

Abergele 5K & 10K

Overall Results 5K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
5K									
104	Huw Gwynn	M	1.	Male 21-34	1.	Eryri Harriers	00:17:12	00:17:15	1.
150	Ioan Wellsbury	M	2.	Male 21-34	2.	Gog Triathlon	00:17:13	00:17:16	2.
38	David Hinde	M	3.	Male 45-49	1.	Chester Triathlon Club	00:17:14	00:17:18	3.
185	James Yarwood	M	4.	Male 35-39	1.	Wrexham AAC	00:17:20	00:17:23	4.
134	Sean Jones	M	5.	Male 35-39	2.	Oswestry olympians	00:17:46	00:17:51	5.
153	Daniel Gahan	M	6.	Male 21-34	3.	(Conwy)	00:17:55	00:17:59	6.
5	Edward Land	M	7.	Male 45-49	2.	Aberystwyth Athletics club	00:18:03	00:18:07	7.
29	John Myers	M	8.	Male 45-49	3.	Run Sandymoor	00:18:05	00:18:10	8.
49	Paul Williams	M	9.	Male 55-59	1.	Aberystwyth AC	00:18:53	00:18:57	9.
152	Tom Imlah	M	10.	Male 21-34	4.	GOG Triathlon Club	00:19:01	00:19:05	10.
109	Chris Thomas	M	11.	Male 40-44	1.	Cybi Striders	00:19:08	00:19:13	11.
155	William Williams	M	12.	Male 50-54	1.	North Wales Road Runners	00:19:09	00:19:14	12.
23	Phil Lockett	M	13.	Male 40-44	2.	Rochdale Harriers & AC	00:19:15	00:19:20	13.
179	Paul Jones	M	14.	Male 45-49	4.	Aberystwyth AC	00:19:22	00:19:26	14.
60	Paul Holden	M	15.	Male 55-59	2.	(Warrington)	00:19:31	00:19:36	15.
111	Harry Buttle	M	16.	Male 12-20	1.	(Colwyn Bay)	00:19:35	00:19:43	16.
154	Luke Gahan	M	17.	Male 21-34	5.	(Conwy)	00:19:48	00:19:52	17.
136	Iolo Roberts	M	18.	Male 21-34	6.	(Bethel)	00:20:04	00:20:04	18.
184	George Thomson	M	19.	Male 21-34	7.	(Conwy)	00:20:21	00:20:24	19.
55	Andrew Walls	M	20.	Male 35-39	3.	(Southport)	00:20:22	00:20:33	20.
11	Stuart Cassidy	M	21.	Male 50-54	2.	Newcastle staffs AC	00:20:34	00:20:38	21.
174	Dafydd Jones	M	22.	Male 21-34	8.	Cybi Striders	00:20:32	00:20:39	22.
171	Carla Green	F	1.	Female 50-54	1.	North Wales Road Runners	00:20:36	00:20:41	23.
187	Kristin Luke	F	2.	Female 40-44	1.	(Penmachno)	00:20:54	00:21:00	24.
36	Christian Leigh	M	23.	Male 50-54	3.	(NORTHWICH)	00:21:00	00:21:08	25.
131	Kevin Slattery	M	24.	Male 65-69	1.	North Wales Road Runners Club (NWRRC)	00:21:05	00:21:11	26.
106	Ben Hudson	M	25.	Male 45-49	5.	North Wales Road Runners	00:21:09	00:21:15	27.
147	Sara Davies	F	3.	Female 21-34	1.	(Synod Inn)	00:21:18	00:21:23	28.
149	Tomos Parry	M	26.	Male 12-20	2.	(Abergele)	00:21:19	00:21:24	29.
119	Steven Roberts	M	27.	Male 60-64	1.	North Wales Road Runners	00:21:19	00:21:25	30.
10	Jan Cassidy	F	4.	Female 55-59	1.	Newcastle staffs AC	00:21:33	00:21:39	31.

