

# Bangor 10km & Half Marathon

## Gender/AG Results 10k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
310	Steve	Forsyth	Male	1.	Male 35-39	1.	Wolves And Bilston	0:35:42,00	1.	0:35:41,49	1.
309	Brendan	Rothery	Male	2.	Male 35-39	2.		0:36:25,57	2.	0:36:24,69	2.
217	Jonathon	Seymour	Male	3.	Male 35-39	3.	Gog Triathlon Club	0:37:25,91	3.	0:37:24,69	3.
212	Stephen	Rookes	Male	4.	Male 50-54	1.		0:39:25,85	4.	0:39:25,12	4.
296	Meilyr	Wyn	Male	5.	Male 35-39	4.		0:41:07,78	5.	0:41:06,05	5.
18	Ian	Brown	Male	6.	Male 12-20	1.		0:41:22,20	6.	0:41:20,22	7.
162	Eddie	Neale	Male	7.	Male 12-20	2.	Ackworth Road Runners	0:41:26,24	7.	0:41:10,26	6.
117	Gethin	Jones	Male	8.	Male 21-34	1.	North Wales Roadrunners	0:41:47,18	8.	0:41:46,04	8.
16	Peter	Brodey	Male	9.	Male 21-34	2.		0:42:13,04	9.	0:42:04,64	9.
95	Josh	Humphreys	Male	10.	Male 21-34	3.	Cybi Striders	0:43:05,96	10.	0:43:04,93	10.
176	John	Peaker	Male	11.	Male 50-54	2.	Chester Triathlon Club	0:43:38,38	11.	0:43:36,84	11.
205	Medwyn	Roberts	Male	12.	Male 40-44	1.		0:43:54,66	12.	0:43:44,50	12.
603	Nader	Kohbodi	Male	13.	Male 21-34	4.		0:44:03,71	13.	0:44:01,29	13.
204	Andrew	Roberts	Male	14.	Male 50-54	3.	Gog Triathlon	0:44:17,70	14.	0:44:15,39	15.
177	Harry	Peaker	Male	15.	Male 12-20	3.		0:44:28,40	15.	0:44:26,23	16.
265	Matthew	Whelan	Male	16.	Male 21-34	5.		0:44:33,28	16.	0:44:08,71	14.
275	Peredur	Williams	Male	17.	Male 40-44	2.		0:45:14,71	17.	0:45:03,27	17.
61	Paul	Grainger	Male	18.	Male 21-34	6.	Chester Road Runners	0:45:23,72	18.	0:45:22,24	19.
41	Lee	Evans	Male	19.	Male 35-39	5.		0:45:26,39	19.	0:45:23,70	20.
266	Joshua	White	Male	20.	Male 21-34	7.		0:45:27,76	20.	0:45:14,88	18.
272	Osian	Larson	Male	21.	Male 35-39	6.		0:45:42,67	21.	0:45:24,17	21.
306	Charlotte	Wilton-Rose	Female	1.	Female 21-34	1.		0:45:59,41	22.	0:45:58,58	22.
116	Llinos	Jones	Female	2.	Female 40-44	1.		0:46:15,46	23.	0:46:01,75	23.
211	Gavin	Rogerson	Male	22.	Male 21-34	8.		0:46:28,73	24.	0:46:10,43	24.
219	Rowland	Sharp	Male	23.	Male 55-59	1.	Rhedwyr Hebog Runners	0:46:36,94	25.	0:46:33,96	25.
220	Tim	Shaw	Male	24.	Male 35-39	7.		0:46:52,53	26.	0:46:49,51	26.
297	Steven	Yates	Male	25.	Male 45-49	1.		0:47:15,00	27.	0:47:10,01	27.
17	Daniel	Brook-Sutton	Male	26.	Male 40-44	3.		0:47:19,99	28.	0:47:16,09	28.
