

RESULTS

Bib	Time	Rank	Cat Rank	Forename	Surname	Cat	Local	Affiliated Club	Notes
65	00:31:48	1	1	Joshua	Griffiths	M		Swansea Harriers	Plimmer Trophy
222	00:32:20	2	2	Rhys	Goodrick	M		Vegan Runners UK	
88	00:32:59	3	3	Jonah	Patton	M		Hallamshire Harriers	
232	00:33:06	4	4	Rhys	Jones	M		Clwb Rhedwyr Hebog Runners	
185	00:33:20	5	5	Sam	Gunning	M		Cybi Striders	
218	00:33:49	6	6	Siôn	Edwards	M		Eryri harriers	
101	00:33:56	7	7	Tomas	Black	M		Mynyddwyr De Cymru	
214	00:34:07	8	1	Gavin	Roberts	M40		Calder Valley Fell Runners	Robin Woolley Trophy
45	00:34:16	9	8	Jonathan	Ford	M		Mynydd Du / East Wales	
43	00:35:20	10	9	Edward	Woodhead	M		Deeside AAC	
147	00:35:32	11	2	Lawrence	Eccles	M40		Penny Lane Striders	
82	00:35:44	12	10	Wilf	Evans	M		CDF Runners	
130	00:36:12	13	11	Scott	Nixon	M		Wrexham AAC	
187	00:36:30	14	12	Shaun	Hughes	M			
64	00:36:57	15	1	Eden	O'Dea	F		Deeside AAC	Anderson Trophy
161	00:37:28	16	13	Chris	Pownell	M		Cybi Striders	
127	00:37:34	17	1	Jez	Brown	M50		Buckley Runners	Llys Fynnyd Shield
34	00:37:47	18	14	Steve	Shanahan	M			
156	00:37:52	19	15	Tony	Wood	M			
85	00:38:09	20	1	Oberon	Keaney	M18		Warriors PAC	Julie Tullis Trophy
135	00:38:12	21	16	David	Brilley	M		Buckley Runners	
178	00:38:26	22	3	Matt	O'Keefe	M40		MDC / South Wales	
227	00:38:33	23	17	Seb	Kinsey	M		Glossopdale Harriers	
233	00:38:36	24	18	Anthony	Fear	M		UTS	
86	00:38:41	25	2	Michael	Phelan	M18		Warriors PAC	
93	00:38:44	26	19	James	Shanahan	M			
62	00:38:50	27	2	David	Pastor	M50		Warriors PAC	
177	00:38:52	28	4	Daniel	Jones	M40		Denbigh Harriers	
1	00:38:57	29	5	Alun	Wood	M40		Mynydd Du	
141	00:39:17	30	1	Joanne	Henderson	F40		Denbigh Harriers	
143	00:39:22	31	20	James	Bayford	M			
111	00:39:24	32	2	Bethan	Logan	F		Mynydd Du	
229	00:39:32	34	22	Daniel	Thwaites	M		Clwydian Range Runners	
66	00:39:32	33	21	Andrew	Mearns	M			
60	00:40:00	35	23	Patrick	Jarvis	M		Parc Bryn Bach Running Club	
158	00:40:10	36	24	John	Davies	M		Denbigh Harriers	
217	00:40:28	37	6	Gareth	Jones	M40		Prestatyn Running Club	
128	00:40:37	38	25	Tom	Jenkins	M		Run Free Fell Runners	
38	00:40:47	39	26	Andrew	Peers	M			
49	00:40:58	40	3	Simon	Edwards	M50		Buckley Runners	
165	00:41:09	41	3	Catrin	Donnelly	F		Eryri harriers	
234	00:41:19	42	27	Robert	Wood	M		Wirral Ac	
75	00:41:23	43	4	Darren	Fishwick	M50		Chorley	
68	00:41:26	44	5	Gareth	Briggs	M50		Macclesfield harriers Ac	
179	00:41:37	45	28	Christopher	Mann	M		Wrexham AAC	
112	00:41:46	46	7	Alan	Webster	M40			
13	00:42:39	47	29	Jacob	Welsh	M		Deeside AAC	
113	00:42:41	48	30	Matty	Blackwell	M	Y		Browner Trophy
