

**2015 Bangor 10K Results**

<b>Race#</b>	<b>Forename</b>	<b>Surname</b>	<b>Gender</b>	<b>Gen Pos</b>	<b>Cat</b>	<b>Cat Pos</b>	<b>Chip Time</b>	<b>Pos</b>	<b>Gun Time</b>	<b>Pos</b>	<b>Club</b>
385	Russell	Bentley	M	1	MSENIOR	1	00:32:57	1	00:32:57	1	ERYRI HARRIERS
343	Alun	Williams	M	2	MV35	1	00:33:56	2	00:33:58	2	
302	Gareth	Hughes	M	3	MSENIOR	2	00:34:58	3	00:34:59	3	MERCIA
315	Michael	Corrales	M	4	MSENIOR	3	00:35:01	4	00:35:02	4	
357	Joel	Allen	M	5	MSENIOR	4	00:36:54	5	00:36:55	5	
224	Simon	Barkley	M	6	MV40	1	00:37:49	6	00:37:50	6	OSWESTRY OLYMPIANS
379	Owen	Mitchell	M	7	MSENIOR	5	00:38:01	7	00:38:03	7	BANGOR UNIVERSITY AC
376	Phil	Lynes	M	8	MSENIOR	6	00:38:14	8	00:38:16	8	
271	John	Williams	M	9	MSENIOR	7	00:39:20	9	00:39:21	9	BRAMHALL RUNNERS
356	Paul	Barbier	M	10	MV45	1	00:39:25	10	00:39:26	10	ERYRI HARRIERS
48	Nick	Foden	M	11	MSENIOR	8	00:39:50	11	00:39:51	11	ABERGELE HARRIERS
243	David	Williams	M	12	MV40	2	00:40:31	12	00:40:36	12	
40	Steffan	Evans	M	13	MSENIOR	9	00:40:42	13	00:40:44	13	STEFFAN EVANS
321	Brian	Wills	M	14	MV40	3	00:41:19	15	00:41:20	14	ERYRI HARRIERS
299	Chris	Jones	M	15	MSENIOR	10	00:41:01	14	00:41:23	15	
248	Chris	Booth	M	16	MSENIOR	11	00:41:22	16	00:41:29	16	
175	Andrew	Roberts	M	17	MV50	1	00:41:25	17	00:41:30	17	
99	Garyaero	Porter-Jones	M	18	MV45	2	00:41:44	19	00:41:48	18	ERYRI HARRIERS
314	Steven	Roberts	M	19	MV50	2	00:41:48	20	00:41:53	19	NWRRC
194	Dean	Allison	M	20	MSENIOR	12	00:41:49	21	00:41:55	20	
296	Will	Chambers	M	21	MSENIOR	13	00:41:39	18	00:42:04	21	BANGOR UNIVERSITY AC
88	Steve	Taylor	M	22	MV55	1	00:42:09	22	00:42:19	22	MENAI TRACK & FIELD
245	Geoff	Brierley	M	23	MV35	2	00:42:43	23	00:43:03	23	
196	Craig	Belfield	M	24	MV50	3	00:43:25	25	00:43:32	24	ALTRINCHAM AND DISTRICT
365	Dylan	Huws	M	25	MV55	2	00:43:33	27	00:43:35	25	
63	Luke	Stevens	M	26	MSENIOR	14	00:43:35	28	00:43:38	26	
344	Karl	Truswell	M	27	MV45	3	00:43:17	24	00:43:43	27	BETSI RUNAWAYS
139	Patrick	Hickey	M	28	MSENIOR	15	00:43:45	29	00:43:49	28	LIVERPOOL HARRIERS & AC
62	Suzy	Cumming	F	1	FV40	1	00:43:53	31	00:43:55	29	
1078	Gavin	Roche	M	29	MV40	4	00:43:53	30	00:43:59	30	
116	Patrick	Jelley	M	30	MSENIOR	16	00:43:29	26	00:44:13	31	
293	Kevin	Clark	M	31	MV45	4	00:44:23	32	00:44:32	32	CYBI STRIDERS
277	Aled	Thomas	M	32	MSENIOR	17	00:44:28	33	00:45:04	33	
206	David	Edwardson	M	33	MV45	5	00:44:43	34	00:45:16	34	

<b>337</b>	Shane	Skillin	<b>M</b>	34	<b>MSENIOR</b>	18	00:44:55	36	<b>00:45:23</b>	<b>35</b>	BANGOR UNIVERSITY AC
<b>360</b>	Llyr	Rees	<b>M</b>	35	<b>MV45</b>	6	00:44:45	35	<b>00:45:32</b>	<b>36</b>	BEAUMARIS TOWN ROAD RUNNERS
