

# Rhyl 5 Mile, 10 Mile & Half Marathon

## Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
Half Marathon									
663	Ben Light	M	1.	Male 35-39	1.	Buxton AC	01:16:01	01:16:10	1.
648	Cormac Brennan	M	2.	Male 35-39	2.	Donore Harriers	01:16:54	01:17:05	2.
39	David Burrows	M	3.	Male 55-59	1.	Northern masters ac	01:16:32	01:17:07	3.
581	David Finch	M	4.	Male 50-54	1.	Buxton AC	01:17:56	01:18:05	4.
675	Dean Bate	M	5.	Male 35-39	3.	Titpon Harriers	01:19:03	01:19:16	5.
620	Gary Brown	M	6.	Male 40-44	1.	Penarth and Dinas	01:19:35	01:19:43	6.
693	Jonathan Holt	M	7.	Male 21-34	1.	vegan runners UK	01:21:18	01:21:51	7.
646	Robert Evans	M	8.	Male 35-39	4.	(Colwyn Bay)	01:21:53	01:22:21	8.
516	Peter Lowe	M	9.	Male 50-54	2.	(Childs Er call	01:22:30	01:22:41	9.
566	Chris Rushworth	M	10.	Male 21-34	2.	Buxton AC	01:22:47	01:22:57	10.
698	Kevin Duxbury	M	11.	Male 40-44	2.	Chorlton Runners	01:23:23	01:23:31	11.
656	Chris Stanton	M	12.	Male 40-44	3.	Sneyd Striders	01:24:58	01:25:16	12.
560	Scott Stokes	M	13.	Male 21-34	3.	Sneyd Striders R.C.	01:25:31	01:25:46	13.
576	Tony Hughes	M	14.	Male 21-34	4.	Manchester YMCA	01:25:48	01:25:55	14.
713	Harri Jones	M	15.	Male 12-20	1.		01:26:13	01:26:22	15.
664	Steve Brookes	M	16.	Male 35-39	5.	Tipton harriers	01:26:16	01:26:29	16.
579	Nick Hill	M	17.	Male 45-49	1.	Sneyd Striders	01:26:39	01:26:58	17.
601	Ruairidh	M	18.	Male 21-34	5.	(Llanfairfechan)	01:28:00	01:28:36	18.
661	John Phillips	M	19.	Male 40-44	4.	Sneyd Striders R.C.	01:29:16	01:29:31	19.
523	David Kearney	M	20.	Male 35-39	6.	Manchester YMCA	01:31:06	01:31:49	20.
633	Scott Finnigan	M	21.	Male 45-49	2.	(Helsby)	01:31:34	01:31:53	21.
393	Helen Harrington	F	1.	Female 40-44	1.	Cheshire Dragons	01:31:52	01:32:09	22.
681	Nick Hayes	M	22.	Male 45-49	3.	(Rhyl)	01:32:26	01:32:36	23.
511	James Dickson	M	23.	Male 35-39	7.	(Liverpool)	01:32:20	01:32:48	24.
