

# Bangor 10km & Half Marathon

## Gender/AG Results 10k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
716	Russell	Bentley	Male	1.	Male 35-39	1.	Eryri Harriers	0:32:37,99	1.	0:32:37,91	1.
649	Connor	Bolton	Male	2.	Male 21-34	1.		0:34:11,92	2.	0:34:10,13	2.
573	Ryan	Roberts	Male	3.	Male 21-34	2.	Cybi Striders	0:34:38,49	3.	0:34:37,08	3.
711	Chris	Hollinshead	Male	4.	Male 50-54	1.	Cannock And Stafford	0:35:22,92	4.	0:35:21,37	4.
601	Andrew	Savage	Male	5.	Male 45-49	1.	Cybi Striders	0:36:15,47	5.	0:36:12,96	5.
506	Llyr	Apgeraint-Roberts	Male	6.	Male 40-44	1.		0:37:27,69	6.	0:37:26,03	6.
569	Jonathon	Seymour	Male	7.	Male 35-39	2.		0:39:30,96	7.	0:39:28,00	7.
620	Brian	Wills	Male	8.	Male 45-49	2.	Eryri Harriers	0:39:32,57	8.	0:39:30,64	8.
562	Peter	Jones	Male	9.	Male 35-39	3.	Cybi Striders	0:39:51,95	9.	0:39:49,31	9.
551	Chris	Thomas	Male	10.	Male 35-39	4.	Cybi Striders	0:40:01,93	10.	0:39:59,69	10.
631	Andrew	Parsons	Male	11.	Male 40-44	2.		0:40:52,50	11.	0:40:49,54	11.
641	Robert	Sauter	Male	12.	Male 35-39	5.		0:41:24,71	12.	0:41:20,91	12.
496	Paul	Hulland	Male	13.	Male 40-44	3.		0:42:15,05	13.	0:41:39,72	13.
720	Arwel	Lewis	Male	14.	Male 55-59	1.	Eryri Harriers	0:42:31,48	14.	0:42:29,44	14.
719	Gary	Porter Jones	Male	15.	Male 45-49	3.	Eryri Harriers	0:42:52,89	15.	0:42:43,32	15.
676	Owen	Pooley	Male	16.	Male 21-34	3.		0:43:31,47	16.	0:42:57,18	16.
580	Daniel	Cooke	Male	17.	Male 21-34	4.		0:43:37,27	17.	0:43:31,39	17.
549	Marc	Roberts	Male	18.	Male 40-44	4.	North Wales Road Runners Club	0:43:39,96	18.	0:43:34,90	18.
689	Mark	Davies	Male	19.	Male 35-39	6.		0:43:46,49	19.	0:43:42,03	19.
610	Sian	Beck	Female	1.	Female 40-44	1.	Prestatyn Rc	0:43:57,76	20.	0:43:53,60	21.
471	Oliver	Lister	Male	20.	Male 21-34	5.		0:44:13,12	21.	0:43:52,39	20.
490	Kevin	Williams	Male	21.	Male 35-39	7.		0:44:52,02	22.	0:44:20,53	22.
541	Steve	Coleman	Male	22.	Male 55-59	2.	Astley Tyldesley Road Runners	0:45:03,80	23.	0:44:40,07	23.
645	Andrew	Roberts	Male	23.	Male 50-54	2.	Gog Triathlon Club	0:45:09,52	24.	0:44:57,94	24.
540	Charlotte	Standing	Female	2.	Female 21-34	1.		0:45:32,63	25.	0:45:13,34	25.
553	Andrea	Wadcock	Female	3.	Female 40-44	2.		0:45:36,11	26.	0:45:22,98	26.
687	Jamie	Thorpe	Male	24.	Male 21-34	6.		0:45:42,37	27.	0:45:31,36	28.
