

153	Robert Spotswood	V40 20	Abergele Harriers	47:42	215	Jones Dania Wyn	JM 4	Unattached	53:05
154	Paul Donoghue		Unattached	47:44	216	Arfon Jones	V65 3	NWRRRC	53:10
155	Howard Wynne	V40 21	Unattached	47:50	217	John Hatton	V50 23	Unattached	53:12
156	Graham Lloyd		Unattached	47:55	218	Ian Coles	V60 3	Unattached	53:14
157	Steve Hesketh		NWRRRC	47:59	219	James Lester	V45 26	Unattached	53:18
158	Alan Jones	V50 19	Bro Dysynni	48:03	220	Kevin Caselton	V40 30	Colwyn Keep Fit	53:18
159	Michael Nolan	V55 6	Abergele Harriers	48:05	221	James Daly		Unattached	53:22
160	Scott Butterworth	V40 22	Unattached	48:07	222	Nikki Ashworth	LJ 2	Unattached	53:26
161	Phillip Quigley		Birkenhead	48:08	223	Rhiannon Davies	L 36	Unattached	53:40
162	Iwan Pritchard		Eryri	48:10	224	Stephen Wann	V45 27	Abergele Harriers	53:48
163	Peter Eardley	V45 18	NWRRRC	48:15	225	Gill Schlangen	L45 5	Unattached	53:49
164	Brian Vigrass	V65 2	Staffs Moorlands AC	48:18	226	Robin Jarrett		Unattached	53:54
165	Mark Fraser		Unattached	48:23	227	Christina Jones	L35 10	Unattached	53:55
166	Sheila Bickerton	L45 2	S Cheshire Harriers	48:35	228	Kate Jones	L 39	Unattached	54:03
167	Leslie Rowlinson	V40 23	Shropshire Shufflers	48:45	229	Geoff Doherty	V40 31	Eryri	54:04
168	Gary Evans		Unattached	48:47	230	Kevin Bartimote	V50 24	Helsby	54:10
169	Julian Mahy	V45 19	Unattached	48:49	231	Joan Minty	L 40	Helsby	54:16
170	Christoph Robinetti		Unattached	49:01	232	Chris Hulme		Unattached	54:17
171	Sara Golding	L35 6	Unattached	49:02	233	Roy Hughes	V65 4	Abergele Harriers	54:19
172	Christine Casey	L 21	Unattached	49:07	234	Nigel Young	V50 25	Unattached	54:26
173	Susan Hughes	L45 3	Eryri	49:28	235	Pamela Grant	L40 3	Abergele Harriers	54:43
174	Helen Macarthur	L 23	Unattached	49:30	236	Andy Greenhalgh		Unattached	54:49
175	P Greenhalgh		Unattached	49:40	237	John Usher	V65 5	Unattached	54:51
176	Philip Smith	V45 20	Red Herrings	49:42	238	Martin Schlangen	V40 32	Unattached	54:58
177	Ian McConnell		Unattached	49:44	239	Peter Willgoose	V55 9	Halifax Harriers	55:16
178	George Foxton	V45 21	Unattached	49:44	240	Gary Lloyd		Colwyn Bay FC	55:23
179	Paula Roberts	L 24	Unattached	49:50	241	Dave Edwards	V50 26	Wrexham RC	55:30
180	Andy Unwin	V40 24	Bro Dysynni	49:52	242	Don Price	V60 4	Unattached	55:38
181	Susan Roberts	L35 7	Unattached	49:53	243	Gary Tippetts	V40 33	Unattached	55:39
182	David Loftus	V40 25	North Wales Police	49:56	244	Stella Tippetts	L35 11	Unattached	55:45
183	Dylan Jones		Unattached	50:18	245	Tony Gibson	V40 34	Unattached	55:48
184	John Ward	V50 20	Unattached	50:22	246	William Jones	V50 27	Unattached	56:14
185	Yvonne Prior	L40 2	Colwyn Keep Fit	50:27	247	Phil Walker	V50 28	Wilmslow	56:27
186	Huw Jones		Unattached	50:29	248	Wendy Merfield	L50 4	1066 Tri	56:29
187	Pam Appleton	L45 4	St Helens Sutton	50:31	249	Mark Greenhalgh		Unattached	56:35
188	John Green	V40 26	Abergele Harriers	50:47	250	Mike Catherall	V40 35	Unattached	56:37
189	Maria Newton	L 28	Unattached	50:50	251	Maggie Williams	L 44	Unattached	56:52
190	Kevin Wayman		Unattached	50:55	252	Colin Wickens	V40 36	Unattached	56:59
191	Brenda Jones	L50 1	Bro Dysynni	51:02	253	Barbara Leedham	L50 5	Winston Runners	57:02
192	Michael Griffiths		Reebok RC	51:04	254	Arthur Hartshorn	V55 10	Rivacre	57:29
193	Andrew Higton		Unattached	51:05	255	David Rees		Unattached	58:04
194	Neil Roberts		Reebok RC	51:18	256	Helen Rowlinson	L45 6	Shropshire Shufflers	58:13
195	Simon Brazier		Unattached	51:20	257	Denise Wood	L45 7	North Wales Police	58:20
196	Dennis Smith	V55 7	Unattached	51:23	258	Nigel Forrest	V45 28	North Wales Police	58:20
197	Charles Enston		Unattached	51:26	259	Mari Gruffyd	L50 6	Cybi	58:44
198	Neil Brampton		Colwyn Bay FC	51:34	260	Michael Edge		Unattached	59:04
199	Kirsty Stephenson	L35 8	Unattached	51:36	261	Roy Peel	V65 6	Bro Dysynni	59:10
200	Ann Jones	L50 2	Unattached	51:44	262	Ruth Storry	L40 4	Unattached	59:28
201	Iorwerth Roberts	V55 8	Eryri	51:46	263	Carolyn Moore	L45 8	NSRRA	59:31
202	Edward Ryan	V45 22	Unattached	51:47	264	Anthony Moore	V50 29	NSRRA	59:32
203	Stephen Harper	V45 23	Unattached	51:52	265	Lee Frith		Unattached	1:00:26
204	Stephen Lee	V45 24	Reebok RC	52:05	266	Margaret Williams	L60 1	Unattached	1:00:47
205	Stephen Pender	V40 27	Unattached	52:13	267	Frank Palmer	V50 30	Unattached	1:01:06
206	Barry Pierce	V50 21	Cheshire Constabulary	52:20	268	Jean Napier	L50 7	Bro Dysynni	1:01:13
207	Donald Johnson	V40 28	Unattached	52:22	269	Hilda Limacher	L40 5	Unattached	1:01:40
208	Roger Pickles	V45 25	RRC	52:24	270	Paul Byard	V40 37	Unattached	1:02:21
209	Rosemary Price	L50 3	Dee Striders	52:26	271	Pamela Hackett	L35 12	Colwyn Bay FC	1:06:41
210	Tony Barnes	V50 22	S Liverpool	52:26	272	Colin Flannigan		Unattached	1:08:21
211	Lee Pownall		Unattached	52:26	273	Eifion Evans	V65 7	Cybi	1:11:03
212	Linda Hughes	L35 9	Unattached	52:29	274	Leon Kata	V65 8	Ford Halewood	1:11:25
213	Steven Warburton	V40 29	Unattached	52:31	275	Vincent Shallcross		Unattached	1:12:28
214	Jane Fredrick	L 34	Unattached	52:33					

