

Run Fest Wales 2019

Gender/AG Results 5K

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
151	Simon	Cole	Male	1.	Male 35-39	1.	Gog Triathlon	15:41	1.	15:40	1.
105	Gwion	Roberts	Male	2.	Male 21-34	1.	Meirionnydd	16:32	2.	16:31	2.
129	Ross	Welsh	Male	3.	Male 12-20	1.	Meirionnydd	16:52	3.	16:51	3.
144	James	Kimber	Male	4.	Male 21-34	2.	Ellesmere Port Running Club	17:02	4.	17:00	4.
61	Canyon	Wilson	Male	5.	Male 21-34	3.	Prestatyn Rc	17:12	5.	17:11	5.
121	Joshua	Cerefice	Male	6.	Male 21-34	4.	Prestatyn Running Club	17:17	6.	17:16	6.
154	Dean	Longley	Male	7.	Male 35-39	2.	Prestatyn Running Club	17:23	7.	17:22	7.
73	Euros	Evans	Male	8.	Male 12-20	2.	Meirionnydd Running Club	17:36	8.	17:35	8.
130	Robert	Welsh	Male	9.	Male 45-49	1.		17:45	9.	17:43	9.
107	Llyr	Apgeraint-Roberts	Male	10.	Male 45-49	2.	North Wales Road Runners	18:00	10.	17:59	10.
143	Theo	Hughes	Male	11.	Male 12-20	3.	Deeside Aac	18:23	11.	18:21	11.
21	Darren	Blazier	Male	12.	Male 45-49	3.	Abergele Harriers	18:28	12.	18:26	12.
155	Emma	Crowe	Female	1.	Female 45-49	1.	Wrexham Ac	18:35	13.	18:33	13.
4	Karl	Williams	Male	13.	Male 45-49	4.	Buckley Runners	18:44	14.	18:43	14.
98	Harry	Driscoll	Male	14.	Male 12-20	4.	North Wales Road Runners Club	18:49	15.	18:48	15.
152	Amie	Bagnall	Female	2.	Female 21-34	1.	Prestatyn Running Club	18:54	16.	18:53	16.
17	Steven	Mccormack	Male	15.	Male 21-34	5.	Abergele Harriers	19:03	17.	19:01	17.
125	Tim	Cahill	Male	16.	Male 55-59	1.	Abergele	19:17	18.	19:15	18.
12	David	Hinde	Male	17.	Male 40-44	1.		19:24	19.	19:22	19.
99	Ian	Brown	Male	18.	Male 21-34	6.		19:25	20.	19:25	20.
91	Maddison	Griffiths	Female	3.	Female 12-20	1.	Maldwyn Harriers	19:29	21.	19:28	21.
16	Sean	Mccormack	Male	19.	Male 55-59	2.	Abergele Harriers	19:31	22.	19:29	22.
153	Mike	Robbins	Male	20.	Male 55-59	3.	Wrexham Ac	19:42	23.	19:39	23.
64	David	Baugh	Male	21.	Male 55-59	4.	Denbigh Harriers	19:50	24.	19:48	25.
13	Kevin	Slattery	Male	22.	Male 60-64	1.	Nwrrc	19:51	25.	19:47	24.
115	Simon	Bonfield	Male	23.	Male 45-49	5.	Abergele Harriers	19:57	26.	19:54	26.
32	James	Rogers	Male	24.	Male 45-49	6.	Prestatyn Running Club	20:14	27.	20:08	27.
106	Ella	Grundy	Female	4.	Female 12-20	2.	Colwyn Bay Ac	20:15	28.	20:14	28.
