

## Ras yr Wyddfa 2004 – The Snowdon International Race 2004 – Results 24<sup>th</sup> July 2004

Pos	No	Name	Nation / Team / Club	Cat	Check1	Summit	Check2	Descent	Overall
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	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	Massimiliano Zanaboni	Italy Bedford and County	MInt	00:21:09	00:43:49	00:54:35	00:23:33	01:07:21
6	194	William Levett	AC	MOpen	00:21:41	00:44:23	00:54:33	00:23:20	01:07:43
7	6	Colin Donnelly	Scotland	MInt	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	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 Thomas Michael	Kendal	MOpen	00:22:39	00:47:10	00:58:11	00:24:46	01:11:55
26	229	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 Andrew William	Italy	MV	00:22:24	00:46:41	00:59:07	00:26:59	01:13:39
33	219	Naylor	Hong Kong Police	MOpen	00:23:15	00:49:12	01:01:03	00:25:32	01:14:44
34	324	Ronnie Gallagher Adam Benjamin	Westerlands	MV	00:23:37	00:49:24	01:00:54	00:25:35	01:14:59
35	116	Breaks	Calder Valley Lancaster and	MOpen	00:23:29	00:50:04	01:01:24	00:25:20	01:15:24
36	191	Andrew Leck	Morecambe ac.	MOpen	00:23:31	00:49:14	01:01:14	00:26:35	01:15:48
37	157	Vaughan Griffiths	Maldwyn Harriers Bristol Univ. X Country	MOpen	00:23:46	00:50:00	01:01:35	00:26:00	01:15:59
38	131	Guillaume Corduan	club	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	Eryri	MInt	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	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	Bailey Gary	N Ireland	MInt	00:24:09	00:52:26	01:03:49	00:26:09	01:18:34
55	302	Lewis John Banton	Clowne Roadrunners	MOpen	00:23:39	00:49:46	01:04:05	00:28:51	01:18:36
56	442	Alan John 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 Colin William	A.C.Corte	MOpen	00:25:08	00:53:35	01:05:15	00:25:36	01:19:10
59	363	Urmston	Clayton Le Moors	MV	00:24:42	00:52:54	01:04:03	00:26:23	01:19:17
60	165	Ian Robert 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. AC	MV	00:23:52	00:50:22	01:03:20	00:29:35	01:19:57
63	421	Arwel Lewis	Eryri	MV1	00:24:33	00:51:37	01:04:55	00:28:24	01:20:00
64	240	Kevin Prydderch	Eryri	MOpen	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	Gregg Andy Thomas James	N Ireland	MInt	00:23:34	00:50:42	01:04:06	00:30:01	01:20:43
68	429	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 Club	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	Mitten Adam	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 F R	MOpen	00:25:55	00:55:56	01:07:23	00:26:12	01:22:08
81	513	Chris Davies	Saddleworth	MV2	00:25:37				01:22:19
82	409	Cedric Clemerson	Heathfield R R	MV1	00:25:23	00:52:53	01:06:43	00:29:31	01:22:24
83	351	Tegid G'fryn Roberts Stephen Robert	Unaffiliated	MV	00:24:17	00:50:09	01:06:00	00:32:22	01:22:31
84	184	Jones	Wrexham ac	MOpen	00:26:50	00:56:08	01:07:58	00:26:34	01:22:42
85	113	Simon Bowen	Shrewsbury	MOpen	00:25:32	00:54:08	01:07:37	00:28:37	01:22:45
86	559	Bob Whitfield	Bingley Harriers Lancaster and	MV2	00:26:08	00:54:12	01:06:53	00:28:40	01:22:52
87	339	Jan Stephan Kardasz	Morecambe	MV	00:26:21	00:54:21	01:06:59	00:28:35	01:22:56
88	100	Rhys ab Elwyn	Eryri	MOpen	00:25:05	00:52:50	01:08:05	00:30:08	01:22:58
89	428	Gary McMahon	Unaffiliated	MV1	00:25:35	00:54:27	01:07:56	00:28:39	01:23:06
90	271	Maurizio Torri Malcolm Graham	CSI Morbegno	MOpen	00:27:05	00:55:21	01:08:28	00:28:01	01:23:22
91	543	Pickering	Eryri	MV2	00:25:37	00:53:42	01:07:08	00:29:44	01:23:25
92	38	McManus Mark Wayne Christopher	N Ireland	MInt	00:25:40	00:54:53	01:08:21	00:28:37	01:23:29
93	239	Prince Mark James	Birchfield Harriers	MOpen	00:25:23	00:53:37	01:07:14	00:30:04	01:23:41
