

## Abergele 5K & 10K

### Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
10K									
304	Connor Rogers	M	1.	Male 21-34	1.	Wrexham AAC	00:34:07	00:34:11	1.
214	Nicholas Roux	M	2.	Male 35-39	1.	(Penarth)	00:37:16	00:37:20	2.
268	Louisa Whittingham	F	1.	Female 21-34	1.	Wilmslow running club	00:38:02	00:38:06	3.
294	Michael Coyne	M	3.	Male 50-54	1.	Eryri Harriers	00:38:09	00:38:13	4.
375	Drew Gray	M	4.	Male 40-44	1.	Deestridders RC	00:38:44	00:38:48	5.
348	Iwan Evans	M	5.	Male 21-34	2.	denbigh harriers	00:39:13	00:39:18	6.
200	Daniel Williams	M	6.	Male 35-39	2.	Abergele Harriers	00:39:27	00:39:31	7.
274	Gordon Jones	M	7.	Male 65-69	1.	Prestatyn RC	00:39:31	00:39:35	8.
365	Ifan Jones	M	8.	Male 21-34	3.	Cybi Striders	00:39:38	00:39:42	9.
326	Iolo Owen	M	9.	Male 45-49	1.	(Bangor)	00:39:52	00:39:56	10.
267	Andrew Whittingham	M	10.	Male 50-54	2.	Wilmslow Striders	00:40:30	00:40:34	11.
247	Ian Chisnall	M	11.	Male 45-49	2.	st helens striders	00:41:05	00:41:09	12.
388	Osian Thomas	M	12.	Male 21-34	4.	(Bodffordd)	00:41:09	00:41:14	13.
380	Ben Shacklady	M	13.	Male 21-34	5.	GOG Triathlon Club	00:41:31	00:41:34	14.
278	Amanda Armstrong	F	2.	Female 40-44	1.	Prestwich AC	00:41:47	00:41:54	15.
252	Gareth Roose-Williams	M	14.	Male 21-34	6.	Lonely Goat RC	00:42:08	00:42:18	16.
331	Steven Rogerson	M	15.	Male 45-49	3.	(Abergele)	00:42:36	00:42:45	17.
363	Clive Palmer	M	16.	Male 55-59	1.	Running Bear Running Club	00:42:39	00:42:45	18.
270	Glenn Foster	M	17.	Male 45-49	4.	Shropshire Shufflers	00:42:43	00:42:50	19.
325	Glyn Jones	M	18.	Male 60-64	1.	(Pentre Halkyn)	00:43:27	00:43:33	20.
203	Richie Williams	M	19.	Male 55-59	2.	Cybi Striders	00:43:43	00:43:49	21.
260	Jonathan Rees	M	20.	Male 21-34	7.	(Abergele)	00:43:52	00:43:57	22.
335	Stephen Coe	M	21.	Male 35-39	3.	Dadbods Factory Racing	00:43:54	00:43:59	23.
328	Phil Lockett	M	22.	Male 40-44	2.	(Rochdale)	00:44:00	00:44:09	24.
290	John Jones	M	23.	Male 65-69	2.	Eryri Harriers	00:44:09	00:44:14	25.
254	Josh Humphreys	M	24.	Male 21-34	8.	Cybi Striders	00:44:10	00:44:15	26.
282	Steven Roberts	M	25.	Male 55-59	3.	North Wales Road Runners	00:44:26	00:44:31	27.
347	Jason Roberts	M	26.	Male 35-39	4.	(Queensferry)	00:45:31	00:45:38	28.
296	Rob Wilson	M	27.	Male 45-49	5.	(Rhyl)	00:46:45	00:46:57	29.
300	Chris Spinks	M	28.	Male 35-39	5.	(Abergele)	00:47:49	00:47:55	30.
320	Danny Hague	M	29.	Male 40-44	3.	(Oldham)	00:48:51	00:48:59	31.

