

Abergele 5K & 10K

Overall Results 10K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
10K									
561	Andrew Moore	M	1.	Male 12-20	1.	Bangor University Athletics Club	00:33:04	00:33:08	1.
575	Martin Sunderland	M	2.	Male 12-20	2.	Woking AC	00:33:51	00:33:54	2.
406	Cai Williams	M	3.	Male 21-34	1.	Rhedwyr Hebog Runners	00:35:42	00:35:47	3.
408	Jamie Williams	M	4.	Male 21-34	2.	(Betws Y Coed)	00:35:50	00:35:54	4.
436	Richard Johnson	M	5.	Male 55-59	1.	Altrincham and District AC	00:35:52	00:35:56	5.
528	Jack Jones	M	6.	Male 21-34	3.	(Tremadog)	00:36:37	00:36:40	6.
568	Martino Piseddu	M	7.	Male 40-44	1.	Chester Road Runners	00:36:43	00:36:47	7.
509	Robert White	M	8.	Male 50-54	1.	Buxton AC	00:37:26	00:37:32	8.
280	Darren Martin	M	9.	Male 50-54	2.	Winston Runners	00:37:43	00:37:47	9.
194	Edward Land	M	10.	Male 45-49	1.	Aberystwyth Athletics club	00:38:16	00:38:20	10.
218	John Myers	M	11.	Male 45-49	2.	Run Sandymoor	00:38:27	00:38:32	11.
227	David Hinde	M	12.	Male 45-49	3.	Chester Triathlon Club	00:38:53	00:38:57	12.
500	Anna Drinkwater	F	1.	Female 21-34	1.	Eryri Harriers	00:39:00	00:39:05	13.
574	Bob Foreman	M	13.	Male 65-69	1.	Matlock AC	00:39:22	00:39:27	14.
491	Rhodri Williams	M	14.	Male 35-39	1.	Cybi Striders	00:39:23	00:39:28	15.
417	Arwel Evans	M	15.	Male 21-34	4.	Cybi Striders	00:40:08	00:40:12	16.
415	Huw Harvey	M	16.	Male 21-34	5.	(Llanfairpwll)	00:40:12	00:40:17	17.
238	Paul Williams	M	17.	Male 55-59	2.	Aberystwyth AC	00:40:18	00:40:23	18.
534	Nick Houghton	M	18.	Male 55-59	3.	Cybi Striders	00:40:29	00:40:37	19.
369	Richard Adamson	M	19.	Male 45-49	4.	Betsi Runaways	00:40:53	00:40:59	20.
249	Paul Holden	M	20.	Male 55-59	4.	(Warrington)	00:40:55	00:41:03	21.
492	Carwyn Jones	M	21.	Male 40-44	2.	Cybi Striders	00:41:02	00:41:11	22.
560	Peter Rees	M	22.	Male 35-39	2.	(Penmachno, Betws-y-Coed)	00:41:10	00:41:15	23.
425	Matthew Gaskin	M	23.	Male 35-39	3.	(Glan Conwy)	00:41:14	00:41:19	24.
465	Dan Rodrigues	M	24.	Male 40-44	3.	Eryri Harriers	00:41:17	00:41:26	25.
529	Tomos Thomas	M	25.	Male 21-34	6.	(Pwllheli)	00:41:32	00:41:38	26.
430	Darren Blazier	M	26.	Male 50-54	3.	Abergele Harriers	00:41:50	00:41:55	27.
456	Stuart Culverhouse	M	27.	Male 50-54	4.	nwrcc	00:41:59	00:42:05	28.
401	Alex Maher	M	28.	Male 40-44	4.	(Birkenhead)	00:42:09	00:42:18	29.
212	Phil Lockett	M	29.	Male 40-44	5.	Rochdale Harriers & AC	00:42:19	00:42:26	30.
517	Christopher Jones	M	30.	Male 40-44	6.	(Abergele)	00:42:17	00:42:35	31.

