

## Bangor 10k and Half Marathon 2024

### Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
10K									
589	Sam Griffiths	M	1.	Male 21-34	1.	(Caernarfon)	00:34:36	00:34:40	1.
438	Ifan Jones	M	2.	Male 21-34	2.	Cybi Striders	00:36:22	00:36:26	2.
629	Daniel Davey	M	3.	Male 21-34	3.	(Norwich)	00:38:30	00:38:34	3.
422	Rhodri Williams	M	4.	Male 35-39	1.	Cybi Striders	00:38:36	00:38:41	4.
551	Tom Bromley	M	5.	Male 21-34	4.	Cybi Striders	00:39:22	00:39:27	5.
427	Arwel Evans	M	6.	Male 21-34	5.	Cybi Striders	00:39:22	00:39:28	6.
527	Chris Thomas	M	7.	Male 40-44	1.	Cybi Striders	00:40:09	00:40:14	7.
570	Anna Buckingham	F	1.	Female 40-44	1.	Meirionnydd Running Club	00:40:33	00:40:37	8.
634	Margot Saher	F	2.	Female 45-49	1.	Eryri Harriers	00:42:37	00:42:43	9.
560	Mark Owen	M	8.	Male 50-54	1.	Cybi Striders	00:43:05	00:43:10	10.
698	Sion Thomas	M	9.	Male 40-44	2.	North Wales Road Runners	00:43:31	00:43:39	11.
626	Paul Ellis	M	10.	Male 50-54	2.	(Bangor)	00:44:12	00:44:22	12.
517	Dave Owen	M	11.	Male 21-34	6.	Cybi Striders	00:44:15	00:44:25	13.
552	Sonia Williams	F	3.	Female 35-39	1.	Cybi Striders	00:44:14	00:44:25	14.
661	David Ellis	M	12.	Male 40-44	3.	Cybi	00:44:40	00:44:51	15.
591	Dylan Thomas	M	13.	Male 40-44	4.	Cybi Striders	00:44:43	00:44:53	16.
463	Dave Jones	M	14.	Male 50-54	3.	North Wales Road Runners Club (NWRRC)	00:45:22	00:45:31	17.
489	William Ballance	M	15.	Male 21-34	7.	(Warrington)	00:44:39	00:45:43	18.
607	Gee Outten	F	4.	Female 21-34	1.	(Rhyl)	00:45:38	00:45:46	19.
641	Ben Lewis	M	16.	Male 40-44	5.	(Holywell)	00:45:19	00:45:47	20.
470	Gethyn Evans	M	17.	Male 21-34	8.	(Holyhead)	00:45:44	00:45:50	21.
678	Ellie Evans	F	5.	Female 35-39	2.	Cybi Striders	00:46:00	00:46:08	22.
673	Dafydd Williams	M	18.	Male 21-34	9.	(Bangor)	00:45:12	00:46:11	23.
601	Darren Thompson	M	19.	Male 55-59	1.	Prestatyn running club	00:46:15	00:46:26	24.
501	Lowri Owen	F	6.	Female 35-39	3.	Rhedwyr Hebog Runners	00:46:31	00:46:40	25.
690	Sion Roberts	M	20.	Male 45-49	1.	Cybi Striders	00:46:37	00:46:44	26.
694	Gethin Williams	M	21.	Male 21-34	10.	(Llangefni)	00:45:42	00:46:46	27.
631	Michael Booton	M	22.	Male 21-34	11.	(Porthmadog)	00:46:29	00:46:46	28.
494	Richard Young	M	23.	Male 60-64	1.	(Chester)	00:46:40	00:46:55	29.
625	Cara Williams	F	7.	Female 45-49	2.	(Caernarfon)	00:47:00	00:47:04	30.
675	Rhys Sadler	M	24.	Male 21-34	12.	(Telford)	00:45:55	00:47:08	31.
486	Bethan Billington	F	8.	Female 12-20	1.	Eryri Harriers	00:47:01	00:47:08	32.

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638	Martin Williams	M	25.	Male 45-49	2.	(Caernarfon)	00:46:30	00:47:14	33.
