

# Caernarfon 10km 2018

## Gender/AG Results

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
135	Gwyn	Owen	Male	1.	Male 40-44	1.	Eryri Harriers	0:33:52,12	1.	0:33:51,75	2.
64	Andy	Bromley	Male	2.	Male 23-34	1.	Prestatyn Rc	0:34:14,92	2.	0:34:14,69	3.
37	Martin	Green	Male	3.	Male 40-44	2.	Nwrc	0:34:25,33	3.	0:34:25,10	4.
136	Alun	Vaughan	Male	4.	Male 35-39	1.		0:35:27,35	4.	0:35:26,97	5.
96	Shaun	Wyn Hughes	Male	5.	Male 23-34	2.	Denbigh Harriers	0:35:33,66	5.	0:35:33,35	6.
87	Ryan	Cain	Male	6.	Male 12-19	1.	Menai Track @ Field	0:35:54,88	6.	0:35:54,77	7.
12	Scott	Nixon	Male	7.	Male 23-34	3.	Deestridders	0:36:44,67	7.	0:36:43,98	8.
9	Darren	Blazier	Male	8.	Male 45-49	1.	Abergele Harriers	0:36:56,12	8.	0:36:55,37	9.
66	Eifion	Williams	Male	9.	Male 23-34	4.	Eryri Harriers	0:37:23,29	9.	0:37:22,47	10.
107	Llyr	Ap Geraint Roberts	Male	10.	Male 45-49	2.	Nwrc	0:37:35,38	10.	0:37:34,51	11.
105	Jason	Thomas	Male	11.	Male 45-49	3.	Cybi Striders	0:39:00,68	11.	0:38:59,74	12.
145	Shelley	Childs	Male	12.	Male 40-44	3.	Aberystwyth Ac	0:39:25,33	12.	0:39:23,40	13.
127	Mike	Robbins	Male	13.	Male 50-54	1.	Wrexham	0:39:57,42	13.	0:39:55,75	14.
131	Chris	Thomas	Male	14.	Male 35-39	2.	Cybi Striders	0:40:03,86	14.	0:40:02,25	15.
137	Catherine	Connell	Female	1.	Female 23-34	1.	Eryri Harriers	0:40:17,45	15.	0:40:16,58	16.
128	Ali	Chant	Male	15.	Male 45-49	4.	Eryri Harriers	0:40:37,55	16.	0:40:36,54	17.
86	Peter	Jones	Male	16.	Male 40-44	4.	Cybi Striders	0:40:57,49	17.	0:40:55,82	18.
24	Kevin	Hesketh	Male	17.	Male 60-64	1.	Preston Harriers	0:41:21,02	18.	0:41:20,26	19.
158	James	Hooton	Male	18.	Male 45-49	5.	Cybi Striders	0:41:35,64	19.	0:41:33,20	20.
138	Russell	Bell	Male	19.	Male 40-44	5.		0:41:49,63	20.	0:41:46,85	21.
8	James	Rogers	Male	20.	Male 45-49	6.	Prestatyn Running Club	0:41:58,74	21.	0:41:55,77	22.
75	Arwel	Lewis	Male	21.	Male 60-64	2.	Eryri Harriers	0:41:59,18	22.	0:41:58,55	23.
117	George	Nixon	Male	22.	Male 65-69	1.	Prestatyn Rc	0:42:31,85	23.	0:42:29,40	24.
111	Kevin	Clark	Male	23.	Male 50-54	2.	Cybi Striders	0:42:37,37	24.	0:42:35,35	25.
85	Darren	Battersby	Male	24.	Male 50-54	3.	Abergele Harriers	0:42:47,93	25.	0:42:45,91	26.
91	Rhys	Ab Elwyn	Male	25.	Male 50-54	4.	Eryri Harriers	0:42:50,32	26.	0:42:48,99	27.
72	Rachel	Shiple	Female	2.	Female 23-34	2.	Abergele Harriers	0:42:50,45	27.	0:42:49,29	28.
38	Carla	Green	Female	3.	Female 45-49	1.	Nwrc	0:42:57,15	28.	0:42:55,06	29.
