

# Flintshire 5k & 10k 2018

## Gender/AG Results 10k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
442	Mike	Roberts	Male	1.	Male 35-39	1.		0:34:29,47	1.	0:34:28,70	4.
439	Joseph	Murray	Male	2.	Male 21-34	1.		0:34:49,80	2.	0:34:43,34	5.
565	Dave	Mounford	Male	3.	Male 21-34	2.	Team Aura	0:34:55,32	3.	0:34:54,29	6.
752	Steve	Forsyth	Male	4.	Male 35-39	2.	Wolverhampton And Bilston	0:35:55,79	4.	0:35:54,66	7.
602	Rob	Deller	Male	5.	Male 21-34	3.	Wirral Ac	0:37:12,15	5.	0:37:11,12	8.
6	Jonathon	Seymour	Male	6.	Male 35-39	3.	Gog Triathlon Club	0:37:18,51	6.	0:37:16,88	9.
545	Nicholas	Hackett	Male	7.	Male 35-39	4.	South Cheshire Harriers	0:37:28,00	7.	0:37:26,55	10.
77	Gareth	Moyle	Male	8.	Male 35-39	5.	Beverley Ac	0:37:42,20	8.	0:37:40,13	11.
249	Devin	Coombes	Male	9.	Male 12-20	1.	Bridgend Ac	0:37:42,88	9.	0:37:42,00	12.
512	Scott	Nixon	Male	10.	Male 21-34	4.	Deestridders	0:37:53,26	10.	0:37:52,18	13.
321	Bryn	Woodall	Male	11.	Male 12-20	2.	Colwyn Bay Athletics	0:38:02,50	11.	0:38:00,79	14.
216	Harry	Driscoll	Male	12.	Male 12-20	3.		0:38:52,72	12.	0:38:50,81	15.
396	Daniel	Williams	Male	13.	Male 21-34	5.	Abergele Harriers	0:39:06,16	13.	0:39:04,83	16.
330	Darren	Blazier	Male	14.	Male 45-49	1.	Abergele Harriers	0:39:07,67	14.	0:39:05,83	17.
278	Stephen	Parry	Male	15.	Male 40-44	1.	Deeside Aac	0:40:35,76	15.	0:40:33,68	18.
243	Tommy	O'neil	Male	16.	Male 35-39	6.		0:41:03,29	16.	0:41:02,16	19.
304	Steve	Coleman	Male	17.	Male 55-59	1.	Fydle Coast Runners	0:41:21,27	17.	0:41:19,55	21.
141	Andrew	Peers	Male	18.	Male 21-34	6.	Buckley Runners	0:41:31,73	18.	0:41:29,11	22.
152	Jen	Adams	Female	1.	Female 35-39	1.	Buckley Rc	0:41:36,83	19.	0:41:32,06	23.
4	Ads	Wills	Male	19.	Male 45-49	2.		0:41:38,37	20.	0:41:33,12	24.
426	Paul	Thomas	Male	20.	Male 55-59	2.	Maldwyn Harriers	0:41:41,41	21.	0:41:38,72	26.
194	Nick	Chadwick	Male	21.	Male 40-44	2.		0:41:45,04	22.	0:41:35,97	25.
275	Phil	Brown	Male	22.	Male 50-54	1.	Baldon Runners	0:41:49,67	23.	0:41:46,42	27.
398	Stewart	van Ark	Male	23.	Male 21-34	7.		0:41:51,43	24.	0:41:16,30	20.
569	Arwel	Lewis	Male	24.	Male 60-64	1.	Eryri	0:41:57,33	25.	0:41:56,39	29.
379	Sam	Davies	Male	25.	Male 21-34	8.		0:42:06,57	26.	0:41:54,86	28.
251	Gethin	Jones	Male	26.	Male 21-34	9.	North Wales Roadrunners	0:42:07,03	27.	0:42:05,58	30.
427	Phil	Lewis	Male	27.	Male 50-54	2.		0:42:13,94	28.	0:42:10,86	31.
314	Jane	Jennions	Female	2.	Female 35-39	2.	Deestridders Rc	0:42:14,80	29.	0:42:12,84	32.
530	Gareth	Evans	Male	28.	Male 21-34	10.		0:42:17,12	30.	0:42:14,66	34.
340	Peter	Brodey	Male	29.	Male 21-34	11.		0:42:25,67	31.	0:42:14,32	33.
76	Drew	Gray	Male	30.	Male 35-39	7.		0:42:29,61	32.		1.
160	Richard	Brailsford	Male	31.	Male 40-44	3.	Manchester Ymca Harriers	0:42:36,43	33.	0:42:25,87	35.
437	Andrew	Biddle	Male	32.	Male 40-44	4.	Penny Lane Striders	0:42:43,16	34.	0:42:40,31	36.
563	Ian	Jones	Male	33.	Male 21-34	12.		0:42:53,01	35.	0:42:45,43	37.
507	Tom	Harris-Jones	Male	34.	Male 21-34	13.		0:42:58,29	36.	0:42:48,81	38.
404	Rachel	Shiple	Female	3.	Female 21-34	1.	Abergele Harriers	0:43:04,74	37.	0:43:02,62	40.
303	Andrew	Peers	Male	35.	Male 21-34	14.		0:43:05,99	38.	0:42:53,14	39.
433	Ashley	Jennings	Male	36.	Male 21-34	15.		0:43:10,02	39.	0:43:06,15	41.
557	Sion	O'neil	Male	37.	Male 45-49	3.		0:43:11,47	40.	0:43:10,08	43.
611	Christopher	Stephens	Male	38.	Male 50-54	3.	Deestridders	0:43:14,51	41.	0:43:10,05	42.
522	Nader	Kohbodi	Male	39.	Male 21-34	16.		0:43:18,41	42.	0:43:16,24	44.
