

Rhyl 5 and 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTi	Pos.
10Mile									
217	Scott Nixon	M	1.	Male 21-34	1.	Cardiff aac	54:18	54:18	1.
330	Adam Jones	M	2.	Male 21-34	2.	(Llanberis)	54:32	54:40	2.
323	Josh Keogh	M	3.	Male 21-34	3.	NWRRRC	56:46	56:47	3.
72	Edward Land	M	4.	Male 40-44	1.	Aberystwyth AC	56:57	56:58	4.
114	Jon Dance	M	5.	Male 45-49	1.	Salford Harriers	57:40	57:42	5.
284	James Yarwood	M	6.	Male 21-34	4.	Abergele Harriers	58:01	58:02	6.
391	Lewis Tandy	M	7.	Male 21-34	5.	West Cheshire AC	58:09	58:13	7.
300	Jonathan Kettle	M	8.	Male 45-49	2.	North Wales Road	58:27	58:28	8.
206	Alan Steeple	M	9.	Male 45-49	3.	Chorlton Runners	59:41	59:43	9.
259	Ian Edwards	M	10.	Male 35-39	1.	Eryri Harriers	1:00:01	1:00:02	10.
186	Christopher	M	11.	Male 55-59	1.	Cannock & Stafford AC	1:01:05	1:01:06	11.
192	Rob Grantham	M	12.	Male 45-49	4.	Pensby Runners	1:01:21	1:01:24	12.
269	Darren Tweats	M	13.	Male 35-39	2.	(Davenham)	1:01:45	1:01:47	13.
83	Darren Williams	M	14.	Male 40-44	2.	Warrington Running Club	1:02:16	1:02:21	14.
365	Gareth Chaloner	M	15.	Male 40-44	3.	WrexhamAC	1:03:16	1:03:19	15.
93	Paul Williams	M	16.	Male 50-54	1.	Aberystwyth AC	1:04:35	1:04:36	16.
195	Gordon Jones	M	17.	Male 60-64	1.	Prestatyn RC	1:04:52	1:04:57	17.
188	Simon Taylor	M	18.	Male 40-44	4.	(Old Colwyn)	1:05:09	1:05:10	18.
268	Mathew Capper	M	19.	Male 21-34	6.	lonely goat	1:05:42	1:05:44	19.
49	Chris Radford	M	20.	Male 40-44	5.	Shropshire Shufflers	1:05:40	1:05:46	20.
356	Rachel Shipley	F	1.	Female 21-34	1.	Abergele Harriers	1:06:25	1:06:27	21.
82	Robert Hough	M	21.	Male 40-44	6.	Widnes Running Club	1:06:39	1:06:44	22.
225	Sean McCormack	M	22.	Male 55-59	2.	Abergele Harriers	1:06:50	1:06:52	23.
271	Craig Viggars	M	23.	Male 40-44	7.	(Leek)	1:06:43	1:06:58	24.
328	Paul Gillon	M	24.	Male 55-59	3.	lancaster and	1:07:10	1:07:14	25.
244	James Harper	M	25.	Male 21-34	7.	(Holyhead)	1:07:12	1:07:16	26.
224	Tom Imlah	M	26.	Male 21-34	8.	(Llandudno Junction)	1:07:13	1:07:16	27.
197	Andy Thomas	M	27.	Male 55-59	4.	Sandbach Striders	1:07:19	1:07:21	28.
296	Craig Smith	M	28.	Male 45-49	5.	Prestatyn RC	1:07:14	1:07:26	29.
106	Anna Begbie	F	2.	Female 40-44	1.	Cheshire dragons	1:07:37	1:07:42	30.
393	Peter Rees	M	29.	Male 35-39	3.	Eryri Harriers	1:07:47	1:07:50	31.
342	Mark Davies	M	30.	Male 40-44	8.	GOG	1:07:51	1:07:54	32.
125	Mark Byrne	M	31.	Male 50-54	2.	Warrington Road	1:07:52	1:07:57	33.
209	Stuart Culverhouse	M	32.	Male 50-54	3.	North Wales Road	1:07:54	1:07:59	34.
63	Simon Lewis	M	33.	Male 45-49	6.	(Ellesmere)	1:08:01	1:08:14	35.
327	Lee Bailey	M	34.	Male 45-49	7.	Prestatyn RC	1:08:15	1:08:16	36.
324	Lee Jones	M	35.	Male 35-39	4.	Buckley RC	1:08:26	1:08:34	37.
273	Joey Davies	M	36.	Male 21-34	9.	(Flint)	1:08:55	1:09:14	38.
183	Jon Sheehy	M	37.	Male 55-59	5.	Lymm runners	1:09:18	1:09:29	39.
164	Deri Jones	M	38.	Male 40-44	9.	(Wrexham)	1:09:46	1:09:55	40.
212	Clifford Wigzell	M	39.	Male 45-49	8.	(Colwyn Bay)	1:10:05	1:10:06	41.
109	Mal Preece	M	40.	Male 60-64	2.	Mal Preece	1:10:07	1:10:10	42.
194	Will Wooldridge	M	41.	Male 40-44	10.	(STAFFORD)	1:09:31	1:10:23	43.
385	Lizzie Slater	F	3.	Female 40-44	2.	Nantwich Running Club	1:10:32	1:10:42	44.
369	Catherine Tudor	F	4.	Female 40-44	3.	Denbigh Harriers	1:10:41	1:10:50	45.
347	Sion Owen	M	42.	Male 21-34	10.	(Pwllheli)	1:11:00	1:11:03	46.
343	Jamie Tharme	M	43.	Male 40-44	11.	NWRRRC	1:11:02	1:11:08	47.
340	Iain Borsbey	M	44.	Male 45-49	9.	(Northwich)	1:10:49	1:11:18	48.
219	Richard Westwood	M	45.	Male 45-49	10.	Wrexham AC	1:11:23	1:11:28	49.

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278	Gwyn Roberts	M	46.	Male 50-54	4.	Wrexham AAC	1:11:25	1:11:29	50.