94	102	Alexander	Ballymena R.A.C.	MOpen	00:25:47	00:55:38	01:08:34	00:28:06	01:23:44
95	176	Craig Jones	Eryri	MOpen	00:26:32	00:54:57	01:08:00	00:28:47	01:23:44
96	255	Matthew Simpkins	Bristol Uni Old Boys	MOpen	00:26:39	00:55:46	01:08:43	00:28:01	01:23:46
97	22	Michael Quine	Isle of Man	MInt	00:26:20	00:55:43	01:08:41	00:28:07	01:23:49
98	58	Lou Sharp	England	LInt	00:25:35	00:53:39	01:07:36	00:30:18	01:23:56
99	151	Kevin Robert Sydney	Shgrewsbury AC	MOpen	00:25:22	00:54:09	01:08:13	00:29:51	01:23:59

## Francis

100	282	John Willacy	Unaffiliated	MOpen	00:26:44	00:55:45	01:08:25	00:28:27	01:24:12
101	187	Mark Andrew Kendall Timothy James	Newcastle AC	MOpen	00:25:56	00:55:41	01:07:57	00:28:36	01:24:16
102	366	Wigley	Bourne Town Harriers	MV	00:25:39	00:54:37	01:08:35	00:29:54	01:24:30
103	593	Don Williams	Eryri	MV3	00:26:25	00:54:54	01:08:15	00:29:39	01:24:33
104	118	Ishmael Burdeau	Brighton & Hove	MOpen	00:24:03	00:49:33	01:05:34	00:35:05	01:24:37
105	413	Simon Elliott	Notts A C	MV1	00:26:17	00:55:20	01:08:44	00:29:21	01:24:41
106	260	PaulAlan Stinton	Buckley Runners	MOpen	00:27:23	00:56:35	01:09:27	00:28:08	01:24:43
107	432	Dylan Henfryn Owen	Eryri	MV	00:26:47	00:55:59	01:09:25	00:28:47	01:24:45
108	152	Kevin Gadd	Tortoise and Hare	MOpen	00:23:42	00:49:17	01:04:40	00:35:32	01:24:49
109	120	Hermann Buys	Unaffiliated	MOpen	00:24:32	00:52:18	01:07:21	00:32:32	01:24:50
110	329	Kevin Hagley	SWRR	MV	00:25:59	00:55:44	01:09:39	00:29:09	01:24:52
111	156	Ashley Gray Dyfed Whiteside	Shrewsbury	MOpen	00:25:05	00:53:33	01:07:53	00:31:32	01:25:04
112	267	Thomas	Eryri	MOpen	00:26:46	00:54:59	01:08:43	00:30:09	01:25:07
113	400	Charles Ashley	Wrexham A.A.C.	MV1	00:25:30	00:54:52	01:08:48	00:30:25	01:25:17
114	249	Andrew Robertshaw	Otley AC	MOpen	00:25:09	00:53:23	01:07:50	00:32:10	01:25:32
115	448	Steven Peter Wyatt	Pennine FR	MV1	00:27:04	00:55:50	01:09:24	00:29:44	01:25:33
116	412	Iwan Rhys Edgar Richard Wyn	Unaffiliated	MV1	00:26:01	00:55:30	01:09:22	00:30:06	01:25:35
117	289	Williams	Unaffiliated	MOpen	00:26:43	00:56:51	01:09:41	00:29:06	01:25:56
118	335	Hayon 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 Kettering Town	MOpen	00:27:00	00:56:23	01:09:59	00:30:13	01:26:36
121	155	Steve Giles	Harriers	MOpen	00:27:00	00:56:19	01:10:42	00:30:30	01:26:48
122	419	Stephen Peers 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	00:26:55	00:56:49	01:10:23	00:30:05	01:26:54
124	307	Pez Bullen	Keswick	MV	00:26:31	00:55:47	01:10:06	00:31:18	01:27:04
125	295	Nicholas Andrew Young	Bristol University XC club	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 Dark Peak Fell	LInt	00:27:44	00:57:51	01:11:35	00:30:09	01:27:59
128	330	Paul Harrington	Runners	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	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	Dafyd Williams	Eryri	MOpen	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	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 John 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	00:28:28	01:00:04	01:14:04	00:29:44	01:29:48
144	422	Huw William 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	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	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 Wyn Hughes	Unaffiliated	MOpen	00:27:59	01:00:00	01:14:02	00:31:32	01:31:32
153	250	Carl David 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	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	O'Kane Shileen	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 David Alexander	Unaffiliated	LV	00:29:24	01:01:46	01:16:26	00:31:13	01:32:59
160	125	Clancy	Woodkirk	MOpen	00:27:21	00:57:27	01:13:37	00:35:36	01:33:02
