

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
Metric Marathon									
416	Josh Keogh	M	1.	Male 21-34	1.	North Wales Road Runners	1:35:14	1:35:18	1.
433	Steffan Sayer	M	2.	Male 40-44	1.	Menai Track and Field	1:37:11	1:37:16	2.
325	Sean Warburton	M	3.	Male 45-49	1.	Salford Harriers	1:37:57	1:38:02	3.
350	Ben Carrington	M	4.	Male 40-44	2.	BRAT/TEAM MARATHON ROAD	1:40:17	1:40:22	4.
38	Peter Stockdale	M	5.	Male 40-44	3.	uknetrunner	1:42:09	1:42:14	5.
469	Sam Lloyd	M	6.	Male 21-34	2.	(Chester)	1:42:41	1:42:47	6.
514	Joe Marley	M	7.	Male 21-34	3.	(Stockport)	1:44:01	1:44:07	7.
205	Dan Gahan	M	8.	Male 21-34	4.	(Dolgarrog)	1:45:54	1:46:00	8.
463	Robert Evans	M	9.	Male 35-39	1.	Colwyn bay ac	1:46:53	1:47:03	9.
472	Michael Evennett	M	10.	Male 40-44	4.	Pensby Runners	1:47:50	1:47:59	10.
389	Luke Jones	M	11.	Male 21-34	5.	Knowsley Harriers AC	1:47:54	1:48:02	11.
288	Philip Taylor	M	12.	Male 35-39	2.	Knowsley Harriers AC	1:48:23	1:48:31	12.
278	Mathew Capper	M	13.	Male 21-34	6.	Audley Striders	1:49:10	1:49:15	13.
521	Olivia Ashton	F	1.	Female 21-34	1.	Deestridders RC	1:49:52	1:49:57	14.
346	Chris Bannister	M	14.	Male 45-49	2.	Royal Sutton Coldfield Athletics Club	1:50:00	1:50:10	15.
509	Simon Lewis	M	15.	Male 45-49	3.	Oswestry olympians	1:50:11	1:50:18	16.
226	Mike Holroyd	M	16.	Male 35-39	3.	Cybi Striders	1:50:35	1:50:45	17.
366	Keith Quinton	M	17.	Male 40-44	5.	(Llandudno)	1:50:45	1:50:55	18.
481	Tinka Vinks	F	2.	Female 21-34	2.	(Breda, The Netherlands)	1:51:07	1:51:12	19.
491	Shaun Chambers	M	18.	Male 55-59	1.	Salford harriers & ac	1:50:40	1:51:18	20.
438	Andrew Davison	M	19.	Male 21-34	7.	(Conwy)	1:51:33	1:51:52	21.
382	Chris Grieve	M	20.	Male 40-44	6.	Swinton running club	1:51:57	1:52:07	22.
58	Tom Imlah	M	21.	Male 21-34	8.	(Llandudno Junction)	1:52:10	1:52:15	23.
190	Iwan Evans	M	22.	Male 45-49	4.	North Wales Road Runners	1:52:21	1:52:30	24.
412	Jonathan Holt	M	23.	Male 21-34	9.	vegan runners UK	1:52:37	1:53:01	25.
383	Lee Vaudrey	M	24.	Male 40-44	7.	(Lytham St Annes)	1:53:44	1:53:55	26.
517	Chris Thomas	M	25.	Male 40-44	8.	Cybi Striders	1:54:20	1:54:30	27.
364	Gemma Moore	F	3.	Female 40-44	1.	Eryri Harriers	1:54:47	1:54:56	28.
249	Ruairidh Johnstone	M	26.	Male 21-34	10.	(Llanfairfechan)	1:55:10	1:55:22	29.
321	Peter Evans	M	27.			(Aberystwyth)	1:56:23	1:56:33	30.
89	Warren Brown	M	28.	Male 45-49	5.	Abergele Harriers	1:56:47	1:56:59	31.
409	Robert Dance	M	29.	Male 35-39	4.	(Manchester)	1:56:23	1:57:07	32.
450	Aled Lloyd	M	30.	Male 35-39	5.	Rhedwyr Hebog Runners	1:57:08	1:57:15	33.
260	Tracey Breedon	F	4.	Female 45-49	1.	Aberystwyth AC	1:57:31	1:57:37	34.
372	John Dalzell	M	31.	Male 45-49	6.	North Wales Road Runners Club	1:57:33	1:57:50	35.
43	William Evans	M	32.	Male 40-44	9.	(Colwyn Bay)	1:57:45	1:57:57	36.
175	Stuart Culverhouse	M	33.	Male 50-54	1.	nwrcc	1:58:41	1:58:57	37.
434	Andrew Growcott	M	34.	Male 40-44	10.	South cheshire harriers	1:59:38	1:59:49	38.
480	Glyn Jones	M	35.	Male 60-64	1.	(Pentre Halkyn)	2:01:23	2:01:33	39.

