

Ras yr Wyddfa 2004 – The Snowdon International Race 2004 – Results 24th July 2004

Pos	Rhif No	Enw Name	Clwb <u>Club</u>	Dosb Class	0.25	Copa Summit	0.75	Lawr Descent	Diwedd Finish
1	12	Ian Holmes	England A	MInt	00:21:08	00:44:00	00:53:23	00:21:38	01:05:38
2	23	Julien Rancon	France	MInt	00:20:17	00:42:08	00:53:11	00:23:56	01:06:04
3	32	Alun Vaughn	Cymru A	MInt L	00:20:43	00:43:33	00:53:32	00:22:39	01:06:12
4	5	Tim Davies	Cymru A	MInt	00:20:40	00:43:46	00:54:07	00:23:28	01:07:14
5	35	M Zanaboni	Italy	MInt	00:21:09	00:43:49	00:54:35	00:23:33	01:07:21
6	194	William Levett	Bed & County	Mopen	00:21:41	00:44:23	00:54:33	00:23:20	01:07:43
7	6	Colin Donnelly	Scotland	MInt L	00:20:59	00:43:43	00:54:51	00:24:29	01:08:12
8	14	Rob Hope	England A	MInt	00:21:08	00:44:08	00:54:50	00:24:20	01:08:28
9	31	Paul Henri Valour	France	MInt	00:21:32	00:44:59	00:55:06	00:24:00	01:08:59
10	30	Franco Torresani	Italy	MInt	00:21:06	00:43:58	00:55:16	00:25:02	01:09:00
11	19	Bostjan Novak	Slovenia	MInt	00:21:18	00:44:19	00:55:30	00:24:59	01:09:17
12	9	Silvio Gatti	Italy	MInt	00:20:40	00:42:58	00:53:11	00:26:34	01:09:32
13	1	Tim Austin	England A	MInt	00:22:12	00:46:31	00:56:54	00:23:25	01:09:55
14	350	Craig Roberts	Kendal AC	MV	00:21:47	00:45:25	00:57:01	00:24:44	01:10:08
15	26	Lloyd Taggart	England B	MInt	00:21:50	00:45:25	00:56:06	00:24:46	01:10:11
16	27	Pascal Thebault	France	MInt	00:20:40	00:44:25	00:57:10	00:25:58	01:10:22
17	7	Nick Fish	England B	MInt	00:21:56	00:46:30	00:56:49	00:24:02	01:10:31
18	280	Matthew Whittfield	Bingley Harriers	Mopen	00:21:15	00:44:42	00:55:54	00:25:56	01:10:38
19	25	Simon Stainer	England B	MInt	00:22:13	00:46:24	00:57:00	00:24:23	01:10:47
20	13	Danny Hope	England A	MInt	00:21:51	00:45:45	00:56:53	00:25:19	01:11:03
21	112	Mike Bouldstridge	Mercia	Mopen	00:22:22	00:46:14	00:57:21	00:24:56	01:11:10
22	34	Dylan Wynn Jones	Cymru A	MInt L	00:22:22	00:46:48	00:57:40	00:24:36	01:11:24
23	3	John Brooks	Scotland	MInt	00:20:38	00:42:53	00:54:10	00:28:49	01:11:41
24	33	Tim Lenton	Scotland	MInt	00:22:38	00:47:20	00:58:10	00:24:25	01:11:44
25	264	Andrew Symonds	Kendal	Mopen	00:22:39	00:47:10	00:58:11	00:24:46	01:11:55
26	229	Thomas Owens	Bristol University	Mopen	00:22:40	00:47:31	00:58:44	00:24:36	01:12:07
27	4	Brian Marshall	Scotland	MInt	00:22:37	00:47:49	00:58:17	00:24:25	01:12:14
28	291	Phillip Winskill	Dark Peak F R	Mopen	00:22:14	00:46:54	00:58:12	00:25:37	01:12:31
29	220	Steven Neill	Pudsey and Bramley	Mopen	00:23:32	00:49:18	01:00:22	00:23:46	01:13:04
30	15	Andrew Jones	Cymru B	MInt	00:22:25	00:46:58	00:58:53	00:26:30	01:13:27
31	28	Richard Thomas	Cymru A	MInt	00:23:07	00:48:37	00:59:53	00:24:59	01:13:35
32	29	Bonzi Fausto	Italy	MV	00:22:24	00:46:41	00:59:07	00:26:59	01:13:39
33	219	Andrew Naylor	Hong Kong Police	Mopen	00:23:15	00:49:12	01:01:03	00:25:32	01:14:44
34	324	Ronnie Gallagher	Westerlands	MV	00:23:37	00:49:24	01:00:54	00:25:35	01:14:59
35	116	Adam Breaks	Calder Valley	Mopen	00:23:29	00:50:04	01:01:24	00:25:20	01:15:24
36	191	Andrew Leck	Lancaster & Morecambe	Mopen	00:23:31	00:49:14	01:01:14	00:26:35	01:15:48
37	157	Vaughan Griffiths	Maldwyn Harriers	Mopen	00:23:46	00:50:00	01:01:35	00:26:00	01:15:59
38	131	Guillaume Corduan	Bristol Univ.	Mopen	00:22:39	00:49:21	01:01:25	00:26:41	01:16:02
39	127	Matthew Collins	MDC	Mopen	00:22:27	00:46:45	01:00:19	00:29:18	01:16:02
40	292	Andrew Peter Wright	Tamworth AC	Mopen	00:22:59	00:48:21	01:01:38	00:28:22	01:16:42
41	24	Simon Skillicorn	Isle of Man	MInt	00:24:03	00:50:57	01:02:26	00:26:00	01:16:57
42	8	Ian Gale	Isle of Man	MInt	00:24:25	00:50:58	01:02:36	00:26:06	01:17:03
43	265	Giovanni Tacchini	CSI Morbegno	Mopen	00:23:40	00:49:28	01:02:20	00:28:04	01:17:31
44	218	Oliver Mott	Bristol Univ.	Mopen	00:23:35	00:49:31	01:01:22	00:28:04	01:17:35
45	161	Jason Hemsley	Pudsey and Bramley	Mopen	00:23:41	00:49:25	01:02:50	00:28:11	01:17:36
46	11	Rob Halliday	Cymru B	MInt L	00:23:30	00:50:32	01:02:55	00:27:06	01:17:37
47	326	Stephen Gilliland	Bro Dysynni	MV	00:24:30	00:52:28	01:03:56	00:25:31	01:17:58
48	101	Andrew Abbott	Sarn Helen	Mopen	00:23:01	00:48:35	01:02:14	00:29:29	01:18:04
49	20	Tony Okell	Isle of Man	MInt	00:24:04	00:50:37	01:03:31	00:27:33	01:18:09
50	213	Chris Miller	Harrogate AC	Mopen	00:23:51	00:52:04	01:03:55	00:26:15	01:18:18

51	18	Rhys Manning	Cymru B	MInt		00:24:37	00:50:38	01:02:59	00:27:42	01:18:19
