

2016 Trail Marathon Wales - Half Marathon

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Club	Gun Time	Position	Chip Time	Position
1453	Max	Nicholls	M	1	MOPEN	1	TONBRIDGE AC	01:22:11	1	01:22:10	1
1421	Alexander	Miller	M	2	MOPEN	2	BELGRAVE HARRIERS	01:30:21	2	01:30:19	2
1080	Ken	Caulkett	M	3	MOPEN	3	SARN HELEN CLUB	01:31:14	3	01:31:11	3
1657	Richard	Williams	M	4	MOPEN	4		01:32:17	4	01:32:15	4
1450	Adam	Newton	M	5	MOPEN	5	SWANSEA HARRIERS AC	01:32:33	5	01:32:31	5
1531	Robert	Russell	M	6	MOPEN	6	CENTRAL AC	01:33:51	6	01:33:50	6
1375	William	Laye	M	7	MOPEN	7	MERCIA FELL RC	01:34:37	7	01:34:34	7
1440	Iwan	Morton	M	8	MOPEN	8		01:34:47	8	01:34:46	8
1436	Clive	Morgan	M	9	MOPEN	9		01:35:15	9	01:35:12	9
1661	Nathaniel	Winfield	M	10	MOPEN	10	PENNINE FELL RUNNERS	01:35:41	10	01:35:39	10
1686	Simon	Adney	M	11	MOPEN	11	MERCIA FELL RC	01:36:01	11	01:35:59	11
1464	Sam	Orton	M	12	MV40	1	ERYRI HARRIERS	01:36:06	12	01:36:01	12
1475	Cory	Parker	M	13	MOPEN	12	HEANOR RC	01:36:52	13	01:36:49	13
1361	Eamonn	Kirk	M	14	MV40	2	SWANSEA HARRIERS AC	01:36:59	14	01:36:57	14
1652	Ioan	Williams	M	15	MOPEN	13	VEGAN RUNNERS	01:37:16	15	01:37:13	15
1660	James	Winch	M	16	MOPEN	14		01:37:17	16	01:37:14	16
1276	Tom	Hiles	M	17	MOPEN	15		01:37:19	17	01:37:15	17
1198	Kevin	Francis	M	18	MV50	1	SHREWSBURY AC	01:37:22	18	01:37:20	18
1236	Nick	Griffiths	M	19	MV40	3	AMMAN VALLEY HARRIERS	01:37:39	19	01:37:38	19
1523	Owen	Roberts	M	20	MOPEN	16	ERYRI HARRIERS	01:37:42	20	01:37:38	20
1551	Dan	Siddons	M	21	MOPEN	17		01:37:48	21	01:37:44	21
1005	Samantha	Amend	F	1	FOPEN	1	BELGRAVE HARRIERS	01:38:09	22	01:38:07	22
1384	Ben	Lightowler	M	22	MOPEN	18	ABERGELE HARRIERS	01:38:41	23	01:38:29	23
1625	Claire	Walton	F	2	FOPEN	2	WALLASEY AC	01:39:00	24	01:38:53	24
1215	Christopher	Goddard	M	23	MOPEN	19	TODMORDEN HARRIERS AC	01:39:21	25	01:39:18	25
1222	Emma	Gould	F	3	FOPEN	3	MERCIA FELL RC	01:39:36	26	01:39:33	26
1334	Graham	Jones	M	24	MV60	1	SHREWSBURY AC	01:43:40	27	01:43:38	28
1445	Hugh	Murphy	M	25	MOPEN	20		01:44:01	28	01:43:20	27
1466	Toby	Oury	M	26	MOPEN	21	ALDRIDGE RC	01:44:24	29	01:44:17	29
1407	Tracy	Mccartney	F	4	FOPEN	4	NENE VALLEY HARRIERS	01:44:24	30	01:44:20	30
1349	Kieran	Kapoor	M	27	MOPEN	22		01:44:54	31	01:44:37	31
1090	Dan	Clark	M	28	MOPEN	23		01:45:03	32	01:44:54	32
1204	Tom	Garrod	M	29	MV40	4	WITNEY ROAD RUNNERS	01:45:06	33	01:45:02	33
1379	Arwel	Lewis	M	30	MV50	2	ERYRI HARRIERS	01:45:30	34	01:45:28	34
1442	Victoria	Mousley	F	5	FOPEN	5		01:45:52	35	01:45:50	36
1668	Adrian	Woods	M	31	MV50	3	PONT-Y-PWL DISTRICT RUNNERS	01:45:57	36	01:45:48	35
1639	Mark	White	M	32	MOPEN	24		01:45:57	37	01:45:52	37
1314	Lizzie	Irvine	F	6	FOPEN	6	GOG TRIATHLON CLUB	01:47:05	38	01:46:51	38
1101	Steve	Cole	M	33	MV50	4	MERCIA FELL RC	01:48:24	39	01:48:20	39
1292	Mark	Homer	M	34	MV50	5	DUDLEY KINGSWINFORM RC	01:48:57	40	01:48:52	40
1022	Anna	Bartlett	F	7	FV40	1	MERCIA FELL RC	01:48:59	41	01:48:56	41
1191	Richard	Flutter	M	35	MV40	5	HARWICH RUNNERS	01:49:11	42	01:49:09	42
1574	Phil	Stevenson	M	36	MOPEN	25	IVANHOE RUNNERS	01:50:17	43	01:49:55	43
1216	Matt	Goodwin	M	37	MOPEN	26		01:50:19	44	01:50:02	44

