

Bangor 10k and Half Marathon 2024

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
Half Marathon									
327	Martin Sunderland	M	1.	Male 12-20	1.	Woking AC	01:13:52	01:13:56	1.
50	Edward Land	M	2.	Male 45-49	1.	Aberystwyth AC	01:20:56	01:20:59	2.
272	Huw Gwynn	M	3.	Male 21-34	1.	(Caernarfon)	01:21:05	01:21:12	3.
33	Paul Brooks	M	4.	Male 45-49	2.	Stockport Harriers & AC	01:22:04	01:22:09	4.
289	Robert Dance	M	5.	Male 35-39	1.	(Manchester)	01:22:37	01:22:44	5.
217	Paul Holden	M	6.	Male 55-59	1.	(Warrington)	01:24:57	01:25:04	6.
286	Aidan Thomas	M	7.	Male 12-20	2.	Bangor University Athletics Club	01:25:34	01:25:48	7.
339	Dalton Morrissey	M	8.	Male 21-34	2.	(Llandudno)	01:26:35	01:26:44	8.
197	Lawrence Washington	M	9.	Male 50-54	1.	(Penrhyndeudraeth)	01:26:52	01:26:57	9.
275	Mickey Armstrong	M	10.	Male 21-34	3.	(Manchester)	01:27:34	01:27:47	10.
410	Darren Blazier	M	11.	Male 50-54	2.	Abergele Harriers	01:28:15	01:28:20	11.
2	Peter Lowe	M	12.	Male 50-54	3.	(Market Drayton)	01:28:28	01:28:34	12.
62	Paul Jones	M	13.	Male 45-49	3.	Aberystwyth AC	01:28:35	01:28:39	13.
148	Stuart Johnson	M	14.	Male 21-34	4.	Spectrum Striders RC	01:29:46	01:29:54	14.
413	Ieng Kit Sam	M	15.	Male 40-44	1.	(Bangor)	01:30:03	01:30:07	15.
399	Emma Alofs	F	1.	Female 21-34	1.	Cybi Striders	01:30:06	01:30:12	16.
205	Nick Houghton	M	16.	Male 55-59	2.	Cybi Striders	01:30:06	01:30:12	17.
391	Rhydian Jones	M	17.	Male 40-44	2.	(Bangor)	01:30:03	01:30:14	18.
417	Phil Lynes	M	18.	Male 35-39	2.	(Caernarfon)	01:30:19	01:30:25	19.
44	Simon Lewis	M	19.	Male 50-54	4.	Telford Harriers	01:30:24	01:30:35	20.
267	Paul Garstang	M	20.	Male 60-64	1.	Gog Triathlon	01:31:32	01:31:39	21.
196	Anthony Jones	M	21.	Male 35-39	3.	Gog Triathlon	01:31:40	01:31:58	22.
350	Stuart Culverhouse	M	22.	Male 50-54	5.	nwrcc	01:31:55	01:32:04	23.
370	Stephen Bozier	M	23.	Male 45-49	4.	North Wales Road Runners Club (NWRRC)	01:32:22	01:32:32	24.
116	Brendan Cartledge-Davis	M	24.	Male 45-49	5.	(St. Asaph)	01:32:39	01:32:48	25.
392	Patrick Hywel	M	25.	Male 45-49	6.	(Menai Bridge)	01:32:42	01:32:50	26.
5	Lloyd Fox	M	26.	Male 50-54	6.	Fordy Runs Running Club	01:33:31	01:33:37	27.
230	Stephen Coe	M	27.	Male 35-39	4.	Chester Triathlon Club	01:33:39	01:33:44	28.
326	Alistair Barnwell	M	28.	Male 21-34	5.	(Chester)	01:33:53	01:33:59	29.
28	Matt Johnson	M	29.	Male 40-44	3.	(Poulton-le-Fylde)	01:34:31	01:35:00	30.
144	George Thomson	M	30.	Male 21-34	6.	(Conwy)	01:35:02	01:35:11	31.