656	Elin	Morgan	Female	4.	Female 21-34	2.		0:45:55,12	28.	0:45:51,60	29.
697	Ian	Hughes	Male	25.	Male 21-34	7.		0:46:14,46	29.	0:45:27,37	27.
661	Stephen	O'brien	Male	26.	Male 40-44	5.		0:46:18,98	30.	0:46:10,13	30.
545	Cliff	Hughes	Male	27.	Male 50-54	3.		0:46:39,28	31.	0:46:34,28	32.
593	Charlotte Rose	Wilton-Jones	Female	5.	Female 21-34	3.		0:46:51,06	32.	0:46:48,42	33.
604	Carlos	Barranco	Male	28.	Male 21-34	8.		0:47:16,38	33.	0:46:20,96	31.
651	Shane	Skillin	Male	29.	Male 21-34	9.		0:47:17,63	34.	0:47:15,51	36.
625	Shannen	Gray	Female	6.	Female 21-34	4.		0:47:25,92	35.	0:47:17,78	37.
598	Neil	Vicars-Harris	Male	30.	Male 45-49	4.		0:47:27,27	36.	0:47:05,45	34.
426	Mike	Beddall	Male	31.	Male 50-54	4.		0:47:42,86	37.	0:47:14,99	35.
708	Adam	Williams	Male	32.	Male 12-20	1.		0:47:56,66	38.	0:47:52,77	39.
589	Helen	Sumner	Female	7.	Female 35-39	1.		0:48:08,27	39.	0:48:02,39	40.
517	Neil	Gillard	Male	33.	Male 12-20	2.	Beaumaris Road Runners	0:48:23,89	40.	0:48:16,25	42.
516	Holly	Thomas	Female	8.	Female 21-34	5.		0:48:40,97	41.	0:48:04,36	41.
707	Sally	Moran	Female	9.	Female 50-54	1.		0:48:45,92	42.	0:48:40,65	46.
595	Christine	Appleby	Female	10.	Female 50-54	2.		0:48:54,89	43.	0:48:49,63	47.
612	Brian	Hughes	Male	34.	Male 45-49	5.		0:48:56,59	44.	0:48:35,94	44.
586	Michael	Connor	Male	35.	Male 40-44	6.		0:48:58,53	45.	0:47:52,26	38.
613	Robert	Fryer	Male	36.	Male 60-64	1.	N.wales Road Runners	0:48:58,72	46.	0:48:22,23	43.
547	Iain	Ashley	Male	37.	Male 21-34	10.		0:49:10,72	47.	0:48:36,73	45.
600	Joshua	White	Male	38.	Male 21-34	11.		0:49:11,51	48.	0:48:58,70	48.
633	Barry	Palmer	Male	39.	Male 40-44	7.		0:49:13,79	49.	0:49:00,73	49.
658	Stuart	Hughes	Male	40.	Male 40-44	8.		0:49:26,96	50.	0:49:17,71	52.
520	Jon	Davies	Male	41.	Male 50-54	5.		0:49:37,79	51.	0:49:27,26	54.
659	Margot	Saher	Female	11.	Female 40-44	3.		0:49:47,41	52.	0:49:25,77	53.
477	Chad	Cooper	Male	42.	Male 21-34	12.		0:49:48,45	53.	0:49:07,05	50.
607	Ash	Thomas	Male	43.	Male 21-34	13.		0:49:49,23	54.	0:49:36,16	55.
581	Rhys	Williams	Male	44.	Male 35-39	8.		0:49:57,85	55.	0:49:51,83	58.
629	Steve	Spencer	Male	45.	Male 35-39	9.		0:50:08,70	56.	0:49:10,01	51.
678	Rowland	Sharp	Male	46.	Male 55-59	3.	Rhedwyr Hebog	0:50:19,01	57.	0:50:14,19	59.
702	David	thomas	Male	47.	Male 40-44	9.		0:50:26,17	58.	0:50:18,91	61.
