WEST CHESHIRE A.C. 8th Chester 'Spring 5'

Tuesday 4th April 2000 7:00 pm

Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Num	Time
1	M	1	Alan V	WOODS	Senior Men	1	Liverpool Pembroke & Sefton	193	24:58
2	M	2	Ian	WETHERALL	Senior Men	2	Helsby RC	264	25:38
3	M	3	Gordon	FAY	Senior Men	3	Cheltenham & Gloucester Univ AC	114	25:40
4	M	4	Mike	GIRVAN	Male Vet 45	1	Warrington AC	171	25:43
5	M	5	Hendrick	BOTTGER	Senior Men	4		187	25:44
6	M	6	Carl	KING	Senior Men	5	North Fylde AC	101	25:44
7	M	7	Mark	HINSON	Male Vet 40	1	Helsby RC	6	25:50
8	M	8	Gary	MATTHEWS	Senior Men	6	East Cheshire Harriers	52	25:51
9	M	9	Keith	HATTON	Male Vet 40	2	Liverpool Harriers	293	25:52
10	M	10	Paul	FRODSHAM	Male Vet 40	3	Helsby RC	236	26:06
11	M	11	Mike	ROBBINS	Senior Men	7	Deestriders RC	233	26:10
12	M	12	Ronnie	MCWILLIAM	Senior Men	8	Deestriders RC	276	26:32
13	M	13	Paul	SPENCER	Senior Men	9	West Cheshire AC	176	26:37
14	M	14	Kenneth	MOSS	Male Vet 45	2	Vale Royal AC	177	26:40
15	M	15	Graham	MacNEIL	Senior Men	10	Helsby RC	231	27:17
16	M	16	Gary	MUNSLOW	Senior Men	11	Helsby RC	249	27:25
17	M	17	Graham	MERFIELD	Senior Men	12	1066 Triathletes	115	27:26
18	M	18	Ian	HOUSTON	Senior Men	13	Deestriders RC	186	27:27
19	M	19	Steven	RIGBY	Male Vet 45	3	Liverpool Harriers	175	27:30
20	M	20	Patrick	TOOLIS	Senior Men	14	Vale Royal AC	100	27:31
21	M	21	Alan	MORRIS	Male Vet 40	4	West Cheshire AC	5	27:36
22	M	22	Gary	NORGROVE	Senior Men	15	Wrexham AC	170	27:41
23	M	23	David	MILES	Senior Men	16	Southport & Waterloo	142	27:42
24	L	1	Kate	BURGE	Senior Ladies	1	Stafford Harriers	50	27:42
25	M	24	Keith	ELLIS	Male Vet 40	5	Wrexham AC	166	27:51
26	M	25	Lee	RAISBECK	Junior Men <20	1	Healthtrack Harriers	203	27:53
27	M	26	Richard	JOHNSON	Senior Men	17	Vale Royal AC	3	27:59
28	M	27	John	WYCHERLEY	Male Vet 40	6	Helsby RC	288	28:05
29	M	28	Paul D	BACKHOUSE	Senior Men	18	East Cheshire Harriers	248	28:10
30	L	2	Jennifer	HEATH	Senior Ladies	2	Sale Harriers	204	28:12
31	M	29	Ian M	BROWN	Senior Men	19	West Cheshire AC	2	28:15
32	M	30	Andrew	O'CONNOR	Senior Men	20	St Helens Sutton AC	126	28:18
33	M	31	Andrew	NORGROVE	Senior Men	21	Wrexham AC	169	28:21
34	M	32	Nick	LLOYD	Senior Men	22		258	28:25
35	M	33	Simon	ELLIS	Senior Men	23	Tattenhall Runners	294	28:27
36	M	34	Neil	HARDMAN	Male Vet 45	4	Vale Royal AC	53	28:29
37	M	35	Peter	BENYON	Senior Men	24	Bangor University AC	237	28:32
38	M	36	Gary	DEAN	Senior Men	25	West Cheshire AC	201	28:34
39	M	37	Ian	CARSON	Male Vet 45	5	Wrexham AC	88	28:36
40	M	38	Andrew	CLAGUE	Senior Men	26	West Cheshire AC	1	28:46
41	M	39	Stuart	WALKER	Senior Men	27		232	28:47
42	M	40	Aled	HUGHES	Senior Men	28	North Wales Police	89	28:50
43	L	3	Jane	RILEY	Senior Ladies	3	Wigan Phoenix	76	28:51
44	M	41	Phil	WALKER	Male Vet 50	1	Wrexham AC	8	28:55
45	M	42	Dennis	MATTHEWS	Senior Men	29	East Cheshire Harriers	51	28:57