586	Steven Price	M	26.	Male 21-34	13.	(Blaenau Ffestiniog)	00:46:25	00:47:23	34.
572	Matthew Hawley	M	27.	Male 21-34	14.	(St. Helens)	00:47:18	00:47:30	35.
575	Annes Williams	F	9.	Female 40-44	2.	(Caernarfon)	00:47:23	00:47:44	36.
617	Andrew Day	M	28.	Male 21-34	15.	Cybi Striders	00:47:51	00:47:58	37.
653	Sallyann Harper	F	10.	Female 50-54	1.	(Leicester)	00:48:00	00:48:14	38.
649	Dan Hennell	M	29.	Male 45-49	3.	North Wales Road Runners Club (NWRRC)	00:50:10	00:50:44	39.
563	Jonathan Davies	M	30.	Male 35-39	2.	(Talybont)	00:50:42	00:51:07	40.
553	David Wall	M	31.	Male 50-54	4.	(Oldham)	00:49:55	00:51:18	41.
555	Alaw Hughes	F	11.	Female 21-34	2.	(Pwllheli)	00:50:43	00:51:20	42.
564	Dafydd Jones	M	32.	Male 21-34	16.	(Caernarfon)	00:50:25	00:51:21	43.
686	Samuel Child	M	33.	Male 21-34	17.	(Bangor)	00:50:36	00:51:25	44.
394	Paul Owen	M	34.	Male 50-54	5.	(Bangor)	00:50:37	00:51:36	45.
669	Danny Rhinds	M	35.	Male 21-34	18.	(Criccieth)	00:50:51	00:51:50	46.
562	Neil Oldham	M	36.	Male 21-34	19.	(Mold)	00:51:15	00:51:55	47.
684	Noah Short	M	37.	Male 12-20	1.	(Sheffield)	00:51:17	00:51:59	48.
473	William Deering-Webb	M	38.	Male 65-69	1.	(Colwyn Bay)	00:52:10	00:52:16	49.
561	Maldwyn Evans	M	39.	Male 60-64	2.	Eryri Harriers	00:52:18	00:52:27	50.
426	Elizabeth Evans	F	12.	Female 70-74	1.	Gogs triathlon	00:52:34	00:52:45	51.
451	Nigel Passmore	M	40.	Male 70-74	1.	(Market Drayton)	00:52:43	00:53:00	52.
666	Elizabeth Robinson	F	13.	Female 21-34	3.	Betsi Runaways	00:52:20	00:53:11	53.
469	Mark Warwick	M	41.	Male 60-64	3.	Team Derby Runner	00:52:57	00:53:16	54.
660	Siwan Williams	F	14.	Female 45-49	3.	(Abergele)	00:53:13	00:53:34	55.
659	Rachel Davies	F	15.	Female 45-49	4.	(Abergele)	00:53:21	00:53:41	56.
689	Susana Vicente	F	16.	Female 45-49	5.	(Conwy)	00:53:25	00:53:43	57.
687	Catrin Elwyn	F	17.	Female 21-34	4.	(Caernarfon)	00:53:41	00:53:59	58.
478	Bryan Harper	M	42.	Male 21-34	20.	(Holyhead)	00:53:08	00:54:16	59.
482	Gilly Glass	F	18.	Female 50-54	2.	Eryri Harriers	00:53:45	00:54:17	60.
531	Wendy Jones	F	19.	Female 60-64	1.	(Blaenau Ffestiniog)	00:54:15	00:54:29	61.
522	George Cooper	M	43.	Male 21-34	21.	(Warrington)	00:53:42	00:54:44	62.
519	Lewis Schafer	M	44.	Male 21-34	22.	(Warrington)	00:53:48	00:54:50	63.
429	Carol Moss	F	20.	Female 60-64	2.	North Wales Road Runners Club	00:54:55	00:55:23	64.
453	Dewi Owen	M	45.	Male 35-39	3.	(Ty Croes)	00:54:13	00:55:26	65.

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<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>Pos.</b>	<b>AG</b>	<b>Pos.</b>	<b>Club</b>	<b>ChipTime</b>	<b>GunTime</b>	<b>Pos.</b>