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368	Michelle Gelder	F	3.	Female 45-49	1.	(Holywell)	00:48:56	00:49:02	32.
313	Mark Cockburn	M	30.	Male 50-54	3.	(Holywell)	00:48:57	00:49:05	33.
248	Janine Gall	F	4.	Female 50-54	1.	Team Derby Runner	00:49:02	00:49:12	34.
262	David Hinton	M	31.	Male 65-69	3.	Chester Road Runners	00:49:19	00:49:31	35.
225	Emily Careless	F	5.	Female 21-34	2.	Best Athletics	00:49:32	00:49:39	36.
286	Carl Williams	M	32.	Male 35-39	6.	(Chester)	00:50:13	00:50:23	37.
279	Hilary Herman	F	6.	Female 60-64	1.	Prestwich AC	00:50:18	00:50:29	38.
211	David Griffiths	M	33.	Male 50-54	4.	Penny Lane Striders	00:50:42	00:50:53	39.
249	Mark Warwick	M	34.	Male 60-64	2.	Team Derby Runner	00:50:45	00:50:54	40.
333	Graham Bryan	M	35.	Male 40-44	4.	Deestriders R.C	00:50:51	00:51:00	41.
316	Daniel Jones	M	36.	Male 45-49	6.	(Bagillt)	00:50:55	00:51:03	42.
292	Paul Moss	M	37.	Male 55-59	4.	(Oswestry)	00:51:08	00:51:14	43.
374	David Goodwin	M	38.	Male 55-59	5.	Dee Striders	00:51:13	00:51:25	44.
310	Paul Owen	M	39.	Male 50-54	5.	(Bangor)	00:51:14	00:51:32	45.
305	Mark Hughes	M	40.	Male 50-54	6.	Wrexham AAC	00:51:45	00:51:52	46.
280	Gilly Glass	F	7.	Female 50-54	2.	Eryri Harriers	00:51:46	00:51:52	47.
354	Ed Jones	M	41.	Male 35-39	7.	(Connah's Quay)	00:51:54	00:52:08	48.
343	Leah Bradshaw-Williams	F	8.	Female 40-44	2.	(Hope)	00:51:55	00:52:09	49.
275	Sam Evans	F	9.	Female 50-54	3.	(Llanrwst)	00:52:13	00:52:21	50.
309	Donna Jones	F	10.	Female 40-44	3.	Cybi Striders	00:52:17	00:52:25	51.
307	Charlotte Barton	F	11.	Female 40-44	4.	Marsh lane harriers	00:52:59	00:53:07	52.
240	Stuart Jones	M	42.	Male 35-39	8.	(Rhyl)	00:53:11	00:53:21	53.
241	Steve Buckley	M	43.	Male 45-49	7.	ETL Run Club	00:53:15	00:53:24	54.
293	Sarah Priest	F	12.	Female 50-54	4.	(Prestatyn)	00:53:18	00:53:28	55.
298	Andrew Carter	M	44.	Male 35-39	9.	Prestatyn RC	00:53:22	00:53:37	56.
218	David Passe	M	45.	Male 70-74	1.	denbigh harriers	00:53:56	00:54:03	57.
261	Sian Warner	F	13.	Female 21-34	3.	(Deeside)	00:53:58	00:54:11	58.
306	Dan Williams	M	46.	Male 21-34	9.	Porth Eirias Runners	00:54:33	00:54:45	59.
238	Peter Lessiter	M	47.	Male 55-59	6.	ETL Run Club	00:55:09	00:55:20	60.
289	Robert Prys-Owen	M	48.	Male 70-74	2.	(Mold)	00:55:16	00:55:23	61.
224	Rachel Williams	F	14.	Female 50-54	5.	Maldwyn Harriers	00:55:20	00:55:32	62.
210	Andy Griffiths	M	49.	Male 50-54	7.	(Mold)	00:55:31	00:55:50	63.

