

Rhyl 5 Mile, 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
10 Mile									
269	Andrew Davies	M	1.	Male 40-44	1.	Mercia Fell Runners	00:50:28	00:50:32	1.
484	Terry Jervis	M	2.	Male 45-49	1.	(Swindon)	00:55:39	00:55:42	2.
288	Jonathan Kettle	M	3.	Male 45-49	2.	North Wales Road Runners	00:57:10	00:57:13	3.
546	Darren Williams	M	4.	Male 40-44	2.	Lonely Goat RC	00:58:48	00:58:52	4.
557	Alex Hall	M	5.	Male 21-34	1.	Telford Harriers	00:59:09	00:59:12	5.
406	Paul Hancock	M	6.	Male 50-54	1.	South cheshire harriers	00:59:16	00:59:20	6.
366	Matthew Johnston	M	7.	Male 40-44	3.	st helens striders	00:59:18	00:59:29	7.
256	Richard Pepper	M	8.	Male 50-54	2.	Shropshire Shufflers	01:02:57	01:03:05	8.
431	Lee Jones	M	9.	Male 35-39	1.	Buckley RC	01:03:08	01:03:13	9.
314	Craig Viggars	M	10.	Male 40-44	4.	Gator Athletics	01:03:19	01:03:29	10.
355	Stephen Mason	M	11.	Male 45-49	3.	North Wales Road Runners	01:03:25	01:03:31	11.
373	Alan Latham	M	12.	Male 45-49	4.	Deestridders	01:03:46	01:03:52	12.
246	Paul Ross	M	13.	Male 45-49	5.	Midland Masters AC	01:03:56	01:04:01	13.
368	Joey Scott	M	14.	Male 35-39	2.	Deestridders	01:04:04	01:04:11	14.
433	Iwan Evans	M	15.	Male 45-49	6.	North Wales Road Runners	01:04:18	01:04:23	15.
493	Drew Gray	M	16.	Male 45-49	7.	Deestridders	01:04:45	01:04:52	16.
359	Chris Radford	M	17.	Male 45-49	8.	Shropshire Shufflers	01:05:00	01:05:09	17.
444	Daniel Wellings	M	18.	Male 45-49	9.	(Llandudno)	01:05:22	01:05:28	18.
428	Ruth Jones	F	1.	Female 40-44	1.	HELPSTON HARRIERS AC	01:05:27	01:05:31	19.
518	Tinka Vinks	F	2.	Female 21-34	1.	Eryri Harriers	01:05:38	01:05:43	20.
463	Phil Lynes	M	19.	Male 35-39	3.	(Rhyl)	01:06:11	01:06:19	21.
414	Christopher Hollinshead	M	20.	Male 55-59	1.	Cannock and Stafford AC	01:06:23	01:06:30	22.
365	Luke Earnshaw	M	21.	Male 45-49	10.	Meirionnydd Running Club	01:06:31	01:06:36	23.
347	Sean McCormack	M	22.	Male 60-64	1.	Abergele Harriers	01:07:03	01:07:08	24.
229	Lynne Callaghan	F	3.	Female 45-49	1.	Trentham Running Club	01:07:05	01:07:15	25.
452	Paul Williams	M	23.	Male 55-59	2.	Aberystwth AC	01:07:17	01:07:22	26.
348	Steven McCormack	M	24.	Male 21-34	2.	Abergele Harriers	01:07:53	01:07:58	27.
311	.stuart Culverhouse	M	25.	Male 50-54	3.	nwrrc	01:08:29	01:08:36	28.
337	Amanda Armstrong	F	4.	Female 40-44	2.	Prestwich AC	01:08:29	01:08:37	29.
504	Paul Jervis	M	26.	Male 45-49	11.	Ramsbottom Running Club	01:09:01	01:09:10	30.
531	Lizzie Slater	F	5.	Female 45-49	2.	Nantwich Running Club	01:09:14	01:09:24	31.

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265	Lisa Dunne	F	6.	Female 40-44	3.	(Northwich)	01:09:35	01:09:51	32.
