

Caernarfon 10K

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
10K									
307	Vinnie Martin	M	1.	Male 21-34	1.	City of Stoke AC	00:32:01	00:32:04	1.
166	Jim Hickinbottom	M	2.	Male 40-44	1.	Shrewsbury AC	00:32:26	00:32:27	2.
384	Connor Rogers	M	3.	Male 21-34	2.	Wrexham AAC	00:32:31	00:32:33	3.
383	Ryan Davis	M	4.	Male 35-39	1.	Wrexham AAC	00:32:32	00:32:33	4.
270	Alex Mayne	M	5.	Male 21-34	3.	City of Stoke AC	00:32:42	00:32:44	5.
259	Tom Chell	M	6.	Male 21-34	4.	City of Stoke AC	00:33:09	00:33:11	6.
382	Gwion Roberts	M	7.	Male 21-34	5.	Meirionnydd Running Club	00:33:23	00:33:25	7.
385	Luke Northall	M	8.	Male 35-39	2.	Wrexham AAC	00:33:40	00:33:42	8.
330	Paul Tatler	M	9.	Male 40-44	2.	City of Stoke AC	00:33:42	00:33:45	9.
404	Math Roberts	M	10.	Male 40-44	3.	Eryri Harriers	00:33:47	00:33:49	10.
96	Llyr Ap Gruffydd	M	11.	Male 35-39	3.	Eryri Harriers Club	00:33:54	00:33:56	11.
191	Jon Bowie	M	12.	Male 40-44	4.	Shrewsbury AC	00:34:28	00:34:30	12.
401	James Browne	M	13.	Male 21-34	6.		00:34:36	00:34:38	13.
335	Martin Pratt	M	14.	Male 40-44	5.	Trentham Running Club	00:34:46	00:34:50	14.
151	Sam Griffiths	M	15.	Male 21-34	7.	CRCB	00:34:54	00:34:57	15.
195	Charlie Costello	M	16.	Male 12-20	1.	Shrewsbury AC	00:35:07	00:35:09	16.
114	Nic Brook	M	17.	Male 50-54	1.	Eryri Harriers	00:35:11	00:35:13	17.
344	Robert Weston	M	18.	Male 21-34	8.	Shrewsbury	00:35:25	00:35:28	18.
305	Benjamin Brereton	M	19.	Male 21-34	9.	Newcastle a.c. (staffs)	00:35:30	00:35:33	19.
60	Huw Gwynn	M	20.	Male 21-34	10.	(Caernarfon)	00:35:38	00:35:41	20.
386	Tracy Rogers	F	1.	Female 35-39	1.	Buckley RC	00:35:41	00:35:44	21.
328	Ian Edwards	M	21.	Male 40-44	6.	Eryri Harriers	00:36:03	00:36:06	22.
255	Jonathan Kettle	M	22.	Male 50-54	2.	North Wales Road Runners	00:36:09	00:36:11	23.
94	Euan Carroll	M	23.	Male 12-20	2.	Doncaster Athletic Club	00:36:27	00:36:30	24.
301	Jack Kelbrick	M	24.	Male 21-34	11.	(Conwy)	00:36:33	00:36:37	25.
342	Iolo Owen	M	25.	Male 45-49	1.	(Bethesda, Gwynedd)	00:36:55	00:37:01	26.
309	Rachael Bourne	F	2.	Female 35-39	2.	Staffordshire Moorlands Ac	00:37:02	00:37:05	27.
294	William Dunn	M	26.	Male 45-49	2.	Meirionydd running club	00:37:10	00:37:13	28.
365	Jamie Aston	M	27.	Male 21-34	12.	(Caernarfon)	00:37:26	00:37:31	29.
131	Jake Tapping	M	28.	Male 21-34	13.	The Bristol Distance Project	00:37:29	00:37:32	30.
256	Rhun Dafydd	M	29.	Male 21-34	14.	(Ruthin)	00:37:42	00:37:51	31.
224	Alice Johnston	F	3.	Female 21-34	1.	Les Croupiers RC	00:37:57	00:38:00	32.
149	Eleanor Pitcher	F	4.	Female 21-34	2.	Shrewsbury Athletics Club	00:38:08	00:38:13	33.
165	Stacey Hawkins	F	5.	Female 45-49	1.	Lawley running club	00:38:29	00:38:34	34.
288	Rhodri Williams	M	30.	Male 35-39	4.	Cybi Striders	00:38:31	00:38:36	35.
321	Kate Wells	F	6.	Female 35-39	3.	Shropshire	00:38:35	00:38:40	36.
329	Michael Coyne	M	31.	Male 50-54	3.	Eryri Harriers	00:38:51	00:38:53	37.
177	Dalton Morrissey	M	32.	Male 21-34	15.	(Llandudno)	00:38:55	00:39:00	38.
387	Rachel Shipley	F	7.	Female 21-34	3.	Abergele Harriers	00:39:03	00:39:06	39.
218	Amanda Kelly	F	8.	Female 35-39	4.	City of Stoke AC	00:39:22	00:39:27	40.
287	Chris Thomas	M	33.	Male 40-44	7.	Cybi Striders	00:39:30	00:39:35	41.
207	Iwan Evans	M	34.	Male 45-49	3.	North Wales Road Runners	00:39:41	00:39:46	42.
230	Johnhuw Watkin	M	35.	Male 21-34	16.	Cybi Striders	00:39:41	00:39:48	43.
75	Dafydd Royle	M	36.	Male 21-34	17.	(Llanrwst)	00:39:48	00:39:51	44.
302	David Morrell	M	37.	Male 50-54	4.	City of Stoke AC	00:39:55	00:40:01	45.
304	Tom Bromley	M	38.	Male 21-34	18.	Cybi Striders	00:39:57	00:40:03	46.
231	Gavin Rogerson	M	39.	Male 35-39	5.	Eryri Harriers	00:40:01	00:40:10	47.
311	Joanne Stanfield	F	9.	Female 50-54	1.	Trentham RC	00:40:11	00:40:16	48.
83	Arwel Evans	M	40.	Male 21-34	19.	Cybi Striders	00:40:12	00:40:19	49.
368	Daniel Rodrigues	M	41.	Male 40-44	8.	Eryri	00:40:23	00:40:27	50.
159	Darren Blazier	M	42.	Male 50-54	5.	Abergele Harriers	00:40:26	00:40:30	51.
319	Hollie Wall	F	10.	Female 35-39	5.	Staffordshire Moorlands	00:40:37	00:40:40	52.
397	Ricky Williams	M	43.	Male 21-34	20.		00:40:40	00:40:44	53.