92	Steve Poupart	M	47.	Male 45-49	11.	North Wales Road	1:11:31	1:11:36	51.
139	Steven Roberts	M	48.	Male 55-59	6.	Nwrrc	1:11:28	1:11:36	52.
359	Tracey Breedon	F	5.	Female 40-44	4.	Aberystwyth Athletics	1:11:47	1:11:49	53.
229	Adam Roberts	M	49.	Male 35-39	5.	Didsbury Runners	1:11:50	1:11:57	54.
53	Ian Sadler	M	50.	Male 60-64	3.	Penny Lane Striders	1:12:00	1:12:08	55.
201	Kevin Slattery	M	51.	Male 65-69	1.	NWRRRC	1:12:13	1:12:18	56.
80	Tony Man	M	52.	Male 50-54	5.	Penny Lane Striders	1:12:13	1:12:22	57.
260	John Jones	M	53.	Male 60-64	4.	Abergele Harriers	1:12:33	1:12:40	58.
332	Richard Page	M	54.	Male 50-54	6.	(Shrewsbury)	1:12:17	1:12:43	59.
84	Matthew Dutton	M	55.	Male 45-49	12.	Penny Lane Striders	1:12:47	1:12:57	60.
250	Gareth	M	56.	Male 21-34	11.	(Rhyl)	1:12:45	1:12:59	61.
203	Dai Higgins	M	57.	Male 50-54	7.	Manchester Front	1:12:46	1:13:03	62.
169	Daniel Menzies	M	58.	Male 45-49	13.	(Prestatyn)	1:12:48	1:13:05	63.
370	Mark Mayers	M	59.	Male 50-54	8.	Abergele harriers	1:13:00	1:13:12	64.
329	Dawn Atherton	F	6.	Female 21-34	2.	Knowsley Harriers	1:13:07	1:13:15	65.
383	Daniel Abel	M	60.	Male 12-20	1.	(St Helens)	1:13:11	1:13:28	66.
101	Richie Williams	M	61.	Male 55-59	7.	(Caergeiliog)	1:13:27	1:13:29	67.
19	Matt Wilson	M	62.	Male 21-34	12.	Red Rose Road Runners	1:13:25	1:13:36	68.
86	Tom Eames Hughes	M	63.	Male 21-34	13.	(Old Colwyn)	1:13:05	1:13:38	69.
239	Warren Brown	M	64.	Male 45-49	14.	Abergele Harriers	1:13:28	1:13:40	70.
394	Kristin Luke	F	7.	Female 35-39	1.	Eryri Harriers	1:13:40	1:13:45	71.
222	Martin Cortvriend	M	65.	Male 70-74	1.	Prestatyn RC	1:13:40	1:13:51	72.
81	Luke Jones	M	66.	Male 35-39	6.	(Dolgarrog)	1:13:31	1:13:57	73.
396	Stuart Tulloch	M	67.	Male 50-54	9.		1:14:02	1:14:09	74.
214	David Ellis	M	68.	Male 35-39	7.	Prestatyn Running Club	1:14:13	1:14:21	75.
388	Stuart Abel	M	69.	Male 40-44	12.	Fylde Coast Runners	1:14:22	1:14:39	76.
251	Stephen Geraghty	M	70.	Male 40-44	13.	(Newcastle under Lyme)	1:14:07	1:14:44	77.
76	Manon Wilkinson	F	8.	Female 35-39	2.	Eryri Harriers	1:14:46	1:14:52	78.
85	Siwan Elenid	F	9.	Female 35-39	3.	Meirionnydd Running	1:14:45	1:14:52	79.
147	Clive Palmer	M	71.	Male 55-59	8.	RUNNING BEAR	1:15:06	1:15:30	80.
165	Romano Antonio	M	72.	Male 40-44	14.	(Chorley)	1:14:50	1:15:34	81.
48	Carwyn Arnold	M	73.	Male 45-49	15.	(Llandudno)	1:15:35	1:15:44	82.
182	Oliver Smith	M	74.	Male 35-39	8.	(Rhyl)	1:15:44	1:16:15	83.
338	Lee Brooks	M	75.	Male 45-49	16.	(Rhyl)	1:16:15	1:16:22	84.
387	Ryan	M	76.	Male 12-20	2.	Buckley running club	1:15:56	1:16:26	85.
380	Gethin Jones	M	77.	Male 35-39	9.	North Wales	1:16:34	1:16:39	86.
228	Paul Joynson	M	78.	Male 35-39	10.	(Birkenhead)	1:16:25	1:16:50	87.
248	Ryan Shepherd	M	79.	Male 21-34	14.	(Prestatyn)	1:16:48	1:16:56	88.
220	Andy Jones	M	80.	Male 35-39	11.	Penyffordd Run Club	1:16:32	1:16:57	89.
326	Joy Hunter	F	10.	Female 40-44	5.	Buckley Runners	1:16:40	1:16:59	90.
54	Keith Clarke	M	81.	Male 45-49	17.	(Bromborough)	1:16:56	1:17:03	91.
236	Sarah Brooks	F	11.	Female 45-49	1.	Abergele Harriers	1:17:09	1:17:22	92.
358	Alex Murray	M	82.	Male 21-34	15.	(Rhyl)	1:16:46	1:17:27	93.
352	Kevin Herbert	M	83.	Male 35-39	12.	Freelance Runners	1:17:10	1:17:29	94.
277	Jo Grandfield	F	12.	Female 55-59	1.	Whitchurch Whippets	1:17:33	1:17:48	95.
374	Gareth Dixon	M	84.	Male 40-44	15.	CSSC	1:17:50	1:17:53	96.
242	Carl Hayes	M	85.	Male 45-49	18.	(Chester)	1:17:53	1:17:57	97.
362	Steve Large	M	86.	Male 45-49	19.	Penyffordd	1:17:43	1:18:07	98.
198	Kay Hatton	F	13.	Female 55-59	2.	NWRRRC	1:18:05	1:18:10	99.

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350	Ian Jackson	M	87.	Male 45-49	20.	Northwich Running Club	1:17:55	1:18:26	100.