300	Vicki Cleall	F	7.	Female 50-54	1.	Dragons Running Club (Sale)	01:09:41	01:09:54	33.
453	Ffion Evans	F	8.	Female 21-34	2.	Betsi Runaways	01:10:21	01:10:30	34.
322	Phil Lockett	M	27.	Male 40-44	5.	(Rochdale)	01:10:24	01:10:34	35.
245	Alex Maher	M	28.	Male 40-44	6.	(Birkenhead)	01:10:57	01:11:13	36.
422	Gareth Roose-Williams	M	29.	Male 21-34	3.	Lonely Goat RC	01:11:21	01:11:32	37.
231	Ben Hudson	M	30.	Male 45-49	12.	North Wales Road Runners	01:11:36	01:11:44	38.
530	Andrew Growcott	M	31.	Male 40-44	7.	South cheshire harriers	01:12:07	01:12:17	39.
499	Dewi Edwards	M	32.	Male 21-34	4.	(Llanrwst)	01:12:31	01:12:40	40.
268	Richie Williams	M	33.	Male 55-59	3.	Cybi Striders	01:12:50	01:13:01	41.
487	Brian Jones	M	34.	Male 40-44	8.	(Stamford)	01:12:53	01:13:02	42.
483	Karl Priddin	M	35.	Male 50-54	4.	(WREXHAM)	01:12:45	01:13:07	43.
286	Siwan Elenid	F	9.	Female 35-39	1.	Meirionnydd Running Club	01:12:56	01:13:10	44.
301	Carl Devonport	M	36.	Male 21-34	5.	(Penrhynside)	01:13:09	01:13:15	45.
468	Andrew Ballantyne	M	37.	Male 50-54	5.	(Manchester)	01:13:03	01:13:17	46.
462	Joseph Clark	M	38.	Male 50-54	6.	(Llandudno)	01:13:54	01:14:00	47.
294	Sion Evans	M	39.	Male 21-34	6.	(Dinbych)	01:14:12	01:14:24	48.
382	Paul A Lyth	M	40.	Male 50-54	7.	Deestridders	01:14:18	01:14:25	49.
507	Stephen Geraghty	M	41.	Male 45-49	13.	(Newcastle under Lyme)	01:14:13	01:14:28	50.
545	Jason George	M	42.			Stockport Harriers & AC	01:13:40	01:14:35	51.
264	James Witherspoon	M	43.	Male 21-34	7.	(Rhyl)	01:14:52	01:14:59	52.
514	Oliver Smith	M	44.	Male 40-44	9.	(Rhyl)	01:14:58	01:15:14	53.
272	Morag Davies	F	10.	Female 50-54	2.	Chester Road Runners	01:14:40	01:15:17	54.
525	Steve Goodwin	M	45.	Male 45-49	14.	(Alsager)	01:15:25	01:15:40	55.
537	Will Venables	M	46.	Male 12-20	1.	(Bilston)	01:15:39	01:15:52	56.
349	Andy Shaw	M	47.	Male 21-34	8.	(Pensby)	01:15:38	01:15:55	57.
230	Sarah Hudson	F	11.	Female 45-49	3.	North Wales Road Runners	01:15:56	01:16:05	58.
555	Louie Forte	M	48.	Male 21-34	9.	(Glan Conwy)	01:15:59	01:16:07	59.
500	Tom Hardy	M	49.	Male 21-34	10.	(Dukinfield)	01:16:16	01:16:22	60.
547	Pavel Subert	M	50.	Male 45-49	15.	Spectrum Striders	01:16:33	01:16:37	61.
380	Steven Roberts	M	51.	Male 55-59	4.	Northwalesroadrunners	01:16:43	01:16:53	62.
454	Craig Smith	M	52.	Male 50-54	8.	Prestatyn RC	01:16:50	01:16:58	63.

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532	Cian Owen	M	53.	Male 21-34	11.	(Old Colwyn)	01:16:26	01:16:59	64.