52	433	Gwynfor Owen	Unaffiliated	MV2	L	00:23:43	00:49:57	01:02:43	00:28:30	01:18:26
53	61	Claire Whitehead	Scotland	LInt		00:24:05	00:50:46	01:03:15	00:27:43	01:18:28
54	36	Gary Bailey	N Ireland	MInt		00:24:09	00:52:26	01:03:49	00:26:09	01:18:34
55	302	Lewis Banton	Clowne Roadrunners	Mopen		00:23:39	00:49:46	01:04:05	00:28:51	01:18:36
56	442	Alan Smith	Deeside	MV1		00:24:41	00:51:47	01:04:08	00:27:05	01:18:52
57	232	Richard Pattinson	Pudsey Pacers	Mopen		00:24:01	00:51:31	01:03:32	00:27:28	01:18:58
58	147	Jonathon Ferguson	A.C.Corte	Mopen		00:25:08	00:53:35	01:05:15	00:25:36	01:19:10
59	363	Colin Urmston	Clayton Le Moors	MV		00:24:42	00:52:54	01:04:03	00:26:23	01:19:17
60	165	Ian Houston	Wrexham	Mopen		00:24:10	00:51:53	01:04:35	00:27:40	01:19:33
61	115	Stuart Bradstock	Unaffiliated	Mopen		00:25:08	00:52:34	01:05:01	00:27:18	01:19:52
62	340	Martin Lee	Northern Vets.	MV		00:23:52	00:50:22	01:03:20	00:29:35	01:19:57
63	421	Arwel Lewis	Eryri	MV1	L	00:24:33	00:51:37	01:04:55	00:28:24	01:20:00
64	240	Kevin Prydderch	Eryri	Mopen	L	00:24:31	00:51:58	01:04:46	00:28:03	01:20:01
65	352	Richard Rodgers	Newcastle A C	MV		00:24:17	00:51:24	01:04:59	00:29:04	01:20:27
66	150	Dale Foster	Otley	Mopen		00:25:28	00:53:46	01:05:49	00:26:48	01:20:33
67	37	Andy Gregg	N Ireland	MInt		00:23:34	00:50:42	01:04:06	00:30:01	01:20:43
68	429	Thomas Morgan	MDC	MV1		00:25:11	00:54:32	01:06:21	00:26:13	01:20:45
69	221	Gary Norgrove	Wrexham AC	Mopen		00:24:47	00:53:42	01:06:05	00:27:06	01:20:48
70	121	Giuseppe Buzzetti	CSI Morbegno	Mopen		00:24:55	00:53:00	01:05:36	00:27:50	01:20:49
71	59	Jill Tait	Scotland	LInt		00:25:09	00:52:48	01:05:24	00:28:06	01:20:53
72	411	Edward Davies	Mercia	MV1		00:25:45	00:54:14	01:06:22	00:26:50	01:21:03
73	297	Ian Andrews	Unaffiliated	MOpen		00:24:40	00:51:51	01:05:35	00:29:14	01:21:05
74	60	Natalie White	England	LInt		00:25:36	00:53:53	01:06:43	00:27:16	01:21:09
75	325	Mark Garratt	Road Runners	Mopen		00:24:52	00:51:53	01:06:17	00:29:36	01:21:28
76	207	Stephen McArthur	IMRA	Mopen		00:24:39	00:52:44	01:06:07	00:28:55	01:21:38
77	39	Adam Mitten	N Ireland	MInt		00:25:33	00:54:23	01:06:50	00:27:16	01:21:39
78	17	Jean-Claude Louison	France	MInt		00:23:52	00:50:03	01:03:48	00:31:36	01:21:39
79	53	Jackie Hargreaves	England	LInt		00:25:18	00:53:44	01:06:13	00:28:04	01:21:48
80	212	Andrew Middleditch	Dark Peak	Mopen		00:25:55	00:55:56	01:07:23	00:26:12	01:22:08
81	409	Cedric Clemerson	Heathfield	MV1		00:25:23	00:52:53	01:06:43	00:29:31	01:22:24
82	351	Tegid Roberts	Unaffiliated	MV	L	00:24:17	00:50:09	01:06:00	00:32:22	01:22:31
83	184	Stephen Jones	Wrexham ac	Mopen		00:26:50	00:56:08	01:07:58	00:26:34	01:22:42
84	113	Simon Bowen	Shrewsbury	Mopen		00:25:32	00:54:08	01:07:37	00:28:37	01:22:45
85	559	Bob Whitfield	Bingley Harriers	MV2		00:26:08	00:54:12	01:06:53	00:28:40	01:22:52
86	339	Jan Kardasz	Lancaster & Morecambe	MV		00:26:21	00:54:21	01:06:59	00:28:35	01:22:56
87	100	Rhys ab Elwyn	Eryri	Mopen	L	00:25:05	00:52:50	01:08:05	00:30:08	01:22:58
88	428	Gary McMahon	Unaffiliated	MV1		00:25:35	00:54:27	01:07:56	00:28:39	01:23:06
89	271	Maurizio Torri	CSI Morbegno	Mopen		00:27:05	00:55:21	01:08:28	00:28:01	01:23:22
90	543	Malcolm Pickering	Eryri	MV2		00:25:37	00:53:42	01:07:08	00:29:44	01:23:25
91	38	Mark McManus	N Ireland	MInt		00:25:40	00:54:53	01:08:21	00:28:37	01:23:29
92	239	Wayne Prince	Birchfield Harriers	Mopen		00:25:23	00:53:37	01:07:14	00:30:04	01:23:41
93	102	Mark Alexander	Ballymena R.A.C.	Mopen		00:25:47	00:55:38	01:08:34	00:28:06	01:23:44
94	176	Craig Jones	Eryri	Mopen		00:26:32	00:54:57	01:08:00	00:28:47	01:23:44
95	255	Matthew Simpkins	Bristol Uni Old Boys	Mopen		00:26:39	00:55:46	01:08:43	00:28:01	01:23:46
96	22	Michael Quine	Isle of Man	MInt		00:26:20	00:55:43	01:08:41	00:28:07	01:23:49
97	58	Lou Sharp	England	LInt		00:25:35	00:53:39	01:07:36	00:30:18	01:23:56
98	151	Kevin Francis	Shrewsbury AC	Mopen		00:25:22	00:54:09	01:08:13	00:29:51	01:23:59
99	282	John Willacy	Unaffiliated	Mopen		00:26:44	00:55:45	01:08:25	00:28:27	01:24:12
100	187	Mark Kendall	Newcastle AC	Mopen		00:25:56	00:55:41	01:07:57	00:28:36	01:24:16
101	366	Timothy Wigley	Bourne Town Harriers	MV		00:25:39	00:54:37	01:08:35	00:29:54	01:24:30
102	593	Don Williams	Eryri	MV3	L	00:26:25	00:54:54	01:08:15	00:29:39	01:24:33
103	118	Ishmael Burdeau	Brighton & Hove	Mopen		00:24:03	00:49:33	01:05:34	00:35:05	01:24:37

104	413	Simon Elliott	Notts A C	MV1	00:26:17	00:55:20	01:08:44	00:29:21	01:24:41