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355	Dafydd Jones	M	31.	Male 21-34	7.	(Tywyn)	01:35:01	01:35:13	32.
58	Warren Brown	M	32.	Male 50-54	7.	Abergele Harriers	01:35:10	01:35:20	33.
186	Karon Paul Roberts	M	33.	Male 40-44	4.	Cybi Striders	01:36:38	01:36:46	34.
365	Gerallt Jones	M	34.	Male 35-39	5.	(Bangor)	01:36:36	01:37:23	35.
175	Matt Bartlett	M	35.	Male 35-39	6.	Eryri Harriers	01:38:20	01:38:26	36.
218	Lynsey Coan	F	2.	Female 40-44	1.	(Wirral)	01:38:34	01:38:44	37.
214	Ifan Hughes	M	36.	Male 40-44	5.	(Corwen)	01:39:16	01:39:21	38.
307	George Mayall	M	37.	Male 21-34	8.	(Stourbridge)	01:39:15	01:39:28	39.
14	Philip Williams	M	38.	Male 45-49	7.	(Llandudno Junction)	01:39:17	01:39:38	40.
125	Ffion Hughes	F	3.	Female 40-44	2.	(Ruthin)	01:39:18	01:39:40	41.
414	Paul Joynson	M	39.	Male 40-44	6.	(Prenton)	01:39:35	01:39:56	42.
415	Mark Lennon	M	40.	Male 40-44	7.	(Prenton)	01:39:36	01:39:57	43.
346	Liam Lynch	M	41.	Male 65-69	1.	Donoughmore AC	01:39:57	01:40:05	44.
332	Daniel Menzies	M	42.	Male 45-49	8.	(Prestatyn)	01:40:01	01:40:11	45.
386	Harry Holt	M	43.	Male 35-39	7.	(Swansea)	01:40:22	01:40:51	46.
206	Dewi Atherton	M	44.	Male 35-39	8.	Meirionydd running club	01:41:09	01:41:48	47.
48	Richie Williams	M	45.	Male 55-59	3.	Cybi Striders	01:41:47	01:41:56	48.
420	Annie Gould-Magee	F	4.	Female 21-34	2.	(Conwy)	01:41:43	01:42:13	49.
184	Eugene Kellegher	M	46.	Male 50-54	8.	(Stockport)	01:42:06	01:42:26	50.
191	Trevor Jones	M	47.	Male 40-44	8.	Meirionnydd Running Club	01:42:00	01:42:36	51.
406	Neville Freeman	M	48.	Male 60-64	2.	Chester Road Runners	01:41:56	01:42:36	52.
419	Simon Hunt	M	49.	Male 40-44	9.	(Conwy)	01:42:13	01:42:43	53.
367	Laura Mckenzie	F	5.	Female 45-49	1.	Betsi Runaways	01:42:37	01:42:44	54.
115	Alwyn Williams	M	50.	Male 50-54	9.	Chester Road Runners	01:42:21	01:42:45	55.
200	Trystan Roberts	M	51.	Male 21-34	9.	(Denbigh)	01:42:18	01:42:50	56.
349	David Leckie	M	52.	Male 40-44	10.	Cybi Striders	01:43:09	01:43:23	57.
299	Callum Bargh	M	53.	Male 21-34	10.	(Bangor)	01:43:59	01:44:17	58.
52	Kirsty Wood	F	6.	Female 40-44	3.	(Colwyn Bay)	01:44:31	01:44:50	59.
274	Emma Mochan	F	7.	Female 21-34	3.	Manchester YMCA Harriers	01:44:19	01:44:52	60.
187	Aiden Mccabe	M	54.	Male 21-34	11.	(Colwyn Bay)	01:44:57	01:45:11	61.
329	Hannah Rees	F	8.	Female 21-34	4.	(Chester)	01:45:07	01:45:21	62.
100	Timothy Crookes	M	55.	Male 55-59	4.	Glossopdale Harriers	01:45:09	01:45:28	63.

