

FLINTSHIRE 10K
FLINTSHIRE 10K

Sunday 4 October 2009. 12:00 am

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mil</i>	<i>Race</i>	<i>Race</i>
1	0:31:59	CHALLINOR, Ricky	Liverpool Harriers	JM	05:08.7	239	1
2	0:33:09	NORTHALL, Luke	Tipton Harriers	SM	05:20.0	365	2
3	0:33:17	CROWE, Steven	Ellesmere Port RC	SM	05:21.3	320	3
4	0:33:32	BUTLER, Peter	Oswestry Olympians AC	SM	05:23.7	206	4
5	0:33:33	ROTHERY, Brendan	Eryri Harriers	SM	05:23.8	351	5
6	0:34:10	JONES, Lee	Deeside AC	M35	05:29.8	324	6
7	0:34:50	PARRY, Neil	Clwydian Range Runners	SM	05:36.2	125	7
8	0:35:06	BROWN, Jez	Buckley Runners	M35	05:38.8	152	8
9	0:35:20	ROBBINS, Mike	Wrexham AC	M45	05:41.1	288	9
10	0:35:36	BRADSHAW, Jonathan		SM	05:43.6	120	10
11	0:35:39	BROMLEY, Andrew	Deeside AC	JM	05:44.1	313	11
12	0:36:09	ROBERTS, Dewi	Abergele Harriers	M40	05:48.9	148	12
13	0:36:38	ROBERTS, Gareth	Abergele Harriers	M40	05:53.6	149	13
14	0:36:47	NORTHALL, Nicholas	Army	SM	05:55.1	364	14
15	0:36:58	YORKE, Chris	North Wales Road Runners	M40	05:56.8	55	15
16	0:37:20	NICHOLLS, George	Prestatyn RC	M40	06:00.4	334	16
17	0:37:31	WELSH, Matthew	Deeside AC	SM	06:02.1	185	17
18	0:37:33	KITCHING, Marilyn	Tattenhall Runners	FV40	06:02.5	331	18
19	0:37:57	DAVIES MOORE, Iain	Wreccsam Tri	M35	06:06.3	359	19
20	0:38:00	PARRY, Emma	Wrexham AC	FV35	06:06.8	229	20
21	0:38:23	SKATES, Stephen		SM	06:10.5	321	21
22	0:38:29	WELSH, Donna	Deeside AC	SL	06:11.5	184	22
23	0:38:43	JONES, Robert	Wrexham AC	SM	06:13.7	246	23
24	0:38:48	BALLINGER, Paul	Denbigh Harriers	M50	06:14.5	133	24
25	0:38:58	BOOTHROYD, Dave	Buckley Runners	M45	06:16.1	179	25
26	0:39:02	HUGHES, Ray		M35	06:16.8	285	26
27	0:39:06	BATTERBEE, Rob	Abergele Harriers	SM	06:17.4	322	27
28	0:39:07	PICKERING, James	Buckley Runners	SM	06:17.6	222	28
29	0:39:08	BEWLEY, David		M55	06:17.7	180	29
30	0:39:18	STONE, Michael	Wirral AC	M50	06:19.4	251	30
31	0:39:19	RANDELL, Jeremy		M45	06:19.5	75	31
32	0:39:23	ROBINSON, Erika	Buckley Runners	SL	06:20.2	224	32
33	0:39:28	ROGAN, Liam		SM	06:21.0	89	33
34	0:39:30	BRANDRICK, Gareth	Prestatyn RC	SM	06:21.3	126	34
35	0:39:51	LANGFORD, Gary		SM	06:24.7	301	35
36	0:40:03	ROBERTS, Konrad	North Wales Road Runners	M40	06:26.6	44	36
37	0:40:20	GOGGIN, Pdraig	Deeside AC	JM	06:29.3	221	37
38	0:40:26	RICHARDS, Geoff	Wrexham AC	M55	06:30.3	342	38
39	0:40:29	DAVIES, Helen	Wreccsam Tri	FV40	06:30.8	292	39
40	0:40:29	WILLMAN, Chris Paul	Buckley Runners	JM	06:30.8	265	40
