
































































































Flintshire 5k & 10k

Overall Results 10k

Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
10k									
1.	671	Owen, Rhodri		1989	M	Male 30-34	Meirionydd	33:02	33:05
2.	665	Nixon, Scott		1990	M	Male 30-34	Cardiff ac	33:30	33:33
3.	695	Roberts, Simon		1970	M	Male 50-54	Buckley Runners	36:15	36:19
4.	682	Pugh, Geraint		1994	M	Male 25-29	Meirionnydd	36:19	36:22
5.	751	Williams, Ben		1999	M	Male 20-24		36:51	36:55
6.	722	Spence, Thomas		1989	M	Male 30-34	Wrexham AC	37:54	37:57
7.	508	Coyne, Michael		1972	M	Male 45-49	Eryri harriers	37:58	38:01
8.	473	Blazier, Darren		1972	M	Male 45-49	Abergele Harriers	38:12	38:16
9.	663	Moyle, Gareth		1980	M	Male 40-44		38:17	38:21
10.	611	Jones, Gordon		1958	M	Male 60-64	Prestatyn RC	38:30	38:34
11.	647	McCormack, Sean		1963	M	Male 55-59	Abergele Harriers	39:32	39:35
12.	714	Shiple, Rachel		1989	F	Female 30-34	Abergele Harriers	40:20	40:23
13.	729	Toogood, Steve		1962	M	Male 55-59	Buckley Runners	40:42	40:46
14.	518	Davies, Rhys		1992	M	Male 25-29		41:10	41:10
15.	465	Bennett, Mark Adam		1977	M	Male 40-44		41:20	41:26
16.	510	Crofts, Luke		1981	M	Male 40-44		41:25	41:29
17.	399	Oneil, Sion		1973	M	Male 45-49		42:14	42:19
18.	687	Rees Jones, Caron		1988	M	Male 30-34		42:16	42:20
19.	720	Smith, Craig		1972	M	Male 45-49	Prestatyn running	42:53	42:58
20.	453	Allman, Ciaran		1996	M	Male 25-29		42:54	43:00
21.	621	Jones, Glyn		1959	M	Male 60-64		43:27	43:32
22.	620	Jones, Marc		1984	M	Male 35-39		43:27	43:35
23.	477	Bonfield, Simon		1969	M	Male 50-54	Abergele Harriers	43:32	43:36
24.	521	Davies, Caryl		1988	F	Female 30-34	Sarn Helen	43:40	43:43
25.	690	Robbins, Michael		1963	M	Male 55-59	Wrexham AAC	43:42	43:46
26.	525	de Sousa, Joe		1967	M	Male 50-54		43:47	43:55
27.	600	Johnson-Wilcock,		2003	M	Male 15-19		44:05	44:10
28.	534	Duckers, Rob		1983	M	Male 35-39		43:59	44:14
29.	706	Rogers, James		1973	M	Male 45-49	Prestatyn Running	44:13	44:18
30.	555	GARSTANG, PAUL		1962	M	Male 55-59		44:15	44:19
31.	551	fogaty, sean		1990	M	Male 30-34		44:16	44:33
32.	523	Davies, Morag		1973	F	Female 45-49	Chester road	44:41	44:49
33.	505	Collins, Emma		1962	F	Female 55-59	Denbigh Harriers	44:44	44:49
34.	692	Roberts, Jason		1984	M	Male 35-39		44:50	44:55
35.	717	Slattery, Kevin		1954	M	Male 65-69	NWRRRC	44:49	44:55
36.	661	MORRIS, MELINA		1972	F	Female 45-49	Denbigh Harriers	44:55	45:01
37.	577	Henstock, Gwennan		1978	F	Female 40-44	Buckley RC	44:59	45:06
38.	668	Owen, jonny		1975	M	Male 45-49	Deestriders	45:07	45:18
39.	613	Jones, Connor		1992	M	Male 25-29		45:17	45:26
40.	583	Hopwood, Kathryn		1989	F	Female 30-34	Buckley Running	45:27	45:32
41.	604	Jones, Gethin		1985	M	Male 35-39	north wales	46:13	46:17
42.	520	Davies, Rhys		1992	M	Male 25-29		46:21	46:29
43.	595	Hynes, James		1969	M	Male 50-54		46:35	46:54
44.	452	Allman, Matt		1990	M	Male 30-34		46:39	46:55
45.	733	Walker, Cal		1995	M	Male 25-29		46:50	46:56
46.	397	White, Stewart		1954	M	Male 65-69		46:51	47:01
47.	535	Dunning, Mark		1986	M	Male 35-39		47:13	47:20
48.	612	Jones, Keith		1960	M	Male 60-64		47:16	47:26
49.	554	Gardner, Thomas		1990	M	Male 30-34		47:28	47:35


















































