

Rhyl 10 Mile

Gender/AG Results

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
341	Matthew	Clowes	Male	1.	Male 21-34	1.	Cardiff AAC	52:05	1.	52:03	1.
320	Martin	Swensson	Male	2.	Male 40-44	1.	Penny Lane Striders	56:17	2.	56:14	2.
339	Gareth	Williams	Male	3.	Male 21-34	2.		57:07	3.	57:06	3.
240	Martin	Green	Male	4.	Male 40-44	2.	North Wales Road Runners	1:00:21	4.	1:00:18	4.
345	Carl	Aveyard	Male	5.	Male 35-39	1.	Mercia	1:01:16	5.	1:01:13	5.
357	Steve	Cunningham	Male	6.	Male 50-54	1.		1:01:59	6.	1:01:54	6.
177	Tony	Muir	Male	7.	Male 21-34	3.	Oldham & Royton H & Ac	1:02:41	7.	1:02:39	7.
137	Oliver	Blomfield	Male	8.	Male 45-49	1.	Eden Runners	1:03:12	8.	1:03:11	8.
266	Robert	Norman	Male	9.	Male 40-44	3.		1:03:23	9.	1:03:19	9.
77	Paul	Milburn	Male	10.	Male 21-34	4.	Liverpool Pembroke Sefton	1:04:24	10.	1:04:23	10.
338	Shaun	Hughes	Male	11.	Male 21-34	5.	Denbigh Harriers	1:04:41	11.	1:04:40	11.
331	Rory	Middleton	Male	12.	Male 21-34	6.	Nwrrc	1:04:47	12.	1:04:46	12.
99	Catherine	Howard	Female	1.	Female 21-34	1.	Knowsley Harriers Ac	1:04:57	13.	1:04:56	13.
237	Dean	Horrell	Male	13.	Male 12-20	1.		1:05:15	14.	1:05:12	14.
262	Andrew	Graham	Male	14.	Male 45-49	2.	Spa Striders	1:05:44	15.	1:05:42	15.
248	Iwan	Evans	Male	15.	Male 35-39	2.	North Wales Road Runners	1:05:49	16.	1:05:48	16.
136	Daryl	Smallwood	Male	16.	Male 21-34	7.	City Of Stoke	1:05:58	17.	1:05:57	17.
238	Ben	Carter	Male	17.	Male 40-44	4.	Wrekin Road Runners	1:06:31	18.	1:06:25	18.
285	Myra	Jones	Female	2.	Female 21-34	2.	Valley Striders	1:08:29	19.	1:08:27	19.
267	Craig	Ottolini	Male	18.	Male 45-49	3.	Market Drayton	1:08:30	20.	1:08:28	20.
368	James	Salt	Male	19.	Male 35-39	3.	Abergele Harriers	1:08:31	21.	1:08:29	21.
189	Dean	Allison	Male	20.	Male 35-39	4.		1:08:39	22.	1:08:35	22.
194	Kevin	Slattery	Male	21.	Male 60-64	1.	Nwrrc	1:09:07	23.	1:09:05	23.
250	Sion	Griffiths	Male	22.	Male 21-34	8.	Windle Valley Runners	1:09:18	24.	1:09:16	24.
64	Richard	Albel	Male	23.	Male 35-39	5.		1:09:24	25.	1:09:22	25.
351	Jason	Thomas	Male	24.	Male 40-44	5.	Cybi Striders	1:09:31	26.	1:09:26	26.
243	Eifyn	Hughes	Male	25.	Male 35-39	6.	Rhedwyr Hebog Runners	1:09:43	27.	1:09:41	29.
160	Ben	Jozefiak	Male	26.	Male 21-34	9.		1:09:45	28.	1:09:36	28.
318	Terry	Spencer	Male	27.	Male 35-39	7.		1:09:46	29.	1:09:35	27.
332	Mark	Jessett	Male	28.	Male 21-34	10.	Nwrrc	1:09:49	30.	1:09:48	30.
101	Graham	Harrison	Male	29.	Male 55-59	1.	Altrincham Athletic Club	1:09:59	31.	1:09:55	31.
130	Gareth	Jones	Male	30.	Male 21-34	11.		1:10:28	32.	1:10:25	32.
342	Phillip	Meade	Male	31.	Male 55-59	2.		1:10:36	33.	1:10:33	33.
232	Leon	Davies	Male	32.	Male 40-44	6.	Nwrrc	1:10:57	34.	1:10:55	34.
307	Gemma	Morgans	Female	3.	Female 21-34	3.	Eryri	1:11:44	35.	1:11:40	35.
346	Pawel	Walczak	Male	33.	Male 21-34	12.		1:12:08	36.	1:12:05	37.
316	Dave	Ayre	Male	34.	Male 35-39	8.		1:12:12	37.	1:12:04	36.
142	Richard	Brailsford	Male	35.	Male 40-44	7.	Manchester Ymca Harriers	1:12:16	38.	1:12:08	38.
355	Dawid	Dudek	Male	36.	Male 21-34	13.		1:12:30	39.	1:12:26	39.
369	Lizzie	Irvin	Female	4.	Female 21-34	4.		1:12:32	40.	1:12:28	40.
141	Sian	Powell	Female	5.	Female 21-34	5.	Kidderminster And Stourport	1:12:49	41.	1:12:46	41.
139	Daniel	Cooke	Male	37.	Male 21-34	14.		1:13:01	42.	1:13:00	42.
