

Bangor 10k 2014 - Results

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
635	Russell	Bentley	M	1	MSEN	1	00:33:06	1	00:33:06	1	Eryri Harriers
640	Brendan	Rothery	M	2	M35-39	1	00:34:57	2	00:34:57	2	Eryri Harriers
498	Guy	Roberts	M	3	MSEN	2	00:36:43	3	00:36:42	4	Mossley Hill AC
584	Georgina	Outten	F	1	FU25	1	00:36:59	4	00:36:20	3	Birchfield A.C
516	Arthur	Connell	M	4	MSEN	3	00:37:10	5	00:37:09	5	
510	Adam	Roberts	M	5	MSEN	4	00:37:29	6	00:37:27	6	
529	NEIL	BULLOCK	M	6	MSEN	5	00:37:34	7	00:37:34	8	PENNY LANE STRIDERS
628	Phil	Lynes	M	7	MSEN	6	00:37:35	8	00:37:33	7	
572	John Edward	Morris	M	8	MU25	1	00:37:35	9	00:37:34	9	Denbigh
493	Andrew	Kerr	M	9	MSEN	7	00:37:50	10	00:37:49	10	NWRRRC
381	Hefin	Wright	M	10	MSEN	8	00:39:25	11	00:39:23	11	
434	Roy	Hughes	M	11	MSEN	9	00:39:44	12	00:39:41	12	Mossley Hill AC
212	John	Stringer	M	12	MSEN	10	00:39:52	13	00:39:48	13	
259	Ryan	Roberts	M	13	MSEN	11	00:39:54	14	00:39:54	15	
497	John	Williams	M	14	MSEN	12	00:39:54	15	00:39:53	14	Bramhall Runners
377	Ben	Butler	M	15	MU25	2	00:40:03	16	00:39:57	16	Bangor University Athletics Cl
631	Gerard	Hall	M	16	MU25	3	00:40:09	17	00:40:08	17	Bangor University Athletics Cl
547	john	pozzi	M	17	M50-54	1	00:40:35	18	00:40:31	18	
332	Bryn	Russell	M	18	MSEN	13	00:40:40	19	00:40:36	19	
464	Sam	Liddell	M	19	MSEN	14	00:40:52	20	00:40:49	20	
108	ROB	PEARSE	M	20	M40-44	1	00:41:07	21	00:41:06	23	WALLASEY AC
227	Darrell	Davies	M	21	MSEN	15	00:41:10	22	00:40:59	22	Prestatyn running club
394	Oliver	Eady	M	22	MU25	4	00:41:17	23	00:40:51	21	
373	Dean	Allison	M	23	MSEN	16	00:41:23	24	00:41:17	24	
606	gwilym	hughes	M	24	M50-54	2	00:41:28	25	00:41:26	25	
485	Dominic	Cooper	M	25	MSEN	17	00:41:30	26	00:41:29	26	Mossley Hill AC
515	Jenna	Brown	F	2	FSEN	1	00:41:42	27	00:41:39	27	Mossley Hill AC
44	Steve	Taylor	M	26	M55-59	1	00:41:54	28	00:41:52	28	Menai Track & Field
424	John	Dyer	M	27	MSEN	18	00:41:58	29	00:41:53	29	
450	Joe	Hughes	M	28	MU25	5	00:42:05	30	00:42:02	30	
611	Iwan	Edgar	M	29	M55-59	2	00:42:13	31	00:42:12	31	Eryri Harriers
625	Jason	Price	M	30	M40-44	2	00:42:16	32	00:42:14	32	
559	Alex	Ryder	M	31	MU25	6	00:42:16	33	00:42:14	33	Prestatyn Running Club
645	Phil	Targett	M	32	M45-49	1	00:42:25	34	00:42:19	34	
232	nolan	webb	M	33	M40-44	3	00:42:25	35	00:42:21	35	
405	Robert	Bradley	M	34	MSEN	19	00:42:30	36	00:42:26	36	
599	Tracey	Llewellyn	F	3	F35-39	1	00:42:44	37	00:42:42	39	Cybi Striders
337	Andrew	Roberts	M	35	M45-49	2	00:42:46	38	00:42:35	37	
521	xavier	laurent	M	36	M40-44	4	00:42:48	39	00:42:42	40	
488	William	Chambers	M	37	MU25	7	00:42:54	40	00:42:42	38	Bangor University Basketball C
375	Paul	Carter	M	38	M40-44	5	00:43:01	41	00:43:00	42	
556	Dan	Foulkes	M	39	MSEN	20	00:43:05	42	00:43:04	43	
536	Kevin	Clark	M	40	M45-49	3	00:43:11	43	00:43:09	44	Cybi Striders
448	Gary	Porter-Jones	M	41	M45-49	4	00:43:16	44	00:42:54	41	Eryri Harriers
416	Ian	Williams	M	42	M45-49	5	00:43:23	45	00:43:20	48	Mossley Hill AC
307	Steffan	Evans	M	43	MSEN	21	00:43:24	46	00:43:14	47	
150	Chris	Murphy	M	44	M45-49	6	00:43:35	47	00:43:27	49	
507	Andy	o'malley	M	45	M40-44	6	00:43:36	48	00:43:12	46	
591	Karl	Truswell	M	46	M40-44	7	00:43:36	49	00:43:34	50	Betsi Runaways
461	David	Ellis	M	47	MSEN	22	00:43:48	50	00:43:42	51	Cybi Striders
347	Helen Jane	Davies	F	4	FSEN	2	00:43:48	51	00:43:45	52	Mossley Hill AC
280	Allan	Lawson	M	48	M45-49	7	00:43:51	52	00:43:12	45	Mossley Hill AC
249	Matt	Evans	M	49	M50-54	3	00:43:56	53	00:43:48	53	Wrecsam Tri Club
517	Gavin	Roche	M	50	M35-39	2	00:44:06	54	00:43:56	54	
193	nicholas	chadwick	M	51	M40-44	8	00:44:12	55	00:44:01	55	
130	Stuart	Madeley	M	52	M35-39	3	00:44:27	56	00:44:25	62	
268	Andy	Roberts	M	53	M40-44	9	00:44:29	57	00:44:10	58	
308	Andrew	Birtwistle	M	54	M40-44	10	00:44:32	58	00:44:27	63	
295	PAUL	MORRIS	M	55	M40-44	11	00:44:32	59	00:44:31	65	
404	steven	roberts	M	56	M50-54	4	00:44:34	60	00:44:31	66	NWRRRC
501	Jamie	Jones	M	57	MU25	8	00:44:35	61	00:44:21	61	
403	Sian	Beck	F	5	F35-39	2	00:44:36	62	00:44:33	67	Prestatyn Running Club
82	Gareth	Griffiths	M	58	MSEN	23	00:44:41	63	00:44:21	60	
486	shane	skillin	M	59	MU25	9	00:44:42	64	00:44:03	56	
415	Mat	Fenwick	M	60	M35-39	4	00:44:43	65	00:44:15	59	
412	Gwyn	Ellis	M	61	M45-49	8	00:44:51	66	00:44:37	69	
369	Arwel	Williams	M	62	MSEN	24	00:44:52	67	00:44:37	68	