542	Jamie	Yule	Male	48.	Male 45-49	6.		0:50:33,25	59.	0:49:39,20	56.
552	Gwilym	Williams	Male	49.	Male 65-69	1.		0:50:48,27	60.	0:49:49,38	57.
434	Zylian	Spilsbury	Male	50.	Male 21-34	14.		0:50:54,68	61.	0:50:15,20	60.
502	Alaw	Hughes	Female	12.	Female 21-34	6.		0:51:00,31	62.	0:50:39,66	62.
564	Mick	Potts	Male	51.	Male 40-44	10.		0:51:09,60	63.	0:50:42,25	63.
588	Gary	Matthias	Male	52.	Male 40-44	11.		0:51:11,09	64.	0:50:43,54	64.
456	Gareth	Henshall	Male	53.	Male 21-34	15.		0:51:15,11	65.	0:51:00,34	66.
636	Chris	Hoult	Male	54.	Male 50-54	6.	Eryri Harriers	0:51:19,81	66.	0:50:49,93	65.
409	Mark	Humphreys	Male	55.	Male 35-39	10.		0:51:34,14	67.	0:51:26,06	69.
699	Sarah	Osborne	Female	13.	Female 40-44	4.		0:51:35,01	68.	0:51:24,32	68.
665	Cain	Jones	Female	14.	Female 21-34	7.		0:51:44,85	69.	0:51:36,57	73.
507	Chris	Wynn	Male	56.	Male 55-59	4.		0:51:52,24	70.	0:51:26,70	70.
435	John	Rae	Male	57.	Male 21-34	16.		0:52:07,81	71.	0:51:55,64	75.
482	Bethan Wyn	Roberts	Female	15.	Female 45-49	1.		0:52:13,21	72.	0:52:01,04	76.
717	Diane	Matthews	Female	16.	Female 50-54	3.		0:52:15,35	73.	0:51:45,11	74.
539	Steven	Westley	Male	58.	Male 21-34	17.		0:52:16,04	74.	0:51:34,44	72.
550	Burl	Hudson	Male	59.	Male 50-54	7.		0:52:24,07	75.	0:51:15,93	67.
585	Paula	Roberts	Female	17.	Female 40-44	5.		0:52:32,62	76.	0:51:27,01	71.
427	Rebecca	Ward	Female	18.	Female 21-34	8.		0:52:33,54	77.	0:52:11,55	77.
526	Oliver	King	Male	60.	Male 21-34	18.		0:52:48,55	78.	0:52:38,20	79.
623	Paul	Maitland	Male	61.	Male 45-49	7.	Cybi Striders	0:53:05,57	79.	0:52:23,51	78.
648	Andrew	Smart	Male	62.	Male 45-49	8.		0:53:08,99	80.	0:52:42,54	80.
690	Phil	Jaycock	Male	63.	Male 35-39	11.		0:53:14,41	81.	0:52:46,46	81.
637	Meilyr	Emrys	Male	64.	Male 35-39	12.	Denbigh Harriers	0:53:18,52	82.	0:52:54,55	83.
686	Ann-Marie	Roberts	Female	19.	Female 45-49	2.	Prestatyn Running Club	0:53:27,80	83.	0:52:58,61	85.
417	Adam	Evans	Male	65.	Male 21-34	19.		0:53:29,42	84.	0:52:51,66	82.
605	Sue	Burke	Female	20.	Female 50-54	4.	Liverpool Running Club	0:53:32,96	85.	0:53:21,10	87.
638	Dafydd	Emrys	Male	66.	Male 21-34	20.		0:53:34,61	86.	0:53:09,78	86.
512	Ant	Meadows	Male	67.	Male 45-49	9.		0:53:51,13	87.	0:52:58,28	84.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
