

Ladies Results

Name	Club	Age	Cat Pos	Time	
Sarah Hunter	West Cheshire Athletic Club	W35	1	10:31.0	PB
Kirsty Wheeler	Lowestoft Road Runners	W35	2	12:16.2	PB
Nicola Sutton	Preston Harriers	W40	1	10:25.9	
Emma Raven	Keighley & Craven AC	W40	2	10:29.7	SB
Ewelina Ciesielska	Welsh Masters Athletics Limited	W40	3	10:43.7	SB
Kat Kruse	Metropolitan Police AC	W40	4	10:45.0	
Lucy Wasinski	Glossopdale Harriers	W40	5	10:53.3	PB
Vickie Ellison	Kirkby Milers AC	W40	6	11:01.0	PB
Lydia Race	Barnsley Athletic Club	W40	7	11:02.0	SB
Katy Thomas	Pontyclun Road Runners	W40	8	11:54.0	
Joanne Henderson	Denbigh Harriers	W45	1	11:15.0	
Katie Louise Kay	East Cheshire Harriers & Tameside AC	W45	2	11:38.2	
Colleen O'leary	Swansea Harriers	W45	3	11:51.5	

Men's Results

Name	Club	Age Category	Cat Pos	Time	
Nick Shasha	Orion Harriers	M50	1	09:46.2	
Martin Green	North Wales Road Runners	M50	2	09:49.9	
Lee Price	Builth and District	M50	3	10:17.6	PB
Chris Preston	Welsh Masters Athletics Limited	M50	4	10:29.8	
Steve Hallas	Preston Harriers	M50	5	10:50.4	
Chris Nicoll	Derby Triathlon Club	M55	1	09:46.4	SB

Joseph Gonzalez	26.2 Road Runners Club	M55	2	09:46.6	
Darrell Wilde	Cannock & Stafford	M55	3	09:54.8	PB
Stephen Greaves	Wilmslow Running Club	M55	4	11:01.1	
Neil Gamble	Western Tempo	M55	5	11:16.0	
John Broom	Penistone Footpath Runners & Athletic Club	M55	6	11:35.7	SB
Steven Gardner	Welsh Masters Athletics Limited	M60	1	10:11.0	PB
Jeremy Mower	Western Tempo	M60	2	10:30.7	SB
Christopher Hollinsh	Cannock & Stafford AC	M60	3	10:34.6	
Rob Sheen	Leicester Coritanian AC	M65	1	11:37.4	SB
Geran Hughes	GOG Triathlon Club	M60	4	11:38.9	