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
526	Richard Adamson	M	36.	Male 40-44	11.		2:01:47	2:01:58	40.
290	Ben Hudson	M	37.	Male 45-49	7.	North Wales Road Runners Club	2:02:15	2:02:32	41.
236	Huw Williams	M	38.	Male 21-34	11.	(Waunfawr)	2:03:13	2:04:04	42.
436	Edward Pattinson	M	39.	Male 35-39	6.	(Chester)	2:04:21	2:04:30	43.
298	Colin Whittingham	M	40.	Male 40-44	12.	Warrington Running Club	2:04:09	2:04:41	44.
443	Jefferson Gard	M	41.	Male 55-59	2.	Penny Lane Striders	2:04:48	2:04:59	45.
501	Scott McKeever	M	42.	Male 45-49	8.	(Stockport)	2:05:04	2:05:23	46.
358	Matt Adcock	M	43.	Male 45-49	9.	Leicester Coritanian	2:04:50	2:05:31	47.
464	David Napier	M	44.	Male 50-54	2.	Penistone Footpath Runners & AC	2:04:54	2:05:34	48.
301	Allan McDonough	M	45.	Male 45-49	10.	Knowsley Harriers AC	2:05:11	2:05:34	49.
471	Jon Grieve	M	46.	Male 35-39	7.	Knowsley Harriers AC	2:05:17	2:05:41	50.
429	Mark Bell	M	47.	Male 55-59	3.	Warrington Running Club	2:05:18	2:05:50	51.
387	Ian Sadler	M	48.	Male 60-64	2.	Penny Lane Striders	2:05:12	2:05:51	52.
75	Sion O'neil	M	49.	Male 50-54	3.	(Holywell)	2:05:43	2:05:52	53.
232	Gareth Southworth	M	50.	Male 55-59	4.	Cybi Striders	2:05:44	2:05:54	54.
183	John Jones	M	51.	Male 65-69	1.	stragglers maesglas 41st	2:05:50	2:05:58	55.
11	Andrew Walls	M	52.	Male 35-39	8.	(Wigan)	2:05:12	2:06:06	56.
454	Jayson Austin-Clarke	M	53.	Male 35-39	9.	(Penmaenmawr)	2:05:55	2:06:08	57.
149	Kelly Wynn	F	5.	Female 45-49	2.	Hyde Village Striders	2:06:22	2:06:36	58.
160	Gareth Owen	M	54.	Male 40-44	13.	(Rhos-On-Sea)	2:06:09	2:06:37	59.
215	Rob Marsden	M	55.	Male 40-44	14.	Sale Harriers Manchester	2:06:23	2:06:45	60.
513	John Peaker	M	56.	Male 55-59	5.	CHESTER Tri	2:07:00	2:07:09	61.
79	John Jones	M	57.	Male 65-69	2.	Abergele Harriers	2:07:11	2:07:28	62.
289	Sarah Hudson	F	6.	Female 45-49	3.	North Wales Road Runners Club	2:07:22	2:07:39	63.
391	Nigel Pickering	M	58.	Male 45-49	11.	(Irlam)	2:07:23	2:07:55	64.
492	Jamie Tharme	M	59.	Male 45-49	12.	nwrcc	2:08:22	2:08:39	65.
396	Paul Joynson	M	60.	Male 40-44	15.	(Birkenhead)	2:08:24	2:08:49	66.
61	Darren Dentith	M	61.	Male 50-54	4.	(Colwyn Bay)	2:08:27	2:08:49	67.
441	Dean Allison	M	62.	Male 40-44	16.	(Old Colwyn)	2:08:49	2:09:11	68.
524	Gaynor Seymour	F	7.	Female 45-49	4.	Lymm Runners	2:09:08	2:09:16	69.
130	Brian Johnson	M	63.	Male 55-59	6.	Meirionnydd Running Club	2:09:12	2:09:32	70.
218	David Burgess	M	64.	Male 40-44	17.	Lonely Goat RC	2:09:23	2:09:45	71.
255	Craig Smith	M	65.	Male 50-54	5.	Prestatyn RC	2:10:00	2:10:22	72.
159	Nola Calladine	F	8.	Female 45-49	5.	(Stockport)	2:10:48	2:11:18	73.
152	Marlaina Cadwallader	F	9.	Female 21-34	3.	Nantwich Running Club	2:11:26	2:11:51	74.
274	Zoe de Zeeuw	F	10.	Female 12-20	1.	(Welshpool)	2:11:47	2:12:01	75.
490	Daniel Binns	M	66.	Male 45-49	13.	(Stockport)	2:11:42	2:12:12	76.
306	Graham Roberts	M	67.	Male 60-64	3.	(Four Crosses)	2:13:36	2:14:01	77.
50	Sarah Brooks	F	11.	Female 50-54	1.	Abergele Harriers	2:13:56	2:14:10	78.
24	Grant McGowan	M	68.	Male 45-49	14.	Deestraders RC	2:14:05	2:14:17	79.
369	Darren Hill	M	69.	Male 40-44	18.	(Prestatyn)	2:13:44	2:14:22	80.

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67	Chris Gibbs	M	70.	Male 50-54	6.	(Glossop)	2:13:51	2:14:24	81.