527	Mark	Rigby	M	63	M50-54	5	00:44:57	68	00:44:50	71	
362	Gerwyn	Davies	M	64	MSEN	25	00:44:58	69	00:44:10	57	
264	Nia	Gwynn	F	6	F35-39	3	00:45:05	70	00:45:03	73	
560	paul	griffith	M	65	M40-44	12	00:45:09	71	00:44:45	70	Para Fit Hoplites
528	Jennifer	Charlton	F	7	F35-39	4	00:45:11	72	00:45:08	74	Eryri Harriers
72	Adam	Price	M	66	MSEN	26	00:45:11	73	00:44:30	64	Aldridge Running Club
632	Kevin	Williams	M	67	M35-39	5	00:45:23	74	00:45:10	75	
11	TERRY	POOLE	M	68	M55-59	3	00:45:26	75	00:45:23	77	THORNTON CLEVELEYS R.C.
597	Arfon	Bebb	M	69	M35-39	6	00:45:33	76	00:45:26	78	Eryri Harriers
385	Dafydd Fflyffi	Jones	M	70	M35-39	7	00:45:36	77	00:45:16	76	
449	Iestyn	Lloyd	M	71	MSEN	27	00:45:36	78	00:45:31	80	
266	Rob	Batterbee	M	72	MSEN	28	00:45:39	79	00:45:00	72	
356	Patrick	Hickey	M	73	MU25	10	00:45:44	80	00:45:40	85	Liverpool Harriers AC
90	Sam	Harrison	M	74	MU25	11	00:45:57	81	00:45:40	84	
471	grahame	shone	M	75	M60-64	1	00:45:59	82	00:45:57	88	Abergele Harriers
127	stephen	seward	M	76	M40-44	13	00:46:01	83	00:45:46	86	
451	Euros	Wyn	M	77	M40-44	14	00:46:05	84	00:45:59	90	
579	Aled	Thomas	M	78	MSEN	29	00:46:05	85	00:45:38	81	David Lloyd Redway Runners
153	Andrew	Parker	M	79	M35-39	8	00:46:06	86	00:45:28	79	
500	dion	williams	M	80	MU25	12	00:46:08	87	00:45:54	87	
511	Caron	Rees Jones	M	81	MSEN	30	00:46:13	88	00:46:03	91	
540	Chris	Sorsby	M	82	M45-49	9	00:46:15	89	00:45:39	82	
45	Joshua	Cerefice	M	83	MU25	13	00:46:21	90	00:45:59	89	
220	colm	foley	M	84	MSEN	31	00:46:27	91	00:45:40	83	
258	Lewis	Jones	M	85	MSEN	32	00:46:42	92	00:46:39	93	
506	Jonathan	Pratt	M	86	MSEN	33	00:46:49	93	00:46:15	92	
330	Suzy	Cumming	F	8	F35-39	5	00:46:49	94	00:46:46	94	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
94	Gareth	Williams	M	87	MSEN	34	00:47:07	95	00:46:57	97	
180	Jose Eduardo	Vega Perez	M	88	MSEN	35	00:47:19	96	00:46:52	95	
442	Anthony	Howe	M	89	M35-39	9	00:47:23	97	00:47:12	100	Abergele Harriers
276	Dale	Molloy	M	90	M40-44	15	00:47:23	98	00:47:14	101	
438	Alan	Spinks	M	91	M40-44	16	00:47:23	99	00:47:20	102	Mossley Hill AC
122	Ian	Gallery	M	92	M40-44	17	00:47:27	100	00:46:59	98	
588	Aled	Davies	M	93	M35-39	10	00:47:33	101	00:47:27	106	
71	Jacob	Daly	M	94	MSEN	36	00:47:35	102	00:46:53	96	Aldridge Running Club
459	lisa	shepherd	F	9	F40-44	1	00:47:36	103	00:47:28	107	
277	Ben	Garnett	M	95	MU25	14	00:47:38	104	00:47:26	105	
79	Jon	Anslow	M	96	MSEN	37	00:47:41	105	00:47:32	109	Lawley Running Club
241	julie	houghton	F	10	F40-44	2	00:47:42	106	00:47:39	111	Mossley Hill AC
421	Andrew	BRADY	M	97	MSEN	38	00:47:45	107	00:47:30	108	
548	James	Harwood	M	98	M40-44	18	00:47:46	108	00:47:25	103	Eryri Harriers
570	Lindsey	Jones	F	11	F35-39	6	00:47:52	109	00:47:02	99	
225	Lisa	Crosby	F	12	F40-44	3	00:47:53	110	00:47:49	114	Mossley Hill AC
358	Steve	Beynon	M	99	MSEN	39	00:47:53	111	00:47:36	110	
477	Stephen	Shakespeare	M	100	M40-44	19	00:47:55	112	00:47:48	113	
1	Chris	Hoult	M	101	M45-49	10	00:47:59	113	00:47:52	115	Para Fit Hoplites
284	Gwyn	Varney	M	102	MSEN	40	00:48:07	114	00:47:44	112	
58	Allison	Thomas	F	13	F35-39	7	00:48:11	115	00:47:25	104	
255	Richard	Jones	M	103	M45-49	11	00:48:17	116	00:47:58	116	
437	Sara	Parry	F	14	FSEN	3	00:48:21	117	00:48:12	120	
103	Philip	Davies	M	104	MU25	15	00:48:21	118	00:48:12	119	
221	David	Billington	M	105	M35-39	11	00:48:26	119	00:48:22	122	
583	Charlotte	Taylor	F	15	FSEN	4	00:48:30	120	00:48:07	118	
582	Victoria	Taylor	F	16	FU25	2	00:48:30	121	00:48:07	117	
112	Terry	Morris	M	106	M45-49	12	00:48:39	122	00:48:22	123	Bentham beagles running club
429	Kate	Morris	F	17	FU25	3	00:48:39	123	00:48:23	124	Bentham beagles running club
387	Ashleigh	Parry	M	107	MSEN	41	00:48:49	124	00:48:20	121	
508	Merfyn	Jones	M	108	M45-49	13	00:48:52	125	00:48:24	125	
575	Paula	Dixon	F	18	FSEN	5	00:48:56	126	00:48:52	127	Mossley Hill AC
598	Hannah	Jones	F	19	FU25	4	00:48:58	127	00:48:56	129	Betsi Runaways
441	Eurun	Williams	M	109	M50-54	6	00:49:07	128	00:48:55	128	
423	Hannah	Sargeant	F	20	FSEN	6	00:49:09	129	00:49:04	131	
518	Elen	Williams	F	21	FSEN	7	00:49:12	130	00:49:08	134	
573	John	Gallagher	M	110	MSEN	42	00:49:14	131	00:48:29	126	
346	Adam	Horwich	M	111	MU25	16	00:49:14	132	00:49:05	132	
54	Kb Ryan Joshua	Mahindapala	M	112	MU25	17	00:49:31	133	00:49:00	130	