Flintshire 5k & 10k

Overall Results 10k

Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
50.	575	Hartleb, Ioan		1984	M	Male 35-39		47:15	47:36
51.	631	Lewis, Jamie		1982	M	Male 35-39	Buckley	47:33	47:45
52.	568	Hankinson, Richard		1961	M	Male 60-64	Meirionnydd RC	47:39	47:48
53.	584	Horaczek, Michael		1975	M	Male 45-49		47:53	48:01
54.	616	Jones, Fred		1954	M	Male 65-69	Denbigh Harriers	48:02	48:08
55.	637	Maddox, Pab		1965	M	Male 55-59	Newcastle athletic	48:12	48:24
56.	570	Hardcastle, Stuart		1956	M	Male 65-69	Quakers R.C.	48:25	48:31
57.	563	Griffiths, David		1968	M	Male 50-54	Penny Lane Striders	48:31	48:37
58.	544	Ellis, Gareth		1968	M	Male 50-54		48:37	48:45
59.	496	Catherall, Sam		1989	M	Male 30-34		48:42	48:53
60.	688	Renshaw, Dean		1984	M	Male 35-39		48:38	48:56
61.	636	Lyth, paul		1971	M	Male 50-54		48:45	49:04
62.	744	Williams, Sion		1968	M	Male 50-54		48:51	49:14
63.	541	Edwards, Neil		1972	M	Male 45-49	Deestridders R.C	49:05	49:16
64.	713	Shepherd, Stuart		1980	M	Male 40-44		49:02	49:21
65.	576	Harvey, Charlotte		1988	F	Female 30-34	Penyffordd Run Club	49:15	49:26
66.	458	Bailey, Amanda		1971	F	Female 50-54		49:24	49:32
67.	509	Creswell, Joe		1993	M	Male 25-29		49:18	49:32
68.	683	Pugh, Deb		1965	F	Female 55-59	Wrexham AAC	49:24	49:42
69.	689	Revell, Duncan		1980	M	Male 40-44		49:35	49:44
70.	412	Williams, Kevin		1978	M	Male 40-44		49:40	49:47
71.	592	Hughes, Ifan		1984	M	Male 35-39		49:51	50:03
72.	635	Lumsden, Danny		1980	M	Male 40-44		50:09	50:30
73.	593	Humphreys, Kent		1967	M	Male 50-54		50:20	50:31
74.	481	Bradley, Nich		1954	M	Male 65-69	Meirionnydd	50:11	50:34
75.	552	Fryer, Robert		1954	M	Male 65-69	North Wales road	50:26	50:38
76.	645	Maybury, Peter		1976	M	Male 45-49		50:28	50:46
77.	674	Payne, Jon		1976	M	Male 45-49		50:53	51:05
78.	571	Hardie, Caroline		1986	F	Female 35-39		50:47	51:08
79.	559	Goodwin, David		1966	M	Male 50-54	Deestridders	51:02	51:18
80.	501	Coleman, Stephen		1961	M	Male 60-64		51:14	51:26
81.	619	Jones, Paul		1973	M	Male 45-49	Denbigh Harriers	51:28	51:34
82.	728	Tobin, Vanessa		1974	F	Female 45-49		51:28	51:36
83.	603	Jones, Thomas		1984	M	Male 35-39		51:39	51:48
84.	513	Danson, Joe		1987	M	Male 30-34		51:54	52:06
85.	701	Robinson, Jordan		1995	M	Male 25-29		52:05	52:11
86.	656	Moore, Steven		1978	M	Male 40-44		52:00	52:13
87.	596	I HUGHES,		1986	M	Male 30-34		51:59	52:15
88.	591	Hughes, Andy		1978	M	Male 40-44		52:10	52:29
89.	565	Hale, Donald		1952	M	Male 65-69	NWRRRC	52:26	52:30
90.	487	broster, stephen		1994	M	Male 25-29		52:24	52:45
91.	641	Martin, Colin		1961	M	Male 60-64		52:36	52:53
92.	691	Roberts, Laura		1990	F	Female 30-34		52:52	52:57
93.	456	Astbury, Tanyia		1978	F	Female 40-44		52:51	53:11
94.	486	Bridge, William		1974	M	Male 45-49		53:03	53:15
95.	524	de Sousa, Matthew		1998	M	Male 20-24		53:09	53:18
96.	539	Edwards, Gwenllian		1979	F	Female 40-44		53:05	53:20
97.	536	Dunning, Michael		1990	M	Male 30-34		53:16	53:23
98.	556	Gittins, Robert		1969	M	Male 50-54		53:04	53:24
99.	468	Billings, Wes		1983	M	Male 35-39		53:07	53:26


















