Nick Beer 10k - Men — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Eryri	15	—	3	James McQueen	4	Emlyn Roberts	8	Arwel Lewis
2	Colwyn Bay AC	37	—	5	David Hughes	15	Billy Hunter	17	Tom Cowans
3	NWRRRC	52	—	9	Richard Jones	11	Gareth Rawling	32	Chris Pritchard
4	West Cheshire AC	80	—	16	John Fidler	21	Lee Johnson	43	Jack Thomas
5	Abergele Harriers	101	—	22	Sean McCormack	28	Richard Lee	51	Alan Taylor
6	Colwyn Keep Fit	130	—	19	Rob Crane	40	Marc Reeves	71	Richard Borne
7	Buckley Runners	141	—	37	Steven Tideswell	47	Karl Ankers	57	Ellis Williams
8	Bro Dysynni	168	—	52	Gaeme Stringer	53	Tony Hodgson	63	Malcolm Taylor
9	Dee Striders	168	—	10	Chris Davies	76	Sid Bailey	82	Kevin Burns
10	North Wales Police	178	—	27	Craig Jones	48	Paul Stevens	103	David Loftus
11	Red Herrings	193	—	24	Philip Cuthbert	68	Martyn Rosser	101	Phillip Smith
12	Cybi	204	—	33	John Griffith	44	Ian Williams	127	Eifion Evans
13	Wrexham RC	214	—	14	Stephen Bellis	79	Alan Jones	121	Dave Edwards
14	Reebok RC	320	—	105	Michael Griffiths	106	Neil Roberts	109	Stephen Lee

Nick Beer 10k - Ladies — TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Colwyn Bay AC	15	—	1	Isobel Redfern	4	Lisa Thompson	10	Vicky Ronald
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