55	Mick	Fairs	Male	38.	Male 65-69	1.	Wilmslow	1:13:10	43.	1:13:07	44.
122	John	Bampton	Male	39.	Male 45-49	4.	Penny Lane Striders	1:13:13	44.	1:13:04	43.
255	Steffan	Owen	Male	40.	Male 35-39	9.	Meirionydd	1:13:21	45.	1:13:13	45.
350	David	Card	Male	41.	Male 35-39	10.	Oswestry Olympians	1:14:13	46.	1:14:07	46.
72	Steven	Roberts	Male	42.	Male 50-54	2.	Nwrrc	1:14:35	47.	1:14:32	48.
354	Martin	Brady	Male	43.	Male 35-39	11.		1:14:36	48.	1:14:32	47.
303	Mark	Davies	Male	44.	Male 35-39	12.		1:14:48	49.	1:14:45	49.
263	Stuart	Culverhouse	Male	45.	Male 45-49	5.	Nwrrc	1:15:13	50.	1:15:07	51.
252	Andrew	Mayneflower	Male	46.	Male 35-39	13.		1:15:32	51.	1:15:00	50.
102	Carla	Green	Female	6.	Female 45-49	1.	Nwrrc	1:15:54	52.	1:15:52	52.
16	Paul	Grainger	Male	47.	Male 21-34	15.		1:16:05	53.	1:16:01	53.
333	Cian	Parry	Male	48.	Male 21-34	16.		1:16:26	54.	1:16:22	55.
319	Suzy	Cumming	Female	7.	Female 40-44	1.		1:16:30	55.	1:16:27	56.
256	Tony	Dutton	Male	49.	Male 40-44	8.		1:16:44	56.	1:16:18	54.
82	Peter	Brodey	Male	50.	Male 21-34	17.		1:17:58	57.	1:17:50	58.
287	Llio	Evans	Female	8.	Female 21-34	6.	Hebog	1:18:00	58.	1:17:58	59.
236	Neil	Hannett	Male	51.	Male 45-49	6.	Penny Lane Striders	1:18:02	59.	1:17:48	57.
14	Richard	Costain	Male	52.	Male 21-34	18.	Penny Lane Striders	1:18:07	60.	1:17:59	60.
260	James	Rogers	Male	53.	Male 40-44	9.	Prestatyn Running Club	1:18:13	61.	1:18:09	61.
132	Ray	Procter	Male	54.	Male 45-49	7.		1:18:19	62.	1:18:13	63.
304	Neil	Ringstead	Male	55.	Male 45-49	8.		1:18:32	63.	1:18:25	64.
295	Chris	Phillipson	Male	56.	Male 40-44	10.		1:18:35	64.	1:18:09	62.
187	Suzette	Mcquie	Female	9.	Female 40-44	2.	Knutsford Triathlon Club	1:18:45	65.	1:18:34	65.
288	Sean	Cook	Male	57.	Male 21-34	19.	Valley Striders	1:18:54	66.	1:18:49	66.
296	Tom	James	Male	58.	Male 21-34	20.		1:19:07	67.	1:19:00	67.
366	Maldwyn	Evans	Male	59.	Male 55-59	3.	Eryri Harriers	1:19:17	68.	1:19:15	68.
312	Arwel	Jones	Male	60.	Male 55-59	4.	Prestatyn Rc	1:19:38	69.	1:19:34	69.
247	Cheryl	Frost	Female	10.	Female 50-54	1.	North Wales Road Runners Club	1:19:38	70.	1:19:36	70.
211	Lee	Bailey	Male	61.	Male 40-44	11.		1:20:00	71.	1:19:41	71.
264	Mark	Mcmillan	Male	62.	Male 35-39	14.		1:20:15	72.	1:19:51	72.
161	Gwyn	Jones	Male	63.	Male 40-44	12.		1:20:18	73.	1:19:57	73.
38	Paul	Dickens	Male	64.	Male 45-49	9.		1:20:53	74.	1:20:39	74.
150	Phil	Taylor	Male	65.	Male 21-34	21.		1:21:11	75.	1:21:02	76.
30	Ian	Mccaddon	Male	66.	Male 50-54	3.		1:21:14	76.	1:20:55	75.
321	Gavin	Allport	Male	67.	Male 21-34	22.		1:21:21	77.	1:21:13	77.
123	Kay	Hatton	Female	11.	Female 50-54	2.	Nwrrc	1:21:44	78.	1:21:41	79.
113	Bala	Subramanian	Male	68.	Male 21-34	23.		1:21:44	79.	1:21:39	78.
149	Adam	Taylor	Male	69.	Male 35-39	15.		1:21:55	80.	1:21:46	80.
74	Charlotte Rose	Wilton-Jones	Female	12.	Female 21-34	7.		1:21:58	81.	1:21:54	81.
281	William	Mcniece	Male	70.	Male 21-34	24.		1:22:10	82.	1:21:55	82.
327	Gail	King	Female	13.	Female 40-44	3.		1:22:18	83.	1:22:12	83.
65	Andrea	Wadcock	Female	14.	Female 40-44	4.		1:22:35	84.	1:22:33	85.
93	Stephen	Carney	Male	71.	Male 45-49	10.		1:22:38	85.	1:22:24	84.
8	Ian	Massey	Male	72.	Male 50-54	4.		1:22:45	86.	1:22:41	86.
135	Steven	Andrews	Male	73.	Male 45-49	11.	Barnsley Harriers	1:22:53	87.	1:22:50	87.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