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276	James Hodgetts	M	56.	Male 21-34	12.	(Bangor)	01:45:19	01:45:39	64.
295	Stephen Hubbard	M	57.	Male 50-54	10.	(LEEDS)	01:45:13	01:45:44	65.
337	Gary Tomlinson	M	58.	Male 45-49	9.	(Derby)	01:45:05	01:45:50	66.
108	Dai Higgins	M	59.	Male 50-54	11.	(Oldham)	01:45:28	01:45:51	67.
383	Phil Wheldon-Robinson	M	60.	Male 21-34	13.	(Saint Asaph)	01:44:56	01:45:53	68.
49	Nicky Marck	M	61.	Male 45-49	10.	(Welshpool)	01:46:25	01:46:36	69.
212	Martin Buckley	M	62.	Male 45-49	11.	(Penrhyndeudraeth)	01:46:00	01:46:47	70.
143	Nyfain Wynn	F	9.	Female 50-54	1.	Hebog	01:46:43	01:47:23	71.
36	Michael Webb	M	63.	Male 40-44	11.	Aldridge Running Club	01:47:17	01:47:27	72.
380	Christian Ward	M	64.	Male 50-54	12.	(clotton)	01:46:48	01:47:30	73.
181	Lewis Moroney	M	65.	Male 21-34	14.	(Abergele)	01:46:39	01:47:34	74.
331	Iwan Jones	M	66.	Male 21-34	15.	(Caernarfon)	01:46:47	01:47:42	75.
334	Gareth Perrin	M	67.	Male 50-54	13.	Cybi Striders	01:47:04	01:48:01	76.
213	Phill Higgins	M	68.	Male 40-44	12.	Gog Triathlon	01:47:32	01:48:03	77.
122	Jamie Williams	M	69.	Male 21-34	16.	(Bangor)	01:47:35	01:48:03	78.
404	Tristan Owen	M	70.	Male 35-39	9.	parkrun pals	01:48:01	01:48:25	79.
363	Eifion Salisbury	M	71.	Male 55-59	5.	Wilmslow Striders	01:47:00	01:48:27	80.
88	Alice Luther	F	10.	Female 21-34	5.	Tri Hard Harriers	01:47:56	01:48:30	81.
199	Steven Ross	M	72.	Male 40-44	13.	Sheffield Running Club	01:48:20	01:48:39	82.
285	Robert Brown	M	73.	Male 21-34	17.	(Conwy)	01:48:31	01:48:41	83.
371	David Lancelott	M	74.	Male 45-49	12.	Ellesmere port RC	01:48:42	01:49:00	84.
292	Mike Mcentegart	M	75.	Male 55-59	6.	Ellesmere Port R.C	01:48:43	01:49:00	85.
166	Sam Bradshaw	M	76.	Male 35-39	10.	Gog Triathlon	01:48:27	01:49:06	86.
41	Kieron Fletcher	M	77.	Male 35-39	11.	(Merthyr Tydfil)	01:48:58	01:49:14	87.
385	Gethin Jones	M	78.	Male 21-34	18.	(Blaenau Ffestiniog)	01:48:47	01:49:46	88.
77	Andrew Hughes	M	79.	Male 60-64	3.	Bramhall Runners	01:49:13	01:50:14	89.
279	Imran Sharif	M	80.	Male 21-34	19.	(Bangor)	01:50:11	01:50:26	90.
69	Eleanor Beaumont	F	11.	Female 21-34	6.	(Llanfairfechan)	01:49:45	01:50:27	91.
126	Joseph Clark	M	81.	Male 50-54	14.	(Llandudno)	01:50:14	01:50:27	92.
221	Phil Jones	M	82.	Male 45-49	13.	(Bangor)	01:49:44	01:50:39	93.
360	John Gibson	M	83.	Male 21-34	20.	Derwentside Athletics Club	01:50:09	01:50:48	94.
317	Sion Jones	M	84.	Male 21-34	21.	(Denbigh)	01:50:05	01:50:53	95.

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284	Gemma Kelly	F	12.	Female 35-39	1.	Chester Triathlon Club	01:50:37	01:51:08	96.
141	Simon Beynon	M	85.	Male 55-59	7.	(Carmarthen)	01:50:41	01:51:12	97.
382	Jon Hayward	M	86.	Male 35-39	12.	Black Cloak Runners	01:51:07	01:51:18	98.
106	Kelvin Williams	M	87.	Male 40-44	14.	(Llanrug)	01:51:02	01:51:28	99.
216	Luke Hobbart	M	88.	Male 45-49	14.	(Southport)	01:51:30	01:51:46	100.
310	Jonathan Smith	M	89.	Male 40-44	15.	(Ormskirk)	01:51:08	01:51:53	101.
150	Adam Johnson	M	90.	Male 40-44	16.	(Leek)	01:51:34	01:51:55	102.
340	Sarah Brooks	F	13.	Female 50-54	2.	Abergele Harriers	01:51:46	01:51:59	103.
333	Tecwyn Jones	M	91.	Male 60-64	4.	(Amlwch)	01:51:31	01:52:01	104.
408	Llio Owen	F	14.	Female 21-34	7.	(Bangor)	01:51:39	01:52:08	105.
316	Adam Lemalle	M	92.	Male 40-44	17.	North Wales Road Runners Club (NWRRC)	01:52:21	01:52:30	106.
259	Niamh Dempsey	F	15.	Female 21-34	8.	N	01:52:09	01:52:33	107.
29	Paul Martin	M	93.	Male 50-54	15.	Gog Triathlon	01:54:05	01:54:20	108.
278	Janine Gall	F	16.	Female 55-59	1.	Team Derby Runner	01:54:03	01:54:22	109.
262	Liberty Telling	F	17.	Female 21-34	9.	(Epping)	01:54:19	01:54:57	110.
201	Sam Evans	F	18.	Female 50-54	3.	Gog Triathlon	01:55:01	01:55:14	111.
174	Vaida Bartulyte	F	19.	Female 35-39	2.	South cheshire harriers	01:55:03	01:55:23	112.
71	Daniel Seymour	M	94.	Male 35-39	13.	(Oldham)	01:54:50	01:55:25	113.
293	Rachel Beach	F	20.	Female 45-49	2.	South cheshire harriers	01:55:10	01:55:29	114.
246	David Huntley	M	95.	Male 21-34	22.	(Cardiff)	01:54:43	01:55:36	115.
313	Winnie Courtene-Jones	F	21.	Female 21-34	10.	(Menai Bridge)	01:55:08	01:55:40	116.
152	Morgan Stephen	M	96.	Male 21-34	23.	(Holyhead)	01:55:10	01:55:49	117.
80	Ricky Jones	M	97.	Male 21-34	24.	(Conwy)	01:55:05	01:55:53	118.
359	Andy Gifford	M	98.	Male 45-49	15.	(Southport)	01:55:15	01:55:57	119.
228	Sam Richardson	M	99.	Male 12-20	3.	(Llandudno)	01:56:05	01:56:43	120.
244	Dylan Roberts	M	100.	Male 45-49	16.	(Penmaenmawr)	01:56:06	01:56:48	121.
357	Kevin Straw	M	101.	Male 60-64	5.	(Wakefield)	01:56:12	01:56:56	122.
225	Philip Moss	M	102.	Male 60-64	6.	North Wales Road Runners	01:56:36	01:57:04	123.
301	Angus Cleary	M	103.	Male 55-59	8.	(Manchester)	01:56:50	01:57:07	124.
260	Zoe Taylor	F	22.	Female 50-54	4.	(Abergavenny)	01:56:44	01:57:09	125.
291	Cliff Hubbard	M	104.	Male 50-54	16.	(Holyhead)	01:56:57	01:57:26	126.
258	Carl Dempsey	M	105.	Male 55-59	9.	(Abergavenny)	01:57:09	01:57:34	127.