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347	Nigel Roberts	M	31.	Male 40-44	7.	(Llandudno)	00:42:31	00:42:38	32.
263	Glenn Foster	M	32.	Male 45-49	5.	Shropshire Shufflers	00:42:44	00:42:49	33.
541	Paul Jones	M	33.	Male 45-49	6.	Aberystwyth AC	00:42:47	00:42:52	34.
452	Josh Francis	M	34.	Male 21-34	7.	(Llanrwst)	00:43:28	00:43:34	35.
566	Natalie Boswell	F	2.	Female 40-44	1.	Cannock and Stafford AC	00:43:38	00:43:44	36.
508	Gareth Hacking	M	35.	Male 40-44	8.	Chorlton Runners	00:44:02	00:44:14	37.
573	Karl Priddin	M	36.	Male 50-54	5.	(WREXHAM)	00:44:00	00:44:15	38.
244	Andrew Walls	M	37.	Male 35-39	4.	(Southport)	00:44:05	00:44:28	39.
359	William Williams	M	38.	Male 40-44	9.	(Rhyl)	00:44:26	00:44:34	40.
225	Christian Leigh	M	39.	Male 50-54	6.	(NORTHWICH)	00:44:29	00:44:43	41.
364	Dan Lowndes	M	40.	Male 21-34	8.	(ABERGELE)	00:44:49	00:44:58	42.
527	Niamh Merrison	F	3.	Female 21-34	2.	(Rhyd Y Foel)	00:45:01	00:45:07	43.
441	Peter Greatbanks	M	41.	Male 40-44	10.	Manchester Fronrunners	00:44:55	00:45:08	44.
385	Tom Kelly	M	42.	Male 21-34	9.	(Rhuddlan)	00:44:48	00:45:09	45.
483	Ben Rowlands	M	43.	Male 21-34	10.	(Sealand)	00:44:51	00:45:12	46.
526	Gerallt Wyn Morris	M	44.	Male 21-34	11.	(Ilanberis)	00:44:59	00:45:13	47.
521	Chris Snow	M	45.	Male 21-34	12.	(St Asaph)	00:45:04	00:45:24	48.
200	Stuart Cassidy	M	46.	Male 50-54	7.	Newcastle staffs AC	00:45:32	00:45:40	49.
506	Lisa Allsup	F	4.	Female 21-34	3.	(Conwy)	00:45:38	00:45:44	50.
523	Andy Thomas	M	47.	Male 60-64	1.	Sandbach Striders	00:45:42	00:45:48	51.
554	Chris Roberts	M	48.	Male 35-39	5.	(Llangefni)	00:45:51	00:46:00	52.
489	Karl Morris	M	49.	Male 40-44	11.	(Llandudno)	00:45:54	00:46:02	53.
460	Dewi Laidlaw-Wilson	M	50.	Male 35-39	6.	(Whitford)	00:45:43	00:46:03	54.
512	Mari Griffith	F	5.	Female 40-44	2.	(Llangefni)	00:45:39	00:46:05	55.
320	Richie Williams	M	51.	Male 55-59	5.	Cybi Striders	00:46:03	00:46:12	56.
395	Gethyn Evans	M	52.	Male 21-34	13.	(Anglesey)	00:46:11	00:46:16	57.
388	Cathryn Walley	F	6.	Female 45-49	1.	(Knutsford)	00:46:10	00:46:18	58.
437	Laura Mckenzie	F	7.	Female 45-49	2.	Betsi Runaways	00:46:17	00:46:23	59.
322	Neil O'hagan	M	53.	Male 55-59	6.	Birkenhead AC	00:46:22	00:46:36	60.
199	Jan Cassidy	F	8.	Female 55-59	1.	Newcastle staffs AC	00:46:40	00:46:48	61.
536	Richard Groome	M	54.	Male 50-54	8.	(Llannerch-y-Medd)	00:46:43	00:46:53	62.
447	Justin Hooson	M	55.	Male 55-59	7.	(Wrexham)	00:46:46	00:47:07	63.

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
193	Ceri Vaughan	F	9.	Female 21-34	4.	Prestatyn running club.	00:46:58	00:47:12	64.
462	Keir Brady	M	56.	Male 40-44	12.	(Manchester)	00:47:07	00:47:19	65.
538	Martin Joy	M	57.	Male 50-54	9.	(Llandudno)	00:47:21	00:47:34	66.
426	David Tudor	M	58.	Male 21-34	14.	(Bodelwyddan)	00:47:26	00:47:40	67.
217	Emma Fraser	F	10.	Female 45-49	3.	Run Sandymoor	00:48:00	00:48:09	68.
229	Paul Lewtey	M	59.	Male 45-49	7.	Deestriders R.C	00:47:39	00:48:10	69.
228	Christine Cammillare	F	11.	Female 40-44	3.	Deestriders R.C	00:47:51	00:48:22	70.
494	Michael Bowden	M	60.	Male 45-49	8.	Colwyn Bay Athletic Club	00:47:58	00:48:30	71.
555	Elin Arwen	F	12.	Female 21-34	5.	(Caernarfon)	00:48:25	00:48:34	72.
295	Alicia Bas Gil	F	13.	Female 45-49	4.	(Conwy)	00:48:28	00:48:36	73.
390	Paul Modern	M	61.	Male 40-44	13.	Marsh lane harriers	00:48:14	00:48:37	74.
570	Justin Bond	M	62.	Male 45-49	9.	(Oswestry)	00:48:34	00:48:44	75.
250	Michael Williams	M	63.	Male 50-54	10.	(Flint)	00:48:31	00:49:05	76.
461	Paul Astle	M	64.	Male 45-49	10.	Gogs triathlon	00:49:04	00:49:12	77.
540	Jane Lightfoot	F	14.	Female 35-39	1.	100 Marathon Club	00:49:05	00:49:13	78.
213	Mark Cockburn	M	65.	Male 40-44	14.	(Halkyn)	00:49:29	00:49:37	79.
373	Sue O'brien	F	15.	Female 65-69	1.	Widnes Running Club	00:49:32	00:49:44	80.
543	Sallyann Harper	F	16.	Female 50-54	1.	(Leicestershire)	00:49:47	00:49:52	81.
340	Janine Gall	F	17.	Female 55-59	2.	Team Derby Runner	00:49:48	00:50:01	82.
537	Dean Lawson	M	66.	Male 35-39	7.	(Wexham)	00:49:46	00:50:07	83.
400	James Licence	M	67.	Male 21-34	15.	(Gresford)	00:49:45	00:50:10	84.
282	Jon Davies	M	68.	Male 45-49	11.	(Wrexham)	00:50:13	00:50:28	85.
294	Alex Thomas	M	69.	Male 21-34	16.	(Llysfaen)	00:50:24	00:50:43	86.
468	Keith Campbell	M	70.	Male 45-49	12.	(Flint)	00:50:39	00:50:46	87.
498	Justin Jones	M	71.	Male 40-44	15.	(Denbigh)	00:50:40	00:50:52	88.
368	Yvette Adamson	F	18.	Female 45-49	5.	Betsi Runaways	00:50:45	00:50:55	89.
418	Jordan Wooding	M	72.	Male 21-34	17.	(Rhos on sea)	00:50:49	00:51:05	90.
567	Deb Pugh	F	19.	Female 55-59	3.	Wrexham AAC	00:51:06	00:51:13	91.
248	Katie Baldwin	F	20.	Female 21-34	6.	Beaumaris Town Road Runner's	00:51:27	00:51:32	92.
438	Juana Eastwood	F	21.	Female 35-39	2.	Porth Eirias Runners	00:51:30	00:51:41	93.
314	Llion Williams	M	73.	Male 21-34	18.	(Abergele)	00:51:08	00:51:41	94.
448	Gareth Blears	M	74.	Male 12-20	3.	(Chester)	00:51:32	00:51:44	95.