175	Martin	Wynn	Male	40.	Male 50-54	4.		0:43:22,32	43.	0:43:17,96	45.
226	Steven	Roberts	Male	41.	Male 50-54	5.	Nwrrc	0:43:28,67	44.	0:43:25,64	47.
229	Steven	Parsons	Male	42.	Male 45-49	4.	Chester Triathlon Club	0:43:32,84	45.	0:43:30,72	48.
256	Steve	Bellis	Male	43.	Male 60-64	2.		0:43:38,69	46.	0:43:36,14	51.
794	David	Hartley	Male	44.	Male 35-39	8.	Ellesmere Port	0:43:40,07	47.	0:43:31,19	49.
319	Glyn	Hughes	Male	45.	Male 21-34	17.	Buckley Rc	0:43:44,57	48.	0:43:31,37	50.
121	Tom	Duckers	Female	4.	Female 35-39	3.		0:43:49,96	49.	0:43:44,00	52.
96	Paul	Garstang	Male	46.	Male 55-59	3.		0:43:51,05	50.	0:43:47,78	54.
98	Ben	Carus	Male	47.	Male 21-34	18.		0:43:58,55	51.	0:43:45,88	53.
82	Luke	Crofts	Male	48.	Male 35-39	9.		0:43:58,82	52.	0:43:23,03	46.
538	Daniel	Griffiths	Male	49.	Male 21-34	19.		0:44:06,81	53.	0:43:56,71	55.
281	Andrew	Roberts	Male	50.	Male 50-54	6.	Gog Triathlon	0:44:21,55	54.	0:44:17,88	56.
90	Paul	Williams	Male	51.	Male 50-54	7.		0:44:28,52	55.	0:44:27,53	57.
339	Mark	Davies	Male	52.	Male 35-39	10.		0:44:43,07	56.	0:44:31,89	58.
367	Carl	Barnes	Male	53.	Male 21-34	20.	Widnes Running Club	0:44:50,47	57.	0:44:47,72	59.
544	James	Anderson	Male	54.	Male 21-34	21.		0:45:09,05	58.	0:45:01,43	60.
196	Paul	Mcmanus	Male	55.	Male 45-49	5.	Buckley Rc	0:45:15,15	59.	0:45:09,81	62.
395	Greg	Hunt	Male	56.	Male 21-34	22.	Buckley Runners	0:45:25,71	60.	0:45:09,74	61.
164	Ivan	Pitman	Male	57.	Male 45-49	6.		0:45:29,15	61.	0:45:17,50	63.
159	Mivhael	Dunning	Male	58.	Male 21-34	23.		0:45:37,60	62.	0:45:29,91	66.
488	Max	Dowell	Male	59.	Male 21-34	24.		0:45:39,67	63.	0:45:34,31	67.
820	Trevor	Tommy	Male	60.	Male 55-59	4.		0:45:43,22	64.	0:45:36,80	68.
446	Sam	Owen	Male	61.	Male 21-34	25.		0:45:53,91	65.	0:45:27,85	65.
30	Piotr	Dzieszkowski	Male	62.	Male 21-34	26.		0:45:54,41	66.	0:45:19,29	64.
572	Morgan	Smith	Male	63.	Male 12-20	4.	West Cheshire Ac	0:45:55,75	67.	0:45:41,58	69.
172	Mark	Dunning	Male	64.	Male 21-34	27.		0:45:59,52	68.	0:45:52,27	72.
372	Dafydd	Bailey	Male	65.	Male 21-34	28.		0:46:04,17	69.	0:45:43,43	70.
542	Paul	Grainger	Male	66.	Male 21-34	29.		0:46:04,37	70.	0:45:55,48	73.
526	Jonny	Owen	Male	67.	Male 40-44	5.		0:46:05,19	71.	0:45:51,87	71.
561	Antony	Smith	Male	68.	Male 21-34	30.	Ellesmere Port Rc	0:46:12,21	72.	0:45:55,70	74.
575	N.n.	575		1.		1.		0:46:16,52	73.	0:46:10,23	75.
187	Harry	Evans	Male	69.	Male 21-34	31.		0:46:17,65	74.	0:46:10,53	76.
390	Sean	Plummer	Male	70.	Male 21-34	32.		0:46:25,10	75.	0:46:18,26	78.
350	Stephen	O'neill	Male	71.	Male 65-69	1.		0:46:25,37	76.	0:46:16,55	77.
359	Daniel	Jones	Male	72.	Male 35-39	11.		0:46:38,17	77.	0:46:31,19	79.
320	Michael	Horaczek	Male	73.	Male 40-44	6.		0:46:52,46	78.	0:46:43,07	80.
424	Sam	Chamberlain	Male	74.	Male 21-34	33.		0:46:53,71	79.	0:46:44,69	81.
511	John	Jones	Male	75.	Male 60-64	3.	Abergele Harriers	0:46:54,89	80.	0:46:48,15	82.
84	Ian	Dixon	Male	76.	Male 35-39	12.		0:47:05,55	81.	0:46:54,63	84.
354	Melvyn	Cole	Male	77.	Male 65-69	2.	South Cheshire Harriers	0:47:08,17	82.	0:47:04,09	86.
485	Iestyn	Smith	Male	78.	Male 21-34	34.		0:47:12,09	83.	0:47:08,59	87.
540	Jon	Clayton	Male	79.	Male 40-44	7.		0:47:16,43	84.	0:46:51,11	83.
528	Andrea	Parr	Female	5.	Female 40-44	1.	Deestridders	0:47:20,43	85.	0:47:15,88	91.
566	Simon	Jenkins	Male	80.	Male 45-49	7.	Team Aura	0:47:23,11	86.	0:47:12,24	89.
193	Ricky	Roberts	Male	81.	Male 50-54	8.		0:47:26,26	87.	0:46:59,14	85.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
