

Abergele 5K & 10K

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
5K									
63	Connor Rogers	M	1.	Male 21-34	1.	Wrexham AAC	00:15:53	00:15:56	1.
119	James Yarwood	M	2.	Male 35-39	1.	Wrexham AAC	00:16:19	00:16:22	2.
1	Tom Carter	M	3.	Male 40-44	1.	Prestatyn RC	00:16:42	00:16:44	3.
50	Ioan Wellsbury	M	4.	Male 21-34	2.	(Abergele)	00:16:55	00:16:58	4.
39	Daniel Gahan	M	5.	Male 21-34	3.	(Conwy)	00:17:34	00:17:36	5.
33	Ifan Jones	M	6.	Male 21-34	4.	Cybi Striders	00:17:48	00:17:50	6.
43	Chris Thomas	M	7.	Male 40-44	2.	Cybi Striders	00:18:17	00:18:20	7.
85	Iolo Owen	M	8.	Male 45-49	1.	(Bangor)	00:18:25	00:18:29	8.
34	Richard Eccles	M	9.	Male 55-59	1.	North Wales Road Runners Club (NWRRC)	00:18:36	00:18:40	9.
114	Tom Imlah	M	10.	Male 21-34	5.	GOG Triathlon Club	00:18:44	00:18:46	10.
2	Helen Taylor	F	1.	Female 21-34	1.	Telford AC	00:18:46	00:18:49	11.
90	Steven Rogerson	M	11.	Male 45-49	2.	(Abergele)	00:19:29	00:19:35	12.
87	Phil Lockett	M	12.	Male 40-44	3.	(Rochdale)	00:19:48	00:19:52	13.
94	Stephen Coe	M	13.	Male 35-39	2.	Dadbods Factory Racing	00:19:51	00:19:54	14.
105	Clive Palmer	M	14.	Male 55-59	2.	Running Bear Running Club	00:20:08	00:20:13	15.
84	Glyn Jones	M	15.	Male 60-64	1.	(Pentre Halkyn)	00:20:36	00:20:40	16.
31	Richard Westwood	M	16.	Male 45-49	3.	Wrexham AAC	00:20:43	00:20:46	17.
59	Chris Spinks	M	17.	Male 35-39	3.	(Abergele)	00:20:59	00:21:04	18.
62	Sion Roberts	M	18.	Male 35-39	4.	Cybi Striders	00:21:14	00:21:20	19.
77	Paul A Lyth	M	19.	Male 50-54	1.	Deestriders	00:21:22	00:21:27	20.
92	Graham Bryan	M	20.	Male 40-44	4.	Deestriders R.C	00:21:34	00:21:39	21.
79	Danny Hague	M	21.	Male 40-44	5.	(Oldham)	00:21:48	00:21:52	22.
72	Mark Cockburn	M	22.	Male 50-54	2.	(Holywell)	00:22:15	00:22:18	23.
75	Daniel Jones	M	23.	Male 45-49	4.	(Bagillt)	00:22:24	00:22:29	24.
32	Christy Owens	M	24.	Male 21-34	6.	(Caerwys)	00:22:39	00:22:44	25.
28	Craig Taylor	M	25.	Male 45-49	5.	Colwyn bay athletics club	00:22:39	00:22:46	26.
35	Tegan Walsh	F	2.	Female 12-20	1.	Wrexham AAC	00:23:10	00:23:14	27.
83	Matt Beard	M	26.	Male 40-44	6.	(Northwich)	00:23:28	00:23:34	28.
74	Mark Hopwood	M	27.	Male 55-59	3.	(Mold)	00:23:50	00:23:54	29.
68	Donna Jones	F	3.	Female 40-44	1.	Cybi Striders	00:23:56	00:24:02	30.
64	Mark Hughes	M	28.	Male 50-54	3.	Wrexham AAC	00:24:09	00:24:13	31.