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231	Jonathan Davies	M	75.	Male 35-39	8.	(Talybont)	00:51:41	00:51:52	96.
234	Simon Jones	M	76.	Male 45-49	13.	(Abergele)	00:51:42	00:51:55	97.
331	Andrew Morgan	M	77.	Male 21-34	19.	(Deeside)	00:51:35	00:51:59	98.
205	Graham Bryan	M	78.	Male 40-44	16.	Deestridders	00:51:30	00:52:03	99.
323	Dan Williams	M	79.	Male 21-34	20.	Porth Eirias Runners	00:51:58	00:52:07	100.
220	Richard Evans	M	80.	Male 40-44	17.	(Welshpool)	00:51:59	00:52:12	101.
490	Geraint Jones	M	81.	Male 55-59	8.	(Caernarfon)	00:52:00	00:52:13	102.
402	Stuart Jones	M	82.	Male 35-39	9.	ETL Run Club	00:51:58	00:52:15	103.
572	Amanda Pugh	F	22.	Female 60-64	1.	(Oswestry)	00:51:53	00:52:15	104.
485	Kerry Pursglove	F	23.	Female 50-54	2.	(Valley, Anglesey)	00:52:00	00:52:20	105.
242	Daniel Snelson	M	83.	Male 21-34	21.	(Abergele)	00:52:12	00:52:30	106.
219	Nicky Marck	M	84.	Male 45-49	14.	(Welshpool)	00:52:36	00:52:49	107.
434	Steve Buckley	M	85.	Male 50-54	11.	ETL Run Club	00:52:35	00:52:52	108.
579	Huw Slocombe	M	86.	Male 21-34	22.	(Conwy)	00:52:47	00:52:55	109.
577	Tom Heyes	M	87.	Male 21-34	23.	(Llandudno Junction)	00:52:41	00:52:56	110.
464	Wendy Jones	F	24.	Female 60-64	2.	(Blaenau Ffestiniog)	00:52:45	00:52:57	111.
473	Beau Wood	F	25.	Female 21-34	7.	(Colwyn Bay)	00:52:52	00:53:03	112.
230	Daniel Jones	M	88.	Male 45-49	15.	(Bagillt)	00:52:55	00:53:08	113.
399	Lon Hooson	M	89.	Male 50-54	12.	(Wrexham)	00:52:47	00:53:09	114.
239	Mark Hopwood	M	90.	Male 55-59	9.	(Mold)	00:52:59	00:53:14	115.
363	Stephen Coleman	M	91.	Male 60-64	2.	(Manchester)	00:53:09	00:53:17	116.
403	Dave Ledsham	M	92.	Male 50-54	13.	(Buckley)	00:53:13	00:53:29	117.
459	Teri Clayton	F	26.	Female 45-49	6.	(Anglesey)	00:53:15	00:53:38	118.
440	Darren Low	M	93.	Male 55-59	10.	Deestridders	00:53:29	00:53:38	119.
514	Dylan Sawicz	M	94.	Male 21-34	24.	(Llangefni)	00:53:11	00:53:40	120.
338	Mark Warwick	M	95.	Male 60-64	3.	Tea Derby Runner	00:53:29	00:53:43	121.
325	David Griffiths	M	96.	Male 55-59	11.	Penny Lane Striders	00:53:35	00:54:01	122.
580	Sorem Bas	M	97.	Male 21-34	25.	(Conwy)	00:54:00	00:54:09	123.
374	Tony Bebb	M	98.	Male 55-59	12.	(Mold)	00:53:50	00:54:15	124.
192	Charlotte Barton	F	27.	Female 40-44	4.	Marsh lane harriers	00:53:56	00:54:16	125.
450	Laura Delves	F	28.	Female 40-44	5.	Chester Road Runners	00:54:06	00:54:19	126.
467	Lisa Wheildon	F	29.	Female 45-49	7.	(MOLD)	00:54:09	00:54:23	127.