506	Alan Lisle	M	24.	Male 35-39	8.	Abergele Harriers	01:32:33	01:33:22	25.
673	Andrew Lidstone	M	25.	Male 55-59	2.	Buxton AC	01:33:55	01:34:31	26.
567	Helen Ward	F	2.	Female 35-39	1.	Sneyd Striders	01:34:05	01:34:50	27.
669	Richard Poole	M	26.	Male 45-49	4.	Sneyd Striders	01:34:34	01:34:52	28.
582	Howard Owen	M	27.	Male 40-44	5.	Les Croupiers RC	01:34:52	01:35:26	29.
711	Catherine Tudor	F	3.	Female 40-44	2.	(Ruthin)	01:35:15	01:35:32	30.
662	Jack	M	28.	Male 21-34	6.	(Liverpool)	01:35:33	01:36:12	31.
610	Gareth	M	29.	Male 21-34	7.	(Rhyl)	01:35:44	01:36:17	32.
561	David	M	30.	Male 21-34	8.	Buxton AC	01:36:13	01:36:23	33.
526	Matthew Williams	M	31.	Male 21-34	9.	(Rhyl)	01:35:59	01:36:54	34.
665	Samantha Willis	F	4.	Female 40-44	3.	Buxton AC	01:36:25	01:37:01	35.
657	Shaun Wootton	M	32.	Male 50-54	3.	Sneyd Striders	01:36:50	01:37:13	36.
541	Philip Owen	M	33.	Male 35-39	9.	(Llandudno)	01:36:54	01:37:27	37.
695	Jessica Bibby	F	5.	Female 21-34	1.	Cybi Striders	01:37:23	01:37:39	38.
550	Alun Gwilym	M	34.	Male 40-44	6.	(Caernarfon)	01:37:20	01:37:55	39.
634	Vicki Cleall	F	6.	Female 50-54	1.	Dragons Running Club	01:38:26	01:38:52	40.
587	Thomas Tredwell	M	35.	Male 40-44	7.	Buxton AC	01:38:34	01:39:12	41.
682	Damon John	M	36.	Male 21-34	10.	Lonely Goat RC	01:38:40	01:39:20	42.
592	Wayne Diesel	M	37.	Male 60-64	1.	(Holywell)	01:39:16	01:39:28	43.
503	Paul Whiteman	M	38.	Male 40-44	8.	(Heywood)	01:39:38	01:39:59	44.
628	Morag Davies	F	7.	Female 45-49	1.	Chester Road	01:39:47	01:40:33	45.
537	Ed Hargreaves	M	39.	Male 50-54	4.	Lonely Goat RC	01:40:09	01:40:38	46.
514	Barry Stanfield	M	40.	Male 50-54	5.	(Connahs Quay)	01:39:42	01:40:39	47.
707	Jason George	M	41.	Male 50-54	6.	Stockport Harriers &	01:39:24	01:40:45	48.
525	Kelly Wynn	F	8.	Female 45-49	2.	Hyde Village Striders	01:40:07	01:40:51	49.