287	Benjamin	Cockell	Male	82.	Male 21-34	35.		0:47:28,47	88.	0:47:10,94	88.
122	Rob	Duckers	Male	83.	Male 35-39	13.	Chester Triathlon Club	0:47:32,82	89.	0:47:13,29	90.
112	Paul	Watson	Male	84.		1.		0:47:34,73	90.	0:47:24,10	92.
470	Karen	Jones	Female	6.	Female 45-49	1.	Pensby Runners	0:47:41,07	91.	0:47:32,01	94.
504	Arwel	Jones	Male	85.	Male 55-59	5.	Prestatyn Running Club	0:47:48,83	92.	0:47:46,60	96.
505	Jordan	Davies	Male	86.	Male 21-34	36.		0:47:51,27	93.	0:47:33,20	95.
497	Wayne	Simmons	Male	87.	Male 21-34	37.		0:47:58,20	94.	0:47:51,78	97.
323	Beth	Horrocks	Female	7.	Female 35-39	4.		0:48:04,42	95.	0:47:26,81	93.
325	Jamie	Griffiths	Male	88.	Male 21-34	38.		0:48:14,93	96.	0:47:56,38	98.
269	Jonny	Lewis	Male	89.	Male 21-34	39.		0:48:15,98	97.	0:47:59,46	99.
388	David	Lee	Male	90.	Male 21-34	40.		0:48:31,56	98.	0:48:25,10	102.
169	Mark	Evans	Male	91.	Male 60-64	4.	Oswestry Olympians	0:48:34,73	99.	0:48:30,43	103.
309	Deryn	Poppitt	Male	92.	Male 50-54	9.	Oswestry Olympians	0:48:39,61	100.	0:48:19,48	100.
375	Stuart	Hardcastle	Male	93.	Male 60-64	5.	Quakers Rc	0:48:43,20	101.	0:48:39,79	107.
537	Gareth	Ellis	Male	94.	Male 50-54	10.		0:48:44,36	102.	0:48:33,04	104.
364	David	Russell	Male	95.	Male 21-34	41.		0:48:49,98	103.	0:48:42,56	110.
420	Chris	Hunt	Male	96.	Male 40-44	8.	Buckley Rc	0:48:51,71	104.	0:48:37,42	106.
345	David	Griffiths	Male	97.	Male 45-49	8.	Penny Lane Striders	0:48:52,21	105.	0:48:43,27	111.
431	Leah	Bradshaw-Williams	Female	8.	Female 35-39	5.		0:48:53,14	106.	0:48:46,68	113.
286	Kyle	Gleave	Male	98.	Male 21-34	42.		0:48:56,44	107.	0:48:40,52	108.
293	Steve	Carney	Male	99.	Male 45-49	9.		0:48:56,85	108.	0:48:23,56	101.
215	Chris	Speed	Male	100.	Male 21-34	43.		0:48:57,78	109.	0:48:45,24	112.
85	Martin	Aston	Male	101.	Male 50-54	11.	Scarborough Athletics Club	0:49:01,96	110.	0:48:48,34	115.
246	Joseph	Robinson	Male	102.	Male 21-34	44.		0:49:02,19	111.	0:48:42,45	109.
322	Steve	Farthing	Male	103.	Male 45-49	10.		0:49:02,98	112.	0:48:48,62	116.
218	James	Wayte	Male	104.	Male 35-39	14.		0:49:06,07	113.	0:48:55,44	117.
451	Brian	Roberts	Male	105.	Male 55-59	6.		0:49:10,46	114.	0:48:47,17	114.
386	Kelvin	Davies	Male	106.	Male 21-34	45.		0:49:10,79	115.	0:48:34,03	105.
467	John	Owen	Male	107.	Male 50-54	12.	Deestridders	0:49:12,78	116.	0:49:07,11	121.
317	William	Mcniece	Male	108.	Male 21-34	46.		0:49:15,15	117.	0:49:08,11	122.
571	Charles	Barton	Male	109.	Male 21-34	47.	Buckley Rc	0:49:17,13	118.	0:49:00,14	119.
73	Shan	Woodward	Female	9.	Female 21-34	2.	Penyffordd Running Club	0:49:18,52	119.	0:49:04,30	120.
13	Paul	Cockell	Male	110.	Male 50-54	13.	Team Aura	0:49:29,02	120.	0:49:11,48	123.
697	Mike	Stephenson	Male	111.	Male 55-59	7.		0:49:31,45	121.	0:48:58,92	118.
449	Gwennan	Henstock	Female	10.	Female 40-44	2.		0:49:33,73	122.	0:49:16,35	124.
444	Sallyann	Oneil	Female	11.	Female 40-44	3.		0:49:37,85	123.	0:49:23,44	125.
190	Kent	Humphreys	Male	112.	Male 50-54	14.		0:49:39,49	124.	0:49:34,24	127.
257	Stephen	Birkett	Male	113.	Male 40-44	9.		0:50:01,20	125.	0:49:46,76	131.
230	David	Hall	Male	114.	Male 50-54	15.		0:50:01,48	126.	0:49:32,31	126.
368	Eilian	Jones	Female	12.	Female 45-49	2.		0:50:02,92	127.	0:49:52,11	133.
801	Philip	Sloan	Male	115.	Male 40-44	10.		0:50:06,71	128.	0:49:56,33	134.
333	Sally	Rotherham	Female	13.	Female 35-39	6.		0:50:07,29	129.	0:49:43,99	128.
371	Graeme	Allen	Male	116.	Male 21-34	48.		0:50:09,49	130.	0:49:44,23	129.
311	Alex	Crawford	Male	117.	Male 12-20	5.		0:50:11,13	131.	0:49:49,38	132.
480	James	Bradford	Male	118.	Male 40-44	11.		0:50:16,51	132.	0:49:44,50	130.
413	Sarah	Joule-Smith	Female	14.	Female 45-49	3.	Vegan Runners	0:50:22,97	133.	0:50:13,83	136.
539	Louise	Carden	Female	15.	Female 21-34	3.		0:50:28,80	134.	0:50:25,31	138.
474	Stephen	Davies	Male	119.	Male 60-64	6.		0:50:33,87	135.	0:49:59,96	135.
553	Spencer	Williams	Male	120.	Male 40-44	12.		0:50:40,25	136.	0:50:20,07	137.
786	Laura	Jones	Female	16.		1.		0:50:53,99	137.	0:50:49,22	146.
501	David	Bourke	Male	121.	Male 35-39	15.		0:50:56,72	138.	0:50:45,02	144.
469	Thomas	Robinson	Male	122.	Male 21-34	49.		0:50:57,03	139.	0:50:39,70	142.
68	Linda	Turley	Female	17.	Female 45-49	4.		0:50:58,91	140.	0:50:52,89	148.
452	Shelly	Jones	Female	18.	Female 21-34	4.		0:51:02,13	141.	0:50:35,21	140.
115	Kevin	Asplet	Male	123.	Male 35-39	16.		0:51:02,93	142.	0:50:25,59	139.
570	Gus	Wood	Male	124.	Male 35-39	17.		0:51:03,75	143.	0:51:01,26	155.
533	Laura	Woollard	Female	19.	Female 21-34	5.	Ellesmere Port	0:51:03,89	144.	0:50:54,16	149.
440	Mark	Jones	Male	125.	Male 45-49	11.		0:51:04,67	145.	0:51:00,11	154.
199	Adam	Bishop	Male	126.	Male 21-34	50.		0:51:08,04	146.	0:50:36,29	141.
535	Helen	Meredith	Female	20.	Female 45-49	5.		0:51:11,29	147.	0:50:40,70	143.
506	Niall	Owens	Male	127.	Male 21-34	51.		0:51:11,80	148.	0:50:58,40	151.
793	Maurice	Blount	Male	128.	Male 21-34	52.		0:51:17,02	149.	0:50:58,68	152.
405	Robert	Fryer	Male	129.	Male 60-64	7.		0:51:17,42	150.	0:50:47,92	145.
334	Rachel	Bostock	Female	21.	Female 21-34	6.		0:51:18,38	151.	0:50:52,09	147.
445	Andrew	Wood	Male	130.	Male 55-59	8.		0:51:23,81	152.	0:50:58,03	150.
238	Aled	Jones	Male	131.	Male 40-44	13.		0:51:25,18	153.	0:50:58,77	153.
409	Stewart	Bradley	Male	132.	Male 40-44	14.		0:51:30,61	154.	0:51:26,96	161.
374	Sarah	Stewart	Female	22.	Female 21-34	7.		0:51:31,37	155.	0:51:23,94	159.
604	Claire	Clarke	Female	23.	Female 35-39	7.		0:51:35,21	156.	0:51:25,68	160.
783	Manon	Wilkinson	Female	24.	Female 21-34	8.	Eryri	0:51:36,70	157.	0:51:10,93	156.
168	Tom	Chamberlain	Male	133.	Male 21-34	53.		0:51:36,97	158.	0:51:27,83	162.
185	Ian	Kinnair	Male	134.	Male 50-54	16.		0:51:38,89	159.	0:51:33,70	164.
235	Gareth	Burroughes	Male	135.	Male 40-44	15.		0:51:39,51	160.	0:51:17,64	157.
574	Hannah	Carty	Female	25.	Female 21-34	9.		0:51:43,55	161.	0:51:19,50	158.
40	Evelyn	Aindow	Female	26.	Female 45-49	6.	Buckley Running Club	0:51:47,25	162.	0:51:34,05	165.
123	Dave	Collings	Male	136.	Male 50-54	17.		0:51:54,73	163.	0:51:47,75	169.
125	Mark	Lawlor	Male	137.	Male 50-54	18.		0:52:00,17	164.	0:51:53,37	171.
214	Graham	Walker	Male	138.	Male 40-44	16.		0:52:01,21	165.	0:51:40,71	167.
785	Ian	Dunning	Male	139.	Male 21-34	54.		0:52:02,61	166.	0:51:55,23	172.
329	Andy	Griffiths	Male	140.	Male 45-49	12.		0:52:06,57	167.	0:51:58,07	174.
277	Gethin	Owen	Male	141.	Male 21-34	55.		0:52:09,21	168.	0:51:56,93	173.
384	Martin	Gill	Male	142.	Male 50-54	19.	Prestatyn Rc	0:52:09,78	169.	0:51:33,48	163.
248	Stefan	Jarmolowicz	Male	143.	Male 35-39	18.		0:52:12,36	170.	0:52:05,65	176.
447	Gareth	Hughes	Male	144.	Male 35-39	19.		0:52:13,09	171.	0:51:40,21	166.
417	Claire	Hughes	Female	27.	Female 45-49	7.		0:52:15,96	172.	0:51:48,29	170.
503	David	Moyle	Male	145.	Male 35-39	20.		0:52:21,21	173.	0:51:58,98	175.
455	Lee	Brown	Male	146.	Male 35-39	21.		0:52:21,23	174.	0:51:42,14	168.

# Flintshire 5k & 10k 2018

