

Bangor 10k and Half Marathon 2023

Overall Results

Bib	Name	Gender	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
Half Marathon									
343	Chris Pownell	M	1.	Male 21-34	1.	Cybi Striders / Vegan	01:19:19	01:19:22	1.
221	Warren Renkel	M	2.	Male 40-44	1.	Run Free Fell Runners	01:23:27	01:23:31	2.
183	Ifan Jones	M	3.	Male 21-34	2.	Cybi Striders	01:24:14	01:24:17	3.
117	Daniel Kaiser	M	4.	Male 40-44	2.	(Crewe)	01:24:54	01:25:03	4.
335	Liam Taylor	M	5.	Male 21-34	3.	(Conwy)	01:26:47	01:27:10	5.
79	Osian Griffiths	M	6.	Male 21-34	4.	(Rhuddlan)	01:27:31	01:27:42	6.
69	Joey Davies	M	7.	Male 35-39	1.	Deestridders	01:27:58	01:28:05	7.
33	Simon Lewis	M	8.	Male 50-54	1.	Telford Harriers	01:28:19	01:28:32	8.
293	Darren	M	9.	Male 50-54	2.	(Oldham)	01:31:37	01:31:45	9.
152	Paul Garstang	M	10.	Male 60-64	1.	GOG Triathlon Club	01:31:52	01:31:57	10.
303	Adam Moore	M	11.	Male 21-34	5.	(Flint)	01:32:13	01:32:18	11.
278	William Evans	M	12.	Male 40-44	3.	North Wales Road Runners	01:32:11	01:32:24	12.
46	Lee Taylor	M	13.	Male 35-39	2.	(Manchester)	01:32:31	01:33:02	13.
135	Emma Alofs	F	1.	Female 21-34	1.	Cybi Striders	01:32:58	01:33:04	14.
232	Chris Dodd	M	14.	Male 35-39	3.	Helsby RC	01:33:49	01:33:59	15.
297	Zoe Jones	F	2.	Female 21-34	2.	Cybi Striders	01:34:49	01:34:59	16.
243	Gethin White	M	15.	Male 50-54	3.	Civil Service Harriers	01:34:52	01:35:03	17.
103	Elgan Roberts	M	16.	Male 21-34	6.	(Llanrwst)	01:34:22	01:35:20	18.
129	Andrew Locke	M	17.	Male 50-54	4.	(Barnsley)	01:35:20	01:35:26	19.
120	Richard	M	18.	Male 50-54	5.	City Of Salisbury ARC	01:36:21	01:36:49	20.
18	Matthew Bartlett	M	19.	Male 35-39	4.	(Colwyn bay)	01:37:06	01:37:15	21.
179	Andrew	M	20.	Male 50-54	6.	(Manchester)	01:37:30	01:37:36	22.
314	Tim Jones	M	21.	Male 45-49	1.	(Birkenhead)	01:37:52	01:38:02	23.
89	Adam Edwards	M	22.	Male 35-39	5.	(Ellesmere)	01:38:06	01:38:39	24.
9	Paul Joynson	M	23.	Male 40-44	4.	Pif run club	01:38:15	01:38:53	25.