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486	Angela Griffiths	F	30.	Female 50-54	3.	(Valley)	00:54:09	00:54:29	128.
337	Rachel Jones	F	31.	Female 45-49	8.	None	00:54:22	00:54:34	129.
503	John Williams	M	99.	Male 50-54	14.	(Holywell)	00:54:16	00:54:36	130.
444	Jack Kelly	M	100.	Male 21-34	26.	(Abergele)	00:54:23	00:54:37	131.
422	Shell Gelder	F	32.	Female 45-49	9.	(Holywell)	00:54:34	00:54:41	132.
381	Rob Haigh	M	101.	Male 50-54	15.	(Abergele)	00:54:35	00:54:45	133.
482	Siobhan Owens	F	33.	Female 35-39	3.	(Llangefni)	00:54:13	00:54:48	134.
358	Calvin Jones	M	102.	Male 35-39	10.	(Llandudno)	00:54:34	00:54:50	135.
302	Jessica Taaffe	F	34.	Female 21-34	8.	(Abergele)	00:54:49	00:55:00	136.
222	Rebecca Casson	F	35.	Female 35-39	4.	(Holywell)	00:55:02	00:55:13	137.
209	Alan Cragg	M	103.	Male 60-64	4.	South cheshire harriers	00:54:46	00:55:16	138.
493	Rhiannon Quinn	F	36.	Female 35-39	5.	(Colwyn Bay)	00:54:59	00:55:17	139.
245	Izzy Cundy	F	37.	Female 45-49	10.	Nantwich Running Club	00:54:57	00:55:18	140.
558	Marcus Jones	M	104.	Male 35-39	11.	(Wrexham)	00:55:12	00:55:22	141.
525	Peter Johnson	M	105.	Male 45-49	16.	(Llandudno Junctions)	00:55:10	00:55:22	142.
346	Carol Davies	F	38.	Female 21-34	9.	(Abergele)	00:55:15	00:55:22	143.
204	Saul Vega	M	106.	Male 35-39	12.	(Llysfaen)	00:55:02	00:55:29	144.
343	Rachel Britton	F	39.	Female 35-39	6.	(Abergele)	00:55:17	00:55:33	145.
247	Gavin Thorman	M	107.	Male 45-49	17.	(Caernarfon)	00:55:31	00:55:40	146.
488	Amelia Loftus	F	40.	Female 21-34	10.	(Prestatyn)	00:55:28	00:55:48	147.
587	Adam Beardmore	M	108.	Male 40-44	18.	(Bolton)	00:55:34	00:55:58	148.
511	Wayne Crampton	M	109.	Male 40-44	19.	(Wrexham)	00:55:45	00:56:00	149.
453	Gareth Ireland	M	110.	Male 35-39	13.	(Yr Wyddgrug)	00:55:45	00:56:07	150.
206	Jason Hocking	M	111.	Male 50-54	16.	Chester Road Runners	00:56:02	00:56:10	151.
474	Joshua Flemington	M	112.	Male 12-20	4.	(Holywell)	00:55:59	00:56:13	152.
564	Helen Hannam	F	41.	Female 45-49	11.	North Wales Road Runners Club	00:56:08	00:56:20	153.
293	Ellie Wilson	F	42.	Female 21-34	11.	(Betws yn rhos)	00:56:15	00:56:33	154.
252	Lauren Mcleod	F	43.	Female 21-34	12.	(Mold)	00:56:48	00:56:59	155.
445	Elwen Evans	F	44.	Female 21-34	13.	(Bangor)	00:56:46	00:57:00	156.
510	Laurie Owens	F	45.	Female 40-44	6.	Chester Road Runners	00:56:53	00:57:01	157.
405	Emma Wilson	F	46.	Female 40-44	7.	Widnes Running Club	00:56:56	00:57:02	158.
476	Charlotte Ward	F	47.	Female 21-34	14.	Porth Eirais Runners	00:56:55	00:57:03	159.