41	0:40:42	BENT, Tim	Wrexham AC	M40	06:32.9	293	41
42	0:40:46	JONES, Arwel	Prestatyn RC	M50	06:33.5	328	42
43	0:40:51	OAKLEY, Wesley		SM	06:34.3	352	43
44	0:40:59	PARRY, Arwyn		M35	06:35.6	156	44
45	0:41:00	TOFT, Dave		M40	06:35.8	68	45
46	0:41:18	MORLEY, Lisa	Wrexham AC	FV35	06:38.7	330	46
47	0:41:21	WYN-JONES, Neil		M35	06:39.1	174	47
48	0:41:27	QUICK, Simon		SM	06:40.1	238	48
49	0:41:29	OLLIER, Melvyn	Wrexham AC	M60	06:40.4	132	49
50	0:41:33	COX, Lewis	North Wales Road Runners	JM	06:41.1	278	50
51	0:41:35	SHANAHAN, James John		SM	06:41.4	361	51
52	0:41:36	ROBERTS, Andrew		M40	06:41.6	116	52
53	0:41:40	REES HUGHES, Jayson	Wreccsam Tri	M35	06:42.2	326	53
54	0:41:41	WATSON, Tim		M45	06:42.4	182	54
55	0:41:42	LAURIE, Steven		M40	06:42.5	108	55
56	0:41:44	DAVIS, Jim	Clwydian Range Runners	M40	06:42.8	181	56

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mil</i>	<i>Race</i>	<i>Race</i>
57	0:41:45	WRIGHT, Nic		M45	06:43.0	217	57
58	0:41:49	JENNIONS, Jay	Deestridders RC	SL	06:43.7	94	58
59	0:41:53	JONES, Chris		M40	06:44.3	111	59
60	0:41:58	HANSON, Gareth		SM	06:45.1	213	60
61	0:42:00	OLIVER, Abbie	Deeside AC	JF	06:45.4	298	61
62	0:42:04	WALKER, Magnus	Chester Triathlon	M45	06:46.1	87	62
63	0:42:07	JONES, David		M45	06:46.5	236	63
64	0:42:22	AUSTIN, Michael David		M35	06:49.0	101	64
65	0:42:33	FAULDER, Phillip		SM	06:50.7	283	65
66	0:42:52	DEXTER, Charles		M35	06:53.8	72	66
67	0:42:54	BRANDRICK, Paul	Prestatyn RC	M50	06:54.1	127	67
68	0:42:58	WILLIAMS, Jamie		M35	06:54.8	164	68
69	0:42:59	CONLON, Paul	Denbigh Harriers	M40	06:54.9	262	69
70	0:43:06	ROTHERY, Ian	Cybi Striders	M55	06:56.0	358	70
71	0:43:06	HIGGINS, Chris	Buckley Runners	M50	06:56.0	29	71
72	0:43:08	HYNDMAN, Christopher		SM	06:56.4	34	72
73	0:43:14	BROWN, Nicholas	Wreccsam Tri	M45	06:57.3	350	73
74	0:43:20	RYABOV, Sergey	Vale Royal AC	M55	06:58.3	159	74
75	0:43:23	ROBBINS, Ashley		SL	06:58.8	274	75
76	0:43:31	PENDLEBURY, Mark	Holmes Chapel Harriers	M45	07:00.1	329	76
77	0:43:35	DAVIES, DES	Prestatyn RC	M45	07:00.7	354	77
78	0:43:36	MASSEY, Karen		FV35	07:00.9	31	78
79	0:43:41	BENTON, TONY	Denbigh Harriers	M45	07:01.7	299	79
80	0:43:43	GODWIN, Alan		M40	07:02.0	163	80
81	0:43:45	MADOC-JONES, Iolo		M40	07:02.3	256	81
82	0:43:53	URQUHART, Dawn	Buckley Runners	FV35	07:03.6	348	82
83	0:44:00	WILLIAMS, Jason Christopher		M35	07:04.7	138	83
84	0:44:01	GIFFORD, Andrew		M45	07:04.9	45	84