Caernarfon 10K

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
223	Paul Garstang	M	44.	Male 60-64	1.	Gog Triathlon	00:40:42	00:40:47	54.
393	Iwan Evans	M	45.	Male 12-20	3.		00:40:44	00:40:49	55.
275	Nick Houghton	M	46.	Male 55-59	1.	Cybi Striders	00:40:46	00:40:49	56.
389	Emma Alofs	F	11.	Female 21-34	4.	Cybi Striders	00:40:46	00:40:50	57.
399	Caroline Hardie	F	12.	Female 35-39	6.	buckley runners	00:40:41	00:40:50	58.
370	Jason Thomas	M	47.	Male 50-54	6.	(Holyhead)	00:41:23	00:41:28	59.
280	Carwyn Jones	M	48.	Male 40-44	9.	Cybi Striders	00:41:26	00:41:33	60.
106	Carla Green	F	13.	Female 50-54	2.	North Wales Road Runners	00:41:38	00:41:42	61.
53	George Thomson	M	49.	Male 21-34	21.	(Conwy)	00:41:53	00:42:01	62.
54	Seorse Bailey	M	50.	Male 21-34	22.	(Colwyn Bay)	00:42:02	00:42:10	63.
278	Iestyn Evans	M	51.	Male 12-20	4.	(St. Asaph)	00:42:10	00:42:15	64.
391	Maddison Griffiths	F	14.	Female 12-20	1.	Maldwyn Harriers	00:42:14	00:42:17	65.
78	Gerallt Jones	M	52.	Male 35-39	6.	(Bangor)	00:42:07	00:42:21	66.
359	Ifan Jones	M	53.	Male 35-39	7.	Eryri Harriers	00:42:27	00:42:33	67.
306	Kelly Butler	F	15.	Female 35-39	7.	City of Stoke AC	00:42:37	00:42:43	68.
216	Anthony Davies	M	54.	Male 55-59	2.	Eryri Harriers	00:42:39	00:42:43	69.
247	Andrew Goater	M	55.	Male 50-54	7.	Betsi Runaways	00:42:41	00:42:48	70.
396	Steven Roberts	M	56.	Male 21-34	23.		00:42:45	00:42:50	71.
267	Sion Thomas	M	57.	Male 40-44	10.	Nort wales road runners	00:43:02	00:43:07	72.
103	Mark Owen	M	58.	Male 50-54	8.	Cybi Striders	00:43:07	00:43:13	73.
104	Aiden Bradley	M	59.	Male 40-44	11.	(ty croes)	00:43:21	00:43:29	74.
352	Joseph Hopper	M	60.	Male 40-44	12.	(Bangor)	00:43:32	00:43:40	75.
234	Mali Hughes	F	16.	Female 21-34	5.	(Caernarfon)	00:43:32	00:43:45	76.
261	Stephen Bozier	M	61.	Male 45-49	4.	North Wales Road Runners Club	00:43:54	00:44:03	77.
323	Cai Jones	M	62.	Male 21-34	24.	(Bangor)	00:44:02	00:44:07	78.
150	Jake Thomas	M	63.	Male 21-34	25.	CRCB	00:43:31	00:44:08	79.
303	Hannah Pease	F	17.	Female 21-34	6.	Shrewsbury AC	00:44:07	00:44:13	80.
348	Trevor Jones	M	64.	Male 40-44	13.	Meirionnydd Running Club	00:44:03	00:44:14	81.
168	Chris Snow	M	65.	Male 21-34	26.	(ST. ASAPH)	00:43:45	00:44:15	82.
45	Dylan Thomas	M	66.	Male 40-44	14.	(Holyhead)	00:44:29	00:44:34	83.
345	Fiona Wise	F	18.	Female 40-44	1.	(Buckingham)	00:44:35	00:44:42	84.
171	Dave Owen	M	67.	Male 21-34	27.	Cybi Striders	00:44:32	00:44:43	85.
333	Sonia Williams	F	19.	Female 35-39	8.	Cybi Striders	00:44:40	00:44:49	86.
196	Megan Hughes	F	20.	Female 45-49	2.	Eryri Harriers	00:44:47	00:44:51	87.
286	David Leckie	M	68.	Male 40-44	15.	Cybi Striders	00:44:45	00:44:52	88.
289	Lisa Allsup	F	21.	Female 21-34	7.	(Deganwy)	00:44:51	00:44:58	89.
162	Ben Hudson	M	69.	Male 45-49	5.	North Wales Road Runners	00:44:59	00:45:08	90.
132	Jack Bayliss	M	70.	Male 60-64	2.	Newcastle (staffs) tri club	00:45:03	00:45:10	91.
203	Justin Williams	M	71.	Male 21-34	28.	(Penrhyndeudraeth)	00:45:06	00:45:14	92.
314	Richie Williams	M	72.	Male 55-59	3.	Cybi Striders	00:45:21	00:45:28	93.
249	Rhys Ab Elwyn	M	73.	Male 55-59	4.	Eryri Harriers	00:45:24	00:45:33	94.
300	Richard Scamans	M	74.	Male 50-54	9.	nwrcc	00:45:27	00:45:36	95.
127	Ruth Prichard	F	22.	Female 40-44	2.	(Llanfairfechan)	00:45:19	00:45:38	96.
266	Richard Adamson	M	75.	Male 45-49	6.	Betsi Runaways	00:45:39	00:45:49	97.
240	Laura Mckenzie	F	23.	Female 45-49	3.	Betsi Runaways	00:45:45	00:45:53	98.
241	Andrew Parker	M	76.	Male 45-49	7.	Betsi Runaways	00:45:57	00:46:09	99.
63	Nathan Daverson	M	77.	Male 21-34	29.	Aberystwyth AC	00:45:39	00:46:10	100.
44	Tomos Pugh	M	78.	Male 21-34	30.	(Pwllheli)	00:45:55	00:46:11	101.
85	Richard Groome	M	79.	Male 50-54	10.	(Llannerch-y-Medd)	00:46:11	00:46:18	102.
97	Brython Hywel	M	80.	Male 35-39	8.	(Llanrug, Caernarfon)	00:46:14	00:46:20	103.
56	David Jones	M	81.	Male 50-54	11.	North Wales Road Runners Club	00:46:19	00:46:28	104.
212	Cai Bullard	M	82.	Male 21-34	31.	(Pwllheli)	00:46:28	00:46:38	105.
32	Gruff Anderson	M	83.	Male 12-20	5.	Eryri Harriers	00:46:38	00:46:40	106.
269	Owain Hughes	M	84.	Male 21-34	32.	(Holyhead)	00:46:37	00:46:53	107.