199	David Owen	Roberts	Male	27.	Male 35-39	8.		0:47:20,44	29.	0:47:16,82	29.
96	Thomas	Ibbetson	Male	28.	Male 21-34	9.		0:47:39,59	30.	0:47:33,24	31.
249	Roland	Thomas	Male	29.	Male 40-44	4.		0:47:42,80	31.	0:47:36,02	32.
172	Barry	Palmer	Male	30.	Male 40-44	5.		0:47:46,75	32.	0:47:36,22	33.
126	Natasha	Lauder	Female	3.	Female 21-34	2.		0:48:03,75	33.	0:47:22,47	30.
267	Katrina	Wightman	Female	4.	Female 35-39	1.	Huncote Harriers	0:48:15,19	34.	0:48:11,71	34.
109	Mari	Jones	Female	5.	Female 40-44	2.		0:48:26,40	35.	0:48:15,40	35.
256	Karl	Wainwright	Male	31.	Male 35-39	9.		0:48:33,75	36.	0:48:17,33	36.
254	Rob	Tyler	Male	32.	Male 45-49	2.		0:49:23,56	37.	0:49:02,34	37.
46	Cerian	Evans	Female	6.	Female 45-49	1.		0:49:35,93	38.	0:49:20,46	39.
287	Rhys	Williams	Male	33.	Male 35-39	10.		0:49:35,99	39.	0:49:13,38	38.
23	Matt	Cooper	Male	34.	Male 35-39	11.	Macclesfield Harriers	0:49:49,93	40.	0:49:42,96	40.
237	Gareth	Southworth	Male	35.	Male 50-54	4.		0:50:14,48	41.	0:50:08,48	44.
90	Ian	Hughes	Male	36.	Male 55-59	2.		0:50:15,28	42.	0:49:48,92	41.
232	Barry	Smith	Male	37.	Male 35-39	12.		0:50:16,24	43.	0:49:56,64	42.
13	James	Bradford	Male	38.	Male 40-44	6.		0:50:27,76	44.	0:50:12,50	45.
216	Manuel	Serrano	Male	39.	Male 21-34	10.		0:50:40,83	45.	0:50:18,10	47.
3	Adam	Archer	Male	40.	Male 35-39	13.		0:50:53,82	46.	0:50:22,91	48.
240	Madison	Stevens	Male	41.	Male 21-34	11.		0:50:56,28	47.	0:50:15,19	46.
24	Matthew	Coppack	Male	42.	Male 21-34	12.		0:50:58,66	48.	0:50:07,76	43.
26	Pradeep Kumara	Dadallage	Male	43.	Male 21-34	13.	Betsi Runaways	0:51:03,73	49.	0:50:50,13	49.
156	Natalie	Morgan	Female	7.	Female 21-34	3.		0:51:11,38	50.	0:51:05,03	52.
284	Paul	Williams	Male	44.	Male 40-44	7.		0:51:21,20	51.	0:51:03,75	51.
252	Paul	Trotter	Male	45.	Male 40-44	8.		0:51:22,45	52.	0:51:06,31	54.
88	Ffion	Hughes	Female	8.	Female 35-39	2.		0:51:25,99	53.	0:51:05,12	53.
215	Adam	Scott-Jones	Male	46.	Male 21-34	14.		0:51:27,25	54.	0:50:58,94	50.
30	Owain	Davies	Male	47.	Male 35-39	14.		0:51:39,79	55.	0:51:28,21	57.
83	Thomas	Hopkinson	Male	48.	Male 21-34	15.		0:51:48,76	56.	0:51:35,65	58.
166	Marilyn	Owen	Female	9.	Female 55-59	1.		0:51:54,00	57.	0:51:36,15	59.
127	Lesley	Leeds	Female	10.	Female 40-44	3.		0:51:56,04	58.	0:51:46,87	60.