75	Paul Jakeways	M	24.	Male 45-49	2.	(Shrewsbury)	01:39:52	01:40:03	26.
41	Danni Davies	M	25.	Male 45-49	3.	(Manchester)	01:40:27	01:40:35	27.
119	Damon John	M	26.	Male 21-34	7.	Lonely Goat RC	01:40:09	01:40:38	28.
319	Suzanne	F	3.	Female 50-54	1.	Seven Continents Club	01:40:48	01:40:55	29.
132	Andy Trembling	M	27.	Male 21-34	8.	(Nottingham)	01:40:50	01:41:01	30.
133	Tom Trembling	M	28.	Male 21-34	9.	Kimberley and District	01:40:52	01:41:03	31.
4	Huw Evans	M	29.	Male 40-44	5.	(Llandudno)	01:40:26	01:41:10	32.
182	Stuart Golby	M	30.	Male 50-54	7.	(Walsall)	01:41:00	01:41:11	33.
327	Guto Rhys	M	31.	Male 40-44	6.	(Llanfairpwll)	01:41:44	01:41:52	34.
118	Michael	M	32.	Male 21-34	10.	(Conwy)	01:41:47	01:41:58	35.
110	Wesley Harris	M	33.	Male 45-49	4.	Caerleon RC	01:41:39	01:42:00	36.
73	Kevin Willis	M	34.	Male 40-44	7.	Zone Running Club	01:41:47	01:42:02	37.
95	Gareth Perrin	M	35.	Male 50-54	8.	Cybi Striders	01:41:51	01:42:13	38.
25	Sam Davies	M	36.	Male 35-39	6.	(WREXHAM)	01:41:51	01:42:27	39.
106	Sion Thomas	M	37.	Male 40-44	8.	North Wales Road Runners	01:42:29	01:42:33	40.
341	Laura Mckenzie	F	4.	Female 40-44	1.	Betsi Runaways	01:42:35	01:42:43	41.
342	Sonia Williams	F	5.	Female 35-39	1.	Cybi Striders	01:42:35	01:42:49	42.
320	Paul Lyth	M	38.	Male 50-54	9.	Deestridders R.C	01:43:13	01:43:39	43.
309	Glyn Edwards	M	39.	Male 45-49	5.	(Conwy)	01:43:38	01:44:03	44.
301	Dewi Salisbury	M	40.	Male 35-39	7.	(Neston)	01:43:55	01:44:28	45.
330	Steven Roberts	M	41.	Male 55-59	1.	North Wales Road Runners	01:44:31	01:44:45	46.
263	Andrew Parker	M	42.	Male 45-49	6.	Betsi Runaways	01:44:32	01:44:50	47.
99	Paul Jones	M	43.	Male 40-44	9.	(Dolgarrog)	01:44:36	01:44:52	48.
159	Martin Joy	M	44.	Male 50-54	10.	(Llandudno)	01:45:29	01:45:46	49.

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5	Paul Jackson	M	45.	Male 40-44	10.	(Bow Street)	01:45:41	01:45:50	50.
