

2015 Run Wales Rhyd 10Mile - Provisional Results

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
372	Gareth	Williams	M	1	MSEN	1	00:55:59	1	00:55:59	1	
333	Christopher	Hollinshead	M	2	M45+	1	00:56:55	2	00:56:55	2	Cannock and Stafford Athletics
519	Paul	Wathan	M	3	MSEN	2	00:57:13	3	00:57:13	3	Eryri Harriers
406	Joseph	Boden	M	4	MJUN	1	00:57:50	4	00:57:48	4	Wallasey AC
300	Jason	Jones	M	5	M40+	1	00:58:31	5	00:58:31	5	Cannock and Stafford Athletics
165	Martin	Green	M	6	M40+	2	00:59:06	6	00:59:06	6	NWRRRC
242	Richard	Webster	M	7	M45+	2	00:59:28	7	00:59:27	7	Wallasey AC
10	Edward	Land	M	8	M35+	1	00:59:35	8	00:59:34	8	Aberystwyth AC
445	John	Morris	M	9	MJUN	2	00:59:39	9	00:59:39	9	Denbigh Harriers
366	Gareth	Howell	M	10	MSEN	3	00:59:47	10	00:59:47	10	Liverpool Harriers
131	James	Moles	M	11	M40+	3	00:59:54	11	00:59:53	11	Manchester Frontrunners
178	Mark	Byrne	M	12	M35+	2	01:00:32	12	01:00:31	12	Wrexham AAC
250	Steve	Darby	M	13	M45+	3	01:00:39	13	01:00:38	13	Barnsley AC
88	Andrew	Birch	M	14	M45+	4	01:01:29	14	01:01:27	14	
206	Paul	Milburn	M	15	MSEN	4	01:01:41	15	01:01:40	15	Liverpool Pembroke Sefton
234	Kevin	Brennan	M	16	M45+	5	01:02:13	16	01:02:08	16	St. Helens Striders
249	Hannah	Oldroyd	F	1	FSEN	1	01:02:53	17	01:02:52	17	Uknetrunner
79	Martin	Dorrill	M	17	M45+	6	01:03:02	18	01:02:57	18	Kenilworth Runners
470	Jon	Carter	M	18	MSEN	5	01:03:33	19	01:03:32	19	Cherwell Runners
331	Steve	Smith	M	19	M40+	4	01:03:38	20	01:03:36	20	Wallasey AC
413	Myra	Jones	F	2	FSEN	2	01:03:57	21	01:03:54	21	Valley Striders
373	Jenny	Clague	F	3	F40+	1	01:04:09	22	01:04:08	22	Liverpool Harriers
175	Kevin	Smith	M	20	M55+	1	01:04:52	23	01:04:51	23	Whitchurch Whippets
48	Mark	Pursell	M	21	M35+	3	01:04:59	24	01:04:57	25	Buxton AC
237	Steve	Gadd	M	22	M40+	5	01:05:00	25	01:04:56	24	
400	Matthew	Johnston	M	23	MSEN	6	01:05:14	26	01:05:11	26	Warrington running club
435	Sarah	Caskey	F	4	FSEN	3	01:05:18	27	01:05:18	28	Bangor University Athletics Cl
514	Mark	Williams	M	24	M45+	7	01:05:19	28	01:05:17	27	Deestridders Running Club
534	Arwel	Lewis	M	25	M55+	2	01:05:42	29	01:05:41	30	Eryri Harriers
85	John	Marshall	M	26	M45+	8	01:05:44	30	01:05:38	29	Pudsey Pacers Running Club
367	Dave	Ainsworth	M	27	M55+	3	01:06:11	31	01:06:08	31	Altrincham & District Athletic
17	Anthony	Jones	M	28	M40+	6	01:06:38	32	01:06:32	33	St. Helens Striders
517	Philip	Woodley	M	29	MSEN	7	01:06:45	33	01:06:38	34	West Cheshire AC
98	Paul	Bryers	M	30	M35+	4	01:06:53	34	01:06:47	35	Paul Bryers
23	Matt	Hall	M	31	MSEN	8	01:06:54	35	01:06:50	38	
486	James	Salt	M	32	M35+	5	01:06:55	36	01:06:53	39	Abergele Harriers
484	Paul	Mason	M	33	M35+	6	01:06:57	37	01:06:52	32	Atherton Running Club
354	Steve	Hatton	M	34	M35+	7	01:06:58	38	01:06:47	36	Manchester Frontrunners
410	Howard	Owen	M	35	MSEN	9	01:07:02	39	01:06:58	40	Les Croupiers
168	Gareth	Snelson	M	36	M40+	7	01:07:02	40	01:06:48	37	Redway Runners
247	Gareth	Houghton	M	37	M40+	8	01:07:06	41	01:07:05	42	Buckley Runners
459	David	Baker	M	38	M45+	9	01:07:09	42	01:07:05	41	Denbigh harriers
286	Gary	O'Connor	M	39	M45+	10	01:07:30	43	01:07:20	43	
177	Dean	Allison	M	40	MSEN	10	01:08:02	44	01:08:00	45	
138	Adam	Wareing	M	41	MSEN	11	01:08:04	45	01:07:59	44	Altrincham & District Athletic
550	Jason	Thomas	M	42	M40+	9	01:08:13	46	01:08:05	46	Cybi Striders
120	Kevin	Slattery	M	43	M60+	1	01:08:22	47	01:08:08	47	NWRRRC
441	Mark	Mayers	M	44	M45+	11	01:08:46	48	01:08:27	48	Abergele harriers
539	Gary	Porter-Jones	M	45	M45+	12	01:08:48	49	01:08:30	49	Eryri Harriers
498	Richard	Clark	M	46	MSEN	12	01:09:00	50	01:08:31	50	
525	David	Card	M	47	MSEN	13	01:09:14	51	01:09:02	52	
377	Kevin	Coleclough	M	48	M35+	8	01:09:15	52	01:09:08	53	
520	Gemma	Morgans	F	5	FSEN	4	01:09:16	53	01:09:13	54	Eryri Harriers
384	Matthew	Lewis	M	49	MSEN	14	01:09:29	54	01:09:24	55	Telford Harriers
512	Gareth	Bailey	M	50	MSEN	15	01:09:38	55	01:09:26	56	Prestatyn Running Club