120	Emma	Serjeant	Female	15.	Female 35-39	1.	Holmfirth Harriers	1:23:40	88.	1:23:36	89.
203	Mike	Williams	Male	74.	Male 45-49	12.		1:23:45	89.	1:23:06	88.
302	Kevin	Curtis	Male	75.	Male 60-64	2.	Ellesmere Port Rc	1:24:02	90.	1:23:48	91.
280	Andrew	Roberts	Male	76.	Male 21-34	25.		1:24:09	91.	1:24:01	93.
180	Paul	Land	Male	77.	Male 45-49	13.		1:24:13	92.	1:23:48	90.
11	Conor	Charlton-Fleming	Male	78.	Male 12-20	2.		1:24:17	93.	1:24:00	92.
5	Rob	Jude	Male	79.	Male 35-39	16.		1:24:22	94.	1:24:05	94.
283	Scott	Brooks	Male	80.	Male 50-54	5.	Merseytri	1:24:26	95.	1:24:10	96.
26	Dale	Harratt	Male	81.	Male 50-54	6.		1:24:36	96.	1:24:18	97.
233	David	Moore	Male	82.	Male 40-44	13.		1:24:38	97.	1:24:09	95.
32	Mark	Mcmillen	Male	83.	Male 21-34	26.		1:24:39	98.	1:24:25	98.
176	Katy	Welch	Female	16.	Female 35-39	2.		1:24:43	99.	1:24:34	100.
335	Alex	Booth	Male	84.	Male 21-34	27.		1:24:50	100.	1:24:29	99.
181	Garry	Sweeney	Male	85.	Male 50-54	7.		1:24:54	101.	1:24:36	101.
254	Lee	Williams	Male	86.	Male 21-34	28.		1:24:59	102.	1:24:48	103.
29	Ross	Mccaddon	Male	87.	Male 21-34	29.		1:25:01	103.	1:24:43	102.
129	Paul	Reszczynski	Male	88.	Male 21-34	30.		1:25:01	104.	1:24:52	104.
183	Gareth	Catherall	Male	89.	Male 40-44	14.		1:25:09	105.	1:24:59	105.
192	Charlotte	Smith	Female	17.	Female 12-20	1.		1:25:12	106.	1:25:09	107.
58	Jennifer	Vernon-Browne	Female	18.	Female 21-34	8.		1:25:23	107.	1:25:06	106.
84	Wesley	Addison	Male	90.	Male 21-34	31.		1:25:48	108.	1:25:38	108.
49	Kerry	Whelan	Female	19.	Female 21-34	9.	Ellesmere Port Running Club	1:25:52	109.	1:25:46	109.
173	Hayley	Williams	Female	20.	Female 21-34	10.		1:26:04	110.	1:25:59	110.
352	Helen	Johnson	Female	21.	Female 35-39	3.		1:26:17	111.	1:26:12	111.
326	James	Lewis	Male	91.	Male 21-34	32.		1:26:34	112.	1:26:31	114.
225	Alexandra	Harrison	Female	22.	Female 21-34	11.		1:26:40	113.	1:26:18	112.
153	Paul	Cooper	Male	92.	Male 40-44	15.		1:26:42	114.	1:26:29	113.
193	Len	Jackson	Male	93.	Male 55-59	5.	North Wales Road Runners	1:26:43	115.	1:26:39	117.
186	Luke	Thomas	Male	94.	Male 21-34	33.		1:26:53	116.	1:26:42	118.
33	Trefor	Hughes-Morris	Male	95.	Male 50-54	8.		1:26:54	117.	1:26:32	115.
344	Paul	Lewtey	Male	96.	Male 35-39	17.	Deestridders	1:26:55	118.	1:26:38	116.
152	Louise	Cooper	Female	23.	Female 40-44	5.		1:27:06	119.	1:26:53	119.
361				1.		1.		1:27:28	120.	1:27:21	121.