105	260	Paul Stinton	Buckley Runners	Mopen	00:27:23	00:56:35	01:09:27	00:28:08	01:24:43
106	432	Dylan Owen	Eryri	MV	00:26:47	00:55:59	01:09:25	00:28:47	01:24:45
107	152	Kevin Gadd	Tortoise and Hare	Mopen	00:23:42	00:49:17	01:04:40	00:35:32	01:24:49
108	120	Hermann Buys	Unaffiliated	Mopen	00:24:32	00:52:18	01:07:21	00:32:32	01:24:50
109	329	Kevin Hagley	SWRR	MV	00:25:59	00:55:44	01:09:39	00:29:09	01:24:52
110	156	Ashley Gray	Shrewsbury	Mopen	00:25:05	00:53:33	01:07:53	00:31:32	01:25:04
111	267	Dyfed Whiteside Thomas	Eryri	Mopen L	00:26:46	00:54:59	01:08:43	00:30:09	01:25:07
112	400	Charles Ashley	Wrexham A.A.C.	MV1	00:25:30	00:54:52	01:08:48	00:30:25	01:25:17
113	249	Andrew Robertshaw	Otley AC	Mopen	00:25:09	00:53:23	01:07:50	00:32:10	01:25:32
114	448	Steven Peter Wyatt	Pennine FR	MV1	00:27:04	00:55:50	01:09:24	00:29:44	01:25:33
115	412	Iwan Rhys Edgar	Unaffiliated	MV1	00:26:01	00:55:30	01:09:22	00:30:06	01:25:35
116	287	Dewi Williams	Eryri	Mopen L		00:59:11			01:25:44
117	289	Richard Wyn Williams	Unaffiliated	Mopen L	00:26:43	00:56:51	01:09:41	00:29:06	01:25:56
118	335	Haydon Roy Jones	Maldwyn Harriers	MV	00:26:30	00:57:28	01:10:33	00:28:30	01:25:58
119	308	David Burton	Dursley & District	MV	00:25:49	00:52:58	01:08:42	00:33:08	01:26:06
120	172	Phil Janaway	Pensby Runners	Mopen	00:27:00	00:56:23	01:09:59	00:30:13	01:26:36
121	155	Steve Giles	Kettering Town	Mopen	00:27:00	00:56:19	01:10:42	00:30:30	01:26:48
122	419	Stephen Jones	Eryrii	MV1	00:27:54	00:56:45	01:10:23	00:30:08	01:26:53
123	529	Phil Tan Jones	Eryri	MV2 L	00:26:55	00:56:49	01:10:23	00:30:05	01:26:54
124	307	Pez Bullen	Keswick	MV L	00:26:31	00:55:47	01:10:06	00:31:18	01:27:04
125	295	Nicholas Young	Bristol University	Mopen	00:26:37	00:57:35	01:11:35	00:29:40	01:27:15
126	405	Stephen Bellis	Wrexham	MV1	00:26:56	00:57:24	01:11:12	00:30:00	01:27:23
127	52	Angela Brand- Barker	CYMRU	Lint	00:27:44	00:57:51	01:11:35	00:30:09	01:27:59
128	330	Paul Harrington	Dark Peak	Mopen	00:27:37	00:58:05	01:11:31	00:30:01	01:28:05
129	54	Kate Jenkins	Scotland	Lint	00:28:12	00:58:07	01:12:02	00:29:59	01:28:06
130	327	Ian Gladwell	West End Runners	MV	00:27:59	00:57:55	01:11:39	00:30:13	01:28:08
131	753	Mykura William	Carnethy	MV	00:28:29	00:58:40	01:11:59	00:29:40	01:28:20
132	511	Leslie Crownshaw	Killamarsh Kestrels	MV2	00:27:53	00:56:45	01:11:39	00:31:45	01:28:30
133	549	Gordon Robinson	Westerlands	MV2	00:27:57	00:58:12	01:12:00	00:30:25	01:28:36
134	216	Iwan Morton	Eryri	Mopen L	00:26:08	00:55:13	01:10:34	00:33:41	01:28:53
135	274	Steve Turk	Shresbury AC	Mopen	00:27:44	00:58:54	01:11:55	00:30:00	01:28:53
136	286	Dafydd Williams	Eryri	Mopen L	00:28:48	00:59:49	01:13:00	00:29:14	01:29:02
137	203	William Marks	Newcastle A C	Mopen	00:27:57	00:58:28	01:12:28	00:30:36	01:29:04
138	518	Andrew Hall	Portsmouth Joggers	MV2	00:28:47	01:00:22	01:13:19	00:28:56	01:29:17
139	190	Simon Leather	Unaffiliated	Mopen	00:27:26	00:57:19	01:11:45	00:32:06	01:29:25
140	55	Jackie Lee	CYMRU	Lint L	00:29:19	01:00:53	01:13:41	00:28:34	01:29:26
141	443	Paul Spurge	Portsmouth Joggers	MV1	00:27:54	00:59:07	01:13:08	00:30:33	01:29:40
142	347	Carl Moriarty	Pennine Fell Runners	MV	00:27:44	00:58:27	01:12:06	00:31:18	01:29:44
143	180	Kelvin Jones	Unaffiliated	Mopen L	00:28:28	01:00:04	01:14:04	00:29:44	01:29:48
144	422	Huw Lewis	Buckley Runners	MV1	00:28:33	00:59:29	01:13:21	00:30:20	01:29:49
145	56	Ruth Metcalfe	CYMRU	Lint L	00:27:49	00:58:22	01:12:29	00:31:31	01:29:53
146	750	Helen Murray	Unaffiliated	Lopen	00:27:48	00:59:17	01:13:56	00:31:18	01:30:35
147	601	Kirstin Bailey	Unaffiliated	Lopen	00:29:19	01:01:44	01:14:50	00:29:20	01:31:04
148	360	Mike Thomas	Unaffiliated	MV L	00:28:18	01:01:43	01:14:51	00:29:32	01:31:14
149	541	Adrian Orringe	Mynyddwyr de Cymru MDC	MV2	00:27:39	00:59:09	01:14:01	00:32:09	01:31:18
150	294	David Yanez	Aberystwyth University	Mopen	00:28:54	01:00:03	01:14:55	00:31:26	01:31:28
151	272	Paul Tranter	Unaffiliated	Mopen	00:27:40	00:57:58	01:12:54	00:33:34	01:31:31
152	167	Calfin Hughes	Unaffiliated	Mopen	00:27:59	01:00:00	01:14:02	00:31:32	01:31:32
153	250	Carl Robinson	Woodkirk Striders	Mopen	00:27:43	00:59:24	01:15:24	00:32:14	01:31:37

154	364	Ashley Wager	Eryri	MV	L	00:29:12	01:00:21	01:13:44	00:31:26	01:31:47
155	531	Dennis Kearns	Bolton United Harriers	MV2		00:28:24	00:59:05	01:13:58	00:32:51	01:31:56
156	137	Roger Dowley	Unaffiliated	Mopen		00:28:52	00:59:31	01:14:25	00:32:26	01:31:57