## Gender/AG Results 10k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
202	Stephanie	Memmory	Female	28.	Female 45-49	8.	Penyffordd Run Club	0:52:23,93	175.	0:52:09,12	177.
562	Mari	Williams	Female	29.	Female 21-34	10.	Denbigh Harriers	0:52:30,39	176.	0:52:27,15	182.
798	Cai	Roberts	Male	147.	Male 35-39	22.	Nwrrc	0:52:35,26	177.	0:52:31,18	183.
38	Kelly	Alford	Female	30.	Female 21-34	11.	North Wales Road Runners	0:52:35,87	178.	0:52:31,75	184.
63	Colin	Davies	Male	148.	Male 65-69	3.	Altrincham & District Ac	0:52:38,18	179.	0:52:31,76	185.
790	Keiron	Shone	Male	149.	Male 35-39	23.		0:52:39,37	180.	0:52:26,25	180.
468	Taryn	Robinson	Female	31.	Female 21-34	12.		0:52:40,51	181.	0:52:23,34	179.
103	Daniel	Forse	Male	150.	Male 21-34	56.		0:52:48,26	182.	0:52:26,97	181.
450	Victoria	Taylor	Female	32.	Female 40-44	4.	North Wales Road Runners	0:52:49,57	183.	0:52:17,91	178.
382	Graham	Ormondroyd	Male	151.	Male 35-39	24.	Gog Triathlon Club	0:52:49,92	184.	0:52:34,77	187.
285	Katrina	Shankar	Female	33.	Female 21-34	13.		0:52:51,41	185.	0:52:35,20	188.
498	Sali	Powell	Female	34.	Female 21-34	14.	Denbigh Harriers	0:52:51,87	186.	0:52:49,31	192.
502	Sharon	Jones	Female	35.	Female 45-49	9.		0:52:56,39	187.	0:52:33,48	186.
332	Ann Claire	Jones	Female	36.	Female 45-49	10.		0:52:57,99	188.	0:52:47,68	191.
392	Nicola	Mcgrath	Female	37.	Female 35-39	8.		0:52:59,35	189.	0:52:46,81	190.
416	Bridget	Aldridge	Female	38.	Female 45-49	11.		0:53:02,77	190.	0:52:56,56	194.
305	Leanne	Ratcliffe	Female	39.	Female 21-34	15.		0:53:03,03	191.	0:52:45,14	189.
529	Allan	Fisher	Male	152.	Male 40-44	17.		0:53:04,97	192.	0:53:00,79	195.
564	Andy	Clark	Male	153.	Male 45-49	13.	Prestatyn Running Club	0:53:11,13	193.		3.
266	Rupert	Ellis	Male	154.	Male 40-44	18.		0:53:13,75	194.	0:53:08,57	199.
430	Kevin	Andrews	Male	155.	Male 35-39	25.		0:53:19,19	195.	0:53:06,13	197.
484	Chris	Wiseman	Male	156.	Male 40-44	19.		0:53:20,29	196.	0:53:13,96	201.
824	Athanasios	Dimitriou	Male	157.	Male 35-39	26.		0:53:20,81	197.	0:53:05,84	196.
132	Andrew	Schofield	Male	158.	Male 40-44	20.		0:53:22,23	198.	0:52:53,84	193.
475	Paul	Wyatt	Male	159.	Male 50-54	20.		0:53:38,05	199.	0:53:07,37	198.
519	Louise	Thompson	Female	40.	Female 40-44	5.		0:53:41,07	200.	0:53:21,63	203.
487	Tom	Jones	Male	160.	Male 21-34	57.		0:53:41,55	201.	0:53:31,64	208.
471	John Gwynn	Evans	Male	161.	Male 70-74	1.	Aberystwyth A C	0:53:41,78	202.	0:53:29,30	206.
399	Francesca	Done	Female	41.	Female 21-34	16.		0:53:44,45	203.	0:53:09,25	200.
423	Phil	Jones	Male	162.	Male 50-54	21.		0:53:48,01	204.	0:53:27,97	204.
490	David	Walsh	Male	163.	Male 35-39	27.		0:53:49,78	205.	0:53:28,26	205.
212	Clare	Blackhurst	Female	42.	Female 40-44	6.		0:53:51,07	206.	0:53:30,39	207.
394	Alex	Hunt	Female	43.	Female 21-34	17.	Buckley Runners	0:53:52,63	207.	0:53:35,82	209.
75	Susan	Formstone	Female	44.	Female 45-49	12.	Buckley Rc	0:53:52,63	208.	0:53:36,72	210.
573	Daniel	Lloyd	Male	164.	Male 40-44	21.		0:53:53,56	209.	0:53:39,84	212.
514	Paul	Ford	Male	165.	Male 50-54	22.	Ukrunchat Running Club	0:53:55,26	210.	0:53:18,43	202.
643	Craig	Spencer	Male	166.	Male 35-39	28.	Spinks Ac	0:53:57,89	211.	0:53:39,22	211.
521	Kevin	Jones	Male	167.	Male 50-54	23.		0:54:01,44	212.	0:53:51,38	217.
261	Lois	Wiegand	Female	45.	Female 40-44	7.		0:54:07,32	213.	0:53:50,43	216.
150	Brandon	Schofield	Male	168.	Male 12-20	6.		0:54:08,73	214.	0:53:40,34	213.
209	Bethany	Fairhurst	Female	46.	Female 21-34	18.		0:54:08,73	215.	0:53:53,46	218.
197	Jenny	Lewtey Jones	Female	47.	Female 35-39	9.	Deestridders	0:54:13,25	216.	0:53:44,09	214.
