

## Flintshire 10k - 2019

Bib	Forename	Surname	Gender	Pos	Category	Club	Gun Time	Pos	Chip Time
841	Jon	Bowie	Male	1.	Male 40-44	Telford Ac	0:31:43,75	1.	0:31:42,89
1024	Tom	Roberts	Male	2.	Male 21-34	Team North Wales	0:31:56,23	2.	0:31:55,37
954	Matt	Costello	Male	3.	Male 35-39	Telford Ac	0:32:56,35	3.	0:32:55,43
1027	Steven	Hayes	Male	4.	Male 40-44	Team North Wales	0:32:57,95	4.	0:32:56,65
1025	Phil	Pumford	Male	5.	Male 35-39	Team North Wales	0:33:13,13	5.	0:33:11,61
1023	Edd	Flynn	Male	6.	Male 21-34	Team North Wales	0:33:13,89	6.	0:33:12,71
911	Paul	Jones	Male	7.	Male 45-49	Shrewsbury Ac	0:33:23,90	7.	0:33:23,04
663	Scott	Nixon	Male	8.	Male 21-34	Ellesmere Port Running Club	0:34:18,24	8.	0:34:17,02
810	Mark	Horsman	Male	9.	Male 40-44	Pontypridd Roadents	0:34:30,02	9.	0:34:27,94
574	Kevin	Asplet	Male	10.	Male 35-39		0:34:54,65	10.	0:34:53,29
1026	Gwion	Roberts	Male	11.	Male 21-34	Team North Wales	0:34:55,78	11.	0:34:54,26
950	Richard	Mckenna	Male	12.	Male 40-44	Shrewsbury Ac	0:34:57,88	12.	0:34:56,59
900	Jake	Milovsorov	Male	13.	Male 21-34	Shrewsbury Athletics Club	0:35:42,12	13.	0:35:41,14
818	Lucy	Marland	Female	1.	Female 21-34	Cardiff Aac	0:35:44,80	14.	0:35:43,64
510	Gareth	Moyle	Male	14.	Male 35-39		0:36:44,67	15.	0:36:42,80
572	Darren	Blazier	Male	15.	Male 45-49	Abergele Harriers	0:37:41,01	16.	0:37:38,93
437	Andrew	Jones	Male	16.	Male 40-44	Wrexham Aac	0:38:08,05	17.	0:38:05,37
557	Gary	Bergin	Male	17.	Male 50-54	Northern Masters A.c	0:38:41,35	18.	0:38:38,24
815	Theo	Hughes	Male	18.	Male 12-20	Deeside Aac	0:38:58,19	19.	0:38:56,51
1051	Nick	Jones	Male	19.	Male 35-39	Lonely Goat Running Club	0:39:02,34	20.	0:38:57,89
746	Warren	Moorfield	Male	20.	Male 50-54	Wigan Phoenix	0:39:16,95	21.	0:39:15,13
846	Gareth	Jones	Male	21.	Male 40-44		0:39:22,05	22.	0:39:20,12
821	Phil	Hall	Male	22.	Male 45-49	Shropshire Shufflers	0:39:34,46	23.	0:39:31,47
550	Padraig Joseph	Goggin	Male	23.	Male 21-34		0:40:09,68	24.	0:40:02,67
1033	Eliw	Haf	Female	2.	Female 21-34	Team North Wales	0:40:12,58	25.	0:40:10,32
871	David	Millington	Male	24.	Male 45-49	Wrexham Aac	0:40:32,73	26.	0:40:29,85
919	David	Griffith	Male	25.	Male 45-49	Gog Triathlon	0:40:52,29	27.	0:40:49,98
431	Amy	Jones	Female	3.	Female 35-39		0:40:56,50	28.	0:40:55,06
840	Lauren	Morley	Female	4.	Female 21-34	Shrewsbury Ac	0:41:02,17	29.	0:41:00,24
1002	Wells	Jones	Male	26.	Male 45-49		0:41:02,85	30.	0:40:54,03
863	Matthew	Bellis	Male	27.	Male 21-34		0:41:05,47	31.	0:41:01,83

1049	Daniel	Jones	Male	28.	Male 21-34	Denbigh Harriers	0:41:05,98	32.	0:40:58,96
1020	Garry	Jerman	Male	29.	Male 50-54		0:41:06,72	33.	0:41:03,52
564	Sion	Williams	Male	30.	Male 50-54		0:41:10,94	34.	0:41:01,12
1031	Jen	Adams	Female	5.	Female 35-39	Team North Wales	0:41:16,27	35.	0:41:13,68
410	Jamie	Graham	Male	31.	Male 21-34	Cannock & Stafford Ac	0:41:18,35	36.	0:41:16,10
629	Mark	Bennett	Male	32.	Male 40-44		0:41:21,47	37.	0:41:16,63
717	Will	Evans	Male	33.	Male 35-39		0:41:46,36	38.	0:41:39,47
1015	David	Williams	Male	34.	Male 40-44		0:41:50,98	39.	0:41:44,71
1013	Tim	Hargreaves	Male	35.	Male 50-54	Buckley Runners	0:41:53,15	40.	0:41:49,99
643	Stuart	Culverhouse	Male	36.	Male 45-49	Nwrrc	0:42:17,03	41.	0:42:11,36
921	Jemma	Brown	Female	6.	Female 35-39	Shrewsbury Athletics Club	0:42:18,57	42.	0:42:14,47
1032	Jennifer	Rambaldi	Female	7.	Female 21-34	Team North Wales	0:42:22,37	43.	0:42:19,72
678	Matt	Watkins	Male	37.	Male 35-39		0:42:44,48	44.	0:42:40,39
718	Sian	Beck	Female	8.	Female 40-44	Prestatyn	0:42:44,53	45.	0:42:41,09
637	Steve	Gadd	Male	38.	Male 45-49	Denbigh Harriers	0:42:47,45	46.	0:42:39,65
814	Philip	Hughes	Male	39.	Male 40-44	Buckley Runners	0:42:47,90	47.	0:42:42,82
945	Jay	Jennions	Female	9.	Female 40-44	Deestriders Running Club	0:42:50,66	48.	0:42:46,57
1030	Jenny	Evans	Female	10.	Female 35-39	Team North Wales	0:42:51,69	49.	0:42:47,92
916	Annabel	Hodgson	Female	11.	Female 45-49	Shropshire Shufflers	0:43:01,63	50.	0:42:58,00
980	Nick	Chadwick	Male	40.	Male 45-49		0:43:03,86	51.	0:42:56,78
745	Karen	Moorfield	Female	12.	Female 35-39	Wigan Phoenix	0:43:06,27	52.	0:43:04,06
608	Ben	Hughes	Male	41.	Male 35-39		0:43:15,93	53.	0:43:07,49
524	Daniel	Robb	Male	42.	Male 35-39		0:43:16,26	54.	0:43:07,12
923	Billy	Reynolds	Male	43.	Male 21-34		0:43:25,37	55.	0:43:20,04
497	Luke	Crofts	Male	44.	Male 35-39		0:43:27,24	56.	0:43:24,59
438	Paul	Garstang	Male	45.	Male 55-59	Gog Triathlon Club	0:43:35,96	57.	0:43:32,63
1029	Rachel	Shipley	Female	13.	Female 21-34	Team North Wales	0:43:39,06	58.	0:43:36,84
282	Arwel	Lewis	Male	46.	Male 60-64	Eryri Harriers	0:43:41,00	59.	0:43:38,00
760	Tesni	Buddug	Female	14.	Female 21-34		0:43:41,42	60.	0:43:38,09
866	Wesley	Oakley	Male	47.	Male 40-44		0:43:44,55	61.	0:43:26,46
793	Stephen	Coleman	Male	48.	Male 55-59	Fydle Coast Runners	0:44:01,51	62.	0:43:59,00
896	Kate	Ball	Female	15.	Female 21-34		0:44:02,71	63.	0:43:59,27
895	Gethin	Jones	Male	49.	Male 21-34	North Wales Roadrunners	0:44:12,16	64.	0:44:10,62
456	Alison	Williams	Female	16.	Female 21-34	Buckley Runners	0:44:16,33	65.	0:44:11,12