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241	Donatella Subicz	F	48.	Female 21-34	15.	(RHYL)	00:56:54	00:57:10	160.
563	Tom Caldwell	M	113.	Male 21-34	27.	(Colwny Bay)	00:56:58	00:57:13	161.
281	Donna Martin	F	49.	Female 50-54	4.	Winston Runners	00:56:49	00:57:18	162.
315	Amanda Scotter	F	50.	Female 40-44	8.	Deestriders	00:56:49	00:57:20	163.
215	Liam Hughes	M	114.	Male 21-34	28.	(Conwy)	00:56:57	00:57:21	164.
360	Josh O'donnell	M	115.	Male 21-34	29.	(Ashton-under-Lyne)	00:56:53	00:57:29	165.
327	Andrew Griffiths	M	116.	Male 50-54	17.	(Mold)	00:56:57	00:57:32	166.
316	Matt Baker	M	117.	Male 21-34	30.	(Kinmel Bay)	00:57:12	00:57:36	167.
516	Lizzie Robinson	F	51.	Female 21-34	16.	(Armagh)	00:57:33	00:57:46	168.
303	Clare James	F	52.	Female 45-49	12.	(PRESTATYN)	00:57:37	00:57:48	169.
291	Matt Bibby	M	118.	Male 40-44	20.	(Pen-y-ffordd)	00:57:17	00:57:49	170.
191	Rachel Stevens	F	53.	Female 40-44	9.	Lostock AC	00:57:41	00:58:03	171.
504	Esme Archer	F	54.	Female 21-34	17.	(Rhuddlan)	00:57:48	00:58:05	172.
195	Lina Land	F	55.	Female 40-44	10.	Aberystwyth Athletics club	00:57:59	00:58:16	173.
348	Sharon Bowman	F	56.	Female 50-54	5.	(Rhuddlan)	00:58:01	00:58:23	174.
226	Chris Jones	M	119.	Male 50-54	18.	(Greenfield)	00:58:08	00:58:24	175.
442	Lucy Holmes	F	57.	Female 21-34	18.	(Conwy)	00:58:15	00:58:24	176.
457	Nicola Henderson	F	58.	Female 35-39	7.	(Llandegfan)	00:58:06	00:58:29	177.
354	Richard Jones	M	120.	Male 70-74	1.	(Rhyl)	00:58:15	00:58:31	178.
246	Iolo Harris	M	121.	Male 40-44	21.	(Felinheli)	00:58:36	00:58:46	179.
487	Steph Bamford	F	59.	Female 40-44	11.	(HOLYWELL)	00:58:30	00:58:49	180.
562	Christian Bamber	M	122.	Male 21-34	31.	(Abergele)	00:58:32	00:58:51	181.
533	Sam Williams	F	60.	Female 35-39	8.	West cheshire athletics club	00:58:30	00:58:56	182.
420	Catrin Vanderbijl	F	61.	Female 35-39	9.	(Colwyn Bay)	00:58:30	00:58:56	183.
449	Gwenno I Griffiths	F	62.	Female 40-44	12.	(Ilanrwst)	00:58:40	00:59:01	184.
589	Katie Clubb	F	63.	Female 45-49	13.	(Colwyn Bay)	00:58:49	00:59:06	185.
407	Samantha Holding	F	64.	Female 35-39	10.	Deestriders	00:58:48	00:59:19	186.
502	Julia Samuels	F	65.	Female 60-64	3.	(Colwyn Bay)	00:59:16	00:59:21	187.
576	Kurtise Wells	F	66.	Female 21-34	19.	(Llandudno)	00:59:10	00:59:25	188.
345	Nicola Evans	F	67.	Female 21-34	20.	Porth Eirais Runners	00:59:28	00:59:36	189.
334	Meurig Hughes	M	123.	Male 50-54	19.	(Ruthin)	00:59:17	00:59:36	190.
454	Chloe Mancini	F	68.	Female 21-34	21.	(Colwyn Bay)	00:59:11	00:59:40	191.