152	Conwy	Meredith	Male	49.	Male 21-34	16.		0:51:58,99	59.	0:51:22,56	55.
285	Gwilym	Williams	Male	50.	Male 70-74	1.		0:52:00,88	60.	0:51:26,33	56.
279	Annes	Williams	Female	11.	Female 21-34	4.		0:52:02,31	61.	0:51:55,59	61.
196	Brian	Roberts	Male	51.	Male 55-59	3.		0:52:25,31	62.	0:52:06,81	63.
59	Andy	Goswell	Male	52.	Male 40-44	9.		0:52:42,91	63.	0:52:11,99	64.
304	Jason	Lockwood	Male	53.	Male 21-34	17.		0:52:56,15	64.	0:52:00,70	62.
280	Heulwen Mai	Williams	Female	12.	Female 35-39	3.		0:52:57,13	65.	0:52:41,73	65.
258	Rebecca	Ward	Female	13.	Female 21-34	5.		0:53:10,21	66.	0:53:02,32	70.
293	Danny	Woodburn	Male	54.	Male 50-54	5.		0:53:14,97	67.	0:52:56,98	67.
278	Lisa	Williams	Female	14.	Female 35-39	4.		0:53:26,27	68.	0:53:12,19	71.
245	Greg	Taylor	Male	55.	Male 50-54	6.		0:53:27,12	69.	0:53:01,59	69.
269	Manon	Wilkinson	Female	15.	Female 21-34	6.	Eryri Harriers	0:53:29,65	70.	0:52:52,82	66.
253	Netta	Tyler	Female	16.	Female 50-54	1.		0:53:36,77	71.	0:53:19,39	72.
4	Jamie	Atkinson	Male	56.	Male 21-34	18.		0:53:44,96	72.	0:52:59,76	68.
187	Tim	Radford	Male	57.	Male 55-59	4.		0:53:51,45	73.	0:53:24,23	73.
43	Liz	Evans	Female	17.	Female 65-69	1.		0:54:01,40	74.	0:53:53,98	76.
231	Andy	Small	Male	58.	Male 21-34	19.		0:54:10,31	75.	0:53:29,74	74.
312	Michelle	Morris	Female	18.	Female 21-34	7.		0:54:32,86	76.	0:54:12,80	79.
264	Steven	Westley	Male	59.	Male 35-39	15.		0:54:38,43	77.	0:54:09,16	78.
168	Sian	Owen	Female	19.	Female 21-34	8.		0:54:40,18	78.	0:53:55,43	77.
214	Sara	Sawicz	Female	20.	Female 21-34	9.		0:54:41,40	79.	0:54:22,13	82.
263	Paul	Westley	Male	60.	Male 60-64	1.		0:54:47,51	80.	0:54:18,36	80.
45	Aaron	Evanson	Male	61.	Male 35-39	16.		0:54:50,39	81.	0:54:18,70	81.
207	Sian	Roberts	Female	21.	Female 21-34	10.		0:54:55,11	82.	0:54:29,00	84.
250	Ross	Thompson	Male	62.	Male 12-20	4.		0:54:55,94	83.	0:53:51,29	75.
39	Dafydd	Emrys	Male	63.	Male 35-39	17.		0:54:57,83	84.	0:54:45,60	86.
147	Amy	Mccarthy	Female	22.	Female 21-34	11.		0:55:05,00	85.	0:54:27,93	83.
288	Gemma	Williams	Female	23.	Female 35-39	5.		0:55:25,34	86.	0:54:53,48	87.
63	Fflur	Griffith	Female	24.	Female 35-39	6.		0:55:25,56	87.	0:54:55,55	88.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