225	Dannii	Shankar	Female	48.	Female 21-34	19.		0:54:23,86	217.	0:54:07,47	222.
270	Tom	Smith	Male	169.	Male 35-39	29.	Thunder Runners	0:54:24,44	218.	0:53:59,19	219.
357	Karl	Hughes	Male	170.	Male 45-49	14.		0:54:27,16	219.	0:53:45,99	215.
108	Peter	James	Male	171.	Male 45-49	15.		0:54:29,34	220.	0:54:06,77	221.
177	Jess	Brough	Female	49.	Female 21-34	20.		0:54:29,63	221.	0:54:24,86	232.
797	Cheryl	Griffiths	Female	50.	Female 21-34	21.		0:54:30,10	222.	0:54:20,20	228.
308	David	Pughe	Male	172.	Male 55-59	9.		0:54:33,25	223.	0:54:03,17	220.
327	Tom	McClellan-West	Male	173.	Male 21-34	58.		0:54:34,39	224.	0:54:10,25	223.
555	Saul	Burton	Male	174.	Male 40-44	22.		0:54:37,56	225.	0:54:25,78	233.
313	Emyr	Roberts	Male	175.	Male 55-59	10.		0:54:39,41	226.	0:54:32,56	238.
32	Peter	Fenny	Male	176.	Male 40-44	23.		0:54:40,89	227.	0:54:18,94	226.
107	Geoff	Davies	Male	177.	Male 50-54	24.		0:54:41,42	228.	0:54:19,03	227.
239	Helen	Moore	Female	51.	Female 50-54	1.	Widnes Wasps Lrc	0:54:41,69	229.	0:54:20,79	230.
133	Briony	Hibbert	Female	52.	Female 21-34	22.	Deeside Athletics Club	0:54:41,95	230.	0:54:13,61	224.
221	Andrea	Thom	Female	53.	Female 45-49	13.		0:54:42,47	231.	0:54:20,26	229.
37	Paul	Muncey	Male	178.	Male 60-64	8.	Buckley Running Club	0:54:42,58	232.	0:54:24,11	231.
458	Amy	Cheetham	Female	54.	Female 21-34	23.		0:54:42,90	233.	0:54:14,95	225.
466	Stuart	Benson	Male	179.	Male 35-39	30.		0:54:45,29	234.	0:54:34,17	240.
495	Matthew	Wood	Male	180.	Male 60-64	9.	Sandbach Striders	0:54:45,90	235.	0:54:28,35	236.
408	Sion	Jones	Male	181.	Male 21-34	59.		0:54:47,66	236.	0:54:42,84	243.
336	Kevin	Jones	Male	182.	Male 45-49	16.		0:54:50,12	237.	0:54:27,21	235.
149	Rosemary	Rogers	Female	55.	Female 65-69	1.	West Cheshire Ac	0:54:50,26	238.	0:54:44,66	247.
642	Lisa	Wagner	Female	56.	Female 12-20	1.		0:54:51,05	239.	0:54:25,79	234.
102	James	Williams	Male	183.	Male 21-34	60.		0:54:51,25	240.	0:54:30,43	237.
338	Andrea	Rowe	Female	57.	Female 21-34	24.		0:54:53,63	241.	0:54:43,41	244.
245	Tony	Bebb	Male	184.	Male 50-54	25.		0:54:53,89	242.	0:54:40,96	241.
337	Dan	Rowe	Male	185.	Male 35-39	31.		0:54:54,58	243.	0:54:44,65	246.
348	Stan	Senior	Male	186.	Male 12-20	7.		0:54:59,70	244.	0:54:43,90	245.
138	Chris	Pearce	Male	187.	Male 45-49	17.		0:55:00,58	245.	0:54:41,99	242.
184	Barry	Smith	Male	188.	Male 35-39	32.	Cybi Striders	0:55:01,92	246.	0:54:53,84	249.
280	Gerallt	Owen	Male	189.	Male 50-54	26.		0:55:09,29	247.	0:54:32,57	239.
272	Sarah	Jones	Female	58.	Female 21-34	25.		0:55:10,57	248.	0:55:02,01	252.
315	Glesni	Davies	Female	59.	Female 40-44	8.		0:55:13,70	249.	0:55:05,30	255.
822	Sally	Williams	Female	60.	Female 35-39	10.		0:55:13,96	250.	0:55:05,48	256.
456	Lael	Heaney	Female	61.	Female 21-34	26.		0:55:14,81	251.	0:55:02,53	253.
301	Heledd	Thomas	Female	62.	Female 35-39	11.		0:55:20,89	252.	0:55:05,09	254.
568	Prathap	Chalyl	Male	190.	Male 35-39	33.	Team Aura	0:55:21,45	253.	0:55:18,44	260.
318	Nicola	Shaw	Female	63.	Female 21-34	27.	Buckley Runners	0:55:22,16	254.	0:55:08,42	258.
294	Val	Williams	Female	64.	Female 50-54	2.		0:55:23,99	255.	0:55:01,47	251.
448	Simon	Mccormick	Male	191.	Male 45-49	18.		0:55:26,12	256.	0:54:56,24	250.
369	Sian	Roberts	Female	65.	Female 21-34	28.		0:55:29,28	257.	0:54:51,54	248.
158	Greg	Shaw	Male	192.	Male 55-59	11.		0:55:34,85	258.	0:55:20,69	262.
789	Ian	Jones	Male	193.	Male 55-59	12.	Denbigh Harriers	0:55:41,03	259.	0:55:37,44	269.
343	Hannah	Mcdonnell	Female	66.	Female 21-34	29.	Denbigh Harriers	0:55:41,03	260.	0:55:37,31	268.
106	Gareth	Roberts	Male	194.	Male 50-54	27.		0:55:41,11	261.	0:55:18,54	261.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
