

| Pos | Bib | Name              | M/F  | AG   | AG   | Club                      | Chip  | Gun   |
|-----|-----|-------------------|------|------|------|---------------------------|-------|-------|
| 1.  | 36  | Matthew Collins   | 1st  | MSEN | 1st  | Oswestry Olympians        | 15:25 | 15:26 |
| 2.  | 123 | Jamie Lambie      | 2nd  | MSEN | 2nd  | Shrewsbury AC             | 15:50 | 15:51 |
| 3.  | 126 | Charlie Lewis     | 3rd  | MSEN | 3rd  | Shrewsbury Athletics Club | 16:56 | 16:56 |
| 4.  | 155 | Matty Redworth    | 4th  | MSEN | 4th  | Shrewsbury AC             | 17:09 | 17:11 |
| 5.  | 186 | Zac Wasteneay     | 5th  | MJUN | 1st  | Shrewsbury AC             | 17:19 | 17:20 |
| 6.  | 119 | Sean Jones        | 6th  | M35  | 1st  | Oswestry Olympians        | 17:24 | 17:26 |
| 7.  | 148 | Carl Phillips     | 7th  | M40  | 1st  | Maldwyn Harriers          | 17:25 | 17:28 |
| 8.  | 168 | Oscar Simmons     | 8th  | MSEN | 5th  | Oswestry Olympians        | 17:30 | 17:31 |
| 9.  | 160 | James Roberts     | 9th  | MSEN | 6th  | wrexham                   | 17:46 | 17:47 |
| 10. | 94  | Ali Hunter        | 10th | M40  | 2nd  | Whitchurch whippets       | 17:48 | 17:50 |
| 11. | 22  | Matthew Brown     | 11th | MSEN | 7th  | Shropshire Shufflers      | 17:50 | 17:52 |
| 12. | 4   | Samual Antrobus   | 12th | MJUN | 2nd  | N/A                       | 17:46 | 17:53 |
| 13. | 114 | Ollie Jones       | 13th | MSEN | 8th  | Maldwyn Harriers          | 17:58 | 18:01 |
| 14. | 27  | Peter Butler      | 14th | M35  | 2nd  | Oswestry Olympians        | 18:06 | 18:09 |
| 15. | 3   | David Anderson    | 15th | M35  | 3rd  | Shrewsbury athletics club | 18:10 | 18:12 |
| 16. | 16  | Oliver Blake      | 16th | M35  | 4th  | Oswestry Olympians        | 18:11 | 18:12 |
| 17. | 182 | Richard Trowles   | 17th | M40  | 3rd  | Aycliffe running club     | 18:12 | 18:13 |
| 18. | 74  | Chloe Hamard      | 1st  | FSEN | 1st  |                           | 18:12 | 18:14 |
| 19. | 35  | Ben Cocker        | 18th | M35  | 5th  | Shrewsbury                | 18:14 | 18:16 |
| 20. | 98  | Sam Jacobs        | 19th | MSEN | 9th  |                           | 18:16 | 18:18 |
| 21. | 69  | Stuart Gater      | 20th | MSEN | 10th | Shrewsbury AC             | 18:16 | 18:18 |
| 22. | 24  | Conor Browne      | 21st | MSEN | 11th | Shrewsbury AC             | 18:17 | 18:20 |
| 23. | 55  | Matt Davison      | 22nd | MSEN | 12th |                           | 18:22 | 18:25 |
| 24. | 180 | David Thorpe      | 23rd | M40  | 4th  |                           | 18:27 | 18:28 |
| 25. | 21  | Rich Breakwell    | 24th | M35  | 6th  | Shrewsbury AC             | 18:37 | 18:39 |
| 26. | 128 | Ian Lowe          | 25th | M50  | 1st  | Oswestry Olympians        | 18:38 | 18:40 |
| 27. | 80  | Sam Herbert       | 26th | MSEN | 13th | Oswestry Olympians        | 18:44 | 18:48 |
| 28. | 178 | Dean Thomas       | 27th | M40  | 5th  | Maldwyn Harriers          | 18:46 | 18:49 |
| 29. | 147 | Matthew Pearson   | 28th | M35  | 7th  |                           | 18:51 | 18:52 |
| 30. | 6   | Stjohn Ashworth   | 29th | M40  | 6th  | Oswestry Olympians        | 18:54 | 18:59 |
| 31. | 174 | Ash Stringer      | 30th | MSEN | 14th |                           | 19:08 | 19:09 |
| 32. | 154 | Chris Radford     | 31st | M40  | 7th  | Shropshire Shufflers      | 19:12 | 19:15 |
| 33. | 38  | Naomi Cook        | 2nd  | F35  | 1st  | Shrewsbury AC             | 19:15 | 19:17 |