59	Canyon	Wilson	Male	26.	Male 23-34	5.	Prestatyn Rc	0:43:27,27	29.	0:43:27,04	30.
49	David	Ellis	Male	27.	Male 35-39	3.	Cybi Striders	0:43:43,06	30.	0:43:40,85	31.
68	Stephen	Weedman	Male	28.	Male 50-54	5.	Prestatyn Rc	0:44:04,21	31.	0:44:01,28	32.
60	Brian	Seal	Male	29.	Male 23-34	6.	Village Road Runners	0:44:09,84	32.	0:44:02,26	33.
18	Sally	Williams	Female	4.	Female 35-39	1.		0:44:17,99	33.	0:44:17,99	34.
156	Gary	Porter Jones	Male	30.	Male 50-54	6.	Eryri Harriers	0:44:25,21	34.	0:44:23,33	35.
148	Mark	Davies	Male	31.	Male 35-39	4.		0:44:27,26	35.	0:44:24,47	36.
42	Emma	Collins	Female	5.	Female 55-59	1.	Denbigh Harriers	0:44:29,49	36.	0:44:27,62	37.
69	Ceri	Cook	Female	6.	Female 50-54	1.	Buckley	0:44:36,36	37.	0:44:33,76	39.
113	Nader	Kohbodi	Male	32.	Male 23-34	7.		0:44:36,80	38.	0:44:33,65	38.
5	Josh	Humphreys	Male	33.	Male 23-34	8.	Cybi Striders	0:45:00,89	39.	0:44:59,35	40.
4	Steffan	Evans	Male	34.	Male 35-39	5.	Eryri Harriers	0:45:09,13	40.	0:45:05,82	41.
120	Johanna	Bogle	Female	7.	Female 40-44	1.		0:45:15,18	41.	0:45:12,27	42.
43	John	Jones	Male	35.	Male 55-59	1.	Abergele Harriers	0:45:22,45	42.	0:45:20,84	43.
159	Rhi	Willmot	Female	8.	Female 23-34	3.	Cybi Striders	0:45:46,23	43.	0:45:43,76	44.
147	Emrys	Jones	Male	36.	Male 45-49	7.		0:45:56,53	44.	0:45:49,59	45.
93	Michael	Taylor	Male	37.	Male 45-49	8.		0:46:01,56	45.	0:45:52,91	46.
13	Nigel	Holmes	Male	38.	Male 60-64	3.	Cybi Striders	0:46:08,11	46.	0:46:04,42	48.
45	Richard	Thomas	Male	39.	Male 50-54	7.		0:46:08,96	47.	0:46:03,45	47.
106	Helen	Blair	Female	9.	Female 50-54	2.	Eryri Harriers	0:46:18,46	48.	0:46:15,67	49.
36	Nick	Antoniuzzi	Male	40.	Male 50-54	8.		0:46:25,85	49.	0:46:23,92	50.
153	Sion	Roberts	Male	41.	Male 40-44	6.	Cybi Striders	0:46:27,29	50.	0:46:24,86	52.
110	Ian	Hughes	Male	42.	Male 23-34	9.		0:46:30,00	51.	0:46:24,75	51.
132	Daniel	Goodwin	Male	43.	Male 23-34	10.		0:46:50,85	52.	0:46:50,85	54.
61	Arwel	Jones	Male	44.	Male 55-59	2.	Prestatyn Running Club	0:46:52,76	53.	0:46:50,16	53.
48	Arfon	Hughes	Male	45.	Male 45-49	9.	Meirionnydd	0:46:52,99	54.		1.
114	Benjamin	Harrison	Male	46.	Male 20-22	1.	Prestatyn Rc	0:47:07,54	55.	0:47:06,15	55.
83	Maldwyn	Evans	Male	47.	Male 55-59	3.	Eryri	0:47:11,65	56.	0:47:08,79	56.
39	Jane	Lindley	Female	10.	Female 50-54	3.	Buckley Runners	0:47:11,77	57.	0:47:09,18	57.
81	Glenn	Barnett	Male	48.	Male 45-49	10.	North Wales Road Runners	0:47:28,66	58.	0:47:24,25	58.
