

Bangor 10K & Half Marathon

Finisher List 10K

Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
10K							
1.	295	Ryan Cain	m	Male 12-20	MENAI TRACK AND	35:12	35:13
2.	87	Matthew Hurford	m	Male 40-44	Les Croupiers RC	35:47	35:48
3.	88	John Parkinson	m	Male 45-49	Eryri Harriers	36:09	36:10
4.	293	Roland Finnie	m	Male 12-20	Menai Track and Field	37:03	37:04
5.	277	John Morris	m	Male 21-34	Denbigh Harriers	37:12	37:13
6.	288	Robert FOX	m	Male 12-20	city of york AC	38:17	38:18
7.	15	Shaun Hughes	m	Male 21-34	Denbigh Harriers	38:26	38:28
8.	367	Adam Robertson	m	Male 35-39		38:27	38:30
9.	31	Bryn Russell	m	Male 21-34		40:21	40:24
10.	292	Russell Williams	m	Male 45-49	Cybi Striders	41:01	41:03
11.	313	Mark Jessett	m	Male 21-34	NWRRC	40:57	41:08
12.	169	Rob Batterbee	m	Male 21-34		41:24	41:25
13.	64	Peter Jones	m	Male 35-39		41:46	41:50
14.	96	Lucy Williamson	f	Female 12-20	Ilkley Harriers	41:55	42:02
15.	188	Steven roberts	m	Male 50-54	Nwrrc	42:06	42:13
16.	312	Owain Roberts	m	Male 21-34		42:34	42:37
17.	161	Gary Porter-Jones	m	Male 45-49	Eryri Harriers	43:15	43:17
18.	55	Chris Jones	m	Male 21-34		43:25	43:43
19.	267	Kelly Hedley	f	Female 21-34		43:31	43:45
20.	218	Tim Sanders	m	Male 21-34		43:21	43:49
21.	113	suzy cumming	f	Female 40-44		43:50	43:56
22.	22	Chris Phillipson	m	Male 40-44		43:36	43:56
23.	112	Peter Brodey	m	Male 21-34		44:22	44:25
24.	350	Dave Owen	m	Male 50-54		44:23	44:31
25.	7	Caleb Cinderby	m	Male 21-34		44:22	44:38
26.	286	Gethin Jones	m	Male 21-34		44:34	44:40
27.	327	Huw Llewelyn Jones	m	Male 21-34		44:55	44:55
28.	18	Hannah Jones	f	Female 21-34	Betsi Runaways	45:06	45:10
29.	314	Ian Hughes	m	Male 21-34		44:49	45:19
30.	285	ben wright	m	Male 21-34		45:15	45:22
31.	26	mark threadgold	m	Male 45-49		44:56	45:23
32.	374	Paul Owen	m	Male 40-44		45:23	45:30
33.	289	Paul Ellis	m	Male 40-44		45:25	45:36
34.	360	David Chin	m	Male 21-34		45:30	45:43
35.	361	Craig Rutter	m	Male 21-34		45:45	45:58
36.	299	William Chambers	m	Male 12-20		45:34	46:11
37.	301	Morgan Lowden	m	Male 21-34		45:13	46:15
38.	297	Gareth Wright	m	Male 21-34		46:04	46:17
39.	23	Anthony Harrison	m	Male 50-54	Winston Runners	45:57	46:23
40.	319	Martin Cable	m	Male 50-54		46:14	46:27
41.	5	ANDRE BRIGHT	m	Male 21-34		46:15	46:32
42.	114	Kristina Kordiak	f	Female 35-39		46:24	46:34
43.	119	Margot Saher	f	Female 40-44		46:31	46:35
44.	61	Christopher Leedam	m	Male 35-39		46:22	46:44
45.	330	John Peaker	m	Male 50-54	Team no goubunku	46:31	46:49
46.	375	Gethin Jones	m	Male 21-34		46:30	46:52
47.	354	Rhodri Mir Williams	m	Male 12-20		46:22	46:58
48.	202	CLIFF HUGHES	m	Male 50-54		46:56	47:02
49.	281	Nick Houghton	m	Male 45-49		46:20	47:05