| 34. | 41  | Florence Corfield | 3rd  | FSEN | 2nd  | Shrewsbury AC             | 19:19 | 19:21 |
| 35. | 185 | Justin Walsh      | 32nd | M40  | 8th  |                           | 19:20 | 19:23 |
| 36. | 61  | Adam Edwards      | 33rd | M40  | 9th  | Mere Runners              | 19:28 | 19:33 |
| 37. | 67  | Darren France     | 34th | M35  | 8th  |                           | 19:32 | 19:34 |
| 38. | 37  | Jan Cook          | 4th  | F50  | 1st  | Shrewsbury AC             | 19:33 | 19:35 |
| 39. | 179 | Hannah Thomas     | 5th  | F40  | 1st  | Maldwyn Harriers          | 19:40 | 19:42 |
| 40. | 29  | Alastair Clarke   | 35th | MSEN | 15th |                           | 19:41 | 19:44 |
| 41. | 163 | Mark Roelink      | 36th | M60  | 1st  | Amazing feet running club | 19:43 | 19:46 |
| 42. | 70  | Darren Goddard    | 37th | MSEN | 16th |                           | 19:53 | 19:57 |
| 43. | 199 | David Card        | 38th | M40  | 10th | Oswestry Olympians        | 19:53 | 19:58 |
| 44. | 191 | Callum Williams   | 39th | MSEN | 17th |                           | 19:48 | 20:01 |
| 45. | 146 | Andrew Pearson    | 40th | M35  | 9th  |                           | 20:02 | 20:03 |
| 46. | 30  | Andy Clarke       | 41st | M60  | 2nd  | Oswestry Olympians        | 20:04 | 20:07 |
| 47. | 48  | Paul Crisford     | 42nd | M35  | 10th | Total Tri Training        | 20:08 | 20:12 |
| 48. | 40  | Pete Cope         | 43rd | M50  | 2nd  |                           | 20:08 | 20:13 |
| 49. | 167 | Robert Sharam     | 44th | M50  | 3rd  | Robert Sharam             | 20:14 | 20:18 |

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| 50. | 78 Adam Haythorn         | 45th | M35  | 11th |                           | 20:32 | 20:38 |
| 51. | 144 Harry Parkinson      | 46th | MSEN | 18th |                           | 20:29 | 20:39 |
| 52. | 181 Forster Tony         | 47th | M40  | 11th | Wrexham aac               | 20:47 | 20:52 |
| 53. | 153 Richard Pullin       | 48th | M50  | 4th  | Oswestry Olympians        | 21:00 | 21:04 |
| 54. | 196 Martin Ellis         | 49th | M40  | 12th |                           | 20:59 | 21:04 |
| 55. | 120 Rebecca Kettelman    | 6th  | FSEN | 3rd  | Shrewsbury Athletics Club | 21:03 | 21:06 |
| 56. | 151 Eleanor Pitcher      | 7th  | FSEN | 4th  | Shrewsbury AC             | 21:04 | 21:07 |
| 57. | 157 Dean Richards        | 50th | M35  | 12th | Whitchurch Whippets       | 21:05 | 21:10 |
| 58. | 84 Annabel Hodgson       | 8th  | F50  | 2nd  |                           | 21:06 | 21:12 |
| 59. | 109 John Jones           | 51st | MSEN | 19th |                           | 21:07 | 21:14 |
| 60. | 54 Tommy Davies          | 52nd | MSEN | 20th |                           | 21:30 | 21:30 |
| 61. | 161 James Roberts        | 53rd | M35  | 13th | Whitchurch whippets       | 21:25 | 21:31 |
| 62. | 129 Richard Manford      | 54th | M50  | 5th  | Oswestry Olympians        | 21:33 | 21:40 |
| 63. | 19 Scott Boulton         | 55th | M40  | 13th |                           | 21:37 | 21:41 |
| 64. | 173 Sami Stoute          | 9th  | FSEN | 5th  |                           | 21:34 | 21:42 |
| 65. | 131 James Marston        | 56th | M50  | 6th  | Whitchurch Whippets       | 21:33 | 21:44 |
| 66. | 200 Max Robert           | 57th | M60  | 3rd  |                           | 21:48 | 21:52 |
| 67. | 183 Dom Walczak          | 58th | MSEN | 21st |                           | 21:46 | 21:56 |
| 68. | 145 Claire Peace         | 10th | F35  | 2nd  | Oswestry Olympians        | 21:52 | 21:58 |