208	Gareth	Roberts	Male	64.	Male 35-39	18.		0:55:27,71	88.	0:55:01,21	89.
223	Michael	Shiels	Male	65.	Male 21-34	20.		0:55:38,83	89.	0:54:33,27	85.
124	David	Lancaster	Male	66.	Male 50-54	7.		0:55:44,07	90.	0:55:04,16	90.
311	Sian	Keaney	Female	25.	Female 45-49	2.		0:55:45,96	91.	0:55:27,24	92.
198	Kay	Roberts	Female	26.	Female 40-44	4.	Rhedwyr Glanrafon	0:55:46,13	92.	0:55:27,57	94.
135	Dave	Lloyd	Male	67.	Male 55-59	5.		0:55:50,07	93.	0:55:23,95	91.
65	Steffan	Griffith	Male	68.	Male 40-44	10.		0:56:10,30	94.	0:55:27,33	93.
274	Val	Williams	Female	27.	Female 50-54	2.		0:56:17,37	95.	0:55:58,68	97.
128	Kim	Lendon	Female	28.	Female 21-34	12.		0:56:19,82	96.	0:55:50,26	95.
118	Nigel	Jones	Male	69.	Male 55-59	6.		0:56:24,25	97.	0:55:56,25	96.
180	Matthew	Perry	Male	70.	Male 40-44	11.	Astley & Tyldesley Road Runners	0:56:38,80	98.	0:56:16,71	99.
190	Emma	Richards	Female	29.	Female 21-34	13.		0:56:41,79	99.	0:56:40,77	102.
184	Ryan	Pugh	Male	71.	Male 21-34	21.		0:56:57,88	100.	0:56:01,86	98.
84	Jude	Horsnell	Female	30.	Female 50-54	3.		0:57:01,09	101.	0:56:34,32	100.
131	Rob	Lewis	Male	72.	Male 21-34	22.		0:57:25,45	102.	0:56:40,37	101.
103	Kate	Jones	Female	31.	Female 21-34	14.		0:57:29,54	103.	0:57:04,72	103.
91	Mike	Hughes	Male	73.	Male 35-39	19.		0:57:36,32	104.	0:57:14,35	105.
303	Hanna	Thomas	Female	32.	Female 21-34	15.		0:57:51,21	105.	0:57:14,00	104.
54	Richard	Furniss	Male	74.	Male 35-39	20.	Cybi Striders Running Club	0:57:58,06	106.	0:57:44,79	109.
137	Ffion	Lloyd Jones	Female	33.	Female 21-34	16.		0:58:05,72	107.	0:57:29,03	107.
151	Eleri	Roberts	Female	34.	Female 21-34	17.		0:58:10,62	108.	0:57:51,99	110.
9	Fredrik Gordon	Berg	Male	75.	Male 21-34	23.		0:58:13,30	109.	0:57:24,45	106.
148	Laura	Mckenzie	Female	35.	Female 35-39	7.	Betsi Runaways	0:58:35,10	110.	0:58:21,65	114.
146	Leanne	Matthews	Female	36.	Female 35-39	8.		0:58:36,07	111.	0:58:19,57	113.
38	Alun	Edwards	Male	76.	Male 50-54	8.		0:58:43,84	112.	0:57:55,58	111.
154	Nick	Mishenin	Male	77.	Male 21-34	24.		0:58:46,77	113.	0:57:40,57	108.
298	Sean	Yates	Male	78.	Male 12-20	5.		0:59:07,14	114.	0:59:02,35	117.
281	Oscar	Williams	Male	79.	Male 12-20	6.		0:59:08,71	115.	0:57:58,78	112.
71	Donna	Haggas	Female	37.	Female 35-39	9.		0:59:30,51	116.	0:59:00,89	116.
165	Jayanne	Owen	Female	38.	Female 21-34	18.		0:59:33,79	117.	0:59:24,82	118.
34	Rory	Douglas	Male	80.	Male 12-20	7.		0:59:52,22	118.	0:58:46,91	115.
122	Sarah	Jones	Female	39.	Female 35-39	10.		1:00:07,53	119.	0:59:33,99	119.
260	Joanne	Watson	Female	40.	Female 35-39	11.		1:00:11,47	120.	0:59:55,34	121.
307	Lorraine	Roberts	Female	41.	Female 35-39	12.		1:00:17,33	121.	0:59:56,34	122.
169	Melanie	Owen	Female	42.	Female 40-44	5.		1:00:17,93	122.	0:59:45,40	120.
203	Nan	Roberts	Female	43.	Female 45-49	3.	Gog Triathlon Club	1:00:40,73	123.	1:00:18,57	123.
73	Nia	Hall	Female	44.	Female 21-34	19.		1:01:09,47	124.	1:00:24,52	124.
300	Anna	Zelmer	Female	45.	Female 21-34	20.		1:01:19,21	125.	1:00:27,55	125.
235	Paulina	Sorvisto	Female	46.	Female 21-34	21.		1:01:23,21	126.	1:01:16,43	128.
79	Sarah	Higginson	Female	47.	Female 40-44	6.	Newport & District Rc	1:01:32,66	127.	1:01:14,61	127.
6	Elizabeth	Barnard	Female	48.	Female 45-49	4.	Vegan Runners Uk	1:01:50,21	128.	1:01:36,14	132.
7	Ruth	Bateman	Female	49.	Female 21-34	22.		1:01:55,46	129.	1:01:01,23	126.
92	Kate	Hughes-Jenkins	Female	50.	Female 21-34	23.		1:01:58,11	130.	1:01:16,45	129.
100	Jocelyn	Jenkins	Female	51.	Female 50-54	4.		1:01:58,19	131.	1:01:16,80	130.