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Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
50.	146	Andrew Parsosns	m	Male 35-39		46:56	47:05
51.	121	Tom Potter	m	Male 21-34		46:53	47:13
52.	368	Neil Gillard	m	Male 12-20		47:11	47:17
53.	345	Andrew Startin	m	Male 21-34		47:17	47:23
54.	228	William Webster	m	Male 21-34		46:39	47:25
55.	20	Adam osborne	m	Male 21-34		47:07	47:29
56.	93	Karl Jones	m	Male 21-34		47:27	47:32
57.	59	Rhys Rowlands	m	Male 21-34		47:45	47:45
58.	67	Greg Grundy	m	Male 40-44		47:44	47:53
59.	140	TONY Clixby	m	Male 65-69	VILLAGE ROAD	47:47	47:55
60.	81	mick staines	m	Male 65-69		47:29	47:55
61.	74	Gary Jones	m	Male 35-39		47:10	47:55
62.	324	Steffan Bryn	m	Male 21-34		47:25	47:56
63.	68	Daniel Goodwin	m	Male 21-34		47:53	48:07
64.	349	David Bowie	m	Male 60-64		48:00	48:11
65.	253	Chris Houtt	m	Male 50-54	Hoplites	48:06	48:12
66.	283	Daniel Hennessey	m	Male 40-44		47:48	48:15
67.	139	GARETH	m	Male 40-44		47:54	48:41
68.	142	Gwilym Williams	m	Male 65-69		48:14	48:42
69.	21	laurie Griffith	f	Female 45-49	Gog Triathlon	48:39	48:55
70.	47	Claire Bishop	f	Female 21-34	Betsi Runaways	48:34	48:59
71.	43	Daniel Dovaston	m	Male 12-20		48:58	49:02
72.	346	Kevin Webb	m	Male 45-49		48:12	49:03
73.	343	Jamie Thorpe	m	Male 21-34		48:54	49:05
74.	101	Rowland Sharp	m	Male 55-59	Rhedwyr Hebog Runners	49:02	49:05
75.	262	Steffan Nicholas	m	Male 12-20		49:05	49:08
76.	322	Max Dickens	m	Male 12-20		48:13	49:10
77.	194	Sarah Harris	f	Female 21-34		49:29	49:47
78.	290	Merfyn Jones	m	Male 50-54		49:17	49:48
79.	291	Keith Marsland	m	Male 40-44		49:05	49:54
80.	153	Gareth Jones	m	Male 35-39		49:56	50:06
81.	233	Anwen Thomas	f	Female 21-34		49:20	50:07
82.	38	Sonia Williams	f	Female 21-34		49:35	50:16
83.	91	Len Jackson	m	Male 55-59	North Wales Road	50:11	50:16
84.	78	David Thomas	m	Male 40-44		50:17	50:25
85.	44	Mike Dovaston	m	Male 35-39	Tri smart	50:30	50:34
86.	333	Mike Roberts	m	Male 55-59	Penny Lane Striders	50:16	50:34
87.	157	Rhys Williams	m	Male 35-39		50:23	50:36
88.	27	Alaw Hughes	f	Female 12-20		50:17	50:36
89.	123	Matthew Coopers	m	Male 21-34	Macclesfield Harriers	49:51	50:37
90.	230	Mari Sulwen Roberts	f	Female 45-49		50:39	50:45
91.	187	Ian Williams	m	Male 21-34		50:12	50:51
92.	246	Martin Pritchard	m	Male 35-39	Menai Track and Field	50:55	51:01
93.	3	neil jones	m	Male 21-34		50:00	51:03
94.	273	Daniel Hughes	m	Male 21-34		50:53	51:08
95.	363	Sally Moran	f			50:46	51:10
96.	318	Iain Johnson	m	Male 40-44		50:59	51:13
97.	35	Barry Palmer	m	Male 35-39		50:45	51:16
98.	34	Maureen Wilkins	f	Female 50-54	Stockport Harriers	50:49	51:17
99.	334	Michael Davies	m	Male 50-54	Tattenhall Runners	51:03	51:22