252	Natalie Boswell	F	14.	Female 40-44	6.	Cannock and stafford AC	1:18:31	1:18:39	101.
293	Graham Roberts	M	88.	Male 60-64	5.	(Four Crosses)	1:18:23	1:18:39	102.
257	David Raggett	M	89.	Male 40-44	16.	(Deganwy)	1:18:35	1:18:59	103.
305	Daniel Snelson	M	90.	Male 21-34	16.	Abergele Harriers	1:18:41	1:19:02	104.
204	Darren Thompson	M	91.	Male 50-54	10.	PRESTATYN RUNNING	1:19:04	1:19:12	105.
310	Phil Moss	M	92.	Male 55-59	9.	abergele harriers	1:19:03	1:19:32	106.
185	Becky Hitchens	F	15.	Female 35-39	4.	(Llandudno Junction)	1:19:23	1:19:36	107.
364	Des Davies	M	93.	Male 60-64	6.	Prestatyn rc	1:19:30	1:19:41	108.
301	Deb Pugh	F	16.	Female 55-59	3.	Wrexham AAC	1:20:01	1:20:06	109.
129	Simon Rowlands	M	94.	Male 35-39	13.	(Llandudno)	1:19:59	1:20:27	110.
161	James Whitley	M	95.	Male 35-39	14.	(Chester)	1:20:05	1:20:51	111.
121	Rich Hall	M	96.	Male 45-49	21.	Lonely Goat	1:20:26	1:20:52	112.
281	Louise Ollier	F	17.	Female 40-44	7.	(Northwich)	1:20:31	1:20:57	113.
378	Kieran Travis	M	97.	Male 21-34	17.	Paul Lavelle Foundation	1:20:59	1:21:24	114.
37	Oliver Bridgman	M	98.	Male 40-44	17.	Nantwich running club	1:21:38	1:21:47	115.
314	Kelly Wynn	F	18.	Female 45-49	2.	Hyde Village Striders	1:21:21	1:21:51	116.
363	Thomas I Hughes	M	99.	Male 35-39	15.	(MOLD)	1:22:00	1:22:14	117.
307	Kam Dosanjh	F	19.	Female 45-49	3.	Penny lane striders	1:22:10	1:22:20	118.
335	Nia Evans	F	20.	Female 45-49	4.	Meirionnydd	1:22:56	1:23:07	119.
336	Gareth Catherall	M	100.	Male 45-49	22.	(Deganwy)	1:22:52	1:23:08	120.
99	Kevin Jones	M	101.	Male 60-64	7.	Sandbach Striders	1:23:02	1:23:11	121.
174	Luke Wookey	M	102.	Male 35-39	16.	(Manchester)	1:23:17	1:23:29	122.
168	Claire Crilly	F	21.	Female 35-39	5.	(Liverpool)	1:22:51	1:23:35	123.
341	Andrew Whitmore	M	103.	Male 45-49	23.	(Knutsford)	1:23:25	1:23:57	124.
207	Ted Ackroyd	M	104.	Male 50-54	11.	(Stockport)	1:23:16	1:23:57	125.
202	Warren Bennett	M	105.	Male 50-54	12.	(Oldham)	1:23:59	1:24:16	126.
256	Kent Humphreys	M	106.	Male 55-59	10.	(Wrexham)	1:24:10	1:24:20	127.
331	Simon Taylor	M	107.	Male 45-49	24.	100 Marathon club	1:24:07	1:24:46	128.
199	Michael Williams	M	108.	Male 55-59	11.	LABC Runners	1:25:03	1:25:09	129.
245	Jayne Vaughan	F	22.	Female 50-54	1.	Holywell Blade Runners	1:24:52	1:25:25	130.
308	Jonathan Allen	M	109.	Male 50-54	13.	Sphinx AC	1:25:16	1:25:30	131.
123	Martha Newall	F	23.	Female 21-34	3.	(Winsford)	1:24:57	1:25:34	132.
79	Andrew Rivett	M	110.	Male 55-59	12.	(Northwich)	1:24:59	1:25:37	133.
559	Roy Pennington	M	111.	Male 50-54	14.	Holywell Old Boys	1:25:02	1:25:38	134.
390	Jamie Bradbury	M	112.	Male 45-49	25.	Lymm runners	1:25:19	1:25:40	135.
325	Claire Hughes	F	24.	Female 45-49	5.	(Flint)	1:25:11	1:25:44	136.
64	David Elson	M	113.	Male 45-49	26.	(Ellesmere)	1:25:37	1:26:17	137.
167	Denise Mckinney	F	25.	Female 40-44	8.	(Liverpool)	1:25:32	1:26:17	138.
368	Allison Reid	F	26.	Female 45-49	6.	Prestatyn RC	1:26:10	1:26:22	139.
35	Amanda Durber	F	27.	Female 40-44	9.	(Llanddulas)	1:26:02	1:26:32	140.
36	Bethan Wyn	F	28.	Female 50-54	2.	(Hen Golwyn)	1:26:02	1:26:32	141.
216	Peter Andrews	M	114.	Male 45-49	27.	(Nottingham)	1:26:25	1:26:56	142.
274	Rhys Williams	M	115.	Male 50-54	15.	Hartshill Runners	1:26:27	1:26:59	143.
283	Shaun Terry	M	116.	Male 45-49	28.	Deestridders	1:26:43	1:27:02	144.
232	Louise Toach	F	29.	Female 40-44	10.	Nantwich Running Club	1:27:07	1:27:22	145.
231	Jane Coburn	F	30.	Female 50-54	3.	Nantwich running club	1:27:19	1:27:34	146.
276	Louise Robinson	F	31.	Female 50-54	4.	Hartshill Runners	1:27:20	1:27:51	147.
311	Carol Moss	F	32.	Female 55-59	4.	Abergele Harriers	1:27:37	1:28:06	148.
537	Kimberley	F	33.	Female 21-34	4.	(Banbridge)	1:28:09	1:28:23	149.

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173	Emma Bishop	F	34.	Female 21-34	5.	(Penrhynside)	1:27:58	1:28:26	150.
