

Forename	Surname	Gender	Gender Pos	Time	Club	Position
Paul	Wathan	m	1	36.54	Eryri Runners	1
Ioan	Hurban	m	2	38.41	Telford AC	2
Andrew	Sudlow	m	3	39.45	Tattenhall Runners	3
Mark	Byrne	m	4	40.24	Wrexham AAC	4
Chris	Callaghan	m	5	41.15	Buckley Runners	5
Shaun	Hughes	m	6	41.41		6
Dean	Allison	m	7	41.51	NWRR	7
Jamie	Pugh	m	8	42.08	Knowsley Harriers	8
Owen	Lovestock	m	9	42.15		9
Helen	Davies	f	1	42.22		10
Neil	Dalleywater	m	10	42.3		11
Peter	Hughes	m	11	42.48		12
Chris	Williams	m	12	43		13
Karl	Williams	m	13	43.47	Buckley Runners	14
Alli	Grundy	f	2	44.38	Tattenhall Runners	15
David	Williams	m	14	44.49		16
Allen	Smith	m	15	44.57	Buckley Runners	17
Florence	Roberts	f	3	45.03		18
Gareth	Houghton	m	16	45.11	Buckley Runners	19
Lee	Wasnidge	m	17	45.16	Buckley Runners	20
Paul	Aird	m	18	46.02	Last Inn Runners	21
Mike	Mawdesley	m	19	46.12		22
Ian	Hogg	m	20	46.14	Buckley Runners	23
Aaron	Fowler-Parkes	m	21	46.2		24
Steve	Bellis	m	22	46.24	Buckley Runners	25
Peter	Doran	m	23	46.33		26
Dan	Bottom	m	24	46.43		27
Gemma	Morgan	f	4	46.45	Eryri Runners	28
Tim	Hargreaves	m	25	47.11		29
Tali	Boswell	m	26	47.16		30
Tom	Phillips	m	27	47.17		31
Shaun	Burgess	m	28	47.36		32
Claire	Thompson	f	5	47.49	Vale Royal	33
Chris	Littler	m	29	48.1		34
Jonnie	Ashley	m	30	48.43		35
Lee	Hughes	m	31	48.5		36
Anthony	Mash	m	32	49.2		37
Ian	Pettigrew	m	33	49.27		38
Mark	Bamford	m	34	49.34		39
Gavin	Billington	m	35	49.35		40
Stephen	McAndrew	m	36	49.42		41
Gwil	keddie	m	37	49.47		42
Joanne	Yates	f	6	49.52		43
David	Wilkinson	m	38	50.1		44
Peter	Hughes	m	39	50.26		45
Eilir	Roberts	m	40	50.37		46
Andy	Cooksley	m	41	50.43		47
Gemma	Hughes	f	7	50.44		48
Stephen	Davies	m	42	50.46		49
Micael	Horaczek	m	43	50.56		50
Melfyn	Roberts	m	44	51		51
Mike	Pritchard	m	45	51.09	Prestatyn	52
Gemma	Geekie	f	8	51.11		52
Gary	Gauhghan	m	46	51.26		54
Julie	Harrison	f	9	51.3	Shropshire Shufflers	55
Rhian	Williams	f	10	51.3	Shropshire Shufflers	56
Ellie	New	f	11	51.45	Colwyn Bay Athletics	57
Linda	Martin	f	12	52.01	Deestriders runners	58
Terry	New	m	47	52.26	Colwyn Bay Athletics	59
John	Graville	m	48	52.29		60
Kevin	Evans	m	49	52.3		61
Lucy	Groves	f	13	52.51		62
Billy	Collins	m	50	53		63
Neil	McAndrew	m	51	53.18		64
Robert	Webster	m	52	53.39	Tattenhall Runners	65
Michael	Davies	m	53	53.54	Tattenhall Runners	66
Jody	Wilson	m	54	54.06		67
Teresa	Cade	f	15	54.14		68
Alan	Fixter	m	55	54.19		69
Michael	Fitzpatrick	m	56	54.21		70
Alex	Robinson	m	57	54.23		71
Mrs	Jones	f	16	54.34		72
Johanna	Cooke	f	17	54.42		73
Gareth	Edwards	m	58	54.44		74
Jason	Burnett	m	59	54.52		75
John	Proffit	m	60	54.56	Clowne Road Runners	76
Clive	Owens	m	61	55.01		77
Nia	Jones	f	18	55.03		78
Eirian	Edwards	f	19	55.03		79
Jack	Williams	m	62	55.09		80
Jane	Atkins	f	20	55.18		81
Mari	Williams	f	21	55.18		82
Stuart	Hardcastle	m	63	55.18	Swaledale Runners	83
James	Buchanan	m	64	55.31		84
Sarah Jayne	Pritchard	f	22	55.49	Knowsley Harriers	85
Jan	Phillips	f	23	55.58		86
Mark	Skidmore	m	65	55.58		87
Peter	Varley	m	66	56.03	Erdig Muddy Trainers	88
Rhiannon	Moxon	f	24	56.32		89
Laura	Ashford	f	25	56.38	Tattenhall Runners	90