150	Steve	Dutton	Male	49.	Male 40-44	7.	Gog	0:47:35,15	59.	0:47:30,80	59.
88	Lisa	Rudkin	Female	11.	Female 45-49	2.	North Leeds Fell Runners	0:47:36,24	60.	0:47:32,59	60.
52	Emyr	Davies	Male	50.	Male 75-79	1.	Rhedwyr Hebog	0:47:37,98	61.	0:47:34,33	61.
33	Linos	Jones	Female	12.	Female 40-44	2.		0:48:09,13	62.	0:48:04,76	62.
151	Ali	Thomas	Female	13.	Female 50-54	4.	Eryri Harriers	0:48:17,34	63.	0:48:12,87	63.
17	Hannah	Mcp	Female	14.	Female 23-34	4.		0:48:23,14	64.	0:48:14,41	64.
130	Ashley	Gauton	Male	51.	Male 60-64	4.		0:48:25,03	65.	0:48:16,20	65.
84	Llio	Evans	Female	15.	Female 23-34	5.	Hebog	0:48:29,26	66.	0:48:27,59	66.
108	Michaela	Lauder	Female	16.	Female 23-34	6.		0:48:40,94	67.	0:48:29,82	67.
133	Elen	Jones	Female	17.	Female 35-39	2.	Cybi Striders	0:48:47,78	68.	0:48:44,55	68.
56	Barry	Smith	Male	52.	Male 35-39	6.	Cybi Striders	0:48:52,09	69.	0:48:47,82	69.
90	Dewi	Williams	Male	53.	Male 45-49	11.	Cybi Striders	0:48:58,63	70.	0:48:55,44	70.
50	Sian	Ellis	Female	18.	Female 35-39	3.	Cybi Striders	0:48:58,83	71.	0:48:55,67	71.
40	Kay	Hatton	Female	19.	Female 55-59	2.	Nwrc	0:49:00,83	72.	0:48:57,18	72.
46	Geraint	Ward	Male	54.	Male 23-34	11.	North Wales Road Runners	0:49:08,48	73.	0:49:00,09	73.
143	Carl	Bragan	Male	55.	Male 45-49	12.		0:49:08,81	74.	0:49:02,10	74.
160	Shane	Skillen	Male	56.	Male 23-34	12.	Bangor Uni	0:49:24,15	75.	0:49:22,88	75.
162	Ysanne	Clark	Female	20.	Female 23-34	7.	Cybi Striders	0:49:38,48	76.	0:49:33,15	76.
47	Aaron	Wynne	Male	57.	Male 20-22	2.		0:49:50,77	77.	0:49:45,06	77.
63	Gwilym	Williams	Male	58.	Male 70-74	1.		0:49:53,69	78.	0:49:46,48	78.
89	Hannah	Griffith	Female	21.	Female 45-49	3.	Nwrc	0:49:55,65	79.	0:49:52,00	79.
22	Allison	Reid	Female	22.	Female 45-49	4.	Prestatyn Running Club	0:50:06,10	80.	0:50:03,05	80.
20	Chris	Baldwin	Male	59.	Male 60-64	5.	Denbigh Harriers	0:50:13,80	81.	0:50:05,55	81.
21	Kate	Potter	Female	23.	Female 50-54	5.	Eryri Harriers	0:50:14,20	82.	0:50:09,85	83.
144	Lowri	Ifor	Female	24.	Female 23-34	8.		0:50:18,34	83.	0:50:09,30	82.
44	Sharon	Jones	Female	25.	Female 45-49	5.		0:50:28,90	84.	0:50:23,39	85.
15	Donald	Hale	Male	60.	Male 65-69	2.	North Wales Road Runners	0:50:29,00	85.	0:50:25,11	86.
121	Ian	McConnell	Male	61.	Male 50-54	9.		0:50:30,36	86.	0:50:22,77	84.
104	Jeff	Davies	Male	62.	Male 70-74	2.	Meirionnydd	0:50:31,23	87.	0:50:25,52	87.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