161	519	Clive Hartfall	Eryri	MV2	00:29:00	01:00:44	01:15:51	00:32:28	01:33:11
162	423	Gwyn Lloyd	Pontypridd Roadents	MV1	00:27:59	00:59:28	01:14:43	00:33:49	01:33:16
163	341	Gary Arthur Lewin	Unaffiliated	MV	00:27:20	00:58:11	01:14:42	00:35:08	01:33:18
164	431	Geoff Oldrid	Aberystwyth A.C.	MV1	00:29:21	01:02:06	01:16:01	00:31:14	01:33:20
165	114	Mark Bradbury	Unaffiliated	MOpen	00:31:08	01:03:44	01:16:35	00:29:38	01:33:22
166	228	David Owens	North Wales Police	MOpen	00:30:23	01:03:23	01:16:48	00:30:00	01:33:23
167	63	Shannon Alwynne	N Ireland A	Lint	00:28:26	00:59:57	01:15:32	00:33:36	01:33:33
168	124	Simon Daniel Cash	Unaffiliated	MOpen	00:28:58	01:00:44	01:15:30	00:32:58	01:33:42
169	550	Richard Scottney	Pennine Fell Runners	MV2	00:30:03	01:03:44	01:17:25	00:29:59	01:33:43
170	224	Cormac O'Ceallaigh	IMRA	MOpen	00:30:05	01:04:11	01:17:12	00:29:36	01:33:47
171	204	Chris Marshall	Ellesmere Port Running Club	MOpen	00:29:28	01:04:19	01:17:33	00:29:34	01:33:53
172	521	Terry Hellings	Lytham St Annes	MV2	00:29:01	01:02:21	01:16:39	00:31:40	01:34:00
173	510	Tony Crossley	East Grinstead	MV2	00:28:50	01:01:55	01:17:15	00:32:09	01:34:03
174	149	Paul Foot	Bournville Harriers	MOpen	00:30:14	01:01:50	01:17:24	00:32:18	01:34:07
175	253	Nicholas Sanderson	Woodkirk striders	MOpen	00:28:13	00:59:43	01:14:52	00:34:30	01:34:12
176	235	Andy Peet	O.W.L.S.	MOpen	00:27:56	01:00:34	01:16:28	00:33:39	01:34:13
177	195	Charles Linkison	Wrexham RR	MOpen	00:26:22	00:56:57	01:15:01	00:37:18	01:34:14
178	252	John Wyn Rowley	Unaffiliated	MOpen	00:29:49	01:01:52	01:15:17	00:32:34	01:34:26
179	160	Alan Heath	Deestridders	MOpen	00:28:23	01:00:41	01:16:12	00:33:50	01:34:31
180	312	Andrew Dalton	Skelmersdale B H	MV	00:30:00	01:03:53	01:18:02	00:30:41	01:34:34
181	57	Cal Partington	Isle of Man Irish Mountain	LInt	00:29:27	01:02:52	01:18:01	00:31:53	01:34:44
182	430	Vivian O'Gorman	Running Association	MV1	00:30:06	01:03:03	01:17:07	00:31:48	01:34:50
183	122	Carl Byrne	Belle Vue	MOpen	00:28:46	01:01:52	01:17:35	00:33:08	01:34:59
184	527	Malcolm R. Jones	Eryri	MV2	00:29:22	01:03:17	01:17:59	00:31:53	01:35:10
185	343	Francis Martin	Penny Lane	MV	00:29:04	01:01:41	01:17:56	00:33:31	01:35:12
186	175	Christopher Jones	Deestridders	MOpen	00:30:00	01:03:07	01:17:48	00:32:15	01:35:22
187	589	Peter Roberts	Buckley Runners	MV3	00:30:07	01:03:22	01:18:14	00:32:05	01:35:27
188	520	Brian Hawkins	Penny Lane Striders	MV2	00:29:55	01:02:46	01:18:16	00:32:49	01:35:35
189	109	Simon Berry	Unaffiliated	MOpen	00:28:01	01:00:23	01:16:28	00:35:13	01:35:36
190	611	Beverley Whittfield	Clayton-le-moors	LOpen	00:29:36	01:03:10	01:17:27	00:32:29	01:35:38
191	560	Meirion Williams	Eryri	MV2	00:30:00	01:04:07	01:18:23	00:31:36	01:35:43
192	505	Michael John Blake	Eryri	MV2	00:31:38	01:06:02	01:18:55	00:29:46	01:35:48
193	418	Stephen Lloyd Jones	Eryri	MV1	00:28:52	01:00:59	01:17:00	00:34:50	01:35:48
194	537	Alan McDonald	Telford AC	MV2	00:29:59	01:03:41	01:18:48	00:32:11	01:35:52
195	523	Christopher Jones Arwel Vaughan	San Domenico Cardiff	MV2	00:29:14	01:01:32	01:17:51	00:34:27	01:35:58
196	285	Williams	Unaffiliated	MOpen	00:29:01	01:03:26	01:17:54	00:32:34	01:35:59
197	284	Alun Williams	Unaffiliated	MOpen	00:28:59	01:01:48	01:18:01	00:34:16	01:36:03
198	186	Michael David Kelly	Leighton Fell Runners	MOpen	00:26:07	00:54:46	01:10:55	00:41:20	01:36:06
199	233	Danny Patton	Unaffiliated	MOpen	00:30:46	01:03:42	01:18:31	00:32:26	01:36:08
200	217	Jonathon Morton	Unaffiliated	MOpen	00:29:20	01:01:56	01:17:36	00:34:15	01:36:11
201	368	Ian Gareth Williams	Cybi	MV	00:29:25	01:02:22	01:17:59	00:34:06	01:36:27