85	0:44:06	INGMAN, Aled		SM	07:05.7	230	85
86	0:44:20	WEATHERHEAD, Rob		SM	07:07.9	317	86
87	0:44:20	WARREN, Barry		M50	07:07.9	178	87
88	0:44:21	MOUNTFORD, Jayme		SM	07:08.1	216	88
89	0:44:36	JONES, David		M45	07:10.5	305	89
90	0:44:39	GREGORIOUS, Daniel		M35	07:11.0	104	90
91	0:44:42	WILLGOOSE, Carol	Abergele Harriers	FV50	07:11.5	339	91
92	0:44:47	PATERSON, Aaron		JM	07:12.3	167	92
93	0:44:48	MCALISTER, David	Wallasey AC	M50	07:12.5	158	93
94	0:44:55	WILKINSON, Liz		FV40	07:13.6	115	94
95	0:44:58	MARTIN, Linda	Deestridders RC	FV45	07:14.1	136	95
96	0:45:03	WILLIAMS, Geoff	Wrexham AC	M55	07:14.9	209	96
97	0:45:03	SKATES, Kenneth		SM	07:14.9	336	97
98	0:45:06	CADDICK, Simon		SM	07:15.4	309	98
99	0:45:12	WILLIAMS, Gareth Wyn		M35	07:16.3	235	99
100	0:45:13	PARRY, MALCOLM		M65	07:16.5	261	100
101	0:45:17	EDWARDS, Laura		SL	07:17.1	139	101
102	0:45:20	CLARKE, Adrian	Deestridders RC	M50	07:17.6	69	102
103	0:45:21	JONES, David Alan	Denbigh Harriers	M55	07:17.8	107	103
104	0:45:29	HUGHES, Carl		M45	07:19.1	253	104
105	0:45:30	GRIFFITHS, Alun		M40	07:19.2	131	105
106	0:45:31	SMITH, Steven		SM	07:19.4	314	106
107	0:45:31	DAVIES, Haydn		M45	07:19.4	202	107
108	0:45:42	TYRRELL, Liam		SM	07:21.1	18	108
109	0:45:52	LEECH, Les		M60	07:22.8	169	109
110	0:45:55	STEPHENSON, Phillip		M40	07:23.2	130	110
111	0:45:55	LEFLEY, Ian		SM	07:23.2	210	111
112	0:45:57	WILLIAMS, Anna Jane		SL	07:23.6	142	112
113	0:46:06	BROWN, Bernard		M45	07:25.0	177	113
114	0:46:09	HATTON, Kay	North Wales Road Runners	FV45	07:25.5	70	114
115	0:46:24	PARES, Mark		JM	07:27.9	250	115
116	0:46:24	PARES, John	Buckley Runners	M40	07:27.9	249	116

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117	0:46:36	EVANS, Charlie		M35	07:29.8	215	117
118	0:46:39	GADD, Steven		M35	07:30.3	52	118
119	0:46:44	RENDLE, Gary		M50	07:31.1	65	119
120	0:46:45	JONES, Mikey		SM	07:31.3	84	120
121	0:46:46	COOK, Ceri		FV40	07:31.4	137	121
122	0:46:46	WILLIAMS, Andrew		SM	07:31.4	280	122
123	0:46:49	WARREN, Alex		SM	07:31.9	71	123
124	0:46:52	CRAWFORD, Michael		M35	07:32.4	214	124
125	0:46:56	HIGGINS, Fenella	Buckley Runners	FV40	07:33.0	30	125
126	0:47:08	THOMAS, Phil		M45	07:35.0	67	126
127	0:47:19	JONES, Daniel		SM	07:36.8	97	127
128	0:47:21	GANNON, Andrew		M45	07:37.1	346	128
129	0:47:24	TAYLOR, Philip	Deestridders RC	M40	07:37.6	187	129
130	0:47:27	EVANS, Mark		M45	07:38.0	258	130
131	0:47:29	JONES, Gareth James		M35	07:38.4	341	131
