




































































































# Bangor 10k & Half Marathon 2021

## Overall Results 10k

Plac	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
10k									
1.	147	Nixon, Scott		1990	M	Male 30-34	Cardiff aac	33:41	33:43
2.	71	Griffith, Dion		2003	M	Male 15-19	Menai Track and Field	34:40	34:42
3.	231	Tyler, Jonathan		1983	M	Male 35-39	Betsi runaways	34:48	34:50
4.	200	Savage, Andrew		1971	M	Male 50-54		37:03	37:06
5.	74	Gruffydd, Llyr		1985	M	Male 35-39		37:20	37:23
6.	198	rothery, brendan		1978	M	Male 40-44		37:47	37:49
7.	525	Humphreys,		1969	M	Male 50-54		37:53	37:55
8.	174	Pys, Dan		1984	M	Male 35-39		38:20	38:23
9.	218	Thomas, Jason		1973	M	Male 45-49	Cybi Striders	38:35	38:38
10.	253	Williams, Iwan		1982	M	Male 35-39		38:52	38:54
11.	29	Cook, Evie		1999	F	Female 20-24	City of Sheffield and	39:08	39:10
12.	205	Shiple, Rachel		1989	F	Female 30-34	Abergele Harriers	39:23	39:26
13.	106	Jones, Lewis		1985	M	Male 35-39		39:29	39:33
14.	275	Baner, George		1992	M	Male 25-29		39:43	39:51
15.	266	Hughes, Dave		1988	M	Male 30-34		39:06	39:52
16.	213	Spain, Tony		1989	M	Male 30-34		39:51	40:02
17.	184	Roberts, Griff		2004	M	Male 15-19	Menai Track & Field	39:51	40:16
18.	30	Cooper, Alex		1988	M	Male 30-34		40:57	41:02
19.	194	Roberts, Medwyn		1977	M	Male 40-44		41:00	41:06
20.	176	Rees Jones,		1988	M	Male 30-34		41:43	41:48
21.	98	Humphreys, Josh		1992	M	Male 25-29	Cybi Striders	41:59	42:02
22.	107	Jones, Peter		1978	M	Male 40-44	Cybi Striders	42:39	42:43
23.	163	Peaker, John		1964	M	Male 55-59	Chester triathlon club	43:01	43:04
24.	136	Moore, Adam		2001	M	Male 20-24		43:41	43:50
25.	267	Sanders, Edward		1987	M	Male 30-34		44:02	44:16
26.	241	Wilkinson, manon		1985	F	Female 35-39	Eryri Harriers	44:18	44:25
27.	187	Roberts, Steven		1964	M	Male 55-59	Nwrrc	44:19	44:29
28.	72	Griffith, Julie		1985	F	Female 35-39		44:30	44:33
29.	269	Bibby, Jessica		1991	F	Female 30-34		44:57	45:03
30.	150	Owen, Chris		1980	M	Male 40-44		44:55	45:10
31.	14	Blain, Simon		1981	M	Male 35-39		45:23	45:36
32.	90	Hughes, Michael		1989	M	Male 30-34		45:29	45:39
33.	259	Williams, Richie		1966	M	Male 55-59		45:46	45:49
34.	250	Williams, Euryr		1962	M	Male 55-59		45:32	45:51
35.	104	Jones, Llinos		1975	F	Female 45-49		45:36	45:54
36.	232	Udale, Bindy		1996	F	Female 25-29		45:49	45:56
37.	51	eluned, Mair		1977	F	Female 40-44		45:55	45:59
38.	108	Jones, Cai Newell		1992	M	Male 25-29		45:46	46:02
39.	159	Parry, Miriam Haf		1992	F	Female 25-29		45:45	46:08
40.	212	Southworth,		1965	M	Male 55-59	Cybi Striders	46:57	47:02
41.	81	Hartleb, Ioan		1984	M	Male 35-39		46:44	47:04
42.	242	Williams, Alan		1967	M	Male 50-54		47:03	47:09
43.	38	Doyle, Mark		1987	M	Male 30-34		46:56	47:14
44.	130	Lois, Mari		1978	F	Female 40-44	Betsi Runaways	46:52	47:20
45.	162	Parsons, Andrew		1977	M	Male 40-44		47:45	47:53
46.	249	Williams, Annes		1984	F	Female 35-39		47:50	47:58
47.	236	Ward-Williams,		1986	F	Female 35-39		47:47	48:09
48.	75	Hallam, Eleri		1972	F	Female 45-49		48:12	48:26
49.	228	Tomos, Bryn		1961	M	Male 60-64		48:04	48:30


















