202	539	Michael Millen	Unaffiliated Gillaxo Hoad Hill	MV2	00:29:03	01:01:01	01:18:17	00:35:31	01:36:31
203	315	Gary William Dover	Harriers	MV	00:29:34	01:01:47	01:17:11	00:34:48	01:36:34
204	401	Mal Balmer	Penny Lane Striders	MV	00:29:08	01:01:12	01:17:28	00:35:24	01:36:35
205	311	Noel Craine	Unaffiliated	MV	00:30:01	01:03:13	01:17:53	00:33:24	01:36:37
206	189	Pierre Lacrouts	Unaffiliated	MOpen	00:31:13	01:05:29	01:19:24	00:31:12	01:36:40
207	198	Carl Andrew Loftus Paul Geoffrey	Unaffiliated	MOpen	00:29:14	01:04:06	01:18:54	00:32:39	01:36:45
208	138	Duggan	Clonliffe Harriers	MOpen	00:29:00	01:02:41	01:18:48	00:34:12	01:36:53
209	404	Jon Bell	Aberystwyth A.C.	MV1	00:29:54	01:02:03	01:18:43	00:35:02	01:37:04
210	420	Tony Keech	Human Energy	MV1	00:30:44	01:03:43	01:18:51	00:33:26	01:37:08
211	426	William Mc Causland	Omagh Harriers	MV1	00:29:11	01:00:55	01:18:38	00:36:16	01:37:10
212	606	Zoe Melling	Rathfarnham WSAF Lancaster and	LOpen	00:30:51	01:04:15	01:19:43	00:32:57	01:37:12
213	534	Michael Leck	Morecambe AC	MV2	00:29:22	01:02:31	01:18:49	00:35:03	01:37:34
214	610	Catherine Walkley	Aberystwyth University	LOpen	00:30:33	01:03:46	01:20:00	00:33:53	01:37:38
215	107	Coliin Beckworth	Unaffiliated	MOpen	01:19:06	01:03:03		00:34:45	01:37:48
216	143	Neil Oliver Elias	Unaffiliated	MOpen	00:30:07	01:04:17	01:19:20	00:33:36	01:37:52
217	171	Mark Rhys James	Lliswerry	MOpen	00:29:32	01:01:05	01:16:20	00:36:54	01:37:59
218	635	Victoria Musgrove Stephen Dylan	Eryri	LV 1	00:30:46	01:04:14	01:20:34	00:33:57	01:38:11
219	258	Smithies	Unaffiliated	MOpen	00:29:58	01:04:15	01:18:57	00:34:11	01:38:25
220	174	Ronald Jervis	Unaffiliated	MOpen	00:29:34	01:03:06	01:18:37	00:35:22	01:38:27
221	134	Nick Cunliffe	Unaffiliated	MOpen					01:38:33
222	16	Peter Kastelic	Slovenia	MInt	00:22:50	00:46:43	01:10:36	00:51:53	01:38:36
223	163	Martin Hirrell	Penny Lane	MOpen	00:30:48	01:06:21	01:21:27	00:32:29	01:38:50
224	609	Cristina Speziale	CSI Morbegno	LOpen	00:30:35	01:03:52	01:20:15	00:35:14	01:39:05
225	528	Phil Jones	Unaffiliated	MV2	00:31:34	01:04:34	01:20:01	00:34:32	01:39:05
226	110	Jamie Biggs	Unaffiliated	MOpen	00:30:09	01:05:45	01:21:08	00:33:22	01:39:06
227	522	Roy Hughes	Eryri	MV2	00:29:48	01:02:26	01:18:41	00:36:52	01:39:17
228	236	Tony Pickup	Leighton Fun Runners Pudsey and Bramley	MOpen	00:31:35	01:05:50	01:21:09	00:33:30	01:39:19
229	624	Debbie Hardy	AC	LOpen	00:31:28	01:06:28	01:21:06	00:33:06	01:39:34
230	542	Derek Owen	Shrewsbury AC	MV2	00:30:45	01:03:58	01:21:10	00:35:39	01:39:36
231	446	Steve Sinfield Thomas Lewis	Unaffiliated	MOpen	00:29:16	01:02:35	01:19:19	00:37:06	01:39:40
232	242	Prytherch	North Wales Police	MOpen	00:30:52	01:05:21	01:20:22	00:34:20	01:39:41
233	345	Stephen McNicholas Dafydd Whiteside	Penny Lane Striders	MV	00:30:03	01:04:29	01:20:30	00:35:13	01:39:41
234	554	Thomas	Eryri	MV2	00:30:35	01:03:25	01:19:41	00:36:21	01:39:46
235	402	Mark Edward Barrett	Eryri	MV1	00:31:26	01:06:53	01:21:32	00:32:57	01:39:49
236	594	Colin J. Williamson	Shropshire Shufflers	MV3	00:31:57	01:07:35	01:22:08	00:32:19	01:39:54
237	581	John Morris	Buckley Runners	MV3	00:32:14	01:06:49	01:22:27	00:33:16	01:40:05
238	417	Neil Peers Jones	Unaffiliated	MV1	00:31:11	01:05:26	01:21:33	00:34:42	01:40:07
239	359	Andy Smith	Helsby	MV	00:30:29	01:03:15	01:20:08	00:36:55	01:40:10
240	415	Alan Fineron	Padarn Triathlon	MV1	00:31:44	01:05:02	01:21:55	00:35:28	01:40:30
241	365	Peter Warner	Napton Runners	MV	00:30:26	01:04:48	01:21:25	00:35:55	01:40:42
242	247	Llyr Bryn Roberts	Unaffiliated	MOpen	00:30:57	01:06:05	01:22:07	00:35:03	01:41:08
243	508	Tommy Burke	Penny Lane	MV2	00:30:12	01:04:05	01:21:34	00:37:08	01:41:12