Caernarfon 10K

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
213	Sandy Johnston	M	85.	Male 75-79	1.	North Wales Road Runners Club	00:46:55	00:47:02	108.
268	Steven Price	M	86.	Male 21-34	33.	(Blaenau Ffestiniog)	00:46:56	00:47:16	109.
101	Martin Williams	M	87.	Male 45-49	8.	(Caernarfon)	00:47:10	00:47:17	110.
254	Keir Brady	M	88.	Male 40-44	16.	(Manchester)	00:47:10	00:47:30	111.
128	Dewi Parry	M	89.	Male 12-20	6.	(Llanfairfechan)	00:47:12	00:47:33	112.
366	Ian Hughes	M	90.	Male 35-39	9.	(Llangefni)	00:47:37	00:47:51	113.
152	Matthew Roberts	M	91.	Male 21-34	34.	CRCB	00:47:15	00:47:53	114.
320	Iwan Jones	M	92.	Male 21-34	35.	(Caernarfon)	00:47:48	00:48:01	115.
111	Katie Baldwin	F	24.	Female 21-34	8.	Beaumaris Town Road Runners	00:47:50	00:48:02	116.
376	Poppy Jones	F	25.	Female 12-20	2.	(Criccieth)	00:47:47	00:48:06	117.
379	Craig Pearson	M	93.	Male 35-39	10.	(High Peak)	00:47:55	00:48:12	118.
276	Sian Beck	F	26.	Female 45-49	4.	St Asaph City Striders	00:48:12	00:48:22	119.
161	Sarah Hudson	F	27.	Female 45-49	5.	North Wales Road Runners	00:48:22	00:48:31	120.
312	Jane Cooper	F	28.	Female 45-49	6.	(Caernarfon)	00:48:25	00:48:33	121.
293	Michael Bowden	M	94.	Male 45-49	9.	Colwyn Bay Athletic Club	00:48:27	00:48:59	122.
251	Clive Wycherley	M	95.	Male 65-69	1.	(Gaerwen)	00:48:55	00:49:03	123.
331	Emyr Davies	M	96.	Male 80+	1.	Rhedwyr Hebog Runners	00:49:10	00:49:12	124.
138	Annes Wyn	F	29.	Female 40-44	3.	(Caernarfon)	00:48:58	00:49:17	125.
204	Jack Jones	M	97.	Male 21-34	36.	(Porthmadog)	00:49:09	00:49:19	126.
257	Kay Hatton	F	30.	Female 60-64	1.	nwrcc	00:49:16	00:49:24	127.
263	Floyd Evans	M	98.	Male 45-49	10.	N/A	00:49:16	00:49:28	128.
377	Mark Hughes	M	99.	Male 50-54	12.	Wrexham AAC	00:49:19	00:49:35	129.
392	Mary Gwyn	F	31.	Female 35-39	9.	Eryri Harriers	00:49:16	00:49:36	130.
1	Richard Jones	M	100.	Male 12-20	7.	(amlwch)	00:49:17	00:49:36	131.
229	Gwydion Roberts	M	101.	Male 21-34	37.	(Minffordd)	00:49:30	00:49:44	132.
173	Clwyd Edwards	M	102.	Male 21-34	38.	T dog	00:49:31	00:49:44	133.
11	Alicia Bas Gil	F	32.	Female 45-49	7.	(Conwy)	00:49:41	00:49:48	134.
