

10K Vince Regan Memorial Classic Road Run

Overall	MF	AG	Bib	Name	AG	Club	Finish	Gap
Lanzarote International Running Challenge 2022 / Night Run 2022								
Female								
FEMALE 25-29								
43	F.4	1	26	Rosanna Andrews	 F25-29		0:41:58	+08:46
116	F.24	2	215	Morven Glennie	 F25-29		0:49:17	+16:05
155	F.43	3	153	Jessica Pendlebury	 F25-29		0:52:16	+19:04
185	F.61	4	109	Roisin O'Donovan	 F25-29		0:56:05	+22:53
187	F.63	5	222	Mette Hartlev	 F25-29		0:56:14	+23:02
211	F.76	6	127	Susannah Staunton	 F25-29		1:01:17	+28:05
250	F.101	7	233	Rachel Kelly	 F25-29		1:13:23	+40:11
261	F.107	8	63	Kayleigh Harris	 F25-29	THOR	1:23:02	+49:50
FEMALE 30-34								
67	F.8	1	245	Sarah Lyons	 F30-34	CRUSADERS AC	0:44:17	+11:05
164	F.48	2	33	Anna Caroline Brasen	 F30-34	FREMAD HOLBÆK/KALUNDBORG SVANE	0:53:35	+20:23
213	F.77	3	282	Marta Diaz	 F30-34		1:01:30	+28:18
231	F.88	4	146	Jenni Ajderian	 F30-34		1:08:48	+35:36
FEMALE 35-39								
17	F.1	*	379	Catherine Thornton	 F35-39	CRUSADERS	0:37:31	+04:19
68	F.9	1	307	Ilona McElroy	 F35-39		0:44:18	+11:06
71	F.10	2	247	Susanne Edelmann	 F35-39		0:44:54	+11:42
81	F.14	3	208	Rebecca Fleming	 F35-39	CRUSADERS AC	0:46:09	+12:57
105	F.21	4	94	Deirdre Lyons	 F35-39	DUBLIN FRONTRUNNERS	0:48:18	+15:06
117	F.25	5	213	Emily Glen	 F35-39	CRUSADERS AC	0:49:19	+16:07
123	F.28	6	56	Sally Gallagher	 F35-39		0:49:56	+16:44
137	F.36	7	112	Ivana Pristed	 F35-39		0:51:35	+18:23
141	F.39	8	210	Margaret Foley	 F35-39		0:51:43	+18:31
152	F.41	9	235	Emer Kenny	 F35-39		0:52:12	+19:00
179	F.56	10	101	Kelle McQuade	 F35-39	THOR	0:54:59	+21:47
192	F.68	11	301	Heidi Løffgreen	 F35-39		0:57:24	+24:12
193	F.69	12	366	Mia Rasmussen	 F35-39		0:57:24	+24:12
194	F.70	13	260	Lisa Abbott	 F35-39		0:57:54	+24:42
FEMALE 40-44								
36	F.3	*	232	Shona Keane	 F40-44	SPORTSWORLD	0:41:12	+08:00
50	F.5	1	7	Maura Ginty	 F40-44	SPORTSWORLD AC	0:42:39	+09:27
59	F.6	2	382	Wendy Webber	 F40-44	MILTON BUZZARD LADIES	0:43:30	+10:18
66	F.7	3	369	Linsey Ryall	 F40-44	MILTON BUZZARD LADIES	0:44:01	+10:49
85	F.15	4	228	Amy Inchley	 F40-44	MILTON BUZZARD LADIES	0:46:35	+13:23
108	F.22	5	356	Deirdre O'Connell	 F40-44		0:48:33	+15:21
109	F.23	6	242	Sara Cbh Lorentzen	 F40-44		0:48:37	+15:25
135	F.35	7	27	Rachel Barker	 F40-44	THOR	0:51:27	+18:15
140	F.38	8	35	Jennifer Brocksopp	 F40-44		0:51:40	+18:28
156	F.44	9	257	Elaine Moore	 F40-44		0:52:17	+19:05
191	F.67	10	89	Michelle Lawton	 F40-44	THOR	0:56:46	+23:34
FEMALE 45-49								
74	F.11	1	234	Ruth Kelly	 F45-49	SPORTSWORLD	0:45:02	+11:50
78	F.13	2	240	Maibritt Kristoffersen	 F45-49		0:45:49	+12:37
95	F.16	3	194	Bridget Daly	 F45-49	BOHERMEEN AC	0:47:41	+14:29
96	F.17	4	373	Octavia Singleton	 F45-49		0:47:50	+14:38