<b>55</b>	Hannah	Jones	<b>F</b>	2	<b>FSENIOR</b>	1	00:45:31	38	<b>00:45:33</b>	<b>37</b>	BETSI RUNAWAYS
<b>300</b>	Katy	Nelson	<b>F</b>	3	<b>FSENIOR</b>	2	00:45:31	39	<b>00:45:33</b>	<b>38</b>	
<b>212</b>	Joseph	Littler Jones	<b>M</b>	36	<b>MSENIOR</b>	19	00:45:28	37	<b>00:45:43</b>	<b>39</b>	
<b>330</b>	Stephen	Price-Jones	<b>M</b>	37	<b>MSENIOR</b>	20	00:46:03	40	<b>00:46:14</b>	<b>40</b>	NWRRC
<b>123</b>	Owain	Roberts	<b>M</b>	38	<b>MSENIOR</b>	21	00:46:14	41	<b>00:46:23</b>	<b>41</b>	
<b>143</b>	Jo	Norrington	<b>F</b>	4	<b>FSENIOR</b>	3	00:46:33	44	<b>00:46:51</b>	<b>42</b>	CANTERBURY HARRIERS
<b>369</b>	Neil	Gillard	<b>M</b>	39	<b>MU20</b>	1	00:46:19	42	<b>00:46:55</b>	<b>43</b>	
<b>323</b>	Mark	Holmes	<b>M</b>	40	<b>MSENIOR</b>	22	00:46:27	43	<b>00:46:58</b>	<b>44</b>	
<b>325</b>	Iolo	Bryn	<b>M</b>	41	<b>MSENIOR</b>	23	00:47:05	46	<b>00:47:11</b>	<b>45</b>	
<b>71</b>	Liza	Crompton	<b>F</b>	5	<b>FV40</b>	2	00:47:12	48	<b>00:47:15</b>	<b>46</b>	
<b>128</b>	Derwyn	Roberts	<b>M</b>	42	<b>MV40</b>	5	00:47:10	47	<b>00:47:18</b>	<b>47</b>	
<b>162</b>	Chris	Steggles	<b>M</b>	43	<b>MSENIOR</b>	24	00:46:51	45	<b>00:47:25</b>	<b>48</b>	
<b>66</b>	Kristina	Kordiak	<b>F</b>	6	<b>FV35</b>	1	00:47:25	51	<b>00:47:46</b>	<b>49</b>	
<b>340</b>	Jamie	Lyons	<b>M</b>	44	<b>MU20</b>	2	00:47:22	49	<b>00:47:50</b>	<b>50</b>	
<b>347</b>	Cai	Roberts	<b>M</b>	45	<b>MSENIOR</b>	25	00:47:24	50	<b>00:47:54</b>	<b>51</b>	
<b>142</b>	Bryn	Tomos	<b>M</b>	46	<b>MV50</b>	4	00:47:41	54	<b>00:47:55</b>	<b>52</b>	
<b>210</b>	Silvana	Borg Barthet	<b>F</b>	7	<b>FV40</b>	3	00:47:49	55	<b>00:47:56</b>	<b>53</b>	
<b>339</b>	Gethin	Morgan	<b>M</b>	47	<b>MSENIOR</b>	26	00:47:29	53	<b>00:47:58</b>	<b>54</b>	
<b>373</b>	Steff	Corfield	<b>M</b>	48	<b>MV35</b>	3	00:47:53	56	<b>00:47:59</b>	<b>55</b>	
<b>60</b>	Deborah	Boney	<b>F</b>	8	<b>FSENIOR</b>	4	00:47:27	52	<b>00:48:16</b>	<b>56</b>	
<b>133</b>	Vicente	Planells	<b>M</b>	49	<b>MSENIOR</b>	27	00:48:01	57	<b>00:48:17</b>	<b>57</b>	
<b>176</b>	Tesni	Buddug	<b>F</b>	9	<b>FSENIOR</b>	5	00:48:14	60	<b>00:48:38</b>	<b>58</b>	
<b>115</b>	Charlotte	Miles	<b>F</b>	10	<b>FSENIOR</b>	6	00:48:08	58	<b>00:48:50</b>	<b>59</b>	
<b>70</b>	Peter	Bell	<b>M</b>	50	<b>MV35</b>	4	00:48:48	64	<b>00:48:51</b>	<b>60</b>	
<b>107</b>	Ifan	James	<b>M</b>	51	<b>MSENIOR</b>	28	00:48:30	62	<b>00:49:01</b>	<b>61</b>	
<b>131</b>	Gwilym	W	<b>M</b>	52	<b>MV65</b>	1	00:48:09	59	<b>00:49:08</b>	<b>62</b>	
<b>225</b>	Matthew	Cooper	<b>M</b>	53	<b>MSENIOR</b>	29	00:48:18	61	<b>00:49:11</b>	<b>63</b>	MACCLESFIELD HARRIERS
<b>272</b>	Sally	Hoyle	<b>F</b>	11	<b>FSENIOR</b>	7	00:49:07	67	<b>00:49:16</b>	<b>64</b>	