46	L	4	Suzanne	OWEN	Senior Ladies	4	City Of Stoke AC	49	28:59
47	M	43	Tim	DAVIES	Senior Men	30	Deestriders RC	261	29:01
48	M	44	Paul	AIRD	Male Vet 40	7	Deestriders RC	4	29:02
49	L	5	?	JONES	Senior Ladies	5	Macclesfield Harriers	268	29:05
50	M	45	Arthur	CURLETT	Male Vet 45	6	Liverpool Running Club	141	29:09
51	M	46	David	MELLOR	Male Vet 45	7	East Cheshire Harriers	244	29:15
52	M	47	Iain	WEDGE	Senior Men	31	Healthtrack Harriers	42	29:20
53	M	48	Alan	MADDOCK	Senior Men	32	Vale Royal AC	69	29:21
54	M	49	Gordon	MANSON	Male Vet 45	8	Oswestry Olympians	216	29:24
55	M	50	Eric	GELSHON	Male Vet 50	2	South Liverpool AC	290	29:39
56	M	51	Andy	GARNETT	Male Vet 45	9	Spectrum Striders	227	29:51
57	M	52	Les	FLEETWOOD	Male Vet 40	8	Rivacre Runners & Joggers	287	29:51
58	M	53	David J	MANSON	Male Vet 40	9	Vale Royal AC	209	29:53
59	M	54	Kevin	JONES	Male Vet 40	10	Prestatyn RC	111	29:56
60	M	55	Robert	GILBERT	Senior Men	33	Macclesfield Harriers	113	30:13
61	L	6	Jackie	NEWTON	Senior Ladies	6	Stockport Harriers	286	30:14
62	M	56	Richard	CARR	Male Vet 50	3	Wrexham AC	36	30:14
63	M	57	Graham	SHONE	Male Vet 45	10	Abergele Harriers	164	30:15
64	M	58	Graham	McARA	Male Vet 45	11	Helsby RC	173	30:16
65	M	59	Frank	STEVENS	Male Vet 40	11	Helsby RC	217	30:17
66	M	60	Nigel	EVANS	Male Vet 40	12	Bro Dysynni	274	30:28
67	L	7	Emma	DAVIES	Senior Ladies	7	Wrexham AC	251	30:29
68	M	61	Mark	TABOR	Senior Men	34	Buckley Runners	240	30:31
69	M	62	Christopher	WADSWORTH	Senior Men	35		32	30:33
70	M	63	David J	NALDER	Male Vet 45	12	Rivacre Runners & Joggers	167	30:41
71	M	64	David	O'NEILL	Senior Men	36		18	30:43
72	M	65	Paul	BRANDRICK	Male Vet 40	13	Prestatyn RC	271	30:45
73	M	66	Martin	CORTVRIEND	Male Vet 45	13	Macclesfield Harriers	255	30:48
74	M	67	Andrew	LEE	Senior Men	37	East Cheshire Harriers	243	30:53
75	M	68	Nic	WRIGHT	Male Vet 40	14		99	30:56
76	M	69	Rob	WILLIAMS	Male Vet 40	15	Wrexham AC	197	31:00

8th Chester 'Spring 5'

Tuesday 4th April 2000 7:00 pm

Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Num	Time
77	M	70	Michael	WHITESIDE	Male Vet 50	4	Helsby RC	214	31:00
78	M	71	Marcus	WALKER	Male Vet 40	16	Helsby RC	98	31:01
79	M	72	Peter	COBB	Senior Men	38	Wrecsam Triathlon Club	154	31:05
80	M	73	Tony	JACKSON	Senior Men	39	Warrington Road Runners	133	31:07
81	M	74	Terence	JOHNSON	Senior Men	40	Vale Royal AC	252	31:08
82	M	75	Andrew	FLETCHER	Senior Men	41		291	31:09
83	M	76	David A	JONES	Male Vet 45	14	Denbigh Harriers	110	31:11
84	M	77	Matthew	WHITFIELD	Male Vet 40	17	Rivacre Runners & Joggers	250	31:13
85	M	78	Phillip	ROBERTS	Senior Men	42	Ford Halewood AC	44	31:14
86	M	79	Colin	BARNETT	Male Vet 40	18	Denbigh Harriers	163	31:15
87	M	80	Bernard	RILEY	Male Vet 50	5	Liverpool Harriers	180	31:15
88	M	81	Huw W	LEWIS	Male Vet 40	19	Deestriders RC	246	31:18