132	0:47:31	WOOD, Ian		M60	07:38.7	100	132
133	0:47:34	SIM, Richard		M45	07:39.2	335	133
134	0:47:37	HUGHES, Mark	Trentham	M50	07:39.6	277	134
135	0:47:41	DAVIES-MOORE, Carolyn		FV40	07:40.3	360	135
136	0:47:42	PETERS, Stephen		M50	07:40.5	264	136
137	0:47:43	HUGHES, Angie	Abergele Harriers	FV40	07:40.6	325	137
138	0:47:45	BRADLEY, Jack	North Wales Road Runners	M45	07:40.9	95	138
139	0:47:45	SWINDLEHURST, Guy		SM	07:40.9	41	139
140	0:47:51	JACKSON, Bruce		M40	07:41.9	237	140
141	0:47:56	JONES, Paul Andrew		M35	07:42.7	140	141
142	0:48:04	DAVIES, Wyn		M35	07:44.0	162	142
143	0:48:08	LEONARD, William		M55	07:44.6	10	143
144	0:48:15	BURNHAM, Richard		M45	07:45.8	248	144
145	0:48:15	GRANT, Pamela	Mysteruns	FV50	07:45.8	300	145
146	0:48:18	PRYS-OWEN, Robert		M55	07:46.2	188	146
147	0:48:20	LUDDEN, Margaret	Buckley Runners	FV45	07:46.6	234	147
148	0:48:27	SALISBURY, Derek		M40	07:47.7	295	148
149	0:48:34	GOGGIN, John		M45	07:48.8	220	149
150	0:48:37	DAVIES, Kelvin		M45	07:49.3	257	150
151	0:48:40	DAVIES, Gareth Wynne		SM	07:49.8	197	151
152	0:48:48	JONES, Nathan		SM	07:51.1	146	152
153	0:48:50	WORSNIP, Rachel		SL	07:51.4	200	153
154	0:48:51	LEWIS, Brian		M50	07:51.6	157	154
155	0:48:52	ALCOCK, David		M40	07:51.7	192	155
156	0:48:56	DUGAN, Roger		M40	07:52.4	198	156
157	0:49:01	SPOTSWOOD, Robert	Abergele Harriers	M50	07:53.2	366	157
158	0:49:05	OWEN, Lee		M35	07:53.8	343	158
159	0:49:07	HORRIGAN, James		M35	07:54.1	109	159
160	0:49:14	EVANS, Andrew		SM	07:55.3	207	160
161	0:49:15	ROBINSON, William Geoffrey		M45	07:55.4	92	161
162	0:49:16	ROBERTS, Andrew		SM	07:55.6	308	162
163	0:49:17	PRITCHARD, Gaynor		FV35	07:55.7	37	163
164	0:49:19	MACKEY, Robert	Buckley Runners	M60	07:56.1	98	164
165	0:49:25	MORRIS, Dafydd		M50	07:57.0	231	165
166	0:49:26	BUTLER, Robert John		SM	07:57.2	284	166
167	0:49:30	JONES, Rachel		FV35	07:57.8	349	167
168	0:49:31	OAKLEY, David		SM	07:58.0	353	168
169	0:49:38	BIRD, Madeleine	Ellesmere Port RC	FV55	07:59.1	344	169
170	0:49:38	SKATES, Lucie		SL	07:59.1	337	170
171	0:49:43	JONES, Rhys		M65	07:59.9	276	171
172	0:49:52	BARNETT, Colin	Denbigh Harriers	M50	08:01.4	318	172
173	0:49:54	DOUGHTY, Ian David		M35	08:01.7	291	173
174	0:49:59	SHERLOCK, Chris		M40	08:02.5	77	174
175	0:50:00	JAMES, Mike		M40	08:02.7	245	175
176	0:50:01	FALDING, Susan		SL	08:02.8	194	176

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177	0:50:05	MAKIN, Paul		SM	08:03.5	112	177
