

1. Darren Blazier	Abergele Harriers	SM	37-31
2. Chris Davies	Buckley	M45	38-06
3. Paul Wathan	Cybi Striders	SM	39-01
4. John Earlston	Abergele Harriers	M45	39-12
5. Geran Hughes	Abergele Harriers	M40	39-29
6. Justin McIlveen	Abergele Harriers	SM	41-01
7. Mathew Ashton	Abergele Harriers	SM	41-01
8. Kerry Blinston	N.W.R.R.C	SM	41-16
9. John Owen Griffith	Cybi Striders	M50	41-47
10. George Nicholls	Prestatyn R.C	SM	41-54
11. Arfon Owen	Cybi Striders	M40	42-04
12. Ed Reid	Abergele Harriers	M40	42-22
13. Arwel Jones	Prestatyn R.C	M45	42-29
14. Martin Cortvriend	Denbigh Harriers	M50	43-08
15. Paul Ballinger	Denbigh Harriers	M45	43-18
16. Michael Jones	U/A	SM	43-55
17. David Nolan	N.W.R.R.C	SM	44-12
18. Ian Rothery	Cybi Striders	M50	44-17
19. Graeme Decke	U/A	SM	45-48
20. Paul Hooson	Wrexham Tri	M40	46-00
21. Chris Baldwin	Denbigh Harriers	M50	46-28
22. Stephen Jeffery	Abergele Harriers	M55	46-52
23. Peter Carpenter	U/A	M45	47-19
24. Kevin Higgins	U/A	M40	48-36
25. Geraint Dodd	Denbigh Harriers	SM	48-38
26. Rhion Jones	Cybi Striders	SM	49-26
27. Kirsty Stephenson	U/A	F40	49-32
28. Jason Williams	U/A	SM	49-53
29. Keith Humphreys	Denbigh Harriers	M45	50-14
30. John Brilze	N.W.R.R.C	M40	50-48
31. Dwain Williams	U/A	M40	51-01
32. Deborah Cliff	Abergele Harriers	F40	51-16
33. Pam Grant	Abergele Harriers	F45	51-34
34. Roy Jardine	Eryri Harriers	M55	53-16
35. Jason Burton	Prestatyn R.C	SM	53-31
36. Melanie Williams	Abergele Harriers	F40	54-02
37. Angela Hughes	Abergele Harriers	F35	54-50
38. Ann Marie Allen	Denbigh Harriers	F40	55-25
39. Margaret Ludden	U/A	F40	55-35
40. Karen Needs	U/A	F35	55-41
41. Sarah Baylis	Denbigh Harriers	F35	56-21
42. Ron Birch	Denbigh Harriers	M65	56-41
43. David Watkin Jones	U/A	M50	58-59
44. David Beard	Eryri Harriers	M50	60-17
45. Eddie Naisby	Prestatyn R.C	M65	60-46

46. Eleri Jones	Denbigh Harriers	F35	62-14
47. Raymond Williams	U/A	M55	67-02
48. Sara Cassidy McIlveen	Abergele Harriers	SF	67-10
49. Ruth Oliver	U/A	F35	69-20
50. Jim Oliver	U/A	M40	69-23
51. Menai Baugh	Denbigh Harriers	F45	73-52
52. Jackie Jeffery	U/A	F50	75-56
53. Jamie Ashton	Abergele Harriers	SF	89-07