72	Karl Wainwright	M	46.	Male 40-44	11.	(Harlech)	01:45:53	01:46:16	51.
161	Matt Belford	M	47.	Male 45-49	7.	(Sandbach)	01:46:15	01:46:23	52.
318	Mark Doyle	M	48.	Male 35-39	8.	(Llandudno Junction)	01:46:33	01:46:50	53.
331	Jack Edwards	M	49.	Male 21-34	11.	(Dyserth)	01:46:12	01:46:54	54.
58	Matt Langley	M	50.	Male 40-44	12.	(Greenfield)	01:46:47	01:47:01	55.
267	Ian Robson	M	51.	Male 60-64	2.	Eryri Harriers	01:46:36	01:47:05	56.
39	Jess Mckinlay	F	6.	Female 35-39	2.	Deestridders R.C	01:46:41	01:47:05	57.
253	Ian Slattery	M	52.	Male 35-39	9.	(Bradford)	01:47:03	01:47:32	58.
234	Alistair Clarkson	M	53.	Male 50-54	11.	(Lincoln)	01:47:29	01:47:49	59.
210	Gareth Jones	M	54.	Male 45-49	8.	(Llansannan)	01:48:01	01:48:17	60.
6	Gill Evans	F	7.	Female 60-64	1.	Shrewsbury AC	01:48:08	01:48:19	61.
64	Claire Bardsley	F	8.	Female 40-44	2.	Start2jog	01:48:34	01:48:43	62.
160	Rob Machen	M	55.	Male 35-39	10.	Wirral AC	01:48:45	01:49:17	63.
42	David Ransome	M	56.	Male 35-39	11.	(Manchester)	01:48:50	01:49:26	64.
244	Matthew	M	57.	Male 21-34	12.	(Preston)	01:49:10	01:49:39	65.
63	Jack Buckley	M	58.	Male 21-34	13.	GOG Triathlon Club	01:49:27	01:49:49	66.
100	Colin Fellows	M	59.	Male 40-44	13.	Lonely Goat RC	01:50:00	01:50:12	67.
347	Ollie Jones	M	60.	Male 21-34	14.	(Bangor)	01:50:11	01:50:31	68.
27	David Jones	M	61.	Male 50-54	12.	North Wales Road Runners	01:50:32	01:50:41	69.
312	Eoin Martyn	M	62.	Male 12-20	1.	(Portsmouth)	01:50:19	01:50:59	70.
344	Alaw Japheth	F	9.	Female 40-44	3.	(Trefor)	01:50:50	01:50:59	71.
202	Mark Glover	M	63.	Male 50-54	13.	Barnet and District AC	01:50:43	01:51:20	72.
340	Daniel Newall	M	64.	Male 21-34	15.	BRC	01:50:37	01:51:24	73.
13	Claire Williams	F	10.	Female 40-44	4.	(Conwy)	01:51:05	01:51:28	74.
187	Phil Jones	M	65.	Male 45-49	9.	(Bangor)	01:50:51	01:51:33	75.