367	Sharon Ashton	F	35.	Female 45-49	7.	Vegan runners	1:28:18	1:28:42	151.
379	Hannah Griffith	F	36.	Female 45-49	8.	NWRRC	1:28:22	1:28:44	152.
128	Kirsty Gornall	F	37.	Female 50-54	5.	Chester Tri	1:28:27	1:28:49	153.
315	Don Roberts	M	117.	Male 60-64	8.	(Rhyl)	1:28:16	1:28:57	154.
292	Richard Sim	M	118.	Male 55-59	13.	Holywell old boys	1:28:41	1:29:17	155.
218	Huw Selby	M	119.	Male 35-39	17.	NightCrawlers	1:29:21	1:29:32	156.
111	Christine Wyn-Jones	F	38.	Female 60-64	1.	Deeside AAC	1:29:19	1:29:36	157.
180	Patrick Jones	M	120.	Male 12-20	3.	(Birkenhead)	1:29:53	1:30:15	158.
124	Paul White	M	121.	Male 45-49	29.	(Rhyl)	1:29:38	1:30:17	159.
302	Joel Farley	M	122.	Male 21-34	18.	(Caernarfon)	1:29:26	1:30:17	160.
213	Lucy Lewis	F	39.	Female 21-34	6.	Denbigh Harriers	1:29:57	1:30:28	161.
366	Martyn Bull	M	123.	Male 40-44	18.	(Rhyl)	1:30:41	1:31:19	162.
279	Thomas Hughes	M	124.	Male 55-59	14.	(holywell)	1:30:59	1:31:36	163.
357	Michael Gibson	M	125.	Male 50-54	16.	(Holywell)	1:30:58	1:31:36	164.
134	Annabel Kyte	F	40.	Female 21-34	7.	(Bridgnorth)	1:31:24	1:31:44	165.
210	Steve Zouch	M	126.	Male 60-64	9.	Sphinx AC	1:31:38	1:31:51	166.
196	Paul Jones	M	127.	Male 55-59	15.	(Pensarn)	1:31:25	1:32:05	167.
382	Sean Standen	M	128.	Male 12-20	4.	(Chester)	1:31:44	1:32:05	168.
295	Leslie Edwards	M	129.	Male 55-59	16.	Penny Lane Striders	1:32:11	1:32:20	169.
381	Barry Standen	M	130.	Male 45-49	30.	Chester Triathlon Club	1:32:00	1:32:21	170.
33	Lindsey Mcelmeel	F	41.	Female 21-34	8.	Deestirders	1:32:39	1:33:20	171.
90	Kerrie Bignall	F	42.	Female 50-54	6.	Runcorn Running club	1:33:23	1:33:31	172.
233	Kevin Kendrick	M	131.	Male 45-49	31.	(Acrefair)	1:33:45	1:33:51	173.
235	James Lewis	M	132.	Male 35-39	18.	(Oswestry)	1:33:45	1:33:51	174.
148	Rhodri Roberts	M	133.	Male 45-49	32.	(Holywell)	1:33:22	1:33:56	175.
115	Kelly Higgs	F	43.	Female 35-39	6.	Kingfisher Harriers	1:33:23	1:33:56	176.
316	Deborah Hopkins	F	44.	Female 50-54	7.	Lawley	1:33:30	1:33:57	177.
398	Claire Hall	F	45.	Female 35-39	7.		1:33:51	1:34:03	178.
249	Stuart Coe	M	134.	Male 70-74	2.	Beaumont RC	1:33:59	1:34:11	179.
397	Charley Davies	F	46.	Female 21-34	9.		1:34:23	1:34:23	180.
351	Sebastian Treloar	M	135.	Male 21-34	19.	(RHYL)	1:33:45	1:34:37	181.
52	Emma Anforth	F	47.	Female 40-44	11.	(Rossendale)	1:34:12	1:34:53	182.
255	Mark Freeman	M	136.	Male 60-64	10.	(Holyhead)	1:34:08	1:34:54	183.
191	Sue Jones	F	48.	Female 60-64	2.	Cybi Striders	1:34:31	1:34:55	184.
321	Len Jackson	M	137.	Male 60-64	11.	North Wales Road	1:34:57	1:35:04	185.
240	Gareth Dyson	M	138.	Male 45-49	33.	(Rhuddlan)	1:34:22	1:35:07	186.
361	Robin Lawton	M	139.	Male 40-44	19.	(Deganwy)	1:34:49	1:35:11	187.
163	Elaine Tasker	F	49.	Female 65-69	1.	(Ellesmere)	1:34:28	1:35:12	188.
241	Claire Watson	F	50.	Female 45-49	9.	Nantwich Running Club	1:35:00	1:35:15	189.
211	Natalie Zouch	F	51.	Female 50-54	8.	Sphinx AC	1:35:07	1:35:21	190.
265	Julie Roberts	F	52.	Female 55-59	5.	Denbigh Harriers	1:34:45	1:35:21	191.
346	Ann D'albuquerque	F	53.	Female 70-74	1.	GOG Triathlon	1:35:02	1:35:22	192.
38	Paul Turgoose	M	140.	Male 55-59	17.	Bramhall Runners	1:35:05	1:35:40	193.
176	Phil Postles	M	141.	Male 35-39	19.	Biddulph Running Club	1:35:38	1:35:55	194.
175	Anne Wells	F	54.	Female 60-64	3.	Badgers	1:35:36	1:35:59	195.
116	Ruth Evans	F	55.	Female 35-39	8.	(Caernarfon)	1:35:59	1:36:15	196.
247	Simon Faulkner	M	142.	Male 50-54	17.	(Belper)	1:35:25	1:36:17	197.
253	Rachel Jones	F	56.	Female 40-44	12.	(Prestatyn)	1:36:26	1:36:32	198.
360	Natasha Carson	F	57.	Female 21-34	10.	(Deganwy)	1:36:20	1:36:41	199.

Rhyl 5 and 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTi	Pos.