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59	Louise Wall	F	23.	Female 50-54	5.	Cleobury Mortimer running club	01:56:43	01:57:34	128.
372	Mari Jones	F	24.	Female 45-49	3.	Betsi Runaways	01:56:43	01:57:34	129.
95	Rhys Hearn	M	106.	Male 45-49	17.	Run Wales	01:56:42	01:57:34	130.
389	Annie Taylor	F	25.	Female 35-39	3.	South cheshire harriers	01:57:24	01:57:43	131.
208	Dennis Robinson	M	107.	Male 65-69	2.	South cheshire harriers	01:57:38	01:57:59	132.
182	Julian Williams	M	108.	Male 21-34	25.	(Llanrwst)	01:57:40	01:58:11	133.
224	Mike Powell	M	109.	Male 65-69	3.	(Abergele)	01:58:41	01:59:09	134.
403	David Roberts	M	110.	Male 21-34	26.	(Holyhead)	01:58:19	01:59:10	135.
170	Tracey Harris	F	26.	Female 55-59	2.	(Wrexham)	01:58:09	01:59:10	136.
172	Marcin Sudol	M	111.	Male 45-49	18.	(Accrington)	01:58:59	01:59:22	137.
354	Charlie Evans	M	112.	Male 21-34	27.	(Bangor)	01:58:23	01:59:33	138.
19	Paul Land	M	113.	Male 55-59	10.	Skelmersdale Boundary Harriers	01:59:06	01:59:44	139.
137	Michael Percival	M	114.	Male 35-39	14.	(Ellesmere Port)	01:58:40	01:59:54	140.
153	Adam Day	M	115.	Male 35-39	15.	(Stafford)	01:59:00	02:00:20	141.
164	Anthony Jones	M	116.	Male 21-34	28.	(OSWESTRY)	01:59:40	02:00:36	142.
163	Kieran White	M	117.	Male 21-34	29.	(Oswestry)	01:59:39	02:00:36	143.
183	Lee Davies	M	118.	Male 21-34	30.	(Oswestry)	01:59:39	02:00:36	144.
305	Catherine Mayall	F	27.	Female 50-54	6.	Cobra running and Triathlon club	02:00:28	02:00:59	145.
306	Alfie Mayall	M	119.	Male 21-34	31.	(Stourbridge)	02:00:27	02:00:59	146.
398	Aneuryn Griffiths	M	120.	Male 45-49	19.	(Llanerchymedd)	02:00:53	02:01:23	147.
390	Rob Hughes	M	121.	Male 50-54	17.	(Shrewsbury)	02:00:51	02:01:39	148.
121	Dan Williams	M	122.	Male 21-34	32.	Porth Eirias Runners	02:00:52	02:01:41	149.
160	David Jones	M	123.	Male 35-39	16.	(Deeside)	02:00:47	02:01:56	150.
189	Daran Millward	M	124.	Male 50-54	18.	Silverdale RC	02:01:31	02:01:56	151.
204	Mark Derby	M	125.	Male 55-59	11.	(Buckley)	02:01:16	02:02:00	152.
253	Emma Loutsis	F	28.	Female 40-44	4.	(Bangor)	02:01:35	02:02:09	153.
378	Lina Land	F	29.	Female 40-44	5.	Aberystwyth AC	02:01:51	02:02:30	154.
256	Caroline Reed	F	30.	Female 21-34	11.	(Gloucester)	02:01:25	02:02:34	155.
21	Rob Todd	M	126.	Male 60-64	7.	Dragons RC (Sale }	02:01:50	02:02:39	156.
381	Rhys Pugh	M	127.	Male 35-39	17.	parkrun pals	02:02:30	02:02:55	157.
342	Stephen Pritchard	M	128.	Male 55-59	12.	(Ellesmere Port)	02:02:05	02:03:03	158.
54	Michael Fletcher	M	129.	Male 21-34	33.	Pontypridd Roadents AC	02:02:40	02:03:04	159.