33	John	Dickson	Male	81.	Male 60-64	2.		1:02:09,83	132.	1:01:34,69	131.
97	Toni	Ireland	Female	52.	Female 60-64	1.	Newport & District Running Club	1:02:23,40	133.	1:02:05,29	133.
120	Heather	Jones	Female	53.	Female 55-59	2.		1:02:31,41	134.	1:02:18,47	136.
57	Sheilasnh	Gofton	Female	54.	Female 55-59	3.		1:02:39,19	135.	1:02:33,83	141.
31	Wendy Jane	Davies	Female	55.	Female 21-34	24.		1:02:47,83	136.	1:02:24,96	137.
191	Clare	Rimmer	Female	56.	Female 21-34	25.		1:02:48,17	137.	1:02:25,35	138.
40	Louise	Ennis	Female	57.	Female 40-44	7.		1:02:50,55	138.	1:02:36,04	142.
286	Helen	Aslett	Female	58.	Female 50-54	5.		1:02:58,13	139.	1:02:25,76	139.
201	Talisa	Roberts	Female	59.	Female 21-34	26.		1:03:04,69	140.	1:02:16,50	134.
134	Arwel	Lloyd	Male	82.	Male 55-59	7.		1:03:10,37	141.	1:02:38,29	143.
282	Ceri	Williams	Female	60.	Female 21-34	27.		1:03:12,23	142.	1:02:18,06	135.
157	Mark	Morrelle	Male	83.	Male 45-49	3.		1:03:15,38	143.	1:02:30,71	140.
159	Caroline	Mulvaney Jones	Female	61.	Female 35-39	13.		1:03:21,12	144.	1:02:47,93	144.
12	Elizabeth	Bossingham	Female	62.	Female 35-39	14.		1:03:30,71	145.	1:03:09,82	146.
104	Rhian	Jones	Female	63.	Female 40-44	8.		1:03:31,05	146.	1:03:10,67	147.
44	Hefina	Evans	Female	64.	Female 65-69	2.		1:03:34,32	147.	1:03:20,95	149.
64	Nia	Griffith	Female	65.	Female 35-39	15.		1:03:44,73	148.	1:03:27,45	151.
142	Emma	Marshall	Female	66.	Female 45-49	5.		1:03:46,41	149.	1:03:00,57	145.
446	Rebecca	Hannah	Female	67.	Female 21-34	28.		1:03:53,97	150.	1:03:26,10	150.
292	Anita	Woodburn	Female	68.	Female 50-54	6.		1:03:58,01	151.	1:03:39,37	152.
36	Leslie	Pugh	Female	69.	Female 45-49	6.	Hebog	1:04:13,08	152.	1:03:46,01	153.
47	Rosalind	Evenson	Female	70.	Female 55-59	4.	On The Run	1:04:18,56	153.	1:03:18,83	148.
299	Lucy	Zalot	Female	71.	Female 35-39	16.		1:04:27,04	154.	1:03:54,51	155.
55	Stephanie	Gee	Female	72.	Female 50-54	7.		1:04:27,50	155.	1:04:14,19	156.
229	Anya	Skatova	Female	73.	Female 35-39	17.		1:04:49,20	156.	1:03:52,95	154.
301	Liza	Williams	Female	74.	Female 45-49	7.		1:04:50,67	157.	1:04:47,13	162.
49	Eileen	Fenner	Female	75.	Female 60-64	2.	Hebog	1:05:01,87	158.	1:04:33,97	160.
243	Catherine	Taylor	Female	76.	Female 21-34	29.		1:05:13,20	159.	1:04:24,69	157.
185	Tim	Purcell	Male	84.	Male 45-49	4.		1:05:16,82	160.	1:04:42,26	161.
132	Bethan	Lewis-Williams	Female	77.	Female 35-39	18.		1:05:18,03	161.	1:04:30,02	159.
52	Christine	Fowler	Female	78.	Female 45-49	8.		1:05:29,39	162.	1:04:29,08	158.
246	Lisa	Taylor	Female	79.	Female 50-54	8.		1:05:43,33	163.	1:05:18,51	165.
150	Jude	Mcsharry	Female	80.	Female 55-59	5.	Hinckley Running Club	1:05:54,67	164.	1:04:54,44	163.
271	Hannah	Williams	Female	81.	Female 21-34	30.		1:06:04,45	165.	1:05:13,94	164.
76	Steve	Heslop	Male	85.	Male 55-59	8.	Scunthorpe & District Ac	1:06:34,53	166.	1:05:43,45	166.
247	Lona	Thomas	Female	82.	Female 45-49	9.		1:07:11,95	167.	1:06:47,24	171.
32	Richard	Dennis	Male	86.	Male 21-34	25.		1:07:22,19	168.	1:06:16,43	167.
171	Bethan	Owens	Female	83.	Female 50-54	9.		1:07:23,62	169.	1:07:17,87	174.
261	Tracey	Weetman	Female	84.	Female 55-59	6.		1:07:27,39	170.	1:07:11,61	173.
108	Ceri	Jones	Female	85.	Female 50-54	10.		1:07:29,62	171.	1:06:31,05	169.
14	George	Brett	Male	87.	Male 21-34	26.		1:07:29,62	172.	1:06:24,25	168.
28	Tony	Davidson	Male	88.	Male 60-64	3.		1:07:33,48	173.	1:06:46,98	170.
20	Alessandro	Ciapetti	Male	89.	Male 45-49	5.		1:07:43,68	174.	1:06:53,88	172.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