Flintshire 5k & 10k

Overall Results 10k

Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
100.	511	d'Albuquerque, Ann		1948	F	Female 70+	GOG Triathlon	53:19	53:30
101.	479	Boyce, Robert		1965	M	Male 55-59		53:10	53:33
102.	558	Goodwin, Louise		1979	F	Female 40-44	Deestridders R.C.	53:17	53:34
103.	561	Griffith, Sarah		1985	F	Female 35-39		53:31	53:44
104.	606	Jones, Paul		1972	M	Male 45-49		53:23	53:45
105.	739	Willacy, Paul		1977	M	Male 40-44		53:24	53:48
106.	618	Jones, Richard		1976	M	Male 45-49		53:43	54:03
107.	667	Owen, John		1965	M	Male 55-59		53:51	54:05
108.	490	Bryan, Graham		1980	M	Male 40-44		53:50	54:10
109.	548	Farrell, Daniel		1982	M	Male 35-39		53:51	54:15
110.	608	Jones, Irfon		1959	M	Male 60-64		54:08	54:30
111.	408	Williams, Jack		1995	M	Male 25-29		54:08	54:33
112.	461	Baugh, Menai		1958	F	Female 60-64	Denbigh Harriers	54:29	54:35
113.	407	Jones, Alan		1969	M	Male 50-54		54:37	54:45
114.	392	Williams, Evan		1998	M	Male 20-24		54:30	54:47
115.	582	HOPWOOD, MARK		1967	M	Male 50-54		54:41	54:52
116.	579	Higham, Pete		1959	M	Male 60-64	Falmouth Road	54:40	54:55
117.	451	Alcock, Frances		1997	F	Female 20-24		54:48	55:01
118.	406	Font, Lee		1987	M	Male 30-34		54:48	55:08
119.	450	Alcock, David		1965	M	Male 55-59		54:56	55:10
120.	634	Low, Darren		1968	M	Male 50-54		55:01	55:16
121.	679	Pinkerton, Danielle		1999	F	Female 20-24		55:06	55:23
122.	694	Roberts, Kelly		1992	F	Female 25-29		55:06	55:23
123.	503	Collings, Andrew		1984	M	Male 35-39		55:00	55:26
124.	597	James, Pete		1971	M	Male 50-54		55:03	55:26
125.	710	Scott, Hayley		1986	F	Female 35-39		55:36	55:44
126.	562	Griffiths, Andy		1970	M	Male 50-54		55:34	55:48
127.	686	Randles, Derek		1961	M	Male 60-64		55:23	55:51
128.	703	Roden, Chris		1968	M	Male 50-54		55:41	56:00
129.	459	baker, chris		1967	M	Male 50-54		55:44	56:02
130.	614	Jones, Ian		1963	M	Male 55-59	Denbigh Harriers	55:55	56:17
131.	492	Butler, Dave		1978	M	Male 40-44		55:59	56:20
132.	670	Owen, Gerallt		1966	M	Male 55-59		55:56	56:21
133.	693	Roberts, Gareth		1966	M	Male 55-59	Chester Road	56:02	56:25
134.	482	Bradshaw, Aimee		1983	F	Female 35-39		56:27	56:27
135.	705	Rogers, Frank		1972	M	Male 45-49	Belle Vue Racers	56:22	56:28
136.	681	Prys-Owen, Robert		1951	M	Male 70+		56:21	56:28
137.	698	Roberts, Julie		1964	F	Female 55-59	Denbigh Harriers	56:09	56:32
138.	538	Eden, Sara		1983	F	Female 35-39		56:19	56:32
139.	721	Speakman, John		1965	M	Male 55-59		56:08	56:32
140.	573	Harrison, Julie		1968	F	Female 50-54		56:26	56:34
141.	736	White, Hannah		1989	F	Female 30-34		56:14	56:36
142.	718	Smith, Philip		1967	M	Male 50-54		56:25	56:47
143.	512	d'Albuquerque,		1946	M	Male 70+	GOG Triathlon	56:40	56:51
144.	393	Ota, Mana		1993	F	Female 25-29		57:01	57:18
145.	622	Kaye, Abbi		1990	F	Female 30-34		57:02	57:19
146.	410	Iachetta, Gerardo		1988	M	Male 30-34		57:05	57:29
147.	609	Jones, Becky		1990	F	Female 30-34		57:30	57:40
148.	491	Burton, Emma		1975	F	Female 45-49		57:30	57:47
149.	498	Clarke, Laura		1993	F	Female 25-29		57:27	57:48





