592	Brian Hughes	M	46.	Male 55-59	2.	(Pwllheli)	00:54:55	00:55:32	66.
655	Gwyn Roberts	M	47.	Male 35-39	4.	(Pwllheli)	00:55:14	00:56:11	67.
475	Gus Wood	M	48.	Male 40-44	6.	(Prestatyn)	00:55:57	00:56:57	68.
701	Anna Lee	F	21.	Female 45-49	6.	(Caernarfon)	00:56:33	00:57:04	69.
446	Jade Wybrow	F	22.	Female 21-34	5.	(Bangor)	00:56:17	00:57:14	70.
512	Oliver Blocker	M	49.	Male 40-44	7.	(Colwyn Bay)	00:56:32	00:57:26	71.
509	Riagan Canning	M	50.	Male 21-34	23.	(Holyhead)	00:56:38	00:57:30	72.
534	Paula Maguire	F	23.	Female 45-49	7.	Gog Triathlon	00:57:08	00:57:42	73.
571	Joshua Horn	M	51.	Male 21-34	24.	(Bangor)	00:57:31	00:57:44	74.
579	Stephen Morgan	M	52.	Male 55-59	3.	(nefyn)	00:56:53	00:57:49	75.
576	Gareth Lavin	M	53.	Male 40-44	8.	(Llandudno Junction)	00:57:00	00:57:54	76.
577	Harrison Lavin	M	54.	Male 12-20	2.	(Llandudno Junction)	00:57:01	00:57:55	77.
642	Sion Roberts	M	55.	Male 21-34	25.	(Porthmadog)	00:57:44	00:58:02	78.
532	Amanda Evans	F	24.	Female 45-49	8.	(Pwllheli)	00:57:09	00:58:19	79.
590	Hugo Thomas	M	56.	Male 60-64	4.	Llamwyr Llyn	00:57:10	00:58:19	80.
613	Sarah Osborne	F	25.	Female 45-49	9.	Cybi Striders	00:57:51	00:58:24	81.
387	John Weber	M	57.	Male 65-69	2.	(Ponte Vedra Beach)	00:57:15	00:58:25	82.
616	Lisa Jane Roberts	F	26.	Female 35-39	4.	(Blaenau Ffestiniog)	00:57:57	00:58:31	83.
545	Gethin Ellis	M	58.	Male 21-34	26.	(Liverpool)	00:57:57	00:58:32	84.
530	Kyle Williams	M	59.	Male 21-34	27.	(Holyhead)	00:58:05	00:58:37	85.
558	Richard Skidmore	M	60.	Male 40-44	9.	(Llanfairfechan)	00:58:11	00:58:47	86.
557	Iestyn Jones	M	61.	Male 45-49	4.	Meirionnydd Running Club	00:58:11	00:58:47	87.
504	Catrin Rathbone	F	27.	Female 21-34	6.	(Southwater)	00:58:04	00:59:07	88.
502	Justin Rathbone	M	62.	Male 50-54	6.	(Southwater)	00:58:04	00:59:08	89.
640	Rob Owen	M	63.	Male 35-39	5.	Rhedwyr Hebog Runners	00:58:53	00:59:09	90.
442	Marian Brosschot	F	28.	Female 21-34	7.	(Bangor)	00:58:23	00:59:21	91.
567	Llio Glyn	F	29.	Female 45-49	10.	Hebog	00:58:35	00:59:23	92.
658	Robert Fryer	M	64.	Male 70-74	2.	North Wales Road Runners	00:59:13	00:59:27	93.
632	Chloe Mancini	F	30.	Female 21-34	8.	(Colwyn Bay)	00:59:04	01:00:13	94.
695	Jessica Jones	F	31.	Female 21-34	9.	(Pwllheli)	00:59:58	01:00:15	95.
699	Alastair Lloyd-Davies	M	65.	Male 21-34	28.	Beumaris Town Road Runner's	00:59:06	01:00:18	96.
620	Garym Williams	M	66.	Male 21-34	29.	(Caernarfon)	01:00:02	01:00:27	97.
612	Carina Atherton	F	32.	Female 40-44	3.	(BLAENAU FFESTINIOG)	00:59:43	01:00:28	98.

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566	Jacob Sznober	M	67.	Male 21-34	30.	(Shrewsbury)	01:00:05	01:00:36	99.
