

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Race No</b>
1	00:16:21	Prezemyslaw Tomczak	Buckley Runners	Men Senior	594
2	00:16:22	Paul Wathan	Eryri Harriers	Men Senior	562
3	00:16:33	Gethin Jones	Cybi Striders	Men Senior	555
4	00:16:49	Phil Pumford	Buckley Runners	Men Vet 35	588
5	00:16:56	Martin Green	North Wales Road Runners	Men Vet 40	520
6	00:17:10	John Taylor	Buckley Runners	Men Vet 45	615
7	00:17:12	Dean Longley	Prestatyn Running Club	Men Senior	571
8	00:17:14	Jonathan Kettle	North Wales Road Runners	Men Vet 40	579
9	00:17:20	Tom Barr	Buckley Runners	Men Senior	606
10	00:17:42	Chris Callaghan	Buckley Runners	Men Vet 35	532
11	00:17:58	Andrew Bromley	Prestatyn Running Club	Men Senior	593
12	00:18:03	Darren Blazier	Abergele Harriers	Men Vet 40	590
13	00:18:10	Rory Middleton	North Wales Road Runners	Men Senior	556
14	00:18:11	Iwan Evans	North Wales Road Runners	Men Vet 35	576
15	00:18:16	Gary Blackwell	Buckley Runners	Men Vet 50	509
16	00:18:27	Anthony Wood	Denbigh Harriers	Men Senior	563
17	00:18:33	Gwion Roberts	Meirionnydd Running Club	Men Senior	560
18	00:18:36	Mark Reading		Men Vet 45	585
19	00:18:41	Elizabeth Renondeau	Ellesmere Port RC	Ladies Vet 35	526
20	00:18:48	Alex Ryder	Prestatyn Running Club	Men U20	516
21	00:18:51	Edward Davies	Buckley Runners	Men Vet 45	597
22	00:18:53	Bernie Jones	Wrexham AAC	Men Vet 55	514
23	00:18:55	Mike Robbins	Wrexham AAC	Men Vet 50	584
24	00:18:55	Nick Armstrong	Buckley Runners	Men Vet 40	543
25	00:18:57	Jason Thomas	Cybi Striders	Men Vet 40	561
26	00:19:01	Stephen Stocker	Prestatyn Running Club	Men Vet 40	539
27	00:19:01	Amie Bagnall	Prestatyn Running Club	Ladies Senior	508
28	00:19:04	Tim Cahill	Abergele Harriers	Men Vet 55	531
29	00:19:06	Rheagan Edwards	Deeside AAC	Ladies U17	546
30	00:19:08	Mark Jessett	North Wales Road Runners	Men Senior	553
31	00:19:14	Gemma Morgans	Eryri Harriers	Ladies Senior	557
32	00:19:26	Harry Driscoll	Conwy Tristars	Men U17	592
33	00:19:30	Daniel Jones	Denbigh Harriers	Men Senior	600
34	00:19:47	Matthew Smith	Prestatyn Running Club	Men Senior	517
35	00:19:56	Tony Price-Jones	North Wales Road Runners	Men Senior	582
36	00:20:05	Tony Davenport	Prestatyn Running Club	Men Vet 45	610
37	00:20:06	Clive Edgington	Meirionnydd Running Club	Men Vet 60	580