244	323	Nick Frost	Pontypridd Roadents	MV	00:29:51	01:03:49	01:19:50	00:37:26	01:41:15
245	178	Dylan Jones	Unaffiliated	MOpen	00:28:36	01:05:57	01:20:57	00:35:30	01:41:27
246	266	Alex Taylor	Unaffiliated	MOpen	00:30:26	01:05:42	01:21:12	00:35:48	01:41:29
247	65	Galbraith Clare	N Ireland B	Lint	00:30:56	01:05:47	01:22:13	00:35:46	01:41:32
248	603	Helene Diamantides Paul Anthony	Carnethy	LOpen	00:29:53	01:01:28	01:20:19	00:40:12	01:41:40
249	209	McGuinness	Unaffiliated	MOpen	00:31:10	01:06:23	01:23:39	00:35:17	01:41:40
250	536	Walter Marsh	Bro Dysynni	MV2	00:31:47	01:06:12	01:21:44	00:35:45	01:41:56
251	313	Gawain Davies	Steel City Striders	MV	00:30:34	01:06:18	01:23:14	00:35:45	01:42:02

252	263	Philip Swan	Glossopdale Harriers	MOpen	00:33:14	01:06:37	01:23:19	00:35:34	01:42:11
253	162	Sean Ronald Hill	Unaffiliated	MOpen	00:31:46	01:09:07	01:24:18	00:33:06	01:42:13
254	403	Rob Beeston	Shrops Shufflers	MV1	00:29:33	01:04:01	01:20:52	00:38:41	01:42:41
255	547	Aled Roberts	Unaffiliated	MV2	00:31:03	01:07:27	01:23:29	00:35:26	01:42:53
256	591	Phil Smith	Mercia Fell runners	MV3	00:31:58	01:06:07	01:23:02	00:36:54	01:43:00
257	563	David Wood	North Fylde AC	MV2	00:31:39	01:04:36	01:23:00	00:38:25	01:43:01
258	514	Gari Davies	Unaffiliated	MV2	00:34:49	01:12:01	01:25:51	00:31:02	01:43:02
259	317	Mark Hamilton Elliottt	Unaffiliated	MV	00:29:52	01:04:54	01:22:59	00:38:11	01:43:05
260	136	Gavan Doherty	Irish MRA	MOpen	00:31:11	01:04:52	01:19:20	00:38:14	01:43:06
261	361	Ken Turner	Killamarsh Kestrels	MV	00:32:39	01:07:58	01:25:01	00:35:20	01:43:18
262	414	Bill Evans	Unaffiliated	MV1	00:31:53	01:06:34	01:23:22	00:36:46	01:43:20
263	129	Arron Cooper John Christopher	Unaffiliated North Wales	MOpen	00:32:09	01:08:22	01:24:43	00:35:03	01:43:25
264	277	Walker	Roadrunners	MOpen	00:30:02	01:04:24	01:21:19	00:39:08	01:43:32
265	532	Wes Kettle Alistair John Fitzgerald	A.C.K.C. Goyt Valley Striders	MV2 MOpen	00:29:48 00:32:07	01:03:50 01:07:51	01:21:47 01:24:38	00:39:54 00:36:02	01:43:44 01:43:53
267	306	Matthew Brown	Glossopdale	MV	00:31:02	01:08:28	01:24:50	00:35:26	01:43:54
268	737	Sue Hughes	Eryri	LV 2	00:34:12	01:12:26	01:26:49	00:31:45	01:44:11
269	524	Dei Jones	Eryri	MV2	00:33:00	01:09:28	01:25:10	00:34:53	01:44:20
270	64	McCausland Hazel Mark Lewis	N Ireland B	Lint	00:32:20	01:07:38	01:25:06	00:36:52	01:44:29
271	434	Pendlebury	Unaffiliated	MV	00:32:43	01:08:45	01:25:27	00:35:47	01:44:32
272	332	Andrew Hudson	Southport W'loo	MV	00:31:59	01:08:07	01:26:39	00:36:35	01:44:41
273	215	Paul Anthony Mills	Unaffiliated	MOpen	00:29:27	01:02:23	01:23:28	00:42:24	01:44:46
274	576	Derek Dale Dilwyn Merfyn	Congleton	MV3	00:31:37	01:08:38	01:25:16	00:36:26	01:45:03
275	251	Rowlands	Unaffiliated	MOpen	00:31:47	01:08:24	01:25:34	00:36:50	01:45:13
276	369	Neil John Williams	Pontypridd Rodents	MV	00:30:58	01:06:19	01:24:53	00:38:57	01:45:15
277	752	Tommy Galvin Stephen William	IMRA	MV	00:32:28	01:08:36	01:26:14	00:36:49	01:45:25
278	535	Littlewood	Hereford Couriers	MV2	00:29:10	01:01:48	01:23:33	00:44:01	01:45:48
279	51	Christine Barwell	Isle of Man	Lint	00:33:15	01:09:56	01:26:43	00:35:55	01:45:50
280	269	Martin Thomson	Buxton Ellesmere Port Running Club	MOpen	00:32:08	01:07:52	01:24:47	00:38:00	01:45:51
281	170	Tony Hyland	Running Club	MOpen	00:28:38	01:01:43	01:22:18	00:44:29	01:46:11
282	331	Steve Heaney	N. Wales Police	MV	00:30:08	01:07:05	01:24:43	00:39:17	01:46:22
283	544	Alan Price	Birchfield Harriers	MV2	00:29:37	01:06:04	01:25:40	00:40:19	01:46:22
284	183	Steffan Jones	Unaffiliated	MOpen	00:32:52	01:09:04	01:25:32	00:37:23	01:46:27