527	Phil	Pumford	M	51	MSEN	16	01:09:45	56	01:09:43	58	
305	Paul	Reszczyński	M	52	MSEN	17	01:09:47	57	01:09:40	57	
135	Martin	Witty	M	53	M45+	13	01:09:50	58	01:09:46	60	Deestridders Running Club
500	Gavin	Mart	M	54	M35+	9	01:09:52	59	01:09:01	51	carneddau
271	Jerome	Doyle	M	55	M40+	10	01:09:53	60	01:09:46	59	Penny Lane Striders
428	Alex	Blackshaw	M	56	MJUN	3	01:09:56	61	01:09:50	61	
204	Marc	Bradford	M	57	M35+	10	01:09:59	62	01:09:56	62	Macclesfield Harriers
439	Emma	Collins	F	6	F50+	1	01:10:01	63	01:09:59	64	Denbigh harriers
69	Johnny	Murphy	M	58	M45+	14	01:10:10	64	01:09:57	63	
464	Joseph	Welch	M	59	M35+	11	01:10:18	65	01:10:14	66	
33	Darren	O'Connor	M	60	MSEN	18	01:10:24	66	01:10:08	65	
385	Lee	Davitt	M	61	MSEN	19	01:10:38	67	01:10:35	69	
167	Stuart	Snelson	M	62	M35+	12	01:10:46	68	01:10:31	68	Bedford Harriers
34	Andrew	Yates	M	63	M50+	1	01:10:48	69	01:10:46	73	MEIRIONNYDD RUNNING CLUB
248	Darren	Griss	M	64	MSEN	20	01:10:52	70	01:10:49	75	NWRRRC
518	Chris	Spillane	M	65	M45+	15	01:10:55	71	01:10:47	74	INEPT
526	Andrew	Gannon	M	66	M50+	2	01:11:02	72	01:10:45	72	Menai Track & Field
378	Charlotte	Todd	F	7	FJUN	1	01:11:03	73	01:10:45	71	
324	Paul	Brady	M	67	M45+	16	01:11:05	74	01:10:39	70	Penny Lane Striders
548	Glyn	Price	M	68	MSEN	21	01:11:11	75	01:11:08	76	Shropshire Shufflers
209	Michael	Fitzpatrick	M	69	M35+	13	01:11:20	76	01:10:25	67	
404	Tony	Craig	M	70	M45+	17	01:11:23	77	01:11:13	77	Knowsley Harriers AC
202	David	Downing	M	71	M40+	11	01:11:26	78	01:11:14	78	
225	Stuart	Morrison	M	72	M50+	3	01:11:30	79	01:11:24	79	
376	Jon	Evans	M	73	M45+	18	01:11:39	80	01:11:36	82	NWRRRC
541	Matthew	Dawes	M	74	MJUN	4	01:11:43	81	01:11:32	80	
503	Richard	Cr	M	75	M40+	12	01:11:46	82	01:11:35	81	
91	Gary	Williams	M	76	M40+	13	01:11:53	83	01:11:52	83	
50	Nick	Stocker	M	77	M45+	19	01:11:59	84	01:11:53	84	Bridgend AC
137	Dave	Millard	M	78	M40+	14	01:12:05	85	01:11:54	85	
64	Matthew	Williams	M	79	M35+	14	01:12:05	86	01:11:55	86	
103	Julian	Ayres	M	80	MSEN	22	01:12:12	87	01:12:10	91	
142	Emma	Jones	F	8	F35+	1	01:12:17	88	01:12:16	93	
427	Dewi	Snelson	M	81	M35+	15	01:12:18	89	01:12:04	89	Trots St Clears
418	John	Bampton	M	82	M40+	15	01:12:22	90	01:11:55	87	Penny Lane Striders
449	Gareth	Evans	M	83	M35+	16	01:12:24	91	01:12:05	90	abergele harriers
155	Steven	Roberts	M	84	M50+	4	01:12:30	92	01:12:26	96	NWRRRC

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505	Elly	Willoughby	F	9	FSEN	5	01:12:31	93	01:12:03	88	Lawley Running Club
360	James	Moles	M	85	M40+	16	01:12:34	94	01:12:24	94	Manchester Frontrunners
185	Brad	Ehlen	M	86	M40+	17	01:12:38	95	01:12:16	92	Spectrum Striders
117	Samantha	Dutton	F	10	FSEN	6	01:12:45	96	01:12:26	95	
481	Peter	Woods	M	87	MSEN	23	01:12:46	97	01:12:41	98	
437	Darren	Battersby	M	88	M45+	20	01:12:47	98	01:12:29	97	Abergele Harriers
531	John	Lynch	M	89	M40+	18	01:13:13	99	01:12:58	99	
535	Lee	Wasnidge	M	90	M50+	5	01:13:18	100	01:13:11	100	
335	Robert J	Brown	M	91	M45+	21	01:13:33	101	01:13:26	104	South Cheshire Harriers
51	Ian	Kirby	M	92	M45+	22	01:13:41	102	01:13:27	105	Ellesmere Port Running Club
446	Lizzie	Irvine	F	11	FSEN	7	01:13:41	103	01:13:16	101	
230	Nathan	Smith	M	93	MSEN	24	01:13:44	104	01:13:17	102	
529	Llyr	Ap Einion	M	94	MJUN	5	01:13:54	105	01:13:49	107	Aberystwyth AC
141	David	Fern	M	95	M60+	2	01:13:56	106	01:13:43	106	peel road runners
465	Nick	Brelsford	M	96	M35+	17	01:14:11	107	01:14:06	111	Swinton Running Club
210	Anthony	Collins	M	97	M50+	6	01:14:14	108	01:13:19	103	
537	Paul	Hooson	M	98	M50+	7	01:14:15	109	01:14:06	112	Wrecsam tri
386	Jimmy	Bottomley	M	99	M50+	8	01:14:17	110	01:13:54	108	
471	Stephen	Seward	M	100	M40+	19	01:14:17	111	01:14:01	110	
78	William	Overton	M	101	M60+	3	01:14:31	112	01:14:23	113	Pudsey Pacers Running Club
146	Gareth	Roberts	M	102	M40+	20	01:14:33	113	01:13:59	109	Prestatyn Running Club
369	Carole	Harrison	F	12	F50+	2	01:15:01	114	01:14:56	115	Altrincham & District Athletic