<b>37</b>	Chris	Hoult	<b>M</b>	54	<b>MV45</b>	7	00:48:46	63	<b>00:49:25</b>	<b>65</b>	PARAFIT HOPLITES
<b>183</b>	Ryan	Mills	<b>M</b>	55	<b>MSENIOR</b>	30	00:49:17	69	<b>00:49:25</b>	<b>66</b>	
<b>363</b>	Alison	Thomas	<b>F</b>	12	<b>FV45</b>	1	00:49:25	73	<b>00:49:27</b>	<b>67</b>	ERYRI HARRIERS
<b>350</b>	Jocelyn	Roberts	<b>M</b>	56	<b>MV35</b>	5	00:49:03	66	<b>00:49:30</b>	<b>68</b>	
<b>101</b>	Hannah	Griffith	<b>F</b>	13	<b>FV40</b>	4	00:49:20	70	<b>00:49:33</b>	<b>69</b>	NWRRC
<b>119</b>	Sion	Roberts	<b>M</b>	57	<b>MV35</b>	6	00:49:28	74	<b>00:49:33</b>	<b>70</b>	CYBI STRIDERS

17	Ioan	Hartleb	M	58	MSENIOR	31	00:48:59	65	00:49:38	71	
366	Ellie	New	F	14	FU20	1	00:49:22	71	00:49:40	72	COLWYN BAY ATHLETICS
120	Terry	Morris	M	59	MV45	8	00:49:08	68	00:49:48	73	BENTHAM BEAGLES
278	Bethan	Rees	F	15	FSENIOR	8	00:49:58	75	00:50:12	74	
36	Paul	Stagg	M	60	MV50	5	00:49:24	72	00:50:27	75	
124	Gary	Turner	M	61	MV50	6	00:50:09	76	00:50:29	76	
234	Alan	Melia	M	62	MV40	6	00:50:23	77	00:50:33	77	
226	Martin	Jones	M	63	MV40	7	00:50:44	78	00:50:52	78	DENBIGH HARRIERS
335	Claire	Bishop	F	16	FSENIOR	9	00:50:51	81	00:51:07	79	BETSI RUNAWAYS
295	Kelly	Alford	F	17	FSENIOR	10	00:50:44	79	00:51:12	80	
380	Andrew	Evans	M	64	MV35	7	00:51:09	86	00:51:19	81	
305	Pete	Wallroth	M	65	MV35	8	00:50:47	80	00:51:29	82	MUMMYS STAR
90	David	Bickerton	M	66	MSENIOR	32	00:50:59	83	00:51:36	83	
229	Ian	Gallery	M	67	MV40	8	00:51:02	84	00:51:43	84	
262	Leigh	Jones	M	68	MV35	9	00:51:17	87	00:51:45	85	
326	Benjamin	Simmonds	M	69	MU20	3	00:51:20	88	00:51:48	86	BENJAMIN
57	Tricia	Hirst	F	18	FV55	1	00:51:41	89	00:51:48	87	
242	Paul	Willacy	M	70	MV35	10	00:50:59	82	00:51:59	88	
316	Rhys	Williams	M	71	MSENIOR	33	00:51:05	85	00:52:00	89	
168	Rowland	Sharp	M	72	MV55	3	00:52:04	91	00:52:13	90	
155	Barry	Palmer	M	73	MV35	11	00:52:06	92	00:52:39	91	
65	Hannah	Mart	F	19	FV35	2	00:52:23	93	00:52:43	92	
324	Amy	Pritchard	F	20	FSENIOR	11	00:52:46	96	00:52:51	93	PARAFIT HOPLITES
375	Steph	Ball	F	21	FSENIOR	12	00:52:45	95	00:52:52	94	
96	William	Owen	M	74	MV60	1	00:52:48	97	00:52:59	95	
118	Robert	Williams	M	75	MV60	2	00:52:04	90	00:53:03	96	
318	Mark	Bamford	M	76	MSENIOR	34	00:52:50	99	00:53:05	97	
13	Aled	John	M	77	MSENIOR	35	00:52:48	98	00:53:06	98	
141	Colin	Thackray	M	78	MV55	4	00:52:57	101	00:53:08	99	NWRRC
273	Paul	Jones	M	79	MV35	12	00:53:10	104	00:53:29	100	
270	Simon	Wilkins	M	80	MV50	7	00:53:05	103	00:53:36	101	
383	Irfon	Jones	M	81	MV55	5	00:53:25	107	00:53:37	102	
358	Sonia	Williams	F	22	FSENIOR	13	00:53:23	105	00:53:37	103	
43	Paul	Maw	M	82	MV45	9	00:53:25	106	00:53:41	104	
370	Wendy	Chant	F	23	FV45	2	00:52:55	100	00:53:42	105	