183	Rhys Cadwaladr	M	103.	Male 21-34	39.	(Caernarfon)	00:49:38	00:49:55	135.
282	Simeon Bale	M	104.	Male 21-34	40.	(Bangor)	00:49:35	00:50:00	136.
227	Dewi Williams	M	105.	Male 55-59	5.	Cybi Striders	00:49:48	00:50:00	137.
245	Shaun Orr	M	106.	Male 21-34	41.	(Penrhyndeudraeth)	00:49:44	00:50:02	138.
205	Donna Jones	F	33.	Female 40-44	4.	Cybi Striders	00:49:49	00:50:03	139.
206	Jordan Wooding	M	107.	Male 21-34	42.	(Rhos on sea)	00:49:44	00:50:03	140.
65	Chris Roberts	M	108.	Male 35-39	11.	(Caernarfon)	00:49:57	00:50:11	141.
64	Elin Arwen	F	34.	Female 21-34	9.	(Caernarfon)	00:49:57	00:50:11	142.
174	Michael Booton	M	109.	Male 21-34	43.	(Porthmadog)	00:49:59	00:50:17	143.
10	Gafin Foulkes	M	110.	Male 21-34	44.	(Caernarfon)	00:50:06	00:50:18	144.
6	Sarah Whatman	F	35.	Female 40-44	5.	Witney Road Runners	00:50:02	00:50:25	145.
324	Nia Meleri	F	36.	Female 35-39	10.	Eryri Harriers	00:50:14	00:50:26	146.
62	Philip Moss	M	111.	Male 60-64	3.	North Wales Road Runners Club	00:50:21	00:50:33	147.
181	Elliw Hughes	F	37.	Female 35-39	11.	(Criccieth)	00:50:20	00:50:36	148.
360	Gerad Laidlaw	M	112.	Male 21-34	45.	(Caernarfon)	00:50:26	00:50:39	149.
209	Michael Horaczek	M	113.	Male 45-49	11.	(Wrexham)	00:50:31	00:50:42	150.
82	Shomak	M	114.	Male 21-34	46.	Manchester Road Runners	00:50:39	00:50:54	151.
214	Maldwyn Evans	M	115.	Male 60-64	4.	Eryri Harriers	00:50:50	00:51:00	152.
265	Yvette Adamson	F	38.	Female 45-49	8.	Betsi Runaways	00:50:52	00:51:01	153.
76	Richard Furniss	M	116.	Male 40-44	17.	Cybi Striders	00:50:51	00:51:02	154.
31	Paul Astin	M	117.	Male 60-64	5.	(Llandudno)	00:51:00	00:51:11	155.
361	Julie Dudley	F	39.	Female 65-69	1.	Cheadle RC	00:51:04	00:51:12	156.
237	Paul Jones	M	118.	Male 45-49	12.	Rhedwyr Hebog Runners	00:50:58	00:51:15	157.
68	Alaw Hughes	F	40.	Female 21-34	10.	(Pwllheli)	00:50:57	00:51:15	158.
233	Alaw Evans	F	41.	Female 21-34	11.	(Caernarfon)	00:51:07	00:51:20	159.
80	Phil Lynes	M	119.	Male 35-39	12.	(Bangor)	00:50:46	00:51:24	160.
336	Alex Lynes	M	120.	Male 21-34	47.	(Bangor)	00:51:08	00:51:24	161.

