

Forename	Surname	Gender	Gender Pos	Time	Category	Club	Position
Paul	Wathan	M	M1	16.30	SENIOR	Eryri Harriers	1
Shaun	Hughes	M	M2	17.23	SENIOR	Denbigh Harriers	2
Huw	Jones	M	M3	17.40	JUNIOR	Deeside AC	3
Matthew	Pleavin	M	M4	18.43	SENIOR	Wrexham	4
Christopher	Shaw	M	M5	19.10	VET 40	Buckley RC	5
Neil	Dalleywater	M	M6	19.17	VET 50	Clwydian Range Runners	6
Steven	White	M	M7	19.22	SENIOR		7
Helen	Davies	F	F1	19.41	VET 50	Wrexham Tri	8
Dave	Newton	M	M8	19.46	VET 50	Oswetsy Olympians	9
Andy	Harvey	M	M9	19.50	SENIOR	Penyffordd RC	10
James	Kimber	M	M10	20.07	SENIOR	Prestatyn RC	11
Paul	Aird	M	M11	20.14	VET 50	The last inn Runners	12
Paul	Morris	M	M12	20.24	VET 40		13
Iwan	Morris	M	M13	20.42	JUNIOR	Wrexham AC	14
Stephen	Bellis	M	M14	20.45	VET 60	Buckley RC	15
Oliver	Jones	M	M15	20.48	JUNIOR	Deeside ACC	16
Jane	Jennions	F	F2	20.50	SENIOR	Deestridders RC	17
David	Wotton	M	M16	20.53	VET 50	Buckley RC	18
Craig	Jones	M	M17	21.03	SENIOR	Denbigh Harriers	19
Ads	Williams	M	M18	21.10	VET 40		20
Ela	Grundy	F	F3	21.24	JUNIOR	Colwyn Bay	21
Eleanor	Ashcroft	F	F4	21.37	SENIOR		22
Dez	Davies	M	M19	21.58	VET 50	Prestatyn RC	23
Fred	Jones	M	M 20	22.08	VET 60	Denbigh Harriers	24
Shaun Paul	Jones	M	M21	22.18	SENIOR	Denbigh Harriers	25
Matthew	Wordsworth	M	M22	22.22	JUNIOR		26
Helen	Macarthur	F	F5	22.24	VET 40	Gog Triathlon	27
Arran	Whitehouse	M	M23	22.28	SENIOR		28
Peter	Barraclough	M	M24	22.36	VET 40	Bace Fitness	29
Peter	Doran	M	M25	22.45	VET 50		30
Ian	Lowe	M	M26	22.48	VET 40	Oswetsy Olympians	31
Richard	Westwood	M	M27	22.56	VET 40	Wrexham AC	32
William	Stone	M	M28	23.12	JUNIOR	Denbighshire Tri	33
Anne	Doughton	F	F6	23.21	VET 40	Buckley RC	34
Emma	Williams	F	F7	23.32	SENIOR	Abergele Harriers	35
Darren	Stone	M	M29	23.37	VET 40		36
Samuel	Doughton	M	M30	23.40	JUNIOR		37
Christine	Commillare	M	M31	23.40	SENIOR	Deestridders RC	38
Thomas	Crawford	M	M32	23.58	SENIOR		39
Bob	Neale	M	M33	24.15	VET 60	Denbigh Harriers	40
Mei	Emrys	F	F8	24.29	SENIOR	Denbigh Harriers	41
Paul	Lewtey	M	M34	24.50	SENIOR	Deestridders RC	42
Melfyn	Roberts	M	M35	25.00	VET 40	Denbigh Harriers	43
Caroline	James	F	F9	25.00	VET 40		44
Lisa	Pope	F	F10	25.06	SENIOR		45
Olivia	Davies	F	F11	25.07	JUNIOR	Wrexham AC	46
Henrietta	Thomas	F	F12	25.11	VET 40		47
Les	Leech	M	M36	25.19	VET 70		48
Ceri	Wynne Jones	F	F13	25.27	JUNIOR	Deeside AC	49
Emma	Macarthur	F	F14	25.36	VET 40	Wrexham AC	50
Tim	Cunningham	M	M37	25.47	SENIOR		51
Dona	Subecz	F	F15	26.01	SENIOR		52
Lorna	Royle	F	F16	26.21	VET 40	Deestridders RC	53
Amy	Colman	F	F17	26.39	SENIOR		54
