




































































































# Flintshire 5k & 10k

## Overall Results 5k

Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
5k									
1.	222	Burrows, David		1966	M	Male 50-54	Northern masters ac	17:54	18:23
2.	400	Driscoll, Harry		2001	M	Male 20-24	North Wales road	19:23	19:28
3.	236	Crofts, Luke		1981	M	Male 40-44		19:33	19:38
4.	340	Spillane, Vinny		1974	M	Male 45-49		19:38	19:43
5.	261	Harris, James		1996	M	Male 20-24		19:50	20:01
6.	337	Small, Ellie		2003	F	Female 15-19	Deeside AAC	20:09	20:14
7.	274	Hughes, Ben		1983	M	Male 35-39		20:14	20:19
8.	290	Ledsham, Harry		2006	M	Male 15-19		20:19	20:25
9.	251	Fagan, Jonathan		1973	M	Male 45-49		20:22	20:27
10.	353	Westwood, Richard		1976	M	Male 40-44	Wrexham AC	21:19	21:24
11.	398	Scourfield, Elis		2005	M	Male 15-19		22:23	22:28
12.	281	Jones, Thomas		1984	M	Male 35-39		22:24	22:32
13.	385	Swire, Georgina		1989	F	Female 30-34	Avatar Fitness	22:14	22:34
14.	230	Coleman, Stephen		1961	M	Male 60-64		23:02	23:08
15.	273	Hughes, Ifan		1984	M	Male 35-39		23:09	23:17
16.	316	Prout, Chris		1969	M	Male 50-54	Wirral AC	23:19	23:26
17.	301	Maybury, Peter		1976	M	Male 45-49		23:32	23:39
18.	295	Lyth, Paul		1971	M	Male 50-54		23:40	23:57
19.	221	Burroughes, Gareth		1977	M	Male 40-44		24:04	24:11
20.	376	Williams, Andy		1972		Male 45-49	Avatar Fitness	24:00	24:19
21.	255	Fenney, Peter		1974	M	Male 45-49		24:28	24:37
22.	401	Roberts, Lily		2008	F	Female 10-14		24:52	25:00
23.	309	Peters, Henry		2001	M	Male 20-24		24:44	25:01
24.	289	Ledsham, David		1972	M	Male 45-49		25:02	25:09
25.	228	coe, stephen		1985	M	Male 35-39		25:11	25:19
26.	343	Thom, Andrea		1973	F	Female 45-49		25:17	25:24
27.	379	Davies, Antony		1965		Male 55-59	Avatar Fitness	25:07	25:27
28.	285	Jones, Ian		1963	M	Male 55-59	Denbigh Harriers	25:50	25:59
29.	324	Roberts, Julie		1964	F	Female 55-59	Denbigh Harriers	26:05	26:15
30.	263	Higham, Pete		1959	M	Male 60-64	Falmouth Road	26:15	26:22
31.	364	Williams, Michael		1964	M	Male 55-59	LABC Runners	26:16	26:23
32.	335	Scott, Hayley		1986	F	Female 35-39		26:21	26:30
33.	351	Watts, Beth		1974	F	Female 45-49		26:36	26:44
34.	247	eden, sara		1983	F	Female 35-39		26:40	26:49
35.	227	Coe, Stuart		1950	M	Male 70+	Beaumont Running	26:53	27:02
36.	306	Moore, Helen		1967	F	Female 50-54	Widnes wasps	26:56	27:08
37.	348	Wagner, Lisa		1994	F	Female 25-29		27:09	27:17
38.	279	Janzen-Morris,		1994	F	Female 25-29		27:06	27:17
39.	225	Carroll, Rebecca		1988	F	Female 30-34		27:10	27:18
40.	352	Watts, Evie		2008	F	Female 10-14	Deeside AAA	27:19	27:26
41.	403	Wagner, Mona		1994	F	Female 25-29		27:22	27:33
42.	363	Williams, Alun		1961	M	Male 60-64		27:19	27:35
43.	292	Lewis, Rowena		1994	F	Female 25-29		27:30	27:40
44.	235	COTTRELL, Kay		1957	F	Female 60-64	Runfree Llangollen	28:13	28:20
45.	371	Malia, Pauline		1960		Male 60-64	Avatar Fitness	28:18	28:30
46.	339	Spence, Stephen		1960	M	Male 60-64		28:22	28:31
47.	650	McEwen, Clare		1973	F	Female 45-49		28:30	28:41
48.	354	Wheildon, Lisa		1975	F	Female 45-49		28:27	28:42
49.	370	Coles, Suzanne		1970		Male 50-54	Avatar Fitness	28:27	28:47



















