# Bangor 10k & Half Marathon 2021

## Overall Results 10k

Plac	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
50.	404	Anderton, Simon		1959	M	Male 60-64	Todorden Harriers	48:09	48:35
51.	133	Maitland, Paul		1968	M	Male 50-54	Cybi Striders	48:19	48:38
52.	206	Skillin, Shane		1993	M	Male 25-29		48:38	48:45
53.	48	Ellis, Gareth		1968	M	Male 50-54		49:02	49:09
54.	192	Roberts, Inara		1984	F	Female 35-39		49:13	49:20
55.	173	Pritchard, Amy		1992	F	Female 25-29		49:03	49:26
56.	61	Fryer, Robert		1954	M	Male 65-69	North Wales road	49:13	49:29
57.	135	Miles, Tracey		1976	F	Female 40-44		49:26	49:40
58.	263	Wylie, Nicola		1968	F	Female 50-54		49:28	49:44
59.	189	Roberts, Ashley		1995	M	Male 25-29		49:19	49:56
60.	148	O'Brien, Heidi		1993	F	Female 25-29		49:33	49:56
61.	32	Dafydd,		1988	F	Female 30-34	Eryri Harriers	50:01	50:09
62.	78	Hardcastle, Stuart		1956	M	Male 65-69	Quakers R.C.	50:09	50:16
63.	13	Bishton, James		1987	M	Male 30-34		49:59	50:19
64.	40	Dunn, anthony		1970	M	Male 50-54		50:10	50:34
65.	8	Barranco, Carlos		1991	M	Male 30-34		50:07	50:34
66.	36	Davies, Ryan		1985	M	Male 35-39		50:24	51:03
67.	52	Evans, Einir		1993	F	Female 25-29		50:54	51:15
68.	101	Jarvis, Ed		1983	M	Male 35-39		50:45	51:18
69.	105	Jones, Gareth		1975	M	Male 45-49		50:59	51:21
70.	64	Gannon, Henry		1999	M	Male 20-24		50:54	51:25
71.	3	Andrews, Rachel		1978	F	Female 40-44		51:16	51:31
72.	114	Jones, Tecwyn		1962	M	Male 55-59		51:19	51:31
73.	239	White, Joshua		1993	M	Male 25-29		51:58	52:11
74.	193	Roberts, Shelley		1979	F	Female 40-44		52:01	52:13
75.	50	Ellis, Rupert		1978	M	Male 40-44		52:08	52:19
76.	141	Morris, Robin		1988	M	Male 30-34		52:18	52:27
77.	121	Jones, Eifion		1976	M	Male 45-49		52:13	52:49
78.	247	Williams, Emyr		1993	M	Male 25-29		52:40	52:55
79.	6	Ball, Stephanie		1985	F	Female 35-39		52:48	53:12
80.	67	Gillard, Neil		1999	M	Male 20-24		53:09	53:19
81.	458	Crompton, Lisa		1978	F	Female 40-44	Dragons	52:52	53:23
82.	55	Evans, Liz		1950	F	Female 70+		53:15	53:24
83.	248	Williams, Gwilym		1948	M	Male 70+		52:52	53:24
84.	137	Morgan, Pat		1948	M	Male 70+		52:54	53:27
85.	2	Alford, Kelly		1983	F	Female 35-39	NWRRC	53:07	53:43
86.	16	Bossingham, Liz		1979	F	Female 40-44		53:34	54:02
87.	92	Hughes, Jano		1968	F	Female 50-54		53:41	54:04
88.	73	Griffiths, Benita		1969	F	Female 50-54		53:42	54:04
89.	606	ODea, Cormac		1986	M	Male 35-39		53:37	54:13
90.	274	Tyler, Sarah		1983	F	Female 35-39		54:11	54:18
91.	120	Jones, Shane		1987	M	Male 30-34		54:08	54:29
92.	252	Williams, Elfyn		1963	M	Male 55-59		54:23	54:39
93.	185	Roberts, Mali		2006	F	Female 15-19		54:23	54:39
94.	115	Jones, Irfon		1959	M	Male 60-64		54:35	55:04
95.	145	New, Ellie		1997	F	Female 20-24	Gog triathlon	55:10	55:15
96.	182	Roberts, Cai		1983	M	Male 35-39	NWRRC	54:44	55:17
97.	49	Ellis, John		1966	M	Male 55-59		55:04	55:20
98.	201	Sawicz, Sara		1995	F	Female 25-29	Cybi Striders	54:38	55:31
99.	68	Goswell, Andy		1975	M	Male 45-49		54:44	55:39



















