483	Matt Spruce	M	71.	Male 40-44	19.	(Colwyn Bay)	2:15:34	2:15:46	82.
292	Gary Davies	M	72.	Male 40-44	20.	Mersey Tri	2:15:10	2:15:48	83.
191	Rob Batterbee	M	73.	Male 35-39	10.	(RHYL)	2:15:33	2:15:50	84.
477	Mal Preece	M	74.	Male 60-64	4.	North Wales Road Runners Club	2:15:44	2:16:00	85.
413	Greig Frankland-Wilkinson	M	75.	Male 40-44	21.	Dragons Running Club (Sale)	2:14:37	2:16:04	86.
461	Natasha Jones	F	12.	Female 45-49	6.	Porth Eirias Runners	2:15:58	2:16:05	87.
352	Lisa Rudkin	F	13.	Female 50-54	2.	North leeds fellrunners	2:15:51	2:16:06	88.
488	Kam Dosanjh	F	14.	Female 45-49	7.	Penny Lane Striders	2:15:42	2:16:21	89.
475	Cathryn Walley	F	15.	Female 45-49	8.	Run Knutsford	2:16:10	2:16:22	90.
272	Kirsty Mclean	F	16.	Female 45-49	9.	Alsager Runners	2:16:35	2:16:44	91.
237	Joe Troman	M	76.	Male 21-34	12.	(Mansfield)	2:16:33	2:16:44	92.
235	Mark Hurst	M	77.	Male 40-44	22.	Madrunners	2:16:05	2:16:45	93.
435	Kieron Mckenna	M	78.	Male 45-49	15.	Madrunners	2:16:05	2:16:45	94.
56	Luke Jones	M	79.	Male 35-39	11.	(Conwy)	2:16:05	2:16:57	95.
140	Stuart Abel	M	80.	Male 45-49	16.	Fylde Coast Runners	2:16:46	2:17:17	96.
64	Carwyn Arnold	M	81.	Male 50-54	7.	(Llandudno)	2:16:57	2:17:23	97.
410	Cara Coventry	F	17.	Female 40-44	2.	Pen y ffordd run club	2:16:53	2:17:32	98.
386	Jeremy Bright	M	82.	Male 55-59	7.	WfA	2:17:32	2:17:49	99.
238	Jenny Black	F	18.	Female 35-39	1.	(Macclesfield)	2:17:08	2:18:01	100.
313	Alex Bannister	F	19.	Female 21-34	4.	Nantwich Running Club	2:17:39	2:18:02	101.
258	Kate Williams	F	20.	Female 35-39	2.	(Caernarfon)	2:17:55	2:18:09	102.
261	Jamie Bullock	M	83.	Male 35-39	12.	(Connahs quay)	2:18:06	2:18:38	103.
502	Melissa Ward-Williams	F	21.	Female 35-39	3.	Cybi Striders	2:18:21	2:18:39	104.
394	Sonia Williams	F	22.	Female 35-39	4.	Cybi Striders	2:18:21	2:18:39	105.
126	Paul Pryce	M	84.	Male 50-54	8.	(Wrexham)	2:18:03	2:18:41	106.
212	Jonathan Smith	M	85.	Male 40-44	23.	(Ormskirk)	2:18:01	2:18:42	107.
168	Michelle Farrell	F	23.	Female 40-44	3.	Gog Triathlon	2:18:22	2:19:08	108.
138	Vicki Cleall	F	24.	Female 50-54	3.	Dragons Running Club Sale	2:17:47	2:19:12	109.
128	Rick Taylor	M	86.	Male 50-54	9.	(Stockport)	2:18:53	2:19:45	110.
32	Neil Vickers	M	87.	Male 60-64	5.	(New Mills)	2:18:57	2:19:48	111.
131	Tim Jones	M	88.	Male 45-49	17.	(Birkenhead)	2:19:18	2:19:50	112.
256	Sarah Mcgovern	F	25.	Female 35-39	5.	(LLanrug)	2:19:45	2:20:00	113.
269	Andrew Triner	M	89.	Male 21-34	13.	(Nantwich)	2:19:16	2:20:12	114.
293	Nicola Wylie	F	26.	Female 55-59	1.	North Wales Road Runners	2:20:22	2:20:28	115.
207	Philip Owen	M	90.	Male 35-39	13.	(Llandudno)	2:20:40	2:21:03	116.
498	Cheryl Frost	F	27.	Female 55-59	2.	nwrcc	2:21:04	2:21:20	117.
262	Jonny Mcgovern	M	91.	Male 35-39	14.	(Llanrug)	2:21:47	2:22:01	118.
91	Adam Lindsay	M	92.	Male 21-34	14.	Widnes Running Club	2:22:20	2:22:52	119.
318	Chris Hopkins	M	93.	Male 55-59	8.	(Chester)	2:22:22	2:22:59	120.
177	Amelia Tee	F	28.	Female 21-34	5.	(Chester)	2:22:00	2:23:06	121.

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208	Angharad Owen	F	29.	Female 35-39	6.	(Llandudno)	2:22:47	2:23:11	122.
361	Heidi O'brien	F	30.	Female 21-34	6.	Cybi Striders	2:22:52	2:23:11	123.
407	Brian Driver	M	94.	Male 55-59	9.	(Hinckley)	2:22:44	2:23:25	124.
335	Joanne Eccleson	F	31.	Female 45-49	10.	(Greasby)	2:22:30	2:23:30	125.
178	Ian Towers	M	95.	Male 21-34	15.	(Chester)	2:22:44	2:23:49	126.
363	Ian Robson	M	96.	Male 60-64	6.	(Caernafon)	2:23:04	2:23:52	127.
451	Alexandra Jones	F	32.	Female 21-34	7.	(Colwyn bay)	2:22:54	2:23:52	128.
446	Paul Martin	M	97.	Male 50-54	10.	Gog Triathlon	2:23:41	2:24:00	129.
184	Jan Muir	F	33.	Female 55-59	3.	None applicable	2:24:17	2:24:22	130.
418	Peter Rodgers	M	98.	Male 45-49	18.	(Sheffield)	2:23:48	2:24:25	131.
448	Paul Lloyd	M	99.	Male 21-34	16.	(Llanrwst)	2:23:27	2:24:25	132.
63	Amy Mccarthy	F	34.	Female 35-39	7.	Madrunners	2:23:54	2:24:34	133.
285	Ariannell Parry	F	35.	Female 21-34	8.	(Gwalchmai)	2:24:16	2:24:39	134.
320	Kim Kelly	F	36.	Female 40-44	4.	(Warrington)	2:24:38	2:24:46	135.
319	Gill Glover	F	37.	Female 55-59	4.	(Runcorn)	2:24:38	2:24:46	136.
270	Philip Parry	M	100.	Male 35-39	15.	(Chirk)	2:24:11	2:24:55	137.
90	Greg Grundy	M	101.	Male 45-49	19.	Colwyn bay ac	2:24:08	2:25:04	138.
220	Rob Carrington	M	102.	Male 50-54	11.	Wolves & Bilston AC	2:24:27	2:25:18	139.
362	Jordan Robinson	M	103.	Male 21-34	17.	(Mold)	2:24:45	2:25:18	140.
367	Darren Thompson	M	104.	Male 55-59	10.	Prestatyn running club	2:25:16	2:25:39	141.
503	Lana Davidson	F	38.	Female 40-44	5.	South cheshire harriers	2:25:50	2:26:06	142.
309	Suzanna Leigh	M	105.	Male 35-39	16.	NRC	2:25:54	2:26:07	143.
169	John Farrell	M	106.	Male 60-64	7.	Gog Triathlon	2:25:46	2:26:32	144.
484	Jacqui Evans	F	39.	Female 40-44	6.	(STOCKPORT)	2:26:07	2:26:46	145.
296	Rebecca Ashton	F	40.	Female 40-44	7.	(Dudley)	2:26:10	2:26:48	146.
427	Andrew Jones	M	107.	Male 55-59	11.	UKRunChat Running Club	2:26:52	2:27:13	147.
506	Jon Payne	M	108.	Male 45-49	20.	Lonely Goat RC	2:26:57	2:27:14	148.
401	Wendi Evans	F	41.	Female 60-64	1.	Eryri Harriers	2:26:31	2:27:19	149.
519	Math Llwyd	M	109.	Male 21-34	18.	Eryri Harriers	2:26:32	2:27:21	150.
97	Adam Smith	M	110.	Male 45-49	21.	(Disley, Stockport)	2:26:45	2:27:41	151.
453	Michaela Neild	F	42.	Female 35-39	8.	(Leigh)	2:27:29	2:28:11	152.
343	Claire Bardsley	F	43.	Female 40-44	8.	Start2jog	2:27:57	2:28:11	153.
230	Angela Howarth	F	44.	Female 50-54	4.	(Sale)	2:27:46	2:28:19	154.
106	Dean Shafto	M	111.	Male 40-44	24.	(Manchester)	2:27:12	2:28:20	155.
341	Paul Plummer	M	112.	Male 50-54	12.	Stockport Tri Club	2:27:44	2:28:23	156.
390	Sara Roberts	F	45.	Female 21-34	9.	Knowsley Harriers AC	2:28:06	2:28:30	157.
406	Mark Pollitt	M	113.	Male 50-54	13.	(Manchester)	2:27:30	2:28:39	158.
345	Leisa Wyn	F	46.	Female 40-44	9.	(Conwy)	2:28:26	2:28:42	159.
253	Simon Booth	M	114.	Male 60-64	8.	(Liverpool)	2:28:01	2:28:54	160.
163	Mark Newland	M	115.	Male 40-44	25.	(Buckley)	2:28:06	2:28:59	161.
347	Tarquin Jones	M	116.	Male 50-54	14.	Brighthouse Bumble Bees	2:28:21	2:29:07	162.

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365	Molly Hewitt	F	47.	Female 21-34	10.	(Inverness)	2:28:19	2:29:09	163.