# Flintshire 5k & 10k

## Overall Results 5k

Place	Bib	Name	Nat.	YoB	Gender	AG	Club	ChipTim	GunTim
50.	278	hunter, fiona		1973	F	Female 45-49		28:40	28:56
51.	329	Rogers, Rosemary		1949	F	Female 70+	West Cheshire AC	28:47	28:58
52.	294	Lloyd-Johnson,		1977	F	Female 40-44		28:54	29:09
53.	226	Cartmill, Caroline		1997	F	Female 20-24		29:07	29:16
54.	639	Mansfield, Gareth		1997	M	Male 20-24		29:14	29:38
55.	402	Robson, Keith		1941	M	Male 70+		29:35	29:44
56.	291	LEE, James		1966	M	Male 55-59		29:48	29:58
57.	242	Davies, Jane		1969	F	Female 50-54		30:40	30:51
58.	387	Hignett, Peter		1970		Male 50-54	Avatar Fitness	30:30	30:52
59.	218	Bastow, Jonathan		1990	M	Male 30-34		30:51	31:09
60.	297	MacNab, Adam		2003	M	Male 15-19		31:06	31:24
61.	283	Jones, Brian		1960	M	Male 60-64		31:08	31:25
62.	331	Rosenbloom, Abi		1977	F	Female 40-44		31:20	31:34
63.	347	Tudor, Wendy		1971	F	Female 50-54		31:40	31:48
64.	327	Robinson, Chris		1962	M	Male 55-59		31:35	32:01
65.	374	Lavin, Braden		1995		Male 25-29	Avatar Fitness	31:54	32:15
66.	233	Cookson, David		1965	M	Male 55-59		32:05	32:15
67.	215	Alexander, Chloe		1987	F	Female 30-34		32:05	32:16
68.	391	James, Clare		1968		Male 50-54	Avatar Fitness	32:05	32:16
69.	268	Hopper, James		1978	M	Male 40-44		32:01	32:18
70.	269	Hopper, Thomas		2005	M	Male 15-19		32:01	32:18
71.	334	Saunt, Will		1992	M	Male 25-29		32:11	32:23
72.	257	Grant, Sarah		1969	F	Female 50-54		32:13	32:25
73.	244	Dixon, Bethan		1993	F	Female 25-29		32:24	32:37
74.	355	Whitby, Jay		1991	F	Female 30-34		32:24	32:37
75.	388	Warner, Rhiannon		1992		Male 25-29	Avatar Fitness	32:40	33:00
76.	389	Morrille, Neil		1974		Male 45-49	Avatar Fitness	32:47	33:08
77.	303	Mcniece, Manon		1994	F	Female 25-29		32:57	33:08
78.	311	Pike, Alan		1966	M	Male 55-59		33:00	33:17
79.	258	Halsall, David		1972	M	Male 45-49		33:00	33:17
80.	256	Fogarty, Anna		1973	F	Female 45-49		33:04	33:19
81.	259	Hamm, Rebecca		1969	F	Female 50-54		33:08	33:27
82.	328	Roden, Karen		1967	F	Female 50-54		33:28	33:36
83.	368	Beagan, Julie		1968		Male 50-54	Avatar Fitness	33:21	33:42
84.	248	Edwards, Rebecca		1986	F	Female 35-39		33:33	33:47
85.	314	Pinchbeck, Stuart		1947	M	Male 70+		33:43	33:50
86.	325	Roberts, Owen		1996	M	Male 25-29		33:43	33:52
87.	304	Mememory, Richard		1974	M	Male 45-49	Penyffordd Run	33:41	33:55
88.	394	Evans, Charlie		1970	M	Male 50-54		33:45	33:56
89.	395	Evans, Felicity		2008	F	Female 10-14		33:45	33:56
90.	386	Dowling, Doug		1956		Male 65-69	Avatar Fitness	33:47	34:06
91.	243	Derbyshire, Heledd		1985	F	Female 35-39		34:04	34:18
92.	254	Fagan, Catrin		2007	F	Female 10-14		34:05	34:19
93.	382	Jones, Neal		1986		Male 30-34	Avatar Fitness	34:07	34:29
94.	640	Mansfield,		1990	F	Female 30-34		34:10	34:32
95.	383	Thacker, Andy		1964		Male 55-59	Avatar Fitness	34:11	34:33
96.	384	Minton, Ele		1994		Male 25-29	Avatar Fitness	34:11	34:33
97.	358	Williams, Catrin		2006	F	Female 15-19		34:21	34:34
98.	357	Wiegand, Mabli		2007	F	Female 10-14		34:21	34:34
99.	381	Treloar, Rob		1964		Male 55-59	Avatar Fitness	34:31	34:54

