



Trail Betws 10k

Saturday 9 November 2019

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	889	42:29	Jonathan Tyler		Male	1	10K-MO	1	42:29	1
2	740	42:36	Owen Humphreys	Beaumaris Town Road Runners	Male	2	10K-M50	1	42:35	2
3	757	42:55	Rhys Jones		Male	3	10K-MO	2	42:53	3
4	922	43:42	Lucy Williamson	Ilkley Harriers	Female	1	10K-FO	1	43:41	4
5	742	43:51	Aron Huw Jones	Rhedwyr Hebog	Male	4	10K-MO	3	43:49	5
6	719	44:52	Ross Hemmings		Male	5	10K-MO	4	44:42	6
7	923	45:02	Brian Wills	Eryri Harriers	Male	6	10K-M40	1	45:02	7
8	642	46:30	Jody Cain	Eryri Harriers	Female	2	10K-FO	2	46:29	9
9	833	46:31	Gethin Roberts		Male	7	10K-MO	5	46:26	8
10	709	46:38	Andrew Grimshaw	Spa Striders	Male	8	10K-MO	6	46:29	10
11	672	46:46	Joseph Dennett	St Helens Tri	Male	9	10K-MO	7	46:33	11
12	854	47:26	Peter Shakespeare		Male	10	10K-M50	2	47:18	12
13	695	47:48	Adrian Fowler	Bournville Harriers	Male	11	10K-M50	3	47:43	13
14	817	47:48	Lee Pearson	Wolves & Bilston Ac	Male	12	10K-M40	2	47:45	15
15	616	48:12	David Barlow		Male	13	10K-M50	4	47:44	14
16	735	48:13	Huw Hughes		Male	14	10K-MO	8	48:09	16
17	669	48:14	Jon Davis	Oswestry Olympians	Male	15	10K-M40	3	48:13	18
18	839	48:15	Medwyn Roberts		Male	16	10K-M40	4	48:11	17
19	683	49:07	Eirian Edwards		Female	3	10K-FO	3	48:59	19
20	700	49:34	Peter Gillespie		Male	17	10K-MO	9	49:09	20
21	930	50:07	Christian Wynne		Male	18	10K-MO	10	50:00	21
22	703	50:13	Neil Gooding	Pensby Runners	Male	19	10K-M40	5	50:05	23
23	624	50:14	Hayden Bell	Muddy Runners	Male	20	10K-M60	1	50:03	22
24	504	50:42	Richard Sansom		Male	21	10K-M40	6	50:37	24
25	822	50:51	Llyr Rees	Beaumaris Town Road Runners	Male	22	10K-M40	7	50:48	25
26	649	50:58	Matthew Clarke		Male	23	10K-MO	11	50:52	26
27	753	51:26	Gareth Jones	Denbigh Harriers	Male	24	10K-M40	8	51:25	27
28	614	51:42	Mal Balmer	Penny Lane Striders	Male	25	10K-M50	5	51:34	28
29	845	51:42	Cai Rowlands		Male	26	10K-MO	12	51:39	29
30	620	52:24	Andy Bates	Penny Lane Striders	Male	27	10K-MO	13	52:08	30
31	848	52:24	Ian Sadler	Penny Lane Striders	Male	28	10K-M60	2	52:15	31
32	733	52:24	Jonathan Hudson		Male	29	10K-MO	14	52:17	33
33	862	52:45	Chris Sorsby		Male	30	10K-M50	6	52:16	32
34	838	52:52	Eifion Roberts		Male	31	10K-M50	7	52:40	35
35	739	52:59	Karie Hughes		Male	32	10K-M40	9	52:30	34
36	731	53:05	Nick Houghton		Male	33	10K-M50	8	53:00	36
37	768	53:21	Mike Lloyd		Male	34	10K-MO	15	53:11	37
38	680	53:58	Dominic Eddleston		Male	35	10K-MO	16	53:55	38
39	665	54:01	Des Davies	Prestatyn Running Club	Male	36	10K-M50	9	53:59	39
40	661	54:24	Vicky Darby Brown		Female	4	10K-F40	1	54:23	43
41	905	54:25	Dan Whitlum		Male	37	10K-MO	17	54:14	40