571	Joel	Evans	Male	68.	Male 21-34	21.		0:54:02,57	88.	0:53:36,98	90.
513	Gilly	Glass	Female	21.	Female 45-49	3.		0:54:14,54	89.	0:53:46,73	91.
695	Gareth	Roberts	Male	69.	Male 21-34	22.		0:54:15,06	90.	0:53:23,79	88.
718	Thomas	Brekke	Male	70.	Male 21-34	23.		0:54:33,05	91.	0:53:34,42	89.
433	Richard	Jones	Male	71.	Male 21-34	24.		0:54:40,15	92.	0:54:00,62	92.
691	Paul	Jaycock	Male	72.	Male 35-39	13.		0:54:43,14	93.	0:54:17,11	93.
688	Sarah	Parry	Female	22.	Female 35-39	2.		0:55:00,34	94.	0:54:49,60	99.
668	Elen	Parry	Female	23.	Female 40-44	6.		0:55:04,37	95.	0:54:57,18	100.
582	Steve	Davies	Male	73.	Male 50-54	8.		0:55:05,59	96.	0:54:35,35	94.
548	Liz	Evans	Female	24.	Female 65-69	1.		0:55:07,61	97.	0:54:44,94	96.
475	Danial	Evans	Male	74.	Male 21-34	25.		0:55:16,84	98.	0:54:36,43	95.
559	Ioan	Williams	Male	75.	Male 35-39	14.		0:55:27,93	99.	0:54:46,22	97.
515	Paul	Devlin	Male	76.	Male 45-49	10.		0:55:28,06	100.	0:54:46,60	98.
672	Chris	Williams	Male	77.	Male 35-39	15.	Cybi Striders	0:55:37,22	101.	0:55:17,36	103.
504	Gaz	Davies	Male	78.	Male 35-39	16.		0:55:48,00	102.	0:55:36,69	107.
494	Becky	Burke	Female	25.	Female 12-20	1.	Liverpool Running Club	0:55:49,34	103.	0:55:37,23	109.
428	Geraint	Ward	Male	79.	Male 21-34	26.		0:55:53,36	104.	0:55:29,88	105.
630	Iona	Jones	Female	26.		1.		0:55:55,69	105.	0:55:08,40	101.
683	Imogen	Hammond	Female	27.	Female 21-34	9.		0:55:55,73	106.	0:55:51,57	111.
669	Richard Gwyn	Jones	Male	80.	Male 35-39	17.		0:56:04,30	107.	0:55:57,18	113.
574	Colin	Thackray	Male	81.	Male 55-59	5.	Nwrrc	0:56:07,00	108.	0:55:24,59	104.
663	Carwyn	Roberts	Male	82.	Male 21-34	27.		0:56:07,21	109.	0:55:17,35	102.
538	Paul	Westley	Male	83.	Male 60-64	2.		0:56:16,98	110.	0:55:35,32	106.
536	Nigel	Jones	Male	84.	Male 55-59	6.		0:56:18,02	111.	0:55:36,80	108.
662	Andy	Pennell	Male	85.	Male 50-54	9.	Bramhall Runners	0:56:31,71	112.	0:55:57,14	112.
696	Paul	Harding	Male	86.	Male 21-34	28.		0:56:41,34	113.	0:55:50,12	110.
712	Sarah	Leatherbarrow	Female	28.	Female 50-54	5.	Bramhall Runners	0:56:42,89	114.	0:56:08,04	114.
681	Peter	Ryan	Male	87.	Male 40-44	12.		0:56:57,06	115.	0:56:47,69	115.
667	Liz	Brookes	Female	29.	Female 50-54	6.		0:57:39,50	116.	0:56:58,94	117.
634	Hilary	Jaques	Female	30.	Female 55-59	1.	Cybi Striders	0:57:41,41	117.	0:56:56,96	116.
532	Paul	Hughes	Male	88.	Male 45-49	11.		0:57:43,38	118.	0:57:22,04	119.
599	Lois	Parry	Female	31.	Female 21-34	10.		0:57:59,88	119.	0:57:02,11	118.
527	Karis	Hughes	Female	32.	Female 21-34	11.		0:58:21,16	120.	0:57:33,61	120.
657	Davey	Wilson	Male	89.	Male 40-44	13.		0:58:24,94	121.	0:58:15,21	128.
577	Steve	Cooke	Male	90.		1.		0:58:25,96	122.	0:57:47,60	122.
664	Amy	Pritchard	Female	33.	Female 21-34	12.		0:58:32,87	123.	0:58:08,98	124.
698	Mark	Roberts	Male	91.	Male 35-39	18.		0:58:33,40	124.	0:58:09,29	125.
418	Aleksandra	Kozłowska	Female	34.		2.		0:58:41,81	125.	0:58:30,73	134.
472	Matthew	Cooper	Male	92.	Male 35-39	19.	Macclesfield Harriers	0:58:44,29	126.	0:57:46,63	121.
567	Lisa	Lympany	Female	35.	Female 21-34	13.		0:58:46,01	127.	0:58:01,56	123.
576	Lorraine	Nesbitt	Female	36.	Female 45-49	4.	Abergele Harriers	0:58:55,49	128.	0:58:19,83	131.
675	Anna	Pooley	Female	37.	Female 21-34	14.		0:58:56,26	129.	0:58:21,83	133.
627	Jacqueline	Satchel	Female	38.	Female 50-54	7.		0:59:02,18	130.	0:58:31,61	135.
628	Dawn	Wood	Female	39.	Female 40-44	7.		0:59:02,33	131.	0:58:31,62	136.