299	Dafydd	Morris	Male	97.	Male 60-64	3.	Deestridders	1:27:35	121.	1:27:18	120.
219	Mei	Emrys	Male	98.	Male 35-39	18.	Denbigh Harriers	1:27:40	122.	1:27:33	122.
62	Michael	Cooper	Male	99.	Male 35-39	19.		1:27:58	123.	1:27:47	123.
367	Emma	Chandler	Female	24.	Female 35-39	4.		1:28:13	124.	1:28:07	126.
140	Sean	Capper	Male	100.	Male 45-49	14.		1:28:13	125.	1:28:01	124.
126	Sue	Jones	Female	25.	Female 55-59	1.	Cybi Striders	1:28:19	126.	1:28:02	125.
200	Chris	Ward	Male	101.	Male 21-34	34.		1:28:26	127.	1:28:18	127.
175	Ryan	Penny	Male	102.	Male 21-34	35.		1:28:55	128.	1:28:46	130.
349	Martyn	Parker	Male	103.	Male 21-34	36.		1:28:57	129.	1:28:30	129.
370	Andrew	Davies-Shiels	Male	104.	Male 21-34	37.		1:28:57	130.	1:28:30	128.
103	Ann Claire	Jones	Female	26.	Female 45-49	2.		1:29:14	131.	1:29:06	132.
290	Lorna	Royle	Female	27.	Female 45-49	3.	Deestridders Running Club	1:29:16	132.	1:28:59	131.
83	Jeff	Jones	Male	105.	Male 45-49	15.		1:29:52	133.	1:29:31	134.
169	Phil	Jones	Male	106.	Male 70-74	1.		1:29:57	134.	1:29:50	137.
151	Julie	Brace	Female	28.	Female 50-54	3.		1:29:58	135.	1:29:50	138.
43	Josh	O'donnell	Male	107.	Male 21-34	38.		1:29:59	136.	1:29:26	133.
239	Warren	Smith	Male	108.	Male 40-44	16.	Wrekin Road Runners	1:30:04	137.	1:29:57	139.
261	Wesley	Roberts	Male	109.	Male 21-34	39.		1:30:07	138.	1:29:38	135.
324	Abbie	Liddle	Female	29.	Female 35-39	5.	Badgers Running Club	1:30:15	139.	1:29:44	136.
73	Jamesa	Brooks	Male	110.	Male 40-44	17.		1:30:43	140.	1:30:27	140.
201	Andy	Yates	Male	111.	Male 21-34	40.		1:30:48	141.	1:30:38	141.
163	Keith	Wood	Male	112.	Male 55-59	6.		1:30:50	142.	1:30:40	142.
268	Jack	Williams	Male	113.	Male 21-34	41.		1:31:18	143.	1:31:08	144.
52	Steven	White	Male	114.	Male 35-39	20.		1:31:24	144.	1:31:05	143.
217	Sabria	Behlil	Female	30.	Female 21-34	12.		1:31:24	145.	1:31:14	145.
328	Emma	Lloyd	Female	31.	Female 40-44	6.		1:31:52	146.	1:31:48	147.
44	Richard	Sanderson	Male	115.	Male 35-39	21.		1:31:52	147.	1:31:32	146.
334	Steve	Morris	Male	116.	Male 40-44	18.		1:32:06	148.	1:31:53	148.
329	Clare	Page	Female	32.	Female 35-39	6.		1:32:18	149.	1:32:12	149.
42	Ian	Croker	Male	117.	Male 35-39	22.		1:32:29	150.	1:32:14	150.
