376
104	Jaie	Lupton	Male	305	M40+	55		00:54:10	376	00:53:23	366
634	Cheryl Ann	Frost	Female	72	F45+	13		00:54:11	377	00:54:06	383
221	Ben	Cox	Male	306	MOPEN	93		00:54:12	378	00:53:38	374
699	Richard	Parry	Male	307	M40+	56		00:54:15	379	00:53:46	379
85	Michael	Roberts	Male	308	M40+	57	Razzer"s Runners	00:54:15	380	00:54:08	384
109	Colin	Thackray	Male	309	M50+	19	North Wales Road Runners	00:54:17	381	00:53:45	378
58	Claudine	Milligan	Female	73	F40+	10		00:54:19	382	00:53:51	380
31	Mark	Guest	Male	310	MOPEN	94		00:54:19	383	00:54:05	382
608	Hollie	Wynne	Female	74	FOPEN	30	Aberystwyth AC	00:54:22	384	00:54:11	386
287	Joe	Park	Male	311	M75+	1	Cheshire Tally-Ho	00:54:23	385	00:54:09	385
648	Susan	Calvert	Female	75	F50+	3	ABERGELE HARRIERS	00:54:25	386	00:54:16	389
469	Anne	Livingston	Female	76	F40+	11		00:54:31	387	00:54:03	381
181	Janice	Clement	Female	77	F50+	4	Penarth & Dinas Runners	00:54:43	388	00:54:30	395
204	Claire	Steedman	Female	78	F45+	14		00:54:44	389	00:54:30	394

502	Rodger	Howarth	Male	312	M45+	51		00:54:46	390	00:54:28	392
476	Cathy	Ellis	Female	79	F50+	5		00:54:46	391	00:54:23	391
158	Chris	Purcell	Male	313	M40+	58	Shropshire Shufflers	00:54:48	392	00:54:12	387
472	Jo	Price	Female	80	F35+	13		00:54:51	393	00:54:44	399
559	Christopher	Bater	Male	314	MOPEN	95		00:54:57	394	00:54:53	401
347	Paul	Donohoe	Male	315	M45+	52		00:54:58	395	00:54:16	388
616	Ciara	Murphy	Female	81	F35+	14	City of Chester Triathlon Club	00:55:00	396	00:54:44	398
493	Steve	Farrar	Male	316	M50+	20	Cybi Striders	00:55:06	397	00:54:23	390
599	Peter	Flannery	Male	317	M45+	53		00:55:11	398	00:54:29	393
458	Bernard	Loughran	Male	318	M40+	59		00:55:11	399	00:54:30	396
47	Cameron	Mcmullen	Male	319	M40+	60		00:55:13	400	00:54:56	404
497	Hannah	Garlinge	Female	82	FOPEN	31		00:55:14	401	00:54:54	403
246	Pete	Henstock	Male	320	M35+	55		00:55:14	402	00:54:42	397
187	Erika	Dawson-Davies	Female	83	F40+	12	North Wales Road Runners	00:55:16	403	00:55:04	406
422	Debbie	Thomas	Female	84	F40+	13		00:55:18	404	00:55:15	414
665	Robin	Jarrett	Male	321	M40+	61		00:55:25	405	00:54:48	400
254	Emma	Baggaley-Clay	Female	85	F35+	15		00:55:26	406	00:55:00	405
600	Sarah	Downes	Female	86	F35+	16		00:55:27	407	00:55:14	412
557	Jaime	Evans	Male	322	MOPEN	96		00:55:28	408	00:55:24	419
558	James	Brukshaw	Male	323	MOPEN	97		00:55:28	409	00:55:23	418
226	Laurence	Hobday	Male	324	M55+	17		00:55:29	410	00:55:10	408
450	Mike	Storry	Male	325	M65+	6	Village Road Runners	00:55:29	411	00:55:11	409
252	Michael	Houghton	Male	326	MOPEN	98		00:55:35	412	00:54:54	402
333	Iwan	Roberts	Male	327	MU20	11		00:55:36	413	00:55:10	407
726	Chris	Williams	Male	328	MOPEN	99	Cybi Striders	00:55:36	414	00:55:25	420
482	Jan	Green	Female	87	F55+	4		00:55:38	415	00:55:19	416
165	Elaine	Rowlands	Female	88	F45+	15		00:55:41	416	00:55:31	421
721	Helene	Wardell	Female	89	FOPEN	32		00:55:42	417	00:55:14	413
102	Chris	Walker	Male	329	M40+	62		00:55:44	418	00:55:36	425
473	Nell	Hall	Female	90	FOPEN	33		00:55:44	419	00:55:14	411
140	Tracey	Smith	Female	91	F40+	14		00:55:45	420	00:55:38	427
676	Mark	Tidman	Male	330	M45+	54		00:55:45	421	00:55:21	417