178	0:50:28	TIDMAN, Mark		M45	08:07.2	103	178
179	0:50:33	JONES, Jeremy		M40	08:08.0	327	179
180	0:50:36	JARDINE, Roy	Eryri Harriers	M60	08:08.4	307	180
181	0:50:38	POTTER, Peter		M50	08:08.8	196	181
182	0:50:44	DAVIES, Emily	Deestridders RC	FV45	08:09.7	266	182
183	0:50:51	HUGHES, Rob		SM	08:10.9	193	183
184	0:50:56	CRIDGE, Wayne		M45	08:11.7	58	184
185	0:51:00	ROLLASON, Dave		SM	08:12.3	362	185
186	0:51:00	MALAM, DAVID ALLAN		SM	08:12.3	273	186
187	0:51:02	TURNER, Matthew		SM	08:12.6	302	187
188	0:51:03	HAYTON, Michael	North Wales Road Runners	M55	08:12.8	270	188
189	0:51:08	JONES, Katie		SL	08:13.6	333	189
190	0:51:16	LAING, Nick		M40	08:14.9	297	190
191	0:51:16	WILLIAMS, Sion		FV40	08:14.9	296	191
192	0:51:31	WESTRUM, Rolf	Wallasey AC	M55	08:17.3	338	192
193	0:51:34	RICKETTS, Jonathan		SM	08:17.8	208	193
194	0:51:35	PERKINS, Gordon		M40	08:17.9	286	194
195	0:51:38	TULLEY, Roger		M60	08:18.4	155	195
196	0:51:46	GALLOP, Mike		M40	08:19.7	119	196
197	0:51:50	FARRELL, Daniel		SM	08:20.4	124	197
198	0:51:51	TURNER, Steven		SM	08:20.5	303	198
199	0:51:51	TAYLOR, Malcolm	Bro Dysynni AC	M65	08:20.5	80	199
200	0:51:53	JONES, Angela		SL	08:20.8	190	200
201	0:52:00	WILLIAMS, Ellis		M45	08:22.0	272	201
202	0:52:00	DIRKSEN, Hazel	Buckley Runners	FV60	08:22.0	357	202
203	0:52:00	JONES, Brenda	Bro Dysynni AC	FV65	08:22.0	242	203
204	0:52:18	BURFOOT, Karl		SM	08:24.9	143	204
205	0:52:18	DAWSON, Erika	North Wales Road Runners	FV35	08:24.9	14	205
206	0:52:23	DAVIES, Alan	North Wales Road Runners	M50	08:25.7	32	206
207	0:52:26	GODWIN, James		M50	08:26.1	176	207
208	0:52:29	THOMAS, David		M35	08:26.6	275	208
209	0:52:43	GOULD, Lee		M45	08:28.9	203	209
210	0:52:44	STOCKBRIDGE, Jennifer		SL	08:29.0	240	210
211	0:52:44	KNOWLES, Lee		SM	08:29.0	211	211
212	0:52:45	BUDDEN, Clare		FV40	08:29.2	201	212
213	0:52:59	HOLL, Debbie		FV35	08:31.5	218	213
214	0:53:02	KNOWLES, Wendy		SL	08:31.9	212	214
215	0:53:04	HAMPSON, Colin		M40	08:32.3	347	215
216	0:53:05	TURNER, Michael James		SM	08:32.4	304	216
217	0:53:12	JOHNSTONE, Gareth		M35	08:33.5	25	217
218	0:53:17	LLOYD, Philip John		M55	08:34.4	319	218
219	0:53:23	THACKRAY, Charles	West Cheshire AC	M60	08:35.3	27	219
220	0:53:29	CRIERIE, Nigel Adrian	Ellesmere Port RC	M40	08:36.3	345	220
221	0:53:30	HEPPENSTALL, Suzanna		SL	08:36.4	306	221
222	0:53:31	EVANS, Brennig		M65	08:36.6	310	222
223	0:53:41	RYAN, Edward		M50	08:38.2	279	223