42	745	54:25	Ginny Johnson	Penny Lane Striders	Female	5	10K-F40	2	54:18	41
43	111	1:23:47	Leon Twist		Male	38	10K-MO	18	1:23:43	231
44	702	54:34	Andy Goater		Male	39	10K-M40	10	54:23	44
45	769	54:36	Jason Lockwood		Male	40	10K-MO	19	54:30	45
46	875	54:45	Ian Taylor	Colwyn Bay Athletics Club	Male	41	10K-M50	10	54:19	42
47	653	55:08	Billy Cooper	Manchester Frontrunners	Male	42	10K-M50	11	54:46	46
48	754	55:22	Kerry Jones		Female	6	10K-F40	3	55:12	48
49	637	55:25	Adam Brightman		Male	43	10K-M50	12	55:16	49
50	667	55:29	Ryan Davies		Male	44	10K-MO	20	55:24	50
51	689	55:31	John Farrell	Gog Triathlon Club	Male	45	10K-M50	13	54:57	47
52	33	1:25:14	Stewart Dwyer	Warrington Running Club	Male	46	10K-M50	14	55:37	51
53	867	56:06	Andrew Storey	Newport And District	Male	47	10K-M50	15	55:55	54
54	713	56:10	Rob Hardwick	Penny Lane Striders	Male	48	10K-M40	11	55:51	53
55	841	56:10	Carola Robinson	Mersey Tri	Female	7	10K-F40	4	55:57	55
56	887	56:15	Phil Townsend		Male	49	10K-MO	21	55:40	52
57	765	56:26	David Lawton	Outdoor Lads	Male	50	10K-M40	12	56:04	56
58	690	56:31	Allanah Fenwick	Meirionnydd Running Club	Female	8	10K-F40	5	56:16	57
59	785	57:07	Marc McCullagh		Male	51	10K-MO	22	56:33	58
60	891	57:16	Matthew Underwood		Male	52	10K-M40	13	56:54	59
61	901	57:33	Louise Ward		Female	9	10K-FO	4	57:16	60
62	698	57:51	Martin Gill	Prestatyn Running Club	Male	53	10K-M50	16	57:30	61
63	758	58:20	Gareth Jones	Gog Triathlon Club	Male	54	10K-M50	17	57:46	63
64	657	58:30	Jonathan Crossley		Male	55	10K-M50	18	58:14	64
65	766	58:36	Wyn Lewis		Male	56	10K-M50	19	58:27	67
66	809	58:37	Laura Owen	Warrington Running Club	Female	10	10K-FO	5	58:17	65
67	761	58:37	Roy Kerfoot		Male	57	10K-M50	20	58:18	66
68	925	58:44	Kate Wilson	Denbigh Harriers	Female	11	10K-FO	6	58:30	68
69	744	59:04	Iain Johnson		Male	58	10K-M40	14	58:56	69
70	705	59:08	Neil Grant	Chepstow Harriers	Male	59	10K-M60	3	59:08	71
71	630	59:35	Gareth Bilton		Male	60	10K-MO	23	59:05	70
72	916	59:46	Richie Williams		Male	61	10K-M50	21	59:44	75
73	737	59:49	Mike Hughes		Male	62	10K-MO	24	59:24	72
74	840	59:49	Ben Roberts		Male	63	10K-MO	25	59:29	74
75	876	59:52	Donna Tebbutt	Wigston Phoenix	Female	12	10K-F50	1	59:29	73



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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	861	1:00:08	Roger Snaith	Denbigh Harriers	Male	64	10K-M40	15	59:47	76
77	886	1:00:18	Wayne Tookey	Beaumaris Town Road Runners	Male	65	10K-M50	22	1:00:16	78
78	652	1:00:26	Stephanie Conway	Gog Triathlon Club	Female	13	10K-FO	7	59:51	77
79	670	1:00:41	Gemma Davison Lemalle		Female	14	10K-FO	8	1:00:28	79
