

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	
1	108	25.14	Karl Steinegger	Ambleside AC	M
2	123	26.28	Stephen Skates	Prestatyn RC	M
3	161	27.34	Matthew Goodwin	Wallasey	M
4	152	28.26	Steve Toogood	Buckley Runners	M50
5	167	29.10	Pete Mould	U/A	M
6	142	29.35	Justin Edwards	Buckley Runners	M
7	117	29.48	Karl Williams	Buckley Runners	M40
8	166	30.01	Chris Mewes	U/A	M40
9	158	30.02	Ifan Oldfield	Wrexham AC	M
10	169	30.03	Rob Alexander	Prestatyn RC	M
11	186	30.05	Andy Jones	U/A	M40
12	173	30.10	Dan Hurst	CRR	M40
13	183	30.18	John Montgomery	CRR	M50
14	159	30.29	Daniel Jones	U/A	M
15	138	30.47	Lizzie Irvine	Mysteruns	L
16	189	30.55	Pete Gray	Buckley Runners	M
17	137	31.15	Simon Phillips	Whitchurch Whippets	M40
18	105	31.21	Mary Gillie	CRR	L
19	133	31.31	Dylan Roberts	Wrexham Tri	M
20	115	31.45	Chris Shaw	Buckley Runners	M40
21	153	31.50	Kirsty Seddon	Chester Tri Club	L
22	136	32.00	Lee Lumb	Tattenhall Runners	M
23	119	32.12	Neil Dalleywater	CRR	M50
24	188	32.13	Christopher House	Ysgol Bryn Coch	M
25	139	32.14	Samuel Bennett	Mysteruns	M
26	179	33.07	Lisa Grantham	Pensby Runners	L40
27	132	33.25	Neil Riddle	U/A	M50
28	141	33.26	Hayley Evans	Buckley Runners	L
29	145	33.27	Mark Julian Wright	CRR	M50
30	127	33.14	Lee Williams	U/A	M40
31	170	34.04	Ellie Robinson	West Cheshire AC	L40
32	122	34.05	Richard Borne	Mysteruns	M40
33	110	34.25	Victoria Whitehead	Denbigh Harriers	L40
34	118	34.33	Dave Wootton	Buckley Runners	M50
35	144	34.34	Jane Rayner	CRR	L40
36	128	34.35	Hannah Davies	Denbigh Harriers	L
37	177	34.36	Rob Standing	U/A	M40
38	160	34.46	Andy Cotgrave	Wallasey	M40
39	126	34.52	Katy Baugh	Denbigh Harriers	L
40	151	35.00	Hazel Berrett	Buckley Runners	L50
41	124	35.01	Helen Ashworth	Prestatyn RC	L
42	101	35.02	Mark Green	Warrington RC	M40
43	162	35.47	Steve Carroll	Wallasey	M
44	147	35.48	Dave Stephens	CRR	M50
45	164	35.49	Jonathan Greg g Oldfield	Wrexham AC	M40
46	107	35.50	James Marsh	U/A	M
47	190	36.08	Richard Marriott	U/A	M
48	192	37.22	Gail Sturridge	VRR	L40

49	171	37.24	Paul Jones	Chester Road Runners	M40
50	187	37.29	Caroline Ealey	Chester Road Runners	L
51	130	38.03	Elen Baugh	Denbigh Harriers	L
52	111	38.05	Linda Jones	Wrexham AC	L50
53	125	38.07	John Humphries	Mysteruns	M50
54	143	38.10	Melanie Berry	CRR	L40
55	163	39.00	Kim Norman	Wrecsam Tri	L40
56	168	39.15	Jodi Hoppes	Prestatyn RC	L
57	165	39.35	Andrew Williams	Ysgol Bryn Coch	M
58	178	39.40	Paul S Lewtey	Deestridders	M
59	121	39.50	Matt Pritchard	U/A	M
60	131	40.00	Menai Baugh	Denbigh Harriers	L50
61	180	40.15	Ciara Murphy	Chester Tri Club	L40
62	172	40.56	Damon Winterbottom	U/A	M40
63	150	41.05	Joanne McKeown	U/A	L40
64	129	41.14	Anwen Brown	Denbigh Harriers	L40
65	116	42.02	Agnieszka Bycina	U/A	L
66	134	42.26	Lorna Royle	Deestridders	L40
67	135	42.27	Fred Aird	Last Inn Runners	M50
68	112	43.23	Alun Oldfield	U/A	M40
69	109	44.12	Jon Whitehead	Denbigh Harriers	M40
70	157	44.38	Phillip Ridgway	Chester Road Runners	M50
71	140	44.59	Steve Parsons	Chester Road Runners	M40
72	176	44.59	Carvy Bowen	Chester Road Runners	L
73	149	45.01	Tony McKeown	U/A	M40
74	106	45.59	Lucy Marriott	Mysteruns	L
75	148	46.19	Susan Anne Ridings	CRR	L50
76	191	46.30	Kathrini Morris	U/A	L50
77	114	46.42	Emma Marie Richards	U/A	L
78	113	46.43	Andrew Everett	Pensby Runners	M40
79	193	46.51	Sandra Riley	VRR	L40
80	154	47.30	Norman Seddon	Mersey Tri	M60
81	103	47.47	Amanda Jane Fitton	U/A	L40
82	104	47.55	William Ivor Morris	U/A	M50
83	181	47.56	Michaela Jones	U/A	L40
84	182	47.57	Rebecca Hulse	U/A	L
85	120	48.00	Heather Jones	U/A	L40
86	155	50.51	Paul Wood	Chester Road Runners	M40
87	156	50.52	Leah Carson	Chester Road Runners	M40
88	174	52.55	Katherine Whiteway	Chester Road Runners	L40
89	175	52.58	Kerry Leanne Williams	Chester Road Runners	L
90	184	53.58	Beverley Goodson	Deestridders	L40
91	185	53.59	Laura Parry	Deestridders	L
92	102	1.07.01	Peter Norman	Wrexham AC	M70
93	146	DNF	David Davies	Denbigh Harriers	M40