470	Dilwyn	Roberts	M	113	M40-44	20	00:49:31	134	00:49:24	137	Overweight harriers
213	Mark	Jessett	M	114	MSEN	43	00:49:35	135	00:49:18	136	
143	Iolo	Jones	M	115	M45-49	14	00:49:46	136	00:49:45	140	
265	Chris	Jones	M	116	MSEN	44	00:49:51	137	00:49:10	135	
532	John	Southworth	M	117	M50-54	7	00:49:52	138	00:49:35	138	
36	Leon	Civale	M	118	MSEN	45	00:49:53	139	00:49:07	133	
357	Richard	Simcox	M	119	MSEN	46	00:49:53	140	00:49:48	141	
639	Irfon	Jones	M	120	M55-59	4	00:50:12	141	00:49:59	144	
147	Matt	Pooley	M	121	M40-44	21	00:50:19	142	00:49:40	139	
278	Christopher	Wynn	M	122	M50-54	8	00:50:23	143	00:50:10	146	
539	gareth	ellis	M	123	M45-49	15	00:50:25	144	00:50:19	150	
617	Canwyn	Jones	M	124	M35-39	12	00:50:26	145	00:50:07	145	
509	Eleri	Jones	F	22	F45-49	1	00:50:29	146	00:49:50	142	
571	Aisling	Campion	F	23	FU25	5	00:50:39	147	00:49:59	143	
303	Tim	McKnight	M	125	M45-49	16	00:50:48	148	00:50:16	148	
159	Mike	Murray	M	126	M35-39	13	00:50:49	149	00:50:34	153	
641	Dylan	Huws	M	127	M55-59	5	00:50:50	150	00:50:27	152	
355	Jonny	Eldridge	M	128	MSEN	47	00:50:51	151	00:50:12	147	
522	Katherine	Gregson	F	24	FU25	6	00:50:53	152	00:50:21	151	
267	Daniel	Hennessey	M	129	M40-44	22	00:50:57	153	00:50:18	149	Beaumaris town road runners
118	Gerallt	Edwards	M	130	MSEN	48	00:51:10	154	00:51:08	160	
179	Ian	Jones	M	131	MSEN	49	00:51:15	155	00:50:49	155	
238	Michael	Shaw	M	132	MSEN	50	00:51:17	156	00:50:54	158	Mossley Hill AC
567	Claire	Williams	F	25	F50-54	1	00:51:18	157	00:50:56	159	Canicross Anglesey
43	Peter	Bulmer	M	133	M50-54	9	00:51:24	158	00:50:46	154	
636	Tracy	Spicer	F	26	F45-49	2	00:51:32	159	00:50:53	156	
218	Sian	Anderson	F	27	FU25	7	00:51:35	160	00:50:54	157	
178	Ian	Hayhoe	M	134	M65-69	1	00:51:37	161	00:51:30	163	Village Road Runners
410	John	Roberts	M	135	MSEN	51	00:51:41	162	00:51:28	161	
350	Marie	Motley	M	136	M50-54	10	00:51:44	163	00:51:29	162	Mossley Hill AC
446	ellen	williams	F	28	F35-39	8	00:51:56	164	00:51:38	165	
137	Hannah	Griffith	F	29	F40-44	4	00:52:08	165	00:51:58	170	NWRRC
619	Aldan	Stables	M	137	MSEN	52	00:52:10	166	00:51:46	167	
207	Sam	Jones	F	30	FSEN	8	00:52:11	167	00:52:02	171	Wrekin Road Runners
206	Steven	Clark	M	138	MSEN	53	00:52:18	168	00:51:39	166	
453	Andrew	Clark	M	139	MSEN	54	00:52:18	169	00:51:34	164	
324	Sian	Lord	F	31	F35-39	9	00:52:23	170	00:52:09	173	
643	Nathan	Roberts	M	140	MSEN	55	00:52:26	171	00:52:21	178	Para Fit Hoplites
466	Salah	Elghenzai	M	141	M45-49	17	00:52:27	172	00:51:56	169	
101	Ashley	Davies	M	142	MU25	18	00:52:36	173	00:51:49	168	
342	Sian	Owen	F	32	FSEN	9	00:52:37	174	00:52:13	174	
553	jocelyn	roberts	F	33	F35-39	10	00:52:42	175	00:52:08	172	
230	Stephen	Wills	M	143	MSEN	56	00:52:50	176	00:52:16	176	
602	Iwan	Evans	M	144	MU25	19	00:52:50	177	00:52:19	177	
105	Paul	Davis	M	145	M35-39	14	00:52:53	178	00:52:46	181	
304	Owain	Roberts	M	146	MSEN	57	00:52:53	179	00:52:41	180	
312	Gethin	Morgan	M	147	MSEN	58	00:52:55	180	00:52:14	175	
426	Laura	Hughes	F	34	FSEN	10	00:52:58	181	00:52:32	179	
562	Jacek	Borek	M	148	MSEN	59	00:52:59	182	00:52:50	182	
549	Rowenna	Cardy	F	35	FSEN	11	00:53:08	183	00:52:53	183	
366	Philip	Mack	M	149	M45-49	18	00:53:10	184	00:53:04	189	
401	Babette	Bookelaar	F	36	FSEN	12	00:53:16	185	00:53:05	190	
172	Bleddyn	Rhys	M	150	MSEN	60	00:53:17	186	00:52:54	185	
334	Katy	Nelson	F	37	FSEN	13	00:53:18	187	00:52:56	186	
533	Debs	Jones	F	38	F50-54	2	00:53:19	188	00:53:09	193	Llanberis Tri
203	colin	Thackray	M	151	M55-59	6	00:53:26	189	00:53:13	194	NWRRC
252	Amy	Owen-jones	F	39	FU25	8	00:53:28	190	00:53:06	191	

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379	David	Dodgson	M	152	M35-39	15	00:53:30	191	00:53:01	188	
242	Susan	Rogers	F	40	F55-59	1	00:53:33	192	00:53:18	195	Mossley Hill AC
491	Arwel	Evans	M	153	MSEN	61	00:53:35	193	00:53:20	196	
204	Chris	Guisse	M	154	M35-39	16	00:53:36	194	00:52:57	187	
537	Leah	Collis	F	41	FSEN	14	00:53:39	195	00:53:34	198	Tthe unit cgm Felinheli
210	Katie	Coomber	F	42	FU25	9	00:53:42	196	00:52:54	184	
462	Sam	Tiger	F	43	F35-39	11	00:53:53	197	00:53:49	203	Mossley Hill AC
234	MARTIN	JONES	M	155	M35-39	17	00:53:53	198	00:53:33	197	
551	Joseph	Littler Jones	M	156	MU25	20	00:53:59	199	00:53:09	192	
480	Jo	Trafford	F	44	FSEN	15	00:54:03	200	00:53:34	200	
216	ROBIN	GARDINER	M	157	MSEN	62	00:54:05	201	00:53:34	199	