# Bangor 10k & Half Marathon 2021

## Overall Results 10k

Plac	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
100.	221	Thomas, Alan		1978	M	Male 40-44		55:19	55:39
101.	255	WILLIAMS, CERI		1983	F	Female 35-39		55:00	55:50
102.	271	Owen, Rhys		1974	M	Male 45-49		55:15	55:53
103.	243	Williams, Andrew		1962	M	Male 55-59		55:42	56:10
104.	117	Jones, Iona		1977	F	Female 40-44	Mon Milers	55:44	56:12
105.	183	Roberts, Arwel		1968	M	Male 50-54		55:53	56:19
106.	199	Rowlands, Sioned		1979	F	Female 40-44		56:03	56:19
107.	62	Furniss, Richard		1983	M	Male 35-39	Cybi Striders	55:33	56:26
108.	110	Jones, Josie		1991	F	Female 30-34		56:04	56:40
109.	146	Newell, Ffion		1985	F	Female 35-39		56:40	56:48
110.	166	Pigott, Heulwen		1969	F	Female 50-54	Cybi Striders	56:41	57:02
111.	222	Thomas, Heledd		1981	F	Female 40-44		56:55	57:23
112.	154	Owen, Paul		1971	M	Male 50-54		56:45	57:26
113.	169	Preston, Natasha		1989	F	Female 30-34		57:19	57:44
114.	127	Lock, Rebecca		1989	F	Female 30-34		57:36	57:44
115.	27	Coe, Stephen		1985	M	Male 35-39		57:41	57:59
116.	246	Williams, Rhydian		1994	M	Male 25-29		57:47	58:02
117.	215	Thackray, Colin		1959	M	Male 60-64		57:45	58:06
118.	226	Tomos, Sian		1978	F	Female 40-44		57:50	58:07
119.	449	Coe, Stuart		1950	M	Male 70+	Beaumont Running Club	57:57	58:16
120.	138	Morgan, Pam		1950	F	Female 70+		57:52	58:24
121.	188	Roberts, Michael		1959	M	Male 60-64		58:19	58:35
122.	131	Lucas, Sophie		1982	F	Female 35-39		58:18	59:00
123.	220	Thomas, Hanna		1994	F	Female 25-29		58:59	59:14
124.	113	Jones, Laura		1988	F	Female 30-34		58:44	59:27
125.	203	Sellar, Fiona		1957	F	Female 60-64	Cybi striders	58:47	59:29
126.	245	Williams, Huw		1960	M	Male 60-64		59:03	59:37
127.	167	Pollard, Helen		1983	F	Female 35-39		59:16	59:47
128.	53	Evans, Danial		1995	M	Male 25-29		59:13	59:51
129.	100	Hurford, Louise		1987	F	Female 30-34		59:30	59:52
130.	576	Matthews, Liam		1981	M	Male 40-44		59:16	59:58
131.	172	Pritchard, Kerri		1987	F	Female 30-34		1:00:02	1:00:19
132.	219	Thomas, Shon		1987	M	Male 30-34		1:00:18	1:00:23
133.	21	Cartmill, Caroline		1997	F	Female 20-24		1:00:03	1:00:24
134.	151	Owen, Gwawr		1987	F	Female 30-34		1:00:18	1:00:26
135.	112	Jones, Heather		1961	F	Female 60-64		1:00:36	1:00:41
136.	4	Baker, Ian		1961	M	Male 60-64		1:00:16	1:00:47
137.	143	Murphy, Cian		2000	M	Male 20-24		1:00:19	1:00:59
138.	152	Owen, Melanie		1978	F	Female 40-44		1:00:24	1:01:13
139.	66	Gibson, Wendy		1968	F	Female 50-54		1:00:24	1:01:13
140.	65	Gater, Robert		1987	M	Male 30-34		1:00:50	1:01:24
141.	86	Hinchcliffe, Annie		1998	F	Female 20-24		1:00:39	1:01:29
142.	39	Doyle, Katie		1989	F	Female 30-34		1:01:14	1:01:32
143.	207	Smith, Claudia		1995	F	Female 25-29	Abergele Harriers	1:01:25	1:01:44
144.	210	Snailham, Ian		1958	M	Male 60-64		1:01:20	1:02:03
145.	244	Williams, Lis		1962	F	Female 55-59		1:01:40	1:02:09
146.	34	Davies, Kelly		1980	F	Female 40-44	Mon Milers	1:02:01	1:02:22
147.	168	Popplewell, Sarah		1971	F	Female 45-49		1:01:51	1:02:26
148.	165	Phifer-jones,		1977	F	Female 40-44		1:01:37	1:02:28
149.	268	Hayward, Hannah		1986	F	Female 35-39		1:02:18	1:02:41