Caernarfon 10K

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Bib	Name	Gende	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
69	Geraint Jones	M	121.	Male 55-59	6.	(Caernarfon)	00:50:45	00:51:24	162.
40	Nia Davies	F	42.	Female 50-54	3.	(Caernarfon)	00:51:03	00:51:29	163.
143	Catrin Elwyn	F	43.	Female 21-34	12.	(Caernarfon)	00:51:27	00:51:35	164.
341	Emyr Williams	M	122.	Male 21-34	48.	(Caernarfon)	00:51:22	00:51:42	165.
343	Hefin Wright	M	123.	Male 35-39	13.	(Caernarfon)	00:51:28	00:51:47	166.
271	Geraint Edwards	M	124.	Male 21-34	49.	(Blaenau Ffestiniog)	00:51:39	00:51:58	167.
362	Elis Bere	M	125.	Male 21-34	50.	(Mold)	00:51:44	00:52:03	168.
292	Ifan Jams	M	126.	Male 35-39	14.	(Caernarfon)	00:51:41	00:52:08	169.
189	Simon Longman	M	127.	Male 70-74	1.	(BANGOR)	00:51:59	00:52:15	170.
7	Sian Meirion	F	44.	Female 50-54	4.	buckley runners	00:52:03	00:52:17	171.
298	Daniel Joyce	M	128.	Male 45-49	13.	(Bala)	00:51:49	00:52:19	172.
364	Elen Williams	F	45.	Female 35-39	12.	(Anglesey)	00:51:50	00:52:19	173.
403	Michael Beck	M	129.	Male 35-39	15.		00:51:45	00:52:19	174.
115	Ella Grundy	F	46.	Female 12-20	3.	Colwyn bay athletics club	00:52:22	00:52:29	175.
73	Llio Owen	F	47.	Female 21-34	13.	(Bangor)	00:52:11	00:52:33	176.
185	Calum Lloyd	M	130.	Male 21-34	51.	(Holyhead)	00:52:21	00:52:37	177.
112	Greg Grundy	M	131.	Male 50-54	13.	Colwyn bay athletics club	00:52:22	00:52:43	178.
272	James Davies	M	132.	Male 50-54	14.	(Llandudno Junction)	00:52:32	00:52:43	179.
9	William	M	133.	Male 65-69	2.	(Colwyn Bay)	00:52:46	00:52:52	180.
87	Megan Walford	F	48.	Female 21-34	14.	(Pwllheli)	00:52:29	00:52:59	181.
58	Thomas Dean	M	134.	Male 12-20	8.	#mile shy club	00:52:49	00:53:00	182.
258	Robert Fryer	M	135.	Male 70-74	2.	North Wales Road Runners Club	00:52:55	00:53:05	183.
176	Edward Edwards	M	136.	Male 70-74	3.	Eryri Harriers	00:52:59	00:53:06	184.
107	Hannah Griffith	F	49.	Female 50-54	5.	North Wales Road Runners	00:52:39	00:53:10	185.
367	Faith	F	50.	Female 21-34	15.	Cybi Striders	00:53:04	00:53:12	186.
3	Nigel Passmore	M	137.	Male 70-74	4.	(Harlech)	00:52:48	00:53:13	187.
79	Ian Hughes	M	138.	Male 60-64	6.	(Leicester)	00:53:05	00:53:17	188.
38	Dan Craddock	M	139.	Male 21-34	52.	(Crewe)	00:53:01	00:53:27	189.
137	Jim Meadowcroft	M	140.	Male 55-59	7.	(Ffrith)	00:53:27	00:53:45	190.
184	Charlie Evans	M	141.	Male 21-34	53.	(Bangor)	00:53:24	00:53:54	191.
61	Carol Moss	F	51.	Female 60-64	2.	North Wales Road Runners Club	00:53:40	00:54:03	192.
200	Wendy Jones	F	52.	Female 60-64	3.	na	00:53:55	00:54:05	193.
297	Hannah Joyce	F	53.	Female 40-44	6.	(Bala)	00:53:47	00:54:17	194.
140	Brian Hughes	M	142.	Male 55-59	8.	(Efailnewydd Pwllheli)	00:54:09	00:54:27	195.
217	Lois Wyn	F	54.	Female 21-34	16.	(Pentraeth)	00:54:34	00:54:47	196.
357	Bleddyn Rhys	M	143.	Male 35-39	16.	(Caernarfon)	00:54:35	00:54:49	197.
39	James Occleston	M	144.	Male 21-34	54.	(Crewe)	00:54:35	00:55:00	198.
190	Gwilym Williams	M	145.	Male 75-79	2.	(Caernarfon)	00:54:46	00:55:06	199.
41	Wendy Proctor	F	55.	Female 60-64	4.	Newcastle (staffs) tri club	00:55:16	00:55:24	200.
24	Gary Evans	M	146.	Male 45-49	14.	(Trefriw)	00:55:01	00:55:25	201.
308	Malcolm Jones	M	147.	Male 70-74	5.	Eryri Harriers	00:55:27	00:55:34	202.
339	Luke Hughes	M	148.	Male 35-39	17.	(Trefnant)	00:55:26	00:55:35	203.
133	Richard Skidmore	M	149.	Male 35-39	18.	(Llanfairfechan)	00:55:25	00:55:36	204.
406	Katie Livermore	F	56.	Female 21-34	17.		00:55:22	00:55:39	205.
46	Sara Jones	F	57.	Female 12-20	4.	(Amlwch)	00:55:30	00:55:43	206.
71	Alastair	M	150.	Male 21-34	55.	Beumaris Town Road Runner's	00:55:20	00:55:44	207.
281	Rhian Jones	F	58.	Female 35-39	13.	(Llanbedrgoch)	00:55:37	00:56:03	208.
378	Madeline Watkins	F	59.	Female 21-34	18.	(Shrewsbury)	00:55:49	00:56:10	209.
291	Ed Holden	M	151.	Male 40-44	18.	(Penrhyndeudraeth)	00:55:42	00:56:10	210.
353	Sioned Mair Jones	F	60.	Female 45-49	9.	Meirionnydd Running Club	00:55:57	00:56:13	211.
290	Alan Jones	M	152.	Male 55-59	9.	Prestatyn RC	00:56:05	00:56:13	212.
37	Joel David	M	153.	Male 21-34	56.	Birkenhead Park Running Club	00:55:57	00:56:19	213.
242	Clare Panton	F	61.	Female 50-54	6.	Betsi Runaways	00:56:13	00:56:33	214.
194	Eric Williams	M	154.	Male 50-54	15.	(Blaenau Ffestiniog)	00:55:55	00:56:34	215.