504	Russell	Ward	Male	50.	Male 50-54	Shropshire Shufflers	0:44:19,78	66.	0:44:13,29
755	Andrew	Roberts	Male	51.	Male 50-54	Gog Triathlon	0:44:24,09	67.	0:44:19,80
1043	Craig	Davies	Male	52.	Male 35-39		0:44:36,64	68.	0:44:26,01
565	Daniel	Edmunds	Male	53.	Male 35-39		0:44:57,57	69.	0:44:48,58
855	Michael	Horaczek	Male	54.	Male 40-44		0:44:58,11	70.	0:44:54,71
805	Owain	Williams	Male	55.	Male 21-34		0:45:04,18	71.	0:44:52,37
942	Christine	Cammillare	Female	17.	Female 35-39	Deestridders	0:45:07,39	72.	0:44:59,67
1014	David	Dodgson	Male	56.	Male 40-44		0:45:10,90	73.	0:44:57,67
794	Melina	Morris	Female	18.	Female 45-49	Denbigh Harriers	0:45:11,44	74.	0:45:03,83
519	Michael	Williams	Male	57.	Male 45-49	Chester Road Runners	0:45:11,75	75.	0:45:03,26
1042	Richard	Jones	Male	58.	Male 40-44	Penyffordd Run Club	0:45:16,90	76.	0:45:06,32
969	Marky	Derbyshire	Male	59.	Male 35-39	Deestridders	0:45:20,29	77.	0:45:11,66
736	Chris	Dale	Male	60.	Male 40-44		0:45:31,74	78.	0:45:25,62
621	Simon	Johnson	Male	61.	Male 45-49		0:45:37,25	79.	0:45:03,67
949	Aled	Jones	Male	62.	Male 40-44		0:45:38,86	80.	0:45:30,04
988	Adam	Edwards	Male	63.	Male 35-39		0:45:50,19	81.	0:45:25,26
461	Sam	Langford	Male	64.	Male 12-20	Buckley Runners	0:46:01,92	82.	0:45:45,38
719	Chris	Speed	Male	65.	Male 35-39		0:46:03,40	83.	0:45:55,48
581	Georgina	Swire	Female	19.	Female 21-34		0:46:04,76	84.	0:45:53,08
402	Karen	Jones	Female	20.	Female 45-49	Pensby Runners	0:46:09,65	85.	0:45:53,50
838	Gwennan	Henstock	Female	21.	Female 40-44		0:46:16,24	86.	0:46:03,72
414	John	Cooper	Male	66.	Male 45-49		0:46:17,68	87.	0:45:39,75
819	Chris	Melia	Male	67.	Male 45-49		0:46:21,61	88.	0:46:10,16
910	Adam	Craig	Male	68.	Male 35-39		0:46:26,90	89.	0:46:21,38
891	Sallyann	O'neil	Female	22.	Female 40-44	Deestridders	0:46:28,24	90.	0:46:21,10
582	Terry	Bonner	Male	69.	Male 21-34		0:46:33,32	91.	0:46:21,18
952	Ross	Tutton	Male	70.	Male 40-44	Pennyffordd Run Club	0:46:36,84	92.	0:46:31,24
713	Joanne	Garzoni	Female	23.	Female 35-39	Thunder Runners	0:46:37,01	93.	0:46:25,56
720	Ricky	Roberts	Male	71.	Male 50-54	Mererunners	0:46:38,33	94.	0:46:14,61
965	Des	Davies	Male	72.	Male 55-59	Prestatyn Running Club	0:46:40,62	95.	0:46:37,10
695	Patrick	Eastwood	Male	73.	Male 21-34		0:46:41,06	96.	0:46:31,76
939	Paul	Morris	Male	74.	Male 35-39		0:46:42,55	97.	0:46:40,74
1050	Emma	Nutt	Female	24.	Female 21-34		0:46:45,42	98.	0:46:41,18
799	David	Griffiths	Male	75.	Male 50-54	Penny Lane Striders	0:46:46,57	99.	0:46:36,89

917	Alex	Windeler	Male	76.	Male 12-20		0:46:53,16	100.	0:46:14,36
1053	Adrian	Moss	Male	77.	Male 35-39		0:46:53,23	101.	0:46:51,27
804	Joshua	White	Male	78.	Male 21-34		0:46:58,04	102.	0:46:51,32
562	Melvyn	Cole	Male	79.	Male 65-69	South Cheshire Harriers	0:46:59,02	103.	0:46:55,24
876	Rhian	Rogers	Female	25.	Female 35-39		0:46:59,96	104.	0:46:51,78
844	Tommy	Barron	Male	80.	Male 40-44		0:47:00,82	105.	0:46:53,44
647	Gareth	Ellis	Male	81.	Male 50-54		0:47:01,11	106.	0:46:56,74
689	Deryn	Poppitt	Male	82.	Male 50-54	Oswestry Olympians	0:47:01,53	107.	0:46:47,32
710	Jimmy	Driver	Male	83.	Male 21-34	Uts Run Club	0:47:09,20	108.	0:47:02,49
996	Taryn	Robinson	Female	26.	Female 21-34		0:47:15,39	109.	0:47:11,88
860	Andrew	Taylor	Male	84.	Male 40-44		0:47:18,35	110.	0:47:02,33
694	Thomas	Jones	Male	85.	Male 21-34	Buckley Rc	0:47:22,72	111.	0:47:17,44
651	Peter	Fenney	Male	86.	Male 45-49		0:47:27,61	112.	0:47:19,43
600	Andy	Clark	Male	87.	Male 50-54	Prestatyn Running Club	0:47:30,81	113.	0:47:05,66
499	Daniel	Owens	Male	88.	Male 21-34	North Wales Road Runners	0:47:34,32	114.	0:47:20,94
697	James	Watkins	Male	89.	Male 50-54	Gog Triathlon	0:47:34,55	115.	0:47:20,97
607	Jon	Mccarthy	Male	90.	Male 35-39		0:47:38,44	116.	0:47:10,37
775	Stuart	Hardcastle	Male	91.	Male 60-64	Quakers Running Club	0:47:39,33	117.	0:47:32,90
636	Tristan	Henry	Male	92.	Male 21-34		0:47:45,48	118.	0:47:20,00
785	Laura	Blackwell	Female	27.	Female 21-34	Buckley Runners	0:47:47,86	119.	0:47:41,54
948	Gary	Mccullagh	Male	93.	Male 45-49		0:48:07,29	120.	0:47:57,94
825	William	Bridge	Male	94.	Male 45-49		0:48:11,30	121.	0:48:04,21
563	Matthew	Allman	Male	95.	Male 21-34		0:48:12,65	122.	0:47:52,46
1048	Luke	Cookson	Male	96.	Male 12-20		0:48:14,71	123.	0:47:57,89
474	Leah	Bradshaw-Williams	Female	28.	Female 35-39		0:48:15,32	124.	0:48:04,93
479	James	Percival	Male	97.	Male 35-39		0:48:22,01	125.	0:47:52,18
915	Stuart	Brown	Male	98.	Male 35-39	Deestridders	0:48:27,08	126.	0:48:19,56
1036	Lee	Williams	Male	99.	Male 21-34	Team Aura	0:48:31,06	127.	0:47:57,27
878	Alex	Davies	Male	100.	Male 21-34		0:48:31,88	128.	0:47:52,74
1047	Stephen	Cookson	Male	101.	Male 45-49		0:48:35,79	129.	0:48:18,94
1045	Fiona	Mcdonald	Female	29.	Female 21-34	Newcastle Uni Triathlon	0:48:37,31	130.	0:48:29,59
469	Laura	Hudson	Female	30.	Female 45-49	Accrington Road Runners	0:48:40,79	131.	0:48:36,33
781	Keith	Brown	Male	102.	Male 55-59		0:48:44,26	132.	0:48:41,28
606	David	Bailey	Male	103.	Male 45-49		0:48:47,19	133.	0:48:43,80