153	Liam	Dobbin	M	103	M35+	18	01:15:07	115	01:14:30	114	
393	Gareth	Griffiths	M	104	MSEN	25	01:15:10	116	01:15:03	117	
390	Raymond	Cassidy	M	105	M40+	21	01:15:18	117	01:15:09	118	Llyn Striders
201	Neil	Hannett	M	106	M45+	23	01:15:29	118	01:15:11	119	Penny Lane Striders
349	Darren	Hill	M	107	MSEN	26	01:15:38	119	01:15:00	116	
86	Andy	Mayne-Flower	M	108	M35+	19	01:15:53	120	01:15:34	121	
421	John	Jones	M	109	M55+	4	01:15:54	121	01:15:36	122	Abergele Harriers
190	Steven	White	M	110	MSEN	27	01:16:00	122	01:15:12	120	
414	Sean	Cook	M	111	MSEN	28	01:16:00	123	01:15:48	123	Kirkstall Harriers
332	Katie	Georgeson	F	13	FSEN	8	01:16:08	124	01:15:59	126	
353	Brian Arthur	Griffiths	M	112	M60+	4	01:16:16	125	01:16:01	127	Ellesmere Port Running Club
511	Richard	Jones	M	113	M45+	24	01:16:21	126	01:16:07	129	
77	Joshua	Cerefice	M	114	MJUN	6	01:16:23	127	01:15:59	125	
196	Simon	Turner	M	115	MSEN	29	01:16:23	128	01:16:17	131	South Cheshire Harriers
274	Tom	Casey	M	116	M50+	9	01:16:25	129	01:16:17	130	TriActive Lanzarote & Triathlo
253	Gareth	Jones	M	117	MSEN	30	01:16:27	130	01:16:04	128	
501	Stephen	Hanlon	M	118	M50+	10	01:16:33	131	01:16:27	136	
107	Colin	Davies	M	119	M65+	1	01:16:35	132	01:16:26	134	Altrincham & District Athletic
11	Amy	Owen-Jones	F	14	FJUN	2	01:16:38	133	01:16:18	132	Abergele Harriers
408	Daniel	Schraibman	M	120	M40+	22	01:16:42	134	01:15:54	124	Denbigh Harriers
491	Colin	Hunt	M	121	M60+	5	01:16:43	135	01:16:33	138	Wrecsam tri
472	Dafydd	Morris	M	122	M55+	5	01:16:51	136	01:16:21	133	Deestridders Running Club
444	Darren	Brown	M	123	M40+	23	01:17:08	137	01:16:29	137	Liverpool Running Club
105	Les	Hall	M	124	M40+	24	01:17:10	138	01:16:26	135	
504	James	Roberts	M	125	MSEN	31	01:17:29	139	01:17:00	139	Lawley Running Club
401	Catherine	Mellor	F	15	F35+	2	01:17:31	140	01:17:11	140	
431	Gareth	Hughes	M	126	M35+	20	01:17:37	141	01:17:31	143	
28	Ben	Hudson	M	127	M35+	21	01:17:45	142	01:17:11	141	NWRRRC
420	Kate	Wozniak	F	16	FSEN	9	01:17:48	143	01:17:40	147	
315	Mike	Mawdesley	M	128	M35+	22	01:17:59	144	01:17:43	148	merunabit
477	Gavin	Butler	M	129	M45+	25	01:18:06	145	01:17:34	144	
405	Ashley	Davies	M	130	MJUN	7	01:18:07	146	01:17:55	152	
540	Peter	Barraclough	M	131	M40+	25	01:18:10	147	01:17:37	146	Prestatyn Running Club
399	Andy	Milton	M	132	MSEN	32	01:18:12	148	01:17:29	142	
523	Michael	Partington	M	133	M50+	11	01:18:15	149	01:17:34	145	
466	Rachel	Shipley	F	17	FSEN	10	01:18:18	150	01:17:58	153	Abergele Harriers
290	Mansel	Pope	M	134	M60+	6	01:18:20	151	01:18:13	154	Altrincham & District Athletic
546	Kyle	Lines	M	135	MSEN	33	01:18:22	152	01:17:53	151	Birkenhead Athletic Club
294	David	Gardner	M	136	M75+	1	01:18:23	153	01:18:20	156	NWRRRC
150	Kay	Hatton	F	18	F50+	3	01:18:32	154	01:18:29	159	NWRRRC
288	Sue	Jones	F	19	F50+	4	01:18:37	155	01:18:14	155	cybi striders
382	Marc	Cookson	M	137	MSEN	34	01:18:40	156	01:17:48	149	
275	Chris	Baldwin	M	138	M60+	7	01:18:43	157	01:18:25	158	Denbigh Harriers
392	Philip	Williams	M	139	M35+	23	01:18:44	158	01:17:50	150	
536	Helen	Owens	F	20	F35+	3	01:18:48	159	01:18:32	160	Helsby
499	Jonathan	Sanderson	M	140	M40+	26	01:19:04	160	01:18:24	157	
228	Martyn	Parker	M	141	MSEN	35	01:19:10	161	01:19:03	166	
443	Laura	Sayer-Hall	F	21	FSEN	11	01:19:18	162	01:19:10	168	Cherwell Runners
488	Damon	Hughes	M	142	MSEN	36	01:19:25	163	01:19:02	165	
227	Jack	Poland	M	143	MSEN	37	01:19:26	164	01:18:57	163	
299	John	Houghton	M	144	M55+	6	01:19:26	165	01:18:55	161	
496	Alan	Spinks	M	145	M40+	27	01:19:28	166	01:18:57	162	Mossley Hill Athletics Club
339	Thomas	Hulbert	M	146	MJUN	8	01:19:32	167	01:19:25	173	
361	Joni	Stubbs-Thrush	F	22	F35+	4	01:19:35	168	01:19:22	170	
506	Steven	Carr	M	147	MSEN	38	01:19:38	169	01:19:10	167	
154	Ben	Nuss	M	148	M35+	24	01:19:48	170	01:19:13	169	
338	Alex	Franklin	M	149	MSEN	39	01:19:49	171	01:19:26	174	
292	Dave	Prosser	M	150	M50+	12	01:19:50	172	01:19:44	178	South Cheshire Harriers