58	Steven	Roberts	Male	25.	Male 50-54	1.	Nwrrc	20:25	29.	20:21	29.
26	Rob	Batterbee	Male	26.	Male 21-34	7.		20:25	30.	20:22	30.
145	Philip	Hughes	Male	27.	Male 40-44	2.	Buckley Runners	20:27	31.	20:24	31.
157	Arwel	Lewis	Male	28.	Male 60-64	2.		20:47	32.	20:46	33.
117	Arfon	Hughes	Male	29.	Male 50-54	2.	Meirionnydd	20:50	33.	20:45	32.
62	Stephen	Weedman	Male	30.	Male 50-54	3.	Prestatyn Running Club	21:12	34.	21:09	34.
119	Carla	Green	Female	5.	Female 45-49	2.	North Wales Road Runners	21:19	35.	21:16	35.
104	Clive	Edgington	Male	31.	Male 60-64	3.	Meirionnydd Running Club	21:27	36.	21:22	36.
114	Jane	Jennions	Female	6.	Female 40-44	1.	Deestridders	21:31	37.	21:25	37.
142	Melina	Morris	Female	7.	Female 45-49	3.	Denbigh Harriers	21:37	38.	21:32	38.
160	David	Nolan	Male	32.	Male 45-49	7.	Nwrrc	21:49	39.	21:40	39.
156	Benjamin	Harrison	Male	33.	Male 21-34	8.	Prestatyn Running Club	22:14	40.	22:10	41.
101	Cherif	Salhi	Male	34.	Male 21-34	9.		22:22	41.	21:59	40.
132	David	O'Neill	Male	35.	Male 21-34	10.	Pace Running Club	22:23	42.	22:18	42.
36	Donald	Hale	Male	36.	Male 65-69	1.	North Wales Road Runners	22:51	43.	22:45	43.
55	Arran	Squire	Male	37.	Male 35-39	3.		22:55	44.	22:53	44.
131	Elen	Baugh	Female	8.	Female 21-34	2.	Denbigh Harriers	23:00	45.	22:54	45.
6	Andy	Clark	Male	38.	Male 50-54	4.	Prestatyn Running Club	23:05	46.	22:57	46.
45	Kay	Hatton	Female	9.	Female 55-59	1.	Nwrrc	23:40	47.	23:32	47.
2	Clair	Atterbury	Female	10.	Female 40-44	2.	Buckley Runners	23:41	48.	23:39	48.
3	Allison	Reid	Female	11.	Female 45-49	4.	Prestatyn Running Club	23:53	49.	23:46	49.
159	Kevin	Higgins	Male	39.	Male 55-59	5.	Nwrrc	24:01	50.	23:57	50.
118	Arwel	Jones	Male	40.	Male 55-59	6.	Prestatyn Running Club	24:06	51.	24:02	51.
31	Jeff	Davies	Male	41.	Male 70-74	1.	Meirionnydd Rc	24:11	52.	24:02	52.
75	Helen	Hannam	Female	12.	Female 40-44	3.	North Wales Road Runners Club	24:31	53.	24:24	53.
150	Michael	Hayton	Male	42.	Male 65-69	2.	Nwrrc	24:50	54.	24:40	54.
83	Karen	Butler	Female	13.	Female 60-64	1.		24:57	55.	24:53	55.
84	Menai	Baugh	Female	14.	Female 60-64	2.	Denbigh Harriers	25:23	56.	25:19	57.
116	Katie	Bonfield	Female	15.	Female 35-39	1.	Abergele Harriers	25:35	57.	25:17	56.