1410	Morag	Mcdowall	F	8	FV40	2	HART ROAD RUNNERS	01:50:29	45	01:50:23	45
1416	Zoe	Mclennan	F	9	FOPEN	7	CITY OF CHESTER TRIATHLON CLUB	01:51:10	46	01:51:08	46
1688	Vince	Edwards	M	38	MV40	6		01:51:19	47	01:51:13	47
1628	Greg	Wasinski	M	39	MOPEN	27	DRAGONS RUNNING CLUB (SALE)	01:52:04	48	01:51:42	48
1563	Simon	Smith	M	40	MV50	6	COLCHESTER HARRIERS AC	01:52:15	49	01:52:09	50
1230	Mike	Green	M	41	MV40	7	WALLASEY AC	01:52:17	50	01:52:03	49
1009	John	Armstrong	M	42	MV40	8	WALLASEY AC	01:52:36	51	01:52:27	51
1097	Daniel	Coca Peinado	M	43	MOPEN	28		01:52:46	52	01:52:29	53
1166	Jamie	Evans	M	44	MOPEN	29		01:52:48	53	01:52:39	54
1636	Iain	Wheeler	M	45	MOPEN	30		01:52:58	54	01:52:29	52
1554	Keith	Simpson	M	46	MV50	7	WALLASEY AC	01:53:13	55	01:53:04	56
1248	Tony	Hall	M	47	MV60	2	SARN HELEN CLUB	01:53:19	56	01:53:11	57
1244	Andy	Haigh	M	48	MOPEN	31	CLAPHAM CHASERS RC	01:53:22	57	01:52:56	55
1543	Mark	Shaw	M	49	MOPEN	32	ALDRIDGE RC	01:54:21	58	01:54:14	59
1064	Vicky	Brotherton	F	10	FOPEN	8	BORDER HARRIERS AC	01:54:21	59	01:53:54	58
1406	Rich	Mcaleer	M	50	MOPEN	33	EASTLEIGH RC	01:54:33	60	01:54:29	60
1264	Jock	Hayman	M	51	MOPEN	34		01:55:02	61	01:54:51	61
1125	Rob	Davies	M	52	MV40	9	LLISWERRY RUNNERS	01:55:12	62	01:55:06	62
1041	Richard	Bevan	M	53	MV40	10	MONROSS TRAILBLAZERS	01:55:19	63	01:55:15	64
1354	Rob	Kennard	M	54	MV50	8	BLACK COUNTRY TRIATHLETES	01:55:23	64	01:55:18	65
1286	Paul	Hodges	M	55	MV50	9	ERYRI HARRIERS	01:55:30	65	01:55:14	63
1564	Steve	Smith	M	56	MV40	11	WALLASEY AC	01:56:00	66	01:55:46	66
1164	Dylan	Evans	M	57	MV50	10	MEIRIONYDD RUNNING CLUB	01:56:16	67	01:56:02	67
1371	Jonny	Lambert	M	58	MV40	12	OSWESTRY OLYMPIANS	01:56:20	68	01:56:10	68
1447	Alastair	Murray	M	59	MOPEN	35		01:56:37	69	01:56:26	69
1675	Calvin	Wright	M	60	MV40	13	SHROPSHIRE SHUFFLERS	01:56:42	70	01:56:32	71
1393	Ian	Lynch	M	61	MV50	11	HALDON TRAIL RUNNERS	01:56:47	71	01:56:40	72
1501	Rhian	Prrobert	F	11	FV40	3		01:56:48	72	01:56:41	73
1633	Mathew	West	M	62	MOPEN	36		01:57:04	73	01:56:31	70
1560	Claire	Smith	F	12	FOPEN	9	HERMITAGE HARRIERS RC	01:57:19	74	01:57:07	74
1061	Sean	Britton	M	63	MOPEN	37	MERSEY-TRI	01:57:28	75	01:57:26	75
1449	Katy	Nelson	F	13	FOPEN	10		01:57:41	76	01:57:33	76
1202	Alan	French	M	64	MV60	3	WREXHAM AAC	01:57:59	77	01:57:41	77
1324	Paul	Jenkins	M	65	MV40	14		01:58:01	78	01:57:56	78
1075	Jon	Cadman	M	66	MV40	15		01:58:07	79	01:58:02	79
1428	Adam	Mitchell	M	67	MOPEN	38		01:58:25	80	01:58:19	80
1238	Ian	Grimsley	M	68	MOPEN	39		01:59:02	81	01:58:20	81
1122	Edward	Davies	M	69	MV60	4	MALDWYN H	01:59:28	82	01:59:21	85
1020	Tamas	Barry	M	70	MOPEN	40		01:59:30	83	01:59:13	84
1294	Liam	Hopkins	M	71	MOPEN	41		01:59:34	84	01:59:09	83
1448	Chris	Nawrocki	M	72	MV40	16	SWINDON STRIDERS	01:59:40	85	01:59:35	88
1218	Fiona	Gordon	F	14	FV40	4	SWINDON STRIDERS	01:59:40	86	01:59:35	87
1637	Anthea	Whitaker	F	15	FV50	1	HALDON TRAIL RUNNERS	01:59:48	87	01:59:39	90
1630	David	Watling	M	73	MOPEN	42		01:59:55	88	01:59:32	86
1206	Ashley	Gauton	M	74	MV50	12		01:59:57	89	01:59:37	89
1267	Charlotte	Hayward-Prince	F	16	FOPEN	11		01:59:59	90	01:59:41	91
1470	Steffan	Owen	M	75	MOPEN	43	MEIRIONYDD RUNNING CLUB	02:00:06	91	01:59:03	82

1423	Deborah	Millington	F	17	FV40	5	WREKIN ROAD RUNNERS	02:00:28	92	02:00:06	92
1149	George	Eadon	M	76	MOPEN	44	SARN HELEN CLUB	02:00:36	93	02:00:29	93
1104	Rebecca	Cooke	F	18	FOPEN	12	COLCHESTER HARRIERS AC	02:01:20	94	02:01:13	96
1219	Louise	Gordon	F	19	FV40	6	SOUTH CHESHIRE HARRIERS	02:01:21	95	02:01:07	95
1687	Helen	Stokes	F	20	FOPEN	13	MERCIA FELL RC	02:01:26	96	02:00:56	94
1082	Mark	Channer	M	77	MV40	17	FOREST OF DEAN AC	02:01:41	97	02:01:25	97
1418	Chris	Mewes	M	78	MV40	18		02:01:46	98	02:01:32	98
1301	Edward	Hughes	M	79	MOPEN	45		02:01:58	99	02:01:55	101
1588	Carwyn	Thomas	M	80	MV40	19		02:02:16	100	02:02:10	103
1127	Thomas	Davies	M	81	MOPEN	46		02:02:19	101	02:02:12	104
1548	Ian	Shore	M	82	MOPEN	47		02:02:21	102	02:01:45	99
1335	Ieuan	Jones	M	83	MV40	20		02:02:27	103	02:01:56	102
1014	Chris	Baker	M	84	MOPEN	48		02:02:44	104	02:02:32	107
1352	Sarah	Kellett	F	21	FOPEN	14	BLACK PEAR JOGGERS	02:02:50	105	02:02:15	105
1388	Anneliese	Loveluck	F	22	FV40	7	MEIRIONYDD RUNNING CLUB	02:03:00	106	02:02:55	109
1389	Steve	Loveluck	M	85	MV40	21	MEIRIONYDD RUNNING CLUB	02:03:07	107	02:03:02	111
1049	Louise	Booker	F	23	FOPEN	15	ALDRIDGE RC	02:03:08	108	02:02:59	110
1511	Andrew	Rees	M	86	MV40	22	AMMAN VALLEY HARRIERS	02:03:10	109	02:01:50	100
1306	Ben	Hulme	M	87	MOPEN	49		02:03:23	110	02:02:38	108
1461	Peter	Okane	M	88	MV40	23		02:03:32	111	02:02:32	106
1602	James	Timmins	M	89	MV40	24		02:03:39	112	02:03:03	112
1323	Sean	Jehu	M	90	MV40	25		02:03:53	113	02:03:11	113
1655	Mandy	Williams	F	24	FV40	8	CENTRAL AC	02:03:56	114	02:03:51	117
1201	David	Freer	M	91	MV40	26	ROYTON RR	02:04:09	115	02:03:49	116
1318	Lindsey	James	F	25	FOPEN	16		02:04:17	116	02:03:34	114
1430	Julie	Mitchell	F	26	FV40	9	MALVERN JOGGERS	02:04:19	117	02:03:36	115
1102	Emerson	Combstock	M	92	MV40	27	COVENTRY GODIVA HARRIERS	02:04:26	118	02:04:23	119
1194	Thomas	Forycki	M	93	MOPEN	50		02:05:04	119	02:04:00	118
1412	Ann Marie	Mcgilvray	F	27	FV50	2	ROCHDALE HARRIERS AC	02:05:06	120	02:04:51	121
1395	Andy	Manning	M	94	MV40	28		02:05:19	121	02:04:36	120
1139	Tim	Downes	M	95	MV50	13		02:05:27	122	02:05:09	123
1476	Ian	Parker	M	96	MV50	14	HEANOR RC	02:05:39	123	02:05:14	124
1608	Derek	Turner	M	97	MV40	29	ELLESMERE PORT RC	02:05:57	124	02:05:02	122
1528	Sandra	Rowlands	F	28	FV40	10	ERYRI HARRIERS	02:05:59	125	02:05:43	126
1246	Kevin	Hale	M	98	MV40	30		02:06:16	126	02:05:17	125
1121	Dylan	Davies	M	99	MV40	31		02:06:19	127	02:05:59	127
1325	Paul	Johnson	M	100	MV50	15		02:06:21	128	02:06:05	128
1683	David	Haines	M	101	MV40	32	VALE ROYAL AC	02:06:42	129	02:06:36	132
1634	Stephen	Westwood	M	102	MV40	33		02:06:43	130	02:06:10	129
1086	Stephen	Chawke	M	103	MV40	34		02:06:46	131	02:06:13	130
1173	Toby	Everitt	M	104	MV40	35		02:06:47	132	02:06:13	131
1521	David	Roberts	M	105	MV40	36		02:07:15	133	02:06:58	133
1665	Angus	Wood	M	106	MV40	37		02:08:11	134	02:07:34	136
1231	Sarah	Greenland	F	29	FOPEN	17		02:08:13	135	02:07:46	137
1460	Jim	Okane	M	107	MV40	38		02:08:19	136	02:07:19	134
1508	James	Randle	M	108	MOPEN	51		02:08:30	137	02:07:26	135
1520	Eleri	Rivers	F	30	FV40	11	SARN HELEN CLUB	02:08:33	138	02:08:13	140