246	Paul Whitby	M	143.	Male 45-49	34.	(Warrington)	1:36:08	1:36:42	200.
243	Frank Heath	M	144.	Male 55-59	18.	(St Helens)	1:36:49	1:37:00	201.
91	Lou Jenner	F	58.	Female 40-44	13.	Lawley Running Club	1:36:56	1:37:26	202.
166	Sam Smith	F	59.	Female 40-44	14.	(Shrewsbury)	1:36:52	1:37:31	203.
105	Susan Smith	F	60.	Female 55-59	6.	North Wales Road	1:37:30	1:37:44	204.
348	Rhona Logie	F	61.	Female 21-34	11.	(Sandbach)	1:37:21	1:37:50	205.
317	Sarah Kinder	F	62.	Female 45-49	10.	Northwich Running Club	1:37:21	1:37:50	206.
227	Philip Smith	M	145.	Male 50-54	18.	(Ffrith)	1:37:25	1:37:50	207.
39	Amy Hallows	F	63.	Female 21-34	12.	(Northop Hall)	1:37:18	1:37:59	208.
389	Kelly Jones	F	64.	Female 21-34	13.		1:37:59	1:38:07	209.
333	Adam Parry	M	146.	Male 21-34	20.	Bets □□	1:37:49	1:38:07	210.
373	Dave Gallagher	M	147.	Male 45-49	35.	(Liverpool)	1:37:27	1:38:11	211.
158	Natalie James	F	65.	Female 21-34	14.	(Winsford)	1:37:50	1:38:20	212.
187	Helen Howard	F	66.	Female 50-54	9.	(Widnes)	1:37:43	1:38:20	213.
43	Kimberley Collins	F	67.	Female 21-34	15.	(Prestatyn)	1:37:48	1:38:29	214.
130	Gareth Evans	M	148.	Male 45-49	36.	(Buckley)	1:38:28	1:38:51	215.
392	Nia Haycock	F	68.	Female 40-44	15.	Breakfast Club	1:38:27	1:38:51	216.
190	Moira Hulme	F	69.	Female 55-59	7.	Chester Road Runners	1:38:45	1:39:01	217.
70	David Morris	M	149.	Male 65-69	2.	Deestridders R.C.	1:28:03	1:39:17	218.
143	Meurig Thomas	M	150.	Male 55-59	19.	Chester Triathlon Club	1:38:58	1:39:24	219.
298	Claudia Smith	F	70.	Female 21-34	16.	Abergele Harriers	1:38:52	1:39:24	220.
153	Louise Lindsay	F	71.	Female 45-49	11.	(Whitchurch)	1:39:09	1:39:29	221.
291	Rachel Hughes	F	72.	Female 21-34	17.	(Llanrwst)	1:39:04	1:39:33	222.
189	Iona Roberts	F	73.	Female 21-34	18.	(Llanrwst)	1:39:04	1:39:33	223.
377	Rachel Owen	F	74.	Female 21-34	19.	(Llandudno)	1:39:16	1:39:38	224.
287	Abi Langley	F	75.	Female 40-44	16.	Holywell Blade Runners	1:39:06	1:39:39	225.