# Bangor 10k & Half Marathon 2021

## Overall Results 10k

Plac	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
150.	54	Evans, Joel		1995	M	Male 25-29		1:02:42	1:02:57
151.	235	Walker, Samuel		1995	M	Male 25-29		1:02:43	1:02:59
152.	102	Jenkins, Jocelyn		1968	F	Female 50-54		1:02:14	1:03:01
153.	96	Hughes-Jenkins,		1990	F	Female 30-34		1:02:14	1:03:01
154.	223	Thomas, Sarah		1984	F	Female 35-39		1:02:24	1:03:07
155.	156	Owen, Bethan		1972	F	Female 45-49		1:02:58	1:03:20
156.	33	Darby, Duncan		1986	M	Male 35-39		1:03:05	1:03:43
157.	272	Lees, Ellen		2004	F	Female 15-19		1:03:17	1:03:57
158.	178	Rhisiart, Glyn		1974	M	Male 45-49		1:03:20	1:04:02
159.	109	Jones, Joshua		1988	M	Male 30-34		1:03:41	1:04:11
160.	126	Knight, Tracy		1971	F	Female 50-54		1:03:35	1:04:16
161.	70	Gray, Vivienne		1953	F	Female 65-69		1:03:48	1:04:19
162.	23	Charlton,		1987	F	Female 30-34		1:04:27	1:04:48
163.	177	Reilly, Christine		1984	F	Female 35-39		1:04:18	1:05:01
164.	69	Grant, Sarah		1969	F	Female 50-54		1:04:48	1:05:05
165.	134	Maloney, Nia		1969	F	Female 50-54		1:04:49	1:05:24
166.	37	Dickson, John		1954	M	Male 65-69		1:04:50	1:05:36
167.	264	Zalot, Lucy		1982	F	Female 35-39		1:04:57	1:05:45
168.	144	Murphy, Lyndon		1961	M	Male 60-64		1:05:36	1:06:16
169.	195	Roberts,		1997	F	Female 20-24		1:06:04	1:06:19
170.	44	Edwards, Alun		1968	M	Male 50-54		1:06:21	1:06:38
171.	217	Thomas, Trish		1973	F	Female 45-49		1:06:41	1:06:52
172.	257	Williams,		1998	F	Female 20-24		1:06:24	1:06:56
173.	85	Heywood, Sally		1967	F	Female 50-54		1:06:40	1:07:25
174.	158	Parry, Naomi		1985	F	Female 35-39	Mon Milers	1:06:41	1:07:26
175.	202	Seeney, Sal		1965	F	Female 55-59		1:06:42	1:07:26
176.	171	Pritchard, Annie		1972	F	Female 45-49		1:06:41	1:07:26
177.	91	Hughes, Emma		1984	F	Female 35-39	Mon Milers	1:06:41	1:07:26
178.	12	Bishop, Claire		1982	F	Female 35-39		1:06:41	1:07:26
179.	197	Roberts, Geraint		1971	M	Male 50-54	Mon Milers	1:06:42	1:07:27