Caernarfon 10K

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
158	Beth Tapping	F	62.	Female 21-34	19.	(Colwyn Bay)	00:56:22	00:56:48	216.
164	Robert Jones	M	155.	Male 21-34	57.	(Gwynedd)	00:56:26	00:57:01	217.
160	Richard Jones	M	156.	Male 70-74	6.	(Rhyl)	00:56:50	00:57:14	218.
409	David Jones	M	157.	Male 55-59	10.		00:56:41	00:57:15	219.
192	Einir Thomas	F	63.	Female 45-49	10.	(Blaenau Ffestiniog)	00:57:17	00:57:28	220.
99	Elen Jones	F	64.	Female 21-34	20.	RAD Runners	00:57:00	00:57:32	221.
25	Cheryl Lord-Brown	F	65.	Female 55-59	1.	(Colwyn Bay)	00:57:06	00:57:33	222.
26	Alexandra	F	66.	Female 21-34	21.	(Llandudno Junction)	00:57:05	00:57:34	223.
146	Rob Owen	M	158.	Male 35-39	19.	Rhedwyr Hebog Runners	00:57:19	00:57:37	224.
264	Heather Jones	F	67.	Female 60-64	5.	(Bangor)	00:57:35	00:57:43	225.
198	Mari Wyn	F	68.	Female 35-39	14.	(Bangor)	00:57:26	00:57:48	226.
122	Elan Rhys	F	69.	Female 35-39	15.	(Caernarfon)	00:57:25	00:57:52	227.
95	Helen Aldred	F	70.	Female 40-44	7.	Mersey Tri	00:57:39	00:57:52	228.
48	Alan Davies	M	159.	Male 50-54	16.	(Llandudno)	00:57:23	00:57:53	229.
215	Matthew Coppack	M	160.	Male 21-34	58.	(Prestatyn)	00:57:42	00:58:00	230.
136	Margaret	F	71.	Female 60-64	6.	(Ffrith)	00:57:46	00:58:04	231.
238	Jonathan Davies	M	161.	Male 35-39	20.	(Talybont)	00:57:33	00:58:04	232.
322	Leila Mapp	F	72.	Female 55-59	2.	(Llandudno)	00:57:38	00:58:07	233.
220	Sion Llyr Roberts	M	162.	Male 35-39	21.	Cybi Striders	00:57:57	00:58:09	234.
219	Sofie Roberts	F	73.	Female 35-39	16.	(Caernarfon)	00:57:58	00:58:10	235.
225	Russell Field	M	163.	Male 65-69	3.	(Wrexham)	00:57:34	00:58:11	236.
70	Ian Coleman	M	164.	Male 60-64	7.	(Deganwy)	00:58:01	00:58:24	237.
120	Sally Rapson	F	74.	Female 60-64	7.	(Talsarnau)	00:58:18	00:58:43	238.
346	Rebecca Roberts	F	75.	Female 40-44	8.	Eryri Harriers	00:58:16	00:58:44	239.
74	Lois Williams	F	76.	Female 21-34	22.	St Asaph City Striders	00:58:32	00:58:54	240.
250	Garym Williams	M	165.	Male 21-34	59.	(Caernarfon)	00:58:17	00:58:55	241.
55	Julie Jones	F	77.	Female 45-49	11.	(Abergele)	00:58:42	00:59:05	242.
405	Peter Causton	M	166.	Male 50-54	17.		00:58:49	00:59:12	243.
373	James Swards	M	167.	Male 12-20	9.	(Gwynedd)	00:58:59	00:59:13	244.
172	Jess York	F	78.	Female 40-44	9.	(Bethesda)	00:58:53	00:59:17	245.
244	Rhian Sharpe	F	79.	Female 45-49	12.	(Amlwch)	00:58:44	00:59:22	246.
246	Keith Walters	M	168.	Male 45-49	15.	(Bangor)	00:58:44	00:59:22	247.
113	Iestyn Jones	M	169.	Male 45-49	16.	Meirionnydd Running Club	00:59:13	00:59:24	248.
226	Lee Orford	F	80.	Female 50-54	7.	Beumaris Town Road Runner's	00:59:00	00:59:25	249.
154	Clwyd Jones	M	170.	Male 21-34	60.	(Llanrwst)	00:59:10	00:59:28	250.
243	Ffion Owen	F	81.	Female 45-49	13.	(Gaerwen)	00:58:54	00:59:33	251.
356	Bedwyr Davies	M	171.	Male 35-39	22.	(Caernarfon)	00:59:00	00:59:35	252.
394	Sal Seeney	F	82.	Female 55-59	3.	Cybi Striders	00:59:27	00:59:50	253.
43	Rose Thurston	F	83.	Female 21-34	23.	(Pwllheli)	00:59:57	01:00:14	254.
355	Tracey Cool	F	84.	Female 50-54	8.	(Derby)	01:00:05	01:00:21	255.
354	Gwyn Williams	M	172.	Male 60-64	8.	Run Wales	01:00:07	01:00:22	256.
253	Rhian Chalk	F	85.	Female 35-39	17.	Porth Eirias Runners	01:00:10	01:00:25	257.
141	Chloe Mancini	F	86.	Female 21-34	24.	(Colwyn Bay)	01:00:03	01:00:30	258.
273	Carina Atherton	F	87.	Female 40-44	10.	(BLAENAU FFESTINIOG)	01:00:09	01:00:33	259.
299	Linda Edwards	F	88.	Female 65-69	2.	(Bala)	01:00:02	01:00:33	260.
93	Julie Carroll	F	89.	Female 45-49	14.	Clumber Park Runners	01:00:06	01:00:35	261.
12	Clare Carmen	F	90.	Female 60-64	8.	(Redditch)	01:00:21	01:00:48	262.
363	Louise Hurford	F	91.	Female 35-39	18.	(Tyn-y-Gongl)	01:00:45	01:01:14	263.
182	Amy Greenwood	F	92.	Female 40-44	11.	(Harlech)	01:00:43	01:01:15	264.
155	Jodie Pritchard	F	93.	Female 40-44	12.	Harlech Triathlon Club	01:00:44	01:01:16	265.
4	Marian Brosschot	F	94.	Female 21-34	25.	(Bangor)	01:00:56	01:01:29	266.
148	Nicola Griffiths	F	95.	Female 35-39	19.	Rhedwyr Hebog Runners	01:00:59	01:01:31	267.
110	Mike Hayton	M	173.	Male 70-74	7.	nwrcc	01:01:37	01:01:47	268.
89	Alex Jones	F	96.	Female 35-39	20.	(Pwllheli, Gwynedd)	01:01:26	01:01:48	269.