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Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
100.	309	Joshua White	m	Male 21-34		50:51	51:29
101.	29	Jamie Yule	m	Male 45-49		50:41	51:42
102.	99	danny woodburn	m	Male 45-49		51:45	51:47
103.	357	Steffani Lewis	m	Male 21-34		50:46	51:50
104.	371	Gwennan Evans	f	Female 21-34		51:33	51:56
105.	305	Kelly Alford	f	Female 21-34	N.W.R.R.C	52:02	52:11
106.	304	Cai Roberts	m	Male 21-34	N.W.R.R.C	52:02	52:11
107.	12	Ally Reid	f	Female 40-44	Prestatyn running club	51:44	52:12
108.	331	Neil hewitt	m	Male 40-44		51:53	52:18
109.	46	Nia Morgan	f	Female 45-49		52:20	52:20
110.	104	Ryan Mills	m	Male 21-34		52:19	52:40
111.	2	Salah Elghenzai	m	Male 45-49		52:22	52:41
112.	362	Daniel Glockler	m	Male 21-34		52:04	52:49
113.	365	Bala Subramain	m	Male 21-34		52:35	52:51
114.	192	Charlotte Wilton-Jones	f	Female 21-34		52:48	52:53
115.	287	Stephen Jones	m	Male 45-49		52:14	52:55
116.	359	Gillian Middlemas	f	Female 55-59		52:42	52:56
117.	284	Paul Maitland	m	Male 45-49	Cybi Striders	52:29	52:59
118.	213	Richard Robins	m	Male 40-44		52:47	53:13
119.	307	Karen Williams	f	Female 35-39		52:38	53:18
120.	352	Gavin Hughes	m	Male 21-34		53:14	53:20
121.	14	Molly Stein	f	Female 21-34		52:57	53:22
122.	185	Julie Sheppard	f	Female 40-44		52:29	53:23
123.	176	Gemma Ryder	f	Female 21-34		52:58	53:31
124.	364	Matthew Peck	m	Male 21-34		52:58	53:31
125.	163	Duncan Reeves	m	Male 45-49		53:07	53:50
126.	332	Kerry daly	f			53:27	53:52
127.	353	Emyr Jones	m	Male 50-54		53:30	54:03
128.	25	Emma Sargent	f	Female 40-44		53:29	54:09
129.	275	Laurel Wentz	f	Female 21-34		53:56	54:11
130.	326	Anna Ferrusola	f	Female 21-34		53:56	54:11
131.	65	robin gardiner	m	Male 21-34		54:02	54:21
132.	39	Catrin Williams	f	Female 21-34		53:36	54:23
133.	173	Michael Hutchinson	m	Male 21-34		53:38	54:25
134.	52	Steve Cooke	m	Male 55-59		54:24	54:30
135.	168	DIANE JONES	f	Female 40-44	Abergele Harriers	54:22	54:34
136.	180	Colin Thackray	m	Male 55-59		53:59	54:35
137.	118	LIZ EVANS	f	Female 65-69		54:28	54:37
138.	323	Lucy Dickens	f	Female 21-34		53:48	54:45
139.	62	Kirsty Leedam	f	Female 21-34		54:34	54:57
140.	257	PETER SHERRATT	m	Male 35-39		54:32	54:57
141.	204	Amanda Sellens	f	Female 21-34		54:24	54:59
142.	216	Paul Grainger	m	Male 21-34		54:41	55:00
143.	19	Hollie Meadows	f	Female 21-34		54:45	55:07
144.	97	Rebecca King	f	Female 40-44		54:06	55:07
145.	70	Llinos Owen	f	Female 21-34		54:52	55:10
146.	9	anna alford-vaughan	f	Female 21-34		55:01	55:10
147.	135	kurmang rashid	m	Male 55-59		55:13	55:14
148.	75	Dafydd Emrys	m	Male 21-34		55:05	55:15
149.	219	Cally Bannon	f	Female 21-34		54:45	55:28