49	Robert	Fryer	Male	43.	Male 65-69	3.	Nwrrc	25:49	58.	25:26	58.
44	Tom	Wood	Male	44.	Male 12-20	5.		26:17	59.	26:07	60.
9	Chris	Birch	Female	16.	Female 70-74	1.	Abergele Harriers	26:29	60.	26:21	63.
74	Trystan	Owen	Male	45.	Male 12-20	6.		26:38	61.	25:59	59.
34	Cariad	Roberts	Female	17.	Female 35-39	2.	Newport Harriers	26:39	62.	26:13	61.
79	Caitlin	Owen	Female	18.	Female 12-20	3.	Gog Triathlon	27:02	63.	26:56	65.
27	Lee	Welburn	Male	46.	Male 40-44	3.		27:05	64.	26:20	62.
90	Karl	Sadil	Male	47.	Male 40-44	4.	Menai Track & Field	27:19	65.	27:16	68.
138	Nerys	Jones	Female	19.	Female 65-69	1.	Wolverhampton & Bilston Ac	27:21	66.	26:47	64.
141	Renske	van Gulijk	Female	20.	Female 12-20	4.		27:40	67.	27:06	66.
137	Ian	Clews	Male	48.	Male 55-59	7.		27:45	68.	27:08	67.
82	Lisa Naden	Hughes	Female	21.	Female 35-39	3.		27:47	69.	27:27	70.
72	Paul	Brandrick	Male	49.	Male 60-64	4.	Prestatyn Running Club	27:55	70.	27:43	72.
122	Caroline	Dawe	Female	22.	Female 21-34	3.	Denbigh Harriers	27:58	71.	27:25	69.
92	Andrea	Thomas	Female	23.	Female 50-54	1.		28:11	72.	27:39	71.
60	Kay	Cottrell	Female	24.	Female 60-64	3.	Run Free	28:13	73.	27:56	73.
11	Julie	Millar	Female	25.	Female 40-44	4.		28:19	74.	28:01	74.
20	Gary	Owen	Male	50.	Male 45-49	8.		28:42	75.	28:03	75.
59	Zoe	Roberts	Female	26.	Female 40-44	5.		29:02	76.	28:34	76.
108	Carys	Jones	Female	27.	Female 35-39	4.		29:18	77.	29:08	81.
18	Irene	Blount	Female	28.	Female 60-64	4.	Buckley	29:23	78.	29:02	80.
97	Jenna	Grace	Female	29.	Female 21-34	4.		29:24	79.	28:51	78.
133	John	Hanson	Male	51.	Male 50-54	5.		29:24	80.	28:51	77.
7	Paul	Muncey	Male	52.	Male 60-64	5.	Buckley Running Club	29:39	81.	29:17	82.
8	Claire	Muncey	Female	30.	Female 21-34	5.		29:40	82.	29:18	83.
38	Leah	Boden	Female	31.	Female 12-20	5.		29:47	83.	28:59	79.
111	James	Plunkett	Male	53.	Male 12-20	7.	Acre Street Runners	30:07	84.	29:33	84.
81	Rebecca	Rice Hughes	Female	32.	Female 12-20	6.		30:17	85.	29:58	85.
77	James	Jackson	Male	54.	Male 35-39	4.		30:30	86.	30:07	86.
140	Ian	Baker	Male	55.	Male 55-59	8.		30:42	87.	30:08	87.

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147	Lynne	Qualters	Female	33.	Female 45-49	5.		30:49	88.	30:15	88.