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
697	Jayson	M	42.	Male 35-39	10.	(Penmaenmawr)	01:40:01	01:40:54	50.
671	Carl Nolan	M	43.	Male 35-39	11.	Buxton AC	01:40:40	01:41:19	51.
544	Tomos Hughes	M	44.	Male 21-34	11.	Ellesmere Port	01:40:55	01:41:26	52.
715	Michael O'tool	M	45.	Male 35-39	12.		01:41:46	01:41:59	53.
603	Craig Smith	M	46.	Male 50-54	7.	Prestatyn RC	01:41:24	01:42:07	54.
565	Paul Markall	M	47.	Male 55-59	3.	Buxton AC	01:42:09	01:42:27	55.
591	Gavin Roche	M	48.	Male 45-49	5.	(Wrexham)	01:42:17	01:42:34	56.
622	Ariannell Parry	F	9.	Female 21-34	2.	(Gwalchmai)	01:41:39	01:42:34	57.
521	Andrew Thorp	M	49.	Male 55-59	4.	(Pembroke)	01:42:11	01:42:47	58.
586	Gemma Tredwell	F	10.	Female 40-44	4.	Buxton AC	01:42:05	01:42:51	59.
718	Harry Shepherd	M	50.	Male 21-34	12.		01:42:09	01:43:17	60.
717	Eddie Rex	M	51.	Male 21-34	13.		01:42:09	01:43:18	61.
539	Huw Evans	M	52.	Male 35-39	13.	(Llandudno)	01:43:24	01:44:07	62.
708	Glen Williams	M	53.	Male 21-34	14.	(Llanfairfechan)	01:44:29	01:45:08	63.
659	Christopher	M	54.	Male 60-64	2.	Sneyd Striders R.C.	01:44:46	01:45:12	64.
551	Jonathan Smith	M	55.	Male 40-44	9.	(Ormskirk)	01:44:46	01:45:17	65.
685	Lisa Grantham	F	11.	Female 45-49	3.	Pensby Runners	01:45:08	01:45:23	66.
658	Rob Hughes	M	56.	Male 50-54	8.	(Ironbridge)	01:45:21	01:46:05	67.
710	Christian Ward	M	57.	Male 50-54	9.	(Chester)	01:46:55	01:47:21	68.
599	Mike Rogers	M	58.	Male 35-39	14.	(Chester)	01:46:51	01:47:52	69.
709	Ian Clarke	M	59.	Male 55-59	5.	Lonely Goat RC	01:47:52	01:48:16	70.
549	Cadi Ostler	F	12.	Female 35-39	2.	(Caernarfon)	01:47:42	01:48:20	71.
303	Emma Richards	F	13.	Female 45-49	4.	Tenby Aces	01:47:55	01:48:30	72.
714	Neville Freeman	M	60.	Male 60-64	3.		01:48:10	01:48:36	73.
701	Roy	M	61.	Male 45-49	6.	Congleton harriers	01:48:30	01:49:23	74.
683	Shane Crawford	M	62.	Male 21-34	15.	(Wrexham)	01:49:00	01:49:31	75.
615	George Hadley	M	63.	Male 21-34	16.	Sneyd Striders	01:48:30	01:49:33	76.
573	Paul Martin	M	64.	Male 50-54	10.	Gog Triathlon	01:49:17	01:50:13	77.
676	Luke Wookey	M	65.	Male 40-44	10.	(MANCHESTER)	01:49:54	01:50:18	78.
530	Lee Birmingham	M	66.	Male 50-54	11.	Mossley AFC running	01:49:50	01:50:26	79.
529	Ifan Jones	M	67.	Male 55-59	6.	Maldwyn Harriers	01:50:20	01:50:31	80.
687	Adam Tidswell	M	68.	Male 21-34	17.	(Prestatyn)	01:50:10	01:50:39	81.
572	Jon Payne	M	69.	Male 45-49	7.	Lonely goats Rc	01:50:54	01:51:25	82.
636	Tracey Harris	F	14.	Female 50-54	2.	(Wrexham)	01:51:30	01:51:52	83.
577	Sheila Bradley	F	15.	Female 65-69	1.	Buxton AC	01:51:14	01:52:03	84.
631	Daniel Jones	M	70.	Male 45-49	8.	(Bagillt)	01:51:30	01:52:24	85.
527	Venetia	F	16.	Female 21-34	3.	(Salisbury)	01:51:45	01:52:40	86.
501	Sarah Pearce	F	17.	Female 40-44	5.	Dolly Mixture	01:52:37	01:53:39	87.
595	Charlotte Jackson	F	18.	Female 35-39	3.	(Ellesmere)	01:52:40	01:53:49	88.
557	Rachel Adams	F	19.	Female 50-54	3.	Market Drayton RC	01:53:24	01:53:57	89.
705	Simon Taylor	M	71.	Male 45-49	9.	100 Marathon Club	01:53:30	01:54:34	90.
562	Neil Williams	M	72.	Male 50-54	12.	(rhuddlan)	01:54:39	01:54:54	91.
598	Bryn Williams	M	73.	Male 40-44	11.	(Chester)	01:54:12	01:55:12	92.
647	John Houghton	M	74.	Male 60-64	4.	Run Sandymoor	01:55:13	01:55:36	93.
583	Duncan Bryant	M	75.	Male 50-54	13.	Buxton AC	01:54:49	01:55:46	94.
578	Beverley Golden	F	20.	Female 45-49	5.	Buxton AC	01:54:54	01:55:50	95.
649	Carol Bartle	F	21.	Female 55-59	1.	Ogmore phoenix	01:55:46	01:56:07	96.
593	Frank Rogers	M	76.	Male 50-54	14.	Levenshulme Runners	01:56:30	01:56:40	97.
642	Rob Carrington	M	77.	Male 50-54	15.	Wolves and bilston	01:55:42	01:56:46	98.
684	Neil Mason	M	78.	Male 40-44	12.	vegan runners UK	01:55:43	01:56:47	99.