1012	Chris	Hird	Male	104.	Male 21-34		0:48:48,29	134.	0:48:37,52
953	Sylwester	Pietron	Male	105.	Male 21-34	Deestriders	0:48:49,14	135.	0:48:37,00
681	Steven	Astbury	Male	106.	Male 45-49		0:48:55,65	136.	0:48:38,11
609	Ricky	North	Male	107.	Male 35-39		0:48:57,05	137.	0:48:54,33
989	Tony	Forster	Male	108.	Male 35-39		0:48:57,44	138.	0:48:33,46
767	Daniel	Mapp-Jones	Male	109.	Male 21-34		0:49:11,64	139.	0:48:37,09
935	John	Owen	Male	110.	Male 50-54	Deestriders	0:49:13,28	140.	0:49:01,15
671	Matthew	Wafer	Male	111.	Male 21-34		0:49:17,28	141.	0:48:35,47
614	Gareth	Catherall	Male	112.	Male 40-44		0:49:23,53	142.	0:49:14,83
774	Gareth	Burroughes	Male	113.	Male 40-44		0:49:26,36	143.	0:49:12,98
784	Helen	Davies	Female	31.	Female 50-54	Widnes Wasps Ladies Running Club	0:49:26,42	144.	0:48:58,33
845	Maurice	Blount	Male	114.	Male 21-34		0:49:32,24	145.	0:49:15,53
536	Clive	Palmer	Male	115.	Male 55-59	Stoke F.i.t.	0:49:32,83	146.	0:49:15,34
630	Louise	Goodwin	Female	32.	Female 40-44	Deestriders R.c	0:49:33,80	147.	0:49:21,00
1034	Samantha	Coffin	Female	33.	Female 21-34	Team Aura	0:49:37,55	148.	0:49:03,32
862	Phil	Norton	Male	116.	Male 35-39		0:49:49,29	149.	0:49:30,76
626	David	Goodwin	Male	117.	Male 50-54	Deestriders R. C.	0:49:57,57	150.	0:49:45,06
668	Richard	Williams	Male	118.	Male 45-49		0:49:59,38	151.	0:49:42,79
880	Matthew	Jones	Male	119.	Male 21-34		0:50:02,15	152.	0:49:31,50
816	Gareth	Davies	Male	120.	Male 40-44		0:50:03,21	153.	0:49:22,90
517	Barry	Lovell	Male	121.	Male 65-69		0:50:07,40	154.	0:49:57,40
646	Callum	Williams	Male	122.	Male 21-34		0:50:14,28	155.	0:49:55,62
556	Cara	Coventry	Female	34.	Female 35-39	Penyffordd Run Club	0:50:17,09	156.	0:50:11,04
428	Nick	Dolman	Male	123.	Male 21-34		0:50:17,34	157.	0:50:07,02
704	Ryan	Johnson-Wilcock	Male	124.	Male 12-20		0:50:18,36	158.	0:50:15,64
850	Neil	Cooper	Male	125.	Male 35-39		0:50:19,43	159.	0:50:04,07
1061	John	Nugent	Male	126.	Male 45-49		0:50:22,99	160.	0:49:37,41
851	Sam	Catherall	Male	127.	Male 21-34		0:50:29,41	161.	0:50:13,92
990	Meilir	Roberts	Female	35.	Female 12-20		0:50:31,74	162.	0:50:16,97
700	Ann Claire	Jones	Female	36.	Female 45-49		0:50:32,46	163.	0:50:29,36
644	Stephen	Thomas	Male	128.	Male 55-59		0:50:33,24	164.	0:50:21,88
822	Stephen	Birkett	Male	129.	Male 45-49	Deestrodgers	0:50:36,25	165.	0:50:28,45
554	Andy	Kilmister	Male	130.	Male 55-59		0:50:36,85	166.	0:50:16,32
904	Stephen	Davies	Male	131.	Male 60-64		0:50:38,43	167.	0:50:24,04

757	Joanne	Freeman	Female	37.	Female 45-49	Buckley Running Club	0:50:39,93	168.	0:50:13,56
633	Mark	Rothero	Male	132.	Male 45-49	Penyffordd Run Club	0:50:41,33	169.	0:50:17,31
707	Ian	Jones	Male	133.	Male 55-59	Denbigh Harriers	0:50:44,31	170.	0:50:29,78
648	Lee	Dickinson	Male	134.	Male 40-44		0:50:52,22	171.	0:50:28,08
920	Laurie	Griffith	Female	38.	Female 45-49	Gog Triathlon	0:50:56,16	172.	0:50:52,38
994	Russell	Elder	Male	135.	Male 50-54		0:50:57,71	173.	0:50:37,76
661	Stephen	Jones	Male	136.	Male 50-54		0:50:58,92	174.	0:50:49,50
588	Shaun	Terry	Male	137.	Male 45-49	Deestridders	0:51:04,67	175.	0:50:53,51
1018	Dee	Eccleston	Female	39.	Female 35-39		0:51:08,75	176.	0:50:45,57
652	Mark	Lawlor	Male	138.	Male 50-54		0:51:08,94	177.	0:50:41,12
801	Rhys	Roberts	Male	139.	Male 40-44		0:51:13,52	178.	0:51:09,23
977	Laura	Mckenzie	Female	40.	Female 40-44	Betsi Runaways	0:51:24,57	179.	0:51:15,80
532	Rhys	Ellis	Male	140.	Male 12-20		0:51:25,59	180.	0:51:08,05
715	Peter	Griffiths	Male	141.	Male 40-44		0:51:27,03	181.	0:51:18,66
1044	Richard	Burnham	Male	142.	Male 55-59		0:51:28,74	182.	0:51:12,02
1003	Jordan	Mapp-Jones	Male	143.	Male 21-34		0:51:29,08	183.	0:50:55,30
788	Paige	Gowland	Female	41.	Female 21-34		0:51:31,18	184.	0:51:01,74
926	Harry	Phillips	Male	144.	Male 21-34		0:51:31,20	185.	0:51:02,34
748	Stuart	Shepherd	Male	145.	Male 35-39		0:51:35,77	186.	0:51:07,44
765	Dafydd	Steele	Male	146.	Male 35-39		0:51:39,92	187.	0:51:29,92
922	Nader	Kohbodi	Male	147.	Male 21-34		0:51:47,70	188.	0:51:43,73
734	Robert	Meacock	Male	148.	Male 21-34		0:51:51,16	189.	0:51:31,98
591	David	Jackson	Male	149.	Male 21-34		0:51:58,26	190.	0:51:42,45
632	Ian	Kinnair	Male	150.	Male 50-54		0:51:58,36	191.	0:51:30,81
421	Lewis	Corbett	Male	151.	Male 45-49		0:52:01,14	192.	0:51:52,96
951	Timothy	Potter	Male	152.	Male 21-34		0:52:03,45	193.	0:51:57,48
879	Matt	Daulby	Male	153.	Male 21-34		0:52:05,68	194.	0:51:32,80
604	Martin	Mccallion	Male	154.	Male 55-59		0:52:10,18	195.	0:51:45,56
655	Edward	Stokes	Male	155.	Male 40-44		0:52:11,85	196.	0:51:31,00
857	Gareth	Edwards	Male	156.	Male 21-34		0:52:15,11	197.	0:51:56,19
605	David	Moyle	Male	157.	Male 35-39		0:52:16,65	198.	0:51:55,34
558	Fleur	Evans	Female	42.	Female 45-49		0:52:22,00	199.	0:52:04,68
583	Steven	Moore	Male	158.	Male 40-44		0:52:23,82	200.	0:51:56,65
979	Ian	Hughes	Male	159.	Male 65-69		0:52:24,32	201.	0:52:14,18