552	Emily	Hampton	F	45	FU25	10	00:54:07	202	00:53:45	202	Canicross Anglesey
383	Hugh	McLay	M	158	M50-54	11	00:54:22	203	00:53:43	201	
618	Katie	Ellis	F	46	FU25	11	00:54:24	204	00:54:07	207	Prestatyn Running Club
260	Stephanie	Barbaresi	F	47	F45-49	3	00:54:32	205	00:54:23	211	
465	Sion	Marini	M	159	M35-39	18	00:54:35	206	00:54:28	215	
208	GARY	TURNER	M	160	M50-54	12	00:54:43	207	00:54:33	216	
19	Sarah	Leatherbarrow	F	48	F50-54	3	00:54:47	208	00:54:03	205	
612	Matt	Bray	M	161	M35-39	19	00:54:47	209	00:54:15	210	
18	Andrew	Pennell	M	162	M50-54	13	00:54:47	210	00:54:03	206	
84	Gill	Amos	F	49	F40-44	5	00:54:47	211	00:54:14	209	
98	Nat Lou	Birkett	F	50	FU25	12	00:54:47	212	00:54:14	208	Aims running club
384	Alan	Parry	M	163	M35-39	20	00:54:47	213	00:54:28	214	
370	Nia	Owen	F	51	FSEN	16	00:54:50	214	00:54:25	213	
389	Joni	Stubbs-Thrush	F	52	F35-39	12	00:54:51	215	00:54:43	221	
390	Cathy	Jolley	F	53	F40-44	6	00:54:51	216	00:54:42	220	
119	Pete	Wallroth	M	164	MSEN	63	00:54:54	217	00:54:25	212	Mummy's Star
541	Mary	Walsh	F	54	FSEN	17	00:54:55	218	00:54:45	224	
92	Liz	Evans	F	55	F60-64	1	00:54:57	219	00:54:44	222	
343	Ian	Blakemore	M	165	M55-59	7	00:55:01	220	00:54:49	225	
184	Sharon	Wood	F	56	F40-44	7	00:55:04	221	00:54:35	217	
169	Kathryn	Roberts	F	57	F40-44	8	00:55:16	222	00:54:53	226	
289	Rob	Jones	M	166	MSEN	64	00:55:17	223	00:54:40	219	
117	Carl	Thatcher	M	167	MSEN	65	00:55:18	224	00:55:11	233	
27	David	Lissaman	M	168	M45-49	19	00:55:20	225	00:54:37	218	
38	Steve	Parry	M	169	M55-59	8	00:55:26	226	00:55:05	230	
391	tony	everid	M	170	M60-64	2	00:55:26	227	00:55:14	235	
190	Lasse	Christensen	M	171	MSEN	66	00:55:26	228	00:55:21	238	
106	Leigh	Jones	M	172	M35-39	21	00:55:26	229	00:54:44	223	
564	Ceri	Jones	F	58	FSEN	18	00:55:26	230	00:55:04	228	
223	Jo	Alexander	F	59	F35-39	13	00:55:27	231	00:55:10	231	
270	Ian	Blewitt	M	173	M50-54	14	00:55:30	232	00:55:27	240	
168	Charlotte	Keen	F	60	FU25	13	00:55:33	233	00:54:54	227	
8	Mark	Sobczak	M	174	M40-44	23	00:55:41	234	00:55:17	236	
215	William	Owen	M	175	M60-64	3	00:55:51	235	00:55:24	239	
311	Sarah	Rowlands	F	61	F40-44	9	00:55:52	236	00:55:12	234	Abergele Harriers
209	Chris	Phillipson	M	176	M35-39	22	00:55:52	237	00:55:46	247	
482	Roseanne	Holanda	F	62	FSEN	19	00:55:55	238	00:55:43	244	
336	Nan	Roberts	F	63	F45-49	4	00:55:55	239	00:55:44	245	
300	Mark	Scarratt	M	177	M50-54	15	00:55:57	240	00:55:51	249	
318	Siobhan	Miller	F	64	FSEN	20	00:55:58	241	00:55:04	229	
569	Nia	Thomas	F	65	F35-39	14	00:56:00	242	00:55:11	232	
345	Mari	Tomos	F	66	FSEN	21	00:56:04	243	00:55:54	251	
281	Rebecca	Sargeant	F	67	FU25	14	00:56:06	244	00:55:44	246	Mossley Hill AC
425	William	Jones	M	178	M40-44	24	00:56:11	245	00:55:20	237	
523	Jessica	Gregson	F	68	FU25	15	00:56:14	246	00:55:42	242	
285	Ian	Owens	M	179	M50-54	16	00:56:24	247	00:55:49	248	
503	Geraint	Evans	M	180	M50-54	17	00:56:29	248	00:56:19	253	
148	Llinos	Owen	F	69	FSEN	22	00:56:29	249	00:55:42	243	
439	Tegwyn	Jones	M	181	M60-64	4	00:56:30	250	00:56:12	252	
367	Rhys	Williams	M	182	MSEN	67	00:56:31	251	00:55:52	250	
326	owain	Roberts	M	183	MU25	21	00:56:31	252	00:55:37	241	
62	Toby	Ellis	M	184	MSEN	68	00:56:32	253	00:53:58	204	
91	Adam	Cherrett	M	185	MSEN	69	00:56:33	254	00:56:23	254	
621	Huw	Jones	M	186	M50-54	18	00:56:54	255	00:56:34	258	
481	Paul	Nurse	M	187	M45-49	20	00:56:54	256	00:56:29	257	
5	Glyn	Watkins	M	188	M60-64	5	00:56:54	257	00:56:36	260	
66	Natalie	Williams	F	70	FSEN	23	00:56:59	258	00:56:46	261	
211	Richard	Simpson	M	189	M35-39	23	00:57:00	259	00:56:53	263	
512	Hadeel	Dart	F	71	FSEN	24	00:57:02	260	00:56:25	256	
620	Ian	Hughes	M	190	MSEN	70	00:57:03	261	00:56:24	255	
125	Gerallt	Davies	M	191	MSEN	71	00:57:11	262	00:56:35	259	
136	Benjamin	Lines	M	192	MSEN	72	00:57:14	263	00:56:59	265	
399	Gavin	Hughes	M	193	MSEN	73	00:57:17	264	00:57:02	269	
496	Christopher	Newton	M	194	MSEN	74	00:57:18	265	00:57:01	267	
392	Gareth	Jones	M	195	M40-44	25	00:57:22	266	00:57:03	270	
530	Rachel	Roberts	F	72	FSEN	25	00:57:25	267	00:57:20	277	
16	Andrew	Collin	M	196	M60-64	6	00:57:29	268	00:56:56	264	
74	Jason	Rigby	M	197	MSEN	75	00:57:32	269	00:56:48	262	
313	mark	gibbs	M	198	M45-49	21	00:57:34	270	00:57:00	266	
187	Barry	Palmer	M	199	M35-39	24	00:57:34	271	00:57:04	271	
55	Simon	Wilkins	M	200	M50-54	19	00:57:37	272	00:57:01	268	