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
621	Jonathan Miles	M	79.	Male 50-54	16.	South Cheshire	01:57:01	01:57:21	100.
716	David Jones	M	80.	Male 35-39	15.		01:56:02	01:57:21	101.
531	Claire Hall	F	22.	Female 40-44	6.	N/A	01:57:40	01:58:04	102.
651	Lisa Crompton	F	23.	Female 40-44	7.	(Northwich)	01:57:52	01:58:10	103.
563	Suzie Roscoe	F	24.	Female 40-44	8.	Congleton harriers	01:57:46	01:58:38	104.
600	Rhys Williams	M	81.	Male 50-54	17.	Hartshill Runners	01:59:39	02:00:58	105.
564	Melissa Cook	F	25.	Female 35-39	4.	Sneyd Striders	02:00:15	02:01:16	106.
608	Dave Toft	M	82.	Male 50-54	18.	Deestriders R.C	02:01:41	02:02:04	107.
624	Matthew Harvey	M	83.	Male 40-44	13.	Penny Lane Striders	02:01:13	02:02:21	108.
574	Keith Williams	M	84.	Male 45-49	10.	(Wrexham)	02:01:59	02:02:29	109.
700	Kieran Mcfadden	M	85.	Male 35-39	16.	(Newton le willows)	02:01:38	02:02:37	110.
654	Michael Hewitt	M	86.	Male 50-54	19.	None app	02:02:36	02:02:46	111.
553	Chelsea Parry	F	26.	Female 21-34	4.	(Holyhead)	02:02:21	02:02:50	112.
556	Emma's Giddings	F	27.	Female 45-49	6.	Sneyd Striders R.C.	02:02:43	02:03:06	113.
617	Gavin Ebery	M	87.	Male 35-39	17.	(Tywyn)	02:02:55	02:04:16	114.
630	Adam Ebery	M	88.	Male 35-39	18.	(Tywyn)	02:02:55	02:04:16	115.
504	Wendy Jones	F	28.	Female 60-64	1.	(Blaenau Ffedtiniog)	02:04:04	02:04:24	116.
618	Alison Parkinson	F	29.	Female 55-59	2.	Red rose road runners	02:04:15	02:05:01	117.
640	Mark Evans	M	89.	Male 50-54	20.	(Holywell)	02:04:27	02:05:06	118.
677	Iona Roberts	F	30.	Female 21-34	5.	Gog Triathlon	02:05:02	02:05:35	119.
519	Paul White	M	90.	Male 45-49	11.	(RHYL)	02:04:28	02:05:40	120.
645	Sion Hayes	M	91.	Male 50-54	21.	(Rhuddlan)	02:05:39	02:05:54	121.
699	Russell Davies	M	92.	Male 50-54	22.	Nantwich Running	02:04:50	02:06:05	122.
575	Mathew Williams	M	93.	Male 45-49	12.	(Llanfairfechan)	02:05:43	02:06:46	123.
597	Stephen Newell	M	94.	Male 55-59	7.	(Market Drayton)	02:06:03	02:07:29	124.
679	David Roberts	M	95.	Male 55-59	8.	Lonely Goat RC	02:06:31	02:07:31	125.
660	Laura Kelly	F	31.	Female 21-34	6.	(Walsall)	02:07:00	02:08:00	126.
520	Elwyn Sharps	M	96.	Male 35-39	19.	Betsi Runaways	02:07:22	02:08:23	127.
614	Ian Danks	M	97.	Male 60-64	5.	(Ness)	02:07:18	02:08:31	128.
588	Robert Perry	M	98.	Male 65-69	1.	Wallasey AC	02:08:15	02:08:48	129.
559	Stuart Donohoe	M	99.	Male 40-44	14.	Didsbury Runners	02:08:59	02:10:06	130.
585	Tracy Gregory	F	32.	Female 55-59	3.	Buxton AC	02:09:20	02:10:17	131.
607	Andrew Pointon	M	100.	Male 45-49	13.	Audley Striders	02:09:24	02:10:24	132.
609	Matt Arschavir	M	101.	Male 45-49	14.	Didsbury Runners	02:09:27	02:10:35	133.
655	Laura Stanton	F	33.	Female 40-44	9.	Sneyd Striders	02:10:12	02:11:13	134.
604	Catherine	F	34.	Female 50-54	4.	(Mold)	02:11:17	02:11:52	135.
510	Gary Dyson	M	102.	Male 45-49	15.	(Rhuddlan)	02:11:59	02:13:08	136.
691	Huw Davies	M	103.	Male 35-39	20.	(Manchester)	02:12:06	02:13:09	137.