Flintshire 5k & 10k

Overall Results 10k

Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
150.	646	McCallion, Martin		1962	M	Male 55-59		57:34	57:56
151.	651	Meirion, Sian		1971	F	Female 50-54	Buckley RC	57:43	57:56
152.	750	Williams, Michael		1964	M	Male 55-59	LABC Runners	57:52	57:59
153.	455	Ashman, Anthony		1963	M	Male 55-59		57:49	58:08
154.	546	Evans, John Gwynn		1946	M	Male 70+	Aberystwyth A C	57:52	58:10
155.	590	Hughes, David G		1963	M	Male 55-59		57:52	58:11
156.	625	Langton, Lorna		1979	F	Female 40-44		57:48	58:12
157.	405	Evans, Sarah		1974	F	Female 45-49		57:55	58:12
158.	564	Grundy, Ben		1955	M	Male 65-69		58:01	58:25
159.	626	large, stephen		1972	M	Male 45-49		58:26	58:36
160.	480	Boyce, Amanda		1966	F	Female 50-54		58:16	58:38
161.	516	Davies, Geoff		1967	M	Male 50-54		58:17	58:40
162.	699	Roberts, Catherine		1972	F	Female 45-49		58:35	58:45
163.	642	Massey, Helen		1962	F	Female 55-59		58:42	58:58
164.	572	Hardman, Jeff		1954	M	Male 65-69		58:44	59:05
165.	409	Coughlan, Jeremy		1966	M	Male 55-59		58:44	59:08
166.	588	Hughes, Rhian		1975	F	Female 45-49		58:56	59:10
167.	404	Wagner, Lisa		1994	F	Female 25-29		59:02	59:11
168.	732	Wagner, Mona		1994	F	Female 25-29		59:02	59:11
169.	411	Lewis, Rowena		1994	F	Female 25-29		59:02	59:11
170.	617	Jones, Ifor		1960	M	Male 60-64		58:52	59:14
171.	500	coe, stephen		1985	M	Male 35-39		59:06	59:17
172.	633	Lloyd-Johnson,		1977	F	Female 40-44		59:18	59:30
173.	598	Janzen-Morris,		1994	F	Female 25-29		59:15	59:31
174.	557	Goodaire, Jess		1990	F	Female 30-34		59:21	59:37
175.	673	Payne, Stephanie		1986	F	Female 35-39		59:37	59:43
176.	629	Lawton, Julie		1967	F	Female 50-54		59:26	59:46
177.	657	Moore, Jo		1963	F	Female 55-59	Outfit	59:36	59:51
178.	643	Massey, Andrew		1963	M	Male 55-59		59:32	59:57
179.	658	Moran, Shirley		1961	F	Female 60-64		59:57	1:00:17
180.	499	Coe, Stuart		1950	M	Male 70+	Beaumont Running	1:00:07	1:00:19
181.	697	Roberts, Sean		1971	M	Male 50-54		1:00:06	1:00:21
182.	605	Jones, Ruth		1974	F	Female 45-49		59:58	1:00:24
183.	684	Pughe, David		1960	M	Male 60-64		1:00:23	1:00:42
184.	704	Rogers, Rosemary		1949	F	Female 70+	West Cheshire AC	1:00:43	1:00:56
185.	529	Dickel, Kevin		1974	M	Male 45-49		1:00:45	1:00:56
186.	669	Owen, Emma		1990	F	Female 30-34		1:00:46	1:01:01
187.	748	Williams, Sharon		1976	F	Female 45-49		1:01:00	1:01:10
188.	474	Blount, Irene		1956	F	Female 60-64	Buckley	1:00:57	1:01:12
189.	672	Parry, Trudi		1972	F	Female 45-49	Buckley Runners	1:01:27	1:01:42
190.	675	Perkins, Colette		1968	F	Female 50-54		1:01:34	1:01:48
191.	685	Pumford, Amber		1984	F	Female 35-39		1:01:35	1:01:50
192.	727	Thomas, Jasmin		1979	F	Female 40-44		1:01:56	1:02:12
193.	624	Knowles, Steve		1970	M	Male 50-54	Cadence Tri	1:01:53	1:02:19
194.	484	Brady, Adam		1985	M	Male 35-39		1:01:56	1:02:21
195.	709	Sansom, Tara		1989	F	Female 30-34		1:01:57	1:02:21
196.	489	Brown, Stuart		1972	M	Male 45-49	Deeside AAC	1:03:13	1:03:31
197.	507	COTTRELL, Kay		1957	F	Female 60-64	Runfree Llangollen	1:03:29	1:03:37
198.	702	Robinson, Chris		1962	M	Male 55-59		1:03:28	1:03:59
199.	493	Carr, Scott		1962	M	Male 55-59		1:04:16	1:04:28