285	153	Adrian Bryan Gibbard	Heathfield R R	MOpen	00:31:44	01:07:49	01:25:36	00:38:41	01:46:30
286	438	Neil David Rhodes	Unaffiliated	MV1	00:31:46	01:06:14	01:25:41	00:40:18	01:46:31
287	435	Paul Douglas Phillips	Eryri Helm Hill Runners	MV1	00:33:54	01:11:43	01:27:38	00:35:03	01:46:45
288	533	John Edward King	Kendall	MV2	00:33:11	01:09:22	01:26:31	00:37:29	01:46:51
289	319	Celfyn Price Evans	Unaffiliated	MV	00:32:04	01:09:25	01:26:18	00:37:31	01:46:55
290	241	David Stewart	Eryri	MOpen	00:31:26	01:08:00	01:25:29	00:38:57	01:46:57
291	579	Philip Jones	Prestatyn R C	MV3	00:33:59	01:10:55	01:26:45	00:36:07	01:47:01
292	346	Stephen Milner	Woodkirk	MV	00:34:31	01:12:10	01:28:20	00:34:57	01:47:06
293	199	Phillip Lunas	Unaffiliated	MOpen	00:44:55		01:18:32		01:47:11
294	441	Mick Small	Portsmouth Joggers	MV1	00:32:01	01:09:20	01:27:27	00:37:57	01:47:16
295	575	Peter Coleman	Vauxhall	MV3	00:33:59	01:10:52	01:27:46	00:36:56	01:47:47
296	602	Alison Bent	Unaffiliated	LOpen	00:33:15	01:09:10	01:27:49	00:38:40	01:47:50
297	502	Alan Barlow Barrie James	Altrincham	MV2	00:32:48	01:08:44	01:28:53	00:39:15	01:47:59
298	582	Nicholas	Mercia Fell Runners	MV3	00:33:48	01:12:24	01:27:52	00:35:37	01:48:00
299	408	Paul Channing	Portsmouth Joggers	MV1	00:34:37	01:11:45	01:28:23	00:36:23	01:48:07
300	628	Judith Clare Jones	Unaffiliated	LV	00:32:49	01:09:26	01:27:50	00:38:44	01:48:10
301	506	Gianpietro Botta	CSI Morbegno	MV2	00:33:40	01:09:47	01:27:51	00:38:47	01:48:34

302	230	Jane Parry	Glaxo Hoad Hill Harriers	LOpen	00:32:36	01:09:43	01:27:37	00:38:52	01:48:34
303	333	Andrew Innes Ronald Carrington	Unaffiliated	MOpen	00:31:42	01:10:35	01:28:12	00:38:09	01:48:43
304	437	Rees	Pennine F R	MV1	00:31:49	01:07:34	01:25:56	00:41:12	01:48:45
305	318	Steven Ellis	Unaffiliated	MOpen	00:33:06	01:10:48	01:28:24	00:38:04	01:48:52
306	562	Martin Winning	Portsmouth Joggers Lytham St.Annes	MV2	00:33:57	01:10:10	01:28:40	00:38:48	01:48:58
307	349	William Richmond Hugh Pennanty	Road Runners	MV	00:29:39	01:06:33	01:26:46	00:42:29	01:49:01
308	526	Jones	Unaffiliated	MV2	00:33:16	01:10:08	01:27:50	00:39:07	01:49:14
309	447	Robbie Wood	Liv.Pem Sefton AC	MV1	00:30:06	01:05:25	01:27:14	00:43:53	01:49:17
310	142	Stephen Edwards Barbara Elizabeth	BBC Radio Cymru	MOpen	00:33:58	01:12:30	01:30:14	00:37:02	01:49:32
311	631	Brown	A.C.K.C.	LV 1	00:34:13	01:11:55	01:29:08	00:37:43	01:49:37
312	337	Robin Jones	Unaffiliated	MV		01:11:05		00:38:52	01:49:56
313	140	Alan Edwards	Unaffiliated	MOpen	00:33:12	01:10:38	01:28:30	00:39:29	01:50:07
314	556	Martin Francis Walsh	Lytham St. Annes	MV2	00:34:20	01:13:47	01:30:53	00:36:25	01:50:11
315	416	Mike Hill	Cumberland FR	MV1	00:33:25	01:11:43	01:30:08	00:38:30	01:50:12
316	370	Dave Wood	Manchester Harriers	MV	00:33:05	01:08:47	01:28:49	00:41:26	01:50:13
317	139	Nathan Earl	Unaffiliated	MOpen	00:34:13	01:12:20	01:30:17	00:38:01	01:50:21
318	625	Sheila Jones	Bro Dysynni Leighton Buzzard Fun	LV	00:34:22	01:10:43	01:30:58	00:39:39	01:50:21
319	425	David Malatynski	Runners	MV1	00:33:21	01:14:31	01:30:26	00:35:56	01:50:27
320	185	Terry Kavanagh	Unaffiliated	MOpen	00:31:45	01:08:34	01:27:08	00:41:57	01:50:31
321	309	Gary Corbett	Pennine F R	MV	00:34:01	01:12:50	01:28:53	00:37:46	01:50:35
322	320	Maldwyn Evans	Eryri Yard Dogs Sporting	MV	00:33:00	01:12:00	01:29:46	00:38:37	01:50:37
323	197	Martin Lloyd	Club	MOpen	00:32:55	01:10:05	01:29:21	00:40:36	01:50:41
324	604	Allison Donnelly	Eryri	LOpen	00:34:16	01:13:13	01:30:04	00:37:29	01:50:41
325	305	Glen Batchelor Roderick Geoffrey	Peugeot UK AC	MV	00:35:00	01:14:42	01:32:05	00:36:02	01:50:43
326	354	Rogers	Eryri	MV	00:32:29	01:13:07	01:30:05	00:37:39	01:50:46