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150.	351	Jess Whitehead	f	Female 21-34		54:59	55:34
151.	17	Steve Ratcliffe	m	Male 45-49		55:31	55:36
152.	315	Jonny Nelson	m	Male 40-44		55:24	55:46
153.	16	Richard Gwyn Jones	m	Male 35-39		55:39	55:50
154.	77	Bethan Wyn Roberts	f	Female 45-49		55:40	55:52
155.	30	Chris Williams	m	Male 35-39	Cybi Striders	55:58	56:12
156.	178	Lois Smithies	f	Female 21-34		55:58	56:16
157.	37	Frances Corner	f	Female 35-39		55:41	56:21
158.	276	caroline martin	f	Female 45-49		56:18	56:32
159.	36	Ceri Pritchard	f	Female 21-34		55:34	56:34
160.	120	Maurizio Garzoni	m	Male 40-44		56:27	56:37
161.	370	Patrick Geddes	m	Male 21-34		55:39	56:37
162.	329	Simon Baldwin	m	Male 21-34		56:47	57:09
163.	41	Geraint Roberts	m	Male 40-44		56:33	57:13
164.	348	Paul Harding	m	Male 21-34		56:52	57:27
165.	156	Ellen Williams	f	Female 21-34		56:59	57:28
166.	320	Paul Mather	m	Male 40-44		56:56	57:29
167.	321	Joanne Mather	f	Female 40-44		56:56	57:29
168.	57	Andrew Evans	m	Male 45-49		57:01	57:38
169.	53	Beth Sales	f	Female 21-34		57:34	57:49
170.	11	Tesni Rowlands	f	Female 21-34		56:56	57:53
171.	115	Hannah Mart	f	Female 35-39		57:11	57:57
172.	278	Yoichi Sawada	m	Male 55-59		57:12	57:58
173.	198	Gary Jones	m	Male 50-54		57:35	57:58
174.	311	Karen Hughes	f	Female 40-44		57:24	58:01
175.	105	Jocelyn Jenkins	f	Female 45-49		57:38	58:10
176.	45	Mark O'Neill	m	Male 45-49		58:05	58:14
177.	183	David Parry	m	Male 50-54		57:52	58:20
178.	174	Natalie Remedios	f	Female 21-34		57:32	58:23
179.	227	Emily Webster	f	Female 21-34		57:32	58:23
180.	203	Brenda Duffus	f	Female 60-64		58:02	58:23
181.	372	Philip Jaycock	m	Male 35-39		58:06	58:24
182.	347	Mark Freeman	m	Male 55-59		57:33	58:28
183.	280	Gerallt Davies	m	Male 21-34		58:48	58:53
184.	337	Anwen Edwards	f	Female 45-49		58:37	58:58
185.	338	Guto Edwards	m	Male 45-49	Eryri Harriers	58:38	58:58
186.	126	Sharon Flanagan	f	Female 45-49	Atherton Running Club	58:25	59:03
187.	279	Sarah Hill	f	Female 35-39		58:19	59:11
188.	358	David Leggett	m	Male 21-34		58:31	59:20
189.	72	Chimayne Blackett	f	Female 21-34		58:54	59:28
190.	71	Nicole Peters	f	Female 21-34		58:53	59:28
191.	193	Donna-Marie Williams	f	Female 21-34		59:46	1:00:04
192.	366	Graham Jones	m	Male 60-64		59:50	1:00:14
193.	356	Lisa Pritchard	f	Female 21-34		59:14	1:00:18
194.	32	Hugh Godfrey	m	Male 45-49	Betsi Runaways	59:38	1:00:27
195.	33	Christine Clark	f	Female 45-49	Betsi Runaways	59:42	1:00:27
196.	147	Samantha Bridge	f	Female 21-34		1:00:25	1:00:54
197.	240	Donna Beales	f	Female 35-39		1:00:58	1:01:21
198.	116	Megan-Rose	f	Female 12-20		1:00:24	1:01:23
199.	1	Katie Fitton Davies	f	Female 21-34		1:00:50	1:01:24