51	Amanda Louise	Sellens	F	24	FSENIOR	14	00:52:41	94	00:53:45	106	

198	Victoria	Taylor	F	25	FV40	5	00:52:59	102	00:53:48	107	
157	Daniela	Schlick	F	26	FV35	3	00:53:37	108	00:53:48	108	
169	Jack	Williams	M	83	MSENIOR	36	00:53:42	110	00:53:57	109	
371	Geraint	Morgan	M	84	MV55	6	00:53:39	109	00:54:07	110	
177	Ian	Blewitt	M	85	MV50	8	00:54:23	113	00:55:01	111	SRC - HYDE
362	Chris	Williams	M	86	MV35	13	00:54:41	115	00:55:07	112	CUBIC STRIDERS
332	Rhian	Jones	F	27	FSENIOR	15	00:54:11	111	00:55:09	113	
331	Stephen	Ratcliffe	M	87	MV50	9	00:54:43	117	00:55:11	114	BIDDULPH RC
241	Daniel	Farrell	M	88	MSENIOR	37	00:54:21	112	00:55:21	115	
254	Alex	Scargill	M	89	MV35	14	00:54:41	116	00:55:22	116	
257	Hayley	Macdonald-Jones	F	28	FV35	4	00:55:05	124	00:55:23	117	
349	Joni	Stubbs-Thrush	F	29	FV35	5	00:54:45	118	00:55:25	118	
247	Jack	Stanyer	M	90	MSENIOR	38	00:54:32	114	00:55:28	119	
292	Cheryl	Lord Brown	F	30	FV45	3	00:55:23	130	00:55:29	120	
61	David	Jones	M	91	MV45	10	00:54:55	121	00:55:29	121	
122	Aidan	Turner	M	92	MU20	4	00:55:10	126	00:55:30	122	
351	John	Davies	M	93	MSENIOR	39	00:54:49	119	00:55:32	123	
352	Elin	Jones	F	31	FSENIOR	16	00:54:50	120	00:55:32	124	
211	Geraint	Roberts	M	94	MV40	9	00:55:30	131	00:55:34	125	
382	Gwenllian	Herd	F	32	FV40	6	00:55:03	123	00:55:48	126	
381	George	Herd	M	95	MV45	11	00:55:06	125	00:55:50	127	
353	Mark	Oneill	M	96	MV45	12	00:54:58	122	00:55:57	128	
368	Neil	Ballard	M	97	MV55	7	00:55:36	133	00:56:00	129	
290	Marcos	De Almeida	M	98	MSENIOR	40	00:55:16	128	00:56:01	130	
364	Megan	New	F	33	FV40	7	00:55:44	138	00:56:01	131	ABERGELE HARRIERS
154	Ceri	Pritchard	F	34	FSENIOR	17	00:55:31	132	00:56:06	132	
191	Bethan	Houghton	F	35	FV40	8	00:55:14	127	00:56:08	133	
83	Andrew	Collin	M	99	MV60	3	00:55:37	134	00:56:10	134	
377	Ceri	Jones	F	36	FSENIOR	18	00:56:02	142	00:56:15	135	NWRRC
372	Liz	Brookes	F	37	FV50	1	00:55:19	129	00:56:17	136	
322	Kurmang	Rashid	M	100	MV55	8	00:56:18	146	00:56:18	137	
338	Ffion	Verburg	F	38	FV50	2	00:56:07	143	00:56:21	138	CYBI STRIDERS
219	Jessica	Whitehead	F	39	FSENIOR	19	00:55:40	136	00:56:22	139	
218	Stephen	Mullan	M	101	MSENIOR	41	00:55:40	135	00:56:22	140	
259	Stewart	Edney	M	102	MV45	13	00:55:41	137	00:56:26	141	
158	Iestyn	Jones	M	103	MV35	15	00:55:55	140	00:56:45	142	

53	Eleri	Roberts	F	40	FSENIOR	20	00:56:22	149	00:56:52	143	
201	Bryn	Owen	M	104	MV35	16	00:56:00	141	00:56:55	144	
87	Tomos	Topps	M	105	MU20	5	00:56:27	152	00:56:57	145	
49	Olwen	Stagg	F	41	FSENIOR	21	00:55:54	139	00:56:58	146	
192	Emma	Hovendon	F	42	FV40	9	00:56:11	144	00:56:58	147	
161	Naomi	Forrester	F	43	FSENIOR	22	00:56:28	153	00:57:02	148	
174	Nan	Roberts	F	44	FV45	4	00:56:36	156	00:57:05	149	