807	Robert	Boyce	Male	160.	Male 50-54		0:52:26,44	202.	0:52:05,56
505	Kevin	Williams	Male	161.	Male 40-44		0:52:30,59	203.	0:52:14,69
791	Sarah	Griffith	Female	43.	Female 21-34		0:52:32,20	204.	0:52:24,98
943	Kelly	Alford	Female	44.	Female 35-39	North Wales Road Running Club	0:52:36,65	205.	0:52:08,98
944	Cai Roberts	Roberts	Male	162.	Male 35-39	North Wales Road Runners	0:52:37,04	206.	0:52:09,35
624	Phil	Jones	Male	163.	Male 50-54	Lonely Goat	0:52:38,70	207.	0:52:21,21
971	Mathew	Davies	Male	164.	Male 21-34		0:52:40,55	208.	0:52:10,92
726	Helen	Meredith	Female	45.	Female 45-49		0:52:41,21	209.	0:52:15,47
623	Pete	James	Male	165.	Male 45-49		0:52:42,00	210.	0:52:19,58
716	Sarah	Shaw	Female	46.	Female 35-39		0:52:43,85	211.	0:52:33,14
743	Delyth	Sharples	Female	47.	Female 35-39		0:52:45,05	212.	0:52:26,07
868	Katie	Wilby	Female	48.	Female 40-44	Eryri Harriers	0:52:46,17	213.	0:52:39,74
484	Louise	Wynne	Female	49.	Female 35-39		0:52:46,56	214.	0:52:15,00
462	Anthony	Howells	Male	166.	Male 35-39		0:52:46,82	215.	0:52:15,43
579	Geoff	Davies	Male	167.	Male 50-54		0:52:47,03	216.	0:52:14,86
782	George	Bourne	Male	168.	Male 21-34		0:52:47,54	217.	0:52:37,28
763	Martin	Gill	Male	169.	Male 55-59	Prestatyn Rc	0:52:48,28	218.	0:52:09,01
1011	Mike	Hird	Male	170.	Male 50-54		0:52:53,01	219.	0:52:41,78
843	Stephen	Large	Male	171.	Male 45-49		0:52:58,86	220.	0:52:38,58
870	Kim	Kelly	Female	50.	Female 40-44		0:53:00,02	221.	0:52:50,53
869	Gill	Glover	Female	51.	Female 50-54		0:53:00,08	222.	0:52:50,08
872	Kate	Somma	Female	52.	Female 45-49		0:53:00,40	223.	0:52:50,66
687	Michele	Lindsay	Female	53.	Female 55-59	Ladies Widnes Wasps	0:53:13,26	224.	0:52:44,40
865	Phil	Jones	Male	172.	Male 70-74		0:53:20,04	225.	0:52:53,20
1041	Austin	Coughlan	Male	173.	Male 12-20		0:53:21,28	226.	0:52:56,08
986	Luke	Williams	Male	174.	Male 21-34		0:53:22,37	227.	0:52:57,07
722	Bethan Wyn	Roberts	Female	54.	Female 45-49		0:53:32,96	228.	0:53:29,76
688	Nicola	Daley	Female	55.	Female 50-54	Widnes Wasps Ladies Running Club	0:53:34,35	229.	0:53:06,06
987	Jeremy	Davies	Male	175.	Male 50-54	Wrexham Aac	0:53:43,09	230.	0:53:30,18
495	Barry	Stanfield	Male	176.	Male 45-49		0:53:45,48	231.	0:53:14,02
776	Andy	Cowden	Male	177.	Male 55-59	Bere Alston Trekkers	0:53:45,92	232.	0:53:15,08
812	Cheryl	Lord-Brown	Female	56.	Female 50-54		0:53:47,46	233.	0:53:42,62
947	Stephen	Byrne	Male	178.	Male 50-54		0:53:55,42	234.	0:53:29,28
946	Simon	Quick	Male	179.	Male 40-44		0:53:55,80	235.	0:53:32,37

506	David	Pughe	Male	180.	Male 55-59		0:54:05,80	236.	0:53:56,06
533	Nick	Burgess	Male	181.	Male 21-34		0:54:13,14	237.	0:54:07,16
792	Elick	Payne	Male	182.	Male 12-20		0:54:13,62	238.	0:53:54,38
968	Sarah	Walsh	Female	57.	Female 35-39		0:54:14,50	239.	0:53:59,24
893	Ceri	Townsend	Female	58.	Female 35-39		0:54:14,82	240.	0:53:59,32
837	Rob	Ashcroft	Male	183.	Male 40-44	Buckley Rc	0:54:16,41	241.	0:53:59,99
464	Mark	Davies	Male	184.	Male 21-34		0:54:17,14	242.	0:53:36,56
725	Colin	Martin	Male	185.	Male 55-59		0:54:23,05	243.	0:54:13,84
426	Helen	Moore	Female	59.	Female 50-54	Widnes Wasps Lrc	0:54:27,48	244.	0:53:58,76
796	Chris	Collings	Male	186.	Male 21-34		0:54:30,73	245.	0:53:50,41
639	Sam	Kelly	Male	187.	Male 21-34		0:54:31,68	246.	0:54:13,03
585	Hayley	Scott	Female	60.	Female 21-34		0:54:32,85	247.	0:53:57,07
721	Chris	Baker	Male	188.	Male 50-54	Team Aura	0:54:35,65	248.	0:54:02,57
983	Jamie	Edwards	Male	189.	Male 21-34		0:54:42,42	249.	0:54:27,96
578	Remo	Morgani	Male	190.	Male 55-59	Btr Rr	0:54:44,34	250.	0:54:16,92
773	Andrea	Thom	Female	61.	Female 45-49		0:54:44,80	251.	0:54:31,83
1007	Mike	Dovaston	Male	191.	Male 40-44		0:54:47,42	252.	0:54:32,44
762	Alex	Rumney	Female	62.	Female 50-54	Penyffordd Running Club	0:54:50,42	253.	0:54:29,95
800	Andy	Griffiths	Male	192.	Male 45-49		0:54:51,57	254.	0:54:25,73
747	Lynne	Hughes	Female	63.	Female 50-54		0:54:54,78	255.	0:54:26,74
427	Amanda	Davies	Female	64.	Female 50-54		0:54:57,48	256.	0:54:35,77
873	Gerallt	Owen	Male	193.	Male 50-54		0:55:04,19	257.	0:54:31,23
1055	Gorecka	Brygida	Female	65.	Female 21-34	Deestridders	0:55:05,40	258.	0:54:58,18
960	Rachel	Worsnip	Female	66.	Female 40-44		0:55:06,51	259.	0:54:40,77
569	Sam	Garbett	Male	194.	Male 21-34		0:55:07,20	260.	0:54:55,44
966	Ross	Makin	Male	195.	Male 40-44		0:55:09,09	261.	0:54:57,15
714	Clare	Blackhurst	Female	67.	Female 40-44		0:55:09,42	262.	0:54:58,97
735	Sarah	Hough	Female	68.	Female 40-44		0:55:11,49	263.	0:54:45,61
473	Anna	Harkness	Female	69.	Female 35-39		0:55:11,98	264.	0:54:58,08
472	Katie	Clubb	Female	70.	Female 40-44		0:55:12,13	265.	0:54:58,03
984	Christopher	Dyson	Male	196.	Male 21-34		0:55:14,38	266.	0:54:39,36
1058	Michael	Fitzpatrick	Male	197.	Male 40-44		0:55:17,01	267.	0:54:43,95
615	Clare	Millington	Female	71.	Female 40-44		0:55:18,71	268.	0:55:03,87
549	Jon	Payne	Male	198.	Male 40-44		0:55:19,41	269.	0:55:00,11