80	743	1:00:47	Josh John	BTR Road Runners	Male	66	10K-MO	26	1:00:33	81
81	821	1:00:55	Ian Raymond	BTR Road Runners	Male	67	10K-M40	16	1:00:42	82
82	715	1:00:56	Giles Hartley		Male	68	10K-MO	27	1:00:46	84
83	696	1:00:57	Angela Francis		Female	15	10K-F50	2	1:00:45	83
84	602	1:01:06	Paul Alexius		Male	69	10K-M40	17	1:00:30	80
85	828	1:01:30	Mike Roberts		Male	70	10K-M60	4	1:01:19	85
86	686	1:01:37	Delyth Evans	Rhedwyr Hebog	Female	16	10K-FO	9	1:01:34	88
87	917	1:01:45	Robert Williams	Wrekin Road Runners	Male	71	10K-M40	18	1:01:25	86
88	693	1:01:46	Alexandra Fletcher	Eryri Harriers	Female	17	10K-FO	10	1:01:27	87
89	933	1:01:55	Jemma Zalot Sankey	Beaumaris Town Road Runners	Female	18	10K-F40	6	1:01:51	93
90	825	1:01:55	Carole Richardson	Beaumaris Town Road Runners	Female	19	10K-F40	7	1:01:52	94
91	783	1:01:59	Jan McARD	Wallasey AC	Female	20	10K-F40	8	1:01:36	90
92	782	1:01:59	Paul McARD		Male	72	10K-M50	23	1:01:35	89
93	913	1:02:02	Annmarie Williams	Penny Lane Striders	Female	21	10K-F40	9	1:01:47	92
94	762	1:02:08	Lucy Killen		Female	22	10K-F40	10	1:01:36	91
95	643	1:02:08	Darren Carter	Warrington Running Club	Male	73	10K-MO	28	1:01:52	95
96	707	1:02:09	Steffan Griffith		Male	74	10K-M40	19	1:02:03	97
97	872	1:02:26	Rebecca Taylor	Ellesmere Port Running Club	Female	23	10K-FO	11	1:02:08	98
98	818	1:02:28	Joanne Pye		Female	24	10K-F50	3	1:02:22	99
99	814	1:02:29	Nicola Parry		Female	25	10K-FO	12	1:01:56	96
100	759	1:02:53	Debra Jones		Female	26	10K-F50	4	1:02:40	102
101	797	1:02:55	Helen Mobberley		Female	27	10K-F40	11	1:02:29	101
102	786	1:03:02	Catherine McElhinney	Southport Waterloo Athletics Club	Female	28	10K-F40	12	1:02:24	100
103	647	1:03:10	Jacq Charles	Wirral Vikings	Female	29	10K-F40	13	1:02:56	103
104	796	1:03:21	Ellen Mitchell		Female	30	10K-FO	13	1:03:13	106
105	673	1:03:25	Michael Devereux	Penny Lane Striders	Male	75	10K-M60	5	1:03:11	105
106	897	1:03:26	Elizabeth Walker	Kirkstall Harriers	Female	31	10K-FO	14	1:03:00	104
107	873	1:03:43	Mark Taylor	Chester Triathlon Club	Male	76	10K-MO	29	1:03:25	107
108	921	1:03:47	Glesni Williams Davies	Rhedwyr Hebog	Female	32	10K-F40	14	1:03:44	112
109	826	1:03:47	Cariad Roberts	Newport Harriers	Female	33	10K-FO	15	1:03:34	109
110	662	1:03:56	Glyn Davies	Warrington Running Club	Male	77	10K-M50	24	1:03:36	110
111	770	1:03:59	Rosie Lowe		Female	34	10K-FO	16	1:03:26	108
112	619	1:04:00	Melanie Bartley		Female	35	10K-F40	15	1:03:44	111
113	611	1:04:14	Katherine Atherton		Female	36	10K-FO	17	1:04:04	116
114	716	1:04:15	Katie Harvey		Female	37	10K-F50	5	1:03:54	113
115	836	1:04:29	Jonathan Roberts		Male	78	10K-M50	25	1:03:57	114