363	Kalvin	Jones	M	201	M50-54	20	00:57:40	273	00:57:25	279	Eryri Harriers
224	Mike	Garrigan	M	202	M45-49	22	00:57:43	274	00:57:12	272	
642	Ifor	Ap Glyn	M	203	M50-54	21	00:57:47	275	00:57:23	278	
86	Malcolm	Harrison	M	204	M55-59	9	00:57:49	276	00:57:16	275	
622	Liz	Brookes	F	73	F50-54	4	00:57:50	277	00:57:26	281	
88	Llio	Jones	F	74	FSEN	26	00:57:54	278	00:57:26	280	
200	Robert	Gater	M	205	MSEN	76	00:57:54	279	00:57:36	283	
623	David	Whitehall	M	206	MSEN	77	00:57:56	280	00:57:39	285	
590	Rhiannon	Hughes	F	75	FSEN	27	00:57:56	281	00:57:39	286	
371	Megan	New	F	76	F40-44	10	00:57:59	282	00:57:19	276	abergele harriers
601	Alison	Jones	F	77	F35-39	15	00:58:00	283	00:57:41	287	
568	Cai	Roberts	M	207	MSEN	78	00:58:03	284	00:57:47	290	
244	HELEN	MAKINSON	F	78	F45-49	5	00:58:05	285	00:57:42	288	Mossley Hill AC
561	Sharon	Thomas	F	79	F45-49	6	00:58:05	286	00:57:56	294	Betsi runaways

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
279	Louise	Bastock	F	80	FSEN	28	00:58:06	287	00:57:37	284	
535	Jason	Roberts	M	208	M35-39	25	00:58:08	288	00:57:14	274	Mummy's Star
534	Alison	Roberts	F	81	F35-39	16	00:58:08	289	00:57:13	273	Mummy's Star
237	Lisa	Pritchard	F	82	F35-39	17	00:58:09	290	00:57:47	289	Mossley Hill AC
49	Veronica	Parry	F	83	FSEN	29	00:58:18	291	00:57:57	295	
505	Chris	Williams	M	209	M35-39	26	00:58:22	292	00:57:35	282	Cybi Striders
542	Christopher	Norvall	M	210	MU25	22	00:58:24	293	00:57:59	298	
543	Kirsty	Donovan	F	84	FSEN	30	00:58:24	294	00:57:59	297	
457	Ryan	Entwistle	M	211	MSEN	79	00:58:25	295	00:57:53	292	
364	Ross	Harris	M	212	MSEN	80	00:58:28	296	00:57:56	293	Boom!
386	dawn	hunt	F	85	F45-49	7	00:58:29	297	00:58:14	302	
546	shakir	saeed	M	213	M40-44	26	00:58:32	298	00:58:31	311	
64	Chris	Bach	M	214	MSEN	81	00:58:35	299	00:57:48	291	
490	Gari	Jones	M	215	M45-49	23	00:58:35	300	00:57:58	296	Burnden Road Runners
558	Claire	Coles-williams	F	86	FSEN	31	00:58:39	301	00:58:13	301	
32	Graham	Jones	M	216	M55-59	10	00:58:40	302	00:58:30	309	
626	Karen	Jones	F	87	F35-39	18	00:58:40	303	00:58:21	304	
327	Tamsin	Jessup	F	88	FSEN	32	00:58:41	304	00:58:05	299	Bliss Charity
413	Dawn	Evans	F	89	F35-39	19	00:58:47	305	00:58:25	306	Mossley Hill AC
409	Rupert	Ellis	M	217	M35-39	27	00:58:49	306	00:58:36	316	
545	Rhian	Frost	F	90	FSEN	33	00:58:53	307	00:58:50	327	
566	Donna	Owen	F	91	F40-44	11	00:58:56	308	00:58:46	324	Betsi Runaways
219	stephanie	foley	F	92	FSEN	34	00:58:58	309	00:58:11	300	
126	Bethan	Houghton	F	93	F40-44	12	00:59:00	310	00:58:33	313	
382	Philip	Coleman	M	218	MU25	23	00:59:02	311	00:58:54	329	
348	jonathan	henson	M	219	M45-49	24	00:59:03	312	00:58:17	303	
368	Catrin	Williams	F	94	FSEN	35	00:59:04	313	00:58:55	330	
287	John	Shaw	M	220	M60-64	7	00:59:05	314	00:58:42	319	Mossley Hill AC
344	Ffion	Tomos	F	95	FSEN	36	00:59:06	315	00:58:57	331	
243	Jason	Davies	M	221	M40-44	27	00:59:09	316	00:58:31	310	
164	Llinos	Proctor	F	96	FSEN	37	00:59:10	317	00:58:33	312	
53	gareth	davies	M	222	MSEN	82	00:59:10	318	00:58:34	315	
595	Aaron	Hulson	M	223	MSEN	83	00:59:11	319	00:58:28	307	
586	Rhydian	Owen	M	224	MSEN	84	00:59:11	320	00:58:28	308	
478	Matthew	Wallace	M	225	MU25	24	00:59:12	321	00:58:23	305	
513	Alison	Heaton	F	97	F50-54	5	00:59:12	322	00:58:49	325	
647	Ola	Finnigan	M	226	MU25	25	00:59:12	323	00:58:46	322	
472	Kitty	Forster	F	98	FSEN	38	00:59:13	324	00:58:38	317	
298	martin	hunt	M	227	M45-49	25	00:59:16	325	00:59:00	334	
519	Alun	Roberts	M	228	M40-44	28	00:59:16	326	00:59:09	338	
299	oliver	hunt	M	229	MU25	26	00:59:17	327	00:59:02	335	
245	Matt	Vizard	M	230	M35-39	28	00:59:21	328	00:58:50	326	Mummy's Star
323	Sioned	Rowlands	F	99	F35-39	20	00:59:22	329	00:58:58	332	
305	steve	lee	M	231	M45-49	26	00:59:23	330	00:58:43	320	
476	Kieran	Davies	M	232	MU25	27	00:59:28	331	00:58:34	314	
191	Felicity	Stokes	F	100	FSEN	39	00:59:29	332	00:59:25	344	
646	Ben	Cox	M	233	M35-39	29	00:59:30	333	00:58:41	318	
291	Huw	Selby	M	234	MSEN	85	00:59:35	334	00:59:19	340	
78	Bethan Wyn	Roberts	F	101	F40-44	13	00:59:37	335	00:58:58	333	
354	Rhys	Roberts	M	235	M50-54	22	00:59:37	336	00:58:51	328	
593	chunk	jones	M	236	MSEN	86	00:59:37	337	00:58:45	321	
594	keith	jones	M	237	M40-44	29	00:59:38	338	00:58:46	323	
194	Rhys	Parry	M	238	M35-39	30	00:59:41	339	00:59:04	337	