157	62	Shileen O'Kane	Unaffiliated	Lint		00:28:32	00:59:15	01:14:23	00:33:18	01:32:33
158	21	Zivko Peric	Slovenia	MInt		00:27:35	00:57:50	01:11:51	00:34:59	01:32:48
159	728	Catherine Harvey	Unaffiliated	LV		00:29:24	01:01:46	01:16:26	00:31:13	01:32:59
160	125	David Clancy	Woodkirk	Mopen		00:27:21	00:57:27	01:13:37	00:35:36	01:33:02
161	519	Clive Hartfall	Eryri	MV2	L	00:29:00	01:00:44	01:15:51	00:32:28	01:33:11
162	512	John Currie	Royal Sut. Coldfield	MV2			00:57:51			01:33:13
163	423	Gwyn Lloyd	Pontypridd Roadents	MV1		00:27:59	00:59:28	01:14:43	00:33:49	01:33:16
164	341	Gary Arthur Lewin	Unaffiliated	MV		00:27:20	00:58:11	01:14:42	00:35:08	01:33:18
165	431	Geoff Oldrid	Aberystwyth A.C.	MV1		00:29:21	01:02:06	01:16:01	00:31:14	01:33:20
166	114	Mark Bradbury	Unaffiliated	Mopen		00:31:08	01:03:44	01:16:35	00:29:38	01:33:22
167	228	David Owens	North Wales Police	Mopen		00:30:23	01:03:23	01:16:48	00:30:00	01:33:23
168	63	Shannon Alwynne	N Ireland A	Lint		00:28:26	00:59:57	01:15:32	00:33:36	01:33:33
169	124	Simon Cash	Unaffiliated	Mopen		00:28:58	01:00:44	01:15:30	00:32:58	01:33:42
170	550	Richard Scottney	Pennine	MV2		00:30:03	01:03:44	01:17:25	00:29:59	01:33:43
171	224	Cormac O'Ceallaigh	IMRA	Mopen		00:30:05	01:04:11	01:17:12	00:29:36	01:33:47
172	204	Chris Marshall	Ellesmere Port RC	Mopen		00:29:28	01:04:19	01:17:33	00:29:34	01:33:53
173	521	Terry Hellings	Lytham St Annes	MV2		00:29:01	01:02:21	01:16:39	00:31:40	01:34:00
174	510	Tony Crossley	East Grinstead	MV2		00:28:50	01:01:55	01:17:15	00:32:09	01:34:03
175	149	Paul Foot	Bournville Harriers	Mopen		00:30:14	01:01:50	01:17:24	00:32:18	01:34:07
176	253	Nicholas Sanderson	Woodkirk striders	Mopen		00:28:13	00:59:43	01:14:52	00:34:30	01:34:12
177	235	Andy Peet	O.W.L.S.	Mopen		00:27:56	01:00:34	01:16:28	00:33:39	01:34:13
178	195	Charles Linkison	Wrexham RR	Mopen		00:26:22	00:56:57	01:15:01	00:37:18	01:34:14
179	252	John Wyn Rowley	Unaffiliated	Mopen	L	00:29:49	01:01:52	01:15:17	00:32:34	01:34:26
180	160	Alan Heath	Deestriders	Mopen		00:28:23	01:00:41	01:16:12	00:33:50	01:34:31
181	312	Andrew Dalton	Skelmersdale B H	MV		00:30:00	01:03:53	01:18:02	00:30:41	01:34:34
182	57	Cal Partington	Isle of Man	LInt		00:29:27	01:02:52	01:18:01	00:31:53	01:34:44
183	430	Vivian O'Gorman	IMRA	MV1		00:30:06	01:03:03	01:17:07	00:31:48	01:34:50
184	122	Carl Byrne	Belle Vue	Mopen		00:28:46	01:01:52	01:17:35	00:33:08	01:34:59
185	527	Malcolm R. Jones	Eryri	MV2	L	00:29:22	01:03:17	01:17:59	00:31:53	01:35:10
186	343	Francis Martin	Penny Lane	MV		00:29:04	01:01:41	01:17:56	00:33:31	01:35:12
187	175	Christopher Jones	Deestriders	Mopen		00:30:00	01:03:07	01:17:48	00:32:15	01:35:22
188	589	Peter Roberts	Buckley Runners	MV3		00:30:07	01:03:22	01:18:14	00:32:05	01:35:27
189	520	Brian Hawkins	Penny Lane Striders	MV2		00:29:55	01:02:46	01:18:16	00:32:49	01:35:35
190	109	Simon Berry	Unaffiliated	Mopen		00:28:01	01:00:23	01:16:28	00:35:13	01:35:36
191	611	Beverley Whittfield	Clayton-le-moors	Lopen		00:29:36	01:03:10	01:17:27	00:32:29	01:35:38
192	560	Meirion Williams	Eryri	MV2	L	00:30:00	01:04:07	01:18:23	00:31:36	01:35:43
193	505	Michael Blake	Eryri	MV2	L	00:31:38	01:06:02	01:18:55	00:29:46	01:35:48
194	418	Stephen Lloyd Jones	Eryri	MV1		00:28:52	01:00:59	01:17:00	00:34:50	01:35:48
195	537	Alan McDonald	Telford AC	MV2		00:29:59	01:03:41	01:18:48	00:32:11	01:35:52
196	523	Christopher Jones	San Domenico Cardiff	MV2		00:29:14	01:01:32	01:17:51	00:34:27	01:35:58
197	285	Arwel Williams	Unaffiliated	Mopen		00:29:01	01:03:26	01:17:54	00:32:34	01:35:59
198	284	Alun Williams	Unaffiliated	Mopen	L	00:28:59	01:01:48	01:18:01	00:34:16	01:36:03
199	186	Michael Kelly	Leighton FR	Mopen		00:26:07	00:54:46	01:10:55	00:41:20	01:36:06
200	233	Danny Patton	Unaffiliated	Mopen	L	00:30:46	01:03:42	01:18:31	00:32:26	01:36:08
201	217	Jonathon Morton	Unaffiliated	Mopen		00:29:20	01:01:56	01:17:36	00:34:15	01:36:11
202	368	Ian Williams	Cybi	MV		00:29:25	01:02:22	01:17:59	00:34:06	01:36:27
203	539	Michael Millen	Unaffiliated	MV2		00:29:03	01:01:01	01:18:17	00:35:31	01:36:31
204	315	Gary Dover	Gllaxo Hoad Hill Harriers	MV		00:29:34	01:01:47	01:17:11	00:34:48	01:36:34

205	401	Mal Balmer	Penny Lane Striders	MV		00:29:08	01:01:12	01:17:28	00:35:24	01:36:35
206	311	Noel Craine	Unaffiliated	MV	L	00:30:01	01:03:13	01:17:53	00:33:24	01:36:37