116	892	1:04:30	Rebecca Varnouse	Penny Lane Striders	Female	38	10K-FO	18	1:03:59	115
117	725	1:04:37	Liam Hogan		Male	79	10K-MO	30	1:04:32	118
118	714	1:04:46	Jo Harris		Female	39	10K-F40	16	1:04:30	117
119	604	1:04:53	Jo Andreou	BTR Road Runners	Female	40	10K-F40	17	1:04:47	119
120	884	1:04:58	Richard Thumwood		Male	80	10K-M40	20	1:04:52	121
121	874	1:05:04	Marianne Taylor		Female	41	10K-F40	18	1:04:49	120
122	656	1:05:28	Louisa Crossley		Female	42	10K-F50	6	1:05:12	125
123	929	1:05:31	Nick Wright	Penkridge Runners	Male	81	10K-MO	31	1:05:16	128
124	885	1:05:31	Nicola Tomlinson	Gog Triathlon Club	Female	43	10K-FO	19	1:04:57	122
125	927	1:05:32	Sally Withington	Wrekin Road Runners	Female	44	10K-F40	19	1:05:06	123
126	728	1:05:33	Leigh Holt		Male	82	10K-M50	26	1:05:17	129
127	806	1:05:41	Maria Nolan		Female	45	10K-FO	20	1:05:13	126
128	895	1:05:42	Maria Vicars Harris		Female	46	10K-FO	21	1:05:14	127
129	53	1:35:03	Nesta Hawker	Helsby	Female	47	10K-F50	7	1:05:32	130
130	831	1:05:46	Wayne Roberts	Gog Triathlon Club	Male	83	10K-M50	27	1:05:10	124
131	815	1:06:07	Sarah Parry		Female	48	10K-FO	22	1:05:58	132
132	601	1:06:09	Helen Alefounder	Prestatyn Running Club	Female	49	10K-F40	20	1:05:48	131
133	622	1:06:11	Nicky Beeby		Female	50	10K-FO	23	1:05:59	133
134	684	1:06:24	Mike Evans	Chepstow Harriers	Male	84	10K-M60	6	1:06:13	137
135	877	1:06:27	Sean Tebbutt	Wigston Phoenix	Male	85	10K-M50	28	1:06:03	134
136	718	1:06:27	Rachael Haylett		Female	51	10K-FO	24	1:06:15	138
137	711	1:06:29	Jane Hallows	Penny Lane Striders	Female	52	10K-F40	21	1:06:05	135
138	640	1:06:29	Ann Burt Williams		Female	53	10K-F50	8	1:06:29	141
139	863	1:06:32	David Spencer	Denbigh Harriers	Male	86	10K-M40	21	1:06:09	136
140	678	1:06:37	Rebecca East		Female	54	10K-FO	25	1:06:26	140
141	924	1:06:44	Lee Wilson		Female	55	10K-FO	26	1:06:34	142
142	881	1:06:45	Jenna Thompson		Female	56	10K-FO	27	1:06:19	139
143	792	1:06:59	Alice Mees		Female	57	10K-FO	28	1:06:49	143
144	767	1:07:08	Claire Lewis		Female	58	10K-F40	22	1:07:00	145
145	685	1:07:12	Denis Evans	Chepstow Harriers	Female	59	10K-F50	9	1:06:57	144
146	746	1:07:25	Colin Jones	Runstrong	Male	87	10K-M50	29	1:07:01	146
147	907	1:07:49	Simon Wierzbicki		Male	88	10K-M40	22	1:07:44	150
148	906	1:07:49	Jo Wierzbicki		Female	60	10K-F40	23	1:07:43	149
149	819	1:07:53	David Rand	Penny Lane Striders	Male	89	10K-M40	23	1:07:23	147
150	851	1:08:05	Ben Scott	Lonely Goat Running Club	Male	90	10K-M40	24	1:07:39	148



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151	820	1:08:11	Charlotte Rawcliffe	Penny Lane Striders	Female	61	10K-FO	29	57:39	62