526	Mike	Burns	Male	331	M45+	55	00:55:50	422	00:55:37	426
684	Juana	Hunter	Female	92	FOPEN	34	00:55:50	423	00:55:39	429
685	Molly	Woodrow	Female	93	FOPEN	35	00:55:56	424	00:55:46	434
660	Jason	Redpath	Male	332	M45+	56	00:55:58	425	00:55:18	415
591	Emyr	Jones	Male	333	MOPEN	100	00:55:58	426	00:55:50	435
672	Manssa	Duggan	Female	94	F35+	17	00:55:59	427	00:55:32	422
592	Paul	Atherton	Male	334	MOPEN	101	00:55:59	428	00:55:51	437
464	Ian	Regan	Male	335	M50+	21	00:56:03	429	00:55:13	410
150	Sonia	Elliman	Female	95	FOPEN	36	00:56:03	430	00:55:41	432
674	Reed	Malin	Male	336	MOPEN	102	00:56:08	431	00:55:35	424
516	Nikki	Davies	Female	96	FOPEN	37	00:56:10	432	00:55:42	433
562	Colin	Hampson	Male	337	M45+	57	00:56:11	433	00:55:52	438
230	Ruth	Smith	Female	97	F35+	18	00:56:12	434	00:55:40	430
444	Steve	Beckett	Male	338	M35+	56	00:56:12	435	00:55:34	423
543	Andy	Pugh	Male	339	M45+	58	00:56:15	436	00:55:38	428
194	Derek	Okseniuk	Male	340	M55+	18	00:56:18	437	00:56:12	444
429	Rick	Berdmore	Male	341	MOPEN	103	00:56:19	438	00:55:55	440
87	Geraint	Meares	Male	342	MOPEN	104	00:56:20	439	00:55:41	431
598	Clive	Nadin	Male	343	M50+	22	00:56:24	440	0	
20	Hannah	Griffith	Female	98	F40+	15	00:56:24	441	00:56:13	445
217	Samuel	Lilley	Male	344	MOPEN	105	00:56:25	442	00:56:07	442
545	Judy	Clarke	Female	99	F55+	5	00:56:28	443	00:56:09	443
602	Jodie	Brooks	Female	100	FOPEN	38	00:56:29	444	00:55:53	439
682	Martyn	Nash	Male	345	MOPEN	106	00:56:38	445	00:56:16	446
182	Clem	Clement	Male	346	M50+	23	00:56:39	446	00:55:50	436
708	Mladenka	Hooper	Female	101	FOPEN	39	00:56:39	447	00:56:17	447
533	Katie	Allen	Female	102	FOPEN	40	00:56:40	448	00:56:01	441
70	Clive	Baggaley	Male	347	M65+	7	00:56:56	449	00:56:29	451
369	Philip	Wylde	Male	348	M55+	19	00:56:58	450	00:56:21	449
424	Anthony	Rees	Male	349	M60+	5	00:56:59	451	00:56:20	448
411	Richard	Brighton	Male	350	M45+	59	00:57:02	452	00:56:22	450
328	Peter	Barratt	Male	351	MOPEN	107	00:57:04	453	00:56:46	456