231	Jonathan Ghosh	M	117.	Male 45-49	22.	(Cheadle)	2:28:42	2:29:09	164.
45	Stephen Roberts	M	118.	Male 35-39	17.	(Liverpool)	2:28:48	2:29:14	165.
224	Rebecca Atkins	F	48.	Female 45-49	11.	Dragons Running Club (Sale)	2:27:54	2:29:15	166.
500	Claire Harrison	F	49.	Female 45-49	12.	South cheshire harriers	2:29:05	2:29:20	167.
486	Sally Timperley	F	50.	Female 50-54	5.	(Bromsgrove)	2:29:18	2:29:27	168.
71	Bal Johnson	F	51.	Female 50-54	6.	(Wirral)	2:29:39	2:29:58	169.
523	Fiona Allen	F	52.	Female 45-49	13.	UTS Run Club	2:29:39	2:29:58	170.
329	Martin Copeland	M	119.	Male 55-59	12.	Lonely Goat RC	2:29:20	2:30:08	171.
388	Kathleen Droszcz	F	53.	Female 40-44	10.	UTS Run Club	2:29:55	2:30:24	172.
444	Alison Gow	F	54.	Female 50-54	7.	Clwb Run Wales	2:29:34	2:30:31	173.
371	Jen Haywood	F	55.	Female 40-44	11.	vegan runners UK	2:29:46	2:30:39	174.
283	Jonathan Miles	M	120.	Male 50-54	15.	South Cheshire Triathletes	2:30:42	2:30:55	175.
478	Dave Galloway	M	121.	Male 40-44	26.	Ellesmere Port Running Club	2:30:52	2:31:08	176.
359	Samantha Catarelli	F	56.	Female 35-39	9.	Styal Running Club	2:30:51	2:31:34	177.
241	Emma Bishop	F	57.	Female 21-34	11.	(Penrhyndas)	2:30:56	2:31:36	178.
330	Angela Copeland	F	58.	Female 50-54	8.	Lonely Goat RC	2:30:53	2:31:43	179.
304	John Taylor	M	122.	Male 50-54	16.	Warrington Running Club	2:31:06	2:32:01	180.
123	Gareth Catherall	M	123.	Male 45-49	23.	(Deganwy)	2:31:54	2:32:22	181.
156	Samantha Saunders-Rose	F	59.	Female 45-49	14.	Dragons Running Club Sale	2:32:04	2:32:31	182.
380	Donna Jones	F	60.	Female 40-44	12.	Cybi Striders	2:32:12	2:32:41	183.
219	Fiona Millington	F	61.	Female 21-34	12.	(Neston)	2:33:24	2:33:40	184.
374	Lee Jones	M	124.	Male 45-49	24.	(Old Colwyn)	2:33:22	2:33:42	185.
468	Scott Garner	M	125.	Male 50-54	17.	Gog Triathlon	2:32:51	2:33:49	186.
193	Paul Jones	M	126.	Male 45-49	25.	Rhedwyr Hebog Runners	2:34:02	2:34:18	187.
333	Rebecca Lawson	F	62.	Female 21-34	13.	(Thurloston)	2:34:13	2:34:31	188.
2	Steve Bates	M	127.	Male 45-49	26.	(Sileby)	2:34:22	2:34:43	189.
458	Kat Pudney	F	63.	Female 40-44	13.	Chester Road Runners	2:34:06	2:34:51	190.
239	Tony Phelan	M	128.	Male 60-64	9.	Gogs triathlon	2:34:02	2:35:00	191.
65	Rachel Threadkell	F	64.	Female 50-54	9.	Cybi Striders	2:35:19	2:35:48	192.
305	Charlotte Jackson	F	65.	Female 35-39	10.	(Ellesmere)	2:35:04	2:35:49	193.
312	Rachel Shoukair	F	66.	Female 50-54	10.	(Manchester)	2:34:40	2:35:56	194.
136	Claire Gwyer	F	67.	Female 45-49	15.	Dragons Running Club (Sale)	2:35:34	2:36:01	195.
331	Dawn Hughes	F	68.	Female 45-49	16.	Holme Pierrepont RC	2:35:33	2:36:23	196.
16	Scott Damerum	M	129.	Male 50-54	18.	Dragons Running Club (Sale)	2:35:11	2:36:25	197.
357	Douglas Graham	M	130.	Male 45-49	27.	(Colwyn)	2:35:52	2:36:31	198.
437	Gareth Edwards	M	131.	Male 40-44	27.	(Denbigh)	2:35:42	2:36:45	199.
173	Kasia Gozdur	F	69.	Female 35-39	11.	(wrexham)	2:36:19	2:36:50	200.
225	Julie Dixon	F	70.	Female 45-49	17.	(Isle of Wight)	2:35:50	2:37:11	201.
83	Lisa Galloway	F	71.	Female 45-49	18.	(Runcorn)	2:36:29	2:37:33	202.
84	Graham Cheers	M	132.	Male 45-49	28.	(Runcorn)	2:36:27	2:37:35	203.