56	Diane	Jones	F	45	FV40	10	00:56:34	155	00:57:06	150	ABERGELE HARRIERS
298	Kate	Farmer	F	46	FSENIOR	23	00:56:25	151	00:57:07	151	
137	Mike	Garrigan	M	106	MV45	14	00:56:15	145	00:57:08	152	
222	Rhys	Harrison	M	107	MV65	2	00:56:23	150	00:57:14	153	
246	Kevin	Stanyer	M	108	MV55	9	00:56:18	147	00:57:15	154	
178	Laura	Bater	F	47	FSENIOR	24	00:57:04	162	00:57:17	155	
179	Michael	Brunger	M	109	MV35	17	00:57:03	161	00:57:17	156	
114	Julie	Williams	F	48	FV40	11	00:56:21	148	00:57:18	157	
221	Samuel	Evans	M	110	MSENIOR	42	00:56:54	157	00:57:18	158	
244	Debs	Gardner	F	49	FV45	5	00:57:15	164	00:57:19	159	BIRKENHEAD AC
202	Eurwyn	Parry	M	111	MV45	15	00:56:56	160	00:57:24	160	
52	Mark	Roberts	M	112	MV45	16	00:56:55	158	00:57:24	161	
113	Hayley	Jones	F	50	FV40	12	00:56:31	154	00:57:27	162	
359	Sarah	Marriott	F	51	FV35	6	00:57:06	163	00:57:43	163	
230	Eirian	Edwards	F	52	FSENIOR	25	00:57:45	171	00:57:48	164	
148	John	Williams	M	113	MSENIOR	43	00:56:56	159	00:57:53	165	
75	Sarah	Manfredi	F	53	FV40	13	00:57:19	165	00:57:57	166	
197	Ceri	Lewis	F	54	FSENIOR	26	00:57:19	166	00:57:58	167	
140	Tom	Cowans	M	114	MV35	18	00:57:21	167	00:58:00	168	
236	Charlotte	Owen	F	55	FSENIOR	27	00:57:44	170	00:58:05	169	
82	Carl	Thatcher	M	115	MV35	19	00:58:01	176	00:58:08	170	
361	Debbie	Roberts	F	56	FV35	7	00:57:33	168	00:58:09	171	BEAUMARIS TOWN ROAD RUNNERS
348	Jessica	Loveland	F	57	FV35	8	00:57:38	169	00:58:11	172	
195	Rhys	Roberts	M	116	MV50	10	00:57:47	172	00:58:24	173	
216	Jack	Mclean	M	117	MSENIOR	44	00:58:01	175	00:58:28	174	
232	Ellen	Mcallister	F	58	FV35	9	00:58:36	178	00:58:42	175	
252	Andrew	Massey	M	118	MV50	11	00:57:47	173	00:58:51	176	
45	Tom	Perrin	M	119	MSENIOR	45	00:57:53	174	00:58:56	177	
209	John	Gomez	M	120	MV55	10	00:58:15	177	00:59:01	178	

9	Lois Clwyd	Hughes	F	59	FSENIOR	28	00:58:56	180	00:59:12	179	
386	Paul	Jones	M	121	MV60	4	00:58:38	179	00:59:30	180	
171	Jennifer	Amos	F	60	FSENIOR	29	00:59:08	182	00:59:41	181	CHORLTON RUNNERS
86	Sian	Topps	F	61	FV40	14	00:59:21	183	00:59:51	182	
200	Donna	Owen	F	62	FSENIOR	30	00:59:06	181	01:00:01	183	
285	Nia	Owen	F	63	FSENIOR	31	00:59:55	187	01:00:12	184	
297	Elen Mair	Thomas	F	64	FSENIOR	32	00:59:44	185	01:00:20	185	
334	Guto	Edwards	M	122	MV45	17	01:00:09	195	01:00:20	186	
333	Anwen	Edwards	F	65	FV45	6	01:00:10	196	01:00:21	187	
291	Karla	Rogers	F	66	FSENIOR	33	01:00:16	198	01:00:22	188	
106	Aaron	Haggas	M	123	MV35	20	01:00:04	193	01:00:22	189	
105	Donna	Haggas	F	67	FSENIOR	34	01:00:05	194	01:00:23	190	
311	Andri	Best	F	68	FSENIOR	35	00:59:31	184	01:00:30	191	ANDRI BEST
103	Ffion	James	F	69	FSENIOR	36	01:00:02	189	01:00:35	192	