144	Jonathan	M	66.	Male 40-44	14.	(Llandudno)	01:51:30	01:51:37	76.
188	Steffan Evans	M	67.	Male 21-34	16.	(Bangor)	01:51:44	01:52:05	77.
248	Daniel Jones	M	68.	Male 45-49	10.	(Bagillt)	01:51:30	01:52:09	78.
209	Jon Hayward	M	69.	Male 35-39	12.	Black Cloak Runners	01:52:03	01:52:18	79.
291	Gregory Bailey	M	70.	Male 55-59	2.	(Wakefield)	01:52:06	01:52:36	80.
322	Hannah Williams	F	11.	Female 21-34	3.	(Colwyn bay)	01:52:50	01:53:13	81.
158	Colin Ball	M	71.	Male 40-44	15.	(Llanberis)	01:52:45	01:53:13	82.
235	Marcus Hudson	M	72.	Male 50-54	14.	(Lincoln)	01:53:14	01:53:33	83.
332	Michael Fox	M	73.	Male 21-34	17.	(Anglesey)	01:53:24	01:53:50	84.
279	Georgia	F	12.	Female 21-34	4.	(wettenhall)	01:53:19	01:54:05	85.
29	Will Hapgood	M	74.	Male 21-34	18.	(Prestatyn)	01:53:53	01:54:09	86.
109	Matt Watts	M	75.	Male 45-49	11.	Cobra running and Triathlon	01:54:00	01:54:17	87.
97	Geraint Jones	M	76.	Male 45-49	12.	(Mynydd Llandygai)	01:54:07	01:54:19	88.
10	Stephen	M	77.	Male 60-64	3.	Fylde Coast Runners	01:54:08	01:54:32	89.
308	Grace Charles	F	13.	Female 21-34	5.	(Llanrwst)	01:54:01	01:54:32	90.
220	Lewis Sexton	M	78.	Male 21-34	19.	(Pinner)	01:54:16	01:54:34	91.
286	Marc Hughes	M	79.	Male 50-54	15.	(Bangor)	01:54:29	01:54:42	92.
181	Mike Rogers	M	80.	Male 35-39	13.	(Chester)	01:54:07	01:54:47	93.
346	Jac Jones	M	81.	Male 21-34	20.	(Talsarnau)	01:54:45	01:54:53	94.
345	Bethany Page	F	14.	Female 21-34	6.	(Talsarnau)	01:54:46	01:54:53	95.
22	Rebecca Lant	F	15.	Female 50-54	2.	(Market Drayton)	01:54:38	01:55:08	96.
305	Donna Jones	F	16.	Female 40-44	5.	Cybi Striders	01:54:41	01:55:11	97.
184	Dat Phang	M	82.	Male 35-39	14.	(Chester)	01:54:40	01:55:13	98.
255	Josh Harrison	M	83.	Male 21-34	21.	(Newport)	01:55:11	01:55:27	99.

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174	Noel Williams	M	84.	Male 45-49	13.	vegan runners UK	01:54:54	01:55:40	100.
