



**CONGRATULATIONS!**

**Helen Lonsdale**

for completing the  
Essar Chester 2018 Half Marathon  
on Sunday 29 April

Chip Time:  
**1:47:36**

Age Group position:  
**46**

Average Pace:  
**08:12 min/mile**

*Chris* Chris Hulse  
Race Director

*Andy* Andy White  
Race Director