346	Alice Luther	F	12.	Female 21-34	3.	Tri Hard Harriers	01:17:11	01:17:21	65.
478	Helen Morgan	F	13.	Female 40-44	4.	Eryri Harriers	01:17:17	01:17:23	66.
236	Hannah Williams	F	14.	Female 21-34	4.	(Colwyn Bay)	01:17:30	01:17:36	67.
370	Sandy Johnston	M	54.	Male 70-74	1.	Les Croupiers RC	01:17:43	01:17:52	68.
242	Richard Davies	M	55.	Male 35-39	4.	(Prestatyn)	01:18:01	01:18:07	69.
266	Karl Mckenzie	M	56.	Male 45-49	16.	(Manchester)	01:17:31	01:18:09	70.
466	Dai Higgins	M	57.	Male 50-54	9.	(Oldham)	01:18:06	01:18:24	71.
423	Cheryl Frost	F	15.	Female 55-59	1.	nwrcc	01:18:20	01:18:29	72.
427	Darren Thompson	M	58.	Male 55-59	5.	Prestatyn running club	01:18:39	01:18:51	73.
446	Georgia Spencer Turner	F	16.	Female 21-34	5.	(Old Colwyn)	01:18:56	01:19:06	74.
309	Marlaina Cadwallader	F	17.	Female 21-34	6.	Nantwich Running Club	01:19:01	01:19:13	75.
390	Kay Hatton	F	18.	Female 60-64	1.	nwrcc	01:19:17	01:19:25	76.
384	Aaron Wilson	M	59.	Male 21-34	12.	Liverpool running club	01:19:11	01:19:29	77.
472	Graham Roberts	M	60.	Male 60-64	2.	(Four Crosses)	01:19:23	01:19:41	78.
418	Peter Fenney	M	61.	Male 45-49	17.	(Flint)	01:19:30	01:19:41	79.
267	Mark Orme	M	62.	Male 40-44	10.	(Llandudno)	01:19:03	01:19:47	80.
228	Natasha Jones	F	19.	Female 45-49	4.	Porth Eirias Runners	01:19:44	01:19:49	81.
354	Matthew Gaskin	M	63.	Male 35-39	5.	(Glan Conwy)	01:19:40	01:19:55	82.
397	Chris Gaskin	M	64.	Male 21-34	13.	(Woking)	01:19:40	01:19:55	83.
358	James Brands	M	65.	Male 40-44	11.	(Enfield)	01:19:48	01:20:07	84.
375	Dean Shafto	M	66.	Male 40-44	12.	(Manchester)	01:20:20	01:20:31	85.
502	Shell Gelder	F	20.	Female 45-49	5.	(Holywell)	01:20:48	01:20:56	86.
318	Martin Joy	M	67.	Male 50-54	10.	(Llandudno)	01:20:03	01:20:56	87.
475	Thomas Tilley	M	68.	Male 21-34	14.	Sandbach Striders	01:20:37	01:21:00	88.
548	Aled Steele	M	69.	Male 21-34	15.	(Caernarfon)	01:20:53	01:21:02	89.
396	Christopher Snow	M	70.	Male 21-34	16.	(Rhyl)	01:21:01	01:21:46	90.
461	Richard Jones	M	71.	Male 45-49	18.	(Wrexham)	01:21:37	01:22:03	91.
360	Paul Spear	M	72.	Male 50-54	11.	Wrekin Road Runners	01:21:43	01:22:14	92.
284	Richard Evans	M	73.	Male 40-44	13.	(Welshpool)	01:22:21	01:22:41	93.
291	David Roberts	M	74.	Male 40-44	14.	(Rhyl)	01:21:51	01:22:42	94.
435	Janet Edwards	F	21.	Female 60-64	2.	Shropshire Shufflers	01:22:27	01:22:48	95.

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248	Nicola Wylie	F	22.	Female 55-59	2.	North Wales Road Runners Club (NWRRC)	01:22:48	01:22:55	96.