207	189	Pierre Lacrouts	Unaffiliated	Mopen		00:31:13	01:05:29	01:19:24	00:31:12	01:36:40
208	198	Carl Loftus	Unaffiliated	Mopen		00:29:14	01:04:06	01:18:54	00:32:39	01:36:45
209	138	Paul Duggan	Clonliffe Harriers	Mopen		00:29:00	01:02:41	01:18:48	00:34:12	01:36:53
210	404	Jon Bell	Aberystwyth A.C.	MV1		00:29:54	01:02:03	01:18:43	00:35:02	01:37:04
211	420	Tony Keech	Human Energy	MV1		00:30:44	01:03:43	01:18:51	00:33:26	01:37:08
212	426	William Mc Causland	Omagh Harriers	MV1		00:29:11	01:00:55	01:18:38	00:36:16	01:37:10
213	606	Zoe Melling	Rathfarnham WSAF	Lopen		00:30:51	01:04:15	01:19:43	00:32:57	01:37:12
214	534	Michael Leck	Lancaster & Morecambe	MV2		00:29:22	01:02:31	01:18:49	00:35:03	01:37:34
215	610	Catherine Walkley	Aberystwyth University	Lopen		00:30:33	01:03:46	01:20:00	00:33:53	01:37:38
216	107	Coliin Beckworth	Unaffiliated	Mopen		01:19:06	01:03:03		00:34:45	01:37:48
217	143	Neil Oliver Elias	Unaffiliated	Mopen	L	00:30:07	01:04:17	01:19:20	00:33:36	01:37:52
218	171	Mark James	Lliswerry	Mopen		00:29:32	01:01:05	01:16:20	00:36:54	01:37:59
219	635	Victoria Musgrove	Eryri	LV 1		00:30:46	01:04:14	01:20:34	00:33:57	01:38:11
220	258	Stephen Smithies	Unaffiliated	Mopen		00:29:58	01:04:15	01:18:57	00:34:11	01:38:25
221	174	Ronald Jervis	Unaffiliated	Mopen		00:29:34	01:03:06	01:18:37	00:35:22	01:38:27
222	134	Nick Cunliffe	Unaffiliated	Mopen	L		01:04:56		00:33:37	01:38:33
223	16	Peter Kastelic	Slovenia	MInt		00:22:50	00:46:43	01:10:36	00:51:53	01:38:36
224	163	Martin Hirrell	Penny Lane	Mopen		00:30:48	01:06:21	01:21:27	00:32:29	01:38:50
225	609	Cristina Speziale	CSI Morbegno	Lopen		00:30:35	01:03:52	01:20:15	00:35:14	01:39:05
226	528	Phil Jones	Unaffiliated	MV2		00:31:34	01:04:34	01:20:01	00:34:32	01:39:05
227	110	Jamie Biggs	Unaffiliated	Mopen		00:30:09	01:05:45	01:21:08	00:33:22	01:39:06
228	522	Roy Hughes	Eryri	MV2		00:29:48	01:02:26	01:18:41	00:36:52	01:39:17
229	236	Tony Pickup	Leighton Fun Runners	Mopen		00:31:35	01:05:50	01:21:09	00:33:30	01:39:19
230	624	Debbie Hardy	Pudsey and Bramley	Lopen		00:31:28	01:06:28	01:21:06	00:33:06	01:39:34
231	542	Derek Owen	Shrewsbury AC	MV2		00:30:45	01:03:58	01:21:10	00:35:39	01:39:36
232	446	Steve Sinfield	Unaffiliated	Mopen		00:29:16	01:02:35	01:19:19	00:37:06	01:39:40
233	242	Thomas Prytherch	North Wales Police	Mopen		00:30:52	01:05:21	01:20:22	00:34:20	01:39:41
234	345	Stephen McNicholas	Penny Lane Striders	MV		00:30:03	01:04:29	01:20:30	00:35:13	01:39:41
235	554	Dafydd W Thomas	Eryri	MV2	L	00:30:35	01:03:25	01:19:41	00:36:21	01:39:46
236	402	Mark Barrett	Eryri	MV1		00:31:26	01:06:53	01:21:32	00:32:57	01:39:49
237	594	Colin Williamson	Shropshire Shufflers	MV3		00:31:57	01:07:35	01:22:08	00:32:19	01:39:54
238	581	John Morris	Buckley Runners	MV3		00:32:14	01:06:49	01:22:27	00:33:16	01:40:05
239	417	Neil Jones	Unaffiliated	MV1	L	00:31:11	01:05:26	01:21:33	00:34:42	01:40:07
240	262	Jason Stott	Pennine F R	Mopen			01:09:53			01:40:09
241	359	Andy Smith	Helsby	MV		00:30:29	01:03:15	01:20:08	00:36:55	01:40:10
242	415	Alan Fineron	Padarn Triathlon	MV1	L	00:31:44	01:05:02	01:21:55	00:35:28	01:40:30
243	365	Peter Warner	Napton Runners	MV		00:30:26	01:04:48	01:21:25	00:35:55	01:40:42
244	247	Llyr Roberts	Unaffiliated	Mopen	L	00:30:57	01:06:05	01:22:07	00:35:03	01:41:08
245	508	Tommy Burke	Penny Lane	MV2		00:30:12	01:04:05	01:21:34	00:37:08	01:41:12
246	323	Nick Frost	Pontypridd Roadents	MV		00:29:51	01:03:49	01:19:50	00:37:26	01:41:15
247	178	Dylan Jones	Unaffiliated	Mopen	L	00:28:36	01:05:57	01:20:57	00:35:30	01:41:27
248	266	Alex Taylor	Unaffiliated	Mopen	L	00:30:26	01:05:42	01:21:12	00:35:48	01:41:29
249	65	Clare Galbraith	N Ireland B	Lint		00:30:56	01:05:47	01:22:13	00:35:46	01:41:32
250	603	Helene Diamantides	Carnethy	Lopen		00:29:53	01:01:28	01:20:19	00:40:12	01:41:40
251	209	Paul Anthony McGuinness	Unaffiliated	Mopen		00:31:10	01:06:23	01:23:39	00:35:17	01:41:40

252	536	Walter Marsh	Bro Dysynni	MV2	00:31:47	01:06:12	01:21:44	00:35:45	01:41:56
253	313	Gawain Davies	Steel City Striders	MV	00:30:34	01:06:18	01:23:14	00:35:45	01:42:02
254	263	Philip Swan	Glossopdale Harriers	Mopen	00:33:14	01:06:37	01:23:19	00:35:34	01:42:11
255	162	Sean Ronald Hill	Unaffiliated	Mopen	00:31:46	01:09:07	01:24:18	00:33:06	01:42:13
256	403	Rob Beeston	Shrops Shufflers	MV1	00:29:33	01:04:01	01:20:52	00:38:41	01:42:41
257	547	Aled Roberts	Unaffiliated	MV2 L	00:31:03	01:07:27	01:23:29	00:35:26	01:42:53