175	00:42:59	49	2	Ruth	Calcraft	F40		Run Free Fell Runners	
110	00:43:10	50	1	Rhian	Probert	F50		Mynydd Du	
58	00:43:17	51	31	Stephen	Tomlinson	M		Knowsley Harriers	
36	00:43:23	52	32	Matthew	Wright	M		Hunts Athletics Club	
160	00:43:29	53	6	Daniel	Hickey	M50		Run Free Fell Runners	
148	00:43:36	54	8	Steve	Fernyhough	M40		West Cheshire AC	
61	00:43:42	55	4	Kani	Hinshelwood	F		Parc Bryn Bach Running Club	
80	00:43:43	56	33	Henry	Aron	M			
162	00:43:55	57	34	Matt	Wilkins	M		Buckley Runners	
145	00:43:59	58	35	Chris	Palmer	M		Run Free Fell Runners	
70	00:44:06	59	36	Will	Platts	M		Pensby Runners	
22	00:44:10	60	3	Ollie	Skates	M18	Y		
157	00:44:12	61	7	Andy	Jones	M50		GOG Triathlon Club	
208	00:44:14	62	5	Mabli	Baines	F		Eryri harriers	
83	00:44:25	63	37	Jack	Swan	M	Y		

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122	00:44:26	64	38	George	Aylward	M		Penny Lane Striders	
246	00:44:29	65	39	Tom	Mulholland	M			
71	00:44:34	66	1	Isla	Pastor	F18		Warriors PAC	Hawitt Trophy
245	00:44:50	67	6	Ruth	Jefferis	F			
174	00:44:52	68	7	Katy	Baugh	F		Denbigh Harriers	
20	00:44:53	69	9	Andy	Manson	M40		West Cheshire AC	
237	00:44:58	70	10	Rhys	Hughes	M40		Chester Tri	
78	00:45:04	71	11	Neil	Upton	M40			
109	00:45:12	72	1	Paul	Shannon	M60		Tattenhall Runners	
228	00:45:35	73	8	Kerry	Riley	F		Clwydian Range Runners	
215	00:45:42	74	9	Rebecca	Rosalski	F		West Cheshire AC	
67	00:45:43	75	12	Keith	Dunham	M40		Pensby Runners	
173	00:45:49	76	10	Emily	Retallick	F		Denbigh Harriers	
108	00:45:53	77	13	Andy	Wignall	M40			
129	00:45:56	78	2	Arwel	Lewis	M60		Eryri harriers	
137	00:46:04	79	40	Robin	Jones	M		Farm Fit Club	
204	00:46:08	80	41	Ioan	Oldfield	M			
103	00:46:17	81	3	Lenka	Vidamour	F40		Penny Lane Striders	
72	00:46:23	82	42	Jon	Davies	M			
81	00:46:45	83	11	Amy	Cox	F		CDF Runners	
152	00:46:49	85	4	Leonardo	Salemi	M18		AS Monaco	
151	00:46:49	84	14	Corrado	Salemi	M40		AS Monaco	
117	00:47:12	86	15	Robert	Duckers	M40		Clwydian Range Runners	
213	00:47:18	87	43	Oliver	Harrison	M			
25	00:47:34	88	16	Michael	O'Rourke	M40		Penny Lane Striders	
134	00:47:50	89	17	John	McLaren	M40		Knowsley Harriers	
172	00:47:51	90	8	Gareth	Williams	M50		Wrexham AAC	
118	00:47:54	91	9	Steve	Dipple	M50		Penny Lane Striders	
87	00:48:11	92	18	Luke	Earnshaw	M40		Meirionnydd Running Club	
242	00:48:14	93	44	Chris	Gibbons	M		Mersey Tri	
9	00:48:26	94	19	Paul	Fitzsimmons	M40	Y	Clwydian Range Runners	Dennis Kemp Trophy
240	00:48:33	95	4	Laura	Baynham-Hughes	F40		Helsby RC	
51	00:48:37	96	45	Rhys	Peters	M		Clwydian Range Runners	