54	Eimir	Randall	Female	34.	Female 45-49	6.		30:53	89.	30:32	89.
89	Emily	Nott	Female	35.	Female 21-34	6.		31:09	90.	31:00	91.
110	Martin	Davies	Male	56.	Male 40-44	5.		31:18	91.	30:36	90.
35	James	Clarke	Male	57.	Male 21-34	11.		31:30	92.	31:13	92.
109	Robert	Harding	Male	58.	Male 65-69	4.	Telford Harriers	31:44	93.	31:28	95.
15	Cerys	Sharples	Female	36.	Female 21-34	7.		32:09	94.	31:18	93.
100	Katie	Girvan	Female	37.	Female 21-34	8.		32:14	95.	31:26	94.
135	Caroline	Scaletta	Female	38.	Female 45-49	7.		32:16	96.	31:47	96.
96	Mike	Mcvann	Male	59.	Male 50-54	6.		32:58	97.	32:43	100.
123	Jo	Tilson	Female	39.	Female 45-49	8.		32:59	98.	32:15	97.
124	Andy	Beacher	Male	60.	Male 40-44	6.		33:00	99.	32:16	98.
42	Nem	James	Male	61.	Male 21-34	12.	Prestatyn Rc	33:20	100.	32:39	99.
146	Gwyneth	Roberts	Female	40.	Female 55-59	2.		34:20	101.	33:55	101.
102	Ceri	Hadcroft	Female	41.	Female 21-34	9.		34:36	102.	33:59	102.
103	Matty	Hadcroft	Male	62.	Male 21-34	13.		34:36	103.	34:00	103.
65	Eluned	Hudson	Female	42.	Female 45-49	9.		34:52	104.	34:38	107.
134	Marion	Caplin	Female	43.	Female 40-44	6.		34:54	105.	34:28	105.
127	Jacqui	Wiggins	Female	44.	Female 40-44	7.		34:54	106.	34:28	106.
37	Sheena	Coghill	Female	45.	Female 40-44	8.		35:13	107.	34:25	104.
24	Pam	Adams	Female	46.	Female 60-64	5.		35:32	108.	34:54	108.
56	Elizabeth	Schofield	Female	47.	Female 21-34	10.		35:44	109.	35:22	112.
113	Emma	Best	Female	48.	Female 12-20	7.		35:49	110.	35:20	110.
112	Samantha	Best	Female	49.	Female 45-49	10.		35:49	111.	35:20	111.
52	Seb	Berry	Male	63.	Male 21-34	14.		35:50	112.	34:59	109.
126	Clare	Pumford	Female	50.	Female 35-39	5.		36:04	113.	35:48	116.
87	Lily	Evans	Female	51.	Female 12-20	8.		36:12	114.	35:23	113.
86	Anthony	Evans	Male	64.	Male 45-49	9.		36:13	115.	35:23	114.
285	Sara	Wynne-Pari	Female	52.	Female 35-39	6.		36:21	116.	35:41	115.
148	Iwan	Qualters	Male	65.	Male 12-20	8.		36:24	117.	35:50	117.
66	Bethan	Perkins	Female	53.	Female 35-39	7.		36:51	118.	35:57	118.
68	Ian	Sanpher	Male	66.	Male 55-59	9.		36:52	119.	36:06	119.
149	Rebecca	Ould	Female	54.	Female 35-39	8.		37:10	120.	36:16	120.
67	Mat	Jones	Male	67.	Male 35-39	5.		37:40	121.	37:13	122.
76	Will	Claxton	Male	68.	Male 21-34	15.		37:47	122.	37:11	121.
78	Kate	Youd	Female	55.	Female 21-34	11.	Blackburn Road Runners	38:15	123.	37:23	123.
93	Millie	Gilbertson	Female	56.	Female 21-34	12.		38:15	124.	38:06	126.
10	Kerry	Roberts	Female	57.	Female 45-49	11.		38:16	125.	37:25	124.
29	Judith	Sharp	Female	58.	Female 40-44	9.		38:26	126.	37:39	125.
95	Rob	Ogden	Male	69.	Male 55-59	10.		38:53	127.	38:37	127.
94	Ali	Simon	Female	59.	Female 55-59	3.		38:53	128.	38:37	128.
88	Elaine	Nott	Female	60.	Female 50-54	2.		38:59	129.	38:49	129.
139	Michelle	Flannery	Female	61.	Female 45-49	12.		41:07	130.	40:26	130.
136	Nicki	Clews	Female	62.	Female 50-54	3.		41:08	131.	40:27	131.
70	Susan	Randles	Female	63.	Female 21-34	13.		41:27	132.	40:29	132.
69	Natalie	Hunt	Female	64.	Female 35-39	9.		41:30	133.	40:32	133.
71	Andrew	Randles	Male	70.	Male 55-59	11.		41:30	134.	40:33	134.
80	Medi	Wilkinson	Female	65.	Female 21-34	14.		41:33	135.	41:22	135.
50	Lucy	Clarke	Female	66.	Female 21-34	15.		44:52	136.	44:09	137.
47	Katie	Clarke	Female	67.	Female 21-34	16.		44:52	137.	44:09	136.
39	Rachel	Lewis	Female	68.	Female 45-49	13.		45:00	138.	44:17	138.
23	Sally	Rowe	Female	69.	Female 45-49	14.	Prestatyn Running Club	47:24	139.	46:39	139.
28	Kate	Cunningham	Female	70.	Female 45-49	15.	Shropshire Shufflers	52:40	140.	51:44	140.
46	Jayne	Clarke	Female	71.	Female 50-54	4.		53:13	141.	52:30	141.
25	Sheila	Symonds	Female	72.	Female 80+	1.	Clwb Rhedeg Merionnydd	55:49	142.	54:48	142.

Number of records: 142