123	Alun	Davies	M	151	M35+	25	01:19:51	173	01:18:58	164	
169	Mick	Potts	M	152	M35+	26	01:20:00	174	01:19:23	172	
176	Leigh	Emery	M	153	M35+	27	01:20:00	175	01:19:23	171	
214	Richard	Westcott	M	154	M55+	7	01:20:08	176	01:19:50	179	
453	Kevin	Smith	M	155	M50+	13	01:20:13	177	01:19:39	176	
403	Mark	Hill	M	156	M35+	28	01:20:15	178	01:19:40	177	
552	Nicola	Lee-Browne	F	23	F50+	5	01:20:17	179	01:20:13	183	NWRRRC
267	Andrew	Byrom	M	157	M45+	26	01:20:18	180	01:20:11	182	Pudsey Pacers Running Club
287	Scott	Brooks	M	158	M50+	14	01:20:23	181	01:19:37	175	
494	David	Jones	M	159	M40+	28	01:20:28	182	01:20:17	184	
160	Michael	Ruane	M	160	M40+	29	01:20:30	183	01:20:02	180	
528	Ian	Williams	M	161	M45+	27	01:20:31	184	01:20:22	187	
351	Sean	Lavery	M	162	MSEN	40	01:20:45	185	01:20:20	185	
193	Len	Jackson	M	163	M55+	8	01:20:46	186	01:20:40	190	NWRRRC

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336	June	Harrison	F	24	F45+	1	01:20:47	187	01:20:30	189	
524	Lee	Brooks	M	164	M35+	29	01:20:49	188	01:20:02	181	
115	Andrew	Charlesworth	M	165	M40+	30	01:20:57	189	01:20:23	188	
9	Lina	Lesutiene	F	25	F50+	12	01:21:05	190	01:21:00	195	Aberystwyth AC
329	Thomas	Rushforth	M	166	MJUN	9	01:21:08	191	01:20:21	186	
334	Emma	Hollinshead	F	26	F40+	2	01:21:16	192	01:20:43	191	Cannock and Stafford Athletics
127	Jon	Anslow	M	167	M50+	41	01:21:22	193	01:20:52	193	Lawley Running Club
395	Deryn	Poppitt	M	168	M45+	28	01:21:29	194	01:20:54	194	
463	Kieran	Woodland	M	169	MJUN	10	01:21:33	195	01:20:45	192	
32	Richard	Albel	M	170	M35+	30	01:21:36	196	01:21:21	197	Jesters
24	Stephen	Wills	M	171	M50+	42	01:21:45	197	01:21:14	196	
478	Lesley	Goodson	F	27	F50+	6	01:21:59	198	01:21:46	199	NWRRC
493	Rachel	Fennah	F	28	FJUN	3	01:22:10	199	01:21:58	201	
295	Paul	White	M	172	M35+	31	01:22:11	200	01:21:36	198	
270	Andrew	Cottrell	M	173	M35+	32	01:22:18	201	01:21:52	200	
246	Claire	Birch	F	29	F40+	3	01:22:38	202	01:22:29	204	Oswestry olympians
416	Paul	Cheetham	M	174	M55+	9	01:22:44	203	01:22:33	205	
547	Victoria	Conry	F	30	F35+	5	01:22:45	204	01:22:17	202	
544	Hayley	Williams	F	31	F50+	13	01:23:01	205	01:22:29	203	
312	Rosemary	Rogers	F	32	F65+	1	01:23:20	206	01:23:15	208	West Cheshire AC
104	Nathalie	Rees	F	33	F40+	4	01:23:24	207	01:22:59	206	Chester Road Runners
218	Carl	Evans	M	175	M50+	43	01:23:27	208	01:23:15	209	Nike+ run club cardiff
306	Martyn	Barnaby	M	176	M40+	31	01:23:41	209	01:23:25	211	Abergele Harriers
319	Cherryl	Orrick	F	34	F40+	5	01:23:44	210	01:23:15	207	St. Helens Striders
521	Jessica	Mitchell	F	35	F50+	14	01:23:47	211	01:23:22	210	
350	Helen	Manley	F	36	F50+	15	01:23:50	212	01:23:38	213	
21	Paul	Turgoose	M	177	M45+	29	01:23:58	213	01:23:55	217	
111	Barrie	Cavanagh	M	178	M50+	15	01:24:00	214	01:23:51	215	City Of Chester Triathlon Club
68	Richard	Durcan	M	179	M35+	33	01:24:11	215	01:23:30	212	
62	Darren	Seeney	M	180	M45+	30	01:24:14	216	01:23:59	219	
171	Hervä	Barrellon	M	181	M40+	32	01:24:14	217	01:23:57	218	
61	Darren	Rhodes	M	182	M40+	33	01:24:19	218	01:23:43	214	
4	Joseph	Connor	M	183	M50+	44	01:24:40	219	01:24:29	225	Bramhall Runners
83	Danny	Whitworth	M	184	MJUN	11	01:24:40	220	01:23:53	216	
301	Joanne	Keogh	F	37	F40+	6	01:24:44	221	01:24:15	220	St. Helens Striders
391	Maria	Wall	F	38	F50+	16	01:24:48	222	01:24:27	222	Oldham & Royton Harriers
215	Catharine	Crossley	F	39	F50+	17	01:24:52	223	01:24:48	229	macclesfield harriers
224	Michael	Norris	M	185	M50+	16	01:24:55	224	01:24:40	228	Deestridders Running Club
112	Kelly	Percival	F	40	F40+	7	01:24:58	225	01:24:15	221	Hyde village striders
322	Claire	Lawrence	M	186	M35+	34	01:25:06	226	01:24:27	224	
469	Michelle	Bird	F	41	F40+	8	01:25:11	227	01:24:33	226	Liverpool running club
330	Lisa	Percox	F	42	F45+	2	01:25:12	228	01:24:39	227	Cannock and Stafford Athletics
259	Mei	Emrys	M	187	M50+	45	01:25:13	229	01:25:05	236	
279	Mark	Sobczak	M	188	M40+	34	01:25:15	230	01:25:03	235	