180	00:48:45	97	46	Chris	Meredith	M	Y		
154	00:48:46	98	5	Christine	Cammillare	F40		Deestridders	
105	00:48:49	99	10	Neil	Gooding	M50		Pensby Runners	
144	00:49:06	100	47	Nicolas	Ferreira	M			
44	00:49:08	101	20	Allan	McKeown	M40		Buckley Runners	
116	00:49:32	102	48	Sebastian	Treloar	M		Denbigh Harriers	
171	00:49:33	103	11	Adam	McDonnell	M50		Denbigh Harriers	
63	00:49:40	104	49	Dan	Burton	M		Run Free Fell Runners	
235	00:49:47	105	2	Melina	Morris	F50		Denbigh Harriers	
123	00:49:55	106	6	Julie	Tour	F40		Penny Lane Striders	
119	00:49:59	107	12	David	Woodley	M50		Buckley Runners	
149	00:50:03	108	1	Emma	Collins	F60		Denbigh Harriers	
30	00:50:05	109	7	Gemma	McDermott	F40		Cheshire Dragons	
216	00:50:18	110	50	Robin	Rosalski	M			
224	00:50:25	112	51	Nathan	Cooper	M	Y		
200	00:50:25	111	5	Tom	Carson	M18	Y		
125	00:50:34	113	3	Ian	McCarthy	M60		Knowsley Harriers	
8	00:50:40	114	6	Daniel	Williams	M18	Y		
104	00:50:48	115	13	Terry	Lynch	M50			
39	00:50:52	116	14	Neil	Burdett	M50			
223	00:50:59	117	52	Wil	Lloyd-Hughes	M			
69	00:51:02	118	3	Joanne	Hackett	F50		Macclesfield harriers Ac	
153	00:51:07	119	4	Paul	Aird	M60		Deestridders	
84	00:51:12	120	21	Keelan	Serjeant	M40		Maldwyn Harriers	
50	00:51:16	121	2	Ezrah	Law	F18		Wrexham	
24	00:51:21	122	22	Judah	Eastwell	M40		Prestatyn Running Club	
56	00:51:24	123	15	Ian	Pritchard	M50		West Cheshire AC	
106	00:51:43	124	5	Steve	Toogood	M60		Buckley Runners	
133	00:51:44	125	23	Chris	Redmond	M40		Running Head First	
196	00:51:51	126	6	Michael	Salmon	M60			
46	00:51:59	127	24	Chris	Royle	M40		Cheshire dragons	

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57	00:52:24	128	7	Michael	Robbins	M60		Wrexham AAC	
188	00:53:04	129	8	Ellie	Wood	F40		Pensby Runners	
121	00:53:21	130	53	Marc	Slade	M		Knowsley Harriers	
29	00:53:27	131	54	Stephen	Marr	M		Pensby Runners	
220	00:53:34	133	16	Simon	Young	M50		Chester Road Runners	
209	00:53:34	132	12	Nicola	Harrington	F		Knowsley Harriers	
102	00:53:38	134	9	Siobhan	Gorman	F40			
192	00:53:49	135	8	Eric	Davies	M60			
181	00:53:54	136	55	Richard	Meredith	M			
11	0:53:56	137	17	Guy	Gatenby	M50		Ahmed Bin Mohammed Military College Qatar	
150	00:53:59	138	9	Mark	Samuels	M60		Pensby Runners	
202	00:54:00	139	7	Alex	Carson	M18	Y		
244	00:54:06	140	4	Lisa	Grantham	F50		Pensby Runners	
138	00:54:07	141	13	Andrea	Newnes	F		Knowsley Harriers	
159	00:54:13	142	56	Daniel	Thomas	M			
97	00:54:19	143	14	Juliette	Baron	F		Run Free Fell Runners	
190	00:54:20	144	18	Jake	Thomson	M50		Pensby Runners	
15	00:54:21	145	25	Mark	Benson-Brown	M40			