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Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
200.	143	Donna Haggas	f	Female 35-39		1:01:13	1:01:43
201.	24	Aaron Haggas	m	Male 35-39		1:01:13	1:01:43
202.	138	Gemma Riley	f	Female 21-34		1:00:54	1:01:52
203.	60	Zahrah Jibrilu	f	Female 12-20		1:00:57	1:01:54
204.	63	Ruth Pearson	f	Female 12-20		1:01:39	1:01:56
205.	214	Suzanne Buckley	f	Female 40-44	South Cheshire Harriers	1:01:18	1:01:57
206.	231	Marian Brosschot	m	Male 21-34		1:01:43	1:01:58
207.	189	Mair Rhys	f	Female 12-20		1:01:48	1:02:08
208.	373	Anne Marie Rowlands	f	Female 45-49	Betsi Runaways	1:01:29	1:02:15
209.	128	Laura Sian Breakell	f			1:02:08	1:02:24
210.	86	Lally Duncan	f	Female 21-34		1:02:11	1:02:27
211.	269	Zoe Holdsworth	f	Female 35-39		1:02:02	1:02:29
212.	244	Julie Mundy	f	Female 50-54		1:01:56	1:02:54
213.	209	Gemma Foulkes	f	Female 21-34		1:02:42	1:03:01
214.	340	Satjatip Worpang	f	Female 35-39		1:02:58	1:03:05
215.	341	Roy Mercer	m	Male 45-49		1:02:58	1:03:05
216.	355	Ruth Williams	f	Female 21-34		1:03:02	1:03:08
217.	316	Pam Lewis	f	Female 55-59		1:02:34	1:03:10
218.	302	Katie Robinson	f	Female 50-54		1:02:18	1:03:12
219.	317	Hannah Lewis	f	Female 21-34		1:02:37	1:03:13
220.	181	Salima Behilil	f	Female 12-20		1:02:18	1:03:14
221.	130	Danial Evans	m	Male 12-20		1:03:00	1:03:20
222.	122	Lowri Evans	f	Female 21-34		1:03:00	1:03:20
223.	154	Emma Hovendon	f	Female 40-44		1:03:03	1:03:41
224.	54	Andrea Williams	f	Female 40-44		1:03:03	1:03:41
225.	226	Catrin Angharad	f	Female 21-34		1:03:33	1:03:55
226.	164	Sarah Marshall	f	Female 21-34		1:03:50	1:04:03
227.	106	Christina Pacitto	f	Female 21-34		1:03:46	1:04:18
228.	107	Kate Hughes-Jenkins	f	Female 21-34		1:03:46	1:04:18
229.	165	Catherine Taylor	f	Female 21-34		1:03:59	1:04:24
230.	166	Edward Taylor	m	Male 21-34		1:03:59	1:04:25
231.	245	ANN PIPE	f	Female 45-49		1:04:05	1:04:29
232.	50	roy jardine	m	Male 65-69	eryri	1:04:03	1:04:34
233.	56	Thomas Evans	m	Male 12-20		1:04:01	1:04:39
234.	197	Holly Savage	f	Female 21-34		1:04:42	1:04:56
235.	205	Libbie Stock	f	Female 21-34		1:04:23	1:05:17
236.	206	Louise Chambers	f	Female 40-44		1:04:23	1:05:17
237.	6	Diana Brooke	f	Female 45-49		1:04:42	1:05:21
238.	124	Anna Pritchard	f	Female 21-34		1:05:19	1:05:22
239.	83	sheila Gofton	f	Female 55-59		1:05:13	1:05:25
240.	272	Heather Mowll	f	Female 21-34		1:05:11	1:05:26
241.	271	Anne Lyons	f	Female 45-49		1:05:16	1:05:58
242.	300	Joanna Wright	f	Female 40-44		1:05:12	1:06:01
243.	303	Alex Ashcroft	m	Male 45-49		1:05:12	1:06:01
244.	217	Hugh Roberts	m	Male 60-64		1:05:15	1:06:07
245.	158	helen jones	f	Female 21-34		1:06:46	1:06:46
246.	369	Carl Thatcher	m	Male 35-39		1:06:59	1:06:59
247.	49	Caroline Mulvaney	f	Female 21-34		1:06:31	1:07:01
248.	103	Roseanna Williams	f	Female 21-34		1:06:04	1:07:07
249.	66	Liza Tanya Williams	f	Female 40-44		1:07:29	1:07:33