180.	237	Warwick, Mark		1962	M	Male 55-59	Team Derby Runner	1:08:04	1:08:14
181.	9	Beddall, Edwina		1964	F	Female 55-59		1:07:40	1:08:15
182.	128	Lock, Tracy		1970	F	Female 50-54		1:08:08	1:08:28
183.	84	Hellon, Rebecca		1963	F	Female 55-59		1:08:15	1:08:50
184.	273	Hill, Hannah		2003	F	Female 15-19		1:08:43	1:09:23
185.	35	Davies, David		1955	M	Male 65-69		1:09:54	1:09:59
186.	179	Richards, Sharon		1962	F	Female 55-59		1:10:21	1:10:45
187.	5	Baker, Gwenda		1963	F	Female 55-59		1:11:33	1:12:02
188.	155	Owen, Rachel		1977	F	Female 40-44		1:12:55	1:13:06
189.	261	Wilson, Pat		1961	F	Female 60-64	Cybi Striders	1:12:21	1:13:13
190.	229	Topalian, Mary		1999	F	Female 20-24		1:12:45	1:13:18
191.	1	Alexander,		1967	F	Female 50-54		1:12:55	1:13:19
192.	17	Bowler, Mandy		1963	F	Female 55-59		1:13:14	1:13:40
193.	103	Jewell, Kerry		1962	F	Female 55-59		1:14:21	1:15:05
194.	686	Vaughan, Tracey		1968	F	Female 50-54		1:14:42	1:15:17
195.	233	Vaughan, Debbie		1969	F	Female 50-54	Betsy runaways	1:15:00	1:15:27
196.	77	Hampson, Lisa		1962	F	Female 55-59		1:15:48	1:16:13
197.	125	Kinnaird, Rachel		1990	F	Female 30-34		1:15:47	1:16:35
198.	22	Cave, Trish		1965	F	Female 55-59		1:16:51	1:17:24
199.	45	Edwards, Les		1988	M	Male 30-34		1:17:20	1:17:46

# Bangor 10k & Half Marathon 2021

## Overall Results 10k

Plac	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
200.	46	Edwards, Amy		1989	F	Female 30-34		1:17:21	1:17:46
201.	251	WILLIAMS,		1975	F	Female 45-49		1:18:23	1:18:56
202.	83	Hayward, Charlie		1998	F	Female 20-24		1:18:31	1:19:16
203.	97	Humphreys,		1992	F	Female 25-29		1:24:12	1:24:26
204.	87	Hogan, Hayley		1989	F	Female 30-34		1:24:20	1:25:00
205.	190	Roberts, Helen		1974	F	Female 45-49	Mon Milers	1:24:21	1:25:00
206.	214	Stain, Sophia		1991	F	Female 30-34		1:32:46	1:33:14
207.	502	Gregg, Sarah		1988	F	Female 30-34		2:00:37	2:01:25

Number of records: 207