58	Martin Pritchard	M	151.	Male 45-49	37.	(Henllan)	1:39:15	1:39:47	226.
137	Susanne Peters	F	76.	Female 50-54	10.	Cadence tri	1:39:21	1:39:49	227.
136	Nadhim Bayatti	M	152.	Male 45-49	38.	Bramhall Runners	1:39:21	1:39:49	228.
354	Harry Walker	M	153.	Male 60-64	12.	(Colwyn Bay)	1:39:23	1:39:59	229.
223	Nikki Wilson	F	77.	Female 40-44	17.	(COLWYN BAY)	1:39:28	1:40:02	230.
159	Michelle Warner	F	78.	Female 40-44	18.	Lonely Goat RC	1:39:53	1:40:13	231.
118	Mark Haase	M	154.	Male 60-64	13.	(Lymm)	1:40:29	1:40:29	232.
267	Denise Droog	F	79.	Female 21-34	20.	(Mold)	1:39:47	1:40:39	233.
371	Donna Kelsey	F	80.	Female 50-54	11.	(Ewloe Deeside)	1:39:48	1:40:40	234.
355	Gary Sansom	M	155.	Male 55-59	20.	Porth Eirias Runners	1:39:54	1:40:44	235.
304	Rhian Jones	F	81.	Female 35-39	9.	(Prestatyn)	1:40:31	1:41:05	236.
297	Ceri Mearns	F	82.	Female 21-34	21.	(Rhyl)	1:40:32	1:41:05	237.
88	Mairead Dyke	F	83.	Female 50-54	12.	Ellesmere Port	1:40:49	1:41:20	238.
89	Graham Dyke	M	156.	Male 55-59	21.	Ellesmere Port	1:40:48	1:41:21	239.
319	Christine Horby	F	84.	Female 55-59	8.	ellesmere port running	1:40:50	1:41:21	240.
570	Debbie Pennington	F	85.	Female 50-54	13.	Llangollen Running Club	1:41:07	1:41:35	241.
571	Stephen Wroe	M	157.	Male 55-59	22.	Portsmouth Joggers	1:41:08	1:41:36	242.
98	Robert Perry	M	158.	Male 65-69	3.	(Birkenhead)	1:41:21	1:41:44	243.
184	Dawn Goding	F	86.	Female 45-49	12.	(Birmingham)	1:41:08	1:41:49	244.
171	Georgina Jones	F	87.	Female 35-39	10.	(Shrewsbury)	1:41:16	1:41:57	245.
179	Clive Black	M	159.	Male 55-59	23.	(West Kirby)	1:41:14	1:42:01	246.
262	Emma Jones	F	88.	Female 40-44	19.	Rhyl Running Club	1:42:05	1:42:12	247.
353	Peter Harris	M	160.	Male 55-59	24.	Oldham Royton harriers	1:41:58	1:42:22	248.
221	Robert Wynn	M	161.	Male 65-69	4.	Hyde Village Striders	1:41:56	1:42:29	249.

Rhyl 5 and 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTi	Pos.