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Overall	MF	AG	Bib	Name	AG	Club	Finish	Gap
98	F.18	5	174	Carolina Arribas Perez	 F45-49		0:47:58	+14:46
126	F.30	6	353	Martina Nolan-Jones	 F45-49		0:50:37	+17:25
131	F.32	7	83	Kimberley Kennedy	 F45-49	SPORTSWORLD	0:51:10	+17:58
132	F.33	8	361	Sophie Packman	 F45-49	GCR	0:51:12	+18:00
134	F.34	9	77	Ali How	 F45-49		0:51:24	+18:12
153	F.42	10	352	Liz Nixon	 F45-49		0:52:12	+19:00
158	F.46	11	287	Olive Fogarty	 F45-49	Sportsworld A.C.	0:52:44	+19:32
170	F.52	12	218	Caroline Griffin	 F45-49	HERTS RUNNERS	0:54:07	+20:55
172	F.53	13	230	Pia Chanette Jensen	 F45-49	SPARTA	0:54:19	+21:07
177	F.55	14	220	Esther Hakvoort	 F45-49		0:54:54	+21:42
181	F.57	15	380	Esther van Bochove	 F45-49		0:55:27	+22:15
184	F.60	16	54	Amanda Fuller	 F45-49	BWFAC	0:56:05	+22:53
190	F.66	17	104	Catherine Nettleton	 F45-49		0:56:42	+23:30
205	F.72	18	79	Sarah Howell	 F45-49		0:59:49	+26:37
210	F.75	19	87	Heather Larson	 F45-49		1:00:57	+27:45
217	F.79	20	147	Elaine Timpson	 F45-49		1:02:06	+28:54
219	F.81	21	71	Joan Helmholt	 F45-49		1:02:32	+29:20
247	F.98	22	144	Gillian Doyle	 F45-49		1:11:59	+38:47

FEMALE 50-54

33	F.2	*	97	Angela Mccann	 F50-54		0:40:27	+07:15
124	F.29	1	15	Lene Vintersboelle	 F50-54		0:50:25	+17:13
173	F.54	2	51	Edna-Jane Findlay	 F50-54		0:54:37	+21:25
195	F.71	3	303	Kimberley Mangelshot	 F50-54		0:58:11	+24:59
207	F.74	4	255	Anne Marie McNamara	 F50-54		1:00:33	+27:21
223	F.83	5	184	Victoria Cairney	 F50-54	THOR RUNNING CLUB	1:04:49	+31:37
229	F.87	6	291	Yvonne Granger	 F50-54		1:07:41	+34:29
235	F.91	7	132	Joanne Callaghan	 F50-54		1:09:54	+36:42
240	F.94	8	65	Samantha Harris	 F50-54	THOR	1:10:42	+37:30
245	F.96	9	14	Nickola Walker	 F50-54	BWFAC	1:11:31	+38:19
248	F.99	10	17	Deborah Terras	 F50-54	BWFAC	1:12:22	+39:10
249	F.100	11	204	Kath Evans	 F50-54	GARDEN CITY RUNNERS	1:12:38	+39:26
251	F.102	12	37	Susanne Brundrett	 F50-54		1:17:21	+44:09