Abergele 5K & 10K

Overall Results 10K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
356	Ali Sharp	F	69.	Female 55-59	4.	(Rhyl)	00:59:19	00:59:40	192.
427	Michael Hayton	M	124.	Male 70-74	2.	nwrcc	00:59:38	00:59:44	193.
542	Joe Roberts	M	125.	Male 21-34	32.	(Llanddulas)	00:59:17	00:59:47	194.
463	Stephen Kitching	M	126.	Male 35-39	14.	(Abergele)	00:59:25	00:59:48	195.
435	Kevin Barlow	M	127.	Male 21-34	33.	(Caernarfon)	00:59:26	00:59:51	196.
389	Anthony Ashman	M	128.	Male 60-64	5.	(Wrexham)	00:59:26	00:59:51	197.
197	Emma Jones	F	70.	Female 45-49	14.	Rhyl Runners	00:59:40	00:59:52	198.
312	Claire Harper	F	71.	Female 45-49	15.	Deestridders	00:59:33	01:00:03	199.
552	Tony Clixby	M	129.	Male 70-74	3.	(Wirral)	00:59:35	01:00:17	200.
318	Graham Dyke	M	130.	Male 55-59	13.	Eprc	00:59:53	01:00:19	201.
260	Danny Chandler	M	131.	Male 50-54	20.	Kirkintilloch Olympians	00:59:50	01:00:20	202.
319	Mairead Dyke	F	72.	Female 55-59	5.	Eprc	00:59:54	01:00:20	203.
285	Caroline Maguire	F	73.	Female 40-44	13.	(Penrhyn Bay)	01:00:01	01:00:21	204.
582	Linda Turley	F	74.	Female 50-54	6.	Deestridders RC	00:59:49	01:00:21	205.
298	Abigail Thurland	F	75.	Female 45-49	16.	Deestridders	00:59:50	01:00:22	206.
539	Sara Jones	F	76.	Female 12-20	1.	Mon Girls Run	01:00:14	01:00:24	207.
269	Gwen Walker	F	77.	Female 50-54	7.	(Kinmel Bay)	01:00:18	01:00:26	208.
262	Bernie Grady	M	132.	Male 60-64	6.	(Conwy)	01:00:05	01:00:30	209.
261	Sarah Grady	F	78.	Female 40-44	14.	(Conwy)	01:00:06	01:00:30	210.
336	Melanie O'sullivan	F	79.	Female 35-39	11.	Deestridders	01:00:00	01:00:32	211.
480	Sophie Hazelaar	F	80.	Female 21-34	22.	(Holyhead)	01:00:21	01:00:39	212.
379	Tricia Davies	F	81.	Female 35-39	12.	(Deganwy)	01:00:44	01:00:54	213.
378	Ann-Marie Winfield	F	82.	Female 40-44	15.	(Llandudno junction)	01:00:44	01:00:55	214.
380	Christina Jones	F	83.	Female 21-34	23.	(Colwyn bay)	01:00:44	01:00:55	215.
198	Deborah Hopkins	F	84.	Female 55-59	6.	(Telford)	01:00:50	01:01:10	216.
330	Corinne Wardle	F	85.	Female 40-44	16.	Deestridders running club	01:00:57	01:01:28	217.
335	David Hudson	M	133.	Male 35-39	15.	(St Asaph)	01:01:20	01:01:34	218.
398	Mike Williams	M	134.	Male 50-54	21.	(Wrexham)	01:01:27	01:01:48	219.
496	Neil Williams	M	135.	Male 55-59	14.	(Bodelwyddan)	01:01:16	01:01:48	220.
278	Emily Hooley	F	86.	Female 45-49	17.	(Chester)	01:01:36	01:01:49	221.
274	Ruth Roberts	F	87.	Female 45-49	18.	(Dyserth)	01:01:32	01:01:53	222.
308	Charlette Crampton	F	88.	Female 40-44	17.	(Wrexham)	01:01:37	01:01:55	223.

Abergele 5K & 10K

Overall Results 10K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
352	Andrea Thomss	F	89.	Female 55-59	7.	(Rhyl)	01:01:44	01:01:55	224.
475	Lis Williams	F	90.	Female 60-64	4.	(Colwyn Bay)	01:01:31	01:01:55	225.
257	Rae Howe	F	91.	Female 50-54	8.	Team Anstey Amblers & Runners	01:01:33	01:02:01	226.
321	Jess Parslow	F	92.	Female 21-34	24.	(Trefriw)	01:01:36	01:02:04	227.
590	Darcey Williams	F	93.	Female 21-34	25.	(Ruthin)	01:01:54	01:02:07	228.
243	Sarah Bayliss	F	94.	Female 55-59	8.	denbigh harriers	01:02:04	01:02:19	229.
233	Mark Birchall	M	136.	Male 40-44	22.	(Stoke-on-Trent)	01:01:55	01:02:21	230.
530	William Dodd	M	137.	Male 70-74	4.	(Belgrano)	01:02:30	01:02:44	231.
386	Iain Constable	M	138.	Male 55-59	15.	(Wallasey)	01:02:12	01:02:46	232.
361	Joshua Peacock	M	139.	Male 21-34	34.	(Manchester)	01:02:19	01:02:47	233.
431	Alyssa Fryer	F	95.	Female 21-34	26.	(Rhos on sea)	01:02:40	01:02:50	234.
382	Michelle Davidge	F	96.	Female 45-49	19.	(Macclesfield)	01:02:30	01:02:55	235.
513	Colin Price	M	140.	Male 50-54	22.	(Llandudno)	01:02:41	01:03:05	236.
478	Mared Owen-Casey	F	97.	Female 45-49	20.	denbigh harriers	01:03:07	01:03:18	237.
484	Rod Matthews	M	141.	Male 75-79	1.	(Beaumaris)	01:03:01	01:03:27	238.
548	David Pughe	M	142.	Male 60-64	7.	(Mold)	01:03:20	01:03:36	239.
428	Tanya Jones	F	98.	Female 35-39	13.	(Abergele)	01:03:25	01:03:52	240.
549	Shelley Hemsley	F	99.	Female 45-49	21.	(Nottingham)	01:03:42	01:03:59	241.
472	Alessandro Ciapetti	M	143.	Male 50-54	23.	(Rhyl)	01:03:41	01:04:15	242.
547	Neil Maccutchan	M	144.	Male 50-54	24.	(Prestatyn)	01:04:05	01:04:23	243.
414	Louise Scott	F	100.	Female 35-39	14.	(Prestatyn)	01:04:23	01:04:39	244.
588	Lisa Beardmore	F	101.	Female 40-44	18.	(Bolton)	01:04:51	01:05:15	245.
304	Gail Davies	F	102.	Female 60-64	5.	(Rhyl)	01:05:14	01:05:26	246.
544	Clare Carmen	F	103.	Female 60-64	6.	(Redditch)	01:05:11	01:05:35	247.
416	Hayley Edwards	F	104.	Female 35-39	15.	(Llysfaen)	01:05:19	01:05:36	248.
481	Gavin Daly	M	145.	Male 35-39	16.	(Chester)	01:05:25	01:05:39	249.
433	Sarah Dunphy	F	105.	Female 40-44	19.	(Rhyl)	01:05:29	01:05:48	250.
237	Hilary Mcconville	F	106.	Female 70-74	1.	Hunts AC	01:05:30	01:05:58	251.
296	Elen Jones	F	107.	Female 21-34	27.	St Asaph City Striders	01:05:40	01:06:02	252.
297	Haf Jones	F	108.	Female 55-59	9.	St Asaph City Striders	01:05:39	01:06:02	253.
265	Irene Blount	F	109.	Female 65-69	2.	Buckley RC	01:05:56	01:06:16	254.
202	Zack Webster	M	146.	Male 21-34	35.	(Ffynnongroyw)	01:06:08	01:06:22	255.