440	Ian Stainthorpe	M	75.	Male 60-64	3.	Rochdale Harriers & AC	01:22:25	01:22:59	97.
241	Christopher Graham	M	76.	Male 40-44	15.	(Prestatyn)	01:22:53	01:23:10	98.
496	Ann Claire Jones	F	23.	Female 50-54	3.	Prestatyn RC	01:22:37	01:23:18	99.
451	Darren Hodgkinson	M	77.	Male 35-39	6.	(Stoke on Trent)	01:23:01	01:23:19	100.
441	Holly Williams	F	24.	Female 35-39	2.	(St Asaph)	01:22:52	01:23:21	101.
524	Sarah Jones	F	25.	Female 21-34	7.	North Wales Road Runners Club (NWRRC)	01:23:08	01:23:28	102.
533	Matt Mahon	M	78.	Male 21-34	17.	(Rhos on sea)	01:22:55	01:23:29	103.
551	George Evans Sinacola	M	79.	Male 21-34	18.	(Llandudno)	01:23:22	01:23:31	104.
275	Nicky Marck	M	80.	Male 40-44	16.	(Welshpool)	01:23:16	01:23:36	105.
232	Deb Pugh	F	26.	Female 55-59	3.	Wrexham AAC	01:23:36	01:23:47	106.
443	Adrian Rogers	M	81.	Male 50-54	12.	Stoke FIT	01:23:58	01:24:13	107.
385	Erin Pryor	F	27.	Female 35-39	3.	(Llanrwst)	01:23:42	01:24:17	108.
492	Kate Litherland	F	28.	Female 45-49	6.	Chester Triathlon Club	01:23:37	01:24:19	109.
450	Jon Davies	F	29.	Female 45-49	7.	(Wrexham)	01:24:08	01:24:30	110.
449	Keith Davies	M	82.	Male 40-44	17.	(Myndd Isa)	01:24:16	01:24:33	111.
447	Arwel Owen	M	83.	Male 40-44	18.	(Llanfairpwll)	01:24:21	01:24:37	112.
544	Tasha Carson	F	30.	Female 35-39	4.	(Deganwy)	01:24:38	01:24:46	113.
273	Martin Reilly	M	84.	Male 40-44	19.	Lonely Goat RC	01:24:03	01:24:51	114.
371	Daniel Hennell	M	85.	Male 45-49	19.	North Wales Road Runners Club (NWRRC)	01:24:51	01:25:12	115.
543	Jake Jones	M	86.	Male 21-34	19.	(Prestatyn)	01:25:07	01:25:24	116.
319	Stephen Croome	M	87.	Male 21-34	20.	(Maidstone)	01:25:05	01:25:37	117.
350	Gwyn Roberts	M	88.	Male 55-59	6.	Wrexham AAC	01:25:27	01:25:38	118.
351	Anna Moccia	F	31.	Female 50-54	4.	Wrexham AAC	01:25:26	01:25:38	119.
458	Ollie Jones	M	89.	Male 21-34	21.	(St Asaph)	01:25:28	01:25:41	120.
415	John Houghton	M	90.	Male 60-64	4.	Run Sandymoor	01:25:24	01:25:46	121.
485	Emma Hollinshead	F	32.	Female 50-54	5.	Cannock & Stafford AC	01:25:39	01:25:54	122.
341	Ceri Lewis	F	33.	Female 21-34	8.	(Caernarfon)	01:25:57	01:26:20	123.
550	Jake Thomas	M	91.	Male 21-34	22.	(Caernarfon)	01:25:58	01:26:21	124.
402	Rachel Taylor	F	34.	Female 40-44	5.	(Chester)	01:26:12	01:26:25	125.
313	Daniel Jones	M	92.	Male 45-49	20.	(Bagillt)	01:26:55	01:27:23	126.
480	Allison Reid	F	35.	Female 50-54	6.	Prestatyn RC	01:27:19	01:27:34	127.

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352	Lee Caine	M	93.	Male 40-44	20.	(Stoke on trent)	01:26:41	01:27:34	128.
