

# Loyalty 5K & 10K 2022

## Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
10K									
46	Rob Grantham	M	1.	Male 45-49	1.	Wirral AC	00:35:52	00:35:55	1.
88	Christopher	M	2.	Male 55-59	1.	Cannock & Stafford AC	00:36:52	00:36:55	2.
10	Andrew Savage	M	3.	Male 50-54	1.	Beaumaris Town Road	00:37:28	00:37:28	3.
19	Daniel Wellings	M	4.	Male 45-49	2.	GOG Triathlon Club	00:37:45	00:37:48	4.
100	Ifan Jones	M	5.	Male 21-34	1.	Cybi Striders	00:37:53	00:37:56	5.
48	Aled Lloyd	M	6.	Male 35-39	1.	Rhedwyr hebog	00:38:31	00:38:35	6.
87	Mike Holroyd	M	7.	Male 35-39	2.	Cybi Striders	00:38:38	00:38:40	7.
132	Joey Davies	M	8.	Male 21-34	2.	Deestriders R.C	00:38:53	00:38:58	8.
136	Tom Imlah	M	9.	Male 21-34	3.	(Llandudno Junction)	00:38:57	00:39:00	9.
21	Ciaran Allman	M	10.	Male 21-34	4.	DEESIDE AAC	00:39:02	00:39:06	10.
103	Lee Jones	M	11.	Male 35-39	3.	Buckley RC	00:39:34	00:39:38	11.
68	Stuart	M	12.	Male 50-54	2.	nwrcc	00:39:51	00:39:54	12.
78	Emma Alofs	F	1.	Female 21-34	1.	Cybi Striders	00:41:18	00:41:23	13.
27	Dafydd Roberts	M	13.	Male 35-39	4.	(bangor)	00:41:19	00:41:29	14.
57	Richie Williams	M	14.	Male 55-59	2.	Cybi Striders	00:41:42	00:41:48	15.
140	Nick Houghton	M	15.	Male 50-54	3.	Cybi Striders	00:41:51	00:41:56	16.
76	Glyn Jones	M	16.	Male 60-64	1.	(Pentre Halkyn)	00:41:53	00:42:00	17.
41	Patrick Hywel	M	17.	Male 40-44	1.	(Menai Bridge)	00:41:55	00:42:15	18.
145	Aaron Smith	M	18.	Male 21-34	5.	Prestatyn RC	00:43:34	00:43:39	19.
63	Mark Doyle	M	19.	Male 35-39	5.	(Llandudno)	00:43:33	00:43:48	20.
131	Clive Palmer	M	20.	Male 55-59	3.	Running Bear Running	00:43:47	00:43:53	21.
55	Darren Dentith	M	21.	Male 50-54	4.	INEPT	00:44:15	00:44:21	22.
75	Russell Whitwell	M	22.	Male 45-49	3.	(Hawarden)	00:44:15	00:44:27	23.
2	Laura Mckenzie	F	2.	Female 40-44	1.	Betsi Runaways	00:44:51	00:44:57	24.
97	Kirsty Mclean	F	3.	Female 45-49	1.	Alsager Runners	00:44:55	00:45:03	25.
45	Karl Wainwright	M	23.	Male 35-39	6.	(Harlech)	00:44:54	00:45:06	26.
106	Paul Joynson	M	24.	Male 40-44	2.	Pf run club	00:45:34	00:45:52	27.
117	Simon Nixon	M	25.	Male 60-64	2.	denbigh harriers	00:46:17	00:46:21	28.
147	Lisa Grantham	F	4.	Female 45-49	2.	Pensby Runners	00:46:25	00:46:31	29.
53	Tony Levett	M	26.	Male 21-34	6.	(Colchester)	00:46:36	00:46:45	30.
82	Linda Meyrick	F	5.	Female 50-54	1.	Lonely Goat RC	00:47:14	00:47:23	31.
56	Carwyn Arnold	M	27.	Male 45-49	4.	(Llandudno)	00:47:18	00:47:28	32.
91	Robert Butt	M	28.	Male 55-59	4.	Lonely Goat RC	00:47:35	00:47:43	33.
109	Jason Lynam	M	29.	Male 50-54	5.	Wingerworth Wobblers	00:47:48	00:48:07	34.
81	Dan Lowndes	M	30.	Male 21-34	7.	(ABERGELE)	00:48:04	00:48:14	35.
50	Andrew	M	31.	Male 45-49	5.	(Manchester)	00:48:07	00:48:26	36.
144	Martin Williams	M	32.	Male 45-49	6.	N/A	00:48:28	00:48:33	37.
16	Paul Martin	M	33.	Male 50-54	6.	Gog Triathlon	00:48:36	00:48:50	38.
34	Kelvin Williams	M	34.	Male 40-44	3.	(Llanrug)	00:48:36	00:48:56	39.
146	Trevor Marshall	M	35.	Male 70-74	1.		00:48:51	00:49:05	40.
60	Nicola Wylie	F	6.	Female 50-54	2.	North Wales Road	00:49:20	00:49:35	41.
123	Paul Jones	M	36.	Male 45-49	7.	Rhedwyr Hebog	00:49:34	00:49:39	42.
39	Emma Bishop	F	7.	Female 21-34	2.	(Penrhynside)	00:49:27	00:49:45	43.
96	Angharad Elfyn	F	8.	Female 21-34	3.	(Deganwy)	00:50:39	00:50:52	44.
49	Emma	F	9.	Female 50-54	3.	Cannock & Stafford AC	00:50:52	00:51:05	45.
69	Gareth Catherall	M	37.	Male 45-49	8.	Porth Eirais Runners	00:50:59	00:51:07	46.
15	Nick Roberts	M	38.	Male 60-64	3.	Chester Road Runners	00:51:06	00:51:20	47.
1	Anthony Howe	M	39.	Male 45-49	9.	Abergele Harriers	00:51:13	00:51:30	48.
105	Katie Baldwin	F	10.	Female 21-34	4.	(Bangor)	00:51:35	00:51:48	49.