Claire	Jones	f	26	56.44		91
Callie	Thornton	f	27	56.49		92
Alistair	Othen	m	67	56.56		93
Megan	New	f	28	57.12	Colwyn Bay Athletics	94
Richard	Edwards	m	68	57.15		95
Lorna	Royle	f	29	57.38	Deestriders runners	96
Rachel	Randel	f	30	57.4		97
Steffan	Hughes	m	69	57.44		98
Carole	Wilkinson	f	31	57.53	Lancaster and morecambe AC	99
Scott	Barber	m	70	58.17		100
Michael	Starkey	m	71	58.18		101
Eleri	Edwards	f	32	58.18		102
Graeme	Ainsworth	m	72	58.3		103
Rob	Ashcroft	m	73	58.31		104
Louise	Stevens	f	33	58.39		105
Jacque	Bland-Roberts	f	34	58.4		106
Rob	Gilham	m	74	58.52		107
Rob	Jones	m	75	59.47		108
Jennie	Holmes	f	35	59.56		109
Jane	Jones	f	36	59.57		110
Matthew	Lewis	m	76	60.02		111
David	Earnshaw	m	77	60.2		112
Yvette	Tomkinson	f	37	60.27		113
Debbie	Thomas	f	38	60.35		114
Graham	Phillips	m	78	60.39		115
Manon	Jones	f	39	60.44		116
Michelle	Norton	f	40	60.59		117
Katie	Burrows	f	41	61.12		118
William	Bridge	m	79	61.26		119
Emma	McArthur	f	42	61.36		120
Gillian	Lawrence	f	43	62.19		121
Lindy	Bailey	f	44	62.4		122
Sandra	Trevor	f	45	62.48		123
Lian	Platts	f	46	62.5		124
Mr	Jones	m	80	63.05		125
George	Hughes	m	81	63.11		126
Chris	Wakeman	m	82	63.13		127
Nikki	Davies	f	47	63.13		128
Paul	Parker	m	83	63.13		129
Phil	Lloyd	m	84	63.31		130
Wyne	Crampton	m	85	63.49		131
Andrew	Gauhghan	m	86	63.54		132
Rachel	Burill	f	48	63.57		133
Jessica	Sales	f	49	64.06		134
Jill	Thorburn	f	50	64.08		135
Judith	Taylor	f	51	64.09		136
Melissa	Hughes	f	52	64.14		137
Scott	Trevor	m	87	64.43		140
Stephen	Warner	m	88	65.2		141
Nico	Decourt	m	89	65.35		142
Eleri	Davies	f	53	65.44		143
Joanne	Palmer	f	54	66.06		144
Rhona	Cameron	f	55	66.3		145
Vicky	Jones	f	56	66.47		146
Katie	Griffith	f	57	66.59		147
Nicola	Jermaine-Jones	f	58	66.59		148
Julie	Jones	f	59	67.17		149
Celia	Free	f	60	67.23		150
Sarah	Macaskill	f	61	67.36		151
Jenna	Jones	f	62	67.38		152
Jane	Darlington	f	63	68.3		153
Angharad	Woodall	f	64	68.57		154
Lynn	Jones	f	65	69.06		155
Holly	Savage	f	66	69.29		156
Michael	Shone	m	90	69.34		157
Helen	Parry	f	67	70.13		158
Roger	Parry	m	91	70.13		159
Karen	Owens	f	68	70.53		160
Jamie	Edwards	m	92	71.14		161
Anna	Hollingsworth	f	69	71.14		162
Harli	Lewis	f	70	71.25		163
Hazel	Platt	f	71	72.2		164
Alison	Valentine	f	72	72.2		165
Marc	Morris	m	93	72.2		166
Luke	Earnshaw	m	94	73.22		167
Laura	Horton	f	73	73.37		168
Sioned	Paige	f	74	73.37		169
Jan	Wilson	f	75	73.47		170
Gwenno	Angharad	f	76	74.07		171
Sian	Clayton	f	77	74.16		172
Veronica	Jones	f	78	74.36		173
Lucy	Dobbins	f	79	74.55		174
Bev	Millington	f	80	74.55		175
Mandy	Williams	f	81	75		176
Samantha	Brand	f	82	75		177
Teresa	Davies	f	83	75.28		178
Tom	Wilson	m	95	77.03		179
Hannah	Williams	f	84	77.14		180
Lewys	Hughes	m	96	77.14		181
Helen	Wilson	f	85	77.45		182
Sarah	Hadfield	f	86	77.52		183
Ian	Staniforth	m	97	77.52		184
Deborah	Winks	f	87	78.39		185
Bethan	Williams	f	88	78.42		186
Ed	Jones	m	98	80.19		187
Nigel	Richards	m	99	80.19		188
Charlette	Crampton	f	89	80.19		189
victoria	Poole	f	90	80.57		190
Rhian	Simm	f	91	80.57		191
Stephanie	Simm	f	92	80.58		192
Rhian	Jones	f	93	83.21		193
Heather	Jones	f	94	83.21		194