344	Chris	Phillipson	M	189	M35+	35	01:25:22	231	01:24:27	223	
318	Diarmuid	Mac Reamoinn	M	190	MJUN	12	01:25:23	232	01:24:53	231	
455	Hannah	Griffith	F	43	F40+	9	01:25:30	233	01:25:10	237	NWRRC
243	Jeff	Jones	M	191	M45+	31	01:25:32	234	01:24:54	232	
194	Zoe	Hancock	F	44	F35+	6	01:25:34	235	01:25:11	238	
252	Mark	Freeman	M	192	M50+	17	01:25:36	236	01:24:51	230	RAF Valley
84	Sarah	Turner	F	45	F45+	3	01:25:41	237	01:25:29	241	Pudsey Pacers Running Club
40	Martin	Moore	M	193	M55+	10	01:25:42	238	01:25:21	240	Stafford Harriers
362	Marie	Motley	F	46	F50+	7	01:25:45	239	01:25:03	234	Mossley Hill Athletics Club
364	Ruth	Thomas	F	47	F50+	18	01:25:50	240	01:25:01	233	
356	Ellen	Sieg	F	48	F40+	10	01:26:00	241	01:25:17	239	
425	Kathy	Evans	F	49	F40+	11	01:26:01	242	01:25:52	243	Denbigh Harriers
97	Hadyn	Johnson	M	194	M40+	35	01:26:20	243	01:25:52	242	
533	Roland	Wilson	M	195	M40+	36	01:26:35	244	01:26:20	247	
480	Mike	Burns	M	196	M45+	32	01:26:38	245	01:26:25	248	
95	Craig	Frisby	M	197	M40+	37	01:26:43	246	01:26:02	244	
293	Michael	Hayton	M	198	M60+	8	01:26:46	247	01:26:31	250	NWRRC
19	Steve	Wright	M	199	M50+	18	01:27:01	248	01:26:30	249	St. Helens Striders
342	Katherine	Gregson	F	50	FJUN	4	01:27:02	249	01:26:17	245	
283	Cai	Price	M	200	MJUN	13	01:27:02	250	01:26:17	246	
473	Glen	Miller	M	201	M45+	33	01:27:03	251	01:26:46	253	Greasby Plidders
442	Jennifer	Owens	F	51	F50+	19	01:27:07	252	01:26:43	252	Prestatyn Running Club
397	Steve	Jervis	M	202	M50+	19	01:27:19	253	01:27:10	257	
229	Steven	Clark	M	203	M50+	46	01:27:21	254	01:26:37	251	Harold Smith
179	Mark	Kay	M	204	M35+	36	01:27:21	255	01:27:12	258	
70	Mike	Wrench	M	205	M40+	38	01:27:31	256	01:27:25	260	South Cheshire Harriers
530	Einion	Gruffydd	M	206	M45+	34	01:27:31	257	01:27:14	259	
497	Luis	Pisa Tolosa	M	207	M50+	47	01:27:36	258	01:26:48	254	
200	Wayne	Marston	M	208	M45+	35	01:27:44	259	01:27:03	256	
452	Andrew	Parkin	M	209	M50+	20	01:27:57	260	01:27:00	255	
507	Anna	Oliver	F	52	FJUN	5	01:28:11	261	01:27:40	262	
57	Kelly	Lavender-Smith	F	53	F35+	7	01:28:13	262	01:27:50	264	Ellesmere Port Running Club
65	Alan	Sawojka	M	210	M55+	11	01:28:14	263	01:27:40	261	
415	Pauline	Roberts	F	54	F60+	1	01:28:16	264	01:27:49	263	Birkenhead Running Club
454	Helen	Kirk	F	55	F35+	8	01:28:23	265	01:28:06	267	
109	Paul	Davis	M	211	M35+	37	01:28:24	266	01:28:12	268	
368	Peter	Lafleur	M	212	M45+	36	01:28:40	267	01:27:59	265	Average Joe's Tri Club
36	Lorraine	Noble	F	56	F50+	8	01:28:47	268	01:28:02	266	
110	Gary	Turner	M	213	M50+	21	01:28:57	269	01:28:38	271	
27	Sarah	Ferguson	F	57	F35+	9	01:29:06	270	01:28:32	269	NWRRC
371	Caroline	Lawrence	F	58	F40+	12	01:29:09	271	01:28:54	273	
255	Kathy	Hockey	F	59	F35+	10	01:29:26	272	01:28:46	272	
487	Mark	Hughes	M	214	M50+	48	01:29:27	273	01:29:04	274	
345	Richard	Simpson	M	215	M35+	38	01:29:32	274	01:28:38	270	
495	Rob	Brown	M	216	M35+	39	01:29:51	275	01:29:11	275	
422	Jan	Green	F	60	F60+	2	01:30:00	276	01:29:43	277	
433	Nicola	Smith	F	61	F50+	9	01:30:11	277	01:29:48	278	Ellesmere Port Running Club
479	Simon	Whitehead	M	217	M45+	37	01:30:13	278	01:30:00	282	
231	Oliver	Hunt	F	62	FJUN	6	01:30:23	279	01:30:03	283	
257	Claire	Ellis	F	63	F45+	4	01:30:26	280	01:29:41	276	Lawley Running Club

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
490	Chris	Challenor	M	218	MSEN	49	01:30:27	281	01:29:54	280	
457	Leigh	Jenkins	F	64	FJUN	7	01:30:30	282	01:29:57	281	City Of Chester Triathlon Club
106	Colin	Tucker	M	219	M40+	39	01:30:44	283	01:30:17	284	
273	Andrew	Mooney	M	220	M35+	40	01:30:45	284	01:30:24	285	
462	Colin	Pheasant	M	221	M55+	12	01:30:50	285	01:30:40	288	Chase Harriers
509	Cyd	Cowley	M	222	MJUN	14	01:30:51	286	01:29:48	279	
197	Jane	Lightfoot	M	223	MSEN	50	01:31:11	287	01:30:35	287	Knowsley Harriers AC
25	Sue	Mcindoe	F	65	F45+	5	01:31:15	288	01:30:49	290	Deestridders Running Club
126	Dave	Lee	M	224	M45+	38	01:31:17	289	01:30:31	286	
