

## Rhyl 5 Mile, 10 Mile

### Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
5 Mile									
70	Antonio Conradie	M	1.	Male 12-20	1.	Meirionnydd Running Club	00:28:35	00:28:39	1.
65	John Myers	M	2.	Male 45-49	1.	Run Sandymoor	00:29:04	00:29:08	2.
206	David Burrows	M	3.	Male 55-59	1.	Northern Masters Athletic Club	00:29:19	00:29:23	3.
25	Thomas Carter	M	4.	Male 40-44	1.	Prestatyn RC	00:29:43	00:29:47	4.
215	Gareth Bowden	M	5.	Male 50-54	1.	Brackley & District RC	00:29:57	00:30:01	5.
188	Andrew Leslie	M	6.	Male 35-39	1.	Widnes Running Club	00:30:37	00:30:41	6.
69	Charlene Jacobs-Conradie	F	1.	Female 45-49	1.	Meirionnydd Running Club	00:31:24	00:31:29	7.
144	Daniel Garner	M	7.	Male 40-44	2.	Widnes Running Club	00:32:07	00:32:12	8.
24	Stephen Coe	M	8.	Male 35-39	2.	Dadbods Factory Racing	00:32:47	00:32:52	9.
77	Kieron Mckenna	M	9.	Male 45-49	2.	Madrunners	00:32:39	00:32:55	10.
2	Shane Jones	M	10.	Male 21-34	1.	(Llanberis)	00:33:55	00:34:02	11.
154	Jordan Wilson	M	11.	Male 21-34	2.	Widnes Running Club	00:33:52	00:34:09	12.
14	David Handley	M	12.	Male 45-49	3.	Widnes Running Club	00:34:36	00:34:42	13.
22	Warren Brown	M	13.	Male 50-54	2.	Abergele Harriers	00:34:42	00:34:57	14.
213	Rhys Hughes	M	14.	Male 35-39	3.	(Corwen)	00:34:55	00:35:04	15.
121	Craig Taylor	M	15.	Male 45-49	4.	Colwyn Bay Athletic Club	00:35:08	00:35:21	16.
72	Mark Hurst	M	16.	Male 40-44	3.	Madrunners	00:35:15	00:35:27	17.
66	Emma Fraser	F	2.	Female 45-49	2.	Run Sandymoor	00:35:24	00:35:29	18.
53	Adam Williams	M	17.	Male 50-54	3.	buckley runners	00:36:02	00:36:19	19.
44	Stephanie Humphries	F	3.	Female 21-34	1.	Widnes Running Club	00:36:48	00:36:53	20.
82	Philip Speakman	M	18.	Male 40-44	4.	(Widnes)	00:36:53	00:37:05	21.
50	Wesley Oakley	M	19.	Male 45-49	5.	(COLWYN BAY)	00:37:06	00:37:10	22.
17	Brian Wright	M	20.	Male 70-74	1.	West Cheshire Athletic club	00:37:00	00:37:16	23.
109	Robert Ladanowski	M	21.	Male 60-64	1.	Widnes Running Club	00:36:39	00:37:19	24.
202	Stephen Bowden	M	22.	Male 65-69	1.	warrington road runners	00:37:13	00:37:22	25.
152	Peter Gillespie	M	23.	Male 60-64	2.	Holme Pierrepont RC	00:37:17	00:37:26	26.
180	Simon Nixon	M	24.	Male 65-69	2.	denbigh harriers	00:37:20	00:37:30	27.
208	Callum Rainey	M	25.	Male 21-34	3.	(Trevor)	00:37:01	00:37:47	28.
135	Neil Macdonald	M	26.	Male 50-54	4.	Widnes Running Club	00:37:43	00:37:49	29.
184	Hayley Macgugan	F	4.	Female 40-44	1.	Widnes Running Club	00:37:35	00:37:53	30.
189	Sam Jones	M	27.	Male 21-34	4.	(Denbigh)	00:37:53	00:38:15	31.

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212	Philippa Whittingham	F	5.	Female 55-59	1.	Wilmslow Striders	00:38:09	00:38:16	32.