152	919	1:08:18	Andrea Williams		Female	62	10K-F40	24	1:07:50	152
153	618	1:08:20	Laura Bartlett Short	Beaumaris Town Road Runners	Female	63	10K-FO	30	1:08:16	154
154	634	1:08:20	James Bone		Male	91	10K-M40	25	1:07:47	151
155	896	1:08:20	Jane Wackett		Female	64	10K-F0	31	1:08:16	155
156	688	1:08:27	Pam Everley		Female	65	10K-F40	25	1:08:17	157
157	650	1:08:28	Michael Clay		Male	92	10K-M40	26	1:07:52	153
158	603	1:08:30	Llinos Alun		Female	66	10K-F40	26	1:08:17	156
159	816	1:08:40	Elen Parry		Female	67	10K-F40	27	1:08:28	159
160	847	1:08:40	Hayley Sackett		Female	68	10K-F0	32	1:08:20	158
161	752	1:08:58	Pauline Jones		Female	69	10K-F40	28	1:08:30	160
162	899	1:09:09	Mary Walsh	Beaumaris Town Road Runners	Female	70	10K-FO	33	1:09:05	161
163	730	1:09:23	Andrea Horgosi		Female	71	10K-F40	29	1:09:06	162
164	626	1:09:24	Amanda Bentley	Warrington Running Club	Female	72	10K-F40	30	1:09:06	163
165	871	1:09:46	Sally Tan		Female	73	10K-FO	34	1:09:42	166
166	823	1:09:50	Roz Reid		Female	74	10K-F40	31	1:09:46	167
167	732	1:09:50	Ian Howard	Northwich Running Club	Male	93	10K-M40	27	1:09:35	164
168	751	1:09:52	Sandra Jones		Female	75	10K-F50	10	1:09:40	165
169	771	1:10:13	Helen MacRae		Female	76	10K-FO	35	1:10:01	169
170	638	1:10:23	Dave Brown	Warrington Running Club	Male	94	10K-M50	30	1:10:01	171
171	880	1:10:24	Kay Thompson	Warrington Running Club	Female	77	10K-F40	32	1:10:01	170
172	764	1:10:30	Claire Lawrence		Female	78	10K-F40	33	1:09:56	168
173	726	1:10:33	Margaret Hollings		Female	79	10K-FO	36	1:10:03	172
174	710	1:10:47	Richard Gwyn Jones		Male	95	10K-MO	32	1:10:35	175
175	900	1:10:53	Keith Walters		Male	96	10K-M40	28	1:10:16	173
176	612	1:11:11	Jane Atkins	Shropshire Shufflers	Female	80	10K-F40	34	1:10:29	174
177	856	1:11:30	Gail Sikora	Penny Lane Striders	Female	81	10K-F50	11	1:11:02	176
178	894	1:11:51	Tony Vesty	Wrexham AC	Male	97	10K-M60	7	1:11:34	178
179	628	1:11:53	Claire Bilgic	Shropshire Shufflers	Female	82	10K-F40	35	1:11:13	177
180	864	1:12:27	Caroline Stafford	Deanery Running Club	Female	83	10K-F40	36	1:11:55	179
181	658	1:12:36	Karen Culshaw	Penny Lane Striders	Female	84	10K-F40	37	1:12:07	181
182	798	1:12:42	Trish Monks	Village RR	Female	85	10K-F40	38	1:12:04	180
183	911	1:13:00	Sue Williams		Female	86	10K-F40	39	1:12:20	182
184	692	1:13:00	Anne Fleming	Village RR	Female	87	10K-F50	12	1:12:21	184
185	636	1:13:00	Carolyn Brenna	Village RR	Female	88	10K-F40	40	1:12:21	183
186	829	1:13:01	Steph Roberts		Female	89	10K-F40	41	1:12:22	185
187	664	1:13:05	Isobelle Davies		Female	90	10K-FO	37	1:12:35	186