Blythe Bridge Running Club

Headington r r

Penarth & Dinas Runners

Prestatyn Running Club

Uttoxeter Road Runners

Shropshire Shufflers

130	Philip	Grout	Male	352	M65+	8		00:57:05	454	00:56:47	457
340	Darren	Beddard-Jones	Male	353	M40+	63		00:57:08	455	00:56:47	458
435	Jasmin	Thomas	Female	103	FOPEN	41		00:57:10	456	00:56:32	453
653	Pauline	Connor	Female	104	FOPEN	42	Warrington Running Club	00:57:12	457	00:57:04	461
647	Colin	Pheasant	Male	354	M50+	24	CHASE HARRIERS	00:57:13	458	00:57:08	463
455	Gael	Earp	Female	105	F50+	6	Stafford Harriers	00:57:14	459	00:56:59	460
299	John	Tee	Male	355	M65+	9	Bro Dysynni Athletics Club	00:57:14	460	00:56:32	452
412	Graham	Beardsley	Male	356	M45+	60		00:57:16	461	00:56:40	454
650	Colin	Earp	Male	357	M65+	10		00:57:19	462	00:56:59	459
641	Michael	Gilbert	Male	358	M65+	11		00:57:20	463	00:56:41	455
734	Chris	Allen	Female	106	F35+	19		00:57:46	464	00:57:07	462
733	Jeff	Hardman	Male	359	M55+	20		00:57:49	465	00:57:11	464
161	Alexandra	Fletcher	Female	107	FOPEN	43	Eryri Harriers	00:57:55	466	00:57:29	465
404	Jason	Edge	Male	360	M45+	61		00:57:58	467	00:57:36	467
343	Lee	Wilson	Female	108	FOPEN	44		00:58:01	468	00:57:39	470
110	Angharad	Lewis	Female	109	FOPEN	45		00:58:06	469	00:58:01	475
519	Scott	Humphreys	Male	361	MU20	12		00:58:06	470	00:57:52	472
88	Julie	Logan	Female	110	F40+	16	Prestatyn Running Club	00:58:08	471	00:57:29	466
531	Sarah	Jones	Female	111	F35+	20		00:58:08	472	00:57:41	471
262	Andrew	Evans	Male	362	M40+	64		00:58:11	473	00:57:59	473
470	Dave	Jones	Male	363	M40+	65		00:58:12	474	00:57:36	468
125	Dewi	Griffiths	Male	364	M50+	25		00:58:16	475	00:57:38	469
579	Neil	Kershaw	Male	365	M45+	62	oswestry olympians	00:58:28	476	00:58:15	479
96	Gwenno Ifan	Griffiths	Female	112	FOPEN	46		00:58:30	477	00:58:01	474
515	Josie	Davies	Female	113	F50+	7	North Wales Road Runners	00:58:30	478	00:58:02	476
704	Wendy	Jones	Female	114	F50+	8		00:58:31	479	00:58:22	482
322	Bedwyr	Evans	Male	366	M35+	57		00:58:34	480	00:58:15	480
498	Natasha	Parry	Female	115	F45+	16		00:58:35	481	00:58:15	481
529	Helen	Jones	Female	116	F40+	17		00:58:39	482	00:58:34	487
474	Susan	Evans	Female	117	F50+	9		00:58:42	483	00:58:30	486
52	Louisa	Bamber	Female	118	FOPEN	47		00:58:42	484	00:58:04	477

