

Position	Bib	First Name	Last Name	Category	Race Title	Time
1	213	Tom	Kiel	MSEN	10k	41.37
2	130	Andrew	Pearson	MSEN	10K	41.48
3	171	Andy	Evans	MSEN	10k	42.29
4	131	Alec	Everitt	MSEN	10k	43.50
5	223	Mackenzie	Mccourt	FSEN	10k	43.56
6	203	Garry	Jones	M50	10k	44.42
7	198	Garry	Jerman	M55	10k	44.43
8	195	Darren	Jarman	M45	10k	45.30
9	246	Jacob	Rees	MSEN	10k	45.37
10	161	Steve	Davies	MSEN	10k	45.42
11	129	Luke	Blyth	MSEN	10k	46.25
12	158	Helen	Davies	F55	10k	47.15
13	184	John	Higgins	M55	10k	47.18
14	232	Lee	Orrells	MSEN	10k	48.14
15	233	John	Owen	MSEN	10k	48.16
16	247	Alun	Roberts	M45	10k	48.30
17	173	Darren	Gallop	MSEN	10k	49.12
18	284	Lou	Williams	F40	10k	49.25
19	285	Tom	Williams	MSEN	10k	49.30
20	169	Jacob	Emms	MSEN	10k	50.21
21	259	John	Snell	M60	10k	50.35
22	294	James	Kirkwood	MSEN	10k	50.51
23	143	Caren	Brown	F50	10k	50.54
24	293	Georgie	Jones	FSEN	10k	51.09
25	174	Lucy	Goode	FSEN	10k	51.11
26	163	Marc	Deluce	M60	10k	51.42
27	181	Carl	Hayes	M45	10k	52.15
28	139	Sammy	Blake	MSEN	10k	52.20
29	206	Mark	Jones	M50	10k	52.36
30	222	Jelena	Maslakova	F40	10k	52.48
31	244	Richard	Pullin	M55	10k	53.30
32	282	Amy	Williams	FSEN	10k	53.31
33	295	Chris	Garbett	MSEN	10k	53.43
34	186	Tom	Holmes	M40	10k	53.45
35	230	Kevin	Newman	M55	10k	53.56
36	283	Jason	Williams	M45	10k	53.56
37	165	Paul	Dickin	MSEN	10k	54.01
38	299	Karl	Pearson	MSEN	10k	54.08
39	201	Bernie	Jones	M60	10k	54.14
40	240	Marcin	Pawlicki	MSEN	10k	54.21
41	199	Andrea	Jones	F45	10k	54.32
42	190	Mark	Hughes	M50	10k	54.33
43	202	Gareth	Jones	M50	10k	54.48

44	249	Chris	Roberts	M45	10k	54.51
45	275	Kenton	White	MSEN	10k	54.54
46	250	Ethan	Roberts	MSEN	10k	56.35
47	126	John	Nugent	MSEN	10k	56.38
48	298	Clare	Jones	FSEN	10k	56.49
49	279	Peter	Wilcock	M40	10k	56.59
50	281	Neil	Wilkinson	M55	10k	57.00
51	128	Sara	Robinson	FSEN	10k	57.15
52	167	Nick	Ecob	M50	10k	57.25
53	142	Andrew	Brown	M50	10k	57.45
54	257	Rob	Slawson	M40	10k	58.07
55	261	Dan	Stone	MSEN	10k	58.40
56	180	Shaun	Harrison	M40	10k	59.00
57	224	Lee	Mcgowan	MSEN	10k	59.00
58	156	Brian	Davies	M60	10k	59.55
59	292	Al	Evans	MSEN	10k	60.05
60	291	Evie	Evans	FSEN	10k	60.12
61	177	Lila	Hall	F35	10k	60.20
62	160	Oliver	Davies	MSEN	10k	61.26
63	149	Steven	Chadwick	M55	10k	61.33
64	242	Deryn	Poppitt	M50	10k	61.42
65	162	Esther	De Zeeuw	F45	10k	61.57
66	296	Rob	Duffis	MSEN	10k	62.06
67	147	Laura	Calder	F50	10k	62.24
68	243	Colin	Pugh	M50	10k	62.24
69	155	Jonathan	Crow	M40	10k	62.25
70	258	Matthew	Small	M40	10k	62.30
71	69	No	Name		10k	62.45
72	144	Donna	Brown	F55	10k	62.45
73	241	Harriet	Pennant-williams	F55	10k	62.58
74	287	Tanya	Worsley	F40	10k	63.09
75	248	Callum	Roberts	MSEN	10k	63.19
76	159	Michael	Davies	MSEN	10k	63.19
77	146	Emma	Burton	F45	10k	63.48
78	211	Siân	Jones	F40	10k	63.52
79	217	Laura	Lewis-gartry	F45	10k	64.06
80	172	Angela	Francis	F55	10k	64.11
81	154	Emma	Cosgrove	FSEN	10k	64.16
82	219	Jamie	Love	M40	10k	64.17
83	212	Millie	Kiel	FSEN	10k	64.17
84	140	Nick	Bloomfield	M60	10k	64.31
85	269	Mary	Thornton	F55	10k	64.47
86	274	Alan	Webster	M55	10k	64.48