477	Maryam Khattak	F	36.	Female 12-20	1.	(Bacup)	01:27:27	01:27:39	129.
491	Stuart Jones	M	94.	Male 35-39	7.	ETL Run Club	01:27:26	01:27:50	130.
473	Carole Becton	F	37.	Female 45-49	8.	(Holyhead)	01:27:17	01:27:53	131.
515	Steve Buckley	M	95.	Male 45-49	21.	ETL Run Club	01:27:34	01:28:00	132.
404	Mark Hopwood	M	96.	Male 55-59	7.	(Mold)	01:27:39	01:28:00	133.
481	Ceri Mearns	F	38.	Female 35-39	5.	(Tremeirchion)	01:27:40	01:28:04	134.
445	Lina Land	F	39.	Female 40-44	6.	Aberystwyth AC	01:27:55	01:28:06	135.
405	Ann Robinson	F	40.	Female 60-64	3.	Cannock & Stafford AC	01:27:53	01:28:08	136.
467	Elwyn Sharps	M	97.	Male 40-44	21.	Betsi Runaways / Cybi Striders / GOG Triathlon	01:27:57	01:28:14	137.
560	Maddie Tracey	F	41.	Female 21-34	9.	Betsi Runaways	01:27:46	01:28:14	138.
434	Alison Gow	F	42.	Female 50-54	7.	Clwb Run Wales	01:27:45	01:28:22	139.
387	Gareth Catherall	M	98.	Male 45-49	22.	Porth Eirias Runners	01:28:19	01:28:30	140.
489	Kristian Evand	M	99.	Male 21-34	23.	ETL Run Club	01:28:12	01:28:36	141.
295	Marian Crowe	F	43.	Female 55-59	4.	Eryri Harriers	01:28:16	01:28:52	142.
538	Catherine Venables	F	44.	Female 45-49	9.	(Bilston)	01:28:53	01:29:11	143.
539	Adam Lamb	M	100.	Male 21-34	24.	(Winsford)	01:29:08	01:29:28	144.
255	Laure Pepper	F	45.	Female 55-59	5.	(Shrewsbury)	01:29:14	01:29:33	145.
421	Laurie Owens	F	46.	Female 40-44	7.	Chester Road Runners	01:28:53	01:29:34	146.
469	Alexander Booth	M	101.	Male 21-34	25.	(Liverpool)	01:29:12	01:29:54	147.
517	Simon Taylor	M	102.	Male 45-49	23.	100 Marathon Club	01:29:12	01:29:54	148.
540	Tom Hughes	M	103.	Male 55-59	8.	(Holywell)	01:29:14	01:30:01	149.
506	Lia Roberts-Evans	F	47.	Female 21-34	10.	Hebog	01:30:08	01:30:27	150.
320	Glenn Meacham	M	104.	Male 65-69	1.	(Deganwy)	01:30:37	01:30:51	151.
400	Michelle Remelie	F	48.	Female 21-34	11.	(Crewe)	01:30:50	01:31:10	152.
503	Gilly Glass	F	49.	Female 50-54	8.	Eryri Harriers	01:31:00	01:31:28	153.
448	Kirsty Williams	F	50.	Female 21-34	12.	(Colwyn Bay)	01:31:14	01:31:38	154.
305	Gavin Thorman	M	105.	Male 45-49	24.	(Caernarfon)	01:31:28	01:31:40	155.
561	Simon Prescott	M	106.	Male 50-54	13.	Vale Royal AC	01:31:16	01:31:43	156.
552	Si Stokes	M	107.	Male 35-39	8.	(Delamere)	01:31:11	01:31:43	157.
553	Jess Heath	F	51.	Female 21-34	13.	(Delamere)	01:31:11	01:31:43	158.
549	Stephen Jewell	M	108.	Male 50-54	14.	Dragons RC (Sale }	01:31:10	01:31:46	159.

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398	Gareth Blears	M	109.	Male 50-54	15.	(Chester)	01:31:08	01:31:49	160.