FEMALE 55-59

77	F.12	1	188	Lynn Chislett	 F55-59		0:45:42	+12:30
101	F.19	2	202	Olwyn Dunne	 F55-59	CRUSADERS	0:48:02	+14:50
120	F.26	3	60	Susan Gray	 F55-59		0:49:40	+16:28
122	F.27	4	73	Vivi Hjortlund	 F55-59		0:49:44	+16:32
138	F.37	5	116	Paula Robinson	 F55-59		0:51:37	+18:25
144	F.40	6	88	Susanne Rikki Laursen	 F55-59		0:52:01	+18:49
157	F.45	7	248	Lesley Mainwaring	 F55-59	TRIATHLON COACHING WALES	0:52:43	+19:31
165	F.49	8	195	Majbrit Demant	 F55-59		0:53:45	+20:33
169	F.51	9	25	Penny Andrews	 F55-59		0:54:05	+20:53
189	F.65	10	125	Marie Staunton	 F55-59		0:56:35	+23:23
206	F.73	11	360	Gillian Owen	 F55-59		1:00:31	+27:19
218	F.80	12	12	Christine Williams	 F55-59		1:02:28	+29:16
220	F.82	13	273	Mairead Cashman	 F55-59		1:03:08	+29:56
234	F.90	14	357	Caroline O'Dwyer	 F55-59		1:09:44	+36:32
246	F.97	15	74	Anna Hockley	 F55-59		1:11:32	+38:20
252	F.103	16	76	Helena Hounslow	 F55-59	BWFAC	1:17:22	+44:10

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Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
260	F.106	17	93	Fiona Little	 F55-59	BWFAC	1:21:44	+48:32
265	F.109	18	217	Birgitte Grenaa	 F55-59		1:34:40	+1:01:28
FEMALE 60-64								
103	F.20	1	385	Penny Wilkins	 F60-64		0:48:11	+14:59
128	F.31	2	371	Kate Sackett	 F60-64		0:50:48	+17:36
182	F.58	3	386	Mel Williams	 F60-64		0:55:29	+22:17
188	F.64	4	120	Elisabeth Smart	 F60-64		0:56:33	+23:21
215	F.78	5	262	Solveig Bang	 F60-64		1:01:46	+28:34
225	F.84	6	238	Christine Köhler	 F60-64		1:05:22	+32:10
227	F.85	7	193	Gillian Csizmadia	 F60-64	WREXHAM AMATEUR ATHLETICS CLUB	1:06:20	+33:08
232	F.89	8	22	Tine Ahrens	 F60-64		1:08:58	+35:46
236	F.92	9	75	Annette Holrits	 F60-64	SPARTA	1:09:58	+36:46
FEMALE 65-69								
159	F.47	1	223	Vibeke Laumann Hartlev	 F65-69		0:52:55	+19:43
167	F.50	2	34	Inger Annette Brasen	 F65-69	FREMAD HOLBÆK/KALUNDBORG SVANE	0:53:57	+20:45
186	F.62	3	139	Sheila Johnston	 F65-69		0:56:10	+22:58
237	F.93	4	367	Hanne Riis	 F65-69	SPARTA	1:10:00	+36:48
244	F.95	5	172	May Andersen	 F65-69	SPARTA	1:11:21	+38:09
254	F.105	6	106	Theresa Norris	 F65-69	THOR	1:19:01	+45:49
264	F.108	7	294	Gillian Holmes	 F65-69		1:29:34	+56:22
FEMALE 70-74								
183	F.59	1	175	Miriam Asvarisch	 F70-74		0:55:32	+22:20
228	F.86	2	179	Gunna Bastrup	 F70-74		1:06:44	+33:32
FEMALE 75-79								
253	F.104	1	344	Rose Webb	 F75-79		1:18:51	+45:39
Male								
MALE 20-24								
21	M.20	1	121	Dexter Sparrow	 M20-24	BWFAC	0:38:02	+04:50
102	M.83	2	296	Roger Jordà Clavaguera	 M20-24		0:48:08	+14:56
107	M.86	3	327	Marc Ruiz Bassols	 M20-24		0:48:23	+15:11
209	M.135	4	338	Pau Toledo Ortiz	 M20-24		1:00:44	+27:32
MALE 25-29								
3	M.3	*	158	Jokin Bellido Leal	 M25-29		0:34:01	+00:49
16	M.16	1	42	Patrick Conlon	 M25-29	CRUSADERS A	0:37:27	+04:15
28	M.27	2	219	James Guilfoyle	 M25-29	TULLAMORE HARRIERS	0:38:34	+05:22
37	M.34	3	114	Simon Reason	 M25-29	BWFAC	0:41:22	+08:10
44	M.40	4	178	Joseph Ball	 M25-29		0:41:58	+08:46
46	M.42	5	201	Matt Dunne	 M25-29		0:42:16	+09:04
48	M.44	6	224	Kristian Hartlev	 M25-29		0:42:29	+09:17
52	M.47	7	118	Florian Schmidt	 M25-29		0:42:52	+09:40
63	M.57	8	111	Gareth Phelan	 M25-29	CRUSADERS C	0:43:57	+10:45
64	M.58	9	384	Mathias Wiemann	 M25-29		0:43:57	+10:45
115	M.92	10	358	Stephen Odonnell	 M25-29	SPORTSWORLD RUNNING CLUB	0:49:14	+16:02
168	M.118	11	110	Craig Pears	 M25-29		0:54:02	+20:50
259	M.154	12	32	Grant Bowman	 M25-29	THOR	1:21:31	+48:19
MALE 30-34								
2	M.2	*	1	Kasper Laumann Hartlev	 M30-34	HECHMANN RACING CLUB	0:33:52	+00:40
9	M.9	1	362	Colm Parnell	 M30-34	CRUSADERS A	0:35:48	+02:36