644	Martyn Foster	M	68.	Male 45-49	5.	(Flint)	01:00:02	01:00:36	100.
468	Julie Jones	F	33.	Female 45-49	11.	(Abergele)	01:00:10	01:00:38	101.
628	Tracey Cool	F	34.	Female 50-54	3.	(Derby)	00:59:30	01:00:41	102.
668	Aron Moore	M	69.	Male 21-34	31.	(Harlech)	00:59:43	01:00:43	103.
549	Grace Paterson-Steward	F	35.	Female 21-34	10.	(Holyhead)	00:59:56	01:00:43	104.
667	Lee Orford	F	36.	Female 50-54	4.	(Menai Bridge)	00:59:32	01:00:45	105.
514	Julie Sheppard	F	37.	Female 50-54	5.	(anglesey)	01:00:19	01:00:47	106.
484	Thomas Dean	M	70.	Male 12-20	3.	Mike Shy	01:00:22	01:00:54	107.
670	San Evans	M	71.	Male 21-34	32.	(Porthmadog)	01:00:02	01:01:02	108.
627	Sonia Morris	F	38.	Female 50-54	6.	(Bangor)	01:00:44	01:01:02	109.
541	Charlotte Jackson	F	39.	Female 35-39	5.	(Ellesmere)	00:59:54	01:01:03	110.
537	Ian Baldock	M	72.	Male 60-64	5.	/	00:59:54	01:01:11	111.
506	Jess York	F	40.	Female 40-44	4.	(Bangor)	01:00:20	01:01:26	112.
483	Alison Dean	F	41.	Female 45-49	12.	Mile Shy Club	01:00:52	01:01:30	113.
474	Mike Hayton	M	73.	Male 70-74	3.	nwrcc	01:01:26	01:01:41	114.
639	Liz Hughes	F	42.	Female 40-44	5.	(Bangor)	01:01:14	01:01:46	115.
614	Angharad Ellis	F	43.	Female 35-39	6.	(Llanelwy)	01:01:37	01:01:56	116.
608	Ffion Jones	F	44.	Female 35-39	7.	(Caergybi)	01:01:37	01:01:56	117.
598	Lucy Jakeman	F	45.	Female 21-34	11.	(Llandudno Junction)	01:00:51	01:02:01	118.
428	Hilary Powell	F	46.	Female 60-64	3.	(Abergele)	01:01:40	01:02:09	119.
505	Joshua Moore	M	74.	Male 21-34	33.	(Bangor)	01:02:02	01:02:14	120.
609	Llion O'callaghan	M	75.	Male 40-44	10.	(Ruthin)	01:01:46	01:02:22	121.
692	Lowri Mckenzie Jones	F	47.	Female 50-54	7.	(Beaumaris)	01:02:13	01:02:29	122.
431	Caroline Mulvaney Jones	F	48.	Female 40-44	6.	(Penmaenmawr)	01:01:43	01:02:33	123.
465	Jules Davies	F	49.	Female 40-44	7.	(Liverpool)	01:01:32	01:02:50	124.
615	Einir Williams	F	50.	Female 35-39	8.	(Pwllheli)	01:02:14	01:02:51	125.
693	Ffion Owen	F	51.	Female 21-34	12.	no	01:02:39	01:02:55	126.
672	Iwan Williams	M	76.	Male 21-34	34.	(Blaenau Ffestiniog)	01:02:18	01:03:17	127.
697	Esther Parry	F	52.	Female 12-20	2.	Menai Track and Field	01:02:17	01:03:17	128.
696	Hywel Parry	M	77.	Male 45-49	6.	None	01:02:17	01:03:17	129.
521	Sophie Cooper	F	53.	Female 21-34	13.	(Warrington)	01:02:40	01:03:43	130.
450	Liam Murrell	M	78.	Male 21-34	35.	(Holyhead)	01:03:25	01:03:58	131.

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618	Rhianna Snutch	F	54.	Female 21-34	14.	(Market Harborough)	01:03:20	01:04:01	132.