Harry	Doughton	M	M38	26.46	JUNIOR		55
Gareth	Tregenza	M	M39	26.54	SENIOR		56
Vicki	Evans	F	F18	27.05	VET 40		57
Anne	Griffiths	F	F19	27.10	SENIOR		58
Huw	Selby	M	M40	27.18	SENIOR		59
Ruth	Jones	F	F20	27.20	VET 40		60
Iain	Constable	M	M41	27.20	VET 50		61
Gareth	Jones	M	M42	27.23	SENIOR		62
Jenny	Lewtey	F	F21	27.30	SENIOR		63
Colin	Fisher	M	M43	27.31	VET 60		64
Gareth	Morris	M	M44	27.40	VET 40		65
Bethan	Wyn Roberts	F	F22	27.58	VET 40		66
Jeremy	Davies	M	M45	28.00	VET 40	Wrexham AC	67
Malcolm	Haines	M	M46	28.04	VET 60		68
Chrissy	Jones	F	F23	28.27	VET 40		69
Sian	Salisbury	F	F24	28.30	SENIOR	Denbigh Harriers	70
Ceri	Boyd	F	F25	28.35	SENIOR	Denbigh Harriers	71
Kiran	Dasari	M	M47	28.36	VET 40		72
John	Etherington	M	M48	28.46	VET 70		73
Caroline	Jones	F	F26	28.47	SENIOR		74
Kath	Snaith	F	F27	28.52	VET 40	Denbigh Harriers	75
Heather	Martin	F	F28	28.56	SENIOR		76
Kay	Cottrell	F	F29	29.05	VET 60	Vegan Runners UK	77
Claire	Wilson	F	F30	29.07	VET 40		78
Dianne	Cannon	F	F31	29.28	VET 40		79
Dave	Galloway	M	M49	30.03	SENIOR		80
Jacky	Garnett	F	F32	30.08	VET 40		81
Dani	Campbell	M	M50	30.30	JUNIOR		82
Sharron	Griffiths	F	F33	31.14	VET 40	Denbigh Harriers	83
Nicola	Williams	F	F34	31.14	VET 40	Denbigh Harriers	84
Emma	Jones	F	F35	31.27	SENIOR	Denbigh Harriers	85
Rebecca	Jones	F	F36	31.28	SENIOR		86
Shannon	Davies	F	F37	31.41	SENIOR		87
Michael	Edwards	M	M51	31.52	VET 70	Wrexham AC	88
Sam	Higget	M	M52	32.08	VET 50		89
Angela	Beedles	F	F38	32.37	SENIOR	Denbigh Harriers	90
Conor	O'Loughlin	M	M53	32.58	VET 50		91
Julie	Oldbury	F	F39	33.56	VET 50		92
John	Stevens	M	M54	33.56	VET 70		92
Laura	Fairs	F	F40	34.42	SENIOR	Bace Fitness	93
Andrea	Roberts	F	F41	34.54	VET 40		94
Angela	Evans	F	F42	34.54	VET 40		95
Bethan	Edwards	F	F43	35.21	VET 40		96
Sarah	Jones	F	F44	35.26	SENIOR		97
Catrin	Harvey	F	F45	36.40	SENIOR	Bace Fitness	98
Kayleigh	Jones	F	F46	36.47	SENIOR	Bace Fitness	99
Karren	Littler Jones	F	F47	36.48	VET 50	Bace Fitness	100
Sally	Smith	F	F48	36.51	VET 40	Bace Fitness	101
Kate	Perrin	F	F49	37.29	SENIOR	Bace Fitness	102
Debra	Skelly	F	F50	37.32	VET 40		103
Nick	Mccormick	M	M55	37.32	SENIOR		104
Lorraine	Newport	F	F51	38.34	VET 40	Bace Fitness	105
Catrin	Hughes	F	F52	40.39	VET 40		106
Ann	Cave	F	F53	40.45	VET 60		107
Esther	Garrod	F	F54	40.51	VET 40		108
Jayne	Lloyd	F	F55	40.51	VET 40		109
Alyson	Winn	F	F56	40.55	VET 50		110
Linda	Greulich	F	F57	41.04	VET 60	Denbigh Harriers	111
Paul	Holland	M	M56	42.02	VET 40	Wrexham AC	112
Wendy	Holland	F	F58	42.02	VET 40	Wrexham AC	113