407	Geraint	Roberts	M	239	M40-44	30	00:59:45	340	00:59:24	343	
365	Katy	O'Connor	F	102	F50-54	6	00:59:47	341	00:59:32	346	Mummy's Star
283	Emily	Butler	F	103	FU25	16	00:59:47	342	00:59:24	342	
271	Rhys	Harrison	M	240	M65-69	2	00:59:48	343	00:59:23	341	
460	cally	bannon	F	104	FSEN	40	00:59:56	344	00:59:02	336	
604	mike lloyd	hughes	M	241	M35-39	31	00:59:58	345	00:59:51	351	
376	Jessica	Loveland	F	105	FSEN	41	00:59:59	346	00:59:13	339	
433	lisa	jones	F	106	F35-39	21	01:00:02	347	00:59:36	347	
581	Giles	Gough	M	242	MSEN	87	01:00:07	348	01:00:00	355	
335	Louise	Poulter	F	107	FU25	17	01:00:08	349	00:59:58	353	LLangefni
352	Gwenno	Davies	F	108	FU25	18	01:00:09	350	00:59:58	354	
577	roy	jardine	M	243	M65-69	3	01:00:11	351	00:59:49	350	Eryri Harriers
422	Joan	Edwards	F	109	F50-54	7	01:00:13	352	01:00:02	356	NWRRRC
338	Vicki	Barlow	F	110	FSEN	42	01:00:13	353	00:59:28	345	
514	Helen	Campbell	F	111	F40-44	14	01:00:19	354	00:59:56	352	
458	Neil	Johnstone	M	244	M50-54	23	01:00:20	355	01:00:07	358	
587	Ian	Parry	M	245	M35-39	32	01:00:23	356	00:59:41	348	
222	Steph	Payne	F	112	FSEN	43	01:00:28	357	00:59:48	349	
333	Jake	Longworth	M	246	MSEN	88	01:00:31	358	01:00:13	363	
629	Isobel	Marshall	F	113	FU25	19	01:00:38	359	01:00:10	359	
473	Ella	Jones	F	114	FU25	20	01:00:39	360	01:00:04	357	
188	Catrin	Williams	F	115	FU25	21	01:00:51	361	01:00:12	361	
202	Diane	Jones	F	116	F35-39	22	01:00:53	362	01:00:12	360	Abergele Harriers
239	Gavin	Jones	M	247	MSEN	89	01:00:58	363	01:00:20	365	
483	Thomas	Evans	M	248	MU25	28	01:01:04	364	01:00:42	367	
236	Liam	Jones	M	249	M35-39	33	01:01:05	365	01:00:13	362	Para Fit Hoplites
484	Andrew	Evans	M	250	M45-49	27	01:01:05	366	01:00:44	368	
592	SIAN	ROBERTS	M	251	MSEN	90	01:01:09	367	01:00:56	371	
314	Amy	Pritchard	F	117	FU25	22	01:01:10	368	01:00:26	366	teamcynan
306	Ceit	Bannon	F	118	F35-39	23	01:01:10	369	01:00:17	364	
113	angharad	williams	F	119	FU25	23	01:01:11	370	01:00:55	370	
526	Hannah	James	F	120	F35-39	24	01:01:19	371	01:00:51	369	
607	Donna	Redvers Jones	F	121	F40-44	15	01:01:21	372	01:01:02	372	
489	Rhys	Williams	M	252	M40-44	31	01:01:52	373	01:01:39	373	Rhedwyr Glanrafon
251	Theresa	Lewin	F	122	F50-54	8	01:02:08	374	01:01:46	374	Mossley Hill AC
417	Michelle	Williams	F	123	F45-49	8	01:02:09	375	01:01:48	375	Mossley Hill AC
633	Rebecca	Clayton	F	124	FU25	24	01:02:12	376	01:01:59	376	
97	Victoria	Stevenson	F	125	F40-44	16	01:02:13	377	01:02:11	382	
89	James	Jackson	M	253	MSEN	91	01:02:31	378	01:02:01	377	
538	Gemma	Neale	F	126	FSEN	44	01:02:46	379	01:02:04	379	
603	Gary	Nolan	M	254	MSEN	92	01:02:46	380	01:02:03	378	
294	Adam	Squire	M	255	MSEN	93	01:02:55	381	01:02:38	386	
196	Ceri	Pritchard	F	127	FSEN	45	01:03:02	382	01:02:06	380	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
420	Richard	Pritchard	M	256	M55-59	11	01:03:02	383	01:02:07	381	
608	john	gomez	M	257	M55-59	12	01:03:10	384	01:02:37	385	
499	lonwerth	Roberts	M	258	M70-74	1	01:03:10	385	01:02:24	383	Eryri Harriers
627	Pippa	Hardwick	F	128	F35-39	25	01:03:14	386	01:02:50	389	
630	Lucy	Beeseley	F	129	FU25	25	01:03:14	387	01:02:45	388	
214	paul	bowker	M	259	M35-39	34	01:03:15	388	01:03:10	393	
634	Kathryn	Hewitt	F	130	F45-49	9	01:03:25	389	01:02:35	384	Cybi Striders
360	Charlie	Searl	F	131	FSEN	46	01:03:28	390	01:02:40	387	
589	Clare	McCafferty	F	132	FSEN	47	01:03:29	391	01:03:13	394	
554	Sharron	Duffy	F	133	F45-49	10	01:03:42	392	01:03:31	398	
319	Bethany	Clarke	F	134	FU25	26	01:03:46	393	01:03:21	396	
154	Kelly	Henson	F	135	F35-39	26	01:03:47	394	01:03:00	390	
12	Hanna	Thomas	F	136	FU25	27	01:03:50	395	01:03:19	395	
380	Samantha	Emery	F	137	FU25	28	01:03:51	396	01:03:44	399	
272	Tony	Lister	M	260	M65-69	4	01:03:53	397	01:03:06	391	NWRRC
93	Paul	Houlding	M	261	M50-54	24	01:03:56	398	01:03:09	392	
250	Stephen	Linton	M	262	MSEN	94	01:04:00	399	01:03:53	401	
2	Angharad	Morris	F	138	FU25	29	01:04:11	400	01:03:52	400	
65	Lucy	Penkett	F	139	FSEN	48	01:04:18	401	01:03:29	397	
609	Sue	Tovey	F	140	F50-54	9	01:04:27	402	01:04:06	405	
427	iola	Baldwin	F	141	F45-49	11	01:04:29	403	01:04:08	406	
25	Kate	Griffiths	F	142	F40-44	17	01:04:35	404	01:04:05	403	
121	elinor	Burke	F	143	FSEN	49	01:04:37	405	01:04:06	404	
7	Neil	Marshall	M	263	M35-39	35	01:04:37	406	01:04:00	402	
531	Richard	Dall	M	264	M45-49	28	01:04:54	407	01:04:27	408	