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176	Martin Joy	M	28.	Male 50-54	4.	(Llandudno)	00:21:52	00:21:59	32.
28	Emma Fraser	F	5.	Female 45-49	1.	Run Sandymoor	00:21:58	00:22:04	33.
103	Craig Taylor	M	29.	Male 50-54	5.	Colwyn Bay Athletic Club	00:22:05	00:22:11	34.
137	Gareth Southworth	M	30.	Male 55-59	3.	Cybi Striders	00:22:07	00:22:12	35.
51	John Jones	M	31.	Male 65-69	2.	Eryri Harriers	00:22:08	00:22:15	36.
59	Katie Baldwin	F	6.	Female 21-34	2.	Beaumaris Town Road Runner's	00:22:25	00:22:30	37.
175	Dean Lawson	M	32.	Male 35-39	4.	(Wexham)	00:22:21	00:22:30	38.
69	Wesley Oakley	M	33.	Male 45-49	6.	(Colwyn Bay)	00:22:31	00:22:34	39.
181	Sallyann Harper	F	7.	Female 50-54	2.	(Leicestershire)	00:22:38	00:22:43	40.
130	Andrew Day	M	34.	Male 21-34	9.	Cybi Striders	00:22:39	00:22:47	41.
100	Cheryl Frost	F	8.	Female 55-59	2.	nwrcc	00:22:50	00:22:55	42.
42	Jonathan Davies	M	35.	Male 35-39	5.	(Talybont)	00:22:58	00:23:04	43.
164	Peter Gillespie	M	36.	Male 60-64	2.	Holme Pierrepont RC	00:22:59	00:23:08	44.
113	Dan Hennell	M	37.	Male 45-49	7.	North Wales Road Runners Club	00:23:03	00:23:12	45.
53	Daniel Snelson	M	38.	Male 21-34	10.	(Abergele)	00:23:12	00:23:18	46.
105	Sarah Hudson	F	9.	Female 45-49	2.	North Wales Road Runners	00:23:15	00:23:22	47.
178	Jane Lightfoot	F	10.	Female 35-39	1.	100 Marathon Club	00:23:26	00:23:32	48.
107	Paul Lewty	M	39.	Male 45-49	8.	(Bagillt)	00:23:21	00:23:41	49.
31	Richard Evans	M	40.	Male 40-44	3.	(Welshpool)	00:23:37	00:23:45	50.
30	Nicky Marck	M	41.	Male 45-49	9.	(Welshpool)	00:23:39	00:23:46	51.
39	Christine Cammillare	F	11.	Female 40-44	2.	Deestriders R.C	00:23:38	00:23:47	52.
41	Daniel Jones	M	42.	Male 45-49	10.	(Bagillt)	00:23:49	00:23:49	53.
133	Beth Hewitt	F	12.	Female 21-34	3.	Wrexham AAC	00:23:42	00:23:50	54.
156	Jack Saunders	M	43.	Male 21-34	11.	(Pennal)	00:23:45	00:23:52	55.
16	Graham Bryan	M	44.	Male 40-44	4.	Deestriders	00:23:48	00:23:59	56.
129	Kay Hatton	F	13.	Female 60-64	1.	North Wales Road Runners Club (NWRRC)	00:23:59	00:24:06	57.
76	David Temple	M	45.	Male 45-49	11.	DEESTRIDERS RC (WA AFFILIATED)	00:24:00	00:24:10	58.
64	Linda Turley	F	14.	Female 50-54	3.	Deestriders R.C	00:24:06	00:24:12	59.
45	Simon Jones	M	46.	Male 45-49	12.	(Abergele)	00:24:15	00:24:25	60.
15	Saul Vega	M	47.	Male 35-39	6.	(Llysfaen)	00:24:18	00:24:27	61.
3	Charlotte Barton	F	15.	Female 40-44	3.	Marsh lane harriers	00:24:30	00:24:37	62.
33	Rebecca Casson	F	16.	Female 35-39	2.	(Holywell)	00:24:32	00:24:39	63.