1059	Jeremy	Jones	Male	199.	Male 50-54		0:55:20,97	270.	0:54:45,25
1005	Jess	Brough	Female	72.	Female 21-34		0:55:26,96	271.	0:55:20,32
1057	Gail	Hughes	Female	73.	Female 40-44		0:55:32,20	272.	0:54:59,47
635	Patrick	Finch	Male	200.	Male 21-34		0:55:33,64	273.	0:55:03,46
665	Katharine	Prestwich	Female	74.	Female 21-34	Prestatyn Rc	0:55:35,56	274.	0:54:55,83
867	John	Deveney	Male	201.	Male 50-54		0:55:35,77	275.	0:54:46,65
962	Andy	Hughes	Male	202.	Male 40-44		0:55:36,10	276.	0:55:26,56
940	Dean	Shafto	Male	203.	Male 35-39		0:55:37,22	277.	0:55:12,92
628	Richard	Shore	Male	204.	Male 35-39		0:55:41,00	278.	0:55:21,88
861	Philip	Stephenson	Male	205.	Male 50-54		0:55:42,93	279.	0:55:14,63
573	David	Jones	Male	206.	Male 50-54		0:55:46,76	280.	0:55:14,38
537	Steve	Pygott	Male	207.	Male 40-44		0:55:46,89	281.	0:55:38,75
1040	Lewis	Wilson	Male	208.	Male 21-34		0:55:47,91	282.	0:55:16,45
808	Amanda	Boyce	Female	75.	Female 50-54		0:55:51,86	283.	0:55:31,20
618	Huw	Selby	Male	209.	Male 35-39		0:55:55,10	284.	0:55:44,56
642	Jim	Large	Male	210.	Male 60-64		0:55:57,82	285.	0:55:39,72
902	Nigel	Blain	Male	211.	Male 35-39	Penyffordd Run Club	0:55:59,28	286.	0:55:41,52
638	Scott	Moran	Male	212.	Male 21-34		0:55:59,75	287.	0:55:41,01
592	Sian	Meirion	Female	76.	Female 45-49	Buckley Rc	0:56:00,14	288.	0:55:43,17
477	Kath	Robinson	Female	77.	Female 21-34		0:56:08,26	289.	0:55:39,78
740	Amy	Jones	Female	78.	Female 35-39		0:56:09,14	290.	0:55:48,95
758	Rhian	Lloyd	Female	79.	Female 35-39		0:56:09,78	291.	0:55:51,88
1006	Jo	Harris	Female	80.	Female 45-49		0:56:11,95	292.	0:55:47,77
701	Lois	Wiegand	Female	81.	Female 40-44		0:56:17,38	293.	0:56:00,46
634	David	Alcock	Male	213.	Male 50-54		0:56:19,20	294.	0:55:34,07
934	Catherine	Roberts	Female	82.	Female 45-49		0:56:19,20	295.	0:55:49,23
610	Lucy	Manifold	Female	83.	Female 21-34		0:56:23,88	296.	0:55:59,10
978	Lindsay	Lancaster	Female	84.	Female 40-44		0:56:41,45	297.	0:56:28,73
973	Sue	Neish	Female	85.	Female 50-54	Aura	0:56:44,40	298.	0:56:14,43
963	Olivia	Denman	Female	86.	Female 35-39		0:56:46,25	299.	0:56:19,54
913	Rebecca	England	Female	87.	Female 40-44		0:56:54,87	300.	0:56:33,90
826	Samuel	Patterson	Male	214.	Male 21-34		0:56:58,12	301.	0:56:36,40
908	David	Prytherch	Male	215.	Male 50-54		0:56:59,36	302.	0:56:54,52
827	Lauren	Wright	Female	88.	Female 21-34		0:57:00,91	303.	0:56:38,95

653	Ed	Jones	Male	216.	Male 21-34		0:57:01,82	304.	0:56:43,76
660	Lynda	Ellis	Female	89.	Female 45-49		0:57:03,76	305.	0:56:50,00
806	John	Hughes-Roberts	Male	217.	Male 60-64		0:57:04,36	306.	0:56:41,19
619	Paula	Jones	Female	90.	Female 35-39		0:57:04,75	307.	0:56:51,23
894	Greg	Holland	Male	218.	Male 21-34		0:57:05,78	308.	0:56:30,84
993	Mark	Jones	Male	219.	Male 50-54	Winston Runners	0:57:08,00	309.	0:56:41,68
752	Megan	Jones	Female	91.	Female 35-39		0:57:09,28	310.	0:56:32,92
580	Benn	Danson	Male	220.	Male 40-44	Deestriders	0:57:11,27	311.	0:56:59,19
975	Gwenno	Edwards	Female	92.	Female 21-34	Denbigh Harriers	0:57:12,59	312.	0:56:58,13
587	Jeremy	Coughlan	Male	221.	Male 50-54		0:57:12,71	313.	0:56:36,54
809	Katie	Jones	Female	93.	Female 40-44		0:57:20,07	314.	0:56:57,39
1028	Catherine	Llewellyn	Female	94.	Female 55-59	Merthyr Rc	0:57:20,21	315.	0:57:01,87
1008	Daniel	Dovaston	Male	222.	Male 12-20		0:57:21,81	316.	0:57:07,15
654	Sarah	Birch	Female	95.	Female 21-34		0:57:23,03	317.	0:57:06,81
957	Megan	Brown	Female	96.	Female 21-34		0:57:23,62	318.	0:57:08,63
567	Martin	Walsh	Male	223.	Male 35-39		0:57:26,28	319.	0:57:12,01
754	Nan	Roberts	Female	97.	Female 50-54	Gog Triathlon	0:57:33,48	320.	0:57:28,61
881	Kate	Jones	Female	98.	Female 40-44		0:57:36,50	321.	0:57:07,72
723	David G	Hughes	Male	224.	Male 55-59		0:57:45,74	322.	0:57:33,66
650	Sharon	Scanlon	Female	99.	Female 35-39		0:57:52,74	323.	0:57:42,88
543	Mark	Jones	Male	225.	Male 21-34		0:57:53,46	324.	0:57:11,47
641	Gwydion	Williams	Male	226.	Male 21-34		0:57:55,85	325.	0:57:44,29
649	Simon	Mccormick	Male	227.	Male 50-54		0:57:58,69	326.	0:57:27,09
859	Becky	Hitchens	Female	100.	Female 35-39		0:58:00,89	327.	0:57:41,83
759	Carol	Lloyd	Female	101.	Female 35-39		0:58:01,60	328.	0:57:43,40
786	Robert	Prys-Owen	Male	228.	Male 65-69		0:58:03,66	329.	0:57:51,14
982	Steve	Edwards	Male	229.	Male 55-59		0:58:14,64	330.	0:58:00,43
470	Sheila	Symonds	Female	102.	Female 80+	Clwb Rhedeg Meirionnydd	0:58:15,67	331.	
482	Adam	Kingsley-Williams	Male	230.	Male 40-44		0:58:17,98	332.	0:58:01,06
1019	Mike	Wilcock	Male	231.	Male 45-49		0:58:18,25	333.	0:57:59,19
415	David	Jenkins	Male	232.	Male 55-59	Kings Heath	0:58:19,19	334.	0:58:05,23
744	Linda	Edwards	Female	103.	Female 60-64		0:58:21,08	335.	0:57:37,70
728	Rachel	Jackson	Female	104.	Female 21-34		0:58:24,03	336.	0:57:38,78
548	Bernard	Brown	Male	233.	Male 55-59		0:58:25,55	337.	0:57:39,90