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298	Geraint Jones	M	130.	Male 55-59	13.	(Caernarfon)	02:02:07	02:03:05	160.
223	Daniel Jones	M	131.	Male 45-49	20.	(Bagillt)	02:02:21	02:03:23	161.
65	Richard Evans	M	132.	Male 40-44	18.	(Welshpool)	02:03:27	02:03:38	162.
243	Ben Richardson	M	133.	Male 21-34	34.	(Llandudno)	02:02:57	02:04:08	163.
15	Tony Phelan	M	134.	Male 60-64	8.	Gogs triathlon	02:03:44	02:04:18	164.
180	James Cooper	M	135.	Male 21-34	35.	(Northwich)	02:04:21	02:04:49	165.
156	Charlie Dean	F	31.	Female 45-49	4.	(Wirral)	02:04:19	02:05:01	166.
219	Stephen Coleman	M	136.	Male 60-64	9.	Fylde Coast Runners	02:04:29	02:05:12	167.
139	Maksym Piwonski	M	137.	Male 45-49	21.	(Liverpool)	02:04:00	02:05:15	168.
6	David Jones	M	138.	Male 50-54	19.	(Wirral)	02:03:55	02:05:28	169.
234	Lisa Mcclellan	F	32.	Female 45-49	5.	(Ruthin)	02:04:40	02:05:34	170.
113	James Meadowcroft	M	139.	Male 55-59	14.	(Ffrith)	02:05:24	02:05:45	171.
176	Nia Maloney	F	33.	Female 55-59	3.	Beaumaris Town Road Runner's	02:04:37	02:05:50	172.
361	Llio Davies	F	34.	Female 35-39	4.	(Corwen)	02:05:07	02:06:01	173.
384	Catrin Evans	F	35.	Female 21-34	12.	(Llanfairpwllgwyngyll)	02:05:04	02:06:03	174.
364	Anna Holmes	F	36.	Female 45-49	6.	(Colwyn Bay)	02:05:34	02:06:06	175.
375	Tania Whitnall	F	37.	Female 35-39	5.	(Llandudno)	02:05:34	02:06:06	176.
179	Jessica Roberts	F	38.	Female 21-34	13.	(Colwyn Bay)	02:05:53	02:06:24	177.
300	Siwan Kalatzi	F	39.	Female 45-49	7.	Thames Valley Triathletes (TVT)	02:05:53	02:06:34	178.
282	Hannah Griffith	F	40.	Female 50-54	7.	North Wales Road Runners	02:05:53	02:06:34	179.
344	Lily Pardoe	F	41.	Female 21-34	14.	(Abergele)	02:06:18	02:07:00	180.
397	Catherine Darch	F	42.	Female 45-49	8.	(Holyhead)	02:06:37	02:07:21	181.
103	Ruth Noble	F	43.	Female 40-44	6.	Ellesmere Port R.C	02:06:56	02:07:36	182.
268	Alexander Burrows	M	140.	Male 12-20	4.	(Rochdale)	02:07:04	02:07:48	183.
4	Toni Collier	F	44.	Female 45-49	9.	Fordy Runs Running Club	02:07:08	02:08:17	184.
358	Dave Pardoe	M	141.	Male 55-59	15.	(Southport)	02:07:43	02:08:25	185.
117	Terri Watkinson	F	45.	Female 35-39	6.	(Llandudno Junction)	02:08:04	02:08:25	186.
118	Jordan Watkinson	M	142.	Male 21-34	36.	(Llandudno Junction)	02:08:04	02:08:26	187.
149	Phillip Mason	M	143.	Male 45-49	22.	(Liverpool)	02:08:50	02:09:16	188.
287	Allan Fisher	M	144.	Male 45-49	23.	(Kinmel Bay, Conwy)	02:08:48	02:09:21	189.
303	Joanna Hammond	F	46.	Female 45-49	10.	(Conwy)	02:08:02	02:09:23	190.
400	Angela Griffiths	F	47.	Female 45-49	11.	(Llannerch-y-Medd)	02:09:13	02:09:42	191.