35	Steven	Lane	Male	118.	Male 35-39	23.		1:32:29	151.	1:32:15	152.
13	Mary	Burton	Female	33.	Female 50-54	4.	Lymm Runners	1:32:34	152.	1:32:15	151.
212	Louise	Smith	Female	34.	Female 45-49	4.		1:32:46	153.	1:32:33	153.
220	Ben	Mills	Male	119.	Male 21-34	42.		1:32:46	154.	1:32:33	154.
257	Julie Ann	Logan	Female	35.	Female 45-49	5.	Prestatyn Running Club	1:33:11	155.	1:32:52	155.
86	Richard	Fluskey	Male	120.	Male 40-44	19.		1:33:14	156.	1:33:02	156.
188	Mandy	Owen	Female	36.	Female 40-44	7.	Nwrrc	1:33:15	157.	1:33:10	158.
143	Meurig	Thomas	Male	121.	Male 50-54	9.		1:33:26	158.	1:33:06	157.
148	Russell	Davies	Male	122.	Male 40-44	20.		1:33:41	159.	1:33:21	159.
231	Michael	Williams	Male	123.	Male 50-54	10.	Rochdale	1:33:42	160.	1:33:37	162.
66	Sasha	Jones	Female	37.	Female 21-34	13.		1:33:50	161.	1:33:24	160.
353	Sally	Roberts	Female	38.	Female 35-39	7.		1:33:52	162.	1:33:48	163.
147	David	Sabet	Male	124.	Male 35-39	24.		1:34:05	163.	1:33:51	164.
365	Arwel	Owen	Male	125.	Male 35-39	25.		1:34:15	164.	1:33:55	167.
309	Linda	Turley	Female	39.	Female 40-44	8.		1:34:21	165.	1:34:18	168.
259	Alec	Cudworth	Male	126.	Male 21-34	43.		1:34:25	166.	1:33:53	166.
325	Mike	Turner	Male	127.	Male 35-39	26.		1:34:25	167.	1:33:53	165.
128	Elaine	Tasker	Female	40.	Female 60-64	1.		1:34:40	168.	1:34:25	171.
223	Dyfan	Williams	Male	128.	Male 45-49	16.		1:34:40	169.	1:34:23	170.
222	Nigel	Bouckley	Male	129.	Male 50-54	11.		1:34:40	170.	1:34:23	169.
71	Jon	Lamonte	Male	130.	Male 55-59	7.		1:34:41	171.	1:33:32	161.
79	Holly	Longton	Female	41.	Female 21-34	14.		1:34:41	172.	1:34:32	172.
107	Claire	Kavanagh	Female	42.	Female 50-54	5.		1:34:46	173.	1:34:37	173.
284	Ffion	Lloyd Jones	Female	43.	Female 21-34	15.		1:34:52	174.	1:34:39	174.

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96	Fiona	Millington	Female	44.	Female 21-34	16.		1:35:09	175.	1:34:48	175.
41	Waldemar	Heise	Male	131.	Male 21-34	44.		1:35:10	176.	1:34:57	176.
244	Neil	Rose	Male	132.	Male 45-49	17.		1:35:15	177.	1:35:05	180.
317	David	Marshall	Male	133.	Male 50-54	12.		1:35:23	178.	1:35:10	181.
276	Lance	Hanly	Male	134.	Male 45-49	18.		1:35:25	179.	1:35:00	179.
277	Lee	Sample	Male	135.	Male 21-34	45.		1:35:25	180.	1:35:00	178.
364				2.		2.		1:35:27	181.	1:35:15	182.