157	Nia	Williams	Female	26.	Female 45-49	6.		0:50:41,62	88.	0:50:35,58	88.
11	Chris	Birch	Female	27.	Female 70-74	1.	Abergele Harriers	0:50:43,44	89.	0:50:40,97	89.
62	Zoe	Jones	Female	28.	Female 23-34	9.		0:51:03,31	90.	0:50:57,20	90.
139	Eleri	Noble	Female	29.	Female 23-34	10.		0:51:07,83	91.	0:51:01,54	91.
124	Alwyn	Williams	Male	63.	Male 40-44	8.		0:51:16,31	92.	0:51:11,40	92.
119	Michael	Davies	Male	64.	Male 70-74	3.	Prestatyn Rc	0:51:27,58	93.	0:51:22,67	93.
3	Clair	Atterbury	Female	30.	Female 40-44	3.	Prestatyn Rc	0:51:46,11	94.	0:51:41,49	94.
109	Robert	Fryer	Male	65.	Male 60-64	6.	Nwrrc	0:51:55,21	95.	0:51:50,02	95.
92	Geraint	Evans	Male	66.	Male 55-59	4.	Rhedwyr Hebog	0:52:18,09	96.	0:52:12,58	96.
14	Diane	Holmes	Female	31.	Female 60-64	1.	Cybi Striders	0:53:23,44	97.	0:53:19,70	97.
30	Bethan Wyn	Roberts	Female	32.	Female 45-49	7.		0:53:27,08	98.	0:53:22,20	99.
77	Jack	Williams	Male	67.	Male 23-34	13.		0:53:33,54	99.	0:53:21,14	98.
126	Kelly	Alford	Female	33.	Female 23-34	11.	Nwrrc	0:53:36,67	100.	0:53:32,60	101.
73	Sioned Mair	Jones	Female	34.	Female 40-44	4.	Meirionnydd	0:53:38,79	101.	0:53:31,90	100.
152	John	Ellis	Male	68.	Male 50-54	10.		0:53:54,40	102.	0:53:45,57	102.
149	Tomos	Owen	Male	69.	Male 23-34	14.		0:53:58,90	103.	0:53:49,99	103.
122	Debbie	Clarke	Female	35.	Female 45-49	8.		0:54:06,88	104.	0:54:02,86	104.
155	Paula	Pringle	Female	36.	Female 50-54	6.		0:54:17,58	105.	0:54:08,31	105.
95	Dafydd	Emrys	Male	70.	Male 35-39	7.		0:54:22,32	106.	0:54:15,69	106.
55	Andrew	Will	Male	71.	Male 23-34	15.		0:54:46,74	107.	0:54:38,61	107.
161	Ann	Hughes	Female	37.	Female 45-49	9.		0:54:54,04	108.	0:54:45,55	108.
82	Michael	Hayton	Male	72.	Male 65-69	3.	Nwrrc	0:55:05,42	109.	0:55:00,09	109.
146	Theresa	Sharland	Female	38.	Female 23-34	12.	Aberystwyth Ac	0:55:07,28	110.	0:55:02,47	110.
19	Awel	Jones	Female	39.	Female 35-39	4.		0:56:09,26	111.	0:56:03,41	111.
123	Gilly	Glass	Female	40.	Female 45-49	10.		0:56:25,05	112.	0:56:20,58	112.
10	Paul	Jones	Male	73.	Male 40-44	9.	Rhedwyr Hebog Runners	0:56:32,92	113.	0:56:24,39	113.
29	Sean	Wheldon	Male	74.	Male 23-34	16.		0:56:38,32	114.	0:56:31,55	114.
76	Julie	Griffith	Female	41.	Female 23-34	13.		0:56:39,42	115.	0:56:36,26	115.
27	Roger	Harrison-Jones	Male	75.	Male 80+	1.	Prestatyn Running Club	0:56:50,32	116.	0:56:45,91	119.
125	Arwel	Owen	Male	76.	Male 35-39	8.		0:56:52,29	117.	0:56:44,30	118.