297	Lee	Halley	Male	195.	Male 21-34	61.		0:55:43,81	262.	0:55:12,44	259.
438	Nia	Evans	Female	67.	Female 40-44	9.		0:55:44,42	263.	0:55:35,49	267.
276	Bethan	Jones	Female	68.	Female 45-49	14.		0:55:44,76	264.	0:55:32,90	265.
50	David G	Hughes	Male	196.	Male 55-59	13.		0:55:47,35	265.	0:55:06,57	257.
34	Andy	Hughes	Male	197.	Male 40-44	24.		0:55:48,26	266.	0:55:26,13	263.
26	Daniel	Tallon	Male	198.	Male 21-34	62.		0:55:50,12	267.	0:55:35,03	266.
808	Eifion	Jones	Male	199.	Male 21-34	63.		0:55:52,68	268.	0:55:38,70	270.
254	William	Bridge	Male	200.	Male 40-44	25.		0:55:54,29	269.	0:55:45,99	276.
42	Christopher	Parkes	Male	201.	Male 45-49	19.		0:55:56,54	270.	0:55:45,80	275.
247	Richard	Williams	Male	202.	Male 45-49	20.		0:55:57,22	271.	0:55:27,72	264.
18	Melanie	Devine	Female	69.	Female 40-44	10.		0:55:58,40	272.	0:55:47,46	277.
418	Jayne	Vaughan	Female	70.	Female 45-49	15.		0:56:08,27	273.	0:55:39,76	271.
419	Keith	Sharp	Male	203.	Male 50-54	28.		0:56:08,35	274.	0:55:40,52	272.
307	Kamila	Gendek	Female	71.	Female 21-34	30.		0:56:13,58	275.	0:55:42,41	273.
389	Liam	Roberts	Male	204.	Male 21-34	64.		0:56:15,75	276.	0:56:01,10	280.
178	Fenton	Court	Male	205.	Male 65-69	4.		0:56:16,64	277.	0:55:45,41	274.
387	Sami	Davies	Female	72.	Female 21-34	31.		0:56:21,20	278.	0:56:06,38	281.
217	Rhian	Wayte	Female	73.	Female 21-34	32.		0:56:21,32	279.	0:56:09,94	284.
358	Steve	Cooke	Male	206.	Male 55-59	14.		0:56:27,99	280.	0:56:14,47	285.
57	Paul	Rhoades	Male	207.	Male 45-49	21.		0:56:28,69	281.	0:56:14,66	286.
414	Riognnach	O'Neill	Female	74.	Female 35-39	12.		0:56:30,39	282.	0:56:19,21	289.
300	Iestyn	Ingman	Male	208.		2.		0:56:35,19	283.	0:55:48,32	278.
341	Geraint	Jones	Male	209.	Male 21-34	65.		0:56:35,45	284.	0:55:48,33	279.
74	Roxanna	Woodward	Female	75.	Female 21-34	33.	Chester Road Runners	0:56:36,63	285.	0:56:18,64	288.
120	Sarah	Brown	Female	76.	Female 21-34	34.	Deestriders Rc	0:56:41,10	286.	0:56:28,64	293.
114	Richard	Shore	Male	210.	Male 35-39	34.		0:56:42,96	287.	0:56:06,71	282.
659	Austin	Coughlan	Male	211.	Male 12-20	8.		0:56:48,24	288.	0:56:09,19	283.
1	Steve	Knowles	Male	212.	Male 45-49	22.		0:56:49,60	289.	0:56:15,04	287.
432	Caroline	Jennings	Female	77.	Female 21-34	35.		0:56:53,54	290.	0:56:24,64	290.
260	Lee	Williams	Male	213.	Male 21-34	66.		0:56:58,41	291.	0:56:27,69	292.
370	Gareth	Roberts	Male	214.	Male 35-39	35.		0:57:03,97	292.	0:56:25,84	291.
804	Rhys	Jones	Male	215.	Male 21-34	67.		0:57:05,64	293.	0:56:39,41	294.
459	Daniel	Cheetham	Male	216.	Male 40-44	26.		0:57:09,02	294.	0:56:41,19	295.
72	Myra	Jones	Female	78.	Female 45-49	16.		0:57:22,44	295.	0:56:57,05	299.
232	Matt	Curtis	Male	217.	Male 21-34	68.		0:57:25,06	296.	0:56:51,04	296.
410	Nicola	Jones	Female	79.	Female 35-39	13.		0:57:25,35	297.	0:56:55,73	298.
454	Andy	Jones	Male	218.	Male 40-44	27.		0:57:30,61	298.	0:56:58,66	300.
283	Martin	Mccallion	Male	219.	Male 55-59	15.		0:57:31,93	299.	0:56:53,45	297.
436	Kevin	Miller	Male	220.	Male 40-44	28.	Lymm Runners	0:57:33,15	300.	0:56:59,05	301.
493	Alan	Rowe	Male	221.	Male 35-39	36.		0:57:34,71	301.	0:57:15,13	302.
518	Kerry	Roberts	Female	80.	Female 21-34	36.		0:57:34,97	302.	0:57:15,22	303.
117	Stephen	Thornton	Male	222.	Male 35-39	37.		0:57:36,15	303.	0:57:18,76	304.
546	Robert	Prys-Owen	Male	223.	Male 65-69	5.		0:57:38,95	304.	0:57:20,79	306.
144	Sian	Meirion	Female	81.	Female 45-49	17.		0:57:45,51	305.	0:57:28,81	308.
457	Steven	Mackreth	Male	224.	Male 35-39	38.		0:57:50,13	306.	0:57:30,08	309.
312	Darren	Low	Male	225.	Male 45-49	23.		0:57:50,49	307.	0:57:31,57	310.
211	John	Langford	Male	226.	Male 55-59	16.	Buckley Runners	0:57:51,22	308.	0:57:34,63	311.
210	Colin	Fisher	Male	227.	Male 60-64	10.		0:57:56,15	309.	0:57:22,30	307.
473	Mark	Cockburn	Male	228.	Male 45-49	24.		0:57:58,77	310.	0:57:19,67	305.
491	Sarah	Walsh	Female	82.	Female 35-39	14.		0:58:05,97	311.	0:57:45,84	312.
462	Helen	Dolby	Female	83.	Female 40-44	11.	Chester Road Runners	0:58:13,51	312.	0:57:50,39	313.
167	Corrine	Chamberlain	Female	84.	Female 55-59	1.		0:58:14,95	313.	0:58:06,21	319.
299	David	Mittell	Male	229.	Male 35-39	39.		0:58:16,64	314.	0:57:52,35	314.
137	Andy	Jones	Male	230.	Male 21-34	69.		0:58:17,66	315.	0:57:53,84	316.
554	George	Morris	Male	231.	Male 21-34	70.		0:58:18,87	316.		2.
481	Ffion	Lloyd Jones	Female	85.	Female 21-34	37.		0:58:22,25	317.	0:57:56,21	318.
271	Ed	Jones	Male	232.	Male 21-34	71.		0:58:24,59	318.	0:58:16,19	321.
803	Helen	Turner	Female	86.		2.		0:58:26,09	319.	0:57:54,51	317.
425	Mark	Robinson	Male	233.	Male 45-49	25.		0:58:29,73	320.	0:57:53,48	315.
494	Elaine	Wood	Female	87.	Female 60-64	1.	Sandbach Striders	0:58:44,51	321.	0:58:18,10	322.
83	Dave	Littler	Male	234.	Male 21-34	72.		0:58:45,51	322.	0:58:08,49	320.
189	Phillip	Jones	Male	235.	Male 40-44	29.		0:59:02,79	323.	0:58:42,07	328.
181	Bernard	Brown	Male	236.	Male 50-54	29.		0:59:03,57	324.	0:58:29,20	324.
223	Sean	Quick	Male	237.	Male 45-49	26.		0:59:04,73	325.	0:58:31,33	325.
559	Gareth	Jones	Male	238.	Male 21-34	73.		0:59:04,92	326.	0:58:20,48	323.
118	Glesni	Thomas	Female	88.	Female 35-39	15.		0:59:05,54	327.	0:59:00,72	333.
461	Natalie	Wilson	Female	89.	Female 21-34	38.		0:59:06,02	328.	0:58:39,67	327.
292	Sharon	Carney	Female	90.	Female 45-49	18.		0:59:11,16	329.	0:58:37,76	326.
151	Jeff	Hardman	Male	239.	Male 60-64	11.		0:59:16,14	330.	0:58:43,44	329.
363	Louise	Goodwin	Female	91.	Female 35-39	16.		0:59:17,10	331.	0:58:44,88	330.
362	David	Goodwin	Male	240.	Male 50-54	30.		0:59:17,37	332.	0:58:45,08	331.
536	Ian	Kelly	Male	241.	Male 60-64	12.		0:59:20,73	333.	0:58:48,38	332.
612	Ben	Grundy	Male	242.	Male 60-64	13.		0:59:23,75	334.	0:59:01,23	334.
381	Hollie	Vaughan	Female	92.	Female 21-34	39.		0:59:26,34	335.	0:59:20,80	335.
556	Clare	Mcewen	Female	93.	Female 40-44	12.		0:59:43,77	336.	0:59:26,29	336.
478	Jason	Vaughan	Male	243.	Male 45-49	27.		0:59:57,49	337.	0:59:51,89	343.
377	Natalie	Vaughan Watkin	Female	94.	Female 21-34	40.		0:59:57,56	338.	0:59:51,86	342.
567	Michelle	Thomas	Female	95.	Female 45-49	19.	Team Aura	1:00:00,41	339.	0:59:42,32	339.
499	Tara	Wragg	Female	96.	Female 21-34	41.		1:00:00,86	340.	0:59:30,92	337.
324	Mel	Hughes	Female	97.	Female 40-44	13.		1:00:11,48	341.	0:59:33,30	338.
236	Steve	Blakesley	Male	244.	Male 60-64	14.		1:00:14,07	342.	0:59:46,72	341.
253	Andrew	Telford	Male	245.	Male 35-39	40.	Penyffordd Running Club	1:00:19,48	343.	0:59:56,19	344.
628	Rachel	Chamberlain	Female	98.	Female 21-34	42.		1:00:19,95	344.	1:00:10,48	347.
259	Beverley	Thomas	Female	99.	Female 40-44	14.	Chorton Runners	1:00:20,58	345.	0:59:43,67	340.
508	Sammy	Guy	Female	100.	Female 21-34	43.		1:00:30,99	346.	1:00:18,25	349.
302	Lesley	Brown	Female	101.	Female 40-44	15.		1:00:36,20	347.	1:00:04,77	346.
131	Jude	Morton	Female	102.	Female 40-44	16.		1:00:38,64	348.	1:00:04,62	345.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