102	Lisa Webb	F	6.	Female 45-49	3.	Widnes Running Club	00:38:35	00:38:47	33.
91	Sarah Brooks	F	7.	Female 50-54	1.	Abergele Harriers	00:38:42	00:38:58	34.
217	Clive Palmer	M	28.	Male 60-64	3.	Running Bear Running Club	00:39:06	00:39:21	35.
92	Dane Emery	M	29.	Male 21-34	5.	(Wrexham)	00:39:22	00:39:29	36.
27	Aranli Thomas	M	30.	Male 40-44	5.	(Trawsfynydd)	00:39:15	00:39:30	37.
200	Michael Williams	M	31.	Male 50-54	5.	(Flint)	00:38:51	00:39:42	38.
162	Sue O'Brien	F	8.	Female 65-69	1.	Widnes Running Club	00:39:30	00:39:48	39.
48	Paul Robson	M	32.	Male 50-54	6.	(Rhyl)	00:39:43	00:39:56	40.
103	Linda Turley	F	9.	Female 50-54	2.	Deestridders	00:39:38	00:39:59	41.
52	Patrick Haberland	M	33.	Male 21-34	6.	Prestatyn RC	00:39:40	00:40:23	42.
76	John Williams	M	34.	Male 45-49	6.	(Holywell)	00:40:22	00:40:26	43.
20	John Skyner	M	35.	Male 55-59	2.	Widnes Running Club	00:40:07	00:40:47	44.
145	Stephanie Savage	F	10.	Female 40-44	2.	Widnes Running Club	00:40:07	00:40:48	45.
96	Stuart Coe	M	36.	Male 70-74	2.	Beaumont R C	00:40:50	00:40:59	46.
79	Steven Hughes	M	37.	Male 40-44	6.	(Glan conwy)	00:40:53	00:41:10	47.
203	Linda Bowden	F	11.	Female 50-54	3.	warrington road runners	00:41:04	00:41:12	48.
28	Kristina Kordiak	F	12.	Female 45-49	4.	(Rhuddlan)	00:40:42	00:41:26	49.
88	Dan Williams	M	38.	Male 21-34	7.	Porth Eirias Runners	00:41:11	00:41:33	50.
87	Rachel Waring	F	13.	Female 21-34	2.	Widnes Running Club	00:41:35	00:41:41	51.
136	Richard Dolphin	M	39.	Male 21-34	8.	(Caerwys)	00:41:42	00:41:49	52.
195	David Lissaman	M	40.	Male 50-54	7.	(Kinmel Bay)	00:41:33	00:41:49	53.
293	Donald Hale	M	41.	Male 70-74	3.	North Wales Road Runners	00:41:50	00:42:00	54.
143	Lisa Wheildon	F	14.	Female 45-49	5.	(Mold)	00:41:52	00:42:09	55.
142	Greg Stephens	M	42.	Male 45-49	7.	Widnes Running Club	00:41:35	00:42:14	56.
207	Victoria Addison	F	15.	Female 21-34	3.	Shropshire Shufflers	00:42:08	00:42:23	57.
176	Kieran Starkey	M	43.	Male 12-20	2.	Whitchurch whippets	00:42:03	00:42:31	58.
137	Joel Davies	M	44.	Male 21-34	9.	(Holywell)	00:42:33	00:42:40	59.
185	Sandra Bentley	F	16.	Female 55-59	2.	Widnes Running Club	00:42:37	00:42:55	60.
104	Laura Turley	F	17.	Female 21-34	4.	(Deeside)	00:42:48	00:43:08	61.
45	Steven Wilde	M	45.	Male 70-74	4.	Chorley Athletic and Triathlon Club	00:43:12	00:43:47	62.
157	Jess Bradshaw	F	18.	Female 21-34	5.	(Cwm y Glo)	00:43:46	00:43:59	63.

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139	Charlie Evans	M	46.	Male 21-34	10.	(Bangor)	00:43:41	00:44:07	64.