315	Lisa	Corkhill	F	144	F35-39	27	01:04:59	408	01:04:36	412	Mossley Hill AC
494	Anwen	Edwards	F	145	F45-49	12	01:05:02	409	01:04:33	410	
495	Guto	Edwards	M	265	M45-49	29	01:05:03	410	01:04:35	411	
161	Llinos	Alun	F	146	F40-44	18	01:05:04	411	01:04:14	407	
100	Roy	Jones	M	266	M55-59	13	01:05:11	412	01:04:45	416	
107	Karen	Rafferty	F	147	FSEN	50	01:05:15	413	01:04:33	409	
111	Lynda	Morris	F	148	F45-49	13	01:05:18	414	01:04:44	414	Bentham beagles running club
600	julie	Pritchard	F	149	F50-54	10	01:05:23	415	01:04:50	417	
445	Sonja	Griffiths	F	150	F50-54	11	01:05:24	416	01:04:43	413	
550	Michelle	Lindfield	F	151	F40-44	19	01:05:24	417	01:04:44	415	
292	Carly	Wilson	F	152	F35-39	28	01:05:28	418	01:04:59	418	
290	Emma	Parkinson	F	153	F40-44	20	01:05:29	419	01:04:59	419	
293	Rachael	Bailey	F	154	F40-44	21	01:05:29	420	01:04:59	420	
30	Polly	Hornby	F	155	F35-39	29	01:05:36	421	01:05:07	424	
596	Mair	Rowlands	F	156	FSEN	51	01:05:36	422	01:05:23	427	
197	Katie	Lee	F	157	FU25	30	01:05:39	423	01:05:03	422	
198	Michael	Lee	M	267	M45-49	30	01:05:39	424	01:05:05	423	
440	Vicky	Jones	F	158	F35-39	30	01:05:43	425	01:05:01	421	Abergele Harriers
77	Eurwyn	Parry	M	268	M40-44	32	01:05:54	426	01:05:20	426	
325	karen	Holmes	F	159	F40-44	22	01:05:58	427	01:05:44	428	
205	Ed	Wright	M	269	MSEN	95	01:06:00	428	01:05:13	425	
282	L-J	Stokes	F	160	FU25	31	01:06:09	429	01:05:45	429	
181	Elin	Evans	F	161	FSEN	52	01:06:14	430	01:06:03	435	
182	Patrick	Evans	M	270	MSEN	96	01:06:14	431	01:06:02	434	
228	Andy	Mac Donald	M	271	M40-44	33	01:06:29	432	01:05:48	432	Abergele Harriers
185	Steven	Bullows	M	272	M60-64	8	01:06:34	433	01:06:04	436	
248	Donna	Haggas	F	162	FSEN	53	01:06:35	434	01:05:47	430	
254	Valery	Jones	F	163	F40-44	23	01:06:36	435	01:06:14	439	
414	aaron	haggas	M	273	M35-39	36	01:06:36	436	01:05:47	431	
396	Joseph	Fearn	M	274	M35-39	37	01:06:36	437	01:06:06	437	
247	Karen	Williams	M	275	M35-39	38	01:06:48	438	01:06:20	441	Betsi runaways
83	Robert	Thomas	M	276	MSEN	97	01:06:52	439	01:06:02	433	Meirionnydd Running Club
226	Ynyr	Hughes	M	277	M45-49	31	01:06:53	440	01:06:18	440	
302	Will	McKnight	M	278	MU25	29	01:06:53	441	01:06:22	442	
317	Anna	Coombs	F	164	FSEN	54	01:06:53	442	01:06:09	438	
638	Barry	Thomas	M	279	M50-54	25	01:07:04	443	01:06:23	443	Abergele Harriers
428	Ivy-Jo	Lucas	F	165	FU25	32	01:07:09	444	01:06:34	444	
613	Gwawr	Hughes	F	166	FU25	33	01:07:12	445	01:06:38	446	
144	Ffion	James	F	167	FSEN	55	01:07:14	446	01:06:36	445	
47	darren	seeney	M	280	M45-49	32	01:07:23	447	01:07:07	452	
46	jacqueline	seeney	F	168	F45-49	14	01:07:23	448	01:07:07	453	
419	sara	jones	F	169	F40-44	24	01:07:34	449	01:07:03	451	
574	Janice	Edwards	F	170	F45-49	15	01:07:42	450	01:06:53	447	
140	Leslie	Thomas-Pugh	F	171	F40-44	25	01:07:44	451	01:06:53	448	
378	Rhian	Mckeaveney	F	172	F35-39	31	01:07:44	452	01:07:19	454	
339	Nicola	Jordan	F	173	FSEN	56	01:07:45	453	01:06:54	449	
316	Llion	Davies	M	281	MU25	30	01:07:46	454	01:06:58	450	
504	Laurence	Cox	M	282	M40-44	34	01:07:50	455	01:07:24	456	
398	Angharad	Rhisiart	F	174	F35-39	32	01:07:58	456	01:07:32	460	
68	rosie	furnifer	F	175	FSEN	57	01:07:59	457	01:07:20	455	
253	Elen	Davie	F	176	FU25	34	01:08:00	458	01:07:46	461	
624	Chris	Detton	M	283	MSEN	98	01:08:01	459	01:07:25	457	
231	Martin	Ryall	M	284	MU25	31	01:08:27	460	01:07:30	459	
162	Jon	Matthews	M	285	M50-54	26	01:08:31	461	01:07:29	458	Glossopdale Harriers
615	Karen	Williams	F	177	F35-39	33	01:08:42	462	01:07:57	463	
616	Nia	Maloney	F	178	F45-49	16	01:08:42	463	01:07:57	462	
374	Richard Gwyn	Jones	M	286	MSEN	99	01:08:43	464	01:08:20	468	
463	Buddug	Roberts	F	179	FSEN	58	01:08:51	465	01:08:17	467	
37	Delyth	Molyneaux	F	180	F50-54	12	01:08:52	466	01:08:14	465	
15	ann	Webb	F	181	F50-54	13	01:08:52	467	01:08:14	466	
67	Lindsay	Lloyd	F	182	FSEN	59	01:08:52	468	01:08:04	464	
288	Anna	Lloyd	F	183	FSEN	60	01:09:17	469	01:08:41	470	
525	John	Bilsland	M	287	M65-69	5	01:09:21	470	01:08:32	469	
233	Elin	Evans	M	288	MU25	32	01:09:26	471	01:08:48	471	
644	Gareth	Culley	M	289	MSEN	100	01:09:46	472	01:08:57	472	
469	Bedwyr	Davies	M	290	MSEN	101	01:09:49	473	00:00:00	0	
132	Eirian	Huws	F	184	FSEN	61	01:10:11	474	01:09:44	473	
4	Nicola	Watkins	F	185	FSEN	62	01:10:22	475	01:10:03	478	Brighton and Hove Women's Runn