258	591	Phil Smith	Mercia Fell runners	MV3	00:31:58	01:06:07	01:23:02	00:36:54	01:43:00
259	563	David Wood	North Fylde AC	MV2	00:31:39	01:04:36	01:23:00	00:38:25	01:43:01
260	514	Gari Davies	Unaffiliated	MV2 L	00:34:49	01:12:01	01:25:51	00:31:02	01:43:02
261	317	Mark Elliott	Unaffiliated	MV	00:29:52	01:04:54	01:22:59	00:38:11	01:43:05
262	136	Gavan Doherty	IMRA	Mopen	00:31:11	01:04:52	01:19:20	00:38:14	01:43:06
263	361	Ken Turner	Killamarsh Kestrels	MV	00:32:39	01:07:58	01:25:01	00:35:20	01:43:18
264	414	Bill Evans	Unaffiliated	MV1	00:31:53	01:06:34	01:23:22	00:36:46	01:43:20
265	129	Arron Cooper	Unaffiliated	Mopen	00:32:09	01:08:22	01:24:43	00:35:03	01:43:25
266	277	John Walker	North Wales Roadrunners	Mopen	00:30:02	01:04:24	01:21:19	00:39:08	01:43:32
267	532	Wes Kettle	A.C.K.C.	MV2	00:29:48	01:03:50	01:21:47	00:39:54	01:43:44
268	148	Alistair Fitzgerald	Goyt Valley Striders	Mopen	00:32:07	01:07:51	01:24:38	00:36:02	01:43:53
269	306	Matthew Brown	Glossopdale	MV	00:31:02	01:08:28	01:24:50	00:35:26	01:43:54
270	737	Sue Hughes	Eryri	LV 2	00:34:12	01:12:26	01:26:49	00:31:45	01:44:11
271	524	Dei Jones	Eryri	MV2 L	00:33:00	01:09:28	01:25:10	00:34:53	01:44:20
272	64	Hazel McCausland	N Ireland B	Lint	00:32:20	01:07:38	01:25:06	00:36:52	01:44:29
273	434	Mark Pendlebury	Unaffiliated	MV	00:32:43	01:08:45	01:25:27	00:35:47	01:44:32
274	332	Andrew Hudson	Southport W'loo	MV	00:31:59	01:08:07	01:26:39	00:36:35	01:44:41
275	215	Paul Mills	Unaffiliated	Mopen	00:29:27	01:02:23	01:23:28	00:42:24	01:44:46
276	576	Derek Dale	Congleton	MV3	00:31:37	01:08:38	01:25:16	00:36:26	01:45:03
277	251	Dilwyn Rowlands	Unaffiliated	Mopen	00:31:47	01:08:24	01:25:34	00:36:50	01:45:13
278	369	Neil Williams	Pontypridd Rodents	MV	00:30:58	01:06:19	01:24:53	00:38:57	01:45:15
279	752	Tommy Galvin	IMRA	MV	00:32:28	01:08:36	01:26:14	00:36:49	01:45:25
280	535	Stephen Littlewood	Hereford Couriers	MV2	00:29:10	01:01:48	01:23:33	00:44:01	01:45:48
281	51	Christine Barwell	Isle of Man	Lint	00:33:15	01:09:56	01:26:43	00:35:55	01:45:50
282	269	Martin Thomson	Buxton	Mopen	00:32:08	01:07:52	01:24:47	00:38:00	01:45:51
283	170	Tony Hyland	Ellesmere Port RC	Mopen	00:28:38	01:01:43	01:22:18	00:44:29	01:46:11
284	331	Steve Heaney	N. Wales Police	MV	00:30:08	01:07:05	01:24:43	00:39:17	01:46:22
285	544	Alan Price	Birchfield	MV2	00:29:37	01:06:04	01:25:40	00:40:19	01:46:22
286	183	Steffan Jones	Unaffiliated	Mopen	00:32:52	01:09:04	01:25:32	00:37:23	01:46:27
287	153	Adrian Gibbard	Heathfield R R	Mopen	00:31:44	01:07:49	01:25:36	00:38:41	01:46:30
288	438	Neil Rhodes	Unaffiliated	MV1	00:31:46	01:06:14	01:25:41	00:40:18	01:46:31
289	435	Paul Phillips	Eryri	MV1	00:33:54	01:11:43	01:27:38	00:35:03	01:46:45
290	533	John King	Helm Hill	MV2	00:33:11	01:09:22	01:26:31	00:37:29	01:46:51
291	319	Celfyn Evans	Unaffiliated	MV L	00:32:04	01:09:25	01:26:18	00:37:31	01:46:55
292	241	David Stewart	Eryri	Mopen	00:31:26	01:08:00	01:25:29	00:38:57	01:46:57
293	579	Philip Jones	Prestatyn R C	MV3	00:33:59	01:10:55	01:26:45	00:36:07	01:47:01
294	346	Stephen Milner	Woodkirk	MV	00:34:31	01:12:10	01:28:20	00:34:57	01:47:06
295	441	Mick Small	Portsmouth Joggers	MV1	00:32:01	01:09:20	01:27:27	00:37:57	01:47:16
296	575	Peter Coleman	Vauxhall	MV3	00:33:59	01:10:52	01:27:46	00:36:56	01:47:47
297	602	Alison Bent	Unaffiliated	Lopen	00:33:15	01:09:10	01:27:49	00:38:40	01:47:50
298	502	Alan Barlow	Altrincham	MV2	00:32:48	01:08:44	01:28:53	00:39:15	01:47:59
299	582	Barrie Nicholas	Mercia	MV3	00:33:48	01:12:24	01:27:52	00:35:37	01:48:00
300	408	Paul Channing	Portsmouth Joggers	MV1	00:34:37	01:11:45	01:28:23	00:36:23	01:48:07
301	628	Judith Clare Jones	Unaffiliated	LV	00:32:49	01:09:26	01:27:50	00:38:44	01:48:10
302	506	Gianpietro Botta	CSI Morbegno	MV2	00:33:40	01:09:47	01:27:51	00:38:47	01:48:34
303	230	Jane Parry	Glaxo Hoad Hill	Lopen	00:32:36	01:09:43	01:27:37	00:38:52	01:48:34
304	333	Andrew Innes	Unaffiliated	Mopen	00:31:42	01:10:35	01:28:12	00:38:09	01:48:43

305	437	Ronald Rees	Pennine F R	MV1	00:31:49	01:07:34	01:25:56	00:41:12	01:48:45
306	318	Steven Ellis	Unaffiliated	Mopen L	00:33:06	01:10:48	01:28:24	00:38:04	01:48:52
307	562	Martin Winning	Portsmouth Joggers	MV2	00:33:57	01:10:10	01:28:40	00:38:48	01:48:58
308	349	William Richmond	Lytham St.Annes RRC	MV	00:29:39	01:06:33	01:26:46	00:42:29	01:49:01
309	526	Hugh Jones	Unaffiliated	MV2	00:33:16	01:10:08	01:27:50	00:39:07	01:49:14