833	Martyn	Wyer	Male	234.	Male 45-49		0:58:31,69	338.	0:58:20,51
882	Maleen	Lange	Female	105.	Female 21-34		0:58:35,19	339.	0:58:00,96
970	Ruth	Edwards	Female	106.	Female 45-49		0:58:36,60	340.	0:58:11,29
729	Sion	Jones	Male	235.	Male 21-34		0:58:37,37	341.	0:57:51,79
670	Leanne	Wafer	Female	107.	Female 21-34		0:58:39,37	342.	0:57:59,00
513	Rachel	Foulkes	Female	108.	Female 21-34		0:58:51,40	343.	0:58:30,22
460	Thomas	Hughes	Male	236.	Male 21-34		0:58:51,45	344.	0:58:40,55
992	Rachel	Moynihan	Female	109.	Female 45-49		0:58:52,16	345.	0:58:33,63
465	Ash	Watton	Male	237.	Male 21-34		0:58:55,14	346.	0:58:13,13
830	Nicola	Strapps	Female	110.	Female 45-49		0:59:05,95	347.	0:58:43,13
961	Claire	Mcgrady	Female	111.	Female 45-49		0:59:06,95	348.	0:58:42,13
1038	Jesse	Foster	Male	238.	Male 21-34		0:59:07,67	349.	0:58:35,21
552	Dave	Littler	Male	239.	Male 35-39		0:59:14,59	350.	0:58:55,23
1060	Ryan	Raynor	Male	240.	Male 21-34		0:59:21,92	351.	0:59:07,32
492	Luke	Jackson	Male	241.	Male 21-34		0:59:22,59	352.	0:58:56,65
498	Steve	Cooke	Male	242.	Male 55-59		0:59:25,67	353.	0:58:42,53
974	Lynsey	Hughes	Female	112.	Female 21-34		0:59:26,49	354.	0:58:55,50
1004	Alex	Elliot	Male	243.	Male 21-34		0:59:29,82	355.	0:59:05,93
680	Gareth	Hughes-Roberts	Male	244.	Male 60-64	Prestatyn Running Club	0:59:31,46	356.	0:59:06,45
985	Julia	Williams	Female	113.	Female 21-34		0:59:33,34	357.	0:59:08,04
696	Eleri	Plews	Female	114.	Female 21-34		0:59:34,01	358.	0:59:24,65
958	Dawn	Wood	Female	115.	Female 45-49		0:59:34,09	359.	0:59:16,12
889	Kate	Tilston	Female	116.	Female 21-34		0:59:35,59	360.	0:59:01,54
1056	Clare	Mcwen	Female	117.	Female 45-49		0:59:35,64	361.	0:59:02,56
401	Trudi	Parry	Female	118.	Female 45-49	Buckley Runners	0:59:36,00	362.	0:59:15,00
488	Christine	Wyn-Jones	Female	119.	Female 60-64		0:59:40,94	363.	0:59:20,84
1062	Andrew	Williams	Male	245.	Male 45-49		0:59:42,94	364.	0:59:11,35
918	Rama	Gudimetla	Male	246.	Male 35-39		0:59:43,13	365.	0:59:35,26
938	Hayley	Batley	Female	120.	Female 35-39		0:59:44,19	366.	0:59:17,01
683	Leon	Cassidy	Male	247.	Male 45-49		0:59:45,49	367.	0:59:33,55
699	Darren	Low	Male	248.	Male 50-54		0:59:49,44	368.	0:59:38,54
731	Luke	Yarwood	Male	249.	Male 21-34		0:59:51,09	369.	0:59:13,56
494	Gareth	Jackson	Male	250.	Male 55-59		0:59:59,47	370.	0:59:33,59
874	Helen	Alefounder	Female	121.	Female 45-49	Prestatyn Running Club	1:00:04,74	371.	0:59:25,52

972	Alex	Ellwood	Male	251.	Male 21-34		1:00:05,50	372.	0:59:32,69
657	Chihiro	Fujioka	Female	122.	Female 35-39		1:00:07,99	373.	0:59:35,62
418	Andrew	Sharpe	Male	252.	Male 35-39		1:00:09,29	374.	0:59:40,96
417	Liam	Ashmore	Male	253.	Male 40-44		1:00:09,43	375.	0:59:42,60
458	Claire	Barron	Female	123.	Female 40-44		1:00:11,05	376.	1:00:03,68
491	Gail	Berry	Female	124.	Female 45-49	Black Pear Joggers	1:00:12,52	377.	0:59:45,16
561	Lesley	Cole	Female	125.	Female 60-64	South Cheshire Harriers	1:00:19,55	378.	1:00:10,79
1052	Lisa	Spain	Female	126.	Female 45-49		1:00:20,72	379.	0:59:47,26
525	Steph	Russell	Female	127.	Female 35-39		1:00:23,44	380.	0:59:46,52
1037	Matt	Davies	Male	254.	Male 35-39		1:00:29,59	381.	0:59:57,73
441	Gemma	Wellstead	Female	128.	Female 21-34		1:00:31,07	382.	0:59:50,60
802	Alison	Roberts	Female	129.	Female 45-49		1:00:36,06	383.	1:00:29,75
526	Terry	Lacey	Male	255.	Male 45-49		1:00:37,84	384.	1:00:30,32
593	Shirley	Moran	Female	130.	Female 55-59	Fylde Coast Runners	1:00:38,70	385.	1:00:02,09
877	Berni	Pedder	Female	131.	Female 55-59		1:00:39,59	386.	1:00:04,77
912	Zakia	Ahamada	Female	132.	Female 40-44		1:00:39,64	387.	1:00:04,58
676	Elaine	Langley	Female	133.	Female 45-49		1:00:45,60	388.	1:00:06,64
897	Eilir	Thomas	Male	256.	Male 12-20		1:00:45,99	389.	1:00:05,62
817	Stuart	Quayle	Male	257.	Male 40-44	Prestatyn Running Club	1:00:47,20	390.	1:00:07,53
849	Liz	Morrin	Female	134.	Female 55-59		1:00:48,22	391.	1:00:10,11
741	Ben	Grundy	Male	258.	Male 60-64		1:00:49,66	392.	1:00:11,29
500	Phil	Royle	Male	259.	Male 40-44	Vegan Runners	1:00:54,08	393.	1:00:15,17
539	Kay	Cottrell	Female	135.	Female 60-64	Run Free	1:01:03,44	394.	1:00:50,93
1016	Kelly	Jones	Female	136.	Female 35-39		1:01:19,66	395.	1:00:41,55
594	Anthony	Ashman	Male	260.	Male 55-59		1:01:23,11	396.	1:00:41,35
780	Mark	Morrelle	Male	261.	Male 45-49		1:01:24,51	397.	1:00:50,21
795	Andrew	Massey	Male	262.	Male 55-59		1:01:24,57	398.	1:00:43,28
890	Denise	Droog	Female	137.	Female 21-34	Buckley Rc	1:01:26,84	399.	1:01:00,32
779	Neil	Burgoyne	Male	263.	Male 55-59		1:01:34,43	400.	1:01:18,93
1009	Jamie	Hodgson	Male	264.	Male 21-34		1:01:37,87	401.	1:01:08,96
425	Lesley	Roberts	Female	138.	Female 35-39		1:01:38,72	402.	1:01:18,82
424	Daniel	Hughes	Male	265.	Male 21-34		1:01:38,80	403.	1:01:18,84
435	Ceri	Bennell	Female	139.	Female 21-34		1:01:40,97	404.	1:01:05,37
998	Natalie	Summers	Female	140.	Female 21-34		1:01:41,51	405.	1:01:06,17

