

Position	No	Time	Name	Club
1	24	36.30	Jez Brown	Buckley Runners
2	4	37.38	Ethan Ackroyd	West Cheshire AC
3	75	38.22	Joel Gomes	Wrexham
4	2	38.49	Ed Gamble	Cheshire Hill Racers
5	60	39.27	Ian Houston	Wreccsam Tri
6	59	39.33	Simon Roberts	Buckley
7	10	39.44	Kyle Williams	Wrexham Tri
8	16	39.48	Richard Watson	Colwyn Bay AC
9	33	40.00	Simon Edwards	Buckley Runners
10	54	40.06	Craig Connor	Tattenhall Runners
11	19	41.21	Peter Taylor	Tattenhall Runners
12	48	41.30	Rob Arden	Tattenhall Runners
13	55	41.41	Simon Duckett	Tattenhall Runners
14	20	41.50	Robert Hough	Spectrum Striders
15	62	41.55	Neil Coppack	CRR
16	70	41.56	Lee Thornton	Wrexham AAC
17	36	42.02	Robert Chambers	Tattenhall Runners
18	12	42.36	John Parlevliet	West Cheshire AC
19	47	43.03	Hayley Evans	Buckley Runners
20	17	43.17	Simone Capponi	Penny Lane Striders
21	44	43.21	Dave Wallman Douglas	Delamere Spartans
22	14	43.45	Simon Philips	Whitchurch Whippets
23	26	43.56	Paul Shannon	Tattenhall Runners
24	28	44.16	Alli Grundy	Tattenhall Runners
25	27	44.27	Fred Aird	Deestridders
26	57	44.44	Rhian Pierce	u/a
27	51	45.17	Stephen Bellis	Buckley
28	30	45.20	Stephen Burthem	Spectrum Striders
29	71	45.34	Jonathan Cole	Ellesmere Port RC
30	31	45.54	David Green	Pensby Runners
31	72	45.57	Bernie Norris	Buckley Runners
32	23	45.59	Lucy Partridge	Pensby Runners
33	74	46.36	Jon Davies	u/a
34	53	46.58	Jen Adams	Buckley Runners
35	37	46.59	Richard Hankins	Helsby
36	13	47.12	Huw Lewis	Buckley
37	64	47.13	Paul Lewtey	Deestridders
38	9	47.30	Tammy Lewis-Jones	Eryri
39	69	47.38	Aled Thomas	Buckley Runners
40	35	47.57	Geoff Hand	Spectrum Striders
41	32	48.01	Andrew Sumner	Pensby Runners
42	25	48.03	Andie Gow	Pensby Runners
43	58	48.06	Richard Borne	Mysteruns
44	73	48.17	Jonathan Walker	u/a
45	21	48.37	Jeff Adams	Pensby Runners
46	38	48.43	Christina Roach	Helsby
47	7	49.16	Phil Gillard	Helsby
48	46	49.17	Danny Jenkins	u/a
49	11	49.31	Paul Challender	Pensby Runners
50	34	49.39	Kate Lightfoot	Tattenhall Runners
51	15	49.50	Mario Foschi	Helsby
52	49	50.27	Wendy Lee	Pensby Runners
53	3	50.57	Ian Ackroyd	West Cheshire AC
54	45	50.58	Becky Wightman	Delamere Spartans
55	1	51.14	Julian T Spencer	Spectrum Striders
56	63	51.28	Christine Cammillaire	Deestridders
57	8	51.34	Janet Robertson	Helsby
58	65	51.37	James Rogers	Presatyn RC
59	29	51.58	Linda Jones	Wrexham AAC
60	61	53.40	Hannah Funnell	Wirral AC
61	6	54.36	Richard Querrelle	Delamere Spartans
62	52	55.07	James Rees	Deestridders

63	43	55.17	Rachel Arnold	Helsby
64	18	55.33	Darren Burns	Fell Ponies
65	66	57.37	Alexandra Hannah Duncan-Price	Tattenhall Runners
66	22	57.58	Nigel Crompton	Pensby Runners
67	41	59.10	David Monday	u/a
68	40	59.17	Jenny Lewtey Jones	Deestridders
69	42	62.14	Jackie Keasley	Helsby
70	68	63.47	Alexandra May	Tattenhall Runners
71	56	65.51	Sharon Basford	Tattenhall Runners
72	50	66.13	Claudia Pagoulatou	Pensby Runners
73	5	67.02	Neville Griffiths	Spectrum Striders
74	67	69.36	Benjamin Crossley	Helsby
75	39	69.37	Debbie Read	Helsby