1147	Ian	Dyson	M	109	MV60	5	MALVERN JOGGERS	02:08:34	139	02:08:03	138
1120	Caryl	Davies	F	31	FOPEN	18	SARN HELEN CLUB	02:08:39	140	02:08:13	141
1312	Zoe	Illingworth	F	32	FV40	12	SWINDON STRIDERS	02:09:10	141	02:09:00	145
1391	Alun	Lucas	M	110	MV50	16		02:09:12	142	02:08:33	142
1124	Hannah	Davies	F	33	FOPEN	19	DENBIGH HARRIERS	02:09:20	143	02:08:49	143
1214	Matt	Glover	M	111	MOPEN	52	BIRMINGHAM RUNNING ATHLETICS A	02:09:24	144	02:09:13	147
1168	Kate	Evans	F	34	FOPEN	20		02:09:31	145	02:08:12	139
1619	David	Wakelam	M	112	MV60	6		02:09:34	146	02:08:54	144
1656	Rebecca	Williams	F	35	FOPEN	21	SOUTH CHESHIRE HARRIERS	02:09:46	147	02:09:33	148
1390	Helen	Lowe	F	36	FV40	13		02:09:59	148	02:09:36	149
1065	David	Brown	M	113	MV50	17		02:10:03	149	02:09:08	146
1099	Adam	Cole	M	114	MOPEN	53		02:10:07	150	02:09:52	150
1415	Adrian	McClean	M	115	MOPEN	54		02:10:15	151	02:10:03	152
1504	Adam	Quick	M	116	MOPEN	55		02:10:42	152	02:10:26	155
1027	Emma	Bayliss	F	37	FOPEN	22	MYNYDD DU MOUNTAIN RUNNERS	02:10:43	153	02:10:36	156
1353	Nina	Kemper	F	38	FOPEN	23		02:10:50	154	02:10:03	153
1477	Graham	Parton	M	117	MV40	39	SHREWSBURY AC	02:10:54	155	02:10:22	154
1621	Tim	Waldron	M	118	MOPEN	56	LIVERPOOL RC	02:10:57	156	02:10:01	151
1413	Kevin	Mcgilvray	M	119	MV60	7	ROCHDALE HARRIERS AC	02:11:22	157	02:11:06	159
1289	Stuart	Holding	M	120	MOPEN	57	WIGAN DISTRICT HARRIERS AC	02:11:27	158	02:11:01	158
1659	Helen	Willoughby	F	39	FV50	3	SARN HELEN CLUB	02:11:30	159	02:11:11	161
1118	Martin	Darby	M	121	MV40	40	SARN HELEN CLUB	02:11:34	160	02:11:27	162
1496	Darren	Price	M	122	MV40	41		02:11:35	161	02:10:51	157
1356	Dawn	Kenwright	F	40	FV60	1	SARN HELEN CLUB	02:11:57	162	02:11:45	166
1282	Mike	Hobday	M	123	MV50	18		02:12:03	163	02:11:08	160
1203	Lucy	Garrod	F	41	FV40	14	WITNEY ROAD RUNNERS	02:12:04	164	02:11:37	164
1305	James	Hughesdon	M	124	MOPEN	58		02:12:41	165	02:11:40	165
1021	Tom	Bartle	M	125	MOPEN	59		02:12:53	166	02:11:51	167
1515	Daniel	Richards	M	126	MOPEN	60		02:12:58	167	02:11:28	163
1087	Simon L	Cheung	M	127	MV40	42		02:13:12	168	02:12:24	168
1181	James	Farren	M	128	MV40	43	WITHAM RC	02:13:38	169	02:12:48	169
1417	Guy	Merry	M	129	MOPEN	61		02:13:42	170	02:13:19	175
1600	Stewart	Thomson	M	130	MV50	19	PONT-Y-PWL DISTRICT RUNNERS	02:13:43	171	02:13:33	176
1262	Delor	Harvey	F	42	FV40	15	ABERYSTWYTH AC	02:13:52	172	02:13:11	173
1052	James	Boulton	M	131	MOPEN	62		02:13:57	173	02:12:56	170
1638	Ash	White	M	132	MOPEN	63		02:14:00	174	02:13:03	171
1112	Liza	Crompton	F	43	FV40	16		02:14:03	175	02:13:57	179
1141	Sarah	Drake	F	44	FOPEN	24	CHORLTON RUNNERS	02:14:07	176	02:13:55	178
1587	Andrew	Thomas	M	133	MOPEN	64		02:14:08	177	02:13:08	172
1556	Nicola	Sinclair	F	45	FOPEN	25	LLISWERRY RUNNERS	02:14:10	178	02:14:02	180
1518	Chris	Richardson	M	134	MV50	20		02:14:16	179	02:13:17	174
1290	Kevin	Holland	M	135	MV50	21	ABERYSTWYTH AC	02:14:45	180	02:14:04	181
1015	Vanessa	Ball	F	46	FOPEN	26	MONROSS TRAILBLAZERS	02:15:00	181	02:14:43	182
1497	Natalie	Pring	F	47	FOPEN	27		02:15:16	182	02:13:45	177
1669	Sharon	Woods	F	48	FV50	4	PONT-Y-PWL DISTRICT RUNNERS	02:15:31	183	02:15:12	185
1402	Paul	Martin	M	136	MOPEN	65		02:15:44	184	02:15:24	186
1435	Caroline	Morgan	F	49	FOPEN	28		02:15:54	185	02:15:28	187