265	Ffion	Lloyd Jones	F	70	FSENIOR	37	01:00:03	191	01:00:36	193	
233	Dassa	Roche	F	71	FV40	15	00:59:54	186	01:00:39	194	
264	Karen	Rafferty	F	72	FSENIOR	38	01:00:24	199	01:00:52	195	
328	Roy	Jardine	M	124	MV65	3	01:00:39	203	01:00:52	196	ERYRI HARRIERS
30	Allan	Jones	M	125	MV55	11	01:00:00	188	01:00:53	197	
26	Paul	Williams	M	126	MV50	12	01:00:02	190	01:00:53	198	
27	Rhodri	Evans	M	127	MV35	21	01:00:03	192	01:00:53	199	
307	Graham	Jones	M	128	MV55	12	01:00:43	204	01:00:57	200	
223	Elan	Hughes	F	73	FSENIOR	39	01:00:39	201	01:00:59	201	
146	Caren	Jones	F	74	FV45	7	01:00:39	202	01:01:00	202	LLAMWYR LLYN STRIDERS
239	Tegwyn	Jones	M	129	MV60	5	01:00:44	205	01:01:05	203	
310	Iorwerth	Roberts	M	130	MV70	1	01:00:15	197	01:01:18	204	ERYRI HARRIERS
100	Edward	Chapman	M	131	MV55	13	01:00:32	200	01:01:37	205	
282	Donna	Quelch	F	75	FV45	8	01:01:23	207	01:01:46	206	
214	Sian	Hanson	F	76	FSENIOR	40	01:01:39	209	01:01:47	207	
104	Kate	Davies	F	77	FSENIOR	41	01:00:54	206	01:01:55	208	
79	Christina	Jones	F	78	FV45	9	01:01:33	208	01:02:18	209	
151	Anna	Higgins	F	79	FU20	2	01:01:56	211	01:02:34	210	
374	Claudia	Rowan	F	80	FV50	3	01:02:16	212	01:02:38	211	
294	Mai-Britt	Korndal	F	81	FV35	10	01:02:20	214	01:02:46	212	
336	Catrin	Griffiths	F	82	FSENIOR	42	01:01:55	210	01:02:53	213	
152	Jason	Higgins	M	132	MV50	13	01:02:24	216	01:03:02	214	

378	Sian	Davies	F	83	FV50	4	01:02:17	213	01:03:12	215	
283	Bethan	Lunn	F	84	FV40	16	01:02:51	219	01:03:13	216	PRESTATYN
251	Jonathan	James	M	133	MSENIOR	46	01:03:01	220	01:03:23	217	
250	Xinyi	He	M	134	MSENIOR	47	01:02:24	215	01:03:25	218	
184	Alison	Wiggett	F	85	FV35	11	01:02:28	217	01:03:27	219	
342	Sharon	Hughes	F	86	FV45	10	01:03:06	221	01:03:37	220	
136	Terry	Jones	M	135	MV35	22	01:02:44	218	01:03:43	221	
227	Bryony	Williams	F	87	FU20	3	01:03:32	226	01:03:55	222	
238	Vicky	Jones	F	88	FV35	12	01:03:26	225	01:03:57	223	
235	Anthony	Bunting	M	136	MV35	23	01:03:15	222	01:04:03	224	
217	Pauline	Jones	F	89	FV35	13	01:03:16	223	01:04:04	225	
64	Bethan Wyn	Roberts	F	90	FV45	11	01:03:19	224	01:04:07	226	
28	Steve	Evans	M	137	MV50	14	01:03:46	229	01:04:18	227	
320	Beth	Hughes	F	91	FV35	14	01:04:13	233	01:04:23	228	
286	Abigail	Griffiths	F	92	FSENIOR	43	01:03:36	227	01:04:25	229	
367	Leon	Hughes	M	138	MSENIOR	48	01:03:45	228	01:04:34	230	
387	Liza Tanya	Williams	F	93	FV40	17	01:04:35	241	01:04:41	231	
165	Richard	Williams	M	139	MV45	18	01:04:35	240	01:04:42	232	
164	Carys	Williams	M	140	MV45	19	01:04:36	242	01:04:42	233	
85	Siona	Murray	F	94	FV35	15	01:03:56	230	01:04:54	234	
166	Nia	Edwrads	F	95	FSENIOR	44	01:04:15	234	01:05:01	235	MUMMYS STAR