# Flintshire 5k & 10k






## Overall Results 5k

Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
100.	530	Doolan, Adam		1991	M	Male 30-34		34:31	34:55
101.	305	Meylan, Kya		1996	F	Female 25-29		34:55	35:05
102.	332	Sadil, Karl		1977	M	Male 40-44	Menai Track & Field	35:08	35:13
103.	361	Williams, Natalie		1979	F	Female 40-44		34:59	35:14
104.	308	Owen, Sally		1979	F	Female 40-44		35:18	35:18
105.	336	Selbie, Janet		1964	F	Female 55-59		35:33	35:46
106.	217	Bailey, Charlotte		2006	F	Female 15-19		35:29	35:47
107.	380	Bellis, Ann		1959		Male 60-64	Avatar Fitness	35:42	36:03
108.	264	Hill, Catherine		1997	F	Female 20-24		35:56	36:11
109.	252	Fagan, Emily		2004	F	Female 15-19		36:01	36:15
110.	300	Mathieson, Jenny		1972	F	Female 45-49		36:11	36:20
111.	320	Roberts, Kerry		1974	F	Female 45-49		36:12	36:27
112.	372	Williams, Caroline		1981		Male 35-39	Avatar Fitness	36:44	36:44
113.	321	Roberts, Donna		1982	F	Female 35-39		36:44	36:56
114.	322	Roberts, Dave		1980	M	Male 40-44		36:45	36:57
115.	275	Hughes, Leanne		1991	F	Female 30-34		37:11	37:23
116.	360	Williams, Stewart		1970	M	Male 50-54		37:19	37:35
117.	250	Entwistle, Colette		1970	F	Female 50-54		37:19	37:35
118.	315	Pride, Jenny		1950	F	Female 70+		37:28	37:44
119.	229	Coleman, Tracy		1979	F	Female 40-44		37:28	37:44
120.	270	Horaczek,		1982	F	Female 35-39		37:35	37:48
121.	362	Williams, Sian		1985	F	Female 35-39		37:47	38:00
122.	224	Butler, Ella		2005	F	Female 15-19		38:16	38:24
123.	293	Lewsey, Alfie		2008	M	Male 10-14		38:16	38:25
124.	223	Butler, Louisa		1978	F	Female 40-44		38:17	38:25
125.	373	Williams, Gareth		1974		Male 45-49	Avatar Fitness	38:23	38:43
126.	366	Young, Gemma		1984	F	Female 35-39		39:01	39:20
127.	282	Jones, Carole		1973	F	Female 45-49		39:00	39:20
128.	350	Walker, Anita		2003	F	Female 15-19		39:15	39:38
129.	265	holmes, megan		1996	F	Female 25-29		39:16	39:38
130.	266	Holmes, Poppy		1985	F	Female 35-39		39:16	39:40
131.	341	stafford, Victoria		1980	F	Female 40-44		39:19	39:43
132.	260	Hancock, Emma		1978	F	Female 40-44		39:48	40:02
133.	346	Thornton, Kate		2007	F	Female 10-14		40:13	40:25
134.	286	Jones, Gillian		1959	F	Female 60-64	Denbigh Harriers	41:04	41:14
135.	287	Jones, Jessica		1988	F	Female 30-34	Denbigh Harriers	41:03	41:14
136.	310	Phillips, Gemma		1993	F	Female 25-29		41:05	41:21
137.	356	Whitton, Lauryn		2000	F	Female 20-24		41:04	41:21
138.	326	Roberts, Emma		1984	F	Female 35-39		41:05	41:22
139.	396	White, Stewart			M			41:07	41:23
140.	296	MacNab, Grace		2007	F	Female 10-14		41:25	41:44
141.	276	Humphreys,		1992	F	Female 25-29		41:50	42:00
142.	307	ould, rebecca		1982	F	Female 35-39		42:21	42:33
143.	288	Kingsbury, Lewis		1995	M	Male 25-29		43:02	43:19
144.	312	Pike, Bethany		1997	F	Female 20-24		43:02	43:19
145.	231	Cookson, Abigail		1994	F	Female 25-29		43:12	43:23
146.	284	Jones, Sarah		1994	F	Female 25-29		43:38	43:51
147.	232	Cookson, Kathleen		1966	F	Female 50-54		43:45	43:56
148.	299	mansfield, tracy		1964	F	Female 55-59		44:23	44:46
149.	349	Walker, Paula		1967	F	Female 50-54		44:23	44:46

## Flintshire 5k & 10k

### Overall Results 5k

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Place	Bib	Name	Nat.	YoB	Gende	AG	Club	ChipTim	GunTim
150.	345	Thornton, Catherine		1977	F	Female 40-44		49:30	49:43
151.	375	Martin, Jenny		1974		Male 45-49	Avatar Fitness	52:12	52:37
152.	464	Bennett, Jacob		2005	M	Male 15-19		56:55	56:55
153.	463	Bennett, Juliet		1972	F	Female 45-49		56:56	56:56
154.	726	Thomas, Lesley		1976	F	Female 40-44		57:06	57:06

Number of records: 154