76	James	King	Male	136.	Male 21-34	46.		1:35:36	182.	1:35:00	177.
337	Heather	Mitchell	Female	45.	Female 60-64	2.	Dewsbury Road Runners	1:35:54	183.	1:35:38	183.
17	Phil	Raymond	Male	137.	Male 21-34	47.	Liverpool Running Club	1:36:17	184.	1:36:03	185.
6	Alan	Newell	Male	138.	Male 45-49	19.	Abergele Harriers	1:36:30	185.	1:35:55	184.
202	Grace	Crawford	Female	46.	Female 35-39	8.		1:36:38	186.	1:36:27	188.
75	Katy	Sutcliffe	Female	47.	Female 21-34	17.		1:36:40	187.	1:36:06	186.
118	Helen	Howard	Female	48.	Female 45-49	6.		1:36:53	188.	1:36:25	187.
61	Andrew	Cottrell	Male	139.	Male 35-39	27.		1:36:59	189.	1:36:31	189.
37	John	Futter	Male	140.	Male 40-44	21.		1:36:59	190.	1:36:42	190.
172	Donna	Roddan	Female	49.	Female 40-44	9.		1:37:06	191.	1:36:46	191.
195	Lisa	Williams	Female	50.	Female 35-39	9.		1:37:20	192.	1:37:01	193.
198	Bethany	Brown	Female	51.	Female 35-39	10.		1:37:21	193.	1:37:02	194.
347	Patrick	Geddes	Male	141.	Male 21-34	48.		1:37:36	194.	1:37:00	192.
323	Zoe	Knight	Female	52.	Female 21-34	18.		1:38:02	195.	1:37:25	195.
315	Jane	Marshall	Female	53.	Female 50-54	6.		1:38:03	196.	1:37:49	198.
112	Duncan	Reeves	Male	142.	Male 45-49	20.		1:38:09	197.	1:37:49	197.
356	Nicole	Brizell	Female	54.	Female 21-34	19.		1:38:12	198.	1:37:51	199.
313	Amanda	McPhee	Female	55.	Female 35-39	11.		1:38:13	199.	1:38:05	201.
275	Thomas M	Rust	Male	143.	Male 55-59	8.		1:38:13	200.	1:37:44	196.
229	Clive	Black	Male	144.	Male 50-54	13.		1:38:21	201.	1:37:59	200.
234	Danielle	Livesley	Female	56.	Female 21-34	20.		1:38:55	202.	1:38:27	202.
360	Natalie	Howson	Female	57.	Female 35-39	12.	Nwrrc	1:39:23	203.	1:39:17	204.
47	Lorraine	Lighton	Female	58.	Female 60-64	3.		1:39:32	204.	1:39:17	203.
20	Jacqueline	Checkley	Female	59.	Female 45-49	7.		1:39:33	205.	1:39:17	205.
208	Ann	Frost	Female	60.	Female 60-64	4.		1:40:03	206.	1:39:43	206.
363	Tony	Scott	Male	145.	Male 45-49	21.	Hartford Runners	1:40:08	207.	1:39:56	207.
199	Jonathan	Price	Male	146.	Male 21-34	49.		1:40:27	208.	1:40:18	208.
15	Jim	McClymont	Male	147.	Male 21-34	50.		1:40:45	209.	1:40:27	209.
322	Ann	Morrissey	Female	61.	Female 50-54	7.		1:41:04	210.	1:40:28	210.
85	Lorraine	Noble	Female	62.	Female 55-59	2.		1:41:05	211.	1:40:28	211.
40	Tony	Emptage	Male	148.	Male 50-54	14.		1:41:09	212.	1:40:32	212.
216	Keith	Richards	Male	149.	Male 55-59	9.		1:41:12	213.	1:40:48	213.
127	Alun	Jones	Male	150.	Male 60-64	4.	Cybi Striders	1:41:15	214.	1:40:59	215.
265	Rachael	Graham	Female	63.	Female 21-34	21.	Wallasey Athletics Club	1:41:15	215.	1:40:51	214.
87	Martin	Pritchard	Male	151.	Male 40-44	22.		1:41:32	216.	1:41:26	217.
242	Susan	Calvert	Female	64.	Female 55-59	3.	Abergele Harriers	1:41:38	217.	1:41:21	216.
362	Karen	Rafferty	Female	65.	Female 21-34	22.		1:41:47	218.	1:41:39	218.
105	Elen	Matthews	Female	66.	Female 21-34	23.		1:42:06	219.	1:41:51	220.
104	Melissa	Waters	Female	67.	Female 21-34	24.		1:42:06	220.	1:41:51	219.
358	Ruth	Williams	Female	68.	Female 21-34	25.		1:42:25	221.	1:42:07	222.