157	Jan Muir	F	17.	Female 55-59	1.	(BENLLECH)	01:55:48	01:55:51	101.
115	Michael Hewitt	M	85.	Male 50-54	16.	(Bethesda)	01:55:48	01:55:51	102.
30	David Aspey	M	86.	Male 35-39	15.	(Birkenhead)	01:55:18	01:55:57	103.
348	Daniel Jones	M	87.	Male 35-39	16.	(Llangefni)	01:55:17	01:55:59	104.
271	Christopher	M	88.	Male 55-59	3.	(Diss)	01:56:00	01:56:13	105.
80	Simon Hooton	M	89.	Male 45-49	14.	(Conwy)	01:56:08	01:56:39	106.
200	Kareem Askari	M	90.	Male 45-49	15.	(SOUTHWELL)	01:56:21	01:56:57	107.
323	Henry Gannon	M	91.	Male 21-34	22.	(Middleton-on-sea)	01:56:46	01:56:57	108.
215	Carmela Pegg	F	18.	Female 40-44	6.	(Llandudno)	01:56:48	01:57:12	109.
329	Daniel Watkins	M	92.	Male 21-34	23.	(Llanelli)	01:57:11	01:57:27	110.
325	Darren Seeney	M	93.	Male 55-59	4.	Cybi Striders	01:57:21	01:57:51	111.
249	Rob Jennings	M	94.	Male 40-44	16.	(Carmel, Caernarfon)	01:57:26	01:58:03	112.
77	Robert	M	95.	Male 45-49	16.	(Southport)	01:57:48	01:58:16	113.
280	Robert Udell	M	96.	Male 21-34	24.	(Warwick)	01:57:35	01:58:21	114.
212	Paul Quinton	M	97.	Male 60-64	4.	(Rhyl)	01:58:19	01:58:34	115.
175	Cathryn Whalley	F	19.	Female 50-54	3.	West cheshire athletics club	01:58:29	01:58:44	116.
12	Andrea Cody	F	20.	Female 35-39	3.	(Rhos on Sea)	01:58:32	01:58:54	117.
137	Dave Jones	M	98.	Male 45-49	17.	(Moreton)	01:57:51	01:58:56	118.
299	Holly Williams	F	21.	Female 35-39	4.	(St Asaph)	01:58:41	01:59:01	119.
113	Mark Burke	M	99.	Male 40-44	17.	(Hyde)	01:58:42	01:59:09	120.
104	Tomas Jonathan	M	100.	Male 21-34	25.	(Rhuthun)	01:58:15	01:59:13	121.
328	Richard	M	101.	Male 45-49	18.	Caerphilly Runners	01:58:44	01:59:21	122.
201	Daisy Askari	F	22.	Female 21-34	7.	N/A	01:58:51	01:59:28	123.
204	Iestyn Jones	M	102.	Male 45-49	19.	(Bala)	01:59:09	01:59:38	124.
170	Thomas	M	103.	Male 21-34	26.	(Telford)	01:59:38	01:59:53	125.
70	Carl Jones	M	104.	Male 45-49	20.	(Meifod)	01:59:12	02:00:00	126.
16	Suzanne Darke	F	23.	Female 50-54	4.	Saddleworth Runners	01:59:58	02:00:28	127.
247	Richard Furniss	M	105.	Male 40-44	18.	Cybi Striders	02:00:00	02:00:37	128.
228	Natasha Roberts	F	24.	Female 12-20	1.	(Valley)	02:00:22	02:00:46	129.
142	Jason	M	106.	Male 35-39	17.	Lonely Goat RC	02:00:33	02:00:49	130.
233	Stephen Tocker	M	107.	Male 45-49	21.	(Llandudno)	02:00:07	02:00:49	131.
274	Ellen Goddard	F	25.	Female 21-34	8.	(Bangor)	02:00:38	02:01:02	132.
127	Ricky Jones	M	108.	Male 21-34	27.	(Conwy)	02:01:45	02:02:08	133.
198	Andy Hartley	M	109.	Male 50-54	17.	(Manchester)	02:02:18	02:02:52	134.
66	John Houghton	M	110.	Male 60-64	5.	Run Sandymoor	02:02:36	02:02:52	135.
292	Chris Jones	M	111.	Male 50-54	18.	(Greenfield)	02:02:15	02:02:53	136.
252	Charlie Dean	F	26.	Female 40-44	7.	(Port Sunlight)	02:04:01	02:04:30	137.
262	Andy Ball	M	112.	Male 60-64	6.	Chester Road Runners	02:03:51	02:04:35	138.
71	Matt Dyke	M	113.	Male 21-34	28.	(Conwy)	02:04:29	02:04:52	139.
48	Kim Monger	F	27.	Female 35-39	5.	(Leicester)	02:04:01	02:04:53	140.
219	Dafydd Hughes	M	114.	Male 40-44	19.	(Pwllheli)	02:04:25	02:04:56	141.
167	Paul Cooper	M	115.	Male 45-49	22.	(Llanrwst)	02:04:40	02:05:04	142.
276	Pete James	M	116.	Male 50-54	19.	Chester Road Runners	02:04:23	02:05:08	143.
171	Elliott Payne	M	117.	Male 21-34	29.	(TELFORD)	02:05:16	02:05:29	144.
288	Dawn	F	28.	Female 40-44	8.	(Llangoed)	02:04:45	02:05:29	145.
148	Rachel	F	29.	Female 50-54	5.	Cybi Striders	02:05:00	02:05:31	146.
112	Natalie Caughtry	F	30.	Female 21-34	9.	(Colwyn Bay)	02:04:52	02:05:33	147.
284	Laurel	F	31.	Female 35-39	6.	(Rhuddlan)	02:04:43	02:05:34	148.
57	Paul Tomkinson	M	118.	Male 55-59	5.	None	02:04:59	02:05:44	149.

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296	Chelsea Parry	F	32.	Female 21-34	10.	(Holyhead)	02:05:45	02:05:52	150.