7	Nia	Maloney	M	141	MV45	20	01:04:18	235	01:05:14	236	
384	Georgina	Sandison	F	96	FV40	18	01:04:19	236	01:05:15	237	
127	Eluned	Roberts	F	97	FSENIOR	45	01:05:09	245	01:05:17	238	
309	Sheryl	Parker	F	98	FV40	19	01:04:11	232	01:05:17	239	
308	Brett	Parker	M	142	MV40	10	01:04:11	231	01:05:17	240	
150	Swyn	Lewis	F	99	FSENIOR	46	01:04:40	243	01:05:21	241	
167	Orian	Latham	F	100	FV40	20	01:04:30	238	01:05:25	242	BETSI RUNAWAYS
163	Delyth	Humphreys	F	101	FV35	16	01:04:30	239	01:05:25	243	
11	Hannah	Greenhow	F	102	FSENIOR	47	01:04:29	237	01:05:25	244	
144	Iona	Thomas	F	103	FSENIOR	48	01:05:11	246	01:05:31	245	LLAMWYR LLYN STRIDERS
275	Kate	Wheatcroft	F	104	FV35	17	01:04:54	244	01:05:42	246	
145	Alan	Jones	M	143	MSENIOR	49	01:05:25	248	01:05:47	247	LLAMWYR LLYN STRIDERS
153	Stefanie	Rowen-Jones	F	105	FV50	5	01:05:20	247	01:05:55	248	CHORLTON RUNNERS
279	Caryl	Butterworth	F	106	FV35	18	01:05:41	250	01:05:56	249	
132	Sara	Henry	F	107	FV40	21	01:05:34	249	01:06:09	250	CHORLTON RUNNERS

249	David	Booth	M	144	MV60	6	01:05:42	251	01:06:20	251	
304	Lowri	Evans	F	108	FSENIOR	49	01:06:05	252	01:06:24	252	SERPENTINE
129	Roy	Jones	M	145	MV60	7	01:06:20	254	01:06:33	253	
147	Ceri-Ann	Evans	F	109	FSENIOR	50	01:06:19	253	01:06:40	254	LLAMWYR LLYN STRIDERS
108	Graeme	Newby	M	146	MV50	15	01:06:41	257	01:06:59	255	
188	Andrea	Williams-Frost	F	110	FV40	22	01:06:28	255	01:07:16	256	
41	Christine	Williams	F	111	FV35	19	01:07:04	261	01:07:24	257	
21	Holly	Beddall	F	112	FSENIOR	51	01:06:51	258	01:07:27	258	
354	Susan	Copper	F	113	FSENIOR	52	01:06:40	256	01:07:36	259	
256	Delyth	Molyneux	F	114	FV55	2	01:06:51	260	01:07:52	260	
255	Ann	Webb	F	115	FV50	6	01:06:51	259	01:07:53	261	
125	Emma	Percival	F	116	FV40	23	01:07:28	262	01:07:55	262	
301	Caroline	Mulvaney Jones	F	117	FSENIOR	53	01:07:50	265	01:08:01	263	
89	Joan	Edwards	F	118	FV55	3	01:07:46	264	01:08:11	264	NWRRC
172	Rebecca	Traynor	F	119	FSENIOR	54	01:07:30	263	01:08:21	265	
138	Vicky	Earp	F	120	FV50	7	01:08:04	266	01:08:40	266	
20	Edwina	Beddall	F	121	FV50	8	01:08:05	267	01:08:41	267	
205	Peter	Crossley	M	147	MV60	8	01:08:07	268	01:08:57	268	
341	Richard	Rose	M	148	MV35	24	01:08:31	269	01:09:15	269	
258	Bethan	Price	F	122	FV45	12	01:08:33	270	01:09:18	270	
76	Tamsin	Mckelvey	F	123	FSENIOR	55	01:09:30	275	01:09:40	271	
77	Jordan	Mckelvey	F	124	FSENIOR	56	01:09:30	274	01:09:40	272	
126	Cheryl	Edwards	F	125	FSENIOR	57	01:08:56	271	01:09:42	273	
159	Emma	Pickles	F	126	FV40	24	01:08:59	272	01:09:44	274	
280	Shelly	Jones	F	127	FV35	20	01:09:09	273	01:09:54	275	
193	Gwenda	Jones	F	128	FV35	21	01:09:50	278	01:10:17	276	
240	Rosemary	Skelton	F	129	FV50	9	01:10:03	281	01:10:20	277	