310	447	Robbie Wood	Liv.Pem Sefton AC	MV1	00:30:06	01:05:25	01:27:14	00:43:53	01:49:17
311	142	Stephen Edwards	BBC Radio Cymru	Mopen L	00:33:58	01:12:30	01:30:14	00:37:02	01:49:32
312	631	Barbara Brown	A.C.K.C.	LV 1	00:34:13	01:11:55	01:29:08	00:37:43	01:49:37
313	337	Robin Jones	Unaffiliated	MV		01:11:05		00:38:52	01:49:56
314	140	Alan Edwards	Unaffiliated	Mopen	00:33:12	01:10:38	01:28:30	00:39:29	01:50:07
315	556	Martin Walsh	Lytham St. Annes	MV2	00:34:20	01:13:47	01:30:53	00:36:25	01:50:11
316	416	Mike Hill	Cumberland FR	MV1	00:33:25	01:11:43	01:30:08	00:38:30	01:50:12
317	370	Dave Wood	Manchester Harriers	MV	00:33:05	01:08:47	01:28:49	00:41:26	01:50:13
318	139	Nathan Earl	Unaffiliated	Mopen	00:34:13	01:12:20	01:30:17	00:38:01	01:50:21
319	625	Sheila Jones	Bro Dysynni	LV	00:34:22	01:10:43	01:30:58	00:39:39	01:50:21
320	425	David Malatynski	Leighton Buzzard	MV1	00:33:21	01:14:31	01:30:26	00:35:56	01:50:27
321	185	Terry Kavanagh	Unaffiliated	Mopen	00:31:45	01:08:34	01:27:08	00:41:57	01:50:31
322	309	Gary Corbett	Pennine F R	MV	00:34:01	01:12:50	01:28:53	00:37:46	01:50:35
323	320	Maldwyn Evans	Eryri	MV L	00:33:00	01:12:00	01:29:46	00:38:37	01:50:37
324	197	Martin Lloyd	Yard Dogs SC	Mopen	00:32:55	01:10:05	01:29:21	00:40:36	01:50:41
325	604	Allison Donnelly	Eryri	Lopen L	00:34:16	01:13:13	01:30:04	00:37:29	01:50:41
326	305	Glen Batchelor	Peugeot UK AC	MV	00:35:00	01:14:42	01:32:05	00:36:02	01:50:43
327	164	Simon Hodgson	Unaffiliated	Mopen		01:12:37			01:50:43
328	354	Roderick Rogers	Eryri	MV L	00:32:29	01:13:07	01:30:05	00:37:39	01:50:46
329	227	Kevin Wyn Owen	Unaffiliated	Mopen L	00:34:17	01:12:25	01:30:13	00:38:22	01:50:46
330	169	Ian Wyn Hughes	Fire Service	Mopen L	00:34:18	01:13:11	01:30:09	00:37:35	01:50:46
331	301	Kieron Ashworth	Clayton-Le-Moors	Mopen	00:34:27	01:12:11	01:29:36	00:38:38	01:50:48
332	444	Frank Szablevski	Unaffiliated	MV1	00:32:21	01:09:40	01:27:48	00:41:33	01:51:12
333	595	Michael Kellett	Unaffiliated	MV3	00:35:52	01:13:01	01:30:58	00:38:27	01:51:28
334	424	Wynford Lloyd- Hughes	Eryri	MV1 L	00:33:07	01:12:07	01:29:31	00:39:30	01:51:36
335	503	Brian Belfield	Staffordshire Moorlands	MV2	00:33:35	01:12:36	01:31:52		01:52:25
336	348	Donal O'Kane	BARF	MV	00:32:46	01:11:25	01:30:42	00:41:01	01:52:26
337	168	Gareth Hughes	Unaffiliated	Mopen	00:35:15	01:14:43	01:31:41	00:37:44	01:52:27
338	141	Jason Edwards	Bournville Harriers	Mopen	00:31:00	01:07:20	01:27:40	00:45:09	01:52:29
339	135	Philip Dakin	Bournville Harriers	Mopen	00:33:45	01:12:11	01:31:34	00:40:24	01:52:34
340	501	Brian Ashton	Aberystwyth A.C.	MV2	00:36:15	01:16:29	01:32:54	00:36:51	01:53:19
341	577	Michael Edwards	Wrexham	MV3	00:35:54	01:16:33	01:33:44	00:36:52	01:53:24
342	407	Nicholas Bradley	Brodysynni	MV1	00:33:02	01:09:05	01:29:35	00:44:26	01:53:31
343	509	Terry Craven	Unaffiliated	MV2		01:11:31		00:42:07	01:53:38
344	627	Shirley Worrall	S'port & Waterloo AC	LV	00:35:12	01:14:38	01:32:30	00:39:12	01:53:50
345	545	Kenneth Price	France	MV2	00:35:49	01:14:19	01:32:04	00:39:41	01:54:00
346	133	Trevallyan Cumming	Unaffiliated	Mopen	00:35:32	01:17:32	01:33:46	00:36:31	01:54:03
347	158	Paul Gwynne	Bro Dysynni	Mopen	00:32:30	01:09:38	01:31:27	00:44:43	01:54:21
348	273	Trevor Tubbs	Unaffiliated	Mopen	00:35:12	01:16:02	01:34:19	00:38:23	01:54:24
349	245	Paul Ritchie	Unaffiliated	Mopen	00:33:23	01:14:36	01:32:51	00:39:53	01:54:29
350	634	Hilary Jaques	Abergele	MV1	00:34:05	01:10:40	01:31:55	00:43:51	01:54:30
351	516	Gwynfor Griffiths	Unaffiliated	MV2	00:35:57	01:13:34	01:33:19	00:41:09	01:54:43
352	588	Iorwerth Roberts	Eryri	MV3	00:35:25	01:11:38	01:32:04	00:43:08	01:54:45
353	633	Timothy Grubb	Unaffiliated	LV 1 L	00:36:32	01:17:35	01:33:48	00:37:13	01:54:48
354	592	Robert Webster	Helsby RC	MV3	00:34:26	01:14:09	01:33:21	00:40:48	01:54:56
355	300	Jonathon Allsop	Unaffiliated	MV	00:36:11	01:14:40	01:33:38	00:40:23	01:55:03

356	636	Gwenda Roberts	Mercia	LV 1	00:37:06	01:17:26	01:34:23	00:37:46	01:55:11
357	578	David Hall	Gorphwysfa	MV3	00:36:26	01:14:45	01:33:04	00:40:35	01:55:19
358	557	Paul Walsh	Lytham St.Annes RRC	MV2	00:35:37	01:17:19	01:35:34	00:38:37	01:55:55
359	630	Jane Allen	Kilmarsh Kestrel	LV 1	00:35:50	01:15:39	01:34:16	00:40:34	01:56:12
360	427	Joe McGlynn	Penny Lane	MV1	00:34:35	01:13:58	01:34:46	00:42:40	01:56:38
361	254	Neil Shellard	Witney RR	Mopen	00:34:34	01:12:15	01:32:11	00:44:34	01:56:49