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159	Michael Cundy	M	48.	Male 45-49	13.	Nantwich Running Club	00:24:34	00:24:47	64.
50	Mark Hopwood	M	49.	Male 55-59	4.	(Mold)	00:24:38	00:24:48	65.
127	Aron Llyr Roberts	M	50.	Male 21-34	12.	(Trawsfynydd)	00:24:58	00:25:13	66.
123	Mal Preece	M	51.	Male 60-64	3.	North Wales Road Runners	00:25:24	00:25:30	67.
58	Gavin Thorman	M	52.	Male 45-49	14.	(Caernarfon)	00:25:29	00:25:39	68.
20	Alan Cragg	M	53.	Male 60-64	4.	South cheshire harriers	00:25:32	00:25:45	69.
24	Mark Cockburn	M	54.	Male 40-44	5.	(Halkyn)	00:25:45	00:25:56	70.
177	Sara Jones	F	17.	Female 12-20	1.	Mon Girls Run	00:25:53	00:25:59	71.
17	Jason Hocking	M	55.	Male 50-54	6.	Chester Road Runners	00:25:56	00:26:05	72.
82	Helen Moore	F	18.	Female 55-59	3.	Widnes Wasp LRC	00:26:11	00:26:19	73.
56	Izzy Cundy	F	19.	Female 45-49	3.	Nantwich Running Club	00:26:07	00:26:19	74.
2	Rachel Stevens	F	20.	Female 40-44	4.	Lostock AC	00:26:19	00:26:28	75.
189	Anna Mills Morgan	F	21.	Female 45-49	4.	(Abergele)	00:26:15	00:26:30	76.
52	Donatella Subicz	F	22.	Female 21-34	4.	(RHYL)	00:26:37	00:26:37	77.
118	Helen Hannam	F	23.	Female 45-49	5.	North Wales Road Running Club	00:26:33	00:26:43	78.
13	Zack Webster	M	56.	Male 21-34	13.	(Ffynnongroyw)	00:26:35	00:26:47	79.
57	Iolo Harris	M	57.	Male 40-44	6.	(Felinheli)	00:26:54	00:27:03	80.
6	Lina Land	F	24.	Female 40-44	5.	Aberystwyth Athletics club	00:27:00	00:27:07	81.
26	Liam Hughes	M	58.	Male 21-34	14.	(Conwy)	00:27:17	00:27:17	82.
583	Rhian Lloyd	F	25.	Female 40-44	6.	Deestridders R.C	00:27:09	00:27:21	83.
37	Chris Jones	M	59.	Male 50-54	7.	(Greenfield)	00:27:14	00:27:24	84.
8	Emma Jones	F	26.	Female 45-49	6.	Rhyl Runners	00:27:21	00:27:29	85.
170	Rob Owen	M	60.	Male 35-39	7.	Rhedwyr Hebog Runners	00:27:23	00:27:33	86.
180	Joe Roberts	M	61.	Male 21-34	15.	(Llanddulas)	00:27:30	00:27:49	87.
183	Gwennan Charlton	F	27.	Female 35-39	3.	North Wales Road Runners	00:27:42	00:27:53	88.
95	Matt Cooper	M	62.	Male 40-44	7.	#mrptrundamentalist	00:27:55	00:28:09	89.
157	Julie Bell	F	28.	Female 21-34	5.	(Flint)	00:28:05	00:28:14	90.
584	Robert Fryer	M	63.	Male 70-74	1.	North Wales Road Running Club	00:28:07	00:28:15	91.
125	Ella Chmielewska	F	29.	Female 21-34	6.	(Deganwy)	00:28:26	00:28:26	92.
126	Jenna Grace	F	30.	Female 35-39	4.	(Trawsfynydd)	00:28:23	00:28:37	93.
46	Greg Scott	M	64.	Male 50-54	8.	(Crewe)	00:28:49	00:28:56	94.
99	Susan Ridings	F	31.	Female 65-69	1.	Buckley Running Club	00:28:52	00:29:04	95.