487	Jocelyn	Jenkins	Female	40.	Female 45-49	5.		0:59:09,21	132.	0:58:21,25	132.
694	Graham	Hannah	Male	93.	Male 40-44	14.		0:59:09,87	133.	0:58:13,37	126.
670	Andy	Davies	Male	94.	Male 35-39	20.		0:59:10,85	134.	0:58:50,62	139.
715	Paul	Hanson	Male	95.	Male 55-59	7.		0:59:19,08	135.	0:58:13,60	127.
466	Amy	Dowie	Female	41.	Female 21-34	15.		0:59:20,73	136.	0:58:15,70	129.
534	Laurey	Glenn	Female	42.	Female 45-49	6.		0:59:24,96	137.	0:58:17,29	130.
442	Mared	Llywelyn	Female	43.	Female 21-34	16.		0:59:27,63	138.	0:59:03,70	140.
486	Richard	Mcdonagh	Male	96.	Male 21-34	29.		0:59:32,66	139.	0:58:35,82	137.
721	Ian	Kelly	Male	97.	Male 55-59	8.		0:59:32,94	140.	0:58:36,44	138.
568	Helen	Aslett	Female	44.	Female 40-44	8.		0:59:53,35	141.	0:59:05,72	141.
706	Brian	Roberts	Male	98.	Male 50-54	10.		0:59:53,45	142.	0:59:06,50	142.
431	Sioned	Williams	Female	45.	Female 40-44	9.		0:59:58,11	143.	0:59:12,33	143.
704	Dylan	Jones	Male	99.	Male 40-44	15.	Cybi Striders	1:00:20,18	144.	0:59:49,14	144.
639	Nan	Roberts	Female	46.	Female 45-49	7.	Gog Triathlon Club	1:00:20,64	145.	0:59:57,36	146.
652	John	Dickson	Male	100.	Male 60-64	3.		1:00:49,82	146.	1:00:08,53	148.
465	Elliott	Newell	Male	101.	Male 21-34	30.		1:00:51,88	147.	1:00:31,15	151.
619	Sarah	Rowlands	Female	47.	Female 45-49	8.		1:00:53,76	148.	1:00:02,35	147.
572	Gavin	Owen	Male	102.	Male 35-39	21.		1:00:54,72	149.	0:59:54,27	145.
701	Andrea#	Williams	Female	48.	Female 40-44	10.		1:01:09,20	150.	1:00:55,94	153.
640	Alun	Edwards	Male	103.	Male 45-49	12.		1:01:10,12	151.	1:00:09,04	149.
618	Susan	Calvert	Female	49.	Female 55-59	2.	Abergele Harriers	1:01:11,42	152.	1:00:36,20	152.
615	Jean	Hume	Female	50.	Female 55-59	3.		1:01:31,86	153.	1:00:21,49	150.
519	Emily	Davies	Female	51.	Female 21-34	17.		1:01:34,31	154.	1:01:23,43	155.
447	Louise	Mccall	Female	52.	Female 50-54	8.		1:01:44,66	155.	1:01:13,56	154.
439	Stephanie	Horne	Female	53.	Female 35-39	3.		1:01:55,95	156.	1:01:42,11	156.
503	Marian	Brosschot	Female	54.	Female 21-34	18.		1:02:07,71	157.	1:01:43,91	157.
709	Marco	Castelli	Male	104.	Male 21-34	31.		1:02:24,41	158.	1:02:22,48	163.
497	Marcus	Khan	Male	105.	Male 40-44	16.		1:02:24,54	159.	1:02:10,62	162.
521	Dewi	Davies	Male	106.	Male 40-44	17.		1:02:30,71	160.	1:01:47,11	159.
485	Ssrah	Flynn	Female	55.	Female 21-34	19.	Wrexham Ac	1:02:36,63	161.	1:01:44,55	158.
666	Sara	Highton	Female	56.	Female 45-49	9.		1:02:53,27	162.	1:02:01,85	160.
606	Phil	Harper	Male	107.	Male 21-34	32.		1:03:01,30	163.	1:02:39,21	166.
608	David	Lancaster	Male	108.	Male 50-54	11.		1:03:01,61	164.	1:02:28,23	164.
611	Gwenllian	Thomas	Female	57.	Female 21-34	20.		1:03:04,16	165.	1:02:30,88	165.
597	Judith	Fleming	Female	58.	Female 50-54	9.		1:03:05,81	166.	1:02:57,53	167.
514	Rebecca	Burns	Female	59.	Female 50-54	10.	Betsi Runnaways	1:03:06,39	167.	1:02:08,28	161.
570	Margaret	Pennington	Female	60.	Female 45-49	10.		1:03:12,41	168.	1:02:58,36	168.
525	Brian	Fitzgerald	Male	109.	Male 35-39	22.		1:03:40,52	169.	1:03:03,83	169.
524	Claire	Kilduff	Female	61.	Female 35-39	4.		1:03:40,58	170.	1:03:04,77	170.
575	Shirley	Rowen	Female	62.	Female 50-54	11.		1:04:10,15	171.	1:03:52,74	175.
594	Christine	Butler	Female	63.	Female 50-54	12.		1:04:26,18	172.	1:04:02,91	176.
603	Richard	Thomas	Male	110.	Male 45-49	13.		1:04:27,74	173.	1:03:49,05	173.
602	Anna	Duffy	Female	64.	Female 45-49	11.		1:04:27,87	174.	1:03:49,41	174.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