1235	Kelly	Griffiths	F	50	FV40	17			02:15:54	186	02:15:28	188
1573	Ingrid	Stevenson	F	51	FOPEN	29		IVANHOE RUNNERS	02:16:08	187	02:15:46	190
1583	Paul	Teakle	M	137	MV40	44			02:16:09	188	02:15:02	184
1575	Antony	Stewart	M	138	MV50	22		BOURNVILLE HARRIERS	02:16:18	189	02:15:37	189
1374	Jack	Lawthom	M	139	MOPEN	66			02:16:28	190	02:15:56	192
1545	Lisa	Shepherd	F	52	FV40	18			02:16:31	191	02:15:59	194
1093	Bryan	Clee	M	140	MV40	45		PRESTEIGNE PACERS RC	02:16:32	192	02:14:58	183
1038	Carrie	Berry	F	53	FOPEN	30			02:16:34	193	02:16:24	197
1179	Mark	Farley	M	141	MOPEN	67			02:16:35	194	02:16:00	195
1662	Mike	Winstanley	M	142	MV60	8		ROCHDALE HARRIERS AC	02:16:47	195	02:16:31	198
1070	Michael	Burton	M	143	MV50	23		BLACK PEAR JOGGERS	02:16:59	196	02:16:13	196
1067	Emily	Buckwell	F	54	FOPEN	31		BRACKLA HARRIERS	02:17:10	197	02:15:49	191
1066	Brian	Buckwell	M	144	MV60	9		TONBRIDGE AC	02:17:18	198	02:15:57	193
1056	Andrew	Bradley	M	145	MV50	24			02:17:45	199	02:16:57	199
1429	Clare	Mitchell	F	55	FV40	19			02:17:54	200	02:17:21	201
1550	Deborah	Short	F	56	FV40	20			02:17:56	201	02:17:31	202
1260	Sally	Harris	F	57	FV40	21		BLACK COUNTRY TRIATHLETES	02:17:57	202	02:17:12	200
1316	Aneurin	James	M	146	MV40	46		SARN HELEN CLUB	02:18:07	203	02:17:45	203
1143	Jeff	Dunleavy	M	147	MOPEN	68			02:18:26	204	02:17:50	204
1680	Paul	Jones	M	148	MV50	25		BIRCHFIELD HARRIERS	02:18:44	205	02:18:35	211
1593	Shelley	Thomas	F	58	FOPEN	32			02:18:45	206	02:18:28	208
1342	Mary	Jones	F	59	FV40	22			02:18:51	207	02:17:58	207
1059	Neil	Bridgstock	M	149	MOPEN	69			02:18:52	208	02:17:50	205
1100	Biddy	Cole	F	60	FV50	5		MERCIA FELL RC	02:19:01	209	02:18:31	209
1117	Donna	Dale	F	61	FV40	23			02:19:03	210	02:18:44	214
1623	Jonathan	Walker	M	150	MOPEN	70			02:19:05	211	02:17:56	206
1226	Jude	Grainger	F	62	FV40	24		MERCIA FELL RC	02:19:07	212	02:18:37	212
1538	Darren	Seeney	M	151	MV50	26			02:19:08	213	02:18:38	213
1152	Louise	Edmunds	F	63	FOPEN	33			02:19:09	214	02:18:45	215
1658	Joseph	Willis	M	152	MOPEN	71		ABERDARE ROADIES RC	02:19:12	215	02:18:34	210
1255	Vanessa	Harragan	F	64	FOPEN	34		SWANSEA HARRIERS AC	02:19:31	216	02:19:03	216
1380	Jeanine	Lewis	F	65	FOPEN	35		ERYRI HARRIERS	02:19:41	217	02:19:20	218
1313	John	Ingram	M	153	MV60	10			02:20:01	218	02:19:12	217
1541	Dave	Shacklock	M	154	MOPEN	72		BLACK PEAR JOGGERS	02:20:10	219	02:19:24	219
1304	Peter	Hughes	M	155	MV40	47		WREXHAM AAC	02:20:20	220	02:20:03	221
1519	Jill	Riley	F	66	FV50	6		ERYRI HARRIERS	02:20:23	221	02:20:03	220
1544	Joe	Sheahan	M	156	MV50	27			02:20:23	222	02:20:04	222
1387	Helen	Lonsdale	F	67	FOPEN	36			02:20:37	223	02:20:16	224
1178	Philip	Fantham	M	157	MV40	48			02:20:43	224	02:20:24	226
1298	Lisa	Hopwood-Turner	F	68	FOPEN	37			02:20:48	225	02:20:18	225
1042	Ellie	Birch	F	69	FOPEN	38			02:20:53	226	02:20:27	227
1242	Hilary	Gyde	F	70	FOPEN	39			02:21:02	227	02:20:41	228
1012	Charles	Ashley	M	158	MV50	28		WREXHAM AAC	02:21:14	228	02:20:58	229
1017	Paul	Banks	M	159	MV40	49			02:21:20	229	02:20:04	223
1561	Jessica	Smith	F	71	FOPEN	40		WALLASEY AC	02:21:20	230	02:21:06	231
1229	Emma	Green	F	72	FV40	25		ERYRI HARRIERS	02:21:50	231	02:21:32	238
1037	Kim	Bennett	F	73	FV50	7		WREKIN ROAD RUNNERS	02:21:51	232	02:21:27	237