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
342	Emma Spragg	F	72.	Female 50-54	11.	Chorlton Runners	2:36:52	2:37:37	204.
403	Steve Cameron	M	133.	Male 55-59	13.	Loanly Goat	2:36:40	2:37:45	205.
385	Helen Hannam	F	73.	Female 45-49	19.	nwrcc	2:37:29	2:37:53	206.
516	Daniel Norton	M	134.	Male 35-39	18.	(Widnes)	2:37:21	2:37:58	207.
198	Robbie Fraser	M	135.	Male 35-39	19.	(Birmingham)	2:37:19	2:38:41	208.
150	Jennifer Simpson	F	74.	Female 35-39	12.	Dragons Running Club Sale	2:37:38	2:38:59	209.
462	Jane Nicholson	F	75.	Female 60-64	2.	Penny Lane Striders	2:38:26	2:39:07	210.
504	Karen Jones	F	76.	Female 50-54	12.	(Wrexham)	2:38:11	2:39:08	211.
494	Matthew Harvey	M	136.	Male 45-49	29.	Penny Lane Striders	2:38:44	2:39:26	212.
315	Rachel Rick	F	77.	Female 60-64	3.	Penny Lane Striders	2:38:45	2:39:26	213.
1	Kingsley Chesworth	M	137.	Male 40-44	28.	(Preston)	2:38:55	2:39:29	214.
449	Stephen Coleman	M	138.	Male 60-64	10.	Fylde Coast Runners	2:38:45	2:39:43	215.
95	Rachael Smith	F	78.	Female 35-39	13.	(Disley)	2:39:04	2:39:59	216.
77	Amy Jones	F	79.	Female 35-39	14.	(Manchester)	2:38:55	2:40:04	217.
52	Carol Moss	F	80.	Female 55-59	5.	Abergele Harriers	2:39:43	2:40:08	218.
240	Chelsea Parry	F	81.	Female 21-34	14.	(Holyhead)	2:39:40	2:40:18	219.
254	Catherine Roberts	F	82.	Female 50-54	13.	(Mold)	2:40:23	2:40:45	220.
302	Ceri Hewitt	F	83.	Female 35-39	15.	(Manchester)	2:39:51	2:40:50	221.
86	Stephanie Memmory	F	84.	Female 50-54	14.	(Penyffordd)	2:40:22	2:41:00	222.
110	Jodi Hayward	F	85.	Female 40-44	14.	Rhubarb Running Community	2:40:29	2:41:05	223.
127	Helen Moore	F	86.	Female 55-59	6.	Widnes Wasps	2:40:13	2:41:15	224.
54	Nick Berney	M	139.	Male 50-54	19.	(Shrewsbury)	2:40:25	2:41:18	225.
421	Byron Cross	M	140.	Male 35-39	20.	(Chester)	2:40:09	2:41:34	226.
422	Liz Preston	F	87.	Female 45-49	20.	South cheshire harriers	2:41:49	2:42:05	227.
505	Nathan Bradshaw	M	141.	Male 35-39	21.	(Towyn)	2:41:16	2:42:12	228.
426	Leslie Edwards	M	142.	Male 60-64	11.	Penny Lane Striders	2:41:51	2:42:32	229.
195	Cindy Tierney	F	88.	Female 50-54	15.	(Birmingham)	2:41:16	2:42:36	230.
384	Clive Smallwood	M	143.	Male 40-44	29.	(Buxton)	2:41:49	2:42:41	231.
59	Liz Pearce	F	89.	Female 40-44	15.	Newcastle staffs AC	2:41:45	2:42:46	232.
455	Helen Patterson	F	90.	Female 40-44	16.	Widnes Running Club	2:42:05	2:42:56	233.
88	Charlotte Harvey	F	91.	Female 35-39	16.	Penyffordd run club	2:42:36	2:43:14	234.
206	Jane Beachell	F	92.	Female 55-59	7.	Dwygy dashers	2:43:03	2:43:24	235.
457	Chloe Hart	F	93.	Female 21-34	15.	Oldham and Royton Harriers and Athletics club	2:42:55	2:43:48	236.
456	Angie Hart	F	94.	Female 50-54	16.	Oldham & Royton Harriers & AC	2:42:55	2:43:48	237.
87	Jane Coburn	F	95.	Female 50-54	17.	Nantwich Running Club	2:43:24	2:43:53	238.
103	Louise Toach	F	96.	Female 40-44	17.	Nantwich Running Club	2:43:24	2:43:53	239.
34	Neil Williams	M	144.	Male 60-64	12.	(Cheadle Hulme)	2:43:52	2:44:20	240.
92	Nicola Daley	F	97.	Female 55-59	8.	Widnes Wasps LRC	2:43:28	2:44:30	241.
311	Andrew Swindells	M	145.	Male 55-59	14.	Cobra Running Club	2:43:55	2:44:36	242.
129	Kimberley Buchanan	F	98.	Female 21-34	16.	(Bryngwran)	2:44:52	2:45:11	243.
154	Anne Kelly	F	99.	Female 45-49	21.	Dragons Running Club Sale	2:43:49	2:45:16	244.