Abergele 5K & 10K

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
57	Andrew Carter	M	29.	Male 35-39	5.	Prestatyn RC	00:24:21	00:24:27	32.
46	Patrick Haberland	M	30.	Male 21-34	7.	(Rhuddlan)	00:24:31	00:24:38	33.
55	Rob Wilson	M	31.	Male 45-49	6.	(Rhyl)	00:22:04	00:24:43	34.
73	Chris Jones	M	32.	Male 50-54	4.	(Holywell)	00:24:50	00:24:53	35.
23	Don Hale	M	33.	Male 70-74	1.	North Wales Road Runners Club (NWRRC)	00:25:05	00:25:11	36.
98	Helen Moore	F	4.	Female 55-59	1.	Widnes Wasps LRC	00:25:27	00:25:34	37.
65	Dan Williams	M	34.	Male 21-34	8.	Porth Eirias Runners	00:25:29	00:25:38	38.
51	Chris Price	M	35.	Male 45-49	7.	warrington road runners	00:25:52	00:25:58	39.
8	Gareth Catherall	M	36.	Male 45-49	8.	Porth Eirais Runners	00:25:50	00:26:00	40.
66	Charlotte Barton	F	5.	Female 40-44	2.	Marsh lane harriers	00:26:03	00:26:11	41.
89	Elen Mai Jones	F	6.	Female 21-34	2.	(Rhyl)	00:26:06	00:26:13	42.
70	Rachel Threadkell	F	7.	Female 50-54	1.	Cybi Striders	00:26:20	00:26:27	43.
91	Michael Williams	M	37.	Male 55-59	4.	Labc runners	00:26:25	00:26:30	44.
12	Emily Roux	F	8.	Female 21-34	3.	Womens Running Penarth	00:26:49	00:26:56	45.
78	Les Price	M	38.	Male 40-44	7.	Deestridders	00:26:53	00:27:00	46.
49	John Williams	M	39.	Male 45-49	9.	(Holywell)	00:27:25	00:27:35	47.
67	Rachel Stevens	F	9.	Female 40-44	3.	Lostock AC	00:27:39	00:27:47	48.
111	Stuart Benson	M	40.	Male 40-44	8.	(Derwen)	00:28:03	00:28:10	49.
22	Kim Westell	F	10.	Female 35-39	1.	(Glan Conwy)	00:28:16	00:28:22	50.
47	Kay Cottrell	F	11.	Female 65-69	1.	Clwb Run Wales	00:28:16	00:28:24	51.
88	Deborah Hopkins	F	12.	Female 55-59	2.	(Telford)	00:29:13	00:29:21	52.
36	Lucy Zalot	F	13.	Female 40-44	4.	Beaumaris Town Road Runners	00:29:27	00:29:35	53.
7	Kieran Mcgrane	M	41.	Male 55-59	5.	(colwyn bay)	00:29:33	00:29:45	54.
60	Peter Causton	M	42.	Male 50-54	5.	(Bristol)	00:29:58	00:30:11	55.
80	Jason Richards	M	43.	Male 50-54	6.	(Talybont)	00:30:23	00:30:29	56.
40	Madison Jowett	F	14.	Female 21-34	4.	(Oldham)	00:30:28	00:30:38	57.
24	Neil Williams	M	44.	Male 50-54	7.	(Holyhead)	00:30:48	00:30:57	58.
93	Bethan Greatrex	F	15.	Female 21-34	5.	(Prestatyn)	00:31:18	00:31:31	59.
58	Anna Gordon	F	16.	Female 50-54	2.	(Abergele)	00:31:45	00:31:58	60.
30	Kelly Rowe	F	17.	Female 45-49	1.	(Abergele)	00:31:49	00:31:58	61.
52	Michael Price	M	45.	Male 50-54	8.	warrington road runners	00:32:11	00:32:24	62.
56	Emily Roberts	F	18.	Female 35-39	2.	(Warrington)	00:32:30	00:32:43	63.

Abergele 5K & 10K

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
13	Anthony Holyfield	M	46.	Male 35-39	6.	(Llandudno)	00:32:41	00:32:48	64.
29	Rebecca Hamm	F	19.	Female 50-54	3.	(Nercwys)	00:32:38	00:32:53	65.
25	Abigail Watts	F	20.	Female 12-20	2.	(Wrexham)	00:32:46	00:32:57	66.
41	Margaret Hinton	F	21.	Female 60-64	1.	Chester Road Runners	00:33:05	00:33:13	67.
76	Rachel Owen	F	22.	Female 45-49	2.	(Colwyn Bay)	00:33:19	00:33:29	68.
17	Karen Bradburn	F	23.	Female 50-54	4.	Porth Eirais Runners	00:33:26	00:33:37	69.
61	Sam Tyler	M	47.	Male 50-54	9.	(Llandudno)	00:33:39	00:33:47	70.
82	Ray Woodcock	M	48.	Male 65-69	1.	(Prestatyn)	00:33:53	00:34:06	71.
19	Dawn Parry	F	24.	Female 45-49	3.	(Abergele)	00:34:35	00:34:47	72.
42	Gaynor Baines	F	25.	Female 40-44	5.	(WREXHAM)	00:35:23	00:35:32	73.
18	Nicola Jones	F	26.	Female 45-49	4.	(Abergele)	00:35:49	00:36:01	74.
44	Ceri Bailey	F	27.	Female 35-39	3.	(Abergele)	00:35:59	00:36:10	75.
10	Lois Banks	F	28.	Female 21-34	6.	(Prestatyn)	00:36:15	00:36:27	76.
11	Mel Bryan	F	29.	Female 50-54	5.	(Rhuddlan)	00:36:15	00:36:27	77.
45	Gemma Young	F	30.	Female 35-39	4.	(Buckley)	00:37:04	00:37:19	78.
86	Rhian Chalk	F	31.	Female 35-39	5.	(Colwyn Bay)	00:37:11	00:37:21	79.
109	Karen Leggett	F	32.	Female 55-59	3.	(Colwyn bay)	00:37:32	00:37:44	80.
48	Ric Cheyney	M	49.	Male 70-74	2.	(Talsarnau)	00:38:56	00:39:12	81.
53	Cheryl Lord-Brown	F	33.	Female 50-54	6.	(Rhos on Sea)	00:39:10	00:39:19	82.
54	K Rogers	F	34.	Female 40-44	6.	(Colwyn Bay)	00:39:10	00:39:19	83.
113	Susan Bryan	F	35.	Female 60-64	2.	(Buckley)	00:39:15	00:39:25	84.
112	Catrin Williams	F	36.	Female 45-49	5.	Porth Eirais Runners	00:39:44	00:39:55	85.
81	Pete Mumford	M	50.	Male 21-34	9.	(Dyffryn Ardudwy)	00:40:33	00:40:40	86.
4	Mick Thomas	M	51.	Male 60-64	2.	(Abergele)	00:40:43	00:40:56	87.
102	Clare Mernin	F	37.	Female 60-64	3.	Elswick Harriers	00:46:07	00:46:18	88.

Number of records: 88