327	227	Kevin Wyn Owen	Unaffiliated	MOpen	00:34:17	01:12:25	01:30:13	00:38:22	01:50:46
328	169	Ian Wyn Hughes	Fire Service	MOpen	00:34:18	01:13:11	01:30:09	00:37:35	01:50:46
329	301	Kieron Ashworth	Clayton-Le-Moors	MOpen	00:34:27	01:12:11	01:29:36	00:38:38	01:50:48
330	444	Frank Szablewski	Unaffiliated	MV1	00:32:21	01:09:40	01:27:48	00:41:33	01:51:12
331	595	Michael Kellett Wynford Lloyd-	Unaffiliated	MV3	00:35:52	01:13:01	01:30:58	00:38:27	01:51:28
332	424	Hughes	Eryri	MV1	00:33:07	01:12:07	01:29:31	00:39:30	01:51:36
333	348	Donal O'Kane	BARF	MV	00:32:46	01:11:25	01:30:42	00:41:01	01:52:26
334	168	Gareth Hughes	Unaffiliated	MOpen	00:35:15	01:14:43	01:31:41	00:37:44	01:52:27
335	141	Jason Edwards	Bournville Harriers	MOpen	00:31:00	01:07:20	01:27:40	00:45:09	01:52:29
336	135	Philip Dakin	Bournville Harriers	MOpen	00:33:45	01:12:11	01:31:34	00:40:24	01:52:34
337	501	Brian Ashton Michael Henry	Aberystwyth A.C.	MV2	00:36:15	01:16:29	01:32:54	00:36:51	01:53:19
338	577	Edwards	Wrexham	MV3	00:35:54	01:16:33	01:33:44	00:36:52	01:53:24
339	407	Nicholas Bradley	Bro dysynni	MV1	00:33:02	01:09:05	01:29:35	00:44:26	01:53:31
340	509	Terry Craven	Unaffiliated Southport & Waterloo	MV2					01:53:38
341	627	Shirley Worrall	AC	LV	00:35:12	01:14:38	01:32:30	00:39:12	01:53:50
342	545	Kenneth Price Trevallyan Robert	France	MV2	00:35:49	01:14:19	01:32:04	00:39:41	01:54:00
343	133	Cumming	Unaffiliated	MOpen	00:35:32	01:17:32	01:33:46	00:36:31	01:54:03
344	158	Paul Stanley Gwynne	Bro Dysynni	MOpen	00:32:30	01:09:38	01:31:27	00:44:43	01:54:21
345	273	Trevor David Tubbs	Unaffiliated	MOpen	00:35:12	01:16:02	01:34:19	00:38:23	01:54:24
346	245	Paul Ritchie	Unaffiliated	MOpen	00:33:23	01:14:36	01:32:51	00:39:53	01:54:29
347	634	Hilary Jaques	Abergele Harriers	MV1	00:34:05	01:10:40	01:31:55	00:43:51	01:54:30
348	516	Gwynfor Ellis Griffiths	Unaffiliated	MV2	00:35:57	01:13:34	01:33:19	00:41:09	01:54:43

349	588	Iorwerth Roberts	Eryri	MV3	00:35:25	01:11:38	01:32:04	00:43:08	01:54:45
350	633	Timothy John Grubb Robert Stanley	Unaffiliated	LV 1	00:36:32	01:17:35	01:33:48	00:37:13	01:54:48
351	592	Webster Jonathon David	Helsby RC	MV3	00:34:26	01:14:09	01:33:21	00:40:48	01:54:56
352	300	Allsop	Unaffiliated	MV	00:36:11	01:14:40	01:33:38	00:40:23	01:55:03
353	636	Gwenda Ann Roberts	Mercia Fellrunners	LV 1	00:37:06	01:17:26	01:34:23	00:37:46	01:55:11
354	578	David Edward Hall	Gorphwysfa	MV3	00:36:26	01:14:45	01:33:04	00:40:35	01:55:19
355	557	Paul Walsh	Lytham St.Annes RRC	MV2	00:35:37	01:17:19	01:35:34	00:38:37	01:55:55
356	630	Jane Allen	Kilmarsh Kestrel	LV 1	00:35:50	01:15:39	01:34:16	00:40:34	01:56:12
357	427	Joe Mc Glynn	Penny Lane	MV1	00:34:35	01:13:58	01:34:46	00:42:40	01:56:38
358	254	Neil Thomas Shellard	Witney RR	MOpen	00:34:34	01:12:15	01:32:11	00:44:34	01:56:49
359	583	Peter David Norman	Wrexham ac	MV3	00:33:38	01:09:37	01:32:01	00:47:28	01:57:04
360	553	Barry Tennyson Lowri Vaughan -	IMRA	MV2	00:37:27	01:18:13	01:36:35	00:39:00	01:57:12
361	275	Hughes	Unaffiliated	LOpen	00:37:47	01:16:50	01:35:06	00:40:33	01:57:23
362	552	Ian Taylor	BARF	MV2	00:36:03	01:16:23	01:35:09	00:41:04	01:57:27
363	751	Thomas Steven Paul	M.D.C.	Open	00:35:20	01:15:00	01:36:30	00:43:21	01:58:20
364	336	Peter Jones	Western ac	MV	00:36:31	01:17:56	01:35:59	00:40:38	01:58:34
365	555	Gordon Peter Trevor	Shrewsbury AC Portsmouth Joggers	MV2	00:38:42	01:19:27	01:37:37	00:39:08	01:58:35
366	564	DaveCharles Yetton	Club	MV2	00:35:06	01:15:55	01:35:55	00:42:57	01:58:51
367	515	Kevin Edgerton	Belle Vue Racers	MV2	00:36:41	01:18:54	01:37:59	00:40:44	01:59:38
368	344	David Robert Mastin	Belle Vue Racers	MV	00:36:34	01:18:11	01:38:47	00:41:30	01:59:41