210	00:54:30	146	19	Alan	Heath	M50			
211	00:54:40	147	10	Alexandra	Fletcher	F40		Eryri harriers	
189	00:54:55	148	10	Jeff	Adams	M60		Pensby Runners	
155	00:55:04	149	26	Paul	Lewtey	M40		Deestridders	
167	00:55:15	150	27	Ken	Skates	M40	Y		
17	00:55:23	151	11	Michael	Pollard	M60			
100	00:55:24	152	20	Steven	Astbury	M50			
107	00:55:25	154	11	Sarah	Jackson	F40		Penny Lane Striders	
33	00:55:25	153	12	Richard	Worsley	M60			
183	0:55:27	155	28	Matthew	Harrison	M40			
41	00:55:39	156	2	Flora	Gunner	F60		Croft Ambrey running club	
126	00:55:51	157	57	Roux	Davies	M			
92	00:55:52	158	58	Tom	Molloy	M			
184	00:55:57	159	29	Craig	Hunter	M40		Buckley Runners	
205	00:56:00	160	30	Matt	Coaker	M40		Cilcain Runners	
16	00:56:01	161	13	Nigel	Crompton	M60		Pensby Runners	
7	00:56:06	162	31	Iain	Hobson	M40	Y	Buckley Runners	
231	00:56:36	163	14	Owen	Williams	M60		WFRA #898	
91	00:56:41	164	12	Leah	Hughes	F40		Prestatyn Running Club	
164	00:57:11	165	15	Reg	Jonas	M60		Prestatyn Running Club	
48	00:57:15	166	13	Amanda	Edwards	F40		Buckley Runners	
18	00:57:57	167	16	Mark	Thorley	M60	Y	Buckley Runners	
120	00:57:58	168	5	Ann-Marie	McCarthy	F50		Knowsley Harriers	
19	00:58:01	169	59	Jamie	Cheng	M			
27	00:58:05	170	1	Paul	Wildermuth	M70	Y		
207	00:58:10	171	17	Neville	Freeman	M60		Chester Road Runners	
98	00:58:20	172	21	Steven	Brown	M50		Eryri harriers	
230	00:58:23	173	60	Conor	Williams	M			
193	00:58:37	174	18	Mark	Dakeyne	M60		Prestatyn Running Club	
99	00:58:44	175	14	Caroline	Caffery	F40		Buckley Runners	
76	00:58:49	176	61	Mickey	Jones	M			
236	00:59:06	178	62	Alex	Pickard	M			
191	00:59:06	177	32	Simon	Wood	M40			
26	00:59:07	179	63	William	Kerry	M			
31	00:59:16	180	15	Hannah	White	F			
163	00:59:21	181	22	Gary	Crockett	M50		Penny Lane Striders	
142	00:59:29	182	16	Jen	Bayford	F			
176	00:59:34	183	33	Richard	Lester	M40			
197	00:59:36	184	64	Huw	Evans	M		Beserkers	
225	00:59:53	185	34	Jim	Westwood	M40			
115	01:00:04	187	15	Rachel	Galloway	F40			
114	01:00:04	186	35	Paul	Galloway	M40			
89	01:00:17	188	16	Rachel	Ridgway	F40			
14	01:00:18	189	17	Holly	Bradbrook	F	Y		WI Bowl
136	01:00:37	190	36	Philip	Taylor	M40		Knowsley Harriers	
212	01:00:43	192	23	Paul	Donoghue	M50		Buckley Runners	

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73	01:00:43	191	19	Chris	Higgins	M60		Buckley Runners	
131	01:00:52	193	65	Joe	Blackwell	M		Deestriders	
95	01:00:54	194	17	Mandy	Cartwright	F40		Denbigh Harriers	
96	01:01:16	195	18	Sophie	Johnson	F40		Denbigh Harriers	
12	01:01:51	196	66	Kelly Rhys	McCarthy	M		Run Club Chester	