Flintshire 5k & 10k

Overall Results 10k

Place	Bib	Name	Nat.	YoB	Gender	AG	Club	ChipTim	GunTim
200.	531	Doyle, Mandy		1978	F	Female 40-44		1:04:33	1:04:58
201.	747	Williams, Sue		1964	F	Female 55-59		1:05:10	1:05:18
202.	654	Molyneux, Sidney		1947	M	Male 70+	NMAC	1:05:05	1:05:24
203.	630	Lee Davies, Donna		1973	F	Female 45-49		1:05:35	1:05:51
204.	549	Fitzpatrick, Kerry		1968	F	Female 50-54		1:05:26	1:05:54
205.	707	Rosenbloom, Abi		1977	F	Female 40-44		1:06:05	1:06:18
206.	526	Dean, Faye		1989	F	Female 30-34		1:06:18	1:06:34
207.	547	Eyes, Nicky		1975	F	Female 45-49		1:07:06	1:07:23
208.	580	Hirst, Phil		1971	M	Male 50-54		1:07:07	1:07:25
209.	475	Blythin, Lucy		1989	F	Female 30-34		1:07:39	1:07:49
210.	476	Blythin, Gary		1962	M	Male 55-59		1:07:39	1:07:49
211.	680	Priest, Rebecca		1991	F	Female 25-29		1:07:24	1:07:50
212.	628	Lawson, Beckie		1979	F	Female 40-44		1:07:25	1:07:51
213.	478	Boor, Chris		1975	M	Male 45-49		1:08:04	1:08:18
214.	522	Davies, David		1957	M	Male 60-64		1:09:27	1:09:32
215.	719	Smith, James		1947	M	Male 70+		1:09:29	1:09:44
216.	485	Brandwood, Gayle		1974	F	Female 45-49		1:09:29	1:09:49
217.	567	Halsall, David		1972	M	Male 45-49		1:09:54	1:10:06
218.	599	jardine, roy		1947	M	Male 70+	eryri	1:10:33	1:10:48
219.	506	Comish, Roger		1961	M	Male 60-64		1:10:26	1:10:54
220.	460	Bastow, Jonathan		1990	M	Male 30-34		1:11:58	1:12:22
221.	743	Williams, Karen		1979	F	Female 40-44		1:12:18	1:12:37
222.	711	Searson, Mair		1976	F	Female 45-49		1:12:18	1:12:37
223.	712	Seville, Lorraine		1961	F	Female 60-64		1:13:13	1:13:41
224.	462	Beevers, Jo		1979	F	Female 40-44		1:14:20	1:14:44
225.	666	Orbine, Emma		1978	F	Female 40-44		1:14:31	1:14:45
226.	734	Webster, Kate		1974	F	Female 45-49		1:15:32	1:15:54
227.	652	Mememory, Richard		1974	M	Male 45-49	Penyffordd Run Club	1:15:44	1:15:55
228.	716	Simm, Peter		1954	M	Male 65-69		1:16:15	1:16:31
229.	649	McDonald, James		1982	M	Male 35-39		1:16:20	1:16:37
230.	627	Lawrenson, Bennett		1982	M	Male 35-39	St Helens Striders	1:16:21	1:16:37
231.	678	Pinchbeck, Stuart		1947	M	Male 70+		1:19:16	1:19:26
232.	752	Wynne, Sian		1985	F	Female 35-39		1:22:26	1:22:41
233.	585	Howells, Anthony		1981	M	Male 40-44		1:22:26	1:22:41
234.	601	Jones, Jenny		1976	F	Female 45-49		1:26:20	1:26:42
235.	615	Jones, Jessica		1988	F	Female 30-34	Denbigh Harriers	1:27:16	1:27:39

Number of records: 235