Caernarfon 10K

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
369	Nathan Jones	M	174.	Male 21-34	61.	(Pwllheli)	01:01:28	01:01:49	270.
125	Jonny Sutton	M	175.	Male 45-49	17.	(MILFORD HAVEN)	01:01:22	01:01:51	271.
316	Jess Jones	F	97.	Female 21-34	26.	(Beaumaris)	01:01:41	01:02:16	272.
317	Iwan Jones	M	176.	Male 21-34	62.	(Beaumaris)	01:01:41	01:02:17	273.
134	Evan Taylor	M	177.	Male 12-20	10.	(Beaumaris)	01:02:03	01:02:35	274.
248	Ilona Kurta	F	98.	Female 55-59	4.	Betsi Runaways	01:02:21	01:02:35	275.
145	Nicole Owen	F	99.	Female 21-34	27.	(Llangefni)	01:02:07	01:02:36	276.
208	Martha Molyneux	F	100.	Female 12-20	5.	(Manchester)	01:02:40	01:02:57	277.
35	Richard Gibbins	M	178.	Male 35-39	23.	(Holywell)	01:02:37	01:02:58	278.
295	Ceri O'neill	F	101.	Female 12-20	6.	(Caernarfon)	01:02:27	01:03:02	279.
30	Peredur Williams	M	179.	Male 35-39	24.	(Llanrwst)	01:03:08	01:03:28	280.
279	Lucy Jakeman	F	102.	Female 21-34	28.	(Llandudno Junction)	01:03:12	01:03:31	281.
66	Angela Griffiths	F	103.	Female 50-54	9.	(Holyhead)	01:03:12	01:03:45	282.
67	Jessica Griffiths	F	104.	Female 12-20	7.	(Holyhead)	01:03:11	01:03:45	283.
15	Alex Neale	F	105.	Female 21-34	29.	(Liverpool)	01:03:19	01:03:49	284.
72	Abbie Parry	F	106.	Female 21-34	30.	(Llangefni)	01:03:23	01:03:50	285.
126	Chloe Taylor	F	107.	Female 21-34	31.	(Holyhead)	01:03:32	01:04:12	286.
375	Holly Jones	F	108.	Female 12-20	8.	(Criccieth)	01:04:20	01:04:41	287.
29	Sue Williams	F	109.	Female 55-59	5.	(Betws-y-Coed)	01:04:21	01:04:43	288.
175	Vivienne Edwards	F	110.	Female 65-69	3.	Eryri	01:04:49	01:04:57	289.
84	Janet	F	111.	Female 60-64	9.	(Mold)	01:04:40	01:05:02	290.
228	Llion O'callaghan	M	180.	Male 40-44	19.	(Rhewl)	01:04:25	01:05:03	291.
199	Natali Brown	F	112.	Female 40-44	13.	Royton road runners	01:04:48	01:05:22	292.
124	Hope Filby	F	113.	Female 21-34	32.	(Narberth)	01:05:15	01:05:43	293.
402	Tara Morris	F	114.	Female 21-34	33.		01:05:13	01:05:46	294.
169	Mandy Blanchard	F	115.	Female 50-54	10.	(Y Rhyl)	01:05:23	01:05:48	295.
197	Mari Williams	F	116.	Female 21-34	34.	(Y Felinheli)	01:05:27	01:05:59	296.
398	Elin Banwich	F	117.	Female 21-34	35.		01:05:28	01:06:00	297.
400	Eirian Williams	F	118.	Female 45-49	15.		01:05:25	01:06:01	298.
350	Paul Hughes	M	181.	Male 55-59	11.	(Wrexham)	01:05:47	01:06:03	299.
108	Roy Tapping	M	182.	Male 55-59	12.	Porth Eirias Runners	01:05:54	01:06:21	300.
130	Gwen Roberts	F	119.	Female 21-34	36.	(Blaenau Ffestiniog)	01:05:59	01:06:22	301.
57	Alison Dean	F	120.	Female 45-49	16.	#mile shy club	01:05:48	01:06:24	302.
285	Shelley Smith	F	121.	Female 40-44	14.	(Caernarfon)	01:05:58	01:06:33	303.
123	Cija Parker	F	122.	Female 55-59	6.	(Caernarfon)	01:06:15	01:06:52	304.
18	Nathan Willcox	M	183.	Male 21-34	63.	(Abergele)	01:06:33	01:06:57	305.
252	Kelly Roberts	F	123.	Female 40-44	15.	(Abergele)	01:07:07	01:07:22	306.
179	Chris Lloyd	M	184.	Male 60-64	9.	(Rhyl)	01:07:02	01:07:28	307.
202	Kelly Thomas	F	124.	Female 35-39	21.	(Caernarfon)	01:07:18	01:07:29	308.
408	Aimee Williams	F	125.	Female 21-34	37.		01:07:12	01:07:49	309.
52	Gethin Davies	M	185.	Male 40-44	20.	(Bethesda)	01:07:20	01:07:56	310.
338	Hefin Kirkman	M	186.	Male 60-64	10.	(Blaenau Ffestiniog)	01:07:25	01:08:04	311.
186	Lisa Pugh	F	126.	Female 35-39	22.	(Caernarfon)	01:07:54	01:08:28	312.
147	Rodney Matthews	M	187.	Male 75-79	3.	(Beaumaris)	01:08:16	01:08:39	313.
142	Paul Donegan	M	188.	Male 60-64	11.	(Widnes)	01:08:29	01:08:59	314.
139	Catrin Jones	F	127.	Female 40-44	16.	(Gwynedd)	01:08:49	01:09:08	315.
351	Ceri Roberts	F	128.	Female 35-39	23.	N/A	01:08:50	01:09:08	316.
315	Ffion Owen	F	129.	Female 21-34	38.	(Pwllheli)	01:08:44	01:09:19	317.
407	Georgia Baxter	F	130.	Female 21-34	39.		01:08:57	01:09:33	318.
318	Lowri Mckenzie	F	131.	Female 50-54	11.	(Beaumaris)	01:09:00	01:09:35	319.
372	Tracy Brown	F	132.	Female 50-54	12.	(caernarfon)	01:09:03	01:09:38	320.
144	Zoe Edwards	F	133.	Female 21-34	40.	Cybi Striders	01:09:56	01:10:27	321.
262	Dennis Smith	M	189.	Male 80+	2.	(Abergele)	01:10:39	01:10:53	322.
349	Sally Chisholm	F	134.	Female 60-64	10.	Criw rhedeg pen llyn	01:10:32	01:10:59	323.