430	Rhian	Houseman	Female	65.	Female 40-44	11.		1:04:35,71	175.	1:03:27,97	171.
454	Mel	Hughes	Female	66.	Female 35-39	5.		1:04:35,96	176.	1:03:28,54	172.
460	Ceri	Roberts	Female	67.	Female 40-44	12.		1:05:03,86	177.	1:04:28,47	179.
714	Sian	Hanson	Female	68.	Female 21-34	21.		1:05:15,94	178.	1:04:09,68	177.
710	Sarah	Mariott	Female	69.	Female 40-44	13.	Gogs	1:05:16,79	179.	1:04:25,16	178.
432	Sara	Evans	Female	70.	Female 21-34	22.		1:05:22,26	180.	1:04:35,94	180.
560	Julie	Pritchard	Female	71.	Female 50-54	13.		1:05:30,78	181.	1:04:46,65	185.
596	Susan	Walsh	Female	72.	Female 55-59	4.		1:05:33,78	182.	1:05:28,33	188.
647	Vicky	Jones	Female	73.	Female 35-39	6.		1:05:35,22	183.	1:04:44,14	183.
626	Sarah	Massey	Female	74.	Female 40-44	14.	Gog Triathlon	1:05:35,30	184.	1:04:43,88	182.
422	Amy	Roberts	Female	75.	Female 12-20	2.		1:05:45,68	185.	1:05:15,54	187.
531	Allan	Jones	Male	111.	Male 55-59	9.		1:05:46,07	186.	1:04:36,71	181.
644	Toeni	Jones	Female	76.	Female 50-54	14.		1:05:55,76	187.	1:04:44,69	184.
679	Emma	Hovendon	Female	77.	Female 40-44	15.		1:06:13,35	188.	1:05:59,89	193.
703	Caroline	Mulvaney Jones	Female	78.	Female 35-39	7.		1:06:15,12	189.	1:05:45,89	191.
583	Harriet	Davies	Female	79.	Female 21-34	23.		1:06:17,90	190.	1:05:48,47	192.
441	Dewi	Jones	Male	112.	Male 12-20	3.		1:06:18,70	191.	1:05:12,77	186.
492	Richard	Hughes	Female	80.	Female 40-44	16.		1:06:25,14	192.	1:05:36,54	190.
635	Marian	Davies	Female	81.	Female 40-44	17.		1:06:28,57	193.	1:05:34,70	189.
642	Lowri	Evans	Female	82.	Female 21-34	24.		1:07:02,52	194.	1:06:23,19	194.
643	Nigel	Skinner	Male	113.	Male 50-54	12.		1:07:14,72	195.	1:06:48,33	198.
590	Stephen	Breeze	Male	114.	Male 21-34	33.		1:07:22,54	196.	1:07:13,41	201.
522	Rachel	Davies	Female	83.	Female 40-44	18.		1:07:25,18	197.	1:06:41,92	195.
484	Katie	Burdett	Female	84.	Female 12-20	3.		1:07:39,15	198.	1:06:58,58	200.
671	Cassie	Ratcliffe	Female	85.	Female 40-44	19.		1:07:47,54	199.	1:06:44,22	196.
457	Kristen	Crandell	Female	86.	Female 21-34	25.		1:07:49,88	200.	1:06:51,77	199.
692	Kerry	Jewell	Female	87.	Female 55-59	5.		1:07:54,49	201.	1:07:37,47	203.
530	Wally	Jones	Male	115.	Male 55-59	10.		1:07:57,12	202.	1:06:47,91	197.
555	Gareth	Davies	Male	116.	Male 40-44	18.		1:08:14,19	203.	1:07:30,52	202.
529	Juliette	Richardson	Female	88.	Female 45-49	12.		1:08:20,37	204.	1:08:02,43	205.
440	Elin	Davies	Female	89.	Female 21-34	26.		1:08:30,05	205.	1:08:05,42	206.
423	Holly	Beddall	Female	90.	Female 21-34	27.		1:08:37,00	206.	1:08:07,22	207.