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
72	Clair Baldock	F	100.	Female 50-54	18.	Warrington Running Club	2:44:04	2:45:16	245.
146	Lisa Dennis	F	101.	Female 50-54	19.	Ellesmere Port Running Club	2:44:42	2:45:39	246.
101	Claire Watson	F	102.	Female 45-49	22.	Nantwich Runnibg Club	2:45:30	2:45:59	247.
3	Fiona Bates	F	103.	Female 55-59	9.	(Sileby)	2:45:45	2:46:06	248.
15	Alan Owen	M	146.	Male 50-54	20.	(Llandegfan)	2:45:02	2:46:10	249.
487	Gavin Williams	M	147.	Male 55-59	15.	(Llandegfan)	2:45:05	2:46:13	250.
470	T Lunn	F	104.	Female 21-34	17.	(Anglesey)	2:44:56	2:46:13	251.
415	Chloe Jones	F	105.	Female 35-39	17.	(Bangor)	2:44:57	2:46:13	252.
392	Andy Gifford	M	148.	Male 45-49	30.	(Southport)	2:45:31	2:46:14	253.
428	Abigail Greenow	F	106.	Female 35-39	18.	(Cambridge)	2:45:22	2:46:16	254.
111	Susan Twardochleb	F	107.	Female 50-54	20.	Newcastle staffs AC	2:45:16	2:46:19	255.
349	Michael Rice	M	149.	Male 50-54	21.	na	2:45:08	2:46:21	256.
515	Ryan Malone	M	150.	Male 35-39	22.	(Street)	2:45:46	2:46:25	257.
31	Heather Phipps	F	108.	Female 50-54	21.	(Bedford)	2:45:35	2:46:27	258.
327	Natalie Leeb	F	109.	Female 40-44	18.	(Stockport)	2:45:41	2:46:31	259.
397	Dave Pardoe	M	151.	Male 55-59	16.	(Liverpool)	2:46:05	2:46:48	260.
452	Clair Henderson	F	110.	Female 40-44	19.	(Hawarden)	2:46:15	2:47:26	261.
360	Sue Williams	F	111.	Female 50-54	22.	(Drury)	2:46:03	2:47:36	262.
482	Barbara Margetts	F	112.	Female 55-59	10.	Rhedwyr Hebog Runners	2:47:27	2:47:51	263.
250	Cheryl Lord-Brown	F	113.	Female 50-54	23.	(Rhos on Sea)	2:47:46	2:48:16	264.
430	Graham Mcvey	M	152.	Male 50-54	22.	(Colwyn Bay)	2:47:10	2:48:16	265.
246	Cristian Wood	M	153.	Male 50-54	23.	Silverdale RC	2:47:55	2:48:34	266.
460	Stephanie Savage	F	114.	Female 40-44	20.	Widnes Running Club	2:47:45	2:48:35	267.
411	Ceirion Williams	M	154.	Male 60-64	13.	(Caernarfon)	2:48:05	2:48:54	268.
137	Sue Strickland	F	115.	Female 60-64	4.	Sale Dragons Running Club	2:47:34	2:48:55	269.
171	Gemma Williams	F	116.	Female 40-44	21.	(Beaumaris)	2:48:15	2:49:00	270.
332	Claire Sambridge	F	117.	Female 45-49	23.	Holme Pierrepont RC	2:48:20	2:49:09	271.
447	Laurie Owens	F	118.	Female 40-44	22.	Chester Road Runners	2:49:11	2:49:35	272.
297	Elizabeth Walker	F	119.	Female 35-39	19.	Kirkstall Harriers	2:48:21	2:49:45	273.
489	Laura Parkin	F	120.	Female 45-49	24.	Didsbury Runners	2:49:28	2:50:15	274.
214	Stuart Donohoe	M	155.	Male 40-44	30.	Didsbury Runners	2:49:34	2:50:21	275.
496	Paul Houlding	M	156.	Male 55-59	17.	(Wrexham)	2:48:48	2:50:27	276.
381	Linda Wilson	F	121.	Female 35-39	20.	Swinton running club	2:49:14	2:50:39	277.
326	Gillian Hayes	F	122.	Female 45-49	25.	Warrington Running Club	2:49:36	2:50:59	278.
295	Lisa Lloyd	F	123.	Female 55-59	11.	Warrington Running Club	2:49:35	2:50:59	279.
273	Alison Davidson	F	124.	Female 35-39	21.	Goodgym Race Team	2:50:30	2:51:13	280.
19	Jane Damerum	F	125.	Female 45-49	26.	Dragons Running Club Sale	2:50:08	2:51:21	281.
143	Denise Droog	F	126.	Female 35-39	22.	(Mold)	2:50:00	2:51:25	282.
282	Eden Fort	F	127.	Female 21-34	18.	(Colwyn bay)	2:50:30	2:51:26	283.
281	Peter Fort	F	128.	Female 50-54	24.	(Old Colwyn)	2:50:30	2:51:26	284.
473	Gaynor Murray	F	129.	Female 50-54	25.	(Colwyn Bay)	2:51:02	2:51:34	285.