| 69. | 63 Lara Adelaide Edwards | 11th | FSEN | 6th  | Meirionnydd Running Club  | 21:52 | 21:58 |
| 70. | 113 Nathan Jones         | 59th | MSEN | 22nd |                           | 21:55 | 22:05 |
| 71. | 25 Dave Brunyard         | 60th | MSEN | 23rd | Whitchurch Whippets       | 22:00 | 22:05 |
| 72. | 169 Charlie Sinclair     | 61st | MSEN | 24th | Wrexham AAC               | 21:59 | 22:07 |
| 73. | 99 Chris Johnson         | 62nd | M40  | 14th |                           | 22:09 | 22:20 |
| 74. | 72 Jessica Gunner        | 12th | FSEN | 7th  | Shrewsbury Athletics Club | 22:19 | 22:23 |
| 75. | 101 Luke Johnson         | 63rd | MSEN | 25th |                           | 22:11 | 22:24 |
| 76. | 104 Andrea Jones         | 13th | F40  | 2nd  |                           | 22:20 | 22:24 |
| 77. | 39 Morgan Cooper         | 64th | MSEN | 26th |                           | 22:16 | 22:28 |
| 78. | 139 Rosalie Newcombe     | 14th | FSEN | 8th  |                           | 22:30 | 22:30 |
| 79. | 53 Rhys Davies           | 65th | MSEN | 27th |                           | 22:33 | 22:36 |
| 80. | 52 Elliott Davies        | 66th | M40  | 15th |                           | 22:32 | 22:40 |
| 81. | 177 Daniel Thomas        | 67th | MSEN | 28th | Maldwyn Harriers          | 22:40 | 22:43 |
| 82. | 89 Jason Howes           | 68th | M35  | 14th | Shrewsbury AC             | 22:48 | 22:51 |
| 83. | 62 George Edwards        | 69th | MSEN | 29th |                           | 22:48 | 22:54 |
| 84. | 82 Yvonne Hill           | 15th | F60  | 1st  | Oswestry Olympians        | 22:57 | 23:00 |
| 85. | 176 Duncan Taylor        | 70th | M40  | 16th | Pontesbury runners        | 23:03 | 23:18 |
| 86. | 8 Vicky Baillie          | 16th | F40  | 3rd  | Whitchurch Whippets       | 23:08 | 23:19 |
| 87. | 107 Georgie Jones        | 17th | FSEN | 9th  |                           | 23:15 | 23:23 |
| 88. | 121 Louise Kitcatt       | 18th | F40  | 4th  |                           | 23:17 | 23:25 |
| 89. | 11 Lizzie Barlow         | 19th | F40  | 5th  | Oswestry Olympians        | 23:23 | 23:31 |
| 90. | 108 Huw Jones            | 71st | M50  | 7th  | Oswestry Olympians        | 23:24 | 23:32 |
| 91. | 28 Nick Chesterfield     | 72nd | M50  | 8th  | Fetcheveryone             | 23:30 | 23:35 |
| 92. | 71 Josh Gresty           | 73rd | MSEN | 30th | Oswestry Boxing Club      | 23:37 | 23:50 |
| 93. | 20 Catherine Bradley     | 20th | F40  | 6th  | Maldwyn Harriers          | 23:52 | 23:56 |
| 94. | 57 Matthew Day           | 74th | MSEN | 31st |                           | 23:52 | 24:03 |
| 95. | 15 Nick Blake            | 75th | M60  | 4th  | Oswestry Olympians        | 24:01 | 24:07 |
| 96. | 77 Richard Hankinson     | 76th | M60  | 5th  | Meirionnydd               | 24:00 | 24:07 |
| 97. | 86 Claire Holliman       | 21st | F50  | 3rd  | Total Tri Training        | 24:20 | 24:28 |
| 98. | 162 Tom Roberts          | 77th | MSEN | 32nd |                           | 24:18 | 24:28 |
| 99. | 1 Victoria Addison       | 22nd | FSEN | 10th | Shropshire Shufflers      | 24:24 | 24:31 |

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| 100. | 75  | Susie Hancock        | 23rd | F60  | 2nd  | Oswestry Olympians          | 24:34 | 24:38 |
| 101. | 31  | Daisy Clarke         | 24th | FSEN | 11th |                             | 25:10 | 25:18 |
| 102. | 88  | Emma Howells         | 25th | F35  | 3rd  |                             | 25:29 | 25:33 |