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Overa	MF	AG	Bib	Name	AG	Club	Finish	Gap
12	M.12	2	187	Conor Cavanagh	 	M30-34 SPORTSWORLD	0:36:59	+03:47
24	M.23	3	81	Conor Keating	 	M30-34 SPORTSWORLD AC	0:38:15	+05:03
34	M.32	4	66	Anders Hartig		M30-34	0:40:37	+07:25
42	M.39	5	43	Daniel Cook		M30-34	0:41:58	+08:46
65	M.59	6	347	Phelim Murray	 	M30-34 CRUSADERS B	0:43:58	+10:46
80	M.67	7	61	Joe Greenwood		M30-34	0:45:59	+12:47
100	M.82	8	96	Philip Matthews	 	M30-34 CRUSADERS C	0:47:59	+14:47

MALE 35-39

1	M.1	*	374	Bas Stigter		M35-39	0:33:12	--
6	M.6	1	31	Aladdin Bouhania		M35-39 CINTAMIND	0:35:29	+02:17
10	M.10	2	53	Daniel Fleming		M35-39 MILTON BUZZARDS	0:36:18	+03:06
20	M.19	3	254	Joseph Mc dermott	 	M35-39 CRUSADERS A	0:37:56	+04:44
22	M.21	4	286	Owen Fletcher	 	M35-39	0:38:03	+04:51
23	M.22	5	359	Shane Origan	 	M35-39 TULLAMORE HARRIERS	0:38:07	+04:55
27	M.26	6	91	David Lazenby		M35-39	0:38:33	+05:21
29	M.28	7	90	Christopher Lazenby		M35-39	0:39:19	+06:07
30	M.29	8	108	Eoin O Connor	 	M35-39	0:39:36	+06:24
38	M.35	9	256	Andrew Moore	 	M35-39 FITNESS GOOSE RUN CLUB	0:41:22	+08:10
51	M.46	10	55	John Richard Gallagher	 	M35-39	0:42:48	+09:36
55	M.50	11	350	Frederik Nielsen		M35-39 POLITIETS IDRÆTSFORENING AARHUS	0:43:16	+10:04
56	M.51	12	392	Jacob Boen halle		M35-39	0:43:23	+10:11
89	M.74	13	216	Brendan Glynn	 	M35-39 CRUSADERS C	0:47:13	+14:01
94	M.79	14	197	Pieter Dogger		M35-39	0:47:37	+14:25
112	M.89	15	329	David Saunders	 	M35-39 Sportsworld RC	0:48:56	+15:44
113	M.90	16	102	Giovanni Nappi	 	M35-39	0:49:01	+15:49
143	M.104	17	180	Florian Bauer		M35-39	0:51:51	+18:39
154	M.112	18	115	Jason Redfern		M35-39	0:52:14	+19:02
160	M.113	19	365	Neil Purdy	 	M35-39	0:53:00	+19:48
214	M.137	20	212	Jose Domingo Cabrera		M35-39	1:01:39	+28:27