929	Adam	Rose	Male	266.	Male 35-39		1:01:42,66	406.	1:01:06,70
928	Wyn	Jones	Male	267.	Male 55-59		1:01:44,04	407.	1:00:56,29
749	Emma	Ketterer	Female	141.	Female 45-49		1:01:46,39	408.	1:00:59,97
899	Roy	Jardine	Male	268.	Male 70-74	Eryri	1:01:49,33	409.	1:01:32,99
875	Rhian	Evans	Female	142.	Female 21-34		1:01:49,73	410.	1:01:10,26
547	Meinir	Edmunds	Female	143.	Female 55-59		1:01:56,63	411.	1:01:42,61
976	Kamila	Gendek	Female	144.	Female 21-34		1:01:57,39	412.	1:01:36,15
777	Diane	Jones	Female	145.	Female 40-44		1:01:57,49	413.	1:01:52,62
733	Sara	Jones	Female	146.	Female 45-49		1:01:59,61	414.	1:01:14,91
892	Jeff	Hardman	Male	269.	Male 60-64		1:02:05,37	415.	1:01:32,41
828	David	Lynch	Male	270.	Male 50-54		1:02:08,59	416.	1:01:44,42
798	Jo	Beevers	Female	147.	Female 40-44	Aura	1:02:08,86	417.	1:01:34,63
413	Irene	Blount	Female	148.	Female 60-64	Buckley	1:02:12,27	418.	1:01:46,13
589	Stuart	Benson	Male	271.	Male 35-39		1:02:16,85	419.	1:01:59,27
778	Debra	Williams	Female	149.	Female 55-59		1:02:19,22	420.	1:02:03,61
702	Laura	Singleton	Female	150.	Female 35-39		1:02:20,58	421.	1:02:01,22
829	Julie	Lynch	Female	151.	Female 45-49		1:02:21,59	422.	1:01:57,03
631	Sarah	Jones	Female	152.	Female 21-34		1:02:24,13	423.	1:01:57,30
691	Stefano	Cosentino	Male	272.	Male 45-49		1:02:26,01	424.	1:02:05,23
512	Mark	Bennett	Male	273.	Male 40-44		1:02:41,56	425.	1:02:06,69
508	Steven	Pritchard	Male	274.	Male 45-49		1:02:45,27	426.	1:02:14,96
584	Sharon	Jones	Female	153.	Female 45-49		1:02:45,73	427.	1:02:16,17
509	Rebecca	Noble	Female	154.	Female 35-39		1:02:45,81	428.	1:02:15,44
597	Denise	Edwards	Female	155.	Female 40-44		1:02:48,76	429.	1:02:18,20
596	Ian	Edwards	Male	275.	Male 40-44		1:02:48,89	430.	1:02:17,90
848	Jean	Hughes	Female	156.	Female 60-64		1:02:49,92	431.	1:02:18,77
423	Bethan	Barr	Female	157.	Female 21-34		1:02:52,73	432.	1:02:23,43
416	Cara	Squire	Female	158.	Female 35-39		1:02:53,16	433.	1:02:27,16
852	Karen	Mulick	Female	159.	Female 50-54	Hyde Village Striders	1:02:58,73	434.	1:02:53,13
936	Elen	Townley	Female	160.	Female 21-34		1:03:05,53	435.	1:02:55,13
853	Christine	Powell	Female	161.	Female 55-59	Hyde Villager Striders	1:03:13,67	436.	1:03:07,70
898	Shaun	Williams	Male	276.	Male 21-34		1:03:19,46	437.	1:02:38,17
603	Gareth	Starkey	Male	277.	Male 21-34		1:03:20,52	438.	1:02:53,69
599	Callum	Griffiths	Male	278.	Male 21-34		1:03:25,09	439.	1:02:50,61

598	Emma	Burton	Female	162.	Female 40-44		1:03:25,20	440.	1:02:50,59
507	Gareth	Wyn-Jones	Male	279.	Male 65-69	Ellesmere Port	1:03:27,29	441.	1:03:14,90
538	Jane	Blackwell	Female	163.	Female 45-49	Deestridders	1:03:50,42	442.	1:03:18,25
995	Paul	Mapp-Jones	Male	280.	Male 55-59	Team Aura	1:03:50,57	443.	1:03:16,09
732	Dylan	Evans	Male	281.	Male 21-34		1:04:04,30	444.	1:03:18,47
727	Daniel	Mostyn-Jones	Male	282.	Male 21-34		1:04:06,49	445.	1:03:21,98
858	Stephanie	Bradfield	Female	164.	Female 21-34		1:04:12,91	446.	1:03:54,06
690	Andrea	Howitt	Female	165.	Female 45-49		1:04:15,08	447.	1:03:55,07
692	Paula	Gibson	Female	166.	Female 40-44		1:04:15,18	448.	1:03:55,08
448	Charlotte	Roberts	Female	167.	Female 21-34		1:04:17,57	449.	1:03:55,30
832	Steph	Butler	Female	168.	Female 21-34		1:04:26,49	450.	1:03:52,71
831	Peter	Strapps	Male	283.	Male 45-49		1:04:26,77	451.	1:04:03,14
1010	Lee	Thomas	Male	284.	Male 40-44		1:04:32,21	452.	1:04:09,99
514	Pippa	Shaw	Male	285.	Male 21-34		1:04:35,22	453.	1:04:13,86
527	Anna	Moore	Female	169.	Female 35-39		1:04:39,95	454.	1:04:02,80
824	Brian	Hewitt	Male	286.	Male 40-44		1:04:45,17	455.	1:04:16,32
766	Tara	Sansom	Female	170.	Female 21-34	Aura	1:04:49,56	456.	1:04:16,10
595	Ceridwen	Hughes-Roberts	Female	171.	Female 21-34	Prestatyn Running Club	1:05:02,71	457.	1:04:39,46
659	Joe	Millington	Male	287.	Male 12-20		1:05:03,59	458.	1:04:36,48
797	Christopher	Hogben	Male	288.	Male 21-34		1:05:17,01	459.	1:04:58,74
768	Stephanie	Dean	Female	172.	Female 21-34		1:05:29,68	460.	1:04:41,59
432	Anne	Parry	Female	173.	Female 21-34		1:05:36,84	461.	1:04:55,55
529	Stacey	Melia	Female	174.	Female 35-39		1:05:42,05	462.	1:05:04,98
839	Russell	Pearson	Male	289.	Male 21-34		1:05:53,07	463.	1:05:11,95
705	Sarah	Wilson	Female	175.	Female 21-34		1:05:55,74	464.	1:05:14,89
905	Rhiana	Wilcock	Female	176.	Female 21-34		1:05:59,07	465.	1:05:20,76
1054	Robert	Edwards	Male	290.	Male 50-54		1:06:08,43	466.	1:05:24,43
1001	Natalie	Evans	Female	177.	Female 35-39		1:06:22,39	467.	1:06:06,97
1021	Isobelle	Davies	Female	178.	Female 21-34		1:06:29,93	468.	1:06:15,65
712	Emma	Garston	Female	179.	Female 40-44		1:06:40,23	469.	1:06:24,46
1000	Lorraine	Owen	Female	180.	Female 40-44		1:06:48,25	470.	1:06:33,29
730	Chloe	Peers	Female	181.	Female 21-34		1:06:53,89	471.	1:06:09,15
616	Gail	Fairclough	Female	182.	Female 35-39		1:06:58,75	472.	1:06:28,38
617	Danielle	Mcdonald	Female	183.	Female 35-39		1:06:58,95	473.	1:06:28,45