121	Lynda	Morris	F	130	FV45	13	01:09:39	276	01:10:25	278	BENTHAM BEAGLES
23	Courtney	Hickey	F	131	FSENIOR	58	01:10:08	283	01:10:26	279	ELLESMERE PORT RC
319	Cerys	Symonds	F	132	FSENIOR	59	01:09:40	277	01:10:34	280	
260	Sarah	Watson	F	133	FV40	25	01:09:51	279	01:10:51	281	
329	Melissa	Ross	F	134	FV40	26	01:09:52	280	01:10:52	282	
231	Julie	Blewitt	F	135	FV45	14	01:10:19	284	01:10:58	283	
303	Faye	Brady	F	136	FSENIOR	60	01:10:04	282	01:11:08	284	
346	Elin	Evans	F	137	FSENIOR	61	01:10:50	285	01:11:30	285	
327	Hannah	Retallick	F	138	FSENIOR	62	01:11:26	286	01:11:44	286	



317	David	Jones	M	149	MV50	16	01:11:39	288	01:12:01	287	
213	Matthew	Perry	M	150	MSENIOR	50	01:11:51	289	01:12:17	288	
253	She A	Massey	F	139	FV50	10	01:11:26	287	01:12:31	289	
276	Bethan	Gibbons	F	140	FSENIOR	63	01:12:02	290	01:12:55	290	
73	Suzanne	Gwyn	F	141	FV40	27	01:12:28	292	01:12:55	291	
187	Sarah	Amies	F	142	FV45	15	01:12:06	291	01:12:59	292	
189	Rachael	Bickerton	F	143	FSENIOR	64	01:12:38	294	01:13:01	293	
173	Elizabeth	Rudden	F	144	FSENIOR	65	01:12:40	296	01:13:15	294	CHORLTON RUNNERS
199	Kirsty	Weyman	F	145	FV45	16	01:12:39	295	01:13:17	295	
284	Siobhan	Jones	F	146	FV35	22	01:12:34	293	01:13:40	296	
130	Ali	Hazazi	M	151	MSENIOR	51	01:14:16	297	01:14:31	297	
93	Claire	Whittingham	F	147	FSENIOR	66	01:15:00	298	01:16:02	298	
281	Gemma	Sellens	F	148	FSENIOR	67	01:15:10	299	01:16:15	299	
135	Anya	Jones	F	149	FSENIOR	68	01:15:28	300	01:16:26	300	
237	Elizabeth	Manning	F	150	FSENIOR	69	01:16:31	303	01:17:02	301	
263	Emma	Jones	F	151	FSENIOR	70	01:16:32	304	01:17:02	302	
269	Kat	Court	F	152	FSENIOR	71	01:16:01	302	01:17:04	303	
267	Charlotte	Evans	F	153	FV40	28	01:16:01	301	01:17:04	304	
84	James	Collin	M	152	MSENIOR	52	01:17:23	305	01:18:30	305	
185	Robert	Gaskin	M	153	MV60	9	01:18:25	306	01:19:17	306	
203	Heather	James	F	154	FV50	11	01:20:46	307	01:21:09	307	
204	Adrian	James	M	154	MV50	17	01:20:46	308	01:21:09	308	
268	Claire	Purcell	F	155	FV35	23	01:22:31	310	01:23:06	309	CHORLTON RUNNERS
306	Steve	Marsden	M	155	MV50	18	01:22:25	309	01:23:07	310	
190	Hayley	Arrowsmith	F	156	FSENIOR	72	01:23:48	311	01:24:12	311	
4	Zoe	Williams	F	157	FSENIOR	73	01:24:52	312	01:25:46	312	
5	Rhian	Carter	F	158	FSENIOR	74	01:24:52	313	01:25:46	313	
288	Paula	Dodd	F	159	FV45	17	01:25:43	314	01:26:18	314	CHORLTON RUNNERS
313	Sian Eleri	Williams	F	160	FV55	4	01:27:40	315	01:27:59	315	
312	Jill	Williams	F	161	FV60	1	01:27:51	316	01:28:10	316	
289	Jess	Dodd	F	162	FSENIOR	75	01:30:36	317	01:31:11	317	CHORLTON RUNNERS
134	Marta	Losa	F	DNF	FSENIOR	DNF	DNF	DNF	DNF	DNF	
266	Tom	Prosser	M	DNF	MSENIOR	DNF	DNF	DNF	DNF	DNF	