38	00:20:07	Arwel Lewis	Eryri Harriers Harriers	Men Vet 55	613
39	00:20:10	Ceri Diss	Denbigh Harriers	Ladies Vet 50	545
40	00:20:14	Zach Spargo		Men Senior	609
41	00:20:15	Andrew Blair	Chester Tri	Men Vet 50	529
42	00:20:22	Stevenpaul Roberts	North Wales Road Runners	Men Vet 50	505
43	00:20:26	Gethin Jones	North Wales Road Runners	Men Senior	536
44	00:20:27	Anest Muller	West Cheshire AC	Ladies Vet 35	558
45	00:20:30	George Nixon	Prestatyn Running Club	Men Vet 65	527
46	00:20:36	Arfon Hughes	Meirionnydd Running Club	Men Vet 45	578
47	00:20:37	John Jones	Abergele Harriers	Men Vet 55	554
48	00:20:46	Eden Odea	Wrexham AAC	Ladies U17	559
49	00:20:46	Jay Jennions	Deeside AAC	Ladies Vet 35	552
50	00:20:53	Benjamin Harrison	Prestatyn Running Club	Men U23	513
51	00:20:53	Simon Bonfield	Abergele Harriers	Men Vet 45	581
52	00:20:58	Gavin Allport		Men Senior	572
53	00:21:03	Carla Green	North Wales Road Runners	Ladies Vet 45	507
54	00:21:03	Stuart Culverhouse	North Wales Road Runners	Men Vet 45	544
55	00:21:13	David Wootton	Buckley Runners	Men Vet 50	564
56	00:21:18	Joy Hickman	Prestatyn Running Club	Ladies Vet 50	589
57	00:21:20	Rebecca Davies	Buckley Runners	Ladies Senior	608
58	00:21:28	Des Davies	Prestatyn Running Club	Men Vet 55	612
59	00:21:39	Duncan Jones	Denbigh Harriers	Men Vet 55	599
60	00:21:47	Helen Blair	Eryri Harriers	Ladies Vet 45	501
61	00:21:52	Fred Jones	Denbigh Harriers	Men Vet 60	614
62	00:21:53	Jenna Bagnall	Prestatyn Running Club	Ladies U17	575
63	00:21:54	Sian Beck	Prestatyn Running Club	Ladies Vet 40	586
64	00:22:05	Jeff Davies	Meirionnydd Running Club	Men Vet 65	511
65	00:22:08	Sara Atkinson	Ellesmere Port RC	Ladies Vet 50	528
66	00:22:20	Arwel Jones	Prestatyn Running Club	Men Vet 55	595
67	00:22:22	Elizabeth Driscoll	North Wales Road Runners	Ladies Vet 50	591
68	00:22:25	Kevin Clark	Cybi Striders	Men Vet 50	611
69	00:22:32	Peter Unknown		Men Vet 45	601
70	00:22:35	Stephen Whittingham		Men Vet 55	596
71	00:22:43	Ellie Small	Deeside AAC	Ladies U17	577
72	00:22:44	Don Hale	North Wales Road Runners	Men Vet 60	549
73	00:22:47	Ally Reid	Prestatyn Running Club	Ladies Vet 40	515
74	00:22:48	Richard Westwood	Wrexham AAC	Men Vet 40	518
75	00:22:59	Margaret Ludden	Buckley Runners	Ladies Vet 55	521

76	00:23:04	Chris Baldwin	Denbigh Harriers	Men Vet 60	523
77	00:23:07	Gareth Hughes	Prestatyn Running Club	Men Vet 70	522
78	00:23:15	Kay Hatton	North Wales Road Runners	Ladies Vet 50	504
79	00:23:22	Colin Hunt	Wrexham Tri	Men Vet 60	574
80	00:23:44	Cherylann Frost	North Wales Road Runners	Ladies Vet 50	548
81	00:23:46	Ron Elliott	North Wales Road Runners	Men Vet 70	565
82	00:24:10	John Hickman	Prestatyn Running Club	Men Vet 75	535
83	00:24:16	Chris Birch	Abergele Harriers	Ladies Vet 70	502
84	00:24:38	Michael Hayton	North Wales Road Runners	Men Vet 65	550
85	00:24:53	Sali Powell	Denbigh Harriers	Ladies Senior	538
86	00:24:59	Hannah Griffith	North Wales Road Runners	Ladies Vet 40	524
87	00:25:00	Ben Jacks-Robson		Men Senior	607
88	00:25:07	David Freckleton		Men Senior	605
89	00:25:44	Sian Pritchard	Denbigh Harriers	Ladies Senior	525
90	00:25:58	Hayley Price-Jones	North Wales Road Runners	Ladies Vet 40	583
91	00:26:00	Gay Waring	Prestatyn Running Club	Ladies Vet 55	598
92	00:27:10	Robin Frost	Wrexham AAC	Men Vet 70	547
93	00:27:41	Jack Thomas	Buckley Runners	Men Vet 75	540
94	00:27:49	John Hatton	North Wales Road Runners	Men Vet 70	503
95	00:28:33	Gareth Hughes-Roberts	Prestatyn Running Club	Men Vet 60	567
96	00:28:41	Joan Edwards	North Wales Road Runners	Ladies Vet 55	512
97	00:28:48	Rhianwyn Jones	Denbigh Harriers	Ladies Vet 35	537
98	00:28:56	Julia Evans	Prestatyn Running Club	Ladies Vet 50	534
99	00:29:01	Ceridwen Hughes-Roberts	Prestatyn Running Club	Ladies Senior	566
100	00:29:12	Sarah Anderson	Prestatyn Running Club	Ladies Vet 40	587
101	00:29:48	Stuart Quayle	Prestatyn Running Club	Men Vet 35	569
102	00:30:28	Nicola Davies	Denbigh Harriers	Ladies Vet 35	533
103	00:31:06	Claire Walliker	Prestatyn Running Club	Ladies Vet 35	541
104	00:31:10	Chris Detton		Men Senior	603
105	00:32:18	Nicola Hodgson-Roberts		Ladies Vet 35	604
106	00:32:18	Tracie Walkden-Williams		Ladies Vet 45	602
107	00:39:52	Rachel Flynn		Ladies Vet 35	573
108	00:50:20	Sheila Symonds	Meirionnydd Running Club	Ladies Vet 75	506