696	Sam Jones	M	104.	Male 21-34	18.	(Denbigh)	02:12:50	02:13:54	138.
542	Gavin Williams	M	105.	Male 55-59	9.	(Llandegfan)	02:13:17	02:14:06	139.
543	Alan Owen	M	106.	Male 50-54	23.	N/A	02:13:18	02:14:07	140.
547	Jan Richards	F	35.	Female 50-54	5.	Dollies	02:13:17	02:14:21	141.
515	Liz Conroy	F	36.	Female 40-44	10.	Deestriders	02:14:24	02:15:22	142.
678	Deborah	F	37.	Female 50-54	6.	Walk2run Blackley	02:15:06	02:15:37	143.
689	Amy Mcguinness	F	38.	Female 35-39	5.	(Rhyl)	02:15:48	02:16:24	144.
690	K Newe	F	39.	Female 45-49	7.	Clwb Run Wales	02:15:56	02:16:34	145.
505	Helen Davies	F	40.	Female 50-54	7.	Dolly Mixtures	02:16:47	02:17:51	146.
632	Simon Dakin	M	107.	Male 55-59	10.	Marple Runners	02:18:27	02:19:27	147.
704	Liz Preston	F	41.	Female 45-49	8.	South cheshire	02:19:05	02:19:41	148.
703	Diane Mason	F	42.	Female 55-59	4.	Nantwich Runnibg	02:19:06	02:19:41	149.

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
619	Ian Davidson	M	108.	Male 65-69	2.	(Birkenhead)	02:18:57	02:20:11	150.
639	Eve Bates	F	43.	Female 45-49	9.	Sneyd Striders	02:19:45	02:20:29	151.
680	James Cooper	M	109.	Male 21-34	19.	(Northwich)	02:22:40	02:23:49	152.
613	Daniel Codd	M	110.	Male 21-34	20.	(Salford)	02:25:48	02:26:51	153.
538	Medi Ashton	F	44.	Female 40-44	11.	(Llanrwst)	02:29:08	02:30:00	154.
611	Jane Magee	F	45.	Female 60-64	2.	Shropshire Shufflers	02:29:40	02:30:32	155.
594	Erin Tattum	F	46.	Female 21-34	7.	(Bagilt)	02:30:27	02:30:56	156.
545	Nem James	M	111.	Male 21-34	21.	Prestatyn RC	02:31:51	02:32:47	157.
666	Kerry Ward	F	47.	Female 40-44	12.	Sneyd Striders R.C.	02:33:15	02:34:03	158.
641	Nichola Sargeant	F	48.	Female 45-49	10.	Buxton AC	02:34:21	02:35:29	159.
558	Rachel Dowle	F	49.	Female 50-54	8.	Buxton AC	02:34:22	02:35:29	160.
554	Paula Jones	F	50.	Female 55-59	5.	Clwb Run Wales	02:34:59	02:36:05	161.
534	Andy Ilsley	M	112.	Male 45-49	16.	Baines Racing	02:35:05	02:36:20	162.
524	Saw Sian Chin	F	51.	Female 50-54	9.	(Kuching)	02:35:37	02:36:47	163.
712	Peter Potter	M	113.	Male 65-69	3.	Deeside Orienteering	02:38:18	02:38:51	164.
509	Adam Glover	M	114.	Male 50-54	24.	(Old Colwyn)	02:39:18	02:40:39	165.
686	Hayley Roberts	F	52.	Female 40-44	13.	(Dwygyfylchi)	02:41:39	02:43:03	166.
606	Tony Gibbons	M	115.	Male 35-39	21.	(Llandudno)	02:41:51	02:43:05	167.
571	Kelly Jones	F	53.	Female 21-34	8.	(PENMAENMAWR)	02:41:41	02:43:06	168.
522	Michael Roberts	M	116.	Male 40-44	15.	(St Helens)	02:42:45	02:44:05	169.
517	Shelly Jones	F	54.	Female 40-44	14.	(Holyhead)	02:46:17	02:46:43	170.
653	Stewart Barr	M	117.	Male 35-39	22.	Michaela Barr	02:59:23	03:00:35	171.
674	Marie Deeney	F	55.	Female 45-49	11.	Chorlton Runners	03:02:23	03:02:57	172.
650	Viki Fraser	F	56.	Female 40-44	15.	Boldmere Bullets	03:03:42	03:04:55	173.
652	Michaela Barr	F	57.	Female 35-39	6.	(Sutton Coldfield)	03:03:42	03:04:56	174.

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