662	Ricky Davies	M	79.	Male 21-34	36.	(Bangor)	01:03:35	01:04:01	133.
622	Alessandro Ciapetti	M	80.	Male 50-54	7.	(Rhyl)	01:02:38	01:04:03	134.
677	Jono Holden	M	81.	Male 50-54	8.	(Wolverhampton)	01:03:01	01:04:15	135.
674	Kathryn Holden	F	55.	Female 50-54	8.	(Wolverhampton)	01:03:02	01:04:17	136.
650	Cara Lee	F	56.	Female 21-34	15.	(Bangor)	01:03:11	01:04:29	137.
460	Charlette Crampton	F	57.	Female 40-44	8.	(Wrexham)	01:03:32	01:04:31	138.
515	Vivienne Gray	F	58.	Female 70-74	2.	(Conwy)	01:03:59	01:04:35	139.
584	Lisa Thomas	F	59.	Female 50-54	9.	Mon milers	01:03:29	01:04:51	140.
683	Lee Airlie	M	82.	Male 45-49	7.	(Flint)	01:04:28	01:05:06	141.
652	Lucy Hughes	F	60.	Female 21-34	16.	(Bangor)	01:04:36	01:05:23	142.
491	Emma Austin	F	61.	Female 21-34	17.	(Bangor)	01:05:25	01:05:40	143.
239	Stefan Druskat	M	83.	Male 45-49	8.	(Nottingham)	01:04:19	01:05:40	144.
444	Hadyn Johnson	M	84.	Male 50-54	9.	(Holywell)	01:05:22	01:05:50	145.
676	Alice Holden	F	62.	Female 21-34	18.	(Telford)	01:04:45	01:06:00	146.
454	Gwenno Bebb	F	63.	Female 55-59	1.	(Caernarfon)	01:05:31	01:06:04	147.
523	Liah Jones	F	64.	Female 21-34	19.	(Blaenau Ffestiniog)	01:05:07	01:06:05	148.
602	Bethan Hughes	F	65.	Female 21-34	20.	(Wrexham)	01:05:28	01:06:26	149.
656	Amber Spicer	F	66.	Female 21-34	21.	(Bethesda)	01:05:30	01:06:27	150.
648	Heledd Williams	F	67.	Female 21-34	22.	(Caernarfon)	01:05:16	01:06:31	151.
493	Elinor Heath	F	68.	Female 21-34	23.	(Felinheli)	01:05:13	01:06:32	152.
704	Diane Jones	F	69.	Female 55-59	2.	(Llandinam)	01:05:38	01:06:44	153.
595	Fiona Seymour	F	70.	Female 55-59	3.	(Oldham)	01:06:11	01:06:46	154.
510	Alison Roberts	F	71.	Female 50-54	10.	(Holyhead)	01:06:20	01:06:47	155.
603	Patricia Edwards	F	72.	Female 50-54	11.	(Holyhead)	01:06:19	01:06:47	156.
587	Phillip Bryan	M	85.	Male 35-39	6.	Deestriders	01:06:23	01:06:50	157.
691	Matt Walker	M	86.	Male 21-34	37.	(Colwyn Bay)	01:06:16	01:07:15	158.
597	Christina Clark	F	73.	Female 21-34	24.	(Bangor)	01:06:02	01:07:19	159.
430	Tracy Lock	F	74.	Female 50-54	12.	(Menai Bridge)	01:06:31	01:07:42	160.
547	Kirsty Youlden	F	75.	Female 21-34	25.	(Holyhead)	01:07:20	01:08:06	161.
665	Catrina Sharrocks	F	76.	Female 40-44	9.	(Llanberis)	01:07:34	01:08:07	162.
548	Mia Jones	F	77.	Female 21-34	26.	(Holyhead)	01:07:22	01:08:08	163.
445	Mari Price	F	78.	Female 35-39	9.	(Caernarfon)	01:06:58	01:08:08	164.

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536	Pete Bradshaw	M	87.	Male 50-54	10.	(Cardigan)	01:07:18	01:08:19	165.