424	Vicki	Earp	Female	91.	Female 55-59	6.		1:08:37,07	207.	1:08:07,97	209.
421	Edwina	Beddall	Female	92.	Female 50-54	15.		1:08:37,18	208.	1:08:07,40	208.
616	Catrin	Davies	Female	93.	Female 12-20	4.		1:08:41,02	209.	1:07:47,58	204.
722	Liza Tanya	Williams	Female	94.	Female 45-49	13.		1:09:00,30	210.	1:08:50,68	213.
499	Sian Elen	Williams	Female	95.	Female 35-39	8.		1:09:11,90	211.	1:08:23,89	210.
448	Steven	Bower	Male	117.	Male 50-54	13.		1:09:22,36	212.	1:08:46,85	212.
705	Tracy	Lock	Female	96.	Female 45-49	14.	Cybi Striders	1:09:38,34	213.	1:08:43,78	211.
436	Alsion	Monks-Roberts	Female	97.	Female 50-54	16.		1:09:41,28	214.	1:09:24,06	216.
544	Sheila	Gofton	Female	98.	Female 55-59	7.		1:09:44,29	215.	1:09:25,47	217.
674	Maria	Vicars-Harris	Female	99.	Female 35-39	9.		1:10:09,54	216.	1:09:18,72	214.
673	Catrina	Sharrocks	Female	100.	Female 35-39	10.		1:10:09,68	217.	1:09:18,98	215.
546	Tanya	Doda	Female	101.	Female 21-34	28.		1:10:11,24	218.	1:09:27,31	218.
463	Moyra	Rodgers	Female	102.	Female 45-49	15.		1:10:28,82	219.	1:09:57,58	220.
566	Greg	Boswell	Male	118.	Male 45-49	14.		1:10:30,08	220.	1:10:05,57	221.
693	Ffion	Hughes	Female	103.	Female 21-34	29.		1:11:02,94	221.	1:09:56,29	219.
523	Ann	Jones	Female	104.	Female 50-54	17.		1:11:06,23	222.	1:10:12,84	222.
500	Gareth	Jones	Male	119.	Male 45-49	15.		1:11:06,75	223.	1:10:18,67	223.
451	Claire	Owens	Female	105.	Female 45-49	16.		1:11:29,74	224.	1:10:44,13	225.
624	Linda	Woodall	Female	106.	Female 55-59	8.	Michelin Athletic Club	1:11:35,55	225.	1:11:16,75	227.
646	Hilary	Senior	Female	107.	Female 50-54	18.		1:11:35,99	226.	1:10:39,38	224.
425	Graham	Earp	Male	120.	Male 55-59	11.		1:12:00,79	227.	1:11:29,75	228.
452	Sam	Roberts	Female	108.	Female 21-34	30.		1:12:04,71	228.	1:10:57,44	226.
462	Ellie	Lighton	Female	109.	Female 21-34	31.		1:12:30,77	229.	1:11:32,14	229.
563	Jackie	Broughton	Female	110.	Female 55-59	9.		1:12:59,28	230.	1:12:49,30	233.
511	Jane	Mann	Female	111.	Female 55-59	10.		1:13:06,78	231.	1:12:40,16	232.
468	Caroline	Cartmill	Female	112.	Female 12-20	5.		1:13:20,79	232.	1:12:28,29	230.
498	Sean	Woods	Male	121.	Male 50-54	14.		1:13:40,14	233.	1:13:24,16	238.
561	Georgia	Heaton	Female	113.	Female 21-34	32.		1:13:45,22	234.	1:12:39,50	231.
413	Terrie	Molyneux	Female	114.	Female 21-34	33.		1:13:45,34	235.	1:13:00,51	237.
680	Nabila	Lionarons	Female	115.	Female 21-34	34.		1:13:56,49	236.	1:12:58,07	236.
622	John	Bisland	Male	122.	Male 70-74	1.		1:13:58,20	237.	1:12:55,46	235.
621	Pauline	Owen	Female	116.	Female	3.		1:13:58,38	238.	1:12:55,45	234.