215	Steve A	Smith	Male	367	M40+	66		00:58:44	485	00:58:24	483
325	Julie	Sturgess	Female	119	F40+	18		00:58:46	486	00:58:14	478
446	Stephen	Wellington	Male	368	M45+	63	Carneddau Tri Club	00:58:50	487	00:58:27	485
201	Liz	Simpson	Female	120	F65+	2	Village Road Runners	00:58:53	488	00:58:47	490
335	Tracy	Chaplin	Female	121	FOPEN	48		00:58:56	489	00:58:39	488
192	John	Jones	Male	369	M55+	21	Prestatyn Running Club	00:58:57	490	00:58:40	489
525	Simon	Whitehead	Male	370	M45+	64		00:59:00	491	00:58:47	491
438	Philip	Humphreys	Male	371	M70+	2		00:59:06	492	00:58:51	492
373	Roger	Pickles	Male	372	M55+	22	Northern Veterans AC	00:59:08	493	00:58:24	484
629	Ian	Prior	Male	373	M65+	12		00:59:18	494	00:59:06	497
553	Rebecca	Roberts	Female	122	FOPEN	49	Menai Track and Field	00:59:19	495	00:59:11	499
479	Stuart	Marson	Male	374	M60+	6		00:59:25	496	00:59:01	494
174	Helen	Baxandall	Female	123	F50+	10	Prestatyn Running Club	00:59:29	497	00:59:04	496
673	Anton	Kosik	Male	375	M55+	23		00:59:32	498	00:59:07	498
407	Yvonne	Jones	Female	124	F35+	21		00:59:32	499	00:59:17	500
294	Iorwerth	Roberts	Male	376	M65+	13	Eryri Harriers	00:59:38	500	00:58:56	493
244	Rob	Reynolds	Male	377	M45+	65		00:59:38	501	00:59:02	495
379	Richard	Jones	Male	378	M35+	58		00:59:45	502	00:59:27	504
196	Peter	Eardley	Male	379	M55+	24		00:59:51	503	00:59:19	501
361	Elizabeth	Martin	Female	125	F35+	22	Prestatyn Running Club	00:59:57	504	00:59:32	506
692	Peter	Herbert	Male	380	M40+	67		00:59:58	505	00:59:21	502
574	Paul	Taylor	Male	381	M55+	25	OLDHAM AND ROYTON HARRIERS	01:00:03	506	00:59:41	511
589	Anne	Baker	Female	126	F55+	6		01:00:06	507	00:59:25	503
441	Paul	Bedford	Male	382	M45+	66		01:00:07	508	00:59:42	512
720	Nathalie	Rees	Female	127	F40+	19	City of Chester Triathlon Club	01:00:08	509	00:59:30	505
157	Val	Grimes	Female	128	F40+	20		01:00:12	510	00:59:37	508
156	Brendan	Roberts	Male	383	M40+	68		01:00:12	511	00:59:36	507
735	Gill	Brandrick	Female	129	F55+	7	Prestatyn Running Club	01:00:18	512	00:59:59	513
490	Stephen	Reid	Male	384	M45+	67		01:00:21	513	00:59:37	509
366	Nan	Roberts	Female	130	F40+	21		01:00:23	514	01:00:14	518
711	Kata	Kolozsvary	Female	131	F35+	23		01:00:24	515	00:59:41	510
122	Lisa	Cronin	Female	132	FOPEN	50	North Wales Road	01:00:26	516	01:00:13	515

					Runners		
586	Kirsty	Baker	Female 133	FOPEN 51		01:00:30 517	01:00:04 514
317	Clifford	Owen	Male 385	M45+ 68		01:00:38 518	01:00:31 522
144	Wendy	Butler	Female 134	F45+ 17		01:00:42 519	01:00:13 516
24	David Peter	Jones	Male 386	M50+ 26		01:00:49 520	01:00:13 517
548	Raymond	Williams	Male 387	M65+ 14		01:00:51 521	01:00:39 526
453	Kate	Toiley	Female 135	FOPEN 52		01:00:51 522	01:00:34 525
451	Sue	Brierley-Hobson	Female 136	F40+ 22		01:00:51 523	01:00:34 524
510	Donna	Cross	Female 137	F35+ 24		01:00:54 524	01:00:43 528
541	Kirsty	Jopson	Female 138	FOPEN 53	SERPENTINE	01:00:56 525	01:00:41 527
118	Rosemarie	Mcardle	Female 139	F35+ 25		01:00:58 526	01:00:15 519
203	Robert	Harding	Male 388	M60+ 7	Telford Harriers	01:00:58 527	01:00:25 520
308	David	King	Male 389	M65+ 15		01:01:04 528	01:00:46 531
302	Michelle	Beeson	Female 140	F40+ 23	Maldwyn Harriers	01:01:04 529	01:00:52 535
297	Llinos	Davies	Female 141	F50+ 11		01:01:08 530	01:00:27 521
452	Clare	Woodland	Female 142	F35+ 26		01:01:11 531	01:00:54 537
3	Loraine	Duncan	Female 143	F45+ 18		01:01:13 532	01:00:32 523
48	Trish	Murray	Female 144	F40+ 24		01:01:16 533	01:00:46 533
49	Sandra	Biddle	Female 145	F45+ 19		01:01:16 534	01:00:47 534
390	Christopher	Burton	Male 390	M40+ 69		01:01:20 535	01:00:46 530
577	Dorothy	Fairhurst	Female 146	F70+ 1	St Helens Sutton AC	01:01:21 536	01:01:11 539
36	Cindy	Knight	Female 147	F45+ 20	Biddulph Running Club	01:01:26 537	01:00:46 532
614	Georgina	Schofield	Female 148	FOPEN 54		01:01:27 538	01:01:21 541
94	Gethin	Davies	Male 391	MOPEN 108		01:01:28 539	01:00:54 536
329	Paul	Houlding	Male 392	M45+ 69		01:01:32 540	01:00:45 529
415	Clare	Mcewen	Female 149	F35+ 27		01:01:36 541	01:01:23 543
305	Jill	Buerdsell	Female 150	F55+ 8		01:01:44 542	01:01:05 538
195	Linda	Shaw	Female 151	F55+ 9		01:01:59 543	01:01:52 547
377	Gavin	Edwards	Male 393	MOPEN 109		01:01:59 544	01:01:34 544
331	Caitlin	Shepstone	Female 152	FOPEN 55		01:02:01 545	01:01:21 542
93	Heledd	Owen	Female 153	FOPEN 56		01:02:08 546	01:01:39 545
211	Joseph	Gow	Male 394	M65+ 16		01:02:09 547	01:01:54 548
259	Emily	Bloxham	Female 154	FOPEN 57		01:02:18 548	00:52:17 335
132	Rhys	Harrison	Male 395	M65+ 17		01:02:27 549	01:01:45 546