1098	Tina	Codling	F	74	FV50	8	RIVERSIDE RUNNERS	02:21:54	233	02:21:16	234
1607	Paula Sky	Tunnadine	F	75	FV50	9	WRECSAM TRI	02:22:03	234	02:21:01	230
1474	Liz	Park	F	76	FV40	26	OSWESTRY OLYMPIANS	02:22:04	235	02:21:15	233
1001	Paul	Abela-Stevenson	M	160	MV40	50	LIVERPOOL RC	02:22:08	236	02:21:12	232
1233	Andy	Griffiths	M	161	MOPEN	73		02:22:31	237	02:22:05	240
1331	David	Jones	M	162	MOPEN	74	LES GROUPIERS RC	02:22:33	238	02:21:25	236
1071	Helen	Bury	F	77	FOPEN	41		02:22:35	239	02:21:22	235
1272	Nicole	Heryet	F	78	FV40	27	TAVISTOCK AC	02:22:39	240	02:22:06	241
1180	Verity	Farr	F	79	FOPEN	42	BLACK PEAR JOGGERS	02:22:39	241	02:21:42	239
1451	Rebecca	Newton	F	80	FOPEN	43	CARDIFF TRIATHLETES	02:22:44	242	02:22:16	242
1571	Emma	Stead	F	81	FOPEN	44	PENISTONE FOOTPATH RUNNERS AC	02:23:33	243	02:22:34	244
1256	Chris	Harris	M	163	MV40	51	BLACK COUNTRY TRIATHLETES	02:23:43	244	02:22:58	245
1135	Paul	Donoghue	M	164	MV40	52	BUCKLEY RC	02:23:51	245	02:23:33	249
1525	Tim	Robjohns	M	165	MV40	53		02:23:56	246	02:22:31	243
1586	Michael	Thelwell	M	166	MV40	54	NORTH WALES ROAD RUNNERS	02:23:57	247	02:23:29	248
1611	Chris	Upperdine	M	167	MV40	55		02:24:02	248	02:23:47	253
1485	Ian	Phillips	M	168	MV40	56		02:24:11	249	02:23:34	250
1489	Ruth	Plane	F	82	FOPEN	45		02:24:12	250	02:23:14	246
1295	Rachel	Hopkins	F	83	FOPEN	46		02:24:13	251	02:23:25	247
1399	John	Marsh	M	169	MV70	1		02:24:21	252	02:23:40	252
1057	Emma	Breay	F	84	FOPEN	47		02:24:54	253	02:23:57	254
1490	Dawn	Platt	F	85	FV50	10		02:24:57	254	02:24:07	255
1537	Anna	Seale	F	86	FV40	28		02:25:00	255	02:24:38	257
1572	David	Stephens	M	170	MV40	57		02:25:00	256	02:23:39	251
1096	Sam	Clemmett	M	171	MOPEN	75		02:25:14	257	02:24:41	258
1462	Lily	Olisa Holding	F	87	FV50	11		02:25:22	258	02:24:37	256
1677	Gavin	Wright	M	172	MOPEN	76		02:25:33	259	02:25:25	264
1584	Brandon	Thacker	M	173	MOPEN	77		02:25:40	260	02:25:01	262
1281	Nicholas	Hoad	M	174	MOPEN	78		02:25:51	261	02:24:47	259
1346	Simon Rhys	Jones	M	175	MOPEN	79		02:25:54	262	02:24:49	260
1108	Alec	Cottrill	M	176	MV50	29	BURNDEN ROAD RUNNERS	02:25:59	263	02:25:04	263
1581	Dave	Taylor	M	177	MV60	11	CITY OF CHESTER TRIATHLON CLUB	02:26:19	264	02:24:56	261
1200	Kathy	Frankland	F	88	FV40	29	CITY OF CHESTER TRIATHLON CLUB	02:26:53	265	02:26:02	267
1309	Paula	Hurst	F	89	FOPEN	48		02:27:02	266	02:26:16	269
1016	Harriet	Ballantyne	F	90	FOPEN	49		02:27:08	267	02:25:52	265
1036	Gina	Bellhouse	F	91	FV40	30	SOUTHPORT WATERLOO AC	02:27:12	268	02:27:04	278
1091	Gayle	Clarke	F	92	FOPEN	50	TELFORD HARRIERS	02:27:13	269	02:26:41	272
1457	Paul	Novo	M	178	MV40	58		02:27:14	270	02:26:52	276
1552	Emily	Simmonds	F	93	FOPEN	51	WOLVERHAMPTON BILSTON AC	02:27:14	271	02:26:51	275
1355	James	Kennerley	M	179	MOPEN	80	WITHAM RC	02:27:14	272	02:26:24	270
1376	Sarah	Ledbury	F	94	FV40	31	MACCLESFIELD HARRIERS AC	02:27:21	273	02:26:47	273
1095	Hannah	Clements	F	95	FOPEN	52		02:27:22	274	02:26:14	268
1148	Simone	Eade	F	96	FV40	32		02:27:23	275	02:25:59	266
1478	Katie	Patterson	F	97	FOPEN	53		02:27:24	276	02:26:56	277
1136	Mark	Doudican	M	180	MV40	59	BOURNVILLE HARRIERS	02:27:27	277	02:26:47	274
1612	Tina	Usherwood	F	98	FV50	12		02:27:43	278	02:26:37	271
1003	Janet	Allport	F	99	FV60	2	MIDLAND MASTERS AC	02:28:05	279	02:27:35	281

1322	Tony	Jeffs	M	181	MV50	30	MIDLAND MASTERS AC	02:28:05	280	02:27:35	282
1533	Kam	Sahota	M	182	MV40	60		02:28:06	281	02:27:36	283
1617	Lorraine	Wadley	F	100	FOPEN	54	HEREFORD TRIATHLON CLUB	02:28:13	282	02:27:32	280
1513	Nikki	Reeves	F	101	FV40	33	SOUTH DERBYSHIRE ROAD RUNNERS	02:28:15	283	02:27:55	284
1382	Sian	Lewis	F	102	FOPEN	55		02:28:27	284	02:28:02	285
1684	Simon	Mccann	M	183	MV40	61		02:28:28	285	02:27:19	279
1536	Lyndsey	Scragg	F	103	FOPEN	56		02:28:30	286	02:28:06	286
1514	Laura	Rhodes	F	104	FOPEN	57		02:28:35	287	02:28:13	287
1373	Anna	Lawson	F	105	FOPEN	58		02:28:57	288	02:28:41	292
1664	Mike	Winterburn	M	184	MV40	62		02:29:10	289	02:28:22	289
1046	Russell	Blair	M	185	MV40	63	WOLVERHAMPTON BILSTON AC	02:29:35	290	02:28:46	293
1145	Andy	Dyall	M	186	MV40	64	WOLVERHAMPTON BILSTON AC	02:29:35	291	02:28:46	294
1405	Sarah	Matzen	F	106	FOPEN	59		02:29:41	292	02:29:16	297
1311	Meinir	Huws	F	107	FV50	13	ABERGELE HARRIERS	02:29:41	293	02:28:25	290
1479	Justine	Pedler	F	108	FV50	14		02:29:43	294	02:28:30	291
1011	Peter	Ashford	M	187	MV40	65	WREAKE RUNNERS	02:29:44	295	02:28:15	288
1506	Conrad	Rafique	M	188	MV50	31	WIRRAL AC	02:29:45	296	02:28:52	295
1493	Neil	Potter	M	189	MV40	66		02:30:10	297	02:28:58	296
1153	Thomas	Edmunds	M	190	MOPEN	81		02:30:37	298	02:29:35	298
1674	Ellie	Worthington	F	109	FOPEN	60		02:30:52	299	02:30:03	300
1296	Vicki	Hopkins	F	110	FV50	15		02:30:52	300	02:30:04	301
1535	Anne	Scott	F	111	FV40	34		02:30:57	301	02:30:30	303
1646	Grant	Willcox	M	191	MV40	67		02:31:27	302	02:30:41	304
1601	Chris	Tibbetts	M	192	MV40	68		02:31:31	303	02:29:54	299
1085	Haimon	Chaudhry	M	193	MOPEN	82		02:31:38	304	02:30:27	302
1040	Nik	Bettam	M	194	MV50	32	BIRMINGHAM RUNNING ATHLETICS A	02:31:43	305	02:31:33	307
1259	Jon	Harris	M	195	MV40	69		02:31:55	306	02:31:11	306
1026	Belinda	Bateson	F	112	FV40	35		02:32:08	307	02:30:51	305
1265	Peter	Haynes	M	196	MV40	70		02:32:10	308	02:31:45	309
1043	Dean	Bish	M	197	MV40	71	OUTDOOR FITNESS RUNNING CLUB	02:32:11	309	02:31:55	311
1280	Liz	Hird	F	113	FV50	16	SHROPSHIRE SHUFFLERS	02:32:27	310	02:31:38	308
1183	Carrie	Ferrier	F	114	FOPEN	61		02:32:56	311	02:32:25	315
1220	Mark	Gorman	M	198	MV40	72		02:33:00	312	02:32:07	312
1597	Richard	Thompson	M	199	MV40	73		02:33:10	313	02:31:47	310
1028	Vaughn	Baynes	M	200	MOPEN	83		02:33:10	314	02:32:17	314
1270	Christopher	Hedley	M	201	MV40	74		02:33:13	315	02:32:15	313
1160	Claire	Elsworth	F	115	FV40	36	GOYT VALLEY STRIDERS	02:33:50	316	02:32:55	317
1129	Mark	Dean	M	202	MV50	33		02:33:53	317	02:33:03	318
1047	Matthew	Bland	M	203	MOPEN	84		02:33:55	318	02:32:32	316
1635	Helen	Wheeler	F	116	FOPEN	62		02:34:02	319	02:33:33	319
1184	Fiona	Fisher	F	117	FOPEN	63	FELL RUNNERS ASSOCIATION	02:34:06	320	02:33:47	321
1643	Helen	Wilkinson	F	118	FOPEN	64	MALDWYN H	02:34:10	321	02:33:39	320
1275	Andy	Hickman	M	204	MOPEN	85		02:34:27	322	02:34:13	323
1396	Roni	Margenison	F	119	FV40	37	LLISWERRY RUNNERS	02:34:36	323	02:34:28	326
1618	Stuart	Wakefield	M	205	MV40	75		02:34:53	324	02:34:21	325
1069	Helen	Burton	F	120	FV50	17		02:34:59	325	02:33:56	322
1142	Patrick	Duce	M	206	MOPEN	86	BADGERS	02:35:08	326	02:34:40	330