145	Rachel	Matthews	Female	86.	Female 45-49	10.		1:08:03,49	175.	1:07:40,15	178.
75	Julie	Harding	Female	87.	Female 60-64	3.		1:08:05,15	176.	1:07:41,73	179.
257	James	Ward	Male	90.	Male 21-34	27.		1:08:13,89	177.	1:07:36,70	177.
10	Una Johanne	Berg	Female	88.	Female 21-34	31.		1:08:15,58	178.	1:07:26,83	175.
107	Rachel	Jones	Female	89.	Female 35-39	19.		1:08:19,86	179.	1:08:03,23	182.
175	Carrie	Pattenden	Female	90.	Female 35-39	20.		1:08:25,65	180.	1:08:01,32	181.
144	Becky	Matson	Female	91.	Female 21-34	32.		1:08:25,90	181.	1:07:29,76	176.
15	Sasha	Brimacombe	Female	92.	Female 45-49	11.		1:08:32,11	182.	1:07:46,00	180.
72	Jenny	Hale	Female	93.	Female 50-54	11.		1:08:43,50	183.	1:08:37,36	186.
262	Karen	Wellington	Female	94.	Female 50-54	12.		1:08:47,93	184.	1:08:35,20	185.
234	Meg	Smith	Female	95.	Female 21-34	33.		1:09:03,11	185.	1:08:19,42	183.
85	Bex	Howie	Female	96.	Female 21-34	34.		1:09:03,56	186.	1:08:19,90	184.
233	Viki	Smith	Female	97.	Female 45-49	12.		1:09:07,22	187.	1:08:52,98	187.
167	Rachel	Owen	Female	98.	Female 40-44	9.		1:09:16,82	188.	1:09:08,99	191.
302	Kerry	Jewell	Female	99.	Female 55-59	7.		1:10:00,71	189.	1:09:07,27	190.
181	James	Popadiuk	Male	91.	Male 21-34	28.		1:10:03,58	190.	1:08:58,21	189.
239	Thomas	Stephens	Male	92.	Male 12-20	8.		1:10:03,87	191.	1:08:57,67	188.
195	Sian	Roberts	Female	100.	Female 21-34	35.		1:10:21,92	192.	1:09:57,59	192.
200	Janice	Roberts	Female	101.	Female 50-54	13.		1:10:54,61	193.	1:10:48,72	195.
121	Roy	Jones	Male	93.	Male 55-59	9.		1:11:20,58	194.	1:10:22,07	193.
276	Michelle	Williams	Female	102.	Female 40-44	10.		1:11:31,63	195.	1:10:50,99	196.
290	Pat	Wilson	Female	103.	Female 40-44	11.		1:11:31,94	196.	1:11:12,47	198.
105	Stephanie	Jones	Female	104.	Female 21-34	36.		1:11:35,88	197.	1:11:01,88	197.
294	Sean	Woods	Male	94.	Male 50-54	9.		1:11:40,48	198.	1:11:32,65	200.
179	Emma	Percival	Female	105.	Female 45-49	13.		1:11:56,08	199.	1:10:47,43	194.
225	Dave	Simm	Male	95.	Male 35-39	21.		1:12:07,90	200.	1:11:34,30	201.
202	Gareth	Roberts	Male	96.	Male 65-69	1.		1:12:08,48	201.	1:11:34,82	202.
218	Akshat	Shah	Male	97.	Male 21-34	29.		1:12:26,24	202.	1:11:50,44	203.
74	Lisa	Hampson	Female	106.	Female 40-44	12.		1:12:33,18	203.	1:11:28,86	199.
268	Helen	Wilcock	Female	107.	Female 45-49	14.		1:12:49,64	204.	1:12:35,57	209.