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24	Tony Phelan	M	40.	Male 60-64	4.	Gogs triathlon	00:51:46	00:52:07	50.
54	Yvette Adamson	F	11.	Female 45-49	3.	Hunts AC	00:52:17	00:52:30	51.
113	Stephen Coe	M	41.	Male 35-39	7.	(Corwen)	00:52:40	00:52:52	52.
93	Gilly Glass	F	12.	Female 50-54	4.	(Dinorwic)	00:52:46	00:52:53	53.
64	Lisa Ashworth	F	13.	Female 40-44	2.	Dolly Mixtures	00:52:39	00:52:57	54.
71	B Dyson	M	42.	Male 55-59	5.	Labc runners	00:52:51	00:53:00	55.
62	Katie Doyle	F	14.	Female 21-34	5.	(Llandudno)	00:53:20	00:53:37	56.
38	Sue Williams	F	15.	Female 45-49	4.	(Drury)	00:53:45	00:54:02	57.
141	Phil Jaycock	M	43.	Male 40-44	4.	(Brynsiencyn)	00:53:55	00:54:13	58.
133	Les Price	M	44.	Male 40-44	5.	Deestriders	00:54:38	00:54:50	59.
142	Kelly Talbot	F	16.	Female 21-34	6.	(Conwy)	00:54:36	00:54:59	60.
7	Ann Claire Jones	F	17.	Female 50-54	5.	Prestatyn RC	00:54:43	00:55:05	61.
111	Bethan Wyn	F	18.	Female 50-54	6.	(Old Colwyn)	00:54:43	00:55:05	62.
23	Scott Garner	M	45.	Male 50-54	7.	Gog Triathlon	00:54:47	00:55:07	63.
11	Sarah Osborne	F	19.	Female 45-49	5.	Clwb Run Wales	00:55:04	00:55:11	64.
65	Helen Hannam	F	20.	Female 45-49	6.	North Wales Road	00:55:18	00:55:35	65.
33	Emma Hughes	F	21.	Female 35-39	1.	Mon milers	00:55:54	00:56:05	66.
12	Rebecca Davies	F	22.	Female 21-34	7.	Mon milers	00:56:20	00:56:30	67.
130	Craig Smith	M	46.	Male 50-54	8.	Prestatyn RC	00:57:21	00:57:25	68.
5	Pam Grant	F	23.	Female 65-69	1.	(Colwyn Bay)	00:57:55	00:58:04	69.
98	Shaun Terry	M	47.	Male 45-49	10.	Deestriders	00:59:10	00:59:22	70.
137	Huw Selby	M	48.	Male 35-39	8.	NightCrawlers	00:59:29	00:59:39	71.
30	James Jackson	M	49.	Male 40-44	6.	(Penmaenmawr)	00:59:29	00:59:46	72.
138	Linda Roberts	F	24.	Female 55-59	1.	Chester Road Runners	00:59:49	01:00:04	73.
139	K Newe	F	25.	Female 45-49	7.	Rhyl Runners	01:00:48	01:01:04	74.
108	Ruth Evans	F	26.	Female 35-39	2.	(Caernarfon)	01:01:00	01:01:14	75.
121	Sarah Seenan	F	27.	Female 45-49	8.	(Colwyn Bay)	01:01:52	01:02:00	76.
36	Susan Smith	F	28.	Female 55-59	2.	North Wales Road	01:01:59	01:02:18	77.
85	Dylan Roberts	M	50.	Male 45-49	11.	(Valley)	01:03:09	01:03:33	78.
25	Celia Free	F	29.	Female 50-54	7.	(Deganwy)	01:04:29	01:04:42	79.
20	Jane Magee	F	30.	Female 60-64	1.	Shropshire Shufflers	01:04:59	01:05:16	80.
32	Nicola Brammer	F	31.	Female 45-49	9.	(Stone)	01:05:04	01:05:21	81.
18	Emma Magee	F	32.	Female 21-34	8.	(Shrewsbury)	01:17:44	01:17:58	82.

Number of records: 82