263	CHERYL	ASHWORTH WILLIAMS	F	186	F50-54	14	01:10:29	476	01:09:45	474	
637	ISABEL	LOGAN-OWEN	F	187	F40-44	26	01:10:29	477	01:09:45	475	Para Fit Hoplites
59	Tim	Patten	M	291	MU25	33	01:10:36	478	01:10:25	482	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
60	Hannah	Sadd	F	188	FU25	35	01:10:36	479	01:10:25	481	
152	Simon	Hilldrup	M	292	M45-49	33	01:10:45	480	01:09:59	477	
151	iona	hilldrup	F	189	F40-44	27	01:10:45	481	01:09:59	476	
131	Hannah	Jones	F	190	FSEN	63	01:10:56	482	01:10:05	479	
614	Sian	Davies	F	191	F50-54	15	01:11:01	483	01:10:15	480	
309	Rachel	Woods	F	192	FSEN	64	01:11:23	484	01:10:39	483	
520	Sian	Parry	F	193	FSEN	65	01:11:28	485	01:11:18	489	Betsi runaways
393	Dean	Nicholls	M	293	M35-39	39	01:11:32	486	01:10:55	485	
163	Ruth	Nicholls	F	194	F35-39	34	01:11:34	487	01:10:56	486	
310	Vera	Fernandes	F	195	FSEN	66	01:11:35	488	01:10:50	484	
524	Rebecca	Williams	F	196	F35-39	35	01:11:46	489	01:11:11	487	Betsi Runaways
444	alan	owen	M	294	M40-44	35	01:11:47	490	01:11:12	488	
165	lola	Parry	F	197	F35-39	36	01:11:57	491	01:11:38	491	
585	meinir	llwyd	F	198	F40-44	28	01:11:57	492	01:11:39	492	
557	Sarah	Popplewell	F	199	F40-44	29	01:12:04	493	01:11:20	490	
139	Louisa	Morgan	F	200	F35-39	37	01:12:12	494	01:11:42	493	Mummy's Star
173	Menai Wyn	Lloyd	F	201	F35-39	38	01:13:00	495	01:12:29	494	
563	Heather	Wells	F	202	FU25	36	01:13:30	496	01:13:03	497	
296	Michael	Snares	M	295	MU25	34	01:13:30	497	01:13:02	496	
331	Jack	Williams	M	296	MU25	35	01:13:32	498	01:12:43	495	
192	Nia	Edwards	F	203	FSEN	67	01:13:48	499	01:13:22	498	Mummy's Star
406	Lucy	Bradley	F	204	FSEN	68	01:14:13	500	01:13:55	500	
274	Alys	Llywelyn-Hughes	F	205	F45-49	17	01:15:01	501	01:14:26	502	
341	Giorgio	Mercantini	M	297	MSEN	102	01:15:12	502	01:14:18	501	
63	Phoebe	Ellis	F	206	FU25	37	01:15:17	503	01:13:26	499	
129	emma	jones	F	207	FSEN	69	01:15:23	504	01:14:32	503	
321	Donna	Cox	F	208	F45-49	18	01:15:26	505	01:14:58	504	
149	Claire	Jones	F	209	FSEN	70	01:15:45	506	01:14:59	505	
269	Sean	Woods	M	298	M45-49	34	01:15:51	507	01:15:04	507	
340	Sophie	Gordon	F	210	FSEN	71	01:15:58	508	01:15:02	506	
199	Gwenfron	Hughes	M	299	MSEN	103	01:16:10	509	01:16:02	510	
261	sian	parry	F	211	FSEN	72	01:16:10	510	01:15:44	509	
133	Hanna	Pugh	F	212	FU25	38	01:16:23	511	01:15:32	508	
610	Bethan	Gibbons	F	213	FSEN	73	01:16:30	512	01:16:06	513	
142	Della	Jones	F	214	F40-44	30	01:16:37	513	01:16:04	511	Mummy's Star
141	Ceri	Williams	F	215	F40-44	31	01:16:37	514	01:16:04	512	Mummy's Star
29	Tracey	Clement	F	216	F35-39	39	01:17:35	515	01:16:53	514	
28	Dewi	Evans	M	300	M50-54	27	01:17:35	516	01:16:53	515	
578	Elise	Tynan	F	217	FSEN	74	01:18:12	517	01:17:22	516	
474	Nadine	Vernon	F	218	FSEN	75	01:18:13	518	01:17:53	517	
160	Sarah	Roberts	F	219	F40-44	32	01:19:48	519	01:19:29	518	
158	Gill	Murray	F	220	F40-44	33	01:21:32	520	01:20:50	519	
189	Wendy	Williams	F	221	F35-39	40	01:21:33	521	01:20:51	520	
432	Claire	Sharples	F	222	FSEN	76	01:22:14	522	01:21:40	521	Chorlton Runners
430	Paula	Dodd	F	223	F45-49	19	01:22:18	523	01:21:43	522	Chorlton Runners
436	Jodie	Bennett	F	224	F35-39	41	01:24:42	524	01:24:07	523	Chorlton Runners
135	Demythologise	Humphreys	F	225	F35-39	42	01:24:47	525	01:24:22	524	
171	dawn	williams	F	226	FU25	39	01:25:23	526	01:25:15	525	
186	Tanya	Bampton	F	227	FSEN	77	01:27:35	527	01:26:55	526	
177	Tamzin	Williams	F	228	FSEN	78	01:27:38	528	01:26:57	527	
176	Melanie	Clowes	F	229	F50-54	16	01:27:41	529	01:27:01	528	
431	Jess	Dodd	F	230	FU25	40	01:28:02	530	01:27:29	530	Chorlton Runners
80	John	Etherson	M	301	M40-44	36	01:28:03	531	01:27:28	529	Chorlton Runners
87	Deborah	Robinson	F	231	F45-49	20	01:30:11	532	01:29:39	531	
123	bethan	williams	F	232	F35-39	43	01:35:30	533	01:35:04	533	
235	dafydd	pritchard	M	302	M65-69	6	01:35:43	534	01:34:50	532	
102	Einion	Williams	M	303	M50-54	28	01:37:36	535	01:36:42	534	
155	Peter	Wallroth	M	304	M60-64	9	01:56:20	536	01:55:25	535	
156	Phil	Wallroth	F	233	F60-64	2	01:57:02	537	01:56:09	537	
157	Verna	Wallroth	F	234	F40-44	34	01:57:03	538	01:56:08	536	
349	PAM	GRANT	F	DNF	F55-59	DNF	DNF	DNF	DNF	DNF	MYSTERUNS
576	Heledd	Owens	F	DNF	FSEN	DNF	DNF	DNF	DNF	DNF	
544	Sam	Green	M	DNF	MU25	DNF	DNF	DNF	DNF	DNF	Bangor University Athletics Cl
174	Catherine	Boylan	F	DNF	FSEN	DNF	DNF	DNF	DNF	DNF	