87	280	Haf	Wildermuth	F40	10k	64.59
88	252	Tony	Roberts	M55	10k	65.17
89	276	Andrea	Whitelam	F45	10k	66.57
90	200	Andy	Jones	M40	10k	66.57
91	265	Geza	Teleki	M55	10k	67.02
92	127	Jo	Morris	FSEN	10k	67.04
93	267	Drew	Thompson	M45	10k	67.06
94	216	Steve	Lewis	M40	10k	67.25
95	271	Bethan	Tout	F40	10k	67.50
96	273	Jan	Turley	F60	10k	67.50
97	209	Rachel	Jones	F40	10k	67.55
98	166	Roy	Dixon	M60	10k	68.17
99	193	Dave	Huxley	MSEN	10k	69.08
100	297	Brenda	Duffis	FSEN	10k	69.19
101	205	Helen	Jones	F45	10k	69.30
102	277	Debbie	Whitfield	F35	10k	69.30
103	238	Simon	Parsons	M40	10k	69.37
104	237	Andy	Parsons	M65	10k	69.37
105	239	Stuart	Parsons	M40	10k	69.37
106	263	Alison	Talbot	F55	10k	71.25
107	141	Marcela	Boden	F45	10k	71.39
108	152	Louise	Cobb	F55	10k	72.12
109	300	Zena	Kennerley	FSEN	10k	72.27
110	256	Mike	Shone	M50	10k	72.41
111	253	Ruth	Rosselson	F50	10k	72.42
112	210	Sandra	Jones	F55	10k	72.46
113	262	Sofie	Suckley	FSEN	10k	73.02
114	226	Thomas	Mellor	MSEN	10k	73.16
115	197	Jason	Jehu	MSEN	10k	73.16
116	264	Will	Taylor	MSEN	10k	74.00
117	208	Nicola	Jones	FSEN	10k	74.00
118	251	Kate	Roberts	FSEN	10k	74.00
119	182	Frank	Heath	M60	10k	75.03
120	157	Diane	Davies	F50	10k	75.04
121	150	Ann	Coackley	F55	10k	76.13
122	151	Hannah	Coackley	FSEN	10k	76.13
123	196	Nikki	Jarman	F45	10k	76.53
124	44	Craig	Evans	MSEN	10k	77.27
125	170	Samantha	Emms	F55	10k	78.34
126	254	Antony	Shaw	M70	10k	78.36
127	191	Nia	Hughes Pollard	F40	10k	78.45
128	137	Ruth	Appleton	F60	10k	78.53
129	175	Shirley	Green	F60	10k	79.10

130	214	Amanda	Laing	F55	10k	79.24
131	225	Hayley	Mcnicholas	F55	10k	79.28
132	138	Mya	Austin	F55	10k	80.17
133	215	Evie	Lewis	F55	10k	80.36
134	176	Linda	Griffiths	F55	10k	80.40
135	183	Ali	Heron	F40	10k	81.07
136	227	Louis	Miles-owen	M50	10k	81.26
137	220	Johanna	Mallett	F35	10k	81.50
138	70	No	Name		10k	83.22
139	266	Marie	Teleki	F55	10k	83.22
140	136	Jessica	Adie	F55	10k	85.09
141	179	Stef	Halsall	F45	10k	85.20
142	178	Carl	Halsall	M50	10k	85.23
143	148	Philippa	Capstick	F45	10k	85.59
144	164	Olivia	Denman	F40	10k	85.59
145	192	Shahnaz	Hussain	F45	10k	87.58
146	289	Ren	Yates	M50	10k	88.09
	145	Karen	Browne	F55	10k	DNS
	153	Lucy	Cooke	F45	10k	DNS
	168	Tony	Eden	M45	10k	DNS
	185	Paul	Holland	M50	10k	DNS
	187	Jack	Howell	M50	10k	DNS
	188	Iain	Howells	M50	10k	DNS
	189	Gareth	Hughes	M50	10k	DNS
	194	Antony	Janicki	M45	10k	DNS
	204	Helen	Jones	F40	10k	DNS
	207	Martine	Jones	F45	10k	DNS
	218	Pam	Linney	F55	10k	DNS
	221	Dan	Manford	M50	10k	DNS
	228	Michelle	Moorst	F45	10k	DNS
	229	Jack	Morgan	M50	10k	DNS
	231	David	O'callaghan	M60	10k	DNS
	234	Simon	Owen	M45	10k	DNS
	235	William	Owen	M50	10k	DNS
	236	Chris	Paddock	M45	10k	DNS
	245	Louise	Rafferty	F40	10k	DNS
	255	Michael	Shone	M50	10k	DNS
	260	Libbie	Stock	F35	10k	DNS
	268	Sandra	Thompson	F40	10k	DNS
	270	Gary	Tichopad	M50	10k	DNS
	272	Carl	Traynor	M50	10k	DNS
	278	Sue	Whittall	F60	10k	DNS
	286	Wendy	Williams	F55	10k	DNS

288	Libby	Yakas	FSEN	10k	DNS
290	Julie	Davies	FSEN	10k	DNS