| 103. | 64  | Phillippa Elms       | 26th | F40  | 7th  |                             | 25:41 | 25:52 |
| 104. | 7   | Molly Bailey         | 27th | FSEN | 12th |                             | 25:45 | 25:52 |
| 105. | 175 | Emily Stringer       | 28th | FSEN | 13th |                             | 25:44 | 25:54 |
| 106. | 124 | Rosemarie Lawrence   | 29th | FSEN | 14th |                             | 25:44 | 25:55 |
| 107. | 192 | Tommy Williams       | 78th | MSEN | 33rd |                             | 25:45 | 25:55 |
| 108. | 60  | Tanya Eccles         | 30th | FSEN | 15th |                             | 25:51 | 25:58 |
| 109. | 76  | Tracy Haner          | 31st | F40  | 8th  | Pontesbury Runners          | 25:54 | 26:09 |
| 110. | 189 | Neil Wild            | 79th | M60  | 6th  |                             | 26:15 | 26:23 |
| 111. | 187 | Freya Weetman        | 32nd | FSEN | 16th |                             | 26:16 | 26:28 |
| 112. | 93  | Zak Hughes           | 80th | MSEN | 34th |                             | 26:21 | 26:32 |
| 113. | 184 | Darrell Walsh        | 81st | M40  | 17th |                             | 26:30 | 26:37 |
| 114. | 50  | Cerys Davies         | 33rd | FSEN | 17th | Shrewsbury Renegades        | 26:43 | 26:53 |
| 115. | 51  | Dennis Davies        | 82nd | M40  | 18th |                             | 26:49 | 26:58 |
| 116. | 42  | Mark Corfield        | 83rd | M40  | 19th |                             | 26:49 | 26:58 |
| 117. | 65  | Mark Evans           | 84th | M60  | 7th  |                             | 27:05 | 27:19 |
| 118. | 172 | Sammy Stevens        | 34th | FSEN | 18th |                             | 27:39 | 27:39 |
| 119. | 17  | Abigail Boulton      | 35th | F35  | 4th  |                             | 27:32 | 27:43 |
| 120. | 49  | Andrea Crowe         | 36th | F40  | 9th  |                             | 27:42 | 27:47 |
| 121. | 111 | Lucy Jones           | 37th | FSEN | 19th |                             | 27:36 | 27:48 |
| 122. | 56  | William Davison      | 85th | M60  | 8th  | Oswestry Olympians          | 27:47 | 27:55 |
| 123. | 166 | Carrie Sayce         | 38th | F50  | 4th  |                             | 27:42 | 27:56 |
| 124. | 170 | Jonathan Smith       | 86th | M60  | 9th  | Oswestry olympians p        | 27:57 | 28:01 |
| 125. | 46  | Katie Courtney-Jones | 39th | F35  | 5th  |                             | 27:50 | 28:01 |
| 126. | 102 | Brigstock Jonathan   | 87th | M35  | 15th |                             | 27:53 | 28:01 |
| 127. | 83  | Tricia Hirst         | 40th | F60  | 3rd  | Maldwyn Harriers            | 27:57 | 28:03 |
| 128. | 135 | Hannah Mosford       | 41st | F35  | 6th  | Oswestry Olympians          | 27:57 | 28:03 |
| 129. | 118 | Sarah Jones          | 42nd | F40  | 10th | Oswestry olympians          | 28:03 | 28:09 |
| 130. | 141 | Andrea Nowell        | 43rd | F50  | 5th  | Oswestry olympians          | 28:04 | 28:10 |
| 131. | 122 | Jeff Lambert         | 88th | M40  | 20th | West Cheshire Athletic club | 28:17 | 28:26 |
| 132. | 133 | Karl Moore           | 89th | M40  | 21st | Wrexham AAC                 | 28:24 | 28:33 |
| 133. | 158 | Yvonne Richards      | 44th | F60  | 4th  | Whitchurch Whippets         | 28:32 | 28:45 |
| 134. | 5   | Charles Ashley       | 90th | M60  | 10th | Wrexham aac                 | 28:47 | 28:55 |
| 135. | 130 | Micheal Marsh        | 91st | M40  | 22nd | Shrewsbury Renegade Runners | 29:02 | 29:09 |
| 136. | 95  | Ella Hunter          | 45th | FSEN | 20th |                             | 29:01 | 29:11 |