111	Paul Burke	M	119.	Male 45-49	23.	(Hyde)	02:05:29	02:06:00	151.
238	Katie Doyle	F	33.	Female 21-34	11.	(Llandudno Junction)	02:05:45	02:06:08	152.
268	Elin Lloyd Jones	F	34.	Female 21-34	12.	(Llandudno Junction)	02:05:47	02:06:08	153.
339	Libby Randles	F	35.	Female 21-34	13.	BRC	02:05:34	02:06:22	154.
321	Rhys Pugh	M	120.	Male 35-39	18.	(Llandudno)	02:06:07	02:06:40	155.
211	Mike Powell	M	121.	Male 65-69	1.	(Liverpool)	02:06:40	02:06:55	156.
227	Nick Atkin	M	122.	Male 55-59	6.	(Warrington, Cheshire)	02:06:33	02:07:08	157.
315	Magda Ap	F	36.	Female 40-44	9.	None	02:06:32	02:07:09	158.
298	Sarah Nason	F	37.	Female 40-44	10.	(Trefriw)	02:06:46	02:07:21	159.
283	Lisa Lympany	F	38.	Female 21-34	14.	(Caernarfon)	02:06:54	02:07:23	160.
269	Siwan Edwards	F	39.	Female 21-34	15.	(Llanfairpwll)	02:07:29	02:07:39	161.
180	Bryn Williams	M	123.	Male 40-44	20.	(Chester)	02:07:05	02:07:45	162.
91	Dylan Williams	M	124.	Male 50-54	20.	(Conwy)	02:07:37	02:08:14	163.
266	Neville Edwards	M	125.	Male 45-49	24.	(Bolton)	02:08:10	02:08:36	164.
101	James Cooper	M	126.	Male 21-34	30.	(Northwich)	02:08:14	02:08:46	165.
178	Andrew Tripp	M	127.	Male 40-44	21.	(Bath)	02:08:42	02:08:54	166.
302	Mohd Imran	M	128.	Male 21-34	31.	(Bangor)	02:08:29	02:08:57	167.
205	Abi Heney	F	40.	Female 21-34	16.	(Pentraeth)	02:08:22	02:09:11	168.
294	Anna Wilson	F	41.	Female 21-34	17.	(Conwy)	02:09:29	02:10:12	169.
62	Angela Griffiths	F	42.	Female 45-49	1.	(Llanerchymedd)	02:09:51	02:10:23	170.
49	Gareth Edwards	M	129.	Male 12-20	2.	(denbigh)	02:09:45	02:10:23	171.
282	Richard	M	130.	Male 35-39	19.	(Llanfairfechan)	02:10:19	02:10:49	172.
134	Andy Lythgoe	M	131.	Male 50-54	21.	(Bolton)	02:10:17	02:11:07	173.
172	Rob Haigh	M	132.	Male 50-54	22.	(Abergele)	02:11:19	02:11:49	174.
14	Helen Watson	F	43.	Female 45-49	2.	(Oxton)	02:11:47	02:11:59	175.
165	Michelle Warner	F	44.	Female 40-44	11.	Lonely Goat RC	02:11:39	02:12:22	176.
324	Angus Hulme	M	133.	Male 21-34	32.	(Nottingham)	02:11:56	02:12:22	177.
32	Les Price	M	134.	Male 40-44	22.	Deestridders	02:12:07	02:12:34	178.
196	Jackie Jones	F	45.	Female 45-49	3.		02:13:06	02:13:35	179.
225	Carol Moss	F	46.	Female 55-59	2.	North Wales Road Runners	02:13:24	02:13:43	180.
107	Zoe Danielle	F	47.	Female 35-39	7.	(Colwyn Bay)	02:13:36	02:14:12	181.
126	David Bate	M	135.	Male 40-44	23.	(Manchester)	02:13:41	02:14:21	182.
237	Joshua Jackson	M	136.	Male 21-34	33.	Bangor University	02:14:44	02:15:14	183.
337	Hilary Ford	F	48.	Female 45-49	4.	(BANGOR)	02:14:38	02:15:17	184.
306	Alex Sutton	M	137.	Male 21-34	34.	(Ottawa)	02:14:50	02:15:24	185.
307	Luke Taylor	M	138.	Male 21-34	35.	(Bude)	02:15:01	02:15:30	186.
124	Tony Phelan	M	139.	Male 60-64	7.	Gog Triathlon	02:15:44	02:16:19	187.
290	Rhodri Roberts	M	140.	Male 50-54	23.	(Treffynnon)	02:16:08	02:16:43	188.
93	Emma Wilson	F	49.	Female 35-39	8.	Widnes Running Club	02:16:32	02:16:45	189.
326	Huw Williams	M	141.	Male 60-64	8.	(Amlwch)	02:16:58	02:17:19	190.
317	Brian Higgins	M	142.	Male 60-64	9.	Penny Lane Striders	02:16:55	02:17:29	191.
7	David Roberts	M	143.	Male 55-59	7.	Lonely Goat RC	02:16:58	02:17:34	192.
60	Simon Ellison	M	144.	Male 45-49	25.	(Penmaenmawr)	02:17:13	02:18:05	193.
191	Jane Brown	F	50.	Female 55-59	3.	Stockport Harriers	02:17:41	02:18:30	194.
74	Ceridwen Boon	F	51.	Female 40-44	12.	Caerphilly Runners	02:17:59	02:18:34	195.
258	Sion Jones	M	145.	Male 21-34	36.	Prestatyn RC	02:17:53	02:18:47	196.
15	Ramzi King	F	52.	Female 21-34	18.	Stone master marathoner	02:17:53	02:18:49	197.
185	Jillian Heywood	F	53.	Female 50-54	6.	Royton road runners	02:18:25	02:18:58	198.
3	Mark Roberts	M	146.	Male 40-44	24.	Cobra RTC	02:18:12	02:19:06	199.

Bangor 10k and Half Marathon 2023

Overall Results