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311	Rachel Threadkell	F	15.	Female 50-54	6.	Cybi Striders	00:55:58	00:56:06	64.
285	Keith Williams	M	50.	Male 65-69	4.	Chester Road Runners	00:56:06	00:56:15	65.
235	Molly Evans	F	16.	Female 12-20	1.	(Colwyn Bay)	00:56:09	00:56:20	66.
303	Sion Roberts	M	51.	Male 35-39	10.	Cybi Striders	00:56:28	00:56:37	67.
332	Michael Williams	M	52.	Male 55-59	7.	Labc runners	00:57:12	00:57:20	68.
245	Colin Martin	M	53.	Male 60-64	3.	(Queensferry)	00:57:24	00:57:34	69.
330	Elen Mai Jones	F	17.	Female 21-34	4.	(Rhyl)	00:57:34	00:57:46	70.
314	Chris Jones	M	54.	Male 50-54	8.	(Holywell)	00:57:38	00:57:49	71.
351	Gareth Catherall	M	55.	Male 45-49	8.	(Glan Conwy)	00:57:44	00:57:58	72.
321	Jason Richards	M	56.	Male 50-54	9.	(Talybont)	00:57:48	00:57:58	73.
237	Kristian Evans	M	57.	Male 21-34	10.	ETL Run Club	00:57:49	00:57:59	74.
284	Tal Michael	M	58.	Male 50-54	10.	Porth Eirais Runners	00:58:15	00:58:28	75.
233	Michael Hayton	M	59.	Male 70-74	3.	nwrcc	00:58:40	00:58:46	76.
319	Les Price	M	60.	Male 40-44	5.	Deestridders	00:59:13	00:59:20	77.
318	Paul A Lyth	M	61.	Male 50-54	11.	Deestridders	00:59:13	00:59:20	78.
216	Mairead Dyke	F	18.	Female 55-59	1.	Eprc	00:59:39	00:59:49	79.
215	Graham Dyke	M	62.	Male 55-59	8.	Eprc	00:59:39	00:59:49	80.
288	Bernie Grady	M	63.	Male 60-64	4.	(Conwy)	01:00:22	01:00:37	81.
287	Sarah Grady	F	19.	Female 35-39	1.	(Conwy)	01:00:22	01:00:37	82.
202	Gary Dyson	M	64.	Male 50-54	12.	(Rhyl)	01:00:31	01:00:51	83.
308	Rachel Stevens	F	20.	Female 40-44	5.	Lostock AC	01:00:51	01:01:00	84.
301	Peter Causton	M	65.	Male 50-54	13.	(Bristol)	01:00:50	01:01:03	85.
376	Irene Blount	F	21.	Female 65-69	1.	Buckley RC	01:02:00	01:02:12	86.
272	Janet Booth	M	66.	Male 55-59	9.	(Salford)	01:02:10	01:02:30	87.
340	Trudi Parry	F	22.	Female 50-54	7.	buckley runners	01:02:28	01:02:40	88.
381	Helen Goddard	F	23.	Female 40-44	6.	(Prestatyn)	01:02:38	01:02:52	89.
226	Tim Ablett	M	67.	Male 50-54	14.	(Rhuddlan)	01:03:01	01:03:15	90.
259	Harriet Rees	F	24.	Female 21-34	5.	(Abergele)	01:03:16	01:03:33	91.
265	Rachel Brown	F	25.	Female 50-54	8.	(Rhuddlan)	01:03:20	01:03:37	92.
246	Paul Sear	M	68.	Male 70-74	4.	(Newtown)	01:03:53	01:04:12	93.
315	Mark Hopwood	M	69.	Male 55-59	10.	(Mold)	01:05:13	01:05:31	94.
329	Deborah Hopkins	F	26.	Female 55-59	2.	(Telford)	01:05:58	01:06:15	95.