| 137. | 193 | Rebecca Wilson       | 46th | F35  | 7th  |                             | 28:59 | 29:11 |
| 138. | 85  | David Holbrook       | 92nd | M60  | 11th | Shrewsbury Renegades        | 29:06 | 29:13 |
| 139. | 116 | Philip Jones         | 93rd | M70  | 1st  | Maldwyn Harriers            | 29:11 | 29:23 |
| 140. | 137 | Jennifer Moss        | 47th | F35  | 8th  | Chester Road Runners        | 29:14 | 29:25 |
| 141. | 142 | Kelsee Owen          | 48th | FSEN | 21st |                             | 29:22 | 29:35 |
| 142. | 91  | Ryan Hughes          | 94th | MSEN | 35th |                             | 29:31 | 29:39 |
| 143. | 58  | Will Doyle           | 95th | M40  | 23rd |                             | 29:39 | 29:47 |
| 144. | 150 | Erin Pierce          | 49th | FSEN | 22nd |                             | 29:49 | 29:58 |
| 145. | 149 | Ellie Pierce         | 50th | FSEN | 23rd |                             | 29:52 | 30:02 |
| 146. | 45  | Katie Costello       | 51st | F35  | 9th  |                             | 30:29 | 30:34 |
| 147. | 136 | Colleen Mosley       | 52nd | FSEN | 24th | Maldwyn Harriers            | 30:28 | 30:35 |
| 148. | 152 | Lois Powell          | 53rd | FSEN | 25th |                             | 30:31 | 30:43 |
| 149. | 33  | Hattie Clifford      | 54th | FSEN | 26th |                             | 31:08 | 31:20 |

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| 150. | 26 Meg Brunyard           | 55th | FSEN | 27th | Whitchurch Whippets    | 31:11 | 31:24 |
| 151. | 188 Carol Wild            | 56th | F60  | 5th  |                        | 31:19 | 31:29 |
| 152. | 197 Anthony Pepper        | 96th | M70  | 2nd  | Oswestry Olympians     | 31:20 | 31:30 |
| 153. | 96 Ian Hunter             | 97th | M50  | 9th  |                        | 31:58 | 32:07 |
| 154. | 9 Sam Ball                | 57th | F35  | 10th |                        | 32:14 | 32:26 |
| 155. | 105 Clare Jones           | 58th | F35  | 11th |                        | 32:15 | 32:28 |
| 156. | 117 Sally Jones           | 59th | F40  | 11th |                        | 32:45 | 32:57 |
| 157. | 110 Louise Jones          | 60th | FSEN | 28th |                        | 32:46 | 32:58 |
| 158. | 97 Megan Hunter           | 61st | FSEN | 29th |                        | 34:01 | 34:11 |
| 159. | 134 Kellie Morris         | 62nd | F35  | 12th |                        | 34:34 | 34:48 |
| 160. | 195 Natalie Wirdnam       | 63rd | FSEN | 30th |                        | 34:35 | 34:49 |
| 161. | 198 Sarah Watson          | 64th | F35  | 13th |                        | 34:36 | 34:50 |
| 162. | 73 Helen Hall             | 65th | F50  | 6th  | Wrexham Triathlon Club | 34:46 | 34:55 |
| 163. | 87 Olivia Hood            | 66th | FSEN | 31st |                        | 35:12 | 35:24 |
| 164. | 2 Alice Allport           | 67th | FSEN | 32nd |                        | 35:11 | 35:24 |
| 165. | 90 Penny Hughes           | 68th | FJUN | 1st  |                        | 35:50 | 36:02 |
| 166. | 92 Victoria Hughes        | 69th | F40  | 12th |                        | 35:51 | 36:03 |
| 167. | 127 Jacqueline Lincoln    | 70th | F50  | 7th  |                        | 37:44 | 37:53 |
| 168. | 171 Katy Smith            | 71st | FSEN | 33rd |                        | 38:09 | 38:21 |
| 169. | 202 Ruby Nicholls         | 72nd | FJUN | 2nd  |                        | 40:55 | 41:30 |
| 170. | 201 Lindsey Hopkins-Novak | 73rd | F40  | 13th |                        | 40:50 | 41:35 |