160	Marc	Murphy	Male	98.	Male 35-39	22.		1:12:58,70	205.	1:12:01,69	204.
224	Amy	Sides	Female	108.	Female 21-34	37.		1:12:58,91	206.	1:12:34,93	208.
259	Connor	Ward	Male	99.	Male 12-20	9.		1:13:06,07	207.	1:12:46,67	211.
161	Yvonne	Murphy	Female	109.	Female 40-44	13.		1:13:11,44	208.	1:12:14,40	207.
113	Bryn	Jones	Male	100.	Male 21-34	30.		1:13:13,96	209.	1:12:11,07	205.
248	Nia	Thomas	Female	110.	Female 21-34	38.		1:13:14,32	210.	1:12:11,37	206.
111	Richard	Jones	Male	101.	Male 40-44	12.	Oswestry Olympians	1:13:43,02	211.	1:12:42,39	210.
78	Kat	Hewish	Female	111.	Female 21-34	39.		1:13:46,94	212.	1:13:29,87	212.
291	Alyson	Winn	Female	112.	Female 60-64	4.	Wrexham Aac	1:14:39,99	213.	1:14:40,10	216.
308	Karen	Roberts	Female	113.	Female 35-39	21.		1:14:46,64	214.	1:14:26,26	213.
119	Iestyn	Jones	Male	102.	Male 40-44	13.		1:15:35,86	215.	1:15:05,41	217.
189	Sharon	Richards	Female	114.	Female 55-59	8.		1:15:36,81	216.	1:14:32,30	215.
68	Suzanne	Gwyn	Female	115.	Female 45-49	15.		1:15:36,94	217.	1:14:28,16	214.
654	Josh	Wynne	Male	103.	Male 12-20	10.		1:15:37,38	218.	1:15:11,55	218.
115	Nicholas	Jones	Male	104.	Male 12-20	11.		1:16:19,96	219.	1:15:49,11	219.
86	Mel	Hughes	Female	116.	Female 40-44	14.		1:17:51,15	220.	1:16:49,42	220.
193	Samantha	Roberts	Female	117.	Female 21-34	40.		1:17:51,90	221.	1:16:50,31	221.
149	Damian	Mckeon	Male	105.	Male 45-49	6.		1:19:06,75	222.	1:18:36,38	224.
8	Ella	Baxendale	Female	118.	Female 21-34	41.		1:19:25,50	223.	1:18:22,15	222.
19	Jessica	Burns	Female	119.	Female 21-34	42.		1:19:26,27	224.	1:18:22,56	223.
270	Louise	Williams	Female	120.	Female 50-54	14.		1:19:27,51	225.	1:18:52,43	225.
102	Olwyn	Jones	Female	121.	Female 21-34	43.		1:19:27,86	226.	1:18:53,63	227.
77	Matt	Heslop	Male	106.	Male 21-34	31.		1:19:45,61	227.	1:18:53,38	226.
80	Sam	Hillier	Female	122.	Female 35-39	22.		1:20:21,63	228.	1:19:41,40	229.
58	Lowri	Goodman	Female	123.	Female 21-34	44.		1:20:32,07	229.	1:19:37,45	228.
81	Kathryn	Hockenbury	Female	124.	Female 21-34	45.		1:20:32,07	230.	1:20:06,99	230.
123	Tom	Jordan	Male	107.	Male 45-49	7.		1:21:52,57	231.	1:20:54,80	231.
2	Tatyana	Alderson	Female	125.	Female 40-44	15.		1:21:54,35	232.	1:20:56,89	232.
101	Debbie	Jones	Female	126.	Female 21-34	46.		1:26:03,18	233.	1:25:24,95	233.

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