89	M	82	Robert	ALDCROFT	Male Vet 45	15	Wirral AC	190	31:20
90	M	83	Barry	FROST	Senior Men	43	Buckley Tri	38	31:28
91	M	84	Alan	HEATH	Senior Men	44		84	31:30
92	M	85	David	BARLOW	Senior Men	45		295	31:33
93	M	86	Nigel	PRATTEN	Male Vet 55	1	Wirral AC	128	31:35
94	M	87	Frank	KIRCHHOFF	Senior Men	46	Trainstation Runners	112	31:38
95	L	8	Julie	FLETCHER	Senior Ladies	8	West Cheshire AC	207	31:46
96	M	88	Thomas	BENTLEY	Junior Men <20	2	Staffordshire Moorlands AC	92	31:48
97	M	89	Neil	BALLARD	Male Vet 40	20	Oswestry Olympians	40	31:53
98	M	90	Clive	DONOVAN	Senior Men	47		267	31:55
99	M	91	Arthur	WILSON	Senior Men	48	Birkenhead AC	61	31:59
100	L	9	Emma	HUDSON	Senior Ladies	9	Stockport Harriers	178	32:03
101	M	92	Jonathan	CLARK	Senior Men	49		297	32:06
102	M	93	Chris	HARBRON	Senior Men	50	Wirral AC	277	32:08
103	M	94	Peter	McARTHUR	Male Vet 50	6	Cheshire Fire Brigade	247	32:09
104	L	10	Caroline	CUNNINGHAM	Senior Ladies	10	Tipton Harriers	159	32:11
105	M	95	Ian	McNEILL	Male Vet 40	21	Penny Lane Striders	242	32:18
106	M	96	David	TEMPLE	Senior Men	51	Deestriders RC	117	32:20
107	M	97	Paul	DAVIES	Senior Men	52		205	32:25
108	M	98	Phillip	BELLIS	Male Vet 40	22	Buckley Runners	160	32:26
109	M	99	Paul	BRADLEY	Senior Men	53	Rivacre Runners & Joggers	194	32:27
110	M	100	Graham	HOWELL	Male Vet 45	16	Liverpool Harriers	135	32:29
111	M	101	Mark	THREADGOLD	Senior Men	54		34	32:35
112	M	102	Clifford	HUGHES	Male Vet 45	17	Wrexham AC	200	32:38
113	M	103	Morten	GAMMELSAETER	Senior Men	55		60	32:41
114	L	11	Kathryn	ROBERTS	Senior Ladies	11	Helsby RC	257	32:44
115	M	104	David	HUGHES	Male Vet 40	23		70	32:46
116	M	105	Mike	THOMPSON	Senior Men	56	West Cheshire AC	289	32:47
117	M	106	Barry	CHAMBERS	Male Vet 45	18	Vale Royal AC	239	32:47
118	L	12	Catherine	NEVIN	Ladies Vet 40	1	Penny Lane Striders	94	32:55
119	M	107	Scott	RIGBY	Senior Men	57		284	32:58
120	L	13	Sian	WILLIAMS	Junior Ladies <20	1	Wrexham AC	222	33:01
121	M	108	Charlie	BAMFORD	Male Vet 40	24	Helsby RC	199	33:02
122	M	109	John	LADANOWSKI	Male Vet 45	19	Ford Halewood AC	130	33:03
123	L	14	Jill	JACKSON	Senior Ladies	12	Warrington Road Runners	134	33:04
124	M	110	Laurence	WOODLEY	Male Vet 60	1	Tattenhall Runners	153	33:05
125	L	15	Cathy	GREEN	Ladies Vet 40	2	Wigan Harriers	75	33:12
126	M	111	Dave	GREEN	Male Vet 40	25	Wigan Harriers	74	33:13
127	M	112	Edward	ROBERTS	Male Vet 45	20	Ford Halewood AC	45	33:15
128	M	113	Michael	NORRIS	Senior Men	58	Deestriders RC	285	33:16
129	M	114	Roy	JARDINE	Male Vet 50	7	Eryri Harriers	161	33:18
130	M	115	Brett	MANKEE	Senior Men	59	Vale Royal AC	174	33:26
131	M	116	Rob	GRIFFITHS	Male Vet 40	26	Wrecsam Triathlon Club	283	33:29
132	M	117	John	SLAVIN	Male Vet 40	27	Penny Lane Striders	253	33:34
133	M	118	Robin	PUGH	Male Vet 45	21		37	33:35
