

Name	Category	Club	Time	Position	Age Positions
Joel Gomes	V 40 Male	Mercia	32.28	1	V40 Male Winner
Greg King	V 35 Male	NA	33.54	2	V35 Male Winner
Jez brown	V 50 Male	Buckley	34.17	3	V50 Male Winner
Adam Gordon	V 50 Male	Helsby running club	34.56	4	
Darren Humes	V 40 Male	Helsby Running Club	36.05	5	
Wyn Jones	Senior Male	NA	37.13	6	Senior Male Winner
Derek Boothby	V 40 Male	Wreccsam tri	37.15	7	
Ruth Calcraft	V 40 Female	Run Free Fell Runners	37.59	8	1st lady and V40 winner
Dave Gittins	V 40 Male	Run free llangollen	38.16	9	
Pete Gray	V 40 Male	Buckley Runners	38.25	10	
Nicola Richards	v 50 Female	Mercia Fell Runners	38.37	11	2nd lady and V50 winner
John Atyeo	V 50 Male	Mercia Fell Runners	39.53	12	
Alan lea	V 50 Male	Helsby	39.55	13	
Daniel Davies	Senior Male	NA	40.37	14	
Eben Higginbottom	Male Under 20	Clwydian Range Runners	40.46	15	Male U20 Winner
Susan Fourie	v 50 Female	Run Free Fell Runners	40.59	16	3rd lady
Tim	V 60 Male	Na	41.20	17	V60 Male winner
Michael Coyne	V 50 Male	Eryri Harriers	41.32	18	
Christine Cammillare	V 40 Female	Deestridders	41.46	19	
Patrick Taylor	Senior Male	FRA	42.07	20	
Hannah Tomlinson	Senior Female	Clwydian Range Runners	42.14	21	Senior Female Winner
Lisa Grantham	v 50 Female	Pensby Runners	42.53	22	
Gareth James	V 40 Male	NA	43.29	23	
Sarah Cordingley	V 40 Female	Mercia Fell Runners	44.28	24	
Tom Beddis	Senior Male	HELSEBY	44.41	25	
Ryan Clutton	Senior Male	None	45.14	26	
Neil Owen	V 70 Male	Run Free	45.40	27	V70 Male winner
Carl Mitchell	V 40 Male	NA	45.50	28	
Simon young	Senior Male	Chester road runners	47.29	29	
Leyton Collings	V 50 Male	None	47.30	30	
Sarah Larkin	v 50 Female	Helsby	48.08	31	
Fred smith	V 40 Male	Clwydian range runners	48.13	32	
Jenny Ewels	v 50 Female	Clwydian Range Runners	48.51	33	
Paul Aird	V 60 Male	Dee striders	49.22	34	
Janet Robertson	v 50 Female	Helsby	49.31	35	
Tilly Smith	Female Under 20	Helsby running club	49.35	36	Female U20 winner
Denis Garnham	V 60 Male	None	50.03	37	
Steve Riley	V 60 Male	Helsby	50.21	38	
Alison Williams	v 50 Female	Helsby	51.15	39	
Peter Hughes	V 50 Male	NA	51.24	40	

Mickey Jones	Senior Male	Ua	51.57	41	
Andrew Mahoney	V 40 Male	N/a	52.09	42	
Rachel Arnold	V 60 Female	Helsby RC	53.42	43	
Steph Garner	Senior Female	Helsby	55.45	44	
Lucy Mills	V 35 Female	Helsby Running Club	56.59	45	V35 Female winner
Jake	Senior Male	NA	57.27	46	
Cassie Green	V 35 Female	Helsby Running Club	58.14	47	
Chris Green	V 35 Male	Helsby Running Club	58.15	48	
Charles Ashley	V 60 Male	Wrexham Ac	58.25	49	
Emily Smith	V 40 Female	Helsby running club	58.33	50	
Debbie Read	V 60 Female	Helsby	58.33	51	V60 Female Winner