Bangor 10k and Half Marathon 2024

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
264	Scott Lawley	M	145.	Male 21-34	37.	(Old Colwyn)	02:09:09	02:09:50	192.
119	Christopher Ashurst	M	146.	Male 35-39	18.	(Wrexham)	02:10:14	02:10:36	193.
22	Eddie Caldow	M	147.	Male 40-44	19.	(Manchester)	02:09:23	02:10:48	194.
25	Matthew Harvey	M	148.	Male 45-49	24.	Penny Lane Striders	02:09:22	02:10:49	195.
203	Stuart Coe	M	149.	Male 70-74	1.	Beaumont RC	02:10:26	02:10:58	196.
271	Sara Jones	F	48.	Female 12-20	1.	(Amlwch)	02:10:30	02:11:23	197.
254	Sarah Barker	F	49.	Female 21-34	15.	(Rotherham)	02:10:17	02:11:25	198.
18	Jayne Land	F	50.	Female 50-54	8.	Kirkby Milers AC	02:11:10	02:11:48	199.
304	Dave Latham	M	150.	Male 50-54	20.	(Manchester)	02:11:40	02:11:58	200.
352	Anna Holt	F	51.	Female 45-49	12.	(Holywell)	02:11:56	02:12:14	201.
120	Alan Bridson	M	151.	Male 45-49	25.	Builth and district running club	02:11:39	02:12:22	202.
266	Cadi Ostler	F	52.	Female 35-39	7.	(Bangor)	02:11:35	02:12:23	203.
347	Maureen Lynch	F	53.	Female 65-69	1.	Donoughmore AC	02:12:36	02:12:45	204.
402	Natasha Roberts	F	54.	Female 21-34	16.	(Holyhead)	02:11:56	02:12:47	205.
105	Nia Lister	F	55.	Female 35-39	8.	North Wales Road Runners	02:12:22	02:12:58	206.
13	Dawn Goding	F	56.	Female 50-54	9.	Amlwch Arrows	02:12:40	02:13:38	207.
123	Zara Parry	F	57.	Female 40-44	7.	Porth Eirias Runners	02:12:47	02:13:40	208.
393	Gwen Owen	F	58.	Female 21-34	17.	(Holyhead)	02:13:09	02:13:52	209.
46	Gavin Mackenzie	M	152.	Male 45-49	26.	(Llanfairfechan)	02:12:30	02:13:54	210.
158	Heather Ip	F	59.	Female 35-39	9.	CLC Striders	02:13:06	02:14:01	211.
146	Helen Hannam	F	60.	Female 45-49	13.	nwrcc	02:13:34	02:14:11	212.
330	Andy Ball	M	153.	Male 60-64	10.	Chester Road Runners	02:13:26	02:14:33	213.
101	Rachel Harvey	F	61.	Female 35-39	10.	(Bangor)	02:14:16	02:15:00	214.
269	Sue Kirby	F	62.	Female 55-59	4.	Silverdale Running Club	02:14:47	02:15:10	215.
322	Jim Lewis	M	154.	Male 21-34	38.	(Holyhead)	02:13:53	02:15:20	216.
328	Elgan Hughes	M	155.	Male 35-39	19.	(Ruthin)	02:14:32	02:15:24	217.
55	Jane Beachell	F	63.	Female 55-59	5.	(Llanfairfechan)	02:15:18	02:15:35	218.
297	Alan Owen	M	156.	Male 50-54	21.	(Llandegfan)	02:14:41	02:15:47	219.
296	Gavin Williams	M	157.	Male 55-59	16.	(Llandegfan)	02:14:42	02:15:47	220.
165	Jess Bradshaw	F	64.	Female 21-34	18.	(Caernarfon)	02:15:28	02:16:05	221.
294	Gwennan Charlton	F	65.	Female 35-39	11.	North Wales Road Runners	02:15:27	02:16:06	222.
351	Kate Gash	F	66.	Female 21-34	19.	(Menai Bridge)	02:15:03	02:16:07	223.

