

The Beast. 4th June 2025

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club
1	33	37.10	Josh Griffiths	Swansea Harriers
2	61	38.02	Allen Bunyan	Macclesfield Harriers
3	2	39.27	Lowrence Eccles	Penny Lane Striders
4	57	39.51	Giles Drake	u/a
5	65	40.38	Rob Grantham	Wirral AC
6	51	41.31	Jez Brown	Buckley Runners
7	58	41.32	Steve Shannon	u/a
8	17	41.50	David Shearer	West Cheshire
9	103	41.55	Jure Cebasel	Penny Lane Striders
10	60	42.24	James Shannon	u/a
11	32	43.51	Eden O'Dea	Deeside AC
12	90	43.52	Tom Jenkins	Run Free Fell Runners
13	1	44.06	Colin Haughton	Chorlton Runners
14	112	44.11	Josie Hurst	Deeside AC
15	6	44.17	Andrew Pees	Buckley Runners
16	20	44.21	Simon Edwards	Buckley Runners
17	87	44.22	Tim Charlton	Delamere Spartans
18	115	44.23	James Bamford	u/a
19	78	44.49	Alex Mason	Runners next to the sea
20	109	45.11	Jon Davies	u/a
21	22	45.15	Jackie Lee	Eryri Harriers
22	39	45.17	Daniel Mitchell	Deeside AC
23	69	45.22	Ted Conry	Deeside AC
24	91	45.41	Henry Aron	u/a
25	12	45.45	Richard Watson	Colwyn Bay AC
26	70	46.30	Hayley Evans	u/a
27	56	47.07	Warren McNally	Pensby Runners
28	102	47.19	George Aylward	Penny Lane Striders
29	62	47.29	Neil Hennean	Penny Lane Striders
30	85	47.30	Phil Wood	Helsby RC
31	100	47.43	Lenka Lidsmore	Penny Lane Striders
32	24	48.17	David Green	Pensby Runners
33	48	48.22	John Rolton	CRR
34	37	48.37	Jodie Bemand	West Cheshire
35	9	48.49	Susan Fourné	Run Free Fell Runners
36	101	49.07	Julien Tour	Penny Lane Striders
37	42	49.20	Michael O'Rourke	Penny Lane Striders
38	26	49.22	Paul Shannon	Tattenhall
39	123	49.29	Arthur Jones	Denbigh Harriers
40	46	49.55	Allan McKeown	Buckley Runners
41	68	50.02	Owen Conry	Denbigh Harriers
42	27	50.04	Tom Beddis	Helsby RC
43	35	50.24	Edward Halliwell	Helsby RC
44	125	50.30	William Humphries	Nightcrawlers
45	89	50.35	Richard Hill	Delamere Spartans
46	54	50.36	Dave Boothroyd	Buckley Runners
47	124	50.45	Ed Loffill	CRR
48	47	50.58	Steve Dipple	Penny Lane Striders
49	86	51.01	Paul Chrisp	Delamere Spartans
50	59	51.24	Emma Nut	West Cheshire
51	92	51.29	Paul Fitzsimmons	crr

52	50	51.35	Graeme Peacock	CRR
53	99	51.56	Hannah Tomlinson	crr
54	34	52.16	Keith Dunham	Pensby Runners
55	81	53.35	Rich Monksmith	Delamere Spartans
56	25	53.46	Julie Dala	Pensby Runners
57	55	53.48	Neil Gooding	Pensby Runners
58	3	53.52	Mikey Jones	u/a
59	64	54.05	Sean Hennean	u/a
60	38	54.27	Paul Lewtey	Deestridders
61	111	54.39	Roger Taylor	u/a
62	67	55.07	Mark Davies	West Cheshire
63	97	55.11	Mark Bennett	u/a
64	66	55.27	Jefferson Gard	Penny Lane Striders
65	113	55.30	Adam McDonnell	Denbigh Harriers
66	53	55.35	Stephanie Cunliffe	Pensby Runners
67	23	55.36	Wendy Lee	Pensby Runners
68	71	55.39	Siobhan Gorman	u/a
69	16	56.12	Tom David Miller	u/a
70	84	56.13	Chris Green	Helsby RC
71	73	56.21	Matthew O'Connell	Penny Lane Striders
72	118	56.25	Tony Brenton	Denbigh Harriers
73	8	56.39	Simone Capponi	Bowland Fell Runners
74	98	56.56	Simon Youry	Chester Road Runners
75	104	57.09	Michelle Bones	Deestridders
76	75	57.18	Terry Lynch	Penny Lane Striders
77	21	57.52	Ellie Wood	Pensby Runners
78	74	57.56	Stella Hayden	Penny Lane Striders
79	4	58.01	Richard Borne	Mysteruns
80	49	58.06	Craig Jones	u/a
81	5	58.08	Tony Man	Penny Lane Striders
82	40	58.45	Steve Bellis	Buckley Runners
83	18	58.00	Christian Quich	u/a
84	127	58.51	Lawrence Humphrie	u/a
85	80	59.28	Owen Williams	u/a
86	43	1.00.05	Jeff Adams	Pensby Runners
87	105	1.00.11	Jo Houghton-Davies	Deestridders
88	19	1.00.17	Amanda Edwards	Buckley Runners
89	94	1.00.18	Chris ward	u/a
90	13	1.00.22	Richard Swift	u/a
91	96	1.00.36	Jack Edwards	u/a
92	126	1.00.43	Stephen Humphries	Nightcrawlers
93	72	1.01.09	Dennis Garnham	u/a
94	15	1.01.23	Mickey Jones	u/a
95	119	1.01.41	Thomas Lloyd Hugh	u/a
96	35	1.01.46	Edward Halliwell	Helsby RC
97	77	1.01.54	Steve Brown	Eryri Harriers
98	110	1.01.55	Ian Hobson	Buckley Runners
99	88	1.02.02	Charlotte Jaggard	crr
100	116	1.02.22	Angela Tegg	West Cheshire
101	28	1.02.23	Nigel Crompton	Pensby Runners
102	30	1.02.24	Alex Royden	Pensby Runners
103	79	1.02.25	Caroline Caffery	Buckley Runners
104	120	1.02.36	Agnieszka Shaw	WCAC
105	106	1.02.43	Neville Freeman	Chester Road Runners
106	41	1.03.45	Kerrie Morrelle	Buckley Runners

107	14	1.04.05	Elliot Heyden	u/a
108	10	1.04.11	Mandy Cartright	Denbigh Harriers
109	76	1.04.52	John Morris	Buckley Runners
110	36	1.04.53	Joe Blackewll	Deestridders
111	122	1.04.54	Paul Aird	Deestridders
112	11	1.04.55	Sophie Johnson	Denbigh Harriers
113	45	1.04.55	Sarah Jackson	Penny Lane Striders
114	14	1.05.04	Elliot Heyden	u/a
115	44	1.05.06	Holly Peak	u/a
116	107	1.06.53	Mark Ewins	Penny Lane Striders
117	7	1.07.02	Yricka Gardner	Run Free Fell Runners
118	29	1.08.20	Cath Lancaster	Pensby Runners
119	117	1.08.22	Holly Page	U/A
120	108	1.08.24	Kate Ross	u/a
121	31	1.09.20	Charles Ashley	Wrexham AC
122	63	1.09.46	Diane Hennean	Penny Lane Striders
123	121	1.09.51	Sue Davies	Pensby Runners
124	93	1.11.38	Poppy Fitzsimmons	crr
125	82	1.13.01	Shell Gelder	u/a
126	83	1.13.01	Rhodri Roberts	Nightcrawlers
127	52	1.31.00	Lucy Smith	u/a