188	789	1:13:15	Debi McMillan	Penny Lane Striders	Female	91	10K-F40	42	1:12:47	187
189	748	1:13:25	Linda Jones	Warrington Running Club	Female	92	10K-F50	13	1:13:05	188
190	632	1:13:30	Jenny Bishop	Warrington Running Club	Female	93	10K-FO	38	1:13:09	189
191	617	1:13:33	Bernadette Barnard	Warrington Running Club	Female	94	10K-F50	14	1:13:14	190
192	118	1:43:06	Gillian Wigley	Orkney Running Club	Female	95	10K-F50	15	1:13:28	192
193	608	1:13:54	Felicity Aries	Eryri Harriers	Female	96	10K-F50	16	1:13:21	191
194	824	1:14:05	Martina Rice	Penny Lane Striders	Female	97	10K-F40	43	1:13:41	193
195	780	1:14:34	Sarah Massey	Gog Triathlon Club	Female	98	10K-F40	44	1:14:00	194
196	866	1:14:34	Cheryl Stewart	Gog Triathlon Club	Female	99	10K-F40	45	1:14:00	195
197	727	1:14:38	Janet Holmes	St Helens Striders	Female	100	10K-F60	1	1:14:23	196
198	600	1:15:07	Cliff Aitken		Male	98	10K-M60	8	1:14:42	197
199	879	1:15:08	Natasha Thomas		Female	101	10K-F40	46	1:14:47	199
200	812	1:15:12	Jonathan Parr		Male	99	10K-M50	31	1:14:46	198
201	773	1:15:45	Claire Maltby		Female	102	10K-F40	47	1:15:19	200
202	722	1:15:52	Julie Hirst		Female	103	10K-F40	48	1:15:28	203
203	846	1:15:52	Jean Ryan		Female	104	10K-F40	49	1:15:28	204
204	64	1:45:12	Nathalie Janvier	Davenport Runners	Female	105	10K-F40	50	1:15:23	202
205	4	1:45:13	Edward Amesbury		Male	100	10K-M50	32	1:15:23	201
206	648	1:16:29	Gwennan Charlton		Female	106	10K-FO	39	1:16:07	205
207	918	1:17:07	Jenny Williams		Female	107	10K-F40	51	1:16:50	206
208	729	1:17:22	Alison Hopson	Aberystwyth Athletic Club	Female	108	10K-F40	52	1:17:19	207
209	853	1:17:40	Jo Seabourne		Female	109	10K-F40	53	1:17:21	209
210	734	1:17:40	Johannah Hughes		Female	110	10K-F40	54	1:17:21	208
211	781	1:17:45	Jo Matthews		Female	111	10K-F50	17	1:17:27	210
212	776	1:17:50	Caren Marsden		Female	112	10K-F50	18	1:17:31	211
213	837	1:18:05	Iona Roberts		Female	113	10K-FO	40	1:17:50	212
214	787	1:18:44	Kate McIntyre	Team Nuts	Female	114	10K-F40	55	1:18:35	214
215	794	1:18:44	Michael Midgley	Team Nuts	Male	101	10K-M50	33	1:18:36	215
216	721	1:18:57	Kath Hewitt	Penrhyn Puffers	Female	115	10K-F50	19	1:18:32	213
217	694	1:19:00	Marianne Foster		Female	116	10K-F40	56	1:18:49	216
218	646	1:19:14	Elaine Charles	BTR Road Runners	Female	117	10K-F50	20	1:18:55	217
219	681	1:20:00	Joanne Edwards	Penny Lane Striders	Female	118	10K-F40	57	1:19:30	218
220	651	1:20:01	Ian Colegate		Male	102	10K-MO	33	1:19:34	219
221	870	1:20:35	Lesley Syms	Southport And Waterloo Athletics Club	Female	119	10K-F50	21	1:19:55	220
222	902	1:20:36	Emma Warwick	Southport And Waterloo Athletics Club	Female	120	10K-F40	58	1:19:58	222