272	Paul Karisa	M	162.	Male 40-44	20.	(Birkenhead)	1:41:53	1:42:41	250.
133	Amy Jones	F	89.	Female 35-39	11.	Prestatyn running club	1:42:39	1:42:45	251.
386	Gwennan Charlton	F	90.	Female 21-34	22.	North Wales Road	1:42:30	1:42:58	252.
94	Alison Taylor	F	91.	Female 35-39	12.	(Bradley, Wrexham)	1:42:27	1:43:07	253.
237	Michael Hayton	M	163.	Male 70-74	3.	NWRRC	1:43:12	1:43:26	254.
150	Al Raspin	M	164.	Male 45-49	39.	Hyde Village Striders	1:43:17	1:43:45	255.
149	Katy Edwards	F	92.	Female 50-54	14.	Hyde Village Striders	1:43:17	1:43:46	256.
95	Carly Morris	F	93.	Female 40-44	20.	(Penyffordd)	1:43:08	1:43:50	257.
282	Gareth Roberts	M	165.	Male 40-44	21.	(Flint)	1:43:31	1:43:50	258.
131	Jo Green	F	94.	Female 45-49	13.	(Penrhynside)	1:43:19	1:43:53	259.
127	Andrew Gornall	M	166.	Male 55-59	25.	Chester Tri	1:44:13	1:44:35	260.
126	Ian Perry	M	167.	Male 45-49	40.	Ellesmere Port Running	1:44:13	1:44:55	261.
27	Gary Duckers	M	168.	Male 40-44	22.	(Chester)	1:45:57	1:46:32	262.
172	Sue Williams	F	95.	Female 55-59	9.	(Betws y Coed)	1:46:24	1:46:53	263.
78	Jennifer Beech	F	96.	Female 45-49	14.	Razzers runners	1:46:17	1:46:55	264.
312	Margaret James	F	97.	Female 60-64	4.	Altrincham & District	1:46:27	1:46:56	265.
395	Sally-Ann Davies	F	98.	Female 50-54	15.		1:47:10	1:47:19	266.
140	Stuart Davies	M	169.	Male 40-44	23.	(Chester)	1:47:05	1:47:49	267.
344	Elizabeth Connor	F	99.	Female 40-44	21.	(St Helens)	1:47:12	1:47:58	268.
345	Jo-Anne Duckworth	F	100.	Female 40-44	22.	(St Helens)	1:47:12	1:47:58	269.
24	Thomas Giles	M	170.	Male 55-59	26.	(WALLASEY)	1:47:58	1:48:44	270.
55	Gill Glenn	F	101.	Female 60-64	5.	Notts women's runners	1:49:14	1:49:57	271.
1	Jolene Grundy	F	102.	Female 40-44	23.	(Colwyn Bay)	1:49:42	1:49:58	272.
2	Diane Jones	F	103.	Female 45-49	15.	(Colwyn Bay)	1:49:47	1:50:03	273.
270	Liz Mcindoe	F	104.	Female 60-64	6.	GOG Triathlon Club	1:51:01	1:51:42	274.
349	Aimee Pugh	F	105.	Female 35-39	13.	(Brierley Hill)	1:51:18	1:52:02	275.