750	Sarah	Rowlands	Female	184.	Female 45-49		1:07:06,60	474.	1:06:29,07
555	Caroline	Cartmill	Female	185.	Female 21-34		1:07:11,82	475.	1:06:28,34
991	Siân	Macintyre	Female	186.	Female 21-34		1:07:12,15	476.	1:06:28,68
959	Alessandro	Ciapetti	Male	291.	Male 45-49		1:07:16,73	477.	1:06:41,07
856	Rebecca	Davies	Female	187.	Female 45-49		1:07:21,25	478.	1:07:07,35
887	Laura	Cogswell	Female	188.	Female 35-39		1:07:25,23	479.	1:06:56,75
772	Sally	Merrick	Female	189.	Female 60-64		1:07:26,83	480.	1:06:58,73
686	Gareth	Jones	Male	292.	Male 40-44		1:07:27,49	481.	1:06:50,53
706	Penny	Jones	Female	190.	Female 35-39		1:07:31,81	482.	1:06:58,35
675	Terry	Price	Male	293.	Male 45-49		1:07:34,99	483.	1:06:55,84
443	Linda	Drayton	Female	191.	Female 60-64		1:07:40,84	484.	1:06:56,55
682	Lisa	Hampson	Female	192.	Female 45-49		1:07:47,05	485.	1:07:23,87
669	James	Jackson	Male	294.	Male 35-39	Lonely Goat Running Club	1:07:49,11	486.	1:07:41,24
751	Clare	Hollyhead	Female	193.	Female 40-44		1:07:50,13	487.	1:07:12,70
667	Gemma	Jones	Female	194.	Female 21-34		1:07:54,56	488.	1:07:14,97
674	Ian	Beckett	Male	295.	Male 50-54		1:08:03,47	489.	1:07:24,06
956	Jacqui	Allen	Female	195.	Female 55-59		1:08:11,97	490.	1:07:58,07
737	Glenda	Roberts	Female	196.	Female 60-64		1:08:39,93	491.	1:08:20,81
685	Michael	Allsop	Male	296.	Male 50-54		1:08:40,69	492.	1:08:03,72
1022	Simon	Davison	Male	297.	Male 55-59	P+a Group	1:08:44,70	493.	1:08:06,38
739	Erin	Tattum	Female	197.	Female 21-34		1:09:13,39	494.	1:08:37,61
835	Samantha	Bebbington	Female	198.	Female 45-49		1:09:23,54	495.	1:08:40,01
834	Ian	Bebbington	Male	298.	Male 45-49		1:09:23,72	496.	1:08:39,95
967	Nigel	Barson	Male	299.	Male 50-54		1:09:33,39	497.	1:08:47,27
955	Rob	Jones	Male	300.	Male 45-49		1:09:39,91	498.	1:09:30,62
914	Veronica	Schubmehl	Female	199.	Female 21-34		1:09:40,00	499.	1:09:01,68
457	Ian	Deegan-Munro	Male	301.	Male 65-69		1:09:42,99	500.	1:09:06,56
496	Liz	Conroy	Female	200.	Female 40-44		1:09:43,11	501.	1:09:11,19
502	Dewi	Griffiths	Male	302.	Male 55-59	Fylde Coast Runners	1:10:25,13	502.	1:09:49,21
515	Alison	Roberts	Female	201.	Female 45-49		1:10:32,36	503.	1:10:10,72
568	Toni	Jenkins	Female	202.	Female 45-49		1:10:46,88	504.	1:10:15,54
627	Sharon	Clisham	Female	203.	Female 45-49		1:10:46,88	505.	1:10:15,42
658	Vicky	Waddell	Female	204.	Female 21-34		1:11:17,05	506.	1:10:49,81
523	Jennifer	Hewitt	Female	205.	Female 21-34		1:11:41,57	507.	1:11:06,35

771	Hayley	Merrick	Female	206.	Female 21-34		1:11:46,75	508.	1:11:18,27
447	Miriam	Lamb	Female	207.	Female 50-54		1:11:49,16	509.	1:11:28,45
711	Louisa	Butler	Female	208.	Female 40-44		1:11:59,21	510.	1:11:43,50
1046	Mark	Moynihan	Male	303.	Male 40-44		1:12:14,12	511.	1:11:54,36
422	Nicola	Attewell	Female	209.	Female 40-44		1:12:33,44	512.	1:12:04,14
490	Natalie	Jones	Female	210.	Female 35-39		1:12:38,83	513.	1:11:55,12
724	Sarah	Griffith	Female	211.	Female 40-44		1:12:47,54	514.	1:12:18,02
662	Treasa	Roberts	Female	212.	Female 40-44		1:13:19,09	515.	1:12:57,25
964	Robert	Denman	Male	304.	Male 35-39		1:13:36,44	516.	1:13:10,06
823	Mandy	Ford	Female	213.	Female 45-49		1:13:40,58	517.	1:12:56,29
466	Tracey	Mccormick	Female	214.	Female 50-54		1:13:40,84	518.	1:12:56,49
909	Lorraine	Jones	Female	215.	Female 35-39		1:13:41,48	519.	1:13:25,14
941	Kelly	Hughes	Female	216.	Female 40-44		1:13:50,70	520.	1:13:12,69
520	Sherrie	Hughes	Female	217.	Female 40-44		1:13:51,42	521.	1:13:13,57
937	Rick	Kirkham	Male	305.	Male 40-44		1:14:20,24	522.	1:13:47,94
930	Helen	Barsby	Female	218.	Female 55-59		1:14:25,70	523.	1:13:50,10
483	Douglas	Graham	Male	306.	Male 40-44		1:14:41,64	524.	1:14:26,39
620	Emma	Morgan	Female	219.	Female 21-34		1:14:41,72	525.	1:14:19,10
622	Kathryn	Plumridge	Female	220.	Female 35-39		1:14:42,10	526.	1:14:19,62
645	Mark	Pickford	Male	307.	Male 55-59		1:14:59,20	527.	1:14:21,85
471	Stuart	Pinchbeck	Male	308.	Male 70-74		1:15:12,02	528.	1:14:54,59
811	Derek	Mercer	Male	309.	Male 60-64		1:15:13,46	529.	1:14:48,06
708	Jessica	Jones	Female	221.	Female 21-34	Denbigh Harriers	1:15:33,42	530.	1:15:16,51
903	Andrew	Jones	Male	310.	Male 35-39		1:15:33,96	531.	1:15:17,41
534	Sarah	Rowles	Female	222.	Female 35-39		1:15:38,00	532.	1:15:00,36
535	Zoe	Wray	Female	223.	Female 45-49		1:15:38,20	533.	1:15:00,27
590	Jennifer	Moss	Female	224.	Female 21-34		1:16:09,39	534.	1:15:52,34
672	Chloe	Morgan	Female	225.	Female 21-34		1:17:48,48	535.	1:17:05,88
770	Alison	Graham	Female	226.	Female 50-54		1:18:08,92	536.	1:17:37,89
449	Kim	Wootton	Female	227.	Female 45-49		1:18:48,73	537.	1:18:26,64
467	Eric	Henderson	Male	311.	Male 40-44		1:18:49,63	538.	1:18:27,41
932	Fiona	Black	Female	228.	Female 40-44		1:19:28,13	539.	1:18:52,61
486	Felecia	Davies	Female	229.	Female 35-39		1:19:37,03	540.	1:19:13,91
656	Siwan	Jones	Female	230.	Female 21-34		1:19:48,71	541.	1:19:08,60



1039	Chris	Jones	Male	312.	Male 21-34		1:20:05,59	542.	1:19:33,58
854	Iorwerth	Roberts	Male	313.	Male 75-79	Eryri Harriers	1:20:17,57	543.	1:19:38,36
442	Bridgette	Jones	Female	231.	Female 50-54		1:21:03,03	544.	1:20:22,12
439	Maria	Rushton	Female	232.	Female 50-54		1:21:03,38	545.	1:20:22,52
787	Sophie	Bellis	Female	233.	Female 21-34		1:21:15,82	546.	1:20:46,00
927	Matt	Hughes	Male	314.	Male 21-34		1:21:16,43	547.	1:20:46,87
698	Lucy	Douglas	Female	234.	Female 45-49	Buckley Runners	1:22:17,18	548.	1:21:41,40
501	Gwenda	Marshall	Female	235.	Female 60-64	Fylde Coast Runners	1:22:25,08	549.	1:21:47,94
503	Ann	Pugsley	Female	236.	Female 60-64		1:22:25,23	550.	1:21:48,30
813	Karla	Rogers	Female	237.	Female 35-39		1:22:34,76	551.	1:22:29,56
820	Eddie	Naisby	Male	315.	Male 80+		1:23:58,41	552.	1:23:21,44
419	Lorna	Langton	Female	238.	Female 40-44		1:27:01,41	553.	1:26:31,38
601	Lyndsey	Mccallion	Female	239.	Female 21-34		1:30:46,47	554.	1:30:21,85