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182	Clare Carmen	F	32.	Female 60-64	2.	(Redditch)	00:29:02	00:29:14	96.
12	Phillip Bryan	M	65.	Male 35-39	8.	Deestriders	00:29:24	00:29:36	97.
585	Lucy Hughes	F	33.	Female 21-34	7.	(Bangor)	00:29:38	00:29:56	98.
9	Deborah Hopkins	F	34.	Female 55-59	4.	(Telford)	00:29:49	00:30:03	99.
142	Leah Morris	F	35.	Female 21-34	8.	(Prestatyn)	00:29:57	00:30:08	100.
141	Aaron Morris	M	66.	Male 21-34	16.	(Prestatyn)	00:29:57	00:30:08	101.
44	Mark Birchall	M	67.	Male 40-44	8.	(Stoke-on-Trent)	00:30:18	00:30:32	102.
143	Ryan Cartwright	M	68.	Male 21-34	17.	None	00:30:27	00:30:38	103.
144	Bryn Jones	M	69.	Male 35-39	9.	None	00:30:26	00:30:38	104.
188	Holly Hughes	F	36.	Female 21-34	9.	(Denbigh)	00:30:38	00:30:51	105.
48	Hilary Mcconville	F	37.	Female 70-74	1.	Hunts AC	00:30:39	00:30:54	106.
168	Kim Westell	F	38.	Female 40-44	7.	(Glan Conwy)	00:30:52	00:31:01	107.
54	Sarah Bayliss	F	39.	Female 55-59	5.	denbigh harriers	00:30:56	00:31:08	108.
166	Adam Craig	M	70.	Male 40-44	9.	(Llandudno)	00:31:23	00:31:36	109.
47	Karina Hughes	F	40.	Female 50-54	4.	(Betws-y-Coed)	00:32:15	00:32:29	110.
19	Steven Pritchard	M	71.	Male 50-54	9.	(macclesfield)	00:32:51	00:33:09	111.
18	Rebecca Noble	F	41.	Female 40-44	8.	(Macclesfield)	00:32:50	00:33:09	112.
22	Linne Woodcock	F	42.	Female 70-74	2.	(Prestatyn)	00:33:03	00:33:21	113.
173	Mark Davies	M	72.	Male 45-49	15.	nwrcc	00:33:25	00:33:40	114.
145	Lilli Goddard	F	43.	Female 21-34	10.	(Bodelwyddan)	00:33:54	00:33:54	115.
128	Sarah Hughes	F	44.	Female 45-49	7.	(Colwyn bay)	00:34:00	00:34:00	116.
75	Elizabeth Roberts	F	45.	Female 55-59	6.	(CHESTER)	00:34:40	00:34:56	117.
74	Elizabeth Starling	F	46.	Female 50-54	5.	(Abergele)	00:34:40	00:34:56	118.
163	Natalie Wildman	F	47.	Female 21-34	11.	(Flint)	00:35:04	00:35:23	119.
162	Leslie Wildman	M	73.	Male 55-59	5.	(Flint)	00:35:05	00:35:24	120.
169	Sioned Williams	F	48.	Female 40-44	9.	(Porthmadog)	00:35:24	00:35:35	121.
98	Katrina Stafford	F	49.	Female 35-39	5.	(Prestatyn)	00:35:20	00:35:37	122.
135	Helen Stafford	F	50.	Female 21-34	12.	(Ruthin)	00:35:20	00:35:37	123.
43	Peter Causton	M	74.	Male 50-54	10.	(Frodsham)	00:35:20	00:35:44	124.
120	Eunice Grayson	F	51.	Female 60-64	3.	(Rhyl)	00:35:36	00:35:54	125.
121	Sally Thomas	F	52.	Female 55-59	7.	(St Asaph)	00:35:36	00:35:54	126.
122	Mandy Preece	F	53.	Female 60-64	4.	Porth Eirias Runners	00:35:43	00:35:59	127.

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124	Rachel Morris	F	54.	Female 40-44	10.	North Wales Road Runners Club	00:35:50	00:36:02	128.
35	James Jackson	M	75.	Male 40-44	10.	(Penmaenmawr)	00:36:26	00:36:41	129.
92	Endaf Kerfoot	M	76.	Male 45-49	16.	(Llandudno Junction)	00:36:35	00:36:54	130.
101	Karen Cooke	F	55.	Female 55-59	8.	Bramhall Runners	00:37:07	00:37:22	131.
68	Susan Bryan	F	56.	Female 65-69	2.	Deestriders	00:37:18	00:37:31	132.
94	Olivia Hughes	F	57.	Female 21-34	13.	(Prestatyn)	00:37:41	00:37:56	133.
96	Alison Lloyd	F	58.	Female 60-64	5.	(St Asaph)	00:38:03	00:38:03	134.
139	Mike Mitchell	M	77.	Male 55-59	6.	Nantwich Running Club	00:38:16	00:38:29	135.
151	Stephanie Williams	F	59.	Female 50-54	6.	Porth Eirias Runners	00:40:41	00:40:57	136.
102	Edward Cooke	M	78.	Male 80+	1.	Bramhall Runners	00:41:43	00:41:57	137.
140	Alyson Smethurst	F	60.	Female 50-54	7.	(Manchester)	00:46:31	00:46:31	138.
148	Stuart Pinchbeck	M	79.	Male 75-79	1.	(Bryneglwys)	00:55:57	00:56:09	139.

Number of records: 139