191	Mike	Mcdonald	Male	396	M70+	3	Bowland Fell Runners	01:02:31	550	01:01:59	549
29	Stephen	Parr	Male	397	M40+	70		01:02:33	551	01:02:06	550
28	Jenny	Barrow	Female	155	F40+	25		01:02:34	552	01:02:06	551
535	Rhys	Williams	Male	398	M40+	71		01:02:43	553	01:01:18	540
731	Matt	Thomas	Male	399	M35+	59		01:02:44	554	01:02:12	552
351	Gwion	Tegid	Male	400	MOPEN	110		01:02:55	555	01:02:25	553
480	Eleanor	Marson	Female	156	F35+	28		01:02:58	556	01:02:35	554
232	Maria	Halligan	Female	157	F40+	26		01:03:01	557	01:02:37	555
639	Katheryn	Chester	Female	158	F40+	27		01:03:01	558	01:02:48	557
330	Jodie	Farrelly	Female	159	F35+	29		01:03:20	559	01:02:39	556
332	Dave	Poulter	Male	401	MOPEN	111		01:03:20	560		0
349	Deiniol	Tegid	Male	402	M45+	70		01:03:26	561	01:02:55	558
632	Claire	Woosey	Female	160	FOPEN	58		01:03:30	562	01:03:00	559
677	Suzanne	Jamieson-Evans	Female	161	F40+	28		01:03:42	563	01:03:08	560
250	Nicola	Roberts	Female	162	F35+	30		01:03:42	564	01:03:30	561
528	Lorna	Macgregor	Female	163	FOPEN	59		01:03:51	565	01:03:43	564
255	Emma	Strange	Female	164	FOPEN	60		01:03:56	566	01:03:48	565
307	David	Williams	Male	403	M40+	72		01:04:05	567	01:03:31	562
633	Cara	Bradbury	Female	165	FOPEN	61		01:04:06	568	01:03:36	563
550	Debbie	Roberts	Female	166	F35+	31		01:04:20	569	01:04:07	569
71	Dale	Williams	Male	404	M50+	27		01:04:24	570	01:03:51	566
147	Elaine	Smithies	Female	167	F35+	32		01:04:33	571	01:03:57	567
426	Rhodri	Llwyd	Male	405	M35+	60		01:05:02	572	01:04:42	570
583	Jonathan	Davies	Male	406	M35+	61		01:05:09	573	01:03:59	568
112	Peter	Estick	Male	407	M70+	4	massey ferguson running club	01:05:13	574	01:04:49	571
240	Gwawr	Ifan	Female	168	FOPEN	62		01:05:18	575	01:04:50	572
350	Nerys Angharad	Lewis	Female	169	FOPEN	63		01:05:22	576	01:04:52	573
175	Tim	Smith	Male	408	MOPEN	112		01:05:52	577	01:05:24	574
275	Guy	Pattison	Male	409	MOPEN	113		01:05:52	578	01:05:24	575
30	Tracey	Derham	Female	170	F40+	29		01:06:24	579	01:05:43	576
678	Elinor	Owen	Female	171	FOPEN	64		01:06:25	580	01:05:56	577
61	Linda	Carruthers	Female	172	F50+	12		01:06:32	581	01:06:06	581