253	Jennifer Brereton	F	52.	Female 35-39	6.	(Liverpool)	01:31:14	01:31:52	161.
321	Chris Jones	M	110.	Male 50-54	16.	(Greenfield)	01:31:34	01:32:02	162.
417	Brengain Jones	F	53.	Female 21-34	14.	(Ilanfairfechan)	01:31:57	01:32:19	163.
403	Robert Perry	M	111.	Male 70-74	2.	Wallasey AC	01:31:48	01:32:20	164.
439	Keith Williams	M	112.	Male 55-59	9.	N/A	01:31:48	01:32:24	165.
470	Michael Starkey	M	113.	Male 55-59	10.	Whitchurch whippets	01:32:08	01:32:30	166.
250	Sk Williams	M	114.	Male 40-44	22.	(Wrexham)	01:32:29	01:32:40	167.
488	Melissa Brooks	M	115.	Male 40-44	23.	(Liverpool)	01:33:04	01:33:21	168.
226	Sommer Jones	F	54.	Female 21-34	15.	(Llandudno)	01:32:48	01:33:23	169.
361	Alanya Reeves	F	55.	Female 21-34	16.	(Chirk)	01:32:48	01:33:24	170.
395	Claire Latham	F	56.	Female 40-44	8.	Widnes Wasps LRC	01:33:19	01:33:27	171.
312	Paul Quinton	M	116.	Male 40-44	24.	(Rhyl)	01:34:04	01:34:55	172.
419	Chloe Jones	F	57.	Female 35-39	7.	(Bangor)	01:34:27	01:34:59	173.
304	Helen Hannan	F	58.	Female 45-49	10.	North Wales Road Runners	01:34:53	01:35:12	174.
464	Russell Davies	M	117.	Male 50-54	17.	Nantwich Triathlon Club	01:34:21	01:35:12	175.
369	Les Price	M	118.	Male 40-44	25.	Deestridders	01:34:56	01:35:19	176.
471	Ifan Jones	M	119.	Male 21-34	26.	(Corwen)	01:35:10	01:35:23	177.
438	Paul Williams	M	120.	Male 35-39	9.	(Abergele)	01:34:53	01:35:33	178.
542	Morgan Jones	M	121.	Male 21-34	27.	(Abergele)	01:35:27	01:35:38	179.
357	Zack Webster	M	122.	Male 21-34	28.	(Ffynnongroyw)	01:35:45	01:35:57	180.
235	Jacqui Mclannahan	F	59.	Female 65-69	1.	Ellesmere Port Running Club	01:36:12	01:36:34	181.
536	Non Jones	F	60.	Female 21-34	17.	Clwb Rhedwyr Hebog	01:36:22	01:36:41	182.
240	Cat Batham	F	61.	Female 35-39	8.	(Wordsley)	01:36:33	01:36:54	183.
285	Philip Smith	M	123.	Male 55-59	11.	(Ffrith, Wrexham)	01:36:21	01:36:54	184.
339	Elaine Tasker	F	62.	Female 65-69	2.	(Ellesmere)	01:36:10	01:36:55	185.
315	Rebecca Viggars	F	63.	Female 40-44	9.	Gator Athletics	01:37:03	01:37:16	186.
558	Samantha Bentall	F	64.	Female 55-59	6.	Penny Lane Striders	01:37:02	01:37:40	187.
511	Lowri Evans	F	65.	Female 50-54	9.	(Aberystwyth)	01:37:15	01:37:43	188.
412	John Evans	M	124.	Male 35-39	10.	(Rhyl)	01:37:33	01:37:46	189.
490	Kelly Evans	F	66.	Female 35-39	9.	ETL Run Club	01:37:46	01:38:10	190.
455	Jennifer Stiles	F	67.	Female 40-44	10.	Whitchurch whippets	01:37:45	01:38:14	191.