Abergele 5K & 10K

Overall Results 10K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
446	Annie Coxon	F	110.	Female 45-49	22.	(Stoke-on-Trent)	01:05:58	01:06:24	256.
201	Phillip Bryan	M	147.	Male 35-39	17.	Deestriders	01:05:58	01:06:29	257.
519	Derek Hosie	M	148.	Male 55-59	16.	(Glasgow)	01:05:57	01:06:32	258.
366	Karen Jones	F	111.	Female 45-49	23.	(Cardiff)	01:06:21	01:06:43	259.
531	Alex Warren-Adams	M	149.	Male 40-44	23.	(Holywell)	01:05:59	01:06:56	260.
495	Ellie Williams	F	112.	Female 21-34	28.	(Bodelwyddan)	01:06:27	01:06:59	261.
313	Eluned Davies	F	113.	Female 21-34	29.	(Wrecsam)	01:06:42	01:07:16	262.
553	Ian Snailham	M	150.	Male 65-69	2.	(Llangoed)	01:06:53	01:07:17	263.
383	Samantha Jones	F	114.	Female 50-54	9.	(MANCHESTER)	01:07:29	01:07:48	264.
394	Jules Arrowsmith	F	115.	Female 35-39	16.	ETL Run Club	01:07:33	01:07:50	265.
551	Emily Smith	F	116.	Female 21-34	30.	(London)	01:07:29	01:07:56	266.
581	Tom Smith	M	151.	Male 55-59	17.	(St. Albans)	01:07:30	01:07:58	267.
518	Jennifer Hosie	F	117.	Female 50-54	10.	(Glasgow)	01:07:43	01:08:17	268.
367	Angharad Parry-Jones	F	118.	Female 45-49	24.	Les Croupiers RC	01:08:13	01:08:36	269.
258	Bob Howe	M	152.	Male 55-59	18.	(Leicestershire)	01:08:17	01:08:45	270.
350	Gary Sansom	M	153.	Male 60-64	8.	Porth Eirais Runners	01:08:54	01:09:02	271.
392	Gwenan Williams	F	119.	Female 55-59	10.	(Abergele)	01:08:49	01:09:11	272.
535	Susan Calvert	F	120.	Female 65-69	3.	(Abergele)	01:09:15	01:09:23	273.
235	Greg Scott	M	154.	Male 50-54	25.	(Crewe)	01:08:54	01:09:25	274.
466	Tracey Wheeldon	F	121.	Female 55-59	11.	Fylde Coast Runners	01:09:07	01:09:37	275.
283	Bethan Môn	F	122.	Female 21-34	31.	(Llanfairpwllgwyngyll)	01:09:08	01:09:43	276.
284	Elen Hughes	F	123.	Female 21-34	32.	(Sarn)	01:09:08	01:09:43	277.
232	Peter Causton	M	155.	Male 50-54	26.	(Frodsham)	01:02:00	01:10:07	278.
455	Paul Antrobus	M	156.	Male 65-69	3.	(Crewe)	01:09:43	01:10:13	279.
329	Natalie Davies	F	124.	Female 35-39	17.	Deestriders	01:09:57	01:10:29	280.
375	Sue Bonney	F	125.	Female 50-54	11.	Deestriders	01:10:03	01:10:34	281.
326	Kelvin Murphy	M	157.	Male 35-39	18.	(Rhyl)	01:10:23	01:10:35	282.
333	Vicky Jones	F	126.	Female 45-49	25.	(Abergele)	01:10:27	01:10:49	283.
413	Nia Harrison	F	127.	Female 45-49	26.	(Wrexham)	01:10:35	01:10:53	284.
332	Elaine Thomson	F	128.	Female 55-59	12.	Deestriders running club	01:10:22	01:10:54	285.
372	Mandy Blanchard	F	129.	Female 50-54	12.	(Rhyl)	01:10:41	01:10:57	286.
371	Yvette Lloyd	F	130.	Female 55-59	13.	(RHYL)	01:10:41	01:10:57	287.