126	Grace Gorst	F	19.	Female 21-34	6.	Widnes Running Club	00:43:32	00:44:12	65.
124	David Temple	M	47.	Male 45-49	8.	Deestridders R.C.	00:44:22	00:44:44	66.
133	Marged Dafydd	F	20.	Female 21-34	7.	(Bala)	00:44:12	00:44:49	67.
132	Gweno Dafydd	F	21.	Female 21-34	8.	(Bala)	00:44:12	00:44:49	68.
16	Emma Wilson	F	22.	Female 35-39	1.	Widnes Running Club	00:44:13	00:44:52	69.
127	Alan Ormesher	M	48.	Male 50-54	8.	(Bodelwyddan)	00:44:05	00:44:55	70.
218	Nadhim Bayatti	M	49.	Male 45-49	9.	Bramhall Runners	00:44:27	00:45:01	71.
36	Julie Reid	F	23.	Female 50-54	4.	Widnes Running Club	00:44:26	00:45:06	72.
201	Ian Dawson	M	50.	Male 50-54	9.	(Flint)	00:44:19	00:45:09	73.
68	Ruth Roberts	F	24.	Female 45-49	6.	(Dyserth)	00:45:00	00:45:13	74.
106	Karen Dodd	F	25.	Female 45-49	7.	Widnes Running Club	00:44:55	00:45:16	75.
147	Teresa Watkinson	F	26.	Female 21-34	9.	(Llandudno Junction)	00:44:44	00:45:20	76.
166	Karl Fahey	M	51.	Male 35-39	4.	Widnes Running Club	00:45:20	00:45:25	77.
199	Arwel Lloyd	M	52.	Male 60-64	4.	(Holywell)	00:45:19	00:45:29	78.
153	Christine Bonnar	F	27.	Female 70-74	1.	Widnes Running Club	00:44:53	00:45:33	79.
125	David Hudson	M	53.	Male 35-39	5.	denbigh harriers	00:45:11	00:45:41	80.
155	Megan Carr	F	28.	Female 21-34	10.	(Standish)	00:45:31	00:45:53	81.
105	Elizabeth Lunn	F	29.	Female 21-34	11.	(Llangefni)	00:45:39	00:46:10	82.
198	Gary Williams	M	54.	Male 40-44	7.	(St Asaph)	00:45:49	00:46:18	83.
95	Len Jackson	M	55.	Male 65-69	3.	North Wales Road Runners	00:46:10	00:46:20	84.
214	Gwilym Williams	M	56.	Male 75-79	1.	(Bethel)	00:45:41	00:46:29	85.
85	Christopher Lloyd	M	57.	Male 60-64	5.	(Rhyl)	00:45:42	00:46:32	86.
115	Tal Michael	M	58.	Male 50-54	10.	(Colwyn Bay)	00:46:17	00:46:41	87.
9	Kim Westell	F	30.	Female 40-44	3.	(Glan conwy)	00:46:49	00:47:06	88.
140	Gwion Hughes	M	59.	Male 21-34	11.	(Bangor)	00:46:46	00:47:13	89.
191	Chris Baldwin	M	60.	Male 70-74	5.	denbigh harriers	00:47:02	00:47:40	90.
12	Elizabeth Moore	F	31.	Female 45-49	8.	Widnes Running Club	00:47:22	00:48:04	91.
107	Rachel Worsnip	F	32.	Female 45-49	9.	(Mold)	00:47:51	00:48:21	92.
148	Jordan Watkinson	M	61.	Male 21-34	12.	(Llandudno Junction)	00:47:46	00:48:22	93.
63	Richard Jones	M	62.	Male 70-74	6.	(Rhyl)	00:47:37	00:48:26	94.
31	Andrea Thomas	F	33.	Female 55-59	3.	(Rhyl)	00:48:22	00:48:52	95.

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196	James Evans	M	63.	Male 21-34	13.	(St asaph)	00:48:44	00:48:54	96.