558	Wayne	Watkins	Male	123.	Male 21-34	34.		1:14:25,54	239.	1:13:42,34	240.
416	Hannah	Roberts	Female	117.	Female 21-34	35.		1:14:25,60	240.	1:13:42,06	239.
713	Abigail	Griffiths	Female	118.	Female 21-34	36.	Rhedwyr Hebog	1:14:42,82	241.	1:13:58,93	241.
535	Ama	Eyo	Female	119.	Female 40-44	20.		1:14:56,90	242.	1:14:33,57	242.
650	Monica Edith	Rivera Miranda	Female	120.	Female 21-34	37.		1:15:22,48	243.	1:15:01,23	243.
481	Mark	Morrelle	Male	124.	Male 40-44	19.		1:15:50,62	244.	1:15:38,96	244.
493	Brian	Edwards	Male	125.	Male 55-59	12.		1:16:26,41	245.	1:15:39,79	245.
491	Catrin	Hughes	Female	121.	Female 35-39	11.		1:16:26,76	246.	1:15:40,31	246.
437	Ben	Bonney	Male	126.	Male 12-20	4.		1:17:39,26	247.	1:17:18,19	249.
474	Nerys	Evans	Female	122.	Female 50-54	19.		1:17:56,21	248.	1:17:15,81	248.
410	Louise	Townley	Female	123.	Female 21-34	38.		1:17:59,89	249.	1:17:02,74	247.
592	Bernadette	Chainey	Female	124.	Female 55-59	11.		1:18:55,36	250.	1:17:51,63	251.
591	Ric	Cheyney	Male	127.	Male 60-64	4.		1:18:55,62	251.	1:17:51,51	250.
411	Sian	Griffiths	Female	125.	Female 35-39	12.		1:18:56,64	252.	1:18:13,43	253.
414	Aaron	Griffiths	Male	128.	Male 21-34	35.		1:18:56,64	253.	1:18:11,33	252.
483	Gwenda	Baker	Female	126.	Female 50-54	20.		1:19:36,81	254.	1:18:44,39	254.
556	Elaine	Mottershead	Female	127.	Female 45-49	17.	Belle Vue Racers	1:19:53,31	255.	1:19:00,26	256.
557	Karen	Smith	Female	128.	Female 45-49	18.		1:19:53,32	256.	1:18:59,70	255.
537	Julie	Walmsley	Female	129.	Female 50-54	21.		1:20:07,09	257.	1:19:35,01	258.
518	Beth	Ballantine	Female	130.	Female 50-54	22.		1:20:07,16	258.	1:19:35,08	259.
528	María	Pajor	Female	131.	Female 55-59	12.		1:20:39,23	259.	1:19:31,88	257.
443	Melany	Williams	Female	132.	Female 21-34	39.		1:20:54,35	260.	1:20:13,94	261.
632	Linos	Murray	Female	133.	Female 21-34	40.		1:20:54,90	261.	1:19:54,72	260.

## Bangor 10km & Half Marathon

### Gender/AG Results 10k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
654	Vanessa	Humphreys	Female	134.	Female 45-49	19.		1:21:45,64	262.	1:21:29,72	262.
677	Kat	Hewish	Female	135.	Female 21-34	41.		1:22:29,67	263.	1:21:30,37	263.
449	Matt	Heslop	Male	129.	Male 21-34	36.		1:22:48,82	264.	1:22:11,49	264.
609	Steve	Marsden	Male	130.	Male 50-54	15.		1:28:36,13	265.	1:27:43,01	265.
438	Bethan	Evans	Female	136.	Female 21-34	42.		1:28:37,07	266.	1:28:28,65	267.
617	Syakirah	Azis	Female	137.	Female 21-34	43.		1:28:38,21	267.	1:28:05,37	266.
653	Carrie	Benbow	Female	138.	Female 21-34	44.		1:36:11,08	268.	1:35:11,49	268.

Number of records: 268