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250.	266	Gwen Aeron Edwards	f	Female 35-39		1:06:59	1:07:49
251.	160	Carol Sarsfield	f	Female 50-54		1:07:49	1:07:53
252.	186	Patricia Edwards	f	Female 40-44		1:07:00	1:07:55
253.	155	Janice Roberts	f	Female 45-49	Llamwyr Llyn Striders	1:07:16	1:07:58
254.	264	Nici Roberts	f	Female 40-44		1:07:13	1:08:03
255.	200	Sarah Tyler	f	Female 21-34	Betsi runaways	1:07:17	1:08:09
256.	325	Shirley Rowen	f	Female 50-54		1:08:10	1:08:21
257.	308	Scott Roberts	m	Male 21-34		1:07:51	1:08:50
258.	4	Suzanne Gwyn	f	Female 40-44		1:09:03	1:09:03
259.	210	Gareth Davies	m	Male 40-44		1:08:15	1:09:08
260.	211	Richard Miller	m	Male 50-54		1:08:11	1:09:08
261.	263	Vikki Sheridan	f	Female 40-44	Lawley Running Club	1:08:29	1:09:12
262.	248	Agnieszka Vowles	f	Female 45-49		1:08:34	1:09:18
263.	175	kathrine james	f	Female 40-44		1:08:23	1:09:18
264.	141	Sarah Parker	f	Female 21-34		1:08:39	1:09:33
265.	177	Sarah Smithies	f	Female 21-34		1:09:16	1:09:34
266.	212	Sion Evans	m	Male 45-49		1:09:15	1:09:36
267.	111	Tony Dolan	m	Male 45-49		1:08:46	1:09:50
268.	84	Pauline Owen	f	Female 55-59		1:09:27	1:10:02
269.	85	John Bilsland	m	Male 65-69		1:09:27	1:10:03
270.	229	Hannah	f	Female 21-34		1:09:22	1:10:16
271.	254	Sarah Amies	f	Female 45-49		1:09:30	1:10:28
272.	306	linda woodall	f	Female 50-54	michelin ac	1:10:22	1:10:35
273.	95	Graeme Newby	m	Male 50-54		1:10:25	1:10:57
274.	184	Cerri Gibson	f	Female 21-34		1:10:27	1:11:06
275.	191	Gemma Williams	f	Female 21-34		1:10:51	1:11:11
276.	134	Anthony Bunting	m	Male 35-39		1:11:13	1:12:00
277.	136	Pauline Jones	f	Female 35-39		1:11:14	1:12:01
278.	102	David Parker	m	Male 55-59		1:11:41	1:12:24
279.	8	Kerry Jewell	f	Female 50-54		1:11:31	1:12:34
280.	342	Anwen Wraith	f	Female 21-34		1:11:57	1:12:36
281.	79	Damian Smith	m	Male 45-49		1:12:12	1:12:47
282.	294	Naomi Phillips	f	Female 35-39		1:12:07	1:12:51
283.	224	Jennifer Roberts	f	Female 21-34		1:12:35	1:13:03
284.	339	Richard Crow	m	Male 40-44		1:12:46	1:13:26
285.	336	Tracy Jones	f	Female 45-49		1:12:46	1:13:26
286.	225	Lee Jones	m	Male 21-34		1:13:07	1:13:33
287.	150	Hannah Lewis	f	Female 21-34		1:12:45	1:13:46
288.	151	Natalie James	f	Female 21-34		1:12:46	1:13:46
289.	310	Hannah Franklin	f	Female 21-34		1:13:22	1:13:56
290.	296	Anne Mckiernan	f	Female 45-49		1:13:31	1:14:00
291.	82	Gwenda Baker	f	Female 50-54		1:13:22	1:14:05
292.	234	Elin Walker Jones	f	Female 50-54		1:13:44	1:14:14
293.	179	Elin Thomas	f	Female 21-34		1:14:14	1:14:33
294.	76	Catrin James	f	Female 21-34		1:14:14	1:14:34
295.	223	Kyla Jayne Ellis	f	Female 21-34		1:14:12	1:14:40
296.	117	Hannah Farley	f	Female 12-20		1:14:10	1:15:09
297.	215	Penny Hughes	f	Female 40-44		1:14:45	1:15:21
298.	162	Nikki Bentley	f	Female 21-34	Red Rose Road Runners	1:14:47	1:15:32
299.	247	Mair Scamans	f	Female 45-49		1:14:52	1:15:36

Bangor 10K & Half Marathon

Finisher List 10K

Place	Bib	Name	Gender	AG	Club	ChipTime	GunTime
300.	256	Ben Bonney	m	Male 12-20		1:15:33	1:15:49
301.	201	Esyllt Davies	f	Female 40-44		1:15:38	1:16:01
302.	149	Sharon Rowlands	f	Female 35-39		1:15:43	1:16:40
303.	73	Nichola Evans	f	Female 45-49		1:16:12	1:17:14
304.	10	Karen Smith	f	Female 40-44		1:16:27	1:17:27
305.	13	Elaine Mottershead	f	Female 45-49		1:16:27	1:17:27
306.	58	Carol Bannon	f	Female 55-59		1:17:36	1:18:20
307.	125	Ceit Bannon	f	Female 35-39		1:17:36	1:18:20
308.	241	Helen Stone	f	Female 35-39		1:17:59	1:18:57
309.	42	Helen Roberts	f	Female 40-44		1:18:22	1:19:02
310.	222	Teresa edwards	f	Female 35-39		1:18:48	1:19:16
311.	207	carol hughes	f	Female 35-39		1:19:07	1:19:24
312.	208	jacqueline palmer	f	Female 40-44		1:19:07	1:19:25
313.	270	Emily Cox	f	Female 21-34		1:20:18	1:21:02
314.	148	Eluned Yaxley	f	Female 40-44		1:20:18	1:21:03
315.	236	Lisa Shepherd	f	Female 40-44		1:21:21	1:22:20
316.	237	Katy Williams	f	Female 40-44		1:21:21	1:22:20
317.	40	Jackie Howard	f	Female 45-49		1:25:19	1:26:20
318.	69	Steve Marsden	m	Male 50-54		1:25:19	1:26:20
319.	199	Heulen Cynfal	f	Female 21-34		1:27:41	1:28:02
320.	109	Dafydd Foxhall	m	Male 21-34		2:40:54	2:41:56

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