99	Sarah Grady	F	34.	Female 35-39	2.	(Conwy)	00:48:21	00:48:59	97.
100	Bernie Grady	M	64.	Male 60-64	6.	(Conwy)	00:48:22	00:48:59	98.
61	Sydney Wavell	F	35.	Female 21-34	12.	(Conwy)	00:48:51	00:49:20	99.
60	Ben Coverley	M	65.	Male 21-34	14.	(Colwyn Bay)	00:48:51	00:49:20	100.
429	Jackie Mccue	F	36.	Female 45-49	10.	(Abergele)	00:49:10	00:49:24	101.
159	Annie Coxon	F	37.	Female 45-49	11.	(Stoke-on-Trent)	00:48:53	00:49:30	102.
160	Mark Birchall	M	66.	Male 40-44	8.	(Stoke-on-Trent)	00:48:55	00:49:31	103.
29	Karl Jones	M	67.	Male 21-34	15.	(Llanberis)	00:49:26	00:49:34	104.
128	Mandy Blanchard	F	38.	Female 50-54	5.	(Rhyl)	00:48:46	00:49:35	105.
64	Dawn Jones	F	39.	Female 55-59	4.	(Rhyl)	00:49:23	00:50:12	106.
122	Viv Gray	F	40.	Female 70-74	2.	(Conwy)	00:49:58	00:50:33	107.
178	Steve Hicks	M	68.	Male 60-64	7.	Whitchurch whippets	00:50:09	00:50:37	108.
108	Jason Cundick	M	69.	Male 50-54	11.	(Sale)	00:50:03	00:50:38	109.
177	Sarah Dunphy	F	41.	Female 40-44	4.	ETL Run Club	00:50:12	00:50:39	110.
84	Yvette Lloyd	F	42.	Female 55-59	5.	(Rhyl)	00:49:51	00:50:41	111.
165	Nia Cuffin	F	43.	Female 45-49	12.	(Holyhead)	00:50:06	00:50:43	112.
114	Sioned Spencer	F	44.	Female 40-44	5.	(Rhyl)	00:50:35	00:51:01	113.
116	Mary Wimbury	F	45.	Female 55-59	6.	(Colwyn Bay)	00:50:36	00:51:08	114.
19	Dan Stojanovic	M	70.	Male 21-34	16.	(Rhyl)	00:50:28	00:51:19	115.
187	Emma Lancaster-Williams	F	46.	Female 45-49	13.	(Abergele)	00:51:00	00:51:27	116.
37	Rae Howe	F	47.	Female 50-54	6.	Team Anstey Amblers and runners	00:50:50	00:51:38	117.
38	Bob Howe	M	71.	Male 55-59	3.	(Leicestershire)	00:50:50	00:51:38	118.
190	Moyra Baldwin	F	48.	Female 70-74	3.	St Asaph Striders	00:50:58	00:51:46	119.
179	Neil Maccutchan	M	72.	Male 50-54	12.	ETL Run Club	00:51:23	00:51:51	120.
134	Veronika Vout	F	49.	Female 60-64	1.	(St George)	00:51:03	00:51:54	121.
42	Andy Thomas	M	73.	Male 45-49	10.	(Rhos on Sea)	00:51:59	00:52:19	122.
216	Paul Sear	M	74.	Male 75-79	2.	(Newtown)	00:51:49	00:52:20	123.
112	Steve Pritchard	M	75.	Male 50-54	13.	(macclesfield)	00:51:40	00:52:22	124.
113	Rebecca Noble	F	50.	Female 40-44	6.	(macclesfield)	00:51:40	00:52:22	125.
75	Joan Wood	F	51.	Female 60-64	2.	Widnes Running Club	00:51:46	00:52:26	126.
73	Deborah Hurst	F	52.	Female 40-44	7.	Madrunners	00:52:07	00:52:27	127.

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175	Kate Waterhouse	F	53.	Female 21-34	13.	(Bodfari)	00:52:03	00:52:28	128.