200	Lisa	Hughes	Female	103.	Female 35-39	17.		1:00:42,51	349.	1:00:11,63	348.
406	Sue	Francom	Female	104.	Female 60-64	2.		1:00:47,49	350.	1:00:34,16	352.
435	Aimée	Williams	Female	105.	Female 21-34	44.		1:00:47,69	351.	1:00:34,21	353.
244	Dawn	Davies	Female	106.	Female 21-34	45.		1:00:48,54	352.	1:00:36,34	354.
267	Helen	Alefounder	Female	107.	Female 40-44	17.		1:00:59,15	353.	1:00:20,42	350.
463	Liana	Moorst	Female	108.	Female 35-39	18.		1:01:01,17	354.	1:00:29,22	351.
191	Anthony	Ashman	Male	246.	Male 55-59	17.		1:01:02,18	355.	1:00:40,31	355.
192	Shirley	Moran	Female	109.	Female 55-59	2.	Fylde Coast Runners	1:01:09,94	356.	1:00:46,25	356.
161	Victoria	Roberts	Female	110.	Female 35-39	19.		1:01:12,04	357.	1:01:00,66	360.
198	Elen	Hughes	Female	111.	Female 21-34	46.		1:01:14,09	358.	1:01:05,34	361.
279	Jo	Beevers	Female	112.	Female 35-39	20.		1:01:14,76	359.	1:00:57,43	359.
344	Adam	Penney	Male	247.	Male 21-34	74.		1:01:15,10	360.	1:00:50,32	358.
234	Helen	Phillips	Female	113.	Female 45-49	20.		1:01:16,04	361.	1:01:09,20	362.
331	Emma	Burton	Female	114.	Female 40-44	18.		1:01:17,70	362.	1:00:50,03	357.
516	Gwyn	Jones	Male	248.	Male 55-59	18.		1:01:37,19	363.	1:01:19,04	363.
351	Sarah	Aincham	Female	115.	Female 35-39	21.	Penyffordd Run Club	1:01:48,86	364.	1:01:26,40	365.
252	Sarah	Hughes	Female	116.	Female 35-39	22.		1:01:52,01	365.	1:01:36,11	370.
376	Helen Falmai	Davies	Female	117.	Female 45-49	21.	Denbigh Harriers	1:01:53,61	366.	1:01:49,60	374.
415	Sandra	Stevenson	Female	118.	Female 55-59	3.		1:01:57,18	367.	1:01:24,51	364.
153	Paul	Jones	Male	249.	Male 40-44	30.	Denbigh Harriers	1:01:58,80	368.	1:01:55,53	376.
79	Irene	Blount	Female	119.	Female 60-64	3.	Buckley	1:01:59,84	369.	1:01:30,54	366.
282	Nan	Roberts	Female	120.	Female 45-49	22.	Gog Triathlon	1:02:00,75	370.	1:01:33,39	367.
523	Elizabeth	Coppack	Female	121.	Female 55-59	4.		1:02:01,00	371.	1:01:35,55	369.
378	Meinir	Hughes	Female	122.	Female 45-49	23.	Denbigh Harriers	1:02:04,56	372.	1:02:00,44	379.
188	Nicola	Cunningham	Female	123.	Female 40-44	19.		1:02:06,93	373.	1:01:46,87	371.
655	Robert	Edwards	Male	250.	Male 50-54	31.		1:02:08,28	374.	1:01:34,62	368.
156	Charlotte	Alker	Female	124.	Female 21-34	47.		1:02:09,94	375.	1:01:53,91	375.
173	Michelle	Jones	Female	125.	Female 45-49	24.		1:02:14,40	376.	1:01:55,59	377.
2	Trudi	Parry	Female	126.	Female 45-49	25.	Buckley Rc	1:02:16,98	377.	1:01:47,30	372.
255	Lucy	Lewis	Female	127.	Female 21-34	48.		1:02:21,46	378.	1:02:04,76	380.
520	Kelly	Jones	Female	128.	Female 21-34	49.		1:02:27,03	379.	1:01:47,63	373.
483	Stephen	Peers	Male	251.	Male 12-20	9.		1:02:32,19	380.	1:01:56,13	378.
412	Katy	Tilston	Female	129.	Female 21-34	50.		1:02:33,36	381.	1:02:15,68	383.
208	Lucy	Davies	Female	130.	Female 21-34	51.		1:02:33,99	382.	1:02:21,65	387.
509	Malcolm	Parry	Male	252.	Male 75-79	1.		1:02:36,44	383.	1:02:09,15	382.
284	Liz	Morrin	Female	131.	Female 55-59	5.		1:02:44,40	384.	1:02:04,84	381.
95	Helen	Parry	Female	132.	Female 50-54	3.		1:02:45,46	385.	1:02:16,81	385.
411	Derek	Jones	Male	253.	Male 45-49	28.		1:02:48,81	386.	1:02:18,62	386.
87	Chris	Mielczarek	Male	254.	Male 35-39	41.		1:02:53,82	387.	1:02:15,93	384.
809	Nicola	Williams	Female	133.	Female 35-39	23.		1:02:58,77	388.	1:02:50,73	394.
434	Lesley	Stott	Female	134.	Female 40-44	20.		1:02:58,77	389.	1:02:50,73	395.
815	Laura	Singleton	Female	135.	Female 35-39	24.		1:03:02,16	390.	1:02:37,30	389.
27	Roger	Parry	Male	255.	Male 50-54	32.		1:03:03,61	391.	1:02:35,11	388.
823	Philip	Stephenson	Male	256.	Male 45-49	29.		1:03:08,03	392.	1:02:42,37	390.
525	Olivia	Roberts	Female	136.	Female 21-34	52.		1:03:13,84	393.	1:02:48,77	393.
265	Andrew	Williams	Male	257.	Male 45-49	30.		1:03:22,14	394.	1:02:42,51	391.
264	Jennie	Williams	Female	137.	Female 40-44	21.		1:03:23,05	395.	1:02:43,19	392.
65	Helen	Wallis	Female	138.	Female 21-34	53.		1:03:26,01	396.	1:02:51,40	396.
195	David	Ainsworth	Male	258.	Male 35-39	42.	White Rock Runners	1:03:35,67	397.	1:03:08,75	399.
204	Luke	Jackson	Male	259.	Male 21-34	75.		1:03:38,04	398.	1:02:58,18	397.
205	Gareth	Jackson	Male	260.	Male 55-59	19.		1:03:38,11	399.	1:02:58,37	398.
403	Mark	Morrelle	Male	261.	Male 45-49	31.		1:03:44,40	400.	1:03:22,77	401.
69	Simone	Botfield	Female	139.	Female 21-34	54.		1:03:53,36	401.	1:03:16,72	400.
233	Sarah	Grant	Female	140.	Female 45-49	26.		1:03:57,79	402.	1:03:24,46	402.
8	Ann	Frost	Female	141.	Female 60-64	4.		1:04:15,86	403.	1:03:42,91	403.
228	Paul	Ashton	Male	262.	Male 35-39	43.		1:04:21,61	404.	1:03:49,60	404.
126	Laura	Cogswell	Female	142.	Female 35-39	25.		1:04:22,82	405.	1:03:58,54	405.
124	Ella	Jackson	Female	143.	Female 45-49	27.		1:04:22,89	406.	1:03:58,83	406.
552	Kelly	Humphreys	Female	144.	Female 21-34	55.		1:04:25,73	407.	1:04:20,95	412.
273	Jen	Davies	Female	145.	Female 35-39	26.		1:04:27,93	408.	1:04:11,11	409.
496	Roy	Jardine	Male	263.	Male 70-74	2.	Eryri	1:04:32,17	409.	1:04:05,49	407.
53	Rebecca	Casson	Female	146.	Female 21-34	56.	Vegan Runners Uk	1:04:41,61	410.	1:04:12,65	411.
258	David	Edwards	Male	264.	Male 65-69	6.		1:04:45,31	411.	1:04:11,78	410.
93	Clwyd	Owen	Male	265.	Male 45-49	32.		1:04:49,36	412.	1:04:08,19	408.
171	Lindsay	Trelford	Female	147.	Female 35-39	27.	Lonely Goat Running Club	1:04:51,20	413.	1:04:32,32	414.
482	Andrea	Peers	Female	148.	Female 40-44	22.		1:04:57,81	414.	1:04:22,09	413.
310	Peter	Guy	Male	266.	Male 55-59	20.		1:05:08,84	415.	1:04:43,05	416.
145	Dave	Virgo	Male	267.	Male 35-39	44.		1:05:14,61	416.	1:04:35,90	415.
407	Tara	Sansom	Female	149.	Female 21-34	57.	Team Aura	1:05:18,21	417.	1:05:01,70	419.
91	Julie	Williams	Female	150.	Female 50-54	4.		1:05:18,78	418.	1:05:04,80	420.
479	Debbie	Preston	Female	151.	Female 50-54	5.		1:05:19,37	419.	1:04:55,72	418.
383	Heather	Macdonald	Female	152.	Female 35-39	28.	Deestridders	1:05:22,47	420.	1:04:53,21	417.