MALE 40-44

4	M.4	1	2	Rob Elmore		M40-44 MILTON BUZZARDS	0:34:02	+00:50
5	M.5	2	246	Donnie Macdonald		M40-44	0:34:53	+01:41
7	M.7	3	316	Paul Obeirne	 	M40-44 Sportsworld	0:35:43	+02:31
8	M.8	4	3	Peter Mackrell		M40-44 MILTON BUZZARDS	0:35:46	+02:34
14	M.14	5	4	Gareth Murrin	 	M40-44 SPORTSWORLD	0:37:22	+04:10
26	M.25	6	244	Richard Lowson		M40-44	0:38:21	+05:09
35	M.33	7	183	Darren Butler	 	M40-44 TULLAMORE HARRIERS	0:40:46	+07:34
53	M.48	8	21	Jens Abernethy		M40-44	0:42:56	+09:44
69	M.60	9	211	Adam Furlong	 	M40-44 SPORTSWORLD	0:44:32	+11:20
70	M.61	10	117	Mark Salmon	 	M40-44 FRONT RUNNERS	0:44:36	+11:24
84	M.70	11	100	James McNab		M40-44 THOR	0:46:25	+13:13
110	M.87	12	84	Thomas Kinsella	 	M40-44 SPORTSWORLD	0:48:39	+15:27
256	M.151	13	330	Steffen Schwalm		M40-44	1:19:15	+46:03

MALE 45-49

11	M.11	1	5	Paul Fleming	 	M45-49 SPORTSWORLD	0:36:56	+03:44
13	M.13	2	185	Steven Campbell		M45-49	0:37:13	+04:01
18	M.17	3	6	Andy Inchley		M45-49 MILTON BUZZARDS	0:37:31	+04:19
25	M.24	4	381	Daniel Webber		M45-49 MILTON BUZZARDS	0:38:19	+05:07
32	M.31	5	355	Eddie Nugent	 	M45-49 CRUSADERS A	0:40:12	+07:00

10K Vince Regan Memorial Classic Road Run

Overall	MF	AG	Bib	Name	AG	Club	Finish	Gap
39	M.36	6	95	Ronan Masterson	 	M45-49 SPORTSWORLD	0:41:28	+08:16
47	M.43	7	58	Martin Gillen	 	M45-49 SPORTSWORLD	0:42:26	+09:14
49	M.45	8	393	Tim O Donnell	 	M45-49 CRUSADERS B	0:42:31	+09:19
62	M.56	9	343	Karl Walsh	 	M45-49 Crusaders ac	0:43:40	+10:28
75	M.64	10	401	Stephen Dunn		M45-49 BWFAC	0:45:28	+12:16
82	M.68	11	200	Martin Doyle	 	M45-49 SPORTSWORLD	0:46:18	+13:06
87	M.72	12	337	Søren Theodorsen		M45-49	0:46:40	+13:28
93	M.78	13	191	Anthony Corrigan	 	M45-49 BOHERMEEN AC	0:47:37	+14:25
118	M.93	14	38	Ray Buckley	 	M45-49 DUBLIN FRONTRUNNERS	0:49:24	+16:12
121	M.95	15	239	Jesper Kristoffersen		M45-49	0:49:42	+16:30
166	M.117	16	318	Peter Ormond	 	M45-49	0:53:50	+20:38
233	M.144	17	271	Gavin Brundret		M45-49	1:09:03	+35:51