Bangor 10k and Half Marathon 2024

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
140	Esther Evans	F	67.	Female 55-59	6.	(Carmarthen)	02:15:42	02:16:12	224.
362	Sioned Spencer	F	68.	Female 40-44	8.	(Rhyl)	02:15:47	02:17:01	225.
421	Richard Patterson	M	158.	Male 21-34	39.	(Beaumaris)	02:16:21	02:17:40	226.
373	Grahame Brown	M	159.	Male 55-59	17.	(RHYL)	02:17:14	02:18:04	227.
261	Jack Peers	M	160.	Male 21-34	40.	(Wrexham)	02:17:32	02:18:12	228.
177	Jacqueline Bailey	F	69.	Female 45-49	14.	Stone Master Marathoners	02:17:27	02:18:19	229.
220	Chris Jones	M	161.	Male 50-54	22.	(Holywell)	02:17:31	02:18:32	230.
379	Gwyn Williams	M	162.	Male 60-64	11.	Clwb Run Wales	02:17:34	02:18:44	231.
395	Chloe Taylor	F	70.	Female 21-34	20.	(Holyhead)	02:17:43	02:18:48	232.
84	Sarah Grady	F	71.	Female 40-44	9.	(Conwy)	02:18:00	02:18:49	233.
85	Bernie Grady	M	163.	Male 60-64	12.	(Conwy)	02:18:00	02:18:49	234.
68	Nia Evans	F	72.	Female 21-34	21.	Run4All Neath	02:18:23	02:18:59	235.
67	Vaughan Budd	M	164.	Male 40-44	20.	Run4All Neath	02:18:22	02:18:59	236.
66	Catrin Budd	F	73.	Female 21-34	22.	Run4All Neath	02:18:23	02:18:59	237.
162	Rachel Brown	F	74.	Female 50-54	10.	(Rhyl)	02:18:13	02:19:02	238.
335	Alison Roberts	F	75.	Female 50-54	11.	Clwb Run Wales	02:18:09	02:19:06	239.
263	Megha Sharma	F	76.	Female 21-34	23.	(Cardiff)	02:18:18	02:19:15	240.
37	Samantha Roberts	F	77.	Female 21-34	24.	(Holyhead)	02:18:49	02:19:32	241.
407	Graham Mcvey	M	165.	Male 55-59	18.	(Colwyn Bay)	02:18:29	02:19:45	242.
114	Margaret Meadowcroft	F	78.	Female 60-64	1.	(Ffrith)	02:19:37	02:19:58	243.
109	Warren Bennett	M	166.	Male 55-59	19.	(Oldham)	02:20:10	02:20:33	244.
312	Ruth Jones	F	79.	Female 45-49	15.	(Hawarden, Flintshire)	02:19:40	02:20:35	245.
324	Emily Preston	F	80.	Female 21-34	25.	(St. Asaph)	02:20:05	02:20:53	246.
73	Janine Plews-Mcvittie	F	81.	Female 50-54	12.	Cobra RTC	02:20:17	02:21:07	247.
91	David Roberts	M	167.	Male 60-64	13.	Lonely Goat RC	02:20:15	02:21:17	248.
171	Matt Arschavir	M	168.	Male 45-49	27.	Didsbury Runners	02:20:28	02:21:29	249.
412	Katie Johnson	F	82.	Female 35-39	12.	Northwalesroadrunners	02:20:24	02:21:36	250.
79	Kate Robertson	F	83.	Female 35-39	13.	(Penmaenmawr)	02:20:25	02:21:37	251.
202	Diane Brassington	F	84.	Female 50-54	13.	Silverdale RC	02:21:23	02:21:47	252.
368	Ellis Hughes	M	169.	Male 21-34	41.	(Llangefni)	02:21:56	02:22:11	253.
376	Ali Slimas	M	170.	Male 21-34	42.	(Llanrug)	02:21:20	02:22:24	254.
356	Bethan Morgan	F	85.	Female 50-54	14.	(Pwllheli)	02:21:25	02:22:25	255.

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Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
401	Nicholas Burke	M	171.	Male 21-34	43.	(Liverpool)	02:21:34	02:22:40	256.
265	Sarah Clifton	F	86.	Female 21-34	26.	(Trowbridge)	02:21:37	02:22:55	257.
270	Eleanor Clifton	F	87.	Female 21-34	27.	(Bath)	02:21:37	02:22:55	258.
255	Claire Edwards	F	88.	Female 35-39	14.	(Rotherham)	02:22:32	02:23:39	259.
345	S Briggs	M	172.	Male 55-59	20.	Trawden AC	02:22:40	02:24:05	260.
83	Peredur Williams	M	173.	Male 35-39	20.	(Llanrwst)	02:23:12	02:24:06	261.
12	Steve Bernasconi	M	174.	Male 21-34	44.	Amlwch Arrows	02:23:50	02:24:20	262.
242	Victoria Gilliver-Marshall	F	89.	Female 40-44	10.	(Southport)	02:23:48	02:24:57	263.
198	Kate Hughes-Jenkins	F	90.	Female 21-34	28.	(Llandudno Junction)	02:24:17	02:25:29	264.
1	Pete Summers	M	175.	Male 55-59	21.	Miles and Smiles LE	02:24:49	02:25:54	265.
167	Sam Hare	F	91.	Female 50-54	15.	GOG Triathlon Club	02:25:45	02:26:20	266.
47	Lesley Griffiths	M	176.	Male 35-39	21.	(Bangor)	02:25:10	02:26:31	267.
8	Ana Roslan	F	92.	Female 50-54	16.	Hoylake Road Runners	02:26:05	02:26:43	268.
7	Francesca Todd	F	93.	Female 50-54	17.	(Sutton)	02:26:05	02:26:43	269.
416	Chris D'albuquerque	M	177.	Male 40-44	21.	(Market Rasen)	02:25:49	02:27:05	270.
290	Ann D'albuquerque	F	94.	Female 75-79	1.	GOG Triathlon Club	02:25:50	02:27:05	271.
129	Sally Husselbee	F	95.	Female 45-49	16.	Dudley Kingswinford Running Club	02:27:12	02:27:31	272.
369	Gwen Austin	F	96.	Female 45-49	17.	(Holyhead)	02:28:08	02:28:13	273.
131	David William James Hughes	M	178.	Male 35-39	22.	CCI Running Club	02:27:39	02:28:23	274.
72	Samantha Brooke	F	97.	Female 40-44	11.	Cobra RC	02:27:42	02:28:33	275.
314	Katy Richards	F	98.	Female 21-34	29.	(Bangor)	02:27:37	02:28:44	276.
319	Gareth Evans	M	179.	Male 35-39	23.	(Wrexham)	02:28:18	02:29:10	277.
411	Eamonn Brady	M	180.	Male 55-59	22.	Penny Lane Striders	02:28:41	02:29:25	278.
288	Carolyn Holt	F	99.	Female 60-64	2.	Penny Lane Striders	02:28:42	02:29:25	279.
195	Jason Gould	M	181.	Male 45-49	28.	Start2jog	02:28:52	02:30:04	280.
194	Lyn Todd	F	100.	Female 55-59	7.	Start2jog	02:28:53	02:30:04	281.
45	Elinor Cordiner	F	101.	Female 55-59	8.	Pershore Plum Plodders	02:29:48	02:30:14	282.
20	Anne Kelly	F	102.	Female 45-49	18.	Dragons Running Club (Sale)	02:30:16	02:31:08	283.
188	Lona Gavins	F	103.	Female 55-59	9.	(Colwyn Bay)	02:30:21	02:31:15	284.
233	Kevin Clark	M	182.	Male 50-54	23.	(Sandbach)	02:30:06	02:31:16	285.
185	Ian Snailham	M	183.	Male 65-69	4.	(Beaumaris)	02:31:07	02:32:02	286.
161	Peter Causton	M	184.	Male 50-54	24.	(Frodsham)	02:33:12	02:33:34	287.