359	Paul	Owen	Male	152.	Male 35-39	28.		1:42:25	222.	1:42:07	221.
241	Colin	Pheasant	Male	153.	Male 60-64	5.	Chase Harriers	1:42:53	223.	1:42:47	224.
191	Lauren	Alkaisi	Female	69.	Female 21-34	26.		1:42:55	224.	1:42:48	225.
57	Sarah	Marshall	Female	70.	Female 21-34	27.		1:43:00	225.	1:42:26	223.
134	Mike	Lloyd	Male	154.	Male 21-34	51.		1:43:22	226.	1:43:05	226.
224	Oliver	Donovan	Male	155.	Male 40-44	23.		1:43:41	227.	1:43:08	227.
292	Robert	Edwards	Male	156.	Male 50-54	15.		1:43:57	228.	1:43:30	228.
109	Lisa	Park	Female	71.	Female 21-34	28.		1:43:58	229.	1:43:48	229.
110	Charlotte	Pardoe	Female	72.	Female 21-34	29.		1:44:05	230.	1:43:54	230.
34	Carol	Hughes-Morris	Female	73.	Female 45-49	8.		1:44:41	231.	1:44:17	231.
48	Haydn	Roberts	Male	157.	Male 21-34	52.		1:44:57	232.	1:44:50	236.
207	Ceri	Pritchard	Female	74.	Female 40-44	10.	Nwrrc	1:44:57	233.	1:44:38	233.
7	Deborah	Boney	Female	75.	Female 21-34	30.		1:45:00	234.	1:44:24	232.
124	John	Hatton	Male	158.	Male 70-74	2.	Nwrrc	1:45:21	235.	1:45:16	237.
165	Susan	Walsh	Female	76.	Female 45-49	9.		1:45:23	236.	1:44:46	234.
164	Lee	Younis	Male	159.	Male 45-49	22.		1:45:23	237.	1:44:46	235.
205	Tom	Smith	Male	160.	Male 21-34	53.		1:45:43	238.	1:45:35	238.
206	Alix	Elphick	Female	77.	Female 21-34	31.		1:45:43	239.	1:45:36	239.
314	Samantha	Williams	Female	78.	Female 45-49	10.		1:46:12	240.	1:46:05	242.
31	Angela	Cottam	Female	79.	Female 35-39	13.		1:46:16	241.	1:46:03	240.
286	Hari	Bartlett	Female	80.	Female 50-54	8.		1:46:16	242.	1:46:04	241.
21	Debbie	Morgan	Female	81.	Female 40-44	11.		1:46:31	243.	1:46:13	243.
114	Nicola	Birkett	Female	82.	Female 35-39	14.		1:46:32	244.	1:46:20	244.
116	Sallyann	Oneil	Female	83.	Female 40-44	12.		1:46:32	245.	1:46:21	245.
115	Dawn	Marshall	Female	84.	Female 40-44	13.	Denbigh Harriers	1:46:51	246.	1:46:34	246.
19	Clare	Devine	Female	85.	Female 40-44	14.		1:47:12	247.	1:46:57	249.
213	Sophie	Thomas	Female	86.	Female 21-34	32.		1:47:23	248.	1:46:46	247.
214	Rowena	Thomas	Female	87.	Female 21-34	33.		1:47:23	249.	1:46:47	248.
209	Helen	Whittingham	Female	88.	Female 50-54	9.		1:47:43	250.	1:47:35	250.
39	Sarah	Dickens	Female	89.	Female 40-44	15.		1:48:15	251.	1:47:53	251.
269	Michelle	Metcalfe	Female	90.	Female 45-49	11.	Stockport Harriers & Ac	1:48:49	252.	1:48:14	252.
311	Liza	Francis	Female	91.	Female 40-44	16.		1:48:55	253.	1:48:26	254.
270	Rebecca	Styles	Female	92.	Female 45-49	12.	Bramhall Runners	1:48:56	254.	1:48:21	253.
308	Samantha	Bridge	Female	93.	Female 35-39	15.		1:49:03	255.	1:48:51	256.
210	Martin	Lambert	Male	161.	Male 40-44	24.		1:49:04	256.	1:48:59	259.
125	Beverley	Goodson	Female	94.	Female 45-49	13.	Deestriders	1:49:18	257.	1:48:47	255.
170	Laura	Parry	Female	95.	Female 35-39	16.	Deestriders	1:49:22	258.	1:48:51	257.
306	Mark	O'pray	Male	162.	Male 35-39	29.		1:49:22	259.	1:48:55	258.
272	Lisa	Lloyd	Female	96.	Female 35-39	17.	Warrington Running Club	1:49:30	260.	1:49:04	260.
174	Alan	Rothwell	Male	163.	Male 60-64	6.		1:50:04	261.	1:49:34	261.

Rhyl 10 Mile

Gender/AG Results