372	Anna Bassett	F	106.	Female 60-64	7.	(Mold)	1:51:58	1:52:50	276.
322	Nem James	M	171.	Male 21-34	21.	Prestatyn Running Club	1:52:33	1:52:54	277.
181	Rio Rogers	F	107.	Female 21-34	23.	Penyffordd Run Club	1:53:31	1:53:55	278.
376	Gareth Wyn-Jones	M	172.	Male 65-69	5.	ellesmere port	1:55:45	1:56:14	279.
25	Paul Almond	M	173.	Male 55-59	27.	(Gwynedd)	1:18:37	1:56:26	280.
46	Kate Robertson	F	108.	Female 35-39	14.	(Penmaenmawr)	1:56:42	1:57:17	281.
97	Susan Lawton	F	109.	Female 65-69	2.	(Birkenhead)	1:58:05	1:58:29	282.
96	Sue Jamieson	F	110.	Female 45-49	16.	(Wirral)	1:58:06	1:58:29	283.
280	Janet Hughes	F	111.	Female 50-54	16.	(holywell)	2:00:21	2:00:56	284.
23	Lorraine Seville	F	112.	Female 60-64	8.	(Bagillt)	2:00:25	2:01:15	285.
60	Christopher	M	174.	Male 75-79	1.	(Stourbridge South	2:01:26	2:02:08	286.
69	David Colley	M	175.	Male 45-49	41.	(Stourbridge)	2:01:26	2:02:09	287.
318	Rebecca Parsons	F	113.	Female 40-44	24.	The Freelance runners	2:01:37	2:02:19	288.
108	Mandy Bowler	F	114.	Female 55-59	10.	(Colwyn Bay)	2:01:49	2:02:20	289.
289	Jacqui Barker	F	115.	Female 50-54	17.	(Sheffield)	2:05:35	2:06:14	290.
11	Leanne Hughes	F	116.	Female 21-34	24.	(Mold)	2:07:45	2:08:27	291.
208	Anne Ackroyd	F	117.	Female 50-54	18.	(Stockport)	2:08:59	2:09:41	292.
238	Jen Wilkinson	F	118.	Female 21-34	25.	(Rhyl)	2:11:19	2:12:01	293.
68	Heather Thompson	F	119.	Female 60-64	9.	Yellow Army	2:12:24	2:12:59	294.
67	Richard Thompson	M	176.	Male 65-69	6.	(STOURBRIDGE)	2:12:23	2:12:59	295.
215	Amy Selby	F	120.	Female 35-39	15.	NightCrawlers	2:12:43	2:13:22	296.
288	David Barker	M	177.	Male 50-54	19.	(Sheffield)	2:21:30	2:22:09	297.
309	Keith Tubman	M	178.	Male 75-79	2.	(Conwy)	2:24:49	2:25:35	298.

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Overall Results

Bib Name	Gende	Pos. AG	Pos. Club	ChipTi	GunTi	Pos.
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Number of records: 298