Bangor 10k and Half Marathon 2024

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
102	Paul Houlding	M	185.	Male 60-64	14.	(Wrexham)	02:32:35	02:33:59	288.
238	Aron Williams	M	186.	Male 21-34	45.	(Llandudno Junction)	02:34:12	02:34:42	289.
178	Scott Oakes	M	187.	Male 21-34	46.	(Colwyn Bay)	02:35:54	02:36:17	290.
132	Heulwen Jones	F	104.	Female 45-49	19.	CCI Running Club	02:36:17	02:36:59	291.
192	Mark Evans	M	188.	Male 45-49	29.	Porth Eirais Runners	02:36:59	02:37:52	292.
87	Jane Mcfarlane	F	105.	Female 45-49	20.	Newcastle staffs AC	02:37:43	02:38:08	293.
35	Katie Newe	F	106.	Female 45-49	21.	Clwb Run Wales	02:37:55	02:39:03	294.
90	Diane Gurney	F	107.	Female 60-64	3.	(Rhyl)	02:38:00	02:39:08	295.
30	Ren Pryce	F	108.	Female 21-34	30.	vegan runners UK	02:39:01	02:39:52	296.
39	Audrey Cowpland	F	109.	Female 60-64	4.	N/A	02:40:29	02:41:14	297.
38	Alison Scally	F	110.	Female 60-64	5.	Llangollen Running Club	02:40:41	02:41:26	298.
110	Claire Brownbill	F	111.	Female 45-49	22.	(Wirral)	02:41:44	02:41:52	299.
325	Keith Sleight	M	189.	Male 50-54	25.	(Gerrards Cross)	02:41:24	02:42:32	300.
321	Pete James	M	190.	Male 50-54	26.	Chester Road Runners	02:41:24	02:42:32	301.
343	Tommy Williams	M	191.	Male 50-54	27.	(Chester)	02:42:03	02:42:43	302.
249	Benjamin Thompson	M	192.	Male 40-44	22.	Pete Beynon Aspirationals	02:44:01	02:44:39	303.
409	Michael Bailey	M	193.	Male 40-44	23.	(Holyhead)	02:44:05	02:44:43	304.
366	Lauren Austin	F	112.	Female 45-49	23.	(Bangor)	02:45:57	02:46:38	305.
138	Rachel Roberts	F	113.	Female 40-44	12.	(Holywell)	02:50:18	02:51:13	306.
211	Marie Clarke	F	114.	Female 50-54	18.	(Penmaenmawr)	02:51:15	02:52:21	307.
86	Jeanette Pope	F	115.	Female 45-49	24.	Fylde Coast Runners	02:52:28	02:53:55	308.
229	Jan Muir	F	116.	Female 55-59	10.	(BENLLECH)	02:56:03	02:56:07	309.
61	Kev Newnes	M	194.	Male 60-64	15.	(Llannerch-y-Medd)	02:54:56	02:56:09	310.
107	Ray Woodcock	M	195.	Male 65-69	5.	(Prestatyn)	02:56:02	02:57:29	311.
241	Amanda Bowen	F	117.	Female 50-54	19.	Blackpool Freedom Runners	03:09:42	03:11:09	312.
190	Emma Quinn	F	118.	Female 40-44	13.	(Thornton-Cleveleys)	03:10:22	03:11:50	313.
232	Katherine Lang	F	119.	Female 40-44	14.	Fylde Coast Runners	03:10:24	03:11:50	314.
377	Karen Clayton	F	120.	Female 55-59	11.	(Newport)	03:17:15	03:18:24	315.
34	Trevor Ball	M	196.	Male 60-64	16.	Stoke FIT	03:33:36	03:34:58	316.
42	Patsy Ball	F	121.	Female 55-59	12.	Stoke FIT	03:33:37	03:34:58	317.

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