Bib	Name	Gen	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
251	Majella	F	54.	Female 35-39	9.	(Pwllheli)	02:18:33	02:19:12	200.
250	Nia Hadfield	F	55.	Female 40-44	13.	(Tregarth)	02:18:33	02:19:12	201.
84	Ana Roslan	F	56.	Female 50-54	7.	Hoylake Road Runners	02:19:03	02:19:18	202.
83	Francesca Todd	F	57.	Female 50-54	8.	(Sutton)	02:19:05	02:19:21	203.
1	Emily	F	58.	Female 40-44	14.	Marple Runners	02:18:29	02:19:26	204.
122	Pete Summers	M	147.	Male 50-54	24.	(Long Eaton)	02:19:04	02:19:40	205.
28	Peter Leather	M	148.	Male 50-54	25.	(Warrington)	02:18:55	02:19:49	206.
145	Sonya Hanna	F	59.	Female 40-44	15.	(Llandudno)	02:19:46	02:19:54	207.
31	Rebecca Wells	F	60.	Female 21-34	19.	Red rose road runners	02:20:35	02:20:49	208.
98	Dawn Goding	F	61.	Female 45-49	5.	(Amlwch)	02:20:59	02:21:21	209.
96	Steve	M	149.	Male 21-34	37.	Mon milers	02:20:59	02:21:21	210.
138	Scott Garner	M	150.	Male 50-54	26.	GOG Triathlon Club	02:21:37	02:22:14	211.
273	Gavin Williams	M	151.	Male 55-59	8.	(Llandegfan)	02:21:51	02:22:31	212.
121	Alan Owen	M	152.	Male 50-54	27.	(Llandegfan)	02:21:51	02:22:31	213.
313	Hannah Jones	F	62.	Female 40-44	16.	(Holyhead)	02:22:04	02:22:46	214.
34	Soraya Meah	F	63.	Female 60-64	2.	Penny Lane Striders	02:22:38	02:23:22	215.
310	Nicola Griffiths	F	64.	Female 35-39	10.	Rhedwyr Hebog Runners	02:23:06	02:23:44	216.
229	Carys Bunnell	F	65.	Female 55-59	4.	(Carmel)	02:23:16	02:23:52	217.
87	Kevin Walford	M	153.	Male 45-49	26.	(Oak Ridge, Tennessee)	02:23:28	02:24:10	218.
56	Abi Langley	F	66.	Female 40-44	17.	(Treffynnon)	02:23:55	02:24:31	219.
265	Idris Davies	M	154.	Male 45-49	27.	(Cambridge)	02:25:33	02:26:08	220.
125	Beverley	F	67.	Female 50-54	9.	Deestriders RC	02:25:23	02:26:09	221.
51	Sherie Hardine	F	68.	Female 55-59	5.		02:26:29	02:26:58	222.
114	Peter Causton	M	155.	Male 50-54	28.	(Bristol)	02:26:23	02:27:11	223.
90	Tony Gibbons	M	156.	Male 35-39	20.	(Llandudno)	02:26:51	02:27:25	224.
285	Tommy Williams	M	157.	Male 50-54	29.	(Mancot)	02:26:40	02:27:33	225.
81	Joanne Gray	F	69.	Female 45-49	6.	(Conwy)	02:27:30	02:28:05	226.
218	Adam Lynch	M	158.	Male 21-34	38.	(Nottingham)	02:28:10	02:28:38	227.
163	Kathryn Roberts	F	70.	Female 50-54	10.	Rhedwyr Hebog Runners	02:28:52	02:29:29	228.
44	Katie Harrop	F	71.	Female 35-39	11.	(Arclid)	02:29:10	02:29:56	229.
277	Julie Adams	F	72.	Female 60-64	3.	Hastings runners	02:29:54	02:30:46	230.
336	Rob Owen	M	159.	Male 35-39	21.	Rhedwyr hebog	02:30:21	02:30:59	231.
76	Danielle	F	73.	Female 35-39	12.	(Deganwy)	02:31:36	02:32:08	232.