1534	Phil	Sayers	M	207	MV40	76	DUDLEY KINGSWINFORD RC	02:35:15	327	02:34:14	324
1585	Diane	Thacker	F	121	FV50	18		02:35:19	328	02:34:40	329
1532	Linette	Ruston	F	122	FV40	38	GOYT VALLEY STRIDERS	02:35:26	329	02:34:32	327
1004	Claire	Alman	F	123	FOPEN	65		02:35:33	330	02:35:18	333
1562	Ruth	Smith	F	124	FV50	19		02:35:43	331	02:34:36	328
1372	Carla	Lauder	F	125	FOPEN	66		02:35:45	332	02:35:40	335
1603	Gail	Tipper	F	126	FV50	20		02:35:47	333	02:35:08	332
1357	Charlotte	Kershaw	F	127	FOPEN	67		02:35:56	334	02:34:41	331
1458	Bernadette	Offerdal	F	128	FV40	39	BIRCHFIELD HARRIERS	02:36:37	335	02:35:43	336
1010	Laura	Ashford	F	129	FOPEN	68	TATTENHALL RUNNERS	02:36:39	336	02:35:47	337
1188	Sebastien	Fleurance	M	208	MOPEN	87		02:37:00	337	02:35:22	334
1115	Mared	Dafydd	F	130	FOPEN	69		02:37:33	338	02:36:35	338
1427	Nilesh	Mistry	M	209	MOPEN	88		02:37:36	339	02:37:08	340
1682	Marcia	Macey	F	131	FV50	21	BERE ALSTON TREKKERS	02:37:55	340	02:37:33	341
1205	Chris	Garvey	M	210	MV40	77		02:38:26	341	02:37:03	339
1431	Elizabeth	Mittell	F	132	FOPEN	70		02:38:28	342	02:37:51	343
1632	Vicky	Weedon	F	133	FOPEN	71		02:38:56	343	02:38:21	346
1007	Mike	Anstey	M	211	MV50	34	MALVERN JOGGERS	02:39:06	344	02:37:46	342
1676	Emma	Wright	F	134	FOPEN	72	TELFORD HARRIERS	02:39:07	345	02:38:29	349
1362	Dave	Kirkby	M	212	MV50	35	ERYRI HARRIERS	02:39:19	346	02:38:20	345
1137	Lucy	Dovey	F	135	FV40	40		02:39:20	347	02:38:47	350
1433	Sharon	Moore	F	136	FV40	41		02:39:24	348	02:38:25	347
1348	Tom	Jones	M	213	MOPEN	89		02:39:25	349	02:38:04	344
1058	Suzanne	Breay	F	137	FOPEN	73		02:39:25	350	02:38:26	348
1299	Deb	Hugh	M	214	MV50	36	TELFORD HARRIERS	02:39:53	351	02:39:16	352
1456	Jenny	Norton	F	138	FV40	42	BRIDGNORTH RUNNING CLUB	02:39:55	352	02:39:21	358
1329	Brett	Jones	M	215	MV40	78	LES CROUPIERS RC	02:39:55	353	02:38:47	351
1604	Tracy	Titcombe	F	139	FV40	43		02:40:03	354	02:39:16	353
1641	Alan	Wilcox	M	216	MV50	37	VALE ROYAL AC	02:40:15	355	02:39:54	361
1366	Peter	Krivosic	M	217	MV40	79	DUDLEY KINGSWINFORD RC	02:40:19	356	02:39:17	354
1568	Katherine	Speyer	F	140	FOPEN	74		02:40:29	357	02:39:18	355
1553	Ashley	Simmons	M	218	MOPEN	90		02:40:30	358	02:39:18	356
1651	Gwilym	Williams	M	219	MV60	12	CLAYTON-LE-MOORS HARRIERS	02:40:42	359	02:39:40	360
1161	David	Enoch	M	220	MV40	80		02:40:54	360	02:39:40	359
1516	Islwyn	Richards	M	221	MV50	38		02:40:56	361	02:39:20	357
1592	Rose	Thomas	F	141	FV60	3	RHAYADER DISTRICT AAC	02:40:57	362	02:40:25	363
1018	Daniel	Barker	M	222	MV40	81		02:41:35	363	02:40:54	365
1590	Helen	Thomas	F	142	FV40	44		02:41:41	364	02:40:24	362
1398	Rebecca	Marks	F	143	FV40	45		02:41:42	365	02:40:58	366
1126	Sue	Davies	F	144	FV40	46		02:41:56	366	02:41:18	369
1459	Eamon	Ohanlon	M	223	MV50	39	ALDRIDGE RC	02:42:16	367	02:41:52	372
1266	Louise	Hayward	F	145	FV40	47	HEANOR RC	02:42:17	368	02:42:07	374
1404	Stephen	Mason	M	224	MV40	82	SANDBACH STRIDERS	02:42:17	368	02:42:07	374
1327	Matthew	Johnston	M	225	MOPEN	91	WOLVERHAMPTON BILSTON AC	02:42:19	369	02:40:51	364
1341	Maria	Jones	F	146	FOPEN	75	WARRINGTON RUNNING CLUB	02:42:21	370	02:41:07	368
1495	Amanda	Prescott	F	147	FV40	48		02:42:21	371	02:41:07	367
1081	Peter	Causton	M	226	MV40	83	BRIDGNORTH RUNNING CLUB	02:42:27	372	02:41:53	373
								02:42:36	373	02:41:22	370