224	0:53:42	BRAND, Andrew		M50	08:38.4	96	224
225	0:53:45	HUNTER, Dawn		SL	08:38.9	332	225
226	0:53:53	SAMUEL-JONES, Ceri		FV35	08:40.1	128	226
227	0:53:57	INGMAN, Gareth		M40	08:40.8	165	227
228	0:54:20	WILLIAMS, Raymond		M60	08:44.5	141	228
229	0:54:20	WILLIAMS, Sean		SM	08:44.5	46	229
230	0:54:35	WILLIAMS, Brian		M50	08:46.9	47	230
231	0:54:45	WOODHAM, Jeremy		M35	08:48.5	166	231
232	0:54:54	WARMAN, Andrew		M40	08:50.0	254	232
233	0:55:05	WATSON, Helen		SL	08:51.7	227	233
234	0:55:07	NAISBY, Eddie	Prestatyn RC	M75	08:52.1	311	234
235	0:55:10	ELLIS, Rhiannon		SL	08:52.5	28	235
236	0:55:16	JACKSON, Michael		SM	08:53.5	294	236

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237	0:55:17	HUMPHREYS, Nichola		FV40	08:53.7	57	237
238	0:55:26	SPRAY, Alan		M55	08:55.1	282	238
239	0:55:28	PITMAN, Sarah Ellen		SL	08:55.4	269	239
240	0:55:33	WHITFORD, Paul		M45	08:56.2	225	240
241	0:55:38	PIERCE, David		M40	08:57.0	189	241
242	0:55:39	MATTHEWS, Joanne		FV35	08:57.2	73	242
243	0:55:41	ELLIS, Gareth Edward		SM	08:57.5	62	243
244	0:55:42	MARSDEN, Philip		M40	08:57.7	113	244
245	0:55:55	SMITH, Stuart		M55	08:59.8	161	245
246	0:56:02	BURROWS-BROWN, Ashley		JF	09:00.9	11	246
247	0:56:08	HORSMAN, Stephen		M45	09:01.9	247	247
248	0:56:10	BRIDGE, William		M35	09:02.2	134	248
249	0:56:16	PARRY, Nichola		SL	09:03.2	88	249
250	0:56:24	O'HARE, Joe		JM	09:04.4	168	250
251	0:56:26	POWELL, Richard		M40	09:04.8	316	251
252	0:56:28	BOWNESS, Nichola		SL	09:05.1	315	252
253	0:56:36	DAVIES, Derek		M45	09:06.4	144	253
254	0:56:38	BLYTHIN, Ian		M40	09:06.7	61	254
255	0:56:39	EARDLEY, Angela		FV45	09:06.9	205	255
256	0:56:40	EVANS, Marie	Bro Dysynni AC	FV40	09:07.0	312	256
257	0:56:52	PARRY, Anwen		FV40	09:08.9	79	257
258	0:56:55	WILLIAMS, Suzanne		FV35	09:09.4	281	258
259	0:57:04	PICKERING, Beth		JF	09:10.9	233	259
260	0:57:22	GODWIN, John		SM	09:13.8	40	260
261	0:57:27	EVANS, Jane	Deestridders RC	FV60	09:14.6	135	261
262	0:57:58	GARNER, Denise		FV35	09:19.6	147	262
263	0:57:58	LEWIS, Ruth		SL	09:19.6	74	263
264	0:58:14	SHUTE, Georgina		FV35	09:22.1	110	264
265	0:58:22	VAUGHAN, Caroline		SL	09:23.4	76	265
266	0:58:24	BICKLEY, Alison		FV35	09:23.7	241	266
267	0:58:25	MACGREGOR, Catherine		SL	09:23.9	173	267
268	0:58:29	THOMSON, Sharon		FV35	09:24.6	186	268
269	0:58:43	WYNNE, Paul		SM	09:26.8	56	269
270	0:58:47	OLDFIELD-JONES, Sharon		FV40	09:27.4	83	270
271	0:58:54	JONES, Nicholas		FV40	09:28.6	244	271