134	L	16	Sandra	OWEN	Ladies Vet 50	1	Tattenhall Runners	48	33:37
135	M	119	Peter	CORNES	Senior Men	60	Vale Royal AC	172	33:47
136	M	120	Harry	COWLEY	Male Vet 50	8	Road Runners Club	86	33:55
137	M	121	Lewis	MONKS	Senior Men	61		33	33:56
138	M	122	Malcolm	PARRY	Male Vet 60	2		95	33:57
139	M	123	Dirk	JOSWIG	Senior Men	62	Healthtrack Harriers	59	33:59
140	M	124	Malcolm	McCOLL	Male Vet 55	2	Deestriders RC	195	34:05
141	L	17	Claire	EDWARDS	Senior Ladies	13	Healthtrack Harriers	260	34:11
142	M	125	Jason	JONES	Senior Men	63		83	34:12
143	M	126	Stephen	BEECH	Senior Men	64		265	34:15
144	M	127	Dean	FENNER	Senior Men	65		16	34:17
145	M	128	Christopher	JONES	Senior Men	66	Deestriders RC	234	34:20
146	M	129	John	PERCIVAL	Male Vet 40	28	Road Runners Club	102	34:23
147	M	130	Ian	LAING	Male Vet 40	29	Wrecsam Triathlon Club	82	34:28
148	M	131	Maurice	MORRELL	Male Vet 60	3	Wirral AC	39	34:29
149	M	132	John	GALLAGHER	Junior Men <20	3		145	34:31
150	M	133	Michael J	McSHANE	Male Vet 45	22	Rivacre Runners & Joggers	273	34:33
151	L	18	Joanne	EDWARDS	Senior Ladies	14	Vale Royal AC	198	34:34
152	M	134	Richard	GRIFFITH	Senior Men	67	RAF Sealand	13	34:35

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Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Num	Time
153	L	19	Helen	WOODLEY	Senior Ladies	15	Tattenhall Runners	140	34:35
154	M	135	Martin	DONALDSON	Male Vet 45	23	Trainstation Runners	90	34:40
155	M	136	David	DICKENSON	Senior Men	68		266	34:41
156	M	137	Alan	JONES	Senior Men	69	Wrexham AC	263	34:42
157	L	20	Janice	MOFFET	Ladies Vet 40	3	West Cheshire AC	213	34:43
158	M	138	Geoff	WILLIAMS	Male Vet 45	24	Wrexham AC	221	34:52
159	M	139	Geoff	SHAW	Male Vet 45	25	Helsby RC	272	34:52
160	M	140	Stephen	SPALL	Senior Men	70		147	34:55
161	M	141	David	BRIERLEY	Male Vet 40	30	West Cheshire AC	212	34:56
162	L	21	Rachel	ARNOLD	Senior Ladies	16	Helsby RC	281	34:57
163	M	142	Phil	GRAHAM	Senior Men	71		27	34:59
164	L	22	Claire	EDWARDS	Senior Ladies	17	Healthtrack Harriers	223	35:06
165	M	143	Peter	NORMAN	Male Vet 60	4	Wrexham AC	279	35:20
166	M	144	Noel	GREEN	Senior Men	72		26	35:24
167	M	145	Dave	MACHIN	Male Vet 55	3	Birkenhead AC	185	35:26
168	L	23	Joanne	McMAHON	Senior Ladies	18	Warrington Road Runners	235	35:39
169	L	24	Clare	PAGE	Senior Ladies	19	Healthtrack Harriers	219	35:49
170	M	146	Roger	BRACE	Male Vet 55	4	Healthtrack Harriers	77	35:50
171	M	147	Trevor	FAULKNER	Male Vet 55	5	Wilmslow RC	191	35:54
172	M	148	Alan	GIBBONS	Male Vet 45	26		299	35:56
173	M	149	Steve	WARD	Senior Men	73	Chester Tri	65	35:57
174	L	25	Kim	JONES	Senior Ladies	20	Wrexham AC	168	35:59
175	M	150	Brian	MOFFETT	Male Vet 50	9	Pensby Road Runners	218	36:00
176	M	151	Carl	JONES	Senior Men	74		228	36:00
177	M	152	Kevin	DICKSON	Senior Men	75		56	36:07
178	M	153	Peter	McGAGHEY	Male Vet 50	10	Trainstation Runners	91	36:12