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
465	David Roberts	M	157.	Male 55-59	18.	Lonely Goat RC	2:50:51	2:51:36	286.
57	Tracey Sheppard	F	130.	Female 55-59	12.	(Stockport)	2:52:08	2:52:36	287.
6	Jude Horsnell	F	131.	Female 55-59	13.	(Llandudno)	2:52:27	2:52:43	288.
439	Chris Heavey	M	158.	Male 21-34	19.	Nantwich Running Club	2:52:22	2:52:51	289.
70	Denise Brien	F	132.	Female 50-54	26.	(Manchester)	2:52:25	2:53:32	290.
216	Barry Locketti	M	159.	Male 50-54	24.	Swinton running club	2:52:37	2:53:33	291.
112	Andrea Drameh	F	133.	Female 50-54	27.	(Manchester)	2:52:31	2:53:37	292.
328	Natalie Caughtry	F	134.	Female 21-34	19.	(Colwyn Bay)	2:53:29	2:54:11	293.
161	Kerrie Bignall	F	135.	Female 50-54	28.	(Runcorn)	2:53:49	2:54:12	294.
263	Matt Arschavir	M	160.	Male 45-49	31.	Didsbury Runners	2:53:26	2:54:15	295.
145	Robert Todd	M	161.	Male 60-64	14.	Dragons Running Club Sale	2:53:02	2:54:23	296.
280	Evelyn Fort	F	136.	Female 45-49	27.	(Old Colwyn)	2:53:32	2:54:29	297.
485	Howard Beckett	M	162.	Male 50-54	25.	(Rhyl)	2:54:26	2:54:56	298.
395	Paul Johansen	M	163.	Male 55-59	19.	(Birkenhead)	2:54:22	2:55:35	299.
518	Sara Murray	F	137.	Female 40-44	23.	Warrington Running Club	2:54:24	2:55:37	300.
148	Bob Wynn	M	164.	Male 65-69	3.	Hyde Village Striders	2:55:26	2:55:46	301.
284	Rachel Cartwright	F	138.	Female 45-49	28.	Warrington Running Club	2:54:48	2:56:00	302.
68	Sharon Gibbs	F	139.	Female 40-44	24.	(Glossop)	2:55:42	2:56:17	303.
259	Abi Langley	F	140.	Female 40-44	25.	(Holywell)	2:56:06	2:56:29	304.
170	Will Cogswell	M	165.	Male 35-39	23.	(Flint)	2:55:58	2:56:35	305.
82	Hayley Brown	F	141.	Female 21-34	20.	(Bridgend)	2:55:20	2:56:37	306.
124	Deborah Luckman	F	142.	Female 50-54	29.	(Manchester)	2:55:30	2:56:37	307.
275	Rhodri Roberts	M	166.	Male 50-54	26.	N/A	2:56:16	2:56:39	308.
42	Jenny Stinton	F	143.	Female 50-54	30.	Cobra	2:56:51	2:57:33	309.
424	David Whitby	M	167.	Male 35-39	24.	(Stoke on Trent)	2:56:42	2:57:43	310.
432	Sarah Taylor	F	144.	Female 35-39	23.	(Cheadle)	2:56:48	2:58:02	311.
287	Iona Roberts	F	145.	Female 21-34	21.	GOG Triathlon Club	2:57:19	2:58:22	312.
351	Miss Sharon White	F	146.	Female 55-59	14.	Mossley running club	2:57:30	2:58:23	313.
144	Deb Owen	F	147.	Female 50-54	31.	Newcastle staffs AC	2:57:54	2:58:57	314.
337	Gill Owen	F	148.	Female 45-49	29.	Porth Eirais Runners	2:58:22	2:59:05	315.
344	Michelle Torme	F	149.	Female 40-44	26.	Heaton Runners	2:57:58	2:59:14	316.
203	Carys Bunnell	F	150.	Female 55-59	15.	Holywell blade runners	2:58:54	2:59:16	317.
467	Charlotte Small	F	151.	Female 40-44	27.	(Wednesbury)	2:58:03	2:59:32	318.
78	Vicci Norton	F	152.	Female 35-39	24.	Warrington Running Club	2:58:56	2:59:33	319.
210	Barry Powell	M	168.	Male 60-64	15.	(Wirral)	2:58:21	2:59:34	320.
356	Catherine Cuthbert	F	153.	Female 50-54	32.	Wallasey AC	2:59:14	2:59:40	321.
49	Jane Houghton	F	154.	Female 50-54	33.	Warrington Running Club	2:59:35	3:00:46	322.
227	Helen Shaw	F	155.	Female 55-59	16.	Warrington Running Club	2:59:23	3:00:46	323.
181	Sue Jones	F	156.	Female 60-64	5.	Cybi Striders	3:00:12	3:00:47	324.
102	Harry Walker	M	169.	Male 60-64	16.	(Colwyn Bay)	2:59:32	3:01:08	325.
23	Trudi Parry	F	157.	Female 50-54	34.	buckley runners	3:00:06	3:01:31	326.

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
445	Stephen Lloyd	M	170.	Male 60-64	17.	(Ellesmere)	3:00:49	3:01:56	327.
399	Bruce Pittman	M	171.	Male 45-49	32.	(St martins)	3:01:00	3:02:07	328.
117	Alison Wingate	F	158.	Female 50-54	35.	Kirkby Milers AC	3:01:42	3:02:53	329.
440	Andrew Duckworth	M	172.	Male 50-54	27.	Styal Running Club	3:01:52	3:02:54	330.
299	Gwennan Charlton	F	159.	Female 35-39	25.	North Wales Road Runners	3:02:55	3:03:23	331.
527	Sharon Ashton	F	160.	Female 45-49	30.	vegan runners UK	3:02:55	3:03:28	332.
105	Sam Brooke	F	161.	Female 35-39	26.	Cobra	3:02:47	3:03:29	333.
368	Emily Cooke	F	162.	Female 21-34	22.	(London)	3:03:19	3:04:02	334.
189	Michelle Richardson	F	163.	Female 45-49	31.	(St Martins)	3:03:15	3:04:07	335.
187	Lisa Howells	F	164.	Female 45-49	32.	(Shrewsbury)	3:03:15	3:04:07	336.
493	Martin Frew	M	173.	Male 60-64	18.	(Prestatyn)	3:03:23	3:04:15	337.
247	Samantha Bentall	F	165.	Female 55-59	17.	Penny Lane Striders	3:03:37	3:04:21	338.
248	Marie Motley	F	166.	Female 60-64	6.	Penny Lane Striders	3:03:38	3:04:22	339.
476	Erika Leeming	F	167.	Female 55-59	18.	Bramhall Runners	3:03:24	3:04:40	340.
47	Michelle Warner	F	168.	Female 40-44	28.	Lonely Goat	3:04:11	3:04:47	341.
378	Wendy Raybould	F	169.	Female 55-59	19.	The Yellow Army	3:04:13	3:05:43	342.
251	Maria Shaw	F	170.	Female 40-44	29.	The Freelance Runners	3:04:14	3:05:43	343.
81	Anna Morris	F	171.	Female 21-34	23.	(Manchester)	3:05:49	3:06:57	344.
520	Leila Mapp	F	172.	Female 55-59	20.	(Caernarfon)	3:06:11	3:07:02	345.
497	Ruth Evans	F	173.	Female 40-44	30.	(Caernarfon)	3:06:11	3:07:02	346.
158	Anna Martin	F	174.	Female 50-54	36.	Oldham and Royton Harriers	3:06:03	3:07:17	347.
180	Lydia Mills	F	175.	Female 35-39	27.	Centurion RC	3:07:07	3:07:26	348.
5	Medi Ashton	F	176.	Female 40-44	31.	(Llanrwst)	3:06:39	3:08:05	349.
85	Louise Lindsay	F	177.	Female 45-49	33.	(Whitchurch)	3:08:22	3:08:58	350.
133	Sue Formstone	F	178.	Female 50-54	37.	Buckley RC	3:07:35	3:09:00	351.
354	David John Williams	M	174.	Male 60-64	19.	(Caernarfon)	3:08:49	3:09:14	352.
510	Emma Hughes	F	179.	Female 35-39	28.	Mon milers	3:08:17	3:09:21	353.
211	Emma Hughes	F	180.	Female 50-54	38.	(Caersws)	3:08:35	3:09:23	354.
279	Louise Jones	F	181.	Female 40-44	32.	Clwb Run Wales	3:08:35	3:09:23	355.
116	Laura Cummings	F	182.	Female 35-39	29.	(Manchester)	3:09:01	3:09:39	356.
122	Jackie Moxon	F	183.	Female 60-64	7.	(Castleford)	3:09:22	3:09:58	357.
107	Angharad Parry-Jones	F	184.	Female 45-49	34.	Les Croupiers RC	3:08:52	3:10:09	358.
252	Darron Blake	F	185.	Female 55-59	21.	(Stourbridge)	3:08:49	3:10:19	359.
20	Mary Waudby	F	186.	Female 40-44	33.	Dragons Running Club (Sale)	3:08:54	3:10:21	360.
242	Gareth Williams	M	175.	Male 50-54	28.	(Colwyn Bay)	3:10:20	3:10:51	361.
508	Rae Howe	F	187.	Female 50-54	39.	Team Anstey Amblers and runners	3:10:42	3:11:50	362.
277	Cathy Obrien	F	188.	Female 55-59	22.	(Liverpool)	3:11:04	3:12:15	363.
194	Colette Heron	F	189.	Female 45-49	35.	Kirkby Milers AC	3:11:03	3:12:15	364.
7	Nicola Birkett	F	190.	Female 45-49	36.	Deestridders	3:11:23	3:12:57	365.
402	Lorraine Gorman	F	191.	Female 50-54	40.	Girls That Jeff	3:11:40	3:12:59	366.
134	Christine Wright	F	192.	Female 55-59	23.	(Stockport)	3:13:07	3:14:21	367.