21	01:01:57	197	19	Lucie	Skates	F40	Y		
40	01:02:02	198	18	Lucy	Burdett	F			
195	01:02:04	199	6	Janet	Roberston	F50		Helsby RC	
182	01:02:05	200	24	Rhodri	Roberts	M50		Nightcrawlers	
42	01:02:12	201	2	Gary	Gunner	M70		Croft Ambrey running club	
90	01:02:14	202	67	Carwyn	Roberts	M			
226	01:02:16	203	68	Nem	James	M		Prestatyn Running Club	
10	01:02:19	204	3	Poppy	Fitzsimmons	F18	Y	Clwydian Range Runners	
74	01:02:34	205	7	Fenella	Higgins	F50		Buckley Runners	
221	01:02:50	207	69	William	Atkinson	M			
219	01:02:50	206	19	Alice	Young	F			
124	01:02:51	208	25	John	Connolly	M50		Knowsley Harriers	
166	01:03:08	209	20	Jennie	Barker	F40		Ellesmere Port Running Club	
2	01:04:19	210	37	Michael	O'Hare	M40			
32	01:04:20	211	20	Jonathan	Mayhew	M60			
37	01:04:21	212	21	David	Mayhew	M60			
28	01:04:42	214	8	Emma	Williams	F50	Y		
6	01:04:42	213	22	Antony	Dala	M60		Pensby Runners	
139	01:04:52	215	38	Paul	Roberts	M40		Knowsley Harriers	
206	01:05:07	216	20	Rachel	Jackson	F		Prestatyn Running Club	
59	01:05:36	217	3	Colin	Hunt	M70		Wrecsam tri	
5	01:05:58	218	9	Melanie	Renowden	F50			
132	01:06:01	219	39	Andrew	Wainwright	M40		Deestriders	
54	01:06:02	220	3	Catherine	Lancaster	F60		Pensby Runners	
199	01:06:45	221	23	Paul	Ward	M60		Beserkers	
194	01:06:52	222	21	Shell	Gelder	F40		Nightcrawlers	
79	01:07:07	223	26	Eddie	Williams	M50		Beserkers	
23	01:07:34	224	21	Aurore	Rowlands	F	Y		
241	01:07:51	225	24	John	Jennings	M60		Ellesmere Port Running Club	
146	01:07:58	226	10	Diane	Hennigan	F50		Penny Lane Striders	
140	01:08:37	227	11	Julie	Crockett	F50		Penny Lane Striders	
3	01:08:41	228	25	Jim	Wood	M60			
243	01:09:56	230	12	Anna	Kearney	F50			
94	01:09:56	229	4	John	Morris	M70		Buckley Runners	
203	01:10:30	233	14	Lorna	McEntegart	F50		Ellesmere Port Running Club	
201	01:10:30	232	13	Sarah	Sutton	F50		Ellesmere Port Running Club	
168	01:10:30	231	22	Kay	Godwin	F40		Ellesmere Port Running Club	
186	01:10:41	234	70	Ciaran	Allman	M		Deeside AAC	
198	01:11:42	235	22	Ana Mai	Ward	F		Beserkers	
238	01:12:44	238	4	Debbie	Hughes	F60		Beserkers	
53	01:12:44	237	72	Lee	Worrall	M			
52	01:12:44	236	71	Anthony	Kelly	M			
35	01:14:12	239	23	Katie	Wright	F			
170	01:15:09	240	40	Andy	Graham	M40		Ellesmere Port Running Club	
239	01:19:17	241	26	Johnathan	Hughes	M60		Beserkers	
77	01:24:44	242	15	Natalie	Williams	F50		Beserkers	
169	01:26:22	243	23	Hayley	Pover	F40		Ellesmere Port Running Club	
47	01:29:33	244	27	Frank	Murphy	M50			
55	DNF			Elizabeth	Roxburgh	F50		Pensby Runners	
4	DNF			Richard	Bourne	M50		Mysteruns	