MALE 50-54

15	M.15	1	186	Javier Casado Holgado		M50-54	0:37:24	+04:12
19	M.18	2	182	Darren Blazier		M50-54	0:37:38	+04:26
31	M.30	3	299	Martin Thornbjerg		M50-54	0:40:08	+06:56
40	M.37	4	70	Henrik Helmholt		M50-54	0:41:40	+08:28
72	M.62	5	376	Jens Storm		M50-54	0:44:59	+11:47
73	M.63	6	319	Lars Høiriis Østergaard		M50-54	0:45:01	+11:49
76	M.65	7	45	Kilian Dooley	 	M50-54 GALWAY CITY HARRIERS	0:45:34	+12:22
83	M.69	8	226	Jesper Holm-Nielsen		M50-54	0:46:24	+13:12
88	M.73	9	18	Anthony Terras		M50-54 BWFAC	0:46:49	+13:37
114	M.91	10	270	Neil Brown	 	M50-54	0:49:04	+15:52
146	M.106	11	103	Ned Cooke	 	M50-54	0:52:03	+18:51
150	M.110	12	140	Piotr Wojtacha		M50-54	0:52:09	+18:57
151	M.111	13	29	Gary Bates		M50-54 NDRC 1	0:52:11	+18:59
163	M.116	14	363	Bryan Pears		M50-54	0:53:22	+20:10
201	M.130	15	290	Alan Granger		M50-54	0:59:12	+26:00
208	M.134	16	177	Antony Ball		M50-54	1:00:40	+27:28
221	M.139	17	78	Anthony Howell		M50-54 THOR	1:03:47	+30:35
224	M.141	18	52	James Finlayson		M50-54 THOR	1:04:51	+31:39
226	M.142	19	64	Paul Harris		M50-54 THOR	1:05:45	+32:33
238	M.145	20	86	Graham Larson		M50-54	1:10:28	+37:16

MALE 55-59

41	M.38	1	181	Rob Bijl		M55-59	0:41:46	+08:34
54	M.49	2	241	Henrik Rentoft Larsen		M55-59	0:43:15	+10:03
58	M.53	3	57	Anthony Gillen	 	M55-59 SPORTSWORLD	0:43:30	+10:18
60	M.54	4	364	Dave Peart		M55-59	0:43:33	+10:21
61	M.55	5	122	Paul Sparrow		M55-59 BWFAC	0:43:34	+10:22
79	M.66	6	388	Frank Ahrens		M55-59 SPARTA	0:45:50	+12:38
90	M.75	7	148	David Pendlebury		M55-59	0:47:22	+14:10
92	M.77	8	251	Michael Mariendal		M55-59 SPARTA	0:47:37	+14:25
99	M.81	9	124	Jörg Stargardt		M55-59 WELTRAUMJOGGER BERLIN	0:47:58	+14:46
106	M.85	10	189	Peter Chislett		M55-59	0:48:20	+15:08
119	M.94	11	41	René Ciraklar		M55-59	0:49:29	+16:17
125	M.96	12	370	Liam Ryan	 	M55-59	0:50:34	+17:22
142	M.103	13	227	Henrik Høybye		M55-59	0:51:48	+18:36
161	M.114	14	368	Thomas Rogers		M55-59	0:53:11	+19:59
171	M.119	15	249	Andrew Mainwaring		M55-59 TRIATHLON COACHING WALES	0:54:08	+20:56

10K Vince Regan Memorial Classic Road Run

Overall	MF	AG	Bib	Name	AG	Club	Finish	Gap
175	M.121	16	126	Mike Staunton	 	M55-59	0:54:54	+21:42
178	M.123	17	377	Russell Tennant		M55-59	0:54:55	+21:43
180	M.124	18	400	Philippe Wery	 	M55-59	0:55:01	+21:49
196	M.125	19	44	Derek Crane		M55-59 BWFAC	0:58:21	+25:09
198	M.127	20	348	Paschal Naughton	 	M55-59	0:58:37	+25:25
241	M.147	21	176	Wayne Aylott	 	M55-59	1:10:42	+37:30
258	M.153	22	349	Per Nielsen		M55-59	1:21:29	+48:17