223	788	1:20:37	Victoria McKinlay	Blackburn Harriers	Female	121	10K-FO	41	1:19:58	221
224	775	1:20:58	Sarah Marriott	Gog Triathlon Club	Female	122	10K-F40	59	1:20:25	223
225	677	1:21:26	Sian Eades		Female	123	10K-FO	42	1:21:06	224



Trail Betws 10k

Saturday 9 November 2019

RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	807	1:22:32	Abi Norman	Focussed Performance	Female	124	10K-F40	60	1:21:51	225
227	635	1:22:55	Rachel Bowyer	Dolly Mixtures	Female	125	10K-F40	61	1:22:38	226
228	804	1:23:14	Caroline Newton	Warrington Running Club	Female	126	10K-FO	43	1:22:52	227
229	855	1:23:50	Elaine Shelley	Focussed Performance	Female	127	10K-F40	62	1:23:10	228
230	793	1:23:55	Karen Menzie	Lonely Goat Running Club	Female	128	10K-FO	44	1:23:16	229
231	910	1:24:00	Sian Wilkins		Female	129	10K-F40	63	1:23:18	230
232	857	1:24:43	John Skyner	Warrington Running Club	Male	103	10K-M50	34	1:24:26	232
233	858	1:24:43	Joanne Skyner	Warrington Running Club	Female	130	10K-F40	64	1:24:27	233
234	708	1:25:09	Linda Griffiths	Runstrong	Female	131	10K-F50	22	1:24:45	234
235	613	1:25:28	Dervilla Bailey		Female	132	10K-FO	45	1:25:07	236
236	915	1:25:28	Claire Williams		Female	133	10K-FO	46	1:25:07	235
237	720	1:25:56	Duncan Hendry		Male	104	10K-M50	35	1:25:46	239
238	679	1:26:00	Dawn Eastwood	Formby Stormers	Female	134	10K-F40	65	1:25:19	237
239	615	1:26:01	Nicky Barker		Female	135	10K-F50	23	1:25:22	238
240	882	1:28:00	Amy Thorpe		Female	136	10K-F40	66	1:27:43	240
241	883	1:28:06	Emma Thorpe		Female	137	10K-F40	67	1:27:49	241
242	691	1:28:27	Gareth Finlay	Warrington Running Club	Male	105	10K-M40	29	1:27:52	242
243	654	1:30:08	Audrey Cowpland	Southport And Waterloo Athletics Club	Female	138	10K-F50	24	1:29:26	243
244	802	1:30:08	Jan Mullin	Kirkby Milers AC	Female	139	10K-F50	25	1:29:26	244
245	704	1:31:06	Kirstin Goodwin		Female	140	10K-F40	68	1:30:52	246
246	830	1:31:07	Magali Roberts		Female	141	10K-F40	69	1:30:31	245
247	701	1:33:43	Amanda Glover	Warrington Running Club	Female	142	10K-FO	47	1:33:06	247
248	641	1:34:14	Martin Cable		Male	106	10K-M50	36	1:33:41	248
249	868	1:34:39	Matt Such		Male	107	10K-M40	30	1:34:05	249
250	869	1:34:39	Leanne Such		Female	143	10K-FO	48	1:34:06	250
251	811	1:39:37	Michelle Palmer	Lonely Goat Running Club	Female	144	10K-FO	49	1:38:59	251
252	904	1:54:45	Jo White	Warrington Running Club	Female	145	10K-F40	70	1:54:18	252
253	606	1:54:46	Sally Appleby	Warrington Running Club	Female	146	10K-F40	71	1:54:19	253
254	723	2:00:30	Will Hodgkinson	Penny Lane Striders	Male	108	10K-MO	34	1:59:57	254
255	112	2:43:46	Corri Twist		Male	109	10K-M40	31	2:43:41	255