1468	Kate	Owen	F	148	FOPEN	76	02:42:47	374	02:41:39	371
1510	Emma	Raynes	F	149	FV40	49	02:43:14	375	02:42:15	375
1615	Mauro	Vendali	M	227	MV50	40	02:43:30	376	02:42:31	377
1363	Christiane	Kloos	F	150	FV40	50	02:43:39	377	02:42:18	376
1530	Lorna	Royle	F	151	FV40	51	02:43:49	378	02:42:38	378
1401	Linda	Martin	F	152	FV50	22	02:43:49	379	02:42:38	380
1529	Les	Rowlinson	M	228	MV60	13	02:43:53	380	02:43:04	382
1526	Claire	Rowlands	F	153	FV40	52	02:44:00	381	02:43:08	385
1187	Suzanne	Fletcher	F	154	FOPEN	77	02:44:00	382	02:43:08	384
1377	Paul	Lees	M	229	MV40	84	02:44:01	383	02:42:38	379
1263	Toni	Hawtin	F	155	FV40	53	02:44:12	384	02:43:01	381
1155	Sharon	Edwards	F	156	FV40	54	02:44:23	385	02:43:57	386
1273	Brian	Hewetson	M	230	MV50	41	02:44:35	386	02:43:05	383
1176	Harriet	Faith	F	157	FV40	55	02:45:23	387	02:44:04	387
1172	Terry	Evans	M	231	MV40	85	02:45:52	388	02:44:17	388
1207	Chris	Gentle	M	232	MV40	86	02:45:54	389	02:45:08	391
1151	Lucy	Edgell	F	158	FOPEN	78	02:46:00	390	02:44:28	389
1381	Mike	Lewis	M	233	MOPEN	92	02:46:02	391	02:44:41	390
1364	Jane	Knight	F	159	FV50	23	02:46:23	392	02:45:36	394
1446	Samantha	Murphy	F	160	FOPEN	79	02:46:31	393	02:46:13	396
1463	Mark	Oliver	M	234	MV40	87	02:46:33	394	02:45:58	395
1274	Mark	Heycock	M	235	MV50	42	02:46:36	395	02:45:30	393
1107	Melanie	Cotton	F	161	FV40	56	02:46:37	396	02:45:30	392
1557	Fay	Smalls	F	162	FV40	57	02:48:08	397	02:47:25	401
1667	Robert	Wood	M	236	MV40	88	02:48:10	398	02:47:13	399
1307	Melanie	Hunter	F	163	FV40	58	02:48:14	399	02:47:50	404
1044	Lee	Blackwell	M	237	MV40	89	02:48:16	400	02:47:12	398
1524	Rebecca	Roberts	F	164	FOPEN	80	02:48:22	401	02:47:15	400
1116	Charles	Dale	M	238	MV40	90	02:48:36	402	02:47:29	402
1565	Lizi	Snushall	F	165	FV50	24	02:48:37	403	02:48:26	412
1555	Darren	Sims	M	239	MOPEN	93	02:48:38	404	02:47:01	397
1055	Emma	Boyden	F	166	FOPEN	81	02:48:38	405	02:48:14	407
1287	Lisa	Hodgkins	F	167	FV40	59	02:48:40	406	02:48:16	408
1063	Mike	Brookes	M	240	MV40	91	02:48:44	407	02:47:34	403
1498	Alexandra	Pritchard	F	168	FOPEN	82	02:48:57	408	02:48:18	409
1620	Ellen	Wakelam	F	169	FOPEN	83	02:48:58	409	02:48:18	410
1297	Paula	Hopkinson	F	170	FV40	60	02:49:08	410	02:47:53	406
1394	Martin	Macey	M	241	MOPEN	94	02:49:09	411	02:48:47	414
1350	Michaela	Karasova	F	171	FOPEN	84	02:49:21	412	02:49:08	418
1681	Danny	Llywelyn	M	242	MOPEN	95	02:49:24	413	02:47:50	405
1279	Mel	Hinchliffe	F	172	FV40	61	02:49:39	414	02:48:24	411
1422	Victoria Rose	Miller	F	173	FOPEN	85	02:49:58	415	02:48:44	413
1138	Shonah	Dowler	F	174	FV40	62	02:50:06	416	02:49:20	419
1217	Fiona	Gordon	F	175	FV40	63	02:50:09	417	02:48:58	415
1403	Nania	Mason	F	176	FV50	25	02:50:26	418	02:49:02	417
1094	Deb	Clee	F	177	FV40	64	02:51:03	419	02:49:28	420
1062	Lynda	Broadway	F	178	FV50	26	02:51:03	420	02:49:43	421

1426	Bhavna	Mistry	F	179	FV40	65	KIRKBY MILERS	02:51:08	421	02:50:52	423
1411	Catherine	Mcelhinney	F	180	FV40	66	SOUTHPORT WATERLOO AC	02:51:10	422	02:50:54	424
1378	Chris	Levitt	M	243	MV40	92		02:51:21	423	02:50:16	422
1566	Wendy	Sockett	F	181	FOPEN	86		02:51:43	424	02:51:00	425
1134	Mal	Dickinson	M	244	MV40	93		02:52:20	425	02:52:03	428
1254	Jennifer	Hamden	F	182	FV40	67		02:52:20	426	02:52:03	429
1114	Catherine	Cuthbert	F	183	FV40	68	WALLASEY AC	02:52:31	427	02:51:41	427
1685	Jane	Hylton	F	184	FV40	69		02:52:41	428	02:51:32	426
1039	Claire	Beswick	F	185	FV40	70		02:53:35	429	02:52:46	436
1670	Susie	Woods	F	186	FV40	71	CITY OF CHESTER TRIATHLON CLUB	02:53:36	430	02:52:45	435
1482	Laura	Peill	F	187	FOPEN	87		02:53:37	431	02:52:34	431
1481	Adam	Peill	M	245	MOPEN	96		02:53:38	432	00:00:00	0
1591	Karen	Thomas	F	188	FV40	72		02:53:40	433	02:53:16	438
1397	Jessica	Marie	F	189	FOPEN	88		02:53:41	434	02:53:22	439
1150	Catherine	Ealey-Fitzgerald	F	190	FV40	73	RHAYADER DISTRICT AAC	02:53:49	435	02:52:40	433
1452	Stephanie	Ng	F	191	FOPEN	89		02:53:49	436	02:52:24	430
1483	Sam	Pembridge	F	192	FOPEN	90	RHAYADER DISTRICT AAC	02:53:49	437	02:52:39	432
1253	Cecilia	Harman	F	193	FOPEN	91	RHAYADER DISTRICT AAC	02:53:51	438	02:52:40	434
1383	Caroline	Lidgett	F	194	FV50	27	CHEPSTOW HARRIERS	02:53:54	439	02:52:49	437
1110	Sally	Cottrill	F	195	FV40	74	BURNDEN ROAD RUNNERS	02:54:53	440	02:53:57	441
1368	Mark	Kubis-Law	M	246	MOPEN	97		02:54:58	441	02:54:07	442
1369	Nantjedina	Kubis-Law	F	196	FOPEN	92		02:54:59	442	02:54:07	443
1196	Jacqueline	Fowler	F	197	FV50	28	MEIRIONYDD RUNNING CLUB	02:55:00	443	02:53:33	440
1444	Mandy	Mundy	F	198	FV40	75		02:55:24	444	02:55:14	447
1578	Morag	Sutton	F	199	FV40	76		02:55:45	445	02:55:24	448
1330	Caroline	Jones	F	200	FV50	29		02:55:49	446	02:55:26	449
1517	Nigel	Richards	M	247	MV50	43	LLISWERRY RUNNERS	02:55:51	447	02:54:21	444
1580	Andy	Taplin	M	248	MV40	94		02:55:59	448	02:54:40	445
1195	Haydn	Fowler	M	249	MV50	44	MEIRIONYDD RUNNING CLUB	02:56:21	449	02:54:54	446
1078	Nick	Carson	M	250	MOPEN	98		02:57:25	450	02:56:21	452
1169	Lee	Evans	M	251	MV40	95		02:57:28	451	02:56:07	450
1467	Heledd	Owen	F	201	FV40	77		02:57:29	452	02:56:08	451
1060	Paul	Brierton	M	252	MOPEN	99	WIGAN DISTRICT HARRIERS AC	02:57:52	453	02:56:25	453
1225	Sarah	Graham	F	202	FV40	78		02:57:57	454	02:49:02	416
1484	Tracy	Philips	F	203	FV40	79		02:58:57	455	02:57:34	454
1154	Paul	Edwards	M	253	MV50	45		02:58:57	456	02:57:35	455
1077	Martyn	Candy	M	254	MV50	46	PEEL ROAD RUNNERS	02:59:13	457	02:57:46	456
1119	Andrew	Davies	M	255	MV40	96		03:00:08	458	02:58:46	457
1610	Julie	Tyrrell	F	204	FV40	80		03:01:38	459	03:00:28	458
1480	Pat	Pedley	F	205	FV50	30		03:02:17	460	03:01:22	460
1288	Rob	Hodgkinson	M	256	MV50	47		03:02:17	461	03:01:22	461
1343	Melanie	Jones	F	206	FOPEN	93		03:02:25	462	03:01:49	462
1300	Angela	Hughes	F	207	FOPEN	94		03:02:29	463	03:01:53	463
1146	Halandra	Dyer	F	208	FOPEN	95		03:02:29	464	03:01:18	459
1627	Wendy-Jane	Walton	F	209	FV50	31	SHROPSHIRE SHUFFLERS	03:03:14	465	03:01:54	464
1570	Deborah	Starkings	F	210	FV40	81		03:03:14	466	03:01:55	465
1465	Gill	Otto	F	211	FV60	4	SHROPSHIRE SHUFFLERS	03:03:14	467	03:01:55	466