Caernarfon 10K

Overall Results

Bib	Name	Gende	Pos.	AG	Pos.	Club	ChipTi	GunTime	Pos.
178	Yvette Lloyd	F	135.	Female 55-59	7.	(Rhyl)	01:10:45	01:11:11	324.
188	Sally Longman	F	136.	Female 70-74	1.	(Bangor)	01:11:12	01:11:21	325.
260	Rachel Morris	F	137.	Female 40-44	17.	North Wales Road Runners Club	01:11:14	01:11:36	326.
283	Lauren Austin	F	138.	Female 45-49	17.	(Bangor)	01:10:58	01:11:37	327.
49	Abi Cassidy	F	139.	Female 21-34	41.	(Swansea)	01:11:13	01:11:39	328.
50	Maisy Gough	F	140.	Female 21-34	42.	(Holyhead)	01:11:14	01:11:39	329.
284	Andy Davies	M	190.	Male 50-54	18.	(Caernarfon)	01:11:22	01:11:56	330.
167	Siwan Tudur	F	141.	Female 21-34	43.	(St. Asaph)	01:12:47	01:13:21	331.
14	Lisa Williams	F	142.	Female 35-39	24.	(Moelfre)	01:12:58	01:13:30	332.
371	Nerys Parry	F	143.	Female 50-54	13.	(Caernarfon)	01:14:17	01:14:51	333.
118	Lisa Lavin	F	144.	Female 35-39	25.	(Llandudno junction)	01:16:09	01:16:35	334.
117	Gareth Lavin	M	191.	Male 40-44	21.	(Llandudno junction)	01:16:11	01:16:38	335.
201	Oli Morton	M	192.	Male 21-34	64.	(Stourbridge)	01:17:24	01:17:51	336.
51	Alicia Berry	F	145.	Female 21-34	44.	(Bodelwyddan)	01:18:11	01:18:35	337.
395	Dylan Murray	M	193.	Male 21-34	65.		01:18:11	01:18:35	338.
59	Molly Crowther	F	146.	Female 21-34	45.	(Bangor)	01:18:37	01:19:02	339.
239	Carol Hughes	F	147.	Female 65-69	4.	N/A independant	01:19:27	01:19:55	340.
170	Becky	F	148.	Female 21-34	46.	(Porthmadog)	01:20:11	01:20:48	341.
211	Coreen Holland	F	149.	Female 21-34	47.	(Llandudno)	01:21:46	01:22:12	342.
23	Keeley Macdonald	F	150.	Female 21-34	48.	(Colwyn Bay)	01:32:28	01:33:08	343.
327	Andrew Wilkins	M	194.	Male 50-54	19.	(Colwyn Bay)	01:32:33	01:33:13	344.
325	Colette Osborne	F	151.	Female 50-54	14.	(Conwy)	01:32:38	01:33:18	345.

Number of records: 345