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
184	Janet	Selbie	Female	97.	Female 50-54	10.		1:50:09	262.	1:49:38	262.
28	Sian	Morrow	Female	98.	Female 35-39	18.		1:50:22	263.	1:50:08	263.
218	Salima	Behillil	Female	99.	Female 21-34	34.		1:50:38	264.	1:50:28	264.
294	Wyn	Edwards	Male	164.	Male 21-34	54.		1:51:31	265.	1:51:26	265.
25	Carol	Harratt	Female	100.	Female 50-54	11.		1:51:34	266.	1:51:29	266.
271	James	Gilgannon	Male	165.	Male 35-39	30.	Warrington Running Club	1:52:20	267.	1:51:54	267.
289	Andrea	Perrs	Female	101.	Female 40-44	17.		1:52:23	268.	1:52:19	268.
336	Roy	Jardine	Male	166.	Male 65-69	2.	Eryri	1:52:38	269.	1:52:33	270.
185	Donna	Mcallister	Female	102.	Female 35-39	19.		1:53:00	270.	1:52:29	269.
348	Max	Marcham	Male	167.	Male 21-34	55.		1:53:32	271.	1:53:05	271.
310	Joan	Edwards	Female	103.	Female 55-59	4.	Nwrcc	1:54:17	272.	1:54:07	272.
167	Stephen	Coe	Male	168.	Male 21-34	56.		1:54:43	273.	1:54:30	275.
78	Stuart	Coe	Male	169.	Male 65-69	3.	Beaumont Running Club	1:54:43	274.	1:54:30	274.
60	Christine	Wright	Female	104.	Female 50-54	12.		1:54:54	275.	1:54:20	273.
10	Miriam	Lamb	Female	105.	Female 50-54	13.		1:55:06	276.	1:54:51	277.
155	Glen	Barton	Male	170.	Male 21-34	57.		1:55:12	277.	1:54:49	276.
204	Matthew	Williams	Male	171.	Male 35-39	31.	Wrekin Road Runners	1:55:19	278.	1:55:12	280.
245	James	Bone	Male	172.	Male 40-44	25.		1:55:22	279.	1:55:01	278.
293	Paul	Houlding	Male	173.	Male 50-54	16.		1:55:44	280.	1:55:07	279.
154	Rory	Du Plooy	Male	174.	Male 21-34	58.		1:56:19	281.	1:55:56	281.
279	John	Mcallister	Male	175.	Male 55-59	10.		1:57:22	282.	1:56:55	282.
330	Rachel	Roberts	Female	106.	Female 35-39	20.		1:57:55	283.	1:57:35	283.
297	Shelly	Jones	Female	107.	Female 35-39	21.		1:58:04	284.	1:57:52	285.
278	Colin	Clayton	Male	176.	Male 50-54	17.		1:58:17	285.	1:57:50	284.
146	Julie	Keenan	Female	108.	Female 60-64	5.		1:59:04	286.	1:58:48	287.
246	Alice	Mcleod	Female	109.	Female 12-20	2.		1:59:05	287.	1:58:42	286.
291	Iorwerth	Roberts	Male	177.	Male 70-74	3.	Eryri Harriers	1:59:28	288.	1:58:59	288.
111	Gemma	Williams	Female	110.	Female 21-34	35.		1:59:58	289.	1:59:49	289.
251	Cottia	Fortune	Female	111.	Female 21-34	36.		2:01:07	290.	2:00:32	290.
227	Declan	Curtis	Male	178.	Male 45-49	23.		2:01:44	291.	2:01:10	291.
226	Jill	Turner	Female	112.	Female 35-39	22.		2:01:44	292.	2:01:11	292.
97	Jane	Magee	Female	113.	Female 55-59	5.	Shropshire Shufflers	2:01:55	293.	2:01:36	293.
179	Jayne	Land	Female	114.	Female 45-49	14.		2:02:22	294.	2:01:58	294.
51	Danielle	Scott	Female	115.	Female 21-34	37.		2:02:26	295.	2:02:18	296.
215	Sue	Mcloughlin	Female	116.	Female 45-49	15.		2:02:28	296.	2:02:04	295.
63	Bill	Johnson	Male	179.	Male 60-64	7.		2:03:18	297.	2:02:56	299.
67	Diane	Eccles	Female	117.	Female 50-54	14.		2:03:18	298.	2:02:43	298.
68	Beth	Eccles	Female	118.	Female 21-34	38.		2:03:18	299.	2:02:42	297.
138	Louise	Bennett	Female	119.	Female 21-34	39.		2:04:05	300.	2:03:31	300.
45	Wendy	Malcolm	Female	120.	Female 50-54	15.	Denbigh Harriers	2:04:23	301.	2:04:07	301.
59	Hilary	Parker	Female	121.	Female 40-44	18.		2:07:26	302.	2:06:52	302.
221	Chloe	Hought	Female	122.	Female 12-20	3.		2:07:51	303.	2:07:28	303.
46	Steve	Bullocks	Male	180.	Male 50-54	18.	Hyde Striders	2:10:04	304.	2:09:37	304.
89	Samantha	Larkin	Female	123.	Female 35-39	23.		2:16:22	305.	2:16:00	305.
88	Selina	Macpherson	Female	124.	Female 21-34	40.		2:16:22	306.	2:16:00	306.
53	Lisa	White	Female	125.	Female 35-39	24.		2:33:47	307.	2:33:29	307.
159	Kathy	Ling	Female	126.	Female 70-74	1.	Wrekin Road Runners	2:35:31	308.	2:35:00	308.

Number of records: 308