Rhyl 5 Mile, 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
486	Ruth Jones	F	68.	Female 45-49	11.	(Stamford)	01:38:06	01:38:28	192.
437	John Gore	M	125.	Male 55-59	12.	Widnes Running Club	01:37:46	01:38:31	193.
299	Beky Ward	F	69.	Female 21-34	18.	(Holyhead)	01:38:05	01:38:40	194.
234	Lisa Dennis	F	70.	Female 50-54	10.	Ellesmere Port Running Club	01:38:47	01:39:09	195.
522	Greg Parry	M	126.	Male 21-34	29.	ETL	01:38:52	01:39:16	196.
277	Keith Wood	M	127.	Male 60-64	5.	(Tooting)	01:39:20	01:39:43	197.
442	Eve Kapoor	F	71.	Female 50-54	11.	Widnes Running Club	01:39:18	01:40:03	198.
262	Colin Mountford	M	128.	Male 45-49	25.	(Stoke On Trent)	01:39:30	01:40:15	199.
523	Jodie Edwards	F	72.	Female 40-44	11.	Rhyl Runners	01:39:51	01:40:19	200.
512	Helen Jones	F	73.	Female 50-54	12.	(Prestatyn)	01:40:18	01:40:37	201.
513	Arwel Jones	M	129.	Male 45-49	26.	(Prestatyn)	01:40:17	01:40:37	202.
498	Steve Davidson	M	130.	Male 35-39	11.	ETL Run Club	01:40:23	01:40:49	203.
377	John Cunningham	M	131.	Male 35-39	12.	(Liverpool)	01:40:10	01:40:51	204.
497	Helen Alefounder	F	74.	Female 50-54	13.	Prestatyn running club	01:40:29	01:41:12	205.
521	Nick Deir	M	132.	Male 35-39	13.	ETL	01:40:51	01:41:14	206.
407	David Prince	M	133.	Male 45-49	27.	(Chester)	01:40:49	01:41:31	207.
292	Kate Robertson	F	75.	Female 35-39	10.	(Penmaenmawr)	01:41:02	01:41:37	208.
367	Rachel Ilsley	F	76.	Female 40-44	12.	Team Derby Runner	01:41:01	01:41:38	209.
460	Caroline Williams	F	77.	Female 40-44	13.	(Ruthin)	01:41:16	01:42:03	210.
334	Ian Davidson	M	134.	Male 65-69	2.	(Birkenhead)	01:41:37	01:42:11	211.
364	Rob Owen	M	135.	Male 35-39	14.	Rhedwyr Hebog Runners	01:42:24	01:42:42	212.
479	Matt Johnson	M	136.	Male 35-39	15.	(Wirral)	01:41:56	01:42:48	213.
238	Nick Sandy	M	137.	Male 35-39	16.	(Gornal)	01:42:36	01:42:58	214.
332	Joshua Flemington	M	138.	Male 12-20	2.	(Holywell)	01:42:36	01:43:06	215.
338	Elenor Watkins	F	78.	Female 45-49	12.	(Buckley)	01:42:52	01:43:21	216.
345	Nicola Griffiths	F	79.	Female 35-39	11.	Rhedwyr hebog	01:43:11	01:43:29	217.
330	Mark Taylor	M	139.	Male 35-39	17.	(hawarden)	01:43:14	01:43:38	218.
482	Rhian Hughes	F	80.	Female 12-20	2.	(Wrexham)	01:43:10	01:43:38	219.
494	Jake Tiller	M	140.	Male 21-34	30.	(Holywell)	01:42:53	01:43:39	220.
495	Megan Groves	F	81.	Female 21-34	19.	(Holywell)	01:42:53	01:43:39	221.
465	Warren Bennett	M	141.	Male 55-59	13.	(Oldham)	01:43:06	01:43:43	222.
363	Lleucu Davies	F	82.	Female 35-39	12.	(Cardiff)	01:43:12	01:43:57	223.