369	440	Paul Skidmore	Woodkirk striders	MV1	00:38:23	01:21:41	01:39:33	00:38:09	01:59:50
370	573	John Carson	Eryri	MV3	00:38:46	01:20:00	01:38:40	00:40:36	02:00:36
371	585	Phil Pollard	Portsmouth Joggers	MV3	00:35:53	01:17:04	01:37:45	00:44:10	02:01:13
372	206	Rossini Mauro	CSI Morbegno	MOpen	00:37:42	01:18:32	01:38:32	00:43:01	02:01:32
373	304	Phil Barrett	Unaffiliated	MV	00:36:02	01:17:08	01:39:58	00:45:33	02:02:40
374	500	John David Ablitt	Ambleside	MV2	00:36:51	01:18:01	01:38:16	00:44:47	02:02:47
375	248	Paula Roberts	Unaffiliated	LOpen	00:39:49	01:22:22	01:42:43	00:40:29	02:02:51
376	225	Robert Orgill	NewarkAC	MOpen	00:31:32	01:09:52	01:35:20	00:53:21	02:03:12
377	173	Alaw Japheth	Unaffiliated	Fopen	00:37:44	01:21:21	01:40:57	00:42:43	02:04:03
378	580	Mike McDonald	Bowland F.R.	MV3	00:36:22	01:17:48	01:38:46	00:46:26	02:04:14
379	202	Tony Man Stuart Francis	Penny Lane Striders	MOpen	00:36:41	01:21:09	01:42:46	00:43:57	02:05:06
380	410	Craven	Unaffiliated	MV1					02:06:51
381	632	Felicity Doyle	Congleton	LV 1	00:37:32	01:19:57	01:43:18	00:47:03	02:07:00
382	504	Philip John Bignell	Human Energy	MV2	00:39:18	01:24:55	01:45:05	00:42:35	02:07:29
383	538	John Middleton	Gorsphwysfa	MV2	00:39:39	01:22:59	01:43:10	00:44:38	02:07:36
384	640	Gina Poncini	CSI Morbegno	LV 2	00:39:47	01:23:20	01:43:51	00:44:39	02:07:59
385	196	Ann Lipton Paula Louise	Congleton Harriers	LOpen	00:39:04	01:21:33	01:44:29	00:47:31	02:09:03
386	188	Kennerley	Congleton Harriers	LOpen	00:39:03	01:21:31	01:44:27	00:47:34	02:09:04
387	279	Ben Whittaker	Unaffiliated	MOpen	00:34:38	01:20:11	01:40:58	00:49:46	02:09:56
388	590	Allan Spencer Smith	3M Gorseinon	MV3	00:38:26	01:22:45	01:45:49	00:47:44	02:10:28
389	605	Pascale Eichenmuller	Unaffiliated	LOpen	00:39:49	01:25:09	01:45:50	00:45:25	02:10:34
390	144	John Meredydd Ellis	Unaffiliated	MOpen	00:38:46	01:25:02	01:44:23	00:45:45	02:10:46
391	445	Alan Thomas Stephen William	Belle Vue Racers	MV1	00:38:44	01:24:05	01:47:01	00:46:50	02:10:55
392	546	Roach	Unaffiliated	MV2	00:35:59	01:23:17	01:46:33	00:48:49	02:12:05
393	200	Mark Lynock	Bournville Harriers	MOpen	00:39:27	01:24:24	01:46:42	00:47:45	02:12:08
394	259	Richard Stevens	Unaffiliated	MOpen	00:39:17	01:24:22	01:46:01	00:48:34	02:12:56
395	166	Simon John Hoyle	Unaffiliated	MOpen	00:42:43	01:28:12	01:51:25	00:49:05	02:17:16
396	50	Serena Angela	Italy	LInt					02:18:13
397	530	Rod Jones George Terence	Les Croutiers	MV2	00:40:35	01:27:09	01:51:25	00:51:10	02:18:19
398	587	Richardson	Clowne Road Runners	MV3	00:38:20	01:19:27	01:51:07	01:02:37	02:22:04

399	584	Trevor Platts Sellek Gerard	Clowne Road Runners	MV3	00:38:36	01:26:47	01:51:07	00:55:18	02:22:04
400	296	Alexander	Unaffiliated	MOpen	00:39:52	01:28:23	01:51:56	00:55:33	02:23:55
401	548	Brian Roberts	Belle Vue Racers	MV2	00:39:37	01:26:42	01:54:54	00:58:52	02:25:33
402	561	Michael Williams	Ex Service Vets	MV2	00:44:03	01:35:03	01:58:58	00:53:29	02:28:31
403	572	Gary Brooks	Ex Service Vets	MV3	00:42:41	01:29:14	01:57:20	00:59:18	02:28:32
404	353	David Rogers	Westerlands CCC	MV					02:29:25
405	111	John Blyth	Valley Harriers	MOpen	00:42:44	01:28:16	01:59:29	01:01:25	02:29:41
406	104	Will Arrowsmith	Colwyn Bay ac	MOpen	00:26:38	00:56:47	01:35:34	01:34:14	02:31:01
407	570	Anthony James Ball	Clayton-Le-Moors	MV3	00:44:27	01:36:03	02:04:27	00:57:36	02:33:38
408	177	Daniel Wyn Jones	Bro Dysynni South West	MOpen	00:45:27	01:40:08	02:10:05	01:05:28	02:45:36
409	600	Sarah Andrews	Roadrunners	LOpen					02:45:48
410	132	Iain Corrigan	Unaffiliated	MOpen					02:50:13
411	755	Harvey Lloyd		MV3					03:58:00