35	Jen Sansom	F	54.	Female 40-44	8.	(Whitford)	00:52:22	00:52:35	129.
30	Helen Stocker	F	55.	Female 35-39	3.	(Rhyl)	00:52:07	00:52:37	130.
171	Kate Roe	F	56.	Female 55-59	7.	Gog Triathlon	00:52:08	00:52:37	131.
131	Steve Gow	M	76.	Male 55-59	4.	(Trefriw)	00:51:50	00:52:40	132.
21	Andy Prince	M	77.	Male 55-59	5.	Chester Road Runners	00:51:58	00:52:42	133.
138	Gwenno Evans	F	57.	Female 21-34	14.	(Colwyn Bay)	00:52:31	00:53:00	134.
98	Anne Wells	F	58.	Female 60-64	3.	BADGERS Running Club	00:52:59	00:53:22	135.
158	Dylan Roberts	M	78.	Male 45-49	11.	(Valley)	00:52:38	00:53:23	136.
174	Heather Foden	F	59.	Female 21-34	15.	(Abergele)	00:53:00	00:53:33	137.
120	Mike Remelie	M	79.	Male 55-59	6.	(Alpraham)	00:53:01	00:53:43	138.
43	Zoe Barnaby	F	60.	Female 50-54	7.	(Abergele)	00:53:13	00:53:46	139.
71	Julie Mcgowan	F	61.	Female 40-44	9.	Madrunners	00:53:37	00:53:56	140.
170	Alison Monks-Roberts	F	62.	Female 55-59	8.	GOG Triathlon Club	00:54:00	00:54:29	141.
181	Cassandra Jones	F	63.	Female 45-49	14.	(Holyhead)	00:54:16	00:54:53	142.
97	Rhiannon Salisbury	F	64.	Female 35-39	4.	Chester Road Runners	00:55:47	00:56:29	143.
57	Emily Croome	F	65.	Female 21-34	16.	(Rhyl)	00:55:57	00:56:30	144.
39	Rebecca Hollick	F	66.	Female 45-49	15.	(ANSTEY)	00:55:56	00:56:46	145.
40	Steve Hollick	M	80.	Male 55-59	7.	(Leicester)	00:55:56	00:56:46	146.
205	Deborah Robinson	F	67.	Female 55-59	9.	GOG Triathlon Club	00:56:14	00:57:02	147.
372	Emily Roberts	F	68.	Female 35-39	5.	(Warrington)	00:56:20	00:57:04	148.
123	Jessica Briody-Hughes	F	69.	Female 21-34	17.	(Denbigh)	00:56:20	00:57:10	149.
117	Christine Reilly	F	70.	Female 35-39	6.	(Manchester)	00:56:47	00:57:29	150.
94	Siwan Tudur	F	71.	Female 21-34	18.	(St Asaph)	00:56:52	00:57:39	151.
80	Donna Milow	F	72.	Female 45-49	16.	(St Helens)	00:57:34	00:57:54	152.
23	Karen Harder	F	73.	Female 21-34	19.	(Y Felinheli)	00:57:58	00:58:24	153.
32	James Thomas	M	81.	Male 80+	1.	buckley runners	00:57:47	00:58:27	154.
13	John Womack	M	82.	Male 55-59	8.	(Bradford)	00:58:31	00:58:56	155.
164	Julie Williams	F	74.	Female 55-59	10.	Aberystwyth AC	00:58:23	00:59:05	156.
101	Ray Woodcock	M	83.	Male 65-69	4.	(Prestatyn)	00:58:36	00:59:24	157.
89	David Halsall	M	84.	Male 50-54	14.	(Golborne)	00:58:52	00:59:31	158.
129	Sarah Db	F	75.	Female 35-39	7.	(Chester)	00:58:55	00:59:40	159.

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7	Mel Bryan	F	76.	Female 50-54	8.	(Rhuddlan)	00:59:21	00:59:55	160.
5	Lois Banks	F	77.	Female 21-34	20.	(Prestatyn)	00:59:20	00:59:55	161.
150	Carl Jones	M	85.	Male 21-34	17.	(Rhyl)	00:59:31	01:00:04	162.
51	Lisa Ashley	F	78.	Female 35-39	8.	(Rhyl)	00:59:50	01:00:04	163.
219	Susanne Peters	F	79.	Female 50-54	9.	(Mold)	00:59:35	01:00:10	164.
197	Mandy Bowler	F	80.	Female 60-64	4.	Run Wales Club and Porth Eirias Runners	00:59:45	01:00:22	165.
151	Helen Edwards	F	81.	Female 40-44	10.	(Shrewsbury)	00:59:53	01:00:24	166.
149	Stephen Jones	M	86.	Male 60-64	8.	(Shrewsbury)	00:59:57	01:00:28	167.
221	Dan Williams	M	87.	Male 55-59	9.	Kirkby Milers	00:59:58	01:00:33	168.
78	Gill Hankinson	F	82.	Female 60-64	5.	Widnes Running Club	01:00:41	01:01:02	169.
119	Kaz Sharman	F	83.	Female 55-59	11.	(Rhyl)	01:00:48	01:01:40	170.
193	Janette Greenhalgh	F	84.	Female 60-64	6.	(Rhyl)	01:01:08	01:01:55	171.
111	Mike Taggart	M	88.	Male 40-44	9.	(Rhyl)	01:02:22	01:02:36	172.
141	Caryl Hughes	F	85.	Female 50-54	10.	(Tregarth)	01:02:18	01:02:47	173.
194	Mike Greenhalgh	M	89.	Male 50-54	15.	(Rhyl)	01:02:21	01:03:08	174.
209	Endaf Kerfoot	M	90.	Male 45-49	12.	(Llandudno Junction)	01:03:02	01:03:37	175.
83	Gemma Dixon	F	86.	Female 35-39	9.	Liverpool Running Club.	01:06:51	01:07:22	176.
54	Clio Davies	F	87.	Female 21-34	21.	(Conwy)	01:07:21	01:07:49	177.
55	Vicky Hession	F	88.	Female 40-44	11.	(Dyserth)	01:07:17	01:08:00	178.
67	Tina Caine	F	89.	Female 40-44	12.	(Stoke on trent)	01:08:41	01:09:35	179.
156	Jane Mann	F	90.	Female 60-64	7.	(Bodelwyddan)	01:09:50	01:10:14	180.
10	Melanie Womack	F	91.	Female 55-59	12.	(Bradford)	01:21:54	01:22:19	181.
11	Jacqueline Brown	F	92.	Female 50-54	11.	(ABERGELE)	01:21:53	01:22:20	182.
163	Catherine Parry	F	93.	Female 50-54	12.	(Llangollen)	01:48:21	01:48:57	183.

Number of records: 183