643	Joanna Rhiannon	F	79.	Female 21-34	27.	(Caernarfon)	01:07:32	01:08:22	166.
443	Lowri Pritchard	F	80.	Female 50-54	13.	(Y Felinheli)	01:07:12	01:08:25	167.
651	Elinor Mawdesley	F	81.	Female 21-34	28.	Mon Girls Run	01:07:08	01:08:27	168.
588	Gareth Evans	M	88.	Male 60-64	6.	Mon milers	01:07:24	01:08:36	169.
455	Menna Trenholme	F	82.	Female 21-34	29.	(Caernarfon)	01:07:44	01:08:47	170.
538	Christine Baldock	F	83.	Female 60-64	4.	(Llanrhos)	01:07:45	01:09:02	171.
472	Paul Hughes	M	89.	Male 55-59	4.	(Wrexham)	01:08:06	01:09:05	172.
619	Gwen Atherton	F	84.	Female 21-34	30.	(Blaenau Ffestiniog)	01:08:23	01:09:09	173.
702	Katie Rowlands	F	85.	Female 21-34	31.	(Bangor)	01:09:03	01:09:30	174.
574	Ceri Rhiannon	F	86.	Female 35-39	10.	(Y Felinheli)	01:09:12	01:09:34	175.
671	Alex Warren-Adams	M	90.	Male 40-44	11.	(Holywell)	01:08:20	01:09:44	176.
680	Ayla Thomas-Morris	F	87.	Female 21-34	32.	(Bangor)	01:08:57	01:09:50	177.
637	Ceri Davies	F	88.	Female 21-34	33.	(Corwen)	01:08:54	01:10:13	178.
495	Kimberley Pinkerton	F	89.	Female 35-39	11.	(Beaumaris)	01:09:10	01:10:30	179.
580	Catrin Siriol	F	90.	Female 40-44	10.	(Caernarfon)	01:10:10	01:10:32	180.
467	Katie Hannah	F	91.	Female 21-34	34.	(WREXHAM)	01:09:29	01:10:36	181.
645	Zoe Edwards	F	92.	Female 21-34	35.	Cybi Striders	01:09:20	01:10:37	182.
688	Charlotte Hawksworth	F	93.	Female 21-34	36.	(Llanrug)	01:09:45	01:11:08	183.
630	Nicola Booton	F	94.	Female 21-34	37.	Smiles and miles	01:11:04	01:11:32	184.
526	Iona Roberts	F	95.	Female 21-34	38.	(Llanrwst)	01:11:05	01:11:57	185.
525	Rachael Griffiths	F	96.	Female 21-34	39.	(Llanrwst)	01:11:06	01:11:58	186.
664	Sharon Brocklehurst	F	97.	Female 50-54	14.	(Colwyn Bay)	01:11:27	01:12:16	187.
663	Kelly Chapman	F	98.	Female 35-39	12.	(Abergele)	01:11:27	01:12:16	188.
476	Abby Wood	F	99.	Female 40-44	11.	(Prestatyn)	01:11:30	01:12:31	189.
585	Rebecca Hellon	F	100.	Female 60-64	5.	(Penysarn)	01:11:11	01:12:35	190.
490	Lucy Bate	F	101.	Female 21-34	40.	(Warrington)	01:11:42	01:12:45	191.
500	Cari Jones	F	102.	Female 12-20	3.	(Holyhead)	01:11:36	01:12:54	192.
582	Abbie Hughes-Parry	F	103.	Female 21-34	41.	(Llangefni)	01:11:36	01:12:54	193.
600	Alison Monks-Roberts	F	104.	Female 55-59	4.	Gog Triathlon	01:12:55	01:13:11	194.
647	Lianne Jones	F	105.	Female 35-39	13.	(Y Felinheli)	01:12:40	01:13:13	195.
565	Nia James	F	106.	Female 21-34	42.	(Blaenau Ffestiniog)	01:12:49	01:13:27	196.
681	Sally Chisholm	F	107.	Female 60-64	6.	Crw Rhedig Penllyn	01:12:04	01:13:27	197.

## Bangor 10k and Half Marathon 2024

### Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
703	Sandra Banfield	F	108.	Female 60-64	7.	Dolly Mixtures	01:12:29	01:13:36	198.
447	Kim Westell	F	109.	Female 40-44	12.	(Colwyn Bay)	01:13:20	01:13:55	199.
646	Ian Baker	M	91.	Male 60-64	7.	(Llangefni)	01:12:45	01:13:57	200.
499	Freya Guest	F	110.	Female 21-34	43.	(Bangor)	01:13:50	01:14:03	201.
485	Adele Perfect	F	111.	Female 45-49	13.	(Holywell)	01:13:43	01:14:46	202.
466	Lisa Williams	F	112.	Female 21-34	44.	(WREXHAM)	01:13:48	01:14:56	203.
477	Sian Roberts	F	113.	Female 21-34	45.	(Benllech)	01:14:09	01:14:57	204.
508	Beth Gough	F	114.	Female 21-34	46.	(Holyhead)	01:14:25	01:15:18	205.
581	Sarah Easter	F	115.	Female 21-34	47.	Aberystwyth AC	01:15:24	01:15:49	206.
441	Ellie Engstrom	F	116.	Female 21-34	48.	(Cardiff)	01:15:30	01:16:23	207.
440	Paul Engstrom	M	92.	Male 50-54	11.	(Cardiff)	01:15:31	01:16:23	208.
685	Beverley Elkan	F	117.	Female 50-54	15.	(Sheffield)	01:16:52	01:17:37	209.
481	Helen Washbrook	F	118.	Female 45-49	14.	(Willenhall)	01:16:29	01:17:47	210.
596	Elin Thomas	F	119.	Female 21-34	49.	(Penmaenmawr)	01:16:36	01:17:48	211.
524	Laura Dekker	F	120.	Female 35-39	14.	(Bangor)	01:16:41	01:18:03	212.
606	Gwenda Baker	F	121.	Female 60-64	8.	(Llangefni)	01:17:42	01:18:53	213.
496	Claire Fowler	F	122.	Female 21-34	50.	(Llanymynech)	01:17:44	01:18:55	214.
682	Sioned Williams	F	123.	Female 40-44	13.	(Porthmadog)	01:18:49	01:19:17	215.
498	Tabitha Cook	F	124.	Female 21-34	51.	(Bangor)	01:19:12	01:19:24	216.
583	Nikki Jones	F	125.	Female 50-54	16.	Mon milers	01:18:08	01:19:33	217.
633	Melanie Daly	F	126.	Female 65-69	1.	Mon milers	01:18:08	01:19:33	218.
436	Carol Hughes	F	127.	Female 65-69	2.	na	01:18:49	01:20:10	219.
593	Clare Jones	F	128.	Female 35-39	15.	(Criccieth)	01:19:46	01:20:14	220.
63	Charlotte Roberts	F	129.	Female 21-34	52.	(Caernarfon)	01:20:57	01:21:43	221.
64	Tryphena Cox	F	130.	Female 21-34	53.	(Llandudno)	01:20:57	01:21:43	222.
434	Mel Bryan	F	131.	Female 50-54	17.	(Rhyl)	01:20:57	01:22:21	223.
433	Lois Banks	F	132.	Female 21-34	54.	(Prestatyn)	01:20:58	01:22:21	224.
503	Llynor Rathbone	F	133.	Female 50-54	18.	(Southwater)	01:21:53	01:22:58	225.
578	Kerry Jewell	F	134.	Female 60-64	9.	(Colwyn Bay)	01:21:59	01:23:14	226.
458	Georgia Churm	F	135.	Female 21-34	55.	(Porthmadog)	01:30:12	01:30:38	227.
457	Lee Davies	M	93.	Male 21-34	38.	(Porthmadog)	01:30:12	01:30:38	228.
604	Graham Cowpland	M	94.	Male 65-69	3.	(Southport)	01:33:01	01:33:49	229.
479	Jane Mann	F	136.	Female 60-64	10.	(Y Rhyl)	01:36:14	01:37:26	230.

Bangor 10k and Half Marathon 2024

**Overall Results**

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<b>Bib</b>	<b>Name</b>	<b>Gender</b>	<b>Pos.</b>	<b>AG</b>	<b>Pos.</b>	<b>Club</b>	<b>ChipTime</b>	<b>GunTime</b>	<b>Pos.</b>
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Number of records: 230