355	Hayley	Batley	Female	153.	Female 35-39	29.		1:05:29,48	421.	1:05:08,42	421.
393	Kathryn	Conway	Female	154.	Female 21-34	58.		1:05:38,69	422.	1:05:13,03	422.
489	Lisa	Raggett	Female	155.	Female 21-34	59.		1:05:38,78	423.	1:05:13,07	423.
288	Julia	Murphy	Female	156.	Female 40-44	23.		1:05:44,61	424.	1:05:23,51	427.
805	Alex	Beer	Male	268.	Male 21-34	76.		1:05:46,28	425.	1:05:19,67	424.
157	Sharon	Jones	Female	157.	Female 45-49	28.		1:05:46,87	426.	1:05:23,11	426.
335	Jessica	Hopwood	Female	158.	Female 35-39	30.		1:05:47,08	427.	1:05:20,38	425.
262	Scarlett	Lawson	Female	159.	Female 21-34	60.		1:06:28,86	428.	1:06:05,48	428.
397	Neil	Thomas	Male	269.	Male 55-59	21.		1:06:46,29	429.	1:06:26,24	431.
443	Louise	Profit	Female	160.	Female 40-44	24.		1:06:47,00	430.	1:06:18,47	429.
524	Michelle	Barlow	Female	161.	Female 45-49	29.		1:06:49,20	431.	1:06:19,25	430.
531	Margaret	Brandon	Female	162.	Female 60-64	5.		1:06:56,40	432.	1:06:35,44	434.
353	Lesley	Cole	Female	163.	Female 60-64	6.	South Cheshire Harriers	1:07:01,42	433.	1:06:32,51	433.
29	Linda	Drayton	Female	164.	Female 60-64	7.		1:07:14,67	434.	1:06:31,10	432.
543	Marie	Roche	Female	165.	Female 50-54	6.		1:07:28,37	435.	1:06:59,30	435.

# Flintshire 5k & 10k 2018

## Gender/AG Results 10k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
541	Louise	Woolfall Smith	Female	166.	Female 50-54	7.		1:07:28,40	436.	1:06:59,42	436.
39	Justin	Fook	Male	270.	Male 45-49	33.		1:07:30,30	437.	1:07:10,86	437.
290	Dewi	Griffiths	Male	271.	Male 55-59	22.	Fylde Coast Running	1:08:08,04	438.	1:07:27,63	438.
527	Steve	Bullocks	Male	272.	Male 65-69	7.	Red Rose Road Runners	1:08:10,02	439.	1:07:40,21	439.
380	Paula	Ford	Female	167.	Female 55-59	6.		1:08:20,20	440.	1:08:12,12	444.
186	Gemma	Gale	Female	168.	Female 21-34	61.		1:08:20,46	441.	1:08:11,90	442.
549	Michelle	Griffiths	Female	169.	Female 45-49	30.		1:08:25,36	442.	1:07:57,15	440.
298	Michaela	Dalton	Female	170.	Female 21-34	62.		1:08:34,43	443.	1:08:11,92	443.
268	Graham	Palmer	Male	273.	Male 40-44	31.		1:08:45,09	444.	1:08:03,41	441.
250	Rhian	Lewis	Female	171.	Female 35-39	31.		1:08:47,94	445.	1:08:32,03	445.
213	Laura	Hukin	Female	172.	Female 40-44	25.		1:09:09,21	446.	1:08:46,56	446.
10	Beth	Watts	Female	173.	Female 40-44	26.		1:09:32,72	447.	1:09:01,54	447.
453	Zoe	Ellis	Female	174.	Female 40-44	27.		1:09:33,44	448.	1:09:02,56	448.
460	Iestyn	Jones	Male	274.	Male 40-44	32.		1:09:59,56	449.	1:09:31,89	449.
510	Jan	Parry	Female	175.	Female 70-74	1.		1:10:02,40	450.	1:09:35,30	450.
240	Katie	Dowse	Female	176.	Female 21-34	63.		1:10:23,50	451.	1:09:53,23	451.
242	Amy	Wells	Female	177.	Female 21-34	64.		1:10:23,64	452.	1:09:53,30	452.
17	Andrew	Devine	Male	275.	Male 40-44	33.		1:10:40,56	453.	1:09:58,24	453.
429	Anna	Andrews	Female	178.	Female 35-39	32.		1:10:43,70	454.	1:10:30,89	455.
16	Jenny	Pride	Female	179.	Female 65-69	2.		1:10:56,12	455.	1:10:13,53	454.
9	Tony	Davidson	Male	276.	Male 60-64	15.		1:11:18,02	456.	1:10:40,74	457.
658	Shaun	Bluck	Male	277.	Male 40-44	34.		1:11:20,20	457.	1:10:35,03	456.
603	Lynette	Davies	Female	180.	Female 50-54	8.		1:11:34,72	458.	1:11:00,49	458.
201	Helen	Telford	Female	181.	Female 40-44	28.		1:11:39,92	459.	1:11:24,12	459.
24	Siobhan	Rush	Female	182.	Female 35-39	33.		1:12:31,27	460.	1:12:25,91	461.
180	Ian	Deegan-Munro	Male	278.	Male 65-69	8.		1:12:49,60	461.	1:12:11,91	460.
44	Amanda	Slater	Female	183.	Female 50-54	9.		1:13:31,92	462.	1:12:47,98	462.
515	Nicholas	Jones	Male	279.	Male 12-20	10.		1:13:43,38	463.	1:13:18,74	463.
119	Lowri	Goodman	Female	184.	Female 21-34	65.		1:13:52,26	464.	1:13:27,84	465.
174	Julie	Wright	Female	185.	Female 50-54	10.		1:14:04,25	465.	1:13:26,13	464.
179	Jeanette	Street	Female	186.	Female 55-59	7.		1:14:25,36	466.	1:13:49,70	466.
45	Kay	Carr	Female	187.	Female 50-54	11.		1:14:44,71	467.	1:14:01,65	468.
43	Andrea	Tilston	Female	188.	Female 50-54	12.		1:14:44,85	468.	1:14:01,43	467.
41	Clare	Parkes	Female	189.	Female 45-49	31.		1:14:45,03	469.	1:14:01,71	469.
47	Jeanette	Stephens	Female	190.	Female 45-49	32.		1:15:07,46	470.	1:14:39,70	470.
48	Jonathan	Gibson	Male	280.	Male 40-44	35.		1:15:30,53	471.	1:14:46,59	471.
116	Lynnette	Ketchell	Female	191.	Female 45-49	33.		1:15:31,87	472.	1:14:48,37	472.
148	Danielle	Thomas	Female	192.	Female 21-34	66.		1:16:04,79	473.	1:15:48,36	475.
105	Catrin	Hughes	Female	193.	Female 40-44	29.		1:16:20,85	474.	1:15:45,25	473.
784	Brian	Edwards	Male	281.	Male 60-64	16.	Chester Road Runners	1:16:20,85	475.	1:15:45,45	474.
143	Gemma	Peers	Female	194.	Female 21-34	67.		1:16:31,09	476.	1:16:21,24	476.
3	Eurona	Jones	Female	195.	Female 50-54	13.	Wrexham Aac	1:17:14,01	477.	1:16:42,97	477.
110	Chris	Evans	Male	282.	Male 55-59	23.		1:17:26,91	478.	1:16:50,78	478.
428	Eddie	Naisby	Male	283.	Male 80+	1.		1:18:16,27	479.	1:17:37,49	479.
5	Alyson	Winn	Female	196.	Female 60-64	8.	Wrexham Ac	1:18:19,83	480.	1:17:49,05	480.
472	Stuart	Pinchbeck	Male	284.	Male 70-74	3.		1:20:16,76	481.	1:20:05,18	481.
441	Chloe	McCreddie	Female	197.	Female 21-34	68.		1:20:31,92	482.	1:20:20,85	484.
365	Maria	Pajor	Female	198.	Female 60-64	9.		1:20:57,82	483.	1:20:27,54	485.
289	Gwenda	Marshall	Female	199.	Female 55-59	8.	Fylde Coast Running	1:20:58,21	484.	1:20:16,27	482.
291	Ann	Pugsley	Female	200.	Female 60-64	10.		1:21:02,59	485.	1:20:20,65	483.
67	Jennifer	Gray	Female	201.	Female 21-34	69.		1:21:09,63	486.	1:20:35,13	486.
263	Elinor	Wylde	Female	202.	Female 21-34	70.		1:21:26,22	487.	1:20:46,79	487.
89	Stacey	Pope	Female	203.	Female 21-34	71.		1:22:12,50	488.	1:21:52,98	488.
86	Samantha	Bull	Female	204.	Female 21-34	72.		1:22:13,30	489.	1:21:53,86	489.
94	Catherine	Owen	Female	205.	Female 40-44	30.		1:24:51,32	490.	1:24:10,35	490.
62	Catherine	Thornton	Female	206.	Female 40-44	31.		1:36:49,43	491.	1:36:31,44	491.
349	Clive	Jones	Male	285.	Male 45-49	34.	Penyffordd Run Club	1:43:11,80	492.	1:42:29,13	492.

Number of records: 492