Abergele 5K & 10K

Overall Results 10K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
236	Karina Hughes	F	131.	Female 50-54	13.	(Betws-y-Coed)	01:11:12	01:11:32	288.
256	Steve Hollick	M	158.	Male 55-59	19.	(Leicester)	01:11:34	01:12:04	289.
255	Rebecca Hollick	F	132.	Female 45-49	27.	(Leicester)	01:11:35	01:12:04	290.
545	Michelle Roberts	F	133.	Female 40-44	20.	(Colwyn Bay)	01:11:45	01:12:18	291.
208	Steven Pritchard	M	159.	Male 50-54	27.	(macclesfield)	01:12:11	01:12:39	292.
207	Rebecca Noble	F	134.	Female 40-44	21.	(Macclesfield)	01:12:11	01:12:40	293.
324	Sarah Easter	F	135.	Female 21-34	33.	Aberystwyth AC	01:12:38	01:12:50	294.
505	Sophie Reddaway	F	136.	Female 21-34	34.	(Prestatyn)	01:12:36	01:12:54	295.
501	Catrin Jones	F	137.	Female 35-39	18.	(Bethel)	01:12:34	01:13:09	296.
429	Elin Thomas	F	138.	Female 21-34	35.	(Penmaenmawr)	01:13:10	01:13:27	297.
376	Brenda Rowlands	F	139.	Female 60-64	7.	(Rhos on Sea)	01:13:43	01:14:15	298.
520	Siwan Tudur	F	140.	Female 21-34	36.	(St Asaph)	01:14:13	01:14:33	299.
275	Lisa Evans	F	141.	Female 40-44	22.	Dwygy dashers	01:14:44	01:14:56	300.
292	Gillian Long	F	142.	Female 55-59	14.	Victoria Park Running Club Warrington	01:14:55	01:15:20	301.
411	Brian Leigh	M	160.	Male 75-79	2.	(frodsham)	01:14:54	01:15:21	302.
305	Laura-Anne Baxendale	F	143.	Female 40-44	23.	(Caerwys)	01:15:49	01:16:03	303.
586	Anna Rees	F	144.	Female 40-44	24.	Birkenhead Park Running Club	01:15:54	01:16:23	304.
339	Casey Calvert	F	145.	Female 40-44	25.	(Ruthin)	01:16:22	01:16:56	305.
550	Suzanne Hemsley	F	146.	Female 70-74	2.	(Nottingham)	01:16:35	01:17:00	306.
211	Linne Woodcock	F	147.	Female 70-74	3.	(Prestatyn)	01:16:59	01:17:35	307.
499	Kath Hewitt	F	148.	Female 55-59	15.	(Menai bridge)	01:17:02	01:17:37	308.
497	Ailene Whitehead	F	149.	Female 21-34	37.	(Liverpool)	01:17:26	01:17:40	309.
365	Ray Woodcock	M	161.	Male 65-69	4.	(Prestatyn)	01:17:15	01:17:52	310.
569	Eleri Roberts	F	150.	Female 35-39	19.	(Abergele)	01:17:26	01:17:55	311.
477	Carys Jones	F	151.	Female 45-49	28.	(Betws yn Rhos)	01:17:33	01:18:03	312.
578	Shannon Scholey	F	152.	Female 21-34	38.	(Rhyl)	01:18:05	01:18:33	313.
224	James Jackson	M	162.	Male 40-44	24.	(Penmaenmawr)	01:18:04	01:18:33	314.
515	Anneliese Thomas	F	153.	Female 50-54	14.	(Rhy)	01:20:12	01:20:29	315.
299	Diane Sinclair	F	154.	Female 55-59	16.	(Rhos on Sea)	01:20:13	01:20:45	316.
251	Janette Greenhalgh	F	155.	Female 60-64	8.	Rhyl Runners	01:20:24	01:21:01	317.
342	Sian Roberts	F	156.	Female 55-59	17.	(old colwyn)	01:20:36	01:21:07	318.
259	Tina Garner	F	157.	Female 50-54	15.	Team Anstey Amblers and runners	01:21:32	01:21:58	319.

Abergele 5K & 10K

Overall Results 10K

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
223	Charlotte Wall	F	158.	Female 35-39	20.	(Abergele)	01:21:59	01:22:18	320.
357	Helene Wardell	F	159.	Female 35-39	21.	(Prestatyn)	01:23:35	01:23:47	321.
470	Ellen Goodwin	F	160.	Female 35-39	22.	(Abergele)	01:28:24	01:28:43	322.
469	Heather Foden	F	161.	Female 21-34	39.	(Abergele)	01:28:25	01:28:43	323.
273	Emma Brown	F	162.	Female 40-44	26.	Dwygy dashers	01:29:11	01:29:23	324.
571	Steven Pugh	M	163.	Male 65-69	5.	(Oswestry)	01:32:39	01:33:03	325.
310	Katie Barclay	F	163.	Female 21-34	40.	(Saughall)	01:42:08	01:42:45	326.
443	Charlotte Bradley-Pickett	F	164.	Female 21-34	41.	(Llanrwst)	01:42:16	01:42:45	327.

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