362	583	Peter David Norman	Wrexham ac	MV3	00:33:38	01:09:37	01:32:01	00:47:28	01:57:04
363	553	Barry Tennyson	IMRA	MV2	00:37:27	01:18:13	01:36:35	00:39:00	01:57:12
364	275	Lowri Vaughan - Hughes	Unaffiliated	Lopen	00:37:47	01:16:50	01:35:06	00:40:33	01:57:23
365	552	Ian Taylor	BARF	MV2	00:36:03	01:16:23	01:35:09	00:41:04	01:57:27
366	751	Thomas Steven Paul	M.D.C.	Open	00:35:20	01:15:00	01:36:30	00:43:21	01:58:20
367	336	Peter Jones	Western ac	MV	00:36:31	01:17:56	01:35:59	00:40:38	01:58:34
368	555	Gordon Peter Trevor	Shrewsbury AC	MV2	00:38:42	01:19:27	01:37:37	00:39:08	01:58:35
369	564	DaveCharles Yetton	Portsmouth J+D25 Club	MV2	00:35:06	01:15:55	01:35:55	00:42:57	01:58:51
370	515	Kevin Edgerton	Belle Vue Racers	MV2	00:36:41	01:18:54	01:37:59	00:40:44	01:59:38
371	344	David Robert Mastin	Belle Vue Racers	MV	00:36:34	01:18:11	01:38:47	00:41:30	01:59:41
372	440	Paul Skidmore	Woodkirk striders	MV1	00:38:23	01:21:41	01:39:33	00:38:09	01:59:50
373	573	John Carson	Eryri	MV3 L	00:38:46	01:20:00	01:38:40	00:40:36	02:00:36
374	585	Phil Pollard	Portsmouth Joggers	MV3	00:35:53	01:17:04	01:37:45	00:44:10	02:01:13
375	206	Mauro Rossini	CSI Morbegno	Mopen	00:37:42	01:18:32	01:38:32	00:43:01	02:01:32
376	304	Phil Barrett	Unaffiliated	MV	00:36:02	01:17:08	01:39:58	00:45:33	02:02:40
377	500	John David Ablitt	Ambleside	MV2	00:36:51	01:18:01	01:38:16	00:44:47	02:02:47
378	248	Paula Roberts	Unaffiliated	Lopen	00:39:49	01:22:22	01:42:43	00:40:29	02:02:51
379	225	Robert Orgill	NewarkAC	Mopen	00:31:32	01:09:52	01:35:20	00:53:21	02:03:12
380	173	Alaw Japheth	Unaffiliated	Lopen L	00:37:44	01:21:21	01:40:57	00:42:43	02:04:03
381	580	Mike McDonald	Bowland F.R.	MV3	00:36:22	01:17:48	01:38:46	00:46:26	02:04:14
382	202	Tony Man	Penny Lane Striders	Mopen	00:36:41	01:21:09	01:42:46	00:43:57	02:05:06
383	410	Stuart Francis Craven	Unaffiliated	MV1		01:20:31		00:46:20	02:06:51
384	632	Felicity Doyle	Congleton	LV 1	00:37:32	01:19:57	01:43:18	00:47:03	02:07:00
385	504	Philip John Bignell	Human Energy	MV2	00:39:18	01:24:55	01:45:05	00:42:35	02:07:29
386	538	John Middleton	Gorsphwysfa	MV2	00:39:39	01:22:59	01:43:10	00:44:38	02:07:36
387	640	Gina Poncini	CSI Morbegno	LV 2	00:39:47	01:23:20	01:43:51	00:44:39	02:07:59
388	196	Ann Lipton	Congleton Harriers	Lopen	00:39:04	01:21:33	01:44:29	00:47:31	02:09:03
389	188	Paula Louise Kennerley	Congleton Harriers	Lopen	00:39:03	01:21:31	01:44:27	00:47:34	02:09:04
390	279	Ben Whittaker	Unaffiliated	Mopen	00:34:38	01:20:11	01:40:58	00:49:46	02:09:56
391	590	Allan Spencer Smith	3M Gorseinon	MV3	00:38:26	01:22:45	01:45:49	00:47:44	02:10:28
392	605	Pascale Eichenmuller	Unaffiliated	Lopen	00:39:49	01:25:09	01:45:50	00:45:25	02:10:34
393	144	John Meredydd Ellis	Unaffiliated	Mopen	00:38:46	01:25:02	01:44:23	00:45:45	02:10:46
394	445	Alan Thomas	Belle Vue Racers	MV1	00:38:44	01:24:05	01:47:01	00:46:50	02:10:55
395	546	Stephen William Roach	Unaffiliated	MV2	00:35:59	01:23:17	01:46:33	00:48:49	02:12:05
396	200	Mark Lynock	Bournville Harriers	Mopen	00:39:27	01:24:24	01:46:42	00:47:45	02:12:08
397	259	Richard Stevens	Unaffiliated	Mopen	00:39:17	01:24:22	01:46:01	00:48:34	02:12:56
398	166	Simon John Hoyle	Unaffiliated	Mopen	00:42:43	01:28:12	01:51:25	00:49:05	02:17:16
399	530	Rod Jones	Les Croupiers	MV2	00:40:35	01:27:09	01:51:25	00:51:10	02:18:19
400	584	Trevor Platts	Clowne R Runners	MV3	00:38:36	01:26:47	01:51:07	00:55:18	02:22:04
401	587	George T Richardson	Clowne R Runners	MV3	00:38:20	01:19:27	01:51:07	01:02:37	02:22:04
402	296	Sellek G Alexander	Unaffiliated	MOpe n	00:39:52	01:28:23	01:51:56	00:55:33	02:23:55

403	548	Brian Roberts	Belle Vue Racers	MV2	00:39:37	01:26:42	01:54:54	00:58:52	02:25:33
404	561	Michael Williams	Ex Service Vets	MV2	00:44:03	01:35:03	01:58:58	00:53:29	02:28:31
405	572	Gary Brooks	Ex Service Vets	MV3	00:42:41	01:29:14	01:57:20	00:59:18	02:28:32
406	353	David Rogers	Westerlands CCC	MV		01:05:36		01:23:49	02:29:25
407	111	John Blyth	Valley Harriers	Mopen	00:42:44	01:28:16	01:59:29	01:01:25	02:29:41
408	104	Will Arrowsmith	Colwyn Bay ac	Mopen	00:26:38	00:56:47	01:35:34	01:34:14	02:31:01
409	570	Anthony James Ball	Clayton-Le-Moors	MV3	00:44:27	01:36:03	02:04:27	00:57:36	02:33:38
410	177	Daniel Wyn Jones	Bro Dysynni	Mopen	00:45:27	01:40:08	02:10:05	01:05:28	02:45:36
411	600	Sarah Andrews	SW Road Runners	Lopen					02:45:48
412	132	Iain Corrigan	Unaffiliated	Mopen					02:50:13
413	755	Harvey Lloyd	Gorphwysfa	MV3					03:58:00