



**ESSAR**



# CONGRATULATIONS!

## Lyndon Howson

FOR COMPLETING THE  
RUN YOUR WAY  
ESSAR CHESTER HALF MARATHON  
40TH ANNIVERSARY RACE

Chip Time:

2:43:00

Age Group position:

9

Average Pace:

12:26 min/mile

*Chris* Chris Hulse  
Race Director

*Andy* Andy White  
Race Director