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239	Sarah Dunphy	F	27.	Female 40-44	7.	ETL Run Club	01:06:05	01:06:15	96.
372	Colin Devitt	M	70.	Male 35-39	11.	(Buckley)	01:06:26	01:06:44	97.
208	Kelvin Murphy	M	71.	Male 21-34	11.	(Rhyl)	01:06:46	01:06:58	98.
291	Mary Wimbury	F	28.	Female 50-54	9.	Porth Eirias Runners	01:07:01	01:07:19	99.
253	Steve Davidson	M	72.	Male 35-39	12.	ETL Run Club	01:07:10	01:07:22	100.
271	Gemma Jones	F	29.	Female 35-39	2.	(Colwyn Bay)	01:07:16	01:07:27	101.
242	Anna Rees	F	30.	Female 40-44	8.	(Birkenhead)	01:07:23	01:07:37	102.
273	Jade Malem	F	31.	Female 21-34	6.	(Warrington)	01:07:36	01:07:55	103.
212	Alan Evans	M	73.	Male 50-54	15.	(Prestatyn)	01:08:13	01:08:33	104.
221	Lauren Mcleod	F	32.	Female 21-34	7.	(Mold)	01:08:41	01:08:50	105.
227	Tabby Hanlon-Scott	F	33.	Female 21-34	8.	(Connahs Quay)	01:08:48	01:09:07	106.
228	Stephen Hanlon	M	74.	Male 60-64	5.	(Connahs Quay)	01:08:48	01:09:07	107.
264	Bo Coates	F	34.	Female 45-49	2.	(Llangefni)	01:10:23	01:10:36	108.
281	Louisa Corlett	F	35.	Female 45-49	3.	Littleborough runners	01:10:38	01:10:52	109.
373	Louise Goodwin	F	36.	Female 40-44	9.	Deestriders	01:10:52	01:11:05	110.
379	Patricia Walters	F	37.	Female 50-54	10.	(Wrexham)	01:11:10	01:11:28	111.
258	Melanie Townley	F	38.	Female 50-54	11.	Running Bear Running Club	01:11:44	01:12:02	112.
299	Anna Gordon	F	39.	Female 50-54	12.	(Abergele)	01:12:43	01:13:00	113.
236	Claire Flemington	F	40.	Female 35-39	3.	(Holywell)	01:12:48	01:13:07	114.
243	Mal Mitchell-Craig	M	75.	Male 45-49	9.	(Connahs Quay)	01:13:28	01:13:40	115.
302	Sam Tyler	M	76.	Male 50-54	16.	(Llandudno)	01:13:45	01:14:05	116.
231	Chris Vincent	M	77.	Male 55-59	11.	(Ormskirk)	01:14:25	01:14:43	117.
217	Ann Bradshaw	F	41.	Female 55-59	3.	(Trefriw)	01:14:25	01:14:43	118.
219	Adele Perfect	F	42.	Female 45-49	4.	(Holywell)	01:14:55	01:15:14	119.
232	Christopher Field	M	78.	Male 21-34	12.	(St Asaph)	01:15:16	01:15:33	120.
322	Pete Mumford	M	79.	Male 21-34	13.	(Dyffryn Ardudwy)	01:16:33	01:16:43	121.
317	Rachel Owen	F	43.	Female 45-49	5.	(Colwyn Bay)	01:16:53	01:17:08	122.
209	Janette Greenhalgh	F	44.	Female 60-64	2.	(Rhyl)	01:16:58	01:17:14	123.
297	Emily Roberts	F	45.	Female 35-39	4.	(Warrington)	01:18:31	01:18:48	124.
371	Karen Leggett	F	46.	Female 55-59	4.	(Colwyn bay)	01:19:49	01:20:08	125.
251	June Williams	F	47.	Female 45-49	6.	(Beaumaris)	01:20:38	01:20:51	126.
324	Matt Beard	M	80.	Male 40-44	6.	(Northwich)	01:20:38	01:20:52	127.

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323	Ray Woodcock	M	81.	Male 65-69	5.	(Prestatyn)	01:21:31	01:21:53	128.
234	Susan Jeanette Mary Wright	F	48.	Female 70-74	1.	(Dyserth)	01:23:54	01:24:12	129.
387	Elizabeth Musgrave	F	49.	Female 65-69	2.	(Ruthin)	01:25:42	01:26:03	130.
386	Ian Thorpe	M	82.	Male 70-74	5.	(Ruthin)	01:25:42	01:26:03	131.
222	Mandy Mullett	F	50.	Female 60-64	3.	(Welshpool)	01:26:07	01:26:28	132.
223	Kathy Jenkins	F	51.	Female 45-49	7.	(Newtown)	01:26:07	01:26:28	133.
204	Val Jones	F	52.	Female 50-54	13.	Rhyl Runners	01:33:12	01:33:28	134.
257	Matt Betts	M	83.	Male 60-64	6.	(Pensarn)	01:33:13	01:33:30	135.
256	Paula Betts	F	53.	Female 55-59	5.	(Pensarn)	01:34:08	01:34:24	136.

Number of records: 136