357	Gemma	Gale	Female 173	FOPEN	65		01:06:33	582	01:06:17	582
306	Elaine	Doga	Female 174	F45+	21		01:06:34	583	01:06:00	578
5	Sian	Cassy	Female 175	F35+	33		01:06:38	584	01:06:06	580
136	Sandra	Williams	Female 176	F40+	30		01:06:42	585	01:06:06	579
162	Jemma	Evans	Female 177	FOPEN	66		01:06:53	586	01:06:26	583
326	Esther	Cadogan	Female 178	FOPEN	67		01:07:13	587	01:06:41	584
90	Debbie	Burgoyne -Dawson	Female 179	F50+	13		01:07:48	588	01:07:24	585
729	Keith	Williams	Male 410	M40+	73		01:07:59	589	01:07:47	588
439	Aron	Williams	Male 411	MOPEN	114		01:08:00	590	01:07:48	589
679	Dic	Owen	Male 412	M65+	18		01:08:01	591	01:07:32	586
615	Vicki	Mooney	Female 180	FOPEN	68		01:08:02	592	01:07:34	587
249	Belinda	Bryant	Female 181	F35+	34	Maldwyn harriers	01:08:56	593	01:08:44	590
712	Jane	Richards	Female 182	F45+	22		01:09:40	594	01:09:16	591
171	Ian	Munro	Male 413	M55+	26		01:10:01	595	01:09:20	592
68	John	Howard	Male 414	M60+	8		01:10:05	596	01:09:36	593
662	Louise	Proud	Female 183	F35+	35	United Kingdom athletics	01:10:17	597	01:09:47	594
16	Pat	Linney	Female 184	F60+	4		01:11:14	598	01:10:32	595
448	Keith	Tubman	Male 415	M65+	19		01:11:27	599	01:10:41	596
67	Ronnie	Carruthers	Male 416	M50+	28		01:11:37	600	01:11:11	597
631	Debbie	Evans	Female 185	F50+	14		01:12:09	601	01:11:39	598
186	Patricia	Bolton	Female 186	F70+	2	Biddulph Running Club	01:12:39	602	01:11:58	599
463	Helen	Higgins	Female 187	FOPEN	69		01:12:41	603	01:12:23	600
205	Jim	Aveyard	Male 417	M60+	9		01:13:21	604	01:12:36	601
86	Tanya	Liepins	Female 188	F40+	31		01:13:29	605	01:12:50	602
200	Matthew	Campion	Male 418	M35+	62		01:13:43	606	01:13:30	604
124	Gwenda	Marshall	Female 189	F50+	15		01:13:56	607	01:13:18	603
504	Kelly	Clarke	Female 190	F35+	36	Rocktart Runners	01:14:15	608	01:14:11	607
163	Thomas	Fletcher	Male 419	M40+	74		01:14:32	609	01:14:09	606
374	Grace	Pickles	Female 191	F55+	10	Northern Veterans AC	01:14:37	610	01:13:53	605
164	Jane	Williams	Female 192	F60+	5		01:17:18	611	01:16:38	608
278	Jean	Bayley	Female 193	F50+	16	Manchester Harriers	01:17:40	612	01:17:00	609
277	Jean	Skitt	Female 194	F65+	3	Manchester Harriers	01:17:40	613	01:17:02	610

242	Beryl	Griffiths	Female	195	F50+	17		01:17:49	614	01:17:12	611
394	Malcolm	Jones	Male	420	M60+	10		01:18:20	615	01:18:14	613
9	Michelle	Elliott	Female	196	F35+	37		01:18:27	616	01:17:55	612
675	Ken	Richards	Male	421	M65+	20	Newcastle AC	01:19:00	617	01:18:14	614
159	Lynne	Slater	Female	197	F40+	32		01:22:18	618	01:21:50	615
400	Gemma	Morgan	Female	198	FOPEN	70		01:24:32	619	01:24:03	616
198	Kathy	Ling	Female	199	F65+	4	Wrekin Road Runners	01:25:14	620	01:24:28	617
243	Gaynor	Gillgrass	Female	200	F50+	18		01:33:19	621	01:32:43	618
33	Steve	Jones	Male	0	M40+	0		DNF	DNF	DNF	DNF
565	Andrew	Jones	Male	0	M40+	0		DNF	DNF	DNF	DNF