278	Terry	Long	M	225	M60+	9	01:31:19	290	01:30:41	289	Penny Lane Striders
374	Matthew	Whitley	M	226	M40+	40	01:31:36	291	01:31:18	293	Greasby Plodders
492	Shane	Skillin	M	227	MJUN	15	01:31:36	292	01:31:23	296	Bangor University Triathlon Te
172	Ã%Va	Barrellon-Kendall	F	66	FJUN	8	01:31:37	293	01:31:20	294	
522	Matthew	Smith	M	228	MSEN	51	01:31:38	294	01:31:14	292	Prestatyn Running Club
543	Ceri	Jones	F	67	FSEN	20	01:31:48	295	01:31:44	298	NWRRC
74	Sam	Jones	F	68	FSEN	21	01:31:52	296	01:31:21	295	Wrekin Road Runners
232	Martin	Hunt	M	229	M45+	39	01:31:55	297	01:31:35	297	
381	"William ""Cookie""	Cookson	M	230	M55+	13	01:32:02	298	01:31:10	291	
343	Bernadette	Stephens	F	69	F40+	13	01:32:14	299	01:31:57	300	Dynamic Runners
189	Kim	Dutton	F	70	F40+	14	01:32:29	300	01:32:01	301	
38	Rob	Moss	M	231	M55+	14	01:32:29	301	01:32:01	302	
71	Diane	Mason	F	71	F50+	10	01:32:34	302	01:32:20	305	South Cheshire Harriers
419	Eunice	Nopondo	F	72	F50+	11	01:32:36	303	01:31:45	299	Penny Lane Striders
379	Clive	Black	M	232	M50+	22	01:32:40	304	01:32:23	307	
313	Helen	Howard	F	73	F45+	6	01:32:46	305	01:32:10	303	
423	Nan	Roberts	F	74	F45+	7	01:32:51	306	01:32:33	309	
352	Andrew	Cotton	M	233	M45+	40	01:32:52	307	01:32:30	308	
363	Jason	Cundick	M	234	M40+	41	01:32:54	308	01:32:12	304	Dragons (Sale)
370	Arwel	Owen	M	235	MSEN	52	01:32:57	309	01:32:22	306	
92	Debs	Gardner	F	75	F45+	8	01:33:06	310	01:32:45	310	Birkenhead Athletic Club
348	Clare	Wright	F	76	F35+	11	01:33:26	311	01:32:58	311	
134	Karen	Jones	F	77	F40+	15	01:33:33	312	01:33:25	315	
280	Katharine	Ashdown	F	78	F45+	9	01:33:40	313	01:33:02	313	
262	Sally	Mitchell	F	79	F45+	10	01:33:40	314	01:33:02	312	
96	Guy	Froggatt	M	236	M40+	42	01:33:55	315	01:33:14	314	
184	Geoff	Lang	M	237	M45+	41	01:33:57	316	01:33:29	316	
233	Dawn	Hunt	F	80	F45+	11	01:34:04	317	01:33:41	318	
3	Ralph	McDermott	M	238	M45+	42	01:34:13	318	01:34:00	322	Pudsey Pacers Running Club
102	Sarah	Morgan	M	239	MSEN	53	01:34:17	319	01:33:57	320	
304	Malcolm	Haines	M	240	M55+	15	01:34:21	320	01:33:59	321	
426	Sioned	Snelson	M	241	MSEN	54	01:34:22	321	01:33:46	319	
284	Claire	Knight	F	81	F40+	16	01:34:27	322	01:34:02	323	
375	Megan	New	F	82	F40+	17	01:34:29	323	01:33:39	317	Abergele harriers
276	Gaz	Jones	M	242	MSEN	55	01:34:42	324	01:34:22	324	
181	Angela	Kerslake	F	83	F45+	12	01:35:05	325	01:34:49	326	Stockport harriers
212	Emma	Tyldesley	F	84	F40+	18	01:35:27	326	01:35:06	327	
316	Rachel	Moynihan	F	85	F40+	19	01:35:32	327	01:35:14	328	
5	Natalie	Williams	F	86	FSEN	22	01:35:41	328	01:34:42	325	
100	Tracy	Holt	F	87	FSEN	23	01:35:51	329	01:35:19	329	
67	Kate	Channer	F	88	F35+	12	01:35:55	330	01:35:50	332	NWRRC
151	Sarah	Matthews	F	89	F35+	13	01:36:09	331	01:35:33	330	Warrington Road Runners
438	Derek	Ralphs	M	243	M50+	23	01:36:12	332	01:35:35	331	
432	Jeff	Slater	M	244	M60+	10	01:36:41	333	01:36:24	333	
53	Ann	Ball	F	90	F55+	1	01:36:53	334	01:36:30	335	Ellesmere Port Running Club
436	Thomas	Hunt	M	245	MJUN	16	01:36:58	335	01:36:36	336	
482	Melissa	Doherty	F	91	FSEN	24	01:37:14	336	01:36:27	334	
139	Ian	Croker	M	246	MSEN	56	01:37:36	337	01:37:03	337	
149	Diane	Jones	F	92	F35+	14	01:37:55	338	01:37:05	338	Abergele Harriers
236	Graham	Williams	M	247	M45+	43	01:38:03	339	01:37:07	339	
485	Ffion	Lloyd Jones	F	93	FSEN	25	01:38:08	340	01:37:16	340	
180	Stephen	Birkett	M	248	M40+	43	01:38:47	341	01:38:04	341	
337	Andrew	Teece- Lockley	M	249	MJUN	17	01:38:54	342	01:38:43	348	
39	Justine	Race	F	94	F40+	20	01:38:58	343	01:38:36	344	Oldham & Royton Harriers
357	Andy	Stamp	M	250	MSEN	57	01:39:06	344	01:38:21	343	
235	Lance	Hanly	M	251	M45+	44	01:39:08	345	01:38:43	349	
460	Michelle	Lindfield	F	95	F40+	21	01:39:09	346	01:38:19	342	
245	Erika	Dawson-Davies	F	96	F40+	22	01:39:17	347	01:39:04	350	NWRRC
244	Alan	Davies	M	252	M55+	16	01:39:18	348	01:39:04	351	NWRRC
162	Terry	Morris	M	253	M45+	45	01:39:26	349	01:38:41	347	Bentham beagles