1582	Joanna	Taylor	F	212	FV40	82	03:03:44	468	03:03:06	467
1594	Stuart	Thomas	M	257	MOPEN	100	03:05:24	469	03:03:59	468
1547	Robert	Shone	M	258	MV40	97	03:05:30	470	03:04:19	469
1321	Sam	Jeffery	M	259	MOPEN	101	03:08:45	471	03:07:12	470
1419	Linda	Middleton	F	213	FV60	5	03:10:25	472	03:09:46	472
1083	Jackie	Chapman	F	214	FV50	32	03:10:27	473	03:09:44	471
1471	Michael	Pace-Sigge	M	260	MV40	98	03:11:18	474	03:10:49	473
1367	Sarah	Krivosic	F	215	FV40	83	03:12:22	475	03:11:14	476
1302	Jonathan	Hughes	M	261	MV40	99	03:12:43	476	03:11:12	475
1303	Lisa	Hughes	F	216	FV40	84	03:12:43	477	03:11:10	474
1006	Eryl	Andrew	F	217	FV50	33	03:12:56	478	03:11:41	477
1182	Aidan	Fennelly	M	262	MOPEN	102	03:13:35	479	03:13:06	479
1616	Richard	Vroom	M	263	MV60	14	03:14:20	480	03:12:53	478
1156	Carl	Elliott	M	264	MV70	2	03:18:31	481	03:16:52	480
1103	Des	Connors	M	265	MV50	48	03:19:14	482	03:18:54	483
1177	Riccardo	Falco	M	266	MV50	49	03:19:14	483	03:18:55	484
1163	Donna	Evans	F	218	FV50	34	03:20:02	484	03:18:27	481
1212	Adam	Glover	M	267	MV40	100	03:20:08	485	03:18:40	482
1035	Sarah	Bell	F	219	FV40	85	03:23:55	486	03:22:42	485
1162	Lisa	Enoch	F	220	FV40	86	03:23:55	487	03:22:42	486
1239	Gay	Grove	F	221	FV60	6	03:24:36	488	03:23:49	487
1569	Liz	Stacey	F	222	FV60	7	03:24:39	489	03:23:51	488
1320	Kimberley	Jasper	F	223	FOPEN	96	03:26:03	490	03:24:41	489
1598	Yvonne	Thompson	F	224	FV40	87	03:26:05	491	03:25:42	490
1559	Andy	Smith	M	268	MV40	101	03:27:29	492	03:25:58	491
1268	Myfanwy	Healy	F	225	FOPEN	97	03:31:49	493	03:31:05	493
1045	Wendy	Mcnair	F	226	FV40	88	03:31:53	494	03:30:27	492
1293	Catrin	Hopkins	F	227	FOPEN	98	03:31:53	495	03:31:10	494
1326	Shona	Johnson	F	228	FOPEN	99	03:32:48	496	03:31:30	495
1175	Clare	Fairclough	F	229	FV40	89	03:35:07	497	03:33:50	496
1285	Joanna	Hodges	F	230	FOPEN	100	03:36:42	498	03:35:15	497
1284	David	Hodges	M	269	MV50	50	03:36:42	499	03:35:15	498
1539	Jacqueline	Seeney	F	231	FV50	35	03:44:54	500	03:44:38	500
1502	Sophia	Purcell	F	232	FV40	90	03:44:54	501	03:44:39	501
1507	Derek	Ralphs	M	270	MV50	51	03:44:55	502	03:44:15	499
1232	Ivory	Green-Lott	F	233	FV40	91	03:47:44	503	03:46:07	502
1359	Claire	Killner	F	234	FOPEN	101	03:47:47	504	03:46:11	503
1269	Ruth	Hector	F	235	FOPEN	102	03:48:39	505	03:47:14	504
1240	Anna	Gumbleton	F	236	FV40	92	04:11:26	506	04:09:54	505
1576	Carrol	Stocker	F	237	FV60	8	04:18:19	507	04:16:44	506
1209	Sara	Giles	F	DNF	FOPEN	DNF	DNF	DNF	DNF	DNF
1140	Lorraine	Doyle	F	DNF	FOPEN	DNF	DNF	DNF	DNF	DNF
1245	Rebecca	Haigh	F	DNF	FOPEN	DNF	DNF	DNF	DNF	DNF
1237	Phil	Griffiths	M	DNF	MOPEN	DNF	DNF	DNF	DNF	DNF
1050	Jude	Evans	F	DNF	FV50	DNF	DNF	DNF	DNF	DNF
1653	Jason	Williams	M	DNF	MV40	DNF	DNF	DNF	DNF	DNF
1111	Michael	Coyne	M	DNF	MV40	DNF	DNF	DNF	DNF	DNF

**LAUNCESTON ROAD RUNNERS**

**DUDLEY KINGSWINFORD RC**

**EASINGWOLD RC**

**BRO DYSYNNI AC  
LLISWERRY RUNNERS**

**PRESTEIGNE PACERS RC**

**ELY RUNNERS**

**BLACK PEAR JOGGERS  
BLACK PEAR JOGGERS**

**RED ROSE RRC  
ABERYSTWYTH AC**

**WOMEN RUNNING PENARTH  
LES CROUPIERS RC**

**RIVERSIDE RUNNERS**

**PRESTEIGNE PACERS RC  
NEWPORT DISTRICT RC**

**BIRMINGHAM RUNNING ATHLETICS A  
MEIRIONYDD RUNNING CLUB  
HERMITAGE HARRIERS RC**

1019 Thomas

Barr

**M** DNF

**MOPEN** DNF

**SWANSEA HARRIERS AC**

**DNF**

**DNF** DNF

DNF