Rhyl 5 Mile, 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
308	Grahame Brown	M	142.	Male 55-59	14.	(Rhyl)	01:43:16	01:44:07	224.
527	Katie Newe	F	83.	Female 45-49	13.	Rhyl Runners	01:43:46	01:44:13	225.
307	Lee Allen	M	143.	Male 45-49	28.	(Caernarfon)	01:44:08	01:44:18	226.
376	David Pughe	M	144.	Male 60-64	6.	(Mold)	01:44:21	01:44:48	227.
425	Ella Povey	F	84.	Female 40-44	14.	(Wrexham)	01:44:09	01:44:52	228.
393	Jessica Jones	F	85.	Female 21-34	20.	(Llysfaen)	01:44:45	01:45:28	229.
529	Katy Brooks	F	86.	Female 21-34	21.	(Rhyl)	01:45:10	01:45:37	230.
424	Lesley Cole	F	87.	Female 65-69	3.	South cheshire harriers	01:45:01	01:45:45	231.
336	Nia Lister	F	88.	Female 35-39	13.	North Wales Road Runners	01:46:36	01:46:55	232.
298	Rachel Brown	F	89.	Female 50-54	14.	(Rhuddlan)	01:46:29	01:47:19	233.
413	Anna Gordon	F	90.	Female 50-54	15.	(Abergele)	01:46:43	01:47:31	234.
297	Emma Miller	F	91.	Female 40-44	15.	(Wrexham)	01:46:57	01:47:34	235.
274	Helen Howard	F	92.	Female 55-59	7.	(Widnes)	01:47:03	01:47:39	236.
362	Karin Melling	F	93.	Female 45-49	14.	(Wigan)	01:47:22	01:48:02	237.
520	Rebekah Hurst	F	94.	Female 21-34	22.	ETL Run Club	01:47:40	01:48:05	238.
378	Llinos Jones	F	95.	Female 40-44	16.	(Dwygyfylchi)	01:48:16	01:48:44	239.
374	Kathryn Johnson	F	96.	Female 40-44	17.	(Dwygyfylchi)	01:48:36	01:49:03	240.
519	Peter Causton	M	145.	Male 50-54	18.	Scothern Harriers	01:48:51	01:49:30	241.
258	Suzanna Hill	F	97.	Female 35-39	14.	(Llanberis)	01:49:36	01:50:09	242.
476	Nicola Brammer	F	98.	Female 45-49	15.	(Stone)	01:50:11	01:50:45	243.
281	Gill Glenn	F	99.	Female 60-64	4.	NOTTS WOMEN'S RUNNERS	01:51:36	01:52:17	244.
535	Cathryn Fiona Wood	F	100.	Female 55-59	8.	Prestatyn RC	01:53:20	01:54:04	245.
554	Jon Seddon	M	146.	Male 70-74	3.	Eryri Harriers	01:53:21	01:54:13	246.
381	Melanie Johnson	F	101.	Female 40-44	18.	Cheshire Dragons	01:54:09	01:54:48	247.
239	Karen Garbett	F	102.	Female 45-49	16.	(Wordsley)	01:54:33	01:54:51	248.
257	Debs Boney	F	103.	Female 35-39	15.	(Llanberis)	01:54:51	01:55:24	249.
509	Lauren Snaith	F	104.	Female 12-20	3.	(Denbigh)	01:54:54	01:55:32	250.
510	Roger Snaith	M	147.	Male 50-54	19.	denbigh harriers	01:54:54	01:55:32	251.
276	Ali Hanbury	F	105.	Female 40-44	19.	(Holyhead)	01:55:20	01:56:01	252.
516	Sarah Langston	F	106.	Female 40-44	20.	(Liverpool)	01:55:46	01:56:26	253.
505	Liz Fairley	F	107.	Female 45-49	17.	(Liverpool)	01:55:51	01:56:32	254.
353	Jaynie Phillips	F	108.	Female 45-49	18.	Styal Running Club	01:56:38	01:56:54	255.

Rhyl 5 Mile, 10 Mile

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
474	Gemma Jones	F	109.	Female 35-39	16.	ETL Run Club	01:57:43	01:58:07	256.
379	Todd Tuhey	M	148.	Male 35-39	18.	Warrington Plodders	01:57:33	01:58:17	257.
410	India Parry	F	110.	Female 21-34	23.	(Rhyl)	01:57:59	01:58:47	258.
310	Kel Murphy	M	149.	Male 21-34	31.	(Rhyl)	01:59:54	02:00:23	259.
456	Rachel Morris	F	111.	Female 40-44	21.	North wales road runner	02:00:10	02:00:30	260.
389	Margaret James	F	112.	Female 60-64	5.	altrincham and district athletic club	02:01:51	02:02:16	261.
344	Rachael Briggs	F	113.	Female 40-44	22.	Team Anstey Ramblers and Runners	02:02:00	02:02:48	262.
426	Anneliese Thomas	F	114.	Female 50-54	16.	(Rhyl)	02:03:29	02:04:19	263.
501	Richard Henley	M	150.	Male 55-59	15.	(Mostyn)	02:05:53	02:06:06	264.
556	Caroline Stoddart	F	115.	Female 21-34	24.	(Lincoln)	02:06:43	02:07:16	265.
528	Louisa Whitfield	F	116.	Female 45-49	19.	(Penmaenmawr)	02:06:42	02:07:35	266.
260	Katrina Stafford	F	117.	Female 35-39	17.	(Prestatyn)	02:09:27	02:10:20	267.
254	Victoria Rustage	F	118.	Female 50-54	17.	(Winsford)	02:10:44	02:11:22	268.
331	Claire Flemington	F	119.	Female 35-39	18.	(Holywell)	02:12:04	02:12:33	269.
541	Peter Simm	M	151.	Male 65-69	3.	(Pontybodkin)	02:13:36	02:14:07	270.
343	Tina Garner	F	120.	Female 50-54	18.	Team Anstey Amblers and runners	02:15:11	02:16:00	271.
409	Sasha Leasley	F	121.	Female 21-34	25.	(Rhyl)	02:44:20	02:45:07	272.

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