MALE 60-64

57	M.52	1	389	Danny McLaughlin		M60-64 Greenoak Glenpark Harriers	0:43:24	+10:12
104	M.84	2	375	Paul Stockings		M60-64	0:48:14	+15:02
129	M.98	3	24	Laurie Anderson		M60-64	0:50:58	+17:46
130	M.99	4	36	Keith Brown		M60-64	0:51:01	+17:49
136	M.101	5	49	Neil Edwards		M60-64	0:51:29	+18:17
147	M.107	6	72	Tom Hjortlund		M60-64	0:52:04	+18:52
148	M.108	7	39	Paul Charles		M60-64	0:52:09	+18:57
162	M.115	8	252	Emon Martin	 	M60-64	0:53:18	+20:06
197	M.126	9	50	Andrew Elliott		M60-64	0:58:34	+25:22
199	M.128	10	225	Terry Hedge		M60-64	0:58:41	+25:29
202	M.131	11	209	Ian Floyd		M60-64	0:59:13	+26:01
204	M.133	12	113	John Reason		M60-64 BWFAC	0:59:34	+26:22
222	M.140	13	205	Michael Evans		M60-64 GARDEN CITY RUNNERS	1:04:43	+31:31
239	M.146	14	143	Nick Ajderian		M60-64	1:10:35	+37:23
242	M.148	15	11	Peter Wray		M60-64	1:10:43	+37:31
257	M.152	16	198	Bernard Doheny	 	M60-64 TULLAMOREHARRIERS	1:21:16	+48:04
262	M.155	17	62	Doug Hammersley		M60-64	1:28:30	+55:18

MALE 65-69

45	M.41	1	192	James Cottle	 	M65-69 CRUSADERS B	0:42:11	+08:59
86	M.71	2	30	Martin Bates		M65-69 BWFAC	0:46:38	+13:26
91	M.76	3	214	James Glennie		M65-69	0:47:32	+14:20
97	M.80	4	378	Malcolm Thirlaway		M65-69	0:47:55	+14:43
111	M.88	5	23	Ian Aitchison		M65-69	0:48:46	+15:34
127	M.97	6	19	John Taylor		M65-69	0:50:45	+17:33
145	M.105	7	259	Hans-Åge Mortensen		M65-69	0:52:01	+18:49
174	M.120	8	236	Kiflemariam Kibreab		M65-69 HUDIKSVALL	0:54:49	+21:37
200	M.129	9	231	Poul-Erik Johannessen		M65-69 SPARTA	0:59:09	+25:57
203	M.132	10	138	Alistair Johnston		M65-69	0:59:19	+26:07
212	M.136	11	320	Rudolf Ostermann		M65-69	1:01:20	+28:08
216	M.138	12	237	Andy Kilby		M65-69	1:01:57	+28:45
243	M.149	13	69	Paul Heap		M65-69	1:11:13	+38:01

MALE 70-74

133	M.100	1	387	Anders Windling		M70-74	0:51:17	+18:05
139	M.102	2	173	John Archer		M70-74 SALE HARRIERS	0:51:38	+18:26
176	M.122	3	196	Wolfgang Diekotto		M70-74	0:54:54	+21:42
230	M.143	4	345	Dennis Weist		M70-74	1:08:02	+34:50
255	M.150	5	105	Dennis Norris		M70-74 THOR	1:19:03	+45:51

MALE 75-79

149	M.109	1	250	Stuart Mann		M75-79	0:52:09	+18:57
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MALE 85+

263	M.156	1	354	Peter Norman		M85+ WREXHAM AMATEUR ATHLETICS CLUB	1:29:13	+56:01
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