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
512	Rebecca Davies	F	193.	Female 21-34	24.	Mon milers	3:13:46	3:14:51	368.
511	Josie Rhisiart	F	194.	Female 45-49	37.	Clwb Run Wales	3:13:47	3:14:51	369.
119	Kirsty McGowan	F	195.	Female 35-39	30.	Les Croupiers RC	3:13:41	3:14:58	370.
286	Diane Gurney	F	196.	Female 55-59	24.	(Rhyl)	3:14:58	3:15:52	371.
431	Jennifer Evans	F	197.	Female 50-54	41.	(Rhyl)	3:14:58	3:15:52	372.
404	Zarana Dickinson	F	198.	Female 55-59	25.	Lonley Goats RC	3:14:48	3:16:07	373.
339	Graham Haggis	M	176.	Male 60-64	20.	(Preston)	3:15:45	3:16:50	374.
338	Donna Finn	F	199.	Female 50-54	42.	(Preston)	3:15:45	3:16:50	375.
257	Tony Gibbons	M	177.	Male 35-39	25.	(Llandudno)	3:15:33	3:16:55	376.
264	Clair Roberts	F	200.	Female 40-44	34.	Porth Eirias Runners	3:17:58	3:18:42	377.
9	Pamela Chapman	F	201.	Female 55-59	26.	(Stockport)	3:18:48	3:19:15	378.
316	Karin Melling	F	202.	Female 45-49	38.	(wigan)	3:18:31	3:19:16	379.
39	Gareth Jones	M	178.	Male 50-54	29.	(Caergwrle)	3:18:28	3:19:42	380.
400	Linda Cusack	F	203.	Female 55-59	27.	Fetch Everyone Running Club	3:18:39	3:19:57	381.
417	Rebecca Corbett	F	204.	Female 45-49	39.	Chasewater Runners	3:18:38	3:19:58	382.
186	Claire Campbell	F	205.	Female 45-49	40.	(Freshwater)	3:18:49	3:20:09	383.
141	Lisa Hughes	F	206.	Female 40-44	35.	Sarn Helen	3:19:27	3:20:28	384.
495	Ffion Parry	F	207.	Female 55-59	28.	(Llandegfan)	3:19:36	3:20:37	385.
233	David Colley	M	179.	Male 50-54	30.	The Freelance Runners	3:19:46	3:21:16	386.
204	Laura Cogswell	F	208.	Female 40-44	36.	(North Wales)	3:21:13	3:21:51	387.
507	Bryan Griffiths	M	180.	Male 50-54	31.	(Bethesda)	3:21:02	3:22:05	388.
271	Sally Hancock	F	209.	Female 45-49	41.	Goodgym Race Team	3:22:50	3:23:53	389.
176	Claire Mcdermott	F	210.	Female 21-34	25.	(Liverpool)	3:23:55	3:24:50	390.
420	Kate Brown	F	211.	Female 40-44	37.	(Llysfaen)	3:23:51	3:25:24	391.
29	Jolene Tucker	F	212.	Female 45-49	42.	(Old Colwyn)	3:23:49	3:25:24	392.
393	Peter Simm	M	181.	Male 65-69	4.	(Pontybodkin)	3:24:40	3:25:25	393.
197	Denise Taylor	F	213.	Female 55-59	29.	Boldmere Bullets	3:25:32	3:26:52	394.
522	Joel Williams	M	182.	Male 21-34	20.	(Prenton)	3:27:22	3:27:53	395.
310	Bev Shawcross	F	214.	Female 55-59	30.	(Stockport)	3:27:15	3:28:30	396.
314	Jackie Fawcett	F	215.	Female 55-59	31.	(Stockport)	3:27:15	3:28:31	397.
276	Catherine Prince	F	216.	Female 40-44	38.	(Stockport)	3:27:15	3:28:31	398.
135	Caroline Shepherd	F	217.	Female 45-49	43.	(Stockport)	3:27:16	3:28:31	399.
174	Tal Twist	F	218.	Female 45-49	44.	(Stockport)	3:27:16	3:28:31	400.
340	Sharon Foy	F	219.	Female 50-54	43.	Heaton Runners	3:27:16	3:28:31	401.
132	Kirsty Elliott	F	220.	Female 50-54	44.	(Stockport)	3:27:16	3:28:31	402.
13	Jacqueline Payne	F	221.	Female 50-54	45.	Cobra RC	3:28:11	3:28:54	403.
528	Kelly Roberts	F	222.	Female 21-34	26.		3:28:03	3:29:36	404.
120	Andrew Sumpton	M	183.	Male 60-64	21.	(Pontefract)	3:29:08	3:29:45	405.
121	Gary Moxon	M	184.	Male 60-64	22.	(Castleford)	3:29:08	3:29:45	406.
14	Rachel Pilsworth	F	223.	Female 45-49	45.	(Cambridge)	3:29:41	3:30:32	407.
405	Erica Gould	F	224.	Female 60-64	8.	(Cannock)	3:29:33	3:30:51	408.

Colwyn Bay Metric Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
425	Elizabeth Barry	F	225.	Female 50-54	46.	(Cambridge)	3:30:09	3:31:00	409.
423	Sarah Brain	F	226.	Female 35-39	31.	(Stoke-on-Trent)	3:30:42	3:31:43	410.
300	Sara Mallen	F	227.	Female 45-49	46.	(Kingswinford)	3:30:31	3:32:03	411.
245	Sarah Knight	F	228.	Female 50-54	47.	(Hagley)	3:30:34	3:32:05	412.
172	Hannah Campbell	F	229.	Female 35-39	32.	(Manchester)	3:32:02	3:33:11	413.
66	Luke Edmonds	M	185.	Male 21-34	21.	Walk 2 run Blakely	3:32:04	3:33:13	414.
317	Christopher Vaughan	M	186.	Male 75-79	1.	(Stourbridge)	3:32:31	3:34:04	415.
414	Adam Hobson	M	187.	Male 35-39	26.	(Manchester)	3:40:29	3:41:55	416.
18	Mark Jolly	M	188.	Male 35-39	27.	Dragons Running Club (Sale)	3:40:27	3:41:55	417.
74	Janet Hughes	F	230.	Female 60-64	9.	(Holywell)	3:43:21	3:43:44	418.
114	Samantha Gothard	F	231.	Female 45-49	47.	(LIVERPOOL)	3:43:00	3:44:24	419.
115	Margaret Kelly	F	232.	Female 50-54	48.	Kirkby Milers A C	3:43:14	3:44:26	420.
73	Karen Leggett	F	233.	Female 55-59	32.	(Colwyn Bay)	3:44:40	3:45:41	421.
202	Michaela Barr	F	234.	Female 35-39	33.	(Sutton coldfield)	3:53:26	3:54:47	422.
376	Paul Taylor	M	189.	Male 65-69	5.	Oldham and Royton Harriers and Athletics club	4:03:21	4:04:45	423.
199	Viki Fraser	F	235.	Female 40-44	39.	(Birmingham)	4:09:50	4:11:13	424.
196	Louise Tipper	F	236.	Female 50-54	49.	(Sutton Coldfield)	4:09:50	4:11:14	425.

Number of records: 425