179	M	154	Andy	NICHOLLS	Male Vet 40	31	Wrexham AC	108	36:13
180	L	26	Clare	PRITCHARD	Senior Ladies	21	Chester Tri	35	36:14
181	M	155	Stephen	PARTINGTON	Senior Men	76		116	36:16
182	M	156	Stuart	BIRCH	Male Vet 55	6	Rivacre Runners & Joggers	19	36:22
183	L	27	Margaret	DOCKING	Ladies Vet 40	4	Wrexham AC	275	36:26
184	M	157	John	CROSSLAND	Male Vet 55	7	Deestriders RC	270	36:26
185	M	158	Geoffrey D	HARVEY	Male Vet 50	11	Deestriders RC	189	36:29
186	M	159	Nick	GOUGH	Male Vet 40	32	Cheshire Fire Brigade	245	36:39
187	M	160	David	BEARD	Male Vet 45	27	Eryri Harriers	132	36:42
188	M	161	Mike	TURPIN	Male Vet 55	8	Road Runners Club	225	36:43
189	M	162	Neil	GALLAGHER	Male Vet 40	33	Denbigh Harriers	146	36:58
190	M	163	Ronnie	JACKSON	Senior Men	77		183	37:07
191	M	164	Ayad	SHAFIQ	Senior Men	78		182	37:07
192	L	28	Justine	RESTON	Senior Ladies	22	Healthtrack Harriers	148	37:08
193	M	165	Philip J	SMITH	Male Vet 45	28	Red Herrings	131	37:09
194	M	166	Graham	MATTHEWS	Senior Men	79		278	37:10
195	M	167	Alan	QUICK	Male Vet 40	34		104	37:22
196	L	29	Janet	JEFFREYS	Senior Ladies	23	Oswestry Olympians	7	37:25
197	M	168	Fredrick	MOTTRAM	Male Vet 60	5	Pensby Road Runners	58	37:28
198	M	169	Victor	GULLIVER	Male Vet 50	12	Prestatyn RC	109	37:31
199	M	170	Richard	BENNETT	Male Vet 55	9	Deestriders RC	262	37:41
200	M	171	Alexander	THOMAS	Male Vet 50	13	Trainstation Runners	72	37:46
201	L	30	Jane	WOODLEY	Ladies Vet 50	2	Tattenhall Runners	152	37:56
202	M	172	Ian	AINSCOUGH	Male Vet 40	35	Trainstation Runners	73	37:57
203	M	173	Iain	FORTUNE	Male Vet 50	14	Spectrum Striders	165	37:58
204	M	174	Mike	STORRY	Male Vet 55	10	Village Runners	151	37:59
205	L	31	Sarah	CARTER	Senior Ladies	24		211	38:00
206	M	175	Michael	STORRY	Junior Men <20	4		120	38:04
207	M	176	Mark	PARRY	Senior Men	80		119	38:13
208	M	177	Stuart	ELLIS	Senior Men	81		68	38:19
209	M	178	David	MILLINGTON	Senior Men	82		30	38:22
210	M	179	Stephen	McMAHON	Junior Men <20	5	Trainstation Runners	81	38:25
211	M	180	Paul A	MORRISSY	Senior Men	83		292	38:28
212	M	181	Eric	CORKER	Male Vet 50	15	Rivacre Runners & Joggers	22	38:31
213	M	182	Richard	GUMMERY	Senior Men	84		296	38:36
214	M	183	Peter	ROSE	Senior Men	85		150	38:38
215	L	32	Jeanette	MURPHY	Ladies Vet 50	3	Ford Halewood AC	188	38:42
216	M	184	Michael	BARKER	Male Vet 50	16		238	38:48
217	L	33	Tracy	BLOM	Senior Ladies	25		241	38:49
218	M	185	Ron	BIRCH	Male Vet 60	6	Denbigh Harriers	138	38:50
219	L	34	Stephanie	CHARMAN	Ladies Vet 40	5	Helsby RC	192	38:58
220	L	35	Joyce	MANSON	Ladies Vet 40	6	Oswestry Olympians	215	39:23
221	M	186	David C.	HUGHES	Male Vet 40	36	Deestriders RC	12	39:47
222	L	36	Helen	WILLIAMS	Junior Ladies <20	2	Wrexham AC	230	40:15
223	M	187	Tom	BATES	Male Vet 50	17	Rivacre Runners & Joggers	179	40:18
224	M	188	David	BARTON	Male Vet 50	18	Ford Halewood AC	181	40:33