272	0:58:59	DAVIES, Michael		M40	09:29.4	15	272
273	0:59:11	BLANDFORD, Nicholas		M45	09:31.3	259	273
274	0:59:12	JONES, Graham		M50	09:31.5	60	274
275	0:59:16	ROBINS, Sandra		FV40	09:32.1	191	275
276	0:59:34	PERKINS, Eleri		FV40	09:35.0	287	276
277	0:59:44	PARRY, JAN		FV65	09:36.6	260	277
278	0:59:49	KELLY, Ian		M50	09:37.4	255	278
279	0:59:55	ROBERTS, Robert		M50	09:38.4	66	279
280	1:00:04	ROBERTS, Aneurin		M45	09:39.8	232	280
281	1:00:05	BLYTHIN, Sandra		FV45	09:40.0	59	281
282	1:00:45	COOIL, Lesley		FV45	09:46.4	199	282
283	1:00:51	LANGFORD, Ian		SM	09:47.4	172	283
284	1:01:04	FOULKES, Gillian		FV45	09:49.5	267	284
285	1:01:06	BIRCH, Sarah		FV50	09:49.8	271	285
286	1:01:07	BLAIR, Valerie	Deestridders RC	FV50	09:50.0	175	286
287	1:01:41	EVANS, Hiram		M40	09:55.4	81	287
288	1:01:59	DRAYTON, Linda		FV50	09:58.3	356	288
289	1:02:03	TREMATICK, Emma		SL	09:59.0	340	289
290	1:02:27	RADFORD, Mary	West Cheshire AC	FV60	10:02.8	106	290
291	1:02:29	CLUCAS, Debby		FV35	10:03.2	102	291
292	1:02:41	BROWN, Lesley	Birchfield Harriers	SL	10:05.1	323	292
293	1:02:51	DANIELS, Donna		FV40	10:06.7	268	293
294	1:03:50	HOWARTH, Laura		FV35	10:16.2	355	294
295	1:04:04	WILLIAMS, Glyn Edward		M40	10:18.5	263	295
296	1:04:04	DIMELOW, Hanhah		JF	10:18.5	289	296

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mil</i>	<i>Race</i>	<i>Race</i>
297	1:04:16	DIMELOW, Glenn Christian		M45	10:20.4	290	297
298	1:04:18	FLETCHER, Pamela		FV45	10:20.7	85	298
299	1:04:52	WALKER, Susan		FV40	10:26.2	86	299
300	1:05:20	TAYLOR, Irene	Prestatyn RC	FV55	10:30.7	170	300
301	1:06:00	LLOYD, Harbans		FV50	10:37.1	228	301
302	1:08:22	ABLETT, Ann	Buckley Runners	FV55	11:00.0	153	302
303	1:08:22	CROSSLEY, Rachel		SL	11:00.0	78	303
304	1:08:46	PERRETT, Anneke		SL	11:03.8	51	304
305	1:10:03	DAVIES, Terri	Prestatyn RC	FV40	11:16.2	145	305
306	1:11:27	EVANS, Nia		SL	11:29.7	20	306
307	1:11:28	DOUGHTY, Claire		SL	11:29.9	90	307
308	1:11:40	ROBERTS, Stephen	Wreccsam Tri	M40	11:31.8	91	308
309	1:12:02	CAHILL, Janet		FV35	11:35.4	151	309
310	1:12:39	MARSDEN, Tracey		FV40	11:41.3	114	310
311	1:13:45	HATFIELD, Rosemary		FV40	11:51.9	82	311
312	1:19:25	WILKINSON, Cliff	North Wales Road Runners	M75	12:46.6	183	312
313	1:19:40	SYMONDS, Sheila	Bro Dysynni AC	FV75	12:49.1	195	313
314	1:31:20	EVANS, Addien		SL	14:41.7	22	314
315	1:31:20	EVANS, Elizabeth Jean		FV55	14:41.7	21	315

There were 315 finishers in the All Competitors category.