483	Joanne	Fairhurst	F	97	F35+	15	01:39:32	350	01:38:37	346	Atherton Running Club
125	Raye	Phillips	F	98	F40+	23	01:39:36	351	01:38:37	345	
268	Eurwyn	Parry	M	254	M40+	44	01:40:03	352	01:39:29	352	
94	Lucy	Mccormack	F	99	F35+	16	01:40:17	353	01:39:55	356	
80	Glenn	Blundell	M	255	M50+	24	01:40:19	354	01:39:52	355	Ellesmere Port Running Club
199	Paul	Bedford	M	256	M50+	25	01:40:23	355	01:39:31	353	
222	Huw	Selby	M	257	MSEN	58	01:40:38	356	01:40:28	361	Foul Boys Running Club
52	Anne	Kirby	F	100	F45+	13	01:40:39	357	01:40:16	359	Ellesmere Port Running Club
309	Nick	Morton	M	258	MJUN	18	01:40:40	358	01:40:03	357	
66	Linda	Drayton	F	101	F55+	2	01:40:44	359	01:39:44	354	
456	Shakir	Saeed	M	259	M40+	45	01:40:56	360	01:40:53	363	
340	Andrew	Aird	M	260	M40+	46	01:41:07	361	01:40:22	360	
269	David	Randle	M	261	MJUN	19	01:41:37	362	01:41:16	365	
383	Clare	Finch	F	102	FSEN	26	01:41:39	363	01:40:49	362	
238	John	Gomez	M	262	M55+	17	01:41:50	364	01:40:57	364	
174	Beverley	Goodson	F	103	F45+	14	01:41:52	365	01:41:26	366	Deestridders Running Club
474	Jade	Morrissey	F	104	FSEN	27	01:41:57	366	01:41:37	369	
20	Deborah	Hill	F	105	F40+	24	01:41:58	367	01:41:27	367	St. Helens Striders
358	David	Smith	M	263	M45+	46	01:42:01	368	01:41:38	370	
99	Lisa	Bryers	F	106	F35+	17	01:42:05	369	01:41:33	368	
310	Lynn	Morris	F	107	F50+	12	01:42:24	370	01:41:48	372	Julies Joggers
256	Andrew	Fennell	M	264	M45+	47	01:42:35	371	01:41:48	371	Lawley Running Club
326	Maria	Haigh	F	108	F45+	15	01:42:38	372	01:42:12	374	Birkenhead Athletic Club
136	John	Alderson	M	265	M50+	26	01:42:39	373	01:41:58	373	
198	Rachel	Beddows	F	109	F40+	25	01:42:58	374	01:42:35	381	Ellesmere Port Running Club

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
49	Joan	Edwards	F	110	F50+	13	01:42:59	375	01:42:30	379	NWRRC
75	Diane	Crump	F	111	F40+	26	01:43:00	376	01:42:29	378	Lawley Running Club
448	Jayne	Mcvior	F	112	F50+	14	01:43:05	377	01:42:17	377	Liverpool Running club
417	Joanne	Evans	F	113	FSEN	28	01:43:06	378	01:42:16	375	Liverpool Running Club
424	Jean	Miao	F	114	F55+	3	01:43:06	379	01:42:16	376	Liverpool Running Club
55	Carolyn	Bott	F	115	F50+	15	01:43:07	380	01:42:40	382	Ellesmere Port Running Club
183	Carmel	Barnett	F	116	F55+	4	01:43:10	381	01:42:44	383	Ellesmere Port Running Club
308	Helen	Eaton	F	117	F40+	27	01:43:10	382	01:42:33	380	
90	Francesca	Davies	F	118	F40+	28	01:43:12	383	01:42:48	384	Ellesmere Port Running Club
6	Buddug	Jones	F	119	F45+	16	01:43:42	384	01:42:58	385	
429	Roy	Jardine	M	266	M65+	2	01:43:55	385	01:43:16	386	Eryri Harriers
240	Colin	Clayton	M	267	M45+	48	01:43:58	386	01:43:34	388	
407	Brian	Lines	M	268	M55+	18	01:44:05	387	01:43:36	389	Birkenhead Athletic Club
45	Simon	Dakin	M	269	M50+	27	01:44:06	388	01:43:41	390	
508	Susan	Cowley	F	120	F50+	16	01:44:10	389	01:43:17	387	
76	Mohamed	Benhacene	M	270	MSEN	59	01:44:14	390	01:44:05	391	
387	Gwyneth	Bottomley	F	121	F50+	17	01:45:25	391	01:45:00	396	
203	Clare	Woodland	F	122	F40+	29	01:45:27	392	01:44:36	392	
321	Cheryl	Morris	F	123	F45+	17	01:45:30	393	01:44:39	393	
320	Joanne	Rushforth	F	124	F45+	18	01:45:30	394	01:44:40	394	
163	Lynda	Morris	F	125	F45+	19	01:45:38	395	01:44:53	395	Bentham beagles
282	April	Proffitt	F	126	F40+	30	01:45:51	396	01:45:08	397	
281	Lesley	Billingsley	F	127	F45+	20	01:45:53	397	01:45:09	398	
170	Chris	Sagar	M	271	M45+	49	01:46:05	398	01:45:22	399	Hyde village Striders
188	Sue	Ledsom	F	128	F45+	21	01:46:05	399	01:45:39	402	Ellesmere Port Running Club
551	Stephanie	Williams	F	129	FSEN	29	01:46:16	400	01:45:37	400	
285	Lian	Crierie	F	130	FSEN	30	01:46:17	401	01:45:37	401	
347	Kristen	Evison	F	131	FSEN	31	01:46:44	402	01:45:48	403	
549	Mike	Murray	M	272	M65+	3	01:47:05	403	01:46:21	404	FRA
22	Lindsay	Lloyd	F	132	FSEN	32	01:47:27	404	01:46:28	405	
411	Marg	Delaney	F	133	F60+	3	01:47:31	405	01:47:04	412	Birkenhead Athletic Club
41	Catherine	Mann	F	134	F45+	22	01:47:33	406	01:46:42	406	Uttoxeter Road Runners