225	L	37	Rosemary	PRICE	Ladies Vet 50	4	Deestriders RC	11	40:42
226	L	38	Kathryn	WILLIAMS	Junior Ladies <20	3	Wrexham AC	229	40:47
227	L	39	Val	MACHIN	Ladies Vet 50	5	Birkenhead AC	184	40:57
228	L	40	Shirrin	NORRIS	Senior Ladies	26	Macclesfield Harriers	143	41:00

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Tuesday 4th April 2000 7:00 pm

Pos	Gen	Gen Pos	Forename	Surname	Category	Cat Pos	Team	Num	Time
229	L	41	Ann C	CROSSLAND	Ladies Vet 40	7	Deestriders RC	269	41:07
230	M	189	Colin	CHEESMAN	Male Vet 50	19		298	41:28
231	L	42	Dianne	WORBY	Senior Ladies	27		206	41:31
232	L	43	Karyn	GALLAGHER	Ladies Vet 40	8		144	41:44
233	L	44	Linda M	HUGHES	Senior Ladies	28		158	41:56
234	L	45	Jan	OWEN	Senior Ladies	29	Oswestry Olympians	41	42:15
235	L	46	Susan	BARRACLOUGH	Senior Ladies	30		103	42:32
236	L	47	Zete	MILLS	Ladies Vet 40	9	Pensby Road Runners	259	42:36
237	L	48	Lyndall	LOHMAN	Junior Ladies <20	4	Macclesfield Harriers	256	42:50
238	M	190	Derek	MASON	Senior Men	86		87	43:03
239	M	191	Ken	MAJOR	Male Vet 55	11	Prestatyn RC	122	43:09
240	L	49	Victoria	POSTGATE	Senior Ladies	31	RAF Sealand	202	43:26
241	L	50	Ann	FENNER	Senior Ladies	32		15	43:27
242	L	51	Janice	HEATH	Ladies Vet 40	10		208	43:50
243	M	192	Phil	McMAHON	Male Vet 45	29	Trainstation Runners	80	44:10
244	L	52	Debbie	SHARPES	Senior Ladies	33	Healthtrack Harriers	162	44:19
245	M	193	Robert	WHITTALL	Senior Men	87	Trainstation Runners	300	44:19
246	L	53	Emma	CHAPLIN	Senior Ladies	34		220	44:30
247	L	54	Sinead	MALONE	Senior Ladies	35		97	44:31
248	L	55	Julie	BIRCH	Senior Ladies	36	Police Athletics Association	129	45:06
249	L	56	Denise	WOOD	Ladies Vet 40	11		280	45:07
250	L	57	Jan	PARRY	Ladies Vet 50	6		96	45:08
251	L	58	Andrea	ROBERTS	Senior Ladies	37		157	45:30
252	M	194	Geoff	HANKS	Male Vet 50	20	Alchester RC	210	45:59
253	L	59	Sally	BRISTOLL	Senior Ladies	38		156	46:11
254	L	60	Ruth	STORRY	Ladies Vet 40	12		121	46:40
255	L	61	Beryl	MOTTRAM	Ladies Vet 50	7	Pensby Road Runners	57	46:55
256	L	62	Pamela	WRIGHT	Senior Ladies	39		118	47:01
257	L	63	Michel	NELSON	Senior Ladies	40	Abergele Harriers	125	49:08
258	M	195	Peter	NELSON	Male Vet 50	21	Prestatyn RC	124	49:08
259	L	64	Cath	TURPIN	Ladies Vet 50	8		226	50:09
260	L	65	Ellen	ROBERTS	Ladies Vet 40	13	Ford Halewood AC	43	50:20
261	L	66	Angela	STANLEY	Senior Ladies	41	Chester Tri	71	50:25
262	L	67	Anita	FITZSIMMONS	Ladies Vet 40	14	Wrexham AC	93	50:34
263	L	68	Lynn	PODMORE	Senior Ladies	42		155	51:40
264	L	69	Vicky	CORTVRIEND	Ladies Vet 40	15	Macclesfield Harriers	254	53:07
265	L	70	Alison	FORSTER	Senior Ladies	43		46	57:03
266	M	196	Brian	FORSTER	Male Vet 60	7	Wrexham AC	47	57:07
267	L	71	Paula	McNAMEE	Senior Ladies	44		55	58:24
268	L	72	Susie	WOODS	Senior Ladies	45		54	58:24
269	L	73	Jan	ROBERTS	Ladies Vet 50	9		224	58:34