101	Gwyn	Williams	Male	77.	Male 55-59	5.		0:56:53,66	118.	0:56:42,86	116.
102	Tracey	Cool	Female	42.	Female 45-49	11.		0:56:53,89	119.	0:56:43,46	117.
154	Andrew	Pringle	Male	78.	Male 55-59	6.	Reigate Priory Ac	0:57:03,93	120.	0:56:53,21	120.
116	Yvonne	Davies	Female	43.	Female 23-34	14.		0:57:18,36	121.	0:57:12,51	121.
118	David	Lancaster	Male	79.	Male 50-54	11.		0:57:35,19	122.	0:57:24,08	122.
26	Nicola	Birkett	Female	44.	Female 40-44	5.		0:57:54,61	123.	0:57:44,48	123.
115	Sally Ann	Oniel	Female	45.	Female 40-44	6.		0:57:55,11	124.	0:57:44,97	124.
94	Cara	Jones	Female	46.	Female 45-49	12.	Prestatyn Running Club	0:58:20,59	125.	0:58:14,08	125.
103	Claire	Manley	Female	47.	Female 45-49	13.	Prestatyn Rc	0:58:48,56	126.	0:58:42,32	126.
79	Debbie	Weedman	Female	48.	Female 45-49	14.	Prestatyn Rc	0:58:52,29	127.	0:58:45,66	127.
58	Donna	O'dwyer	Female	49.	Female 23-34	15.		0:59:00,03	128.	0:58:52,55	128.
112	Jack	Thomas	Male	80.	Male 75-79	2.	Buckley	0:59:26,49	129.	0:59:22,60	129.
99	Susan	Calvert	Female	50.	Female 55-59	3.	Abergele Harriers	1:00:34,93	130.	1:00:29,92	130.
57	Meryl	Evans	Female	51.	Female 55-59	4.	Rhedwyr Hebog	1:00:56,59	131.	1:00:48,25	131.
129	Lorraine	Roberts	Female	52.	Female 35-39	5.		1:01:11,83	132.	1:01:02,89	132.
28	Miriam	Williams	Female	53.	Female 40-44	7.		1:01:34,39	133.	1:01:22,46	133.
67	Caroline	Jones	Female	54.	Female 50-54	7.	Prestatyn Running Club	1:02:19,19	134.	1:02:12,74	134.
78	Nicola	Chapman	Female	55.	Female 35-39	6.	Wallasey Ac	1:02:45,16	135.	1:02:35,67	135.
53	Catherine	Jones	Female	56.	Female 23-34	16.		1:03:25,13	136.	1:03:17,08	136.
65	Roy	Jardine	Male	81.	Male 70-74	4.	Eryri	1:05:25,46	137.	1:05:19,47	137.
35	Claire	Williams	Female	57.	Female 23-34	17.		1:06:01,67	138.	1:05:59,74	138.
41	Mike	Storry	Male	82.	Male 75-79	3.	Village Rr	1:06:12,62	139.	1:06:01,04	139.
141	Iorwerth	Roberts	Male	83.	Male 70-74	5.	Eryri Harriers	1:06:53,82	140.	1:06:43,88	140.
142	Hazel	Robbins	Female	58.	Female 50-54	8.	Eryri Harriers	1:07:25,48	141.	1:07:18,77	141.
140	Tony	Lister	Male	84.	Male 70-74	6.	Nwrrc	1:12:09,84	142.	1:11:58,90	142.
97	Suzanne	Evans	Female	59.	Female 45-49	15.	Prestatyn Running Club	1:12:46,22	143.	1:12:38,87	143.
7	Sheila	Symonds	Female	60.	Female 80+	1.	Merionnydd Running Club	1:13:44,22	144.	1:42:49,12	145.
98	Julie	Evans	Female	61.	Female 55-59	5.	Prestatyn Rc	1:16:53,75	145.	1:16:46,26	144.

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