195	Lynne	Roberts	F	135	FJUN	9	01:47:37	407	01:47:18	413	
542	Rachel	Craig	F	136	F45+	23	01:47:46	408	01:47:04	410	Kirby Milers
221	Liz	Simpson	F	137	F65+	2	01:47:46	409	01:47:04	411	Penny Lane Striders
159	Kim	Rockcliffe	F	138	F50+	18	01:47:52	410	01:46:59	407	Liverpool Running Club
161	Carol	Knowles	F	139	F60+	4	01:47:52	411	01:47:03	409	liverpool running club
156	Janet	Fisher	F	140	F55+	5	01:47:52	412	01:47:00	408	Liverpool Running Club
515	Kim	Cunningham	F	141	FSEN	33	01:48:13	413	01:47:27	414	
516	Clare	Mccafferty	F	142	F35+	18	01:48:52	414	01:48:06	415	
430	Iorwerth	Roberts	M	273	M70+	1	01:49:04	415	01:48:09	416	Eryri Harriers
18	Victoria	Kehoe	F	143	F40+	31	01:49:44	416	01:49:14	421	St. Helens Striders
341	Jason	Berry	M	274	M40+	47	01:49:48	417	01:49:33	423	Dynamic Runners
144	Clare	James	F	144	F35+	19	01:49:53	418	01:49:10	420	
291	Ann	Frost	F	145	F55+	6	01:49:53	419	01:49:10	419	
258	Sonja	Griffiths	F	146	F50+	19	01:49:59	420	01:49:07	417	Abergele Harriers
545	Sharon	Hughes	F	147	F45+	24	01:49:59	421	01:49:07	418	Abergele Harriers
87	Alex	Lunt	F	148	FSEN	34	01:50:19	422	01:49:31	422	
44	Sarah	Reece	F	149	FSEN	35	01:50:48	423	01:50:46	427	
43	Annette	Smallman	F	150	F50+	20	01:50:48	424	01:50:45	426	
260	Norman	Phillipson	M	275	M70+	2	01:51:00	425	01:50:23	424	
217	Cathy	Bennett	F	151	F45+	25	01:51:04	426	01:50:33	425	St. Helens Striders
208	Keith	Marsden	M	276	M55+	19	01:51:16	427	01:50:46	428	N.A.R.C
207	Louise	Marsden	F	152	FSEN	36	01:51:17	428	01:50:47	429	N.A.R.C
124	Ann	Atkinson	F	153	F45+	26	01:51:26	429	01:50:54	430	St. Helens Striders
191	Sue	Sperring	F	154	F45+	27	01:51:53	430	01:51:26	431	
223	Adam	Squire	M	277	MSEN	60	01:52:17	431	01:52:07	432	Foul Boys Running Club
412	Christine	Champney	F	155	F60+	5	01:52:52	432	01:52:22	433	Birkenhead Athletic Club
468	Mark	De Blaquiere	M	278	M45+	50	01:53:39	433	01:52:50	434	
113	Robert	Wynn	M	279	M55+	20	01:53:48	434	01:53:00	435	Hyde village striders
30	Felicity	Williams	F	156	F35+	20	01:54:55	435	01:54:30	437	
265	Jeffrey	Jones	M	280	M60+	11	01:55:12	436	01:54:29	436	
532	Sarah	Woods	F	157	F50+	21	01:55:13	437	01:54:53	439	
59	Cheryl	Williams	F	158	F55+	7	01:55:15	438	01:54:49	438	
81	Diane	Blundell	F	159	F50+	22	01:55:49	439	01:55:22	441	
157	Leanne	Hughes	F	160	F35+	21	01:55:50	440	01:54:58	440	Liverpool running club
317	Lesley	Lines	F	161	F55+	8	01:56:46	441	01:56:17	442	Birkenhead Athletic Club
538	Paul	Christian	M	281	M40+	48	01:56:51	442	01:56:32	443	
502	Gemma	Kent	F	162	FSEN	37	01:57:15	443	01:56:44	444	
132	Caroline	Owen	F	163	F35+	22	01:57:43	444	01:56:45	445	Winston Runners
211	Nadine	Vernon	F	164	FSEN	38	01:57:49	445	01:56:55	446	
553	Susan	Lynne	F	165	F55+	9	01:58:03	446	01:57:05	447	Winston Runners
355	Lauren	Bird	M	282	MSEN	61	01:58:22	447	01:57:27	448	
140	Terrie	Blammon	F	166	F40+	32	01:59:42	448	01:58:44	449	Winston Runners
467	Katie	Lee	F	167	FJUN	10	02:00:43	449	02:00:02	450	Bangor University Athletics Cl
510	Peter	Cowley	M	283	M50+	28	02:01:20	450	02:00:23	451	
121	Fleur	Carruthers	F	168	F40+	33	02:02:08	451	02:01:10	452	
128	Jacky	Howell	F	169	F55+	10	02:02:37	452	02:01:54	453	
130	Annette	Fairclough	F	170	F55+	11	02:04:16	453	02:03:18	454	winston runners
108	Steve	Bullos	M	284	M60+	12	02:04:52	454	02:04:14	455	
380	Samantha	Roberts	F	171	FSEN	39	02:05:46	455	02:05:33	457	
116	Emma	Jones	F	172	F45+	28	02:06:25	456	02:05:27	456	
303	Rebecca	Woolford	F	173	FSEN	40	02:06:59	457	02:06:00	458	
302	Laura	Cooper	F	174	FSEN	41	02:07:00	458	02:06:00	459	
489	David	Dodgson	M	285	M35+	41	02:08:02	459	01:40:13	358	
394	Claire	Hegarty	F	175	F35+	23	02:10:28	460	02:09:42	460	
396	Vicky	Corrigan	F	176	FSEN	42	02:22:53	461	02:22:31	461	Oldham & Royton Harriers
398	Einion	Williams	M	286	M50+	29	02:48:02	462	02:47:02	462	
239	Simon	Barkley	M	DNF	M40+	DNF	DNF	DNF	DNF	DNF	Oswestry Olympians
289	Chris	Girven	M	DNF	M45+	DNF	DNF	DNF	DNF	DNF	