2	Katherine	F	74.	Female 35-39	13.	Cobra RTC	02:31:45	02:32:38	233.
230	David Luke	M	160.	Male 21-34	39.	(Holyhead)	02:32:45	02:33:10	234.
213	Nicola Field	F	75.	Female 50-54	11.	denbigh harriers	02:34:28	02:34:55	235.
203	Matt Kane	M	161.	Male 21-34	40.	(Bristol)	02:35:08	02:35:42	236.
214	David Spencer	M	162.	Male 50-54	30.	denbigh harriers	02:36:05	02:36:32	237.
82	Zoey Marie	F	76.	Female 35-39	14.	(Conwy)	02:36:28	02:37:13	238.
151	Marc Williams	M	163.	Male 35-39	22.		02:36:28	02:37:13	239.
334	Monika Aldelime	F	77.	Female 50-54	12.	Southport Strollers Running	02:36:51	02:37:16	240.
224	Audrey	F	78.	Female 60-64	4.	(Ainsdale)	02:36:51	02:37:17	241.
223	Alison Scally	F	79.	Female 55-59	6.	Llangollen Running Club	02:36:51	02:37:17	242.
257	Sophie Bailey	F	80.	Female 21-34	20.	(Holyhead)	02:37:18	02:37:52	243.
208	Sharon	F	81.	Female 45-49	7.	(Rhos on sea)	02:37:57	02:38:32	244.
239	Kelly Chapman	F	82.	Female 35-39	15.	(Abergele)	02:37:58	02:38:32	245.
26	Louise Cairns	F	83.	Female 40-44	18.	Wigan Harriers	02:37:54	02:38:41	246.
281	Jennifer Storr	F	84.	Female 21-34	21.	Betsi Runaways	02:38:53	02:39:37	247.
236	Jilly Basu	F	85.	Female 50-54	13.	(Bangor)	02:39:40	02:40:20	248.
50	Anthony Berry	M	164.	Male 65-69	2.	(Manchester)	02:39:35	02:40:22	249.

Bangor 10k and Half Marathon 2023

Overall Results

Bib	Name	Gend	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
140	Jane Blackwell	F	86.	Female 50-54	14.	Deestridders	02:40:23	02:41:10	250.
176	Anthony Howe	M	165.	Male 45-49	28.	Abergele Harriers	02:42:02	02:42:54	251.
128	Genevieve	F	87.	Female 45-49	8.	Trentham Running Club	02:44:38	02:45:34	252.
143	Wendy Plant	F	88.	Female 50-54	15.	Alsager Runners	02:44:38	02:45:34	253.
130	Simon Booth	M	166.	Male 60-64	10.	(Liverpool)	02:44:38	02:45:34	254.
240	Darren Sweeney	M	167.	Male 40-44	25.	(Holywell)	02:44:59	02:45:55	255.
131	Phillip White	M	168.	Male 55-59	9.	(Glossop)	02:45:14	02:46:05	256.
166	Louise Lindsay	F	89.	Female 45-49	9.	(Whitchurch)	02:50:34	02:51:18	257.
139	Fiona Robinson	F	90.	Female 55-59	7.	Deestridders RC	02:56:10	02:56:57	258.
136	Hamda	F	91.	Female 21-34	22.	Skelmersdale Boundary	02:57:37	02:58:35	259.
53	Graeme Jones	M	169.	Male 45-49	29.	(Birmingham)	02:59:21	03:00:05	260.
150	Peter Simm	M	170.	Male 65-69	3.	(Long Eaton)	03:00:50	03:01:33	261.
94	Darren Finnegan	M	171.	Male 50-54	31.	Lonely Goat RC	03:10:24	03:11:15	262.
199	Janet Hughes	F	92.	Female 60-64	5.	(Holywell)	03:14:06	03:15:00	263.
316	Clair Presford	F	93.	Female 55-59	8.	(Holywell)	03:27:19	03:28:13	264.

Number of records: 264