

Flintshire 5k & 10k 2018

Gender/AG Results 5k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
738	James	Jones	Male	1.	Male 12-20	1.	Deeside Aac	0:17:44,54	1.	0:17:43,11	3.
758	Nick	Bartley	Male	2.	Male 21-34	1.	Deestridders	0:18:06,31	2.	0:18:04,81	4.
693	Gareth	Chaloner	Male	3.	Male 35-39	1.	Wrexham Ac	0:18:14,67	3.	0:18:12,85	5.
763	Neil	Robinson	Male	4.	Male 35-39	2.	Deestridders	0:18:24,06	4.	0:18:21,84	6.
780	Tim	Joy	Male	5.	Male 21-34	2.	Team Aura	0:18:46,08	5.	0:18:43,86	7.
795	Craig	Jones	Male	6.	Male 21-34	3.	Denbigh Harriers	0:18:46,64	6.	0:18:45,41	8.
759	Max	Woollard	Male	7.	Male 21-34	4.	Ellesmere Port	0:19:04,51	7.	0:19:01,57	9.
600	David	Hinde	Male	8.	Male 35-39	3.		0:20:01,24	8.	0:19:59,46	11.
750	John	Jones	Male	9.	Male 21-34	5.		0:20:02,55	9.	0:19:58,28	10.
610	Jack	Millward	Male	10.	Male 21-34	6.		0:20:08,34	10.	0:20:06,84	12.
701	David	Bridge	Male	11.	Male 35-39	4.	Btr Road Runners	0:20:12,09	11.	0:20:10,27	13.
700	Steve	Coleman	Male	12.	Male 55-59	1.	Fydle Coast Runners	0:20:24,34	12.	0:20:21,73	14.
800	Ellie	Small	Female	1.	Female 12-20	1.	Deeside Aac	0:20:46,68	13.	0:20:45,24	16.
716	Stephen	Mills	Male	13.	Male 45-49	1.		0:20:47,95	14.	0:20:44,20	15.
811	William	Stone	Male	14.	Male 12-20	2.		0:20:49,60	15.	0:20:48,63	17.
767	Leon	Dallow	Male	15.	Male 50-54	1.	Oswestry Olympians	0:20:56,41	16.	0:20:54,34	18.
807	Michael	Jones	Male	16.	Male 40-44	1.		0:21:24,28	17.	0:21:20,56	19.
707	Daniel	Glover	Male	17.	Male 21-34	7.		0:21:36,60	18.	0:21:33,48	20.
601	Sally	Williams	Female	2.	Female 35-39	1.		0:21:42,65	19.	0:21:35,78	21.
674	Steve	Webb	Male	18.	Male 40-44	2.	Congleton Harriers	0:21:54,51	20.	0:21:52,64	22.
765	Paul	Lewtey	Male	19.	Male 40-44	3.	Deestridders Rc	0:22:31,01	21.	0:22:17,84	23.
748	Brian	Lucas	Male	20.	Male 70-74	1.		0:22:33,40	22.	0:22:31,01	25.
656	Andy	Jones	Male	21.	Male 21-34	8.		0:22:35,53	23.	0:22:30,82	24.
766	Simon	Hill	Male	22.	Male 45-49	2.		0:22:44,80	24.	0:22:39,40	26.
743	Stephen	Cookson	Male	23.	Male 45-49	3.	Aura	0:22:50,19	25.	0:22:42,93	27.
665	Kate	Speed	Female	3.	Female 21-34	1.		0:22:51,08	26.	0:22:47,27	28.
702	William	Mcniece	Male	24.	Male 21-34	9.		0:22:54,82	27.	0:22:52,01	30.
681	Mark	Derbyshire	Male	25.	Male 35-39	5.	Deestridders	0:23:01,37	28.	0:22:48,07	29.
802	Andy	Dowling	Male	26.	Male 12-20	3.		0:23:04,98	29.	0:23:01,47	32.
730	Vinny	Spillane	Male	27.	Male 40-44	4.		0:23:10,35	30.	0:22:57,70	31.
742	Lee	Brown	Male	28.	Male 35-39	6.		0:23:37,67	31.	0:23:21,90	33.
647	Barry	Smith	Male	29.	Male 35-39	7.	Cybi Striders	0:23:48,62	32.	0:23:41,50	34.
749	Lorraine	Lucas	Female	4.	Female 55-59	1.		0:24:16,98	33.	0:24:14,30	36.
723	Peter	Evans	Male	30.	Male 40-44	5.		0:24:25,30	34.	0:24:11,40	35.
819	Colin	Davies	Male	31.	Male 65-69	1.	Altrincham & District Ac	0:24:26,16	35.	0:24:24,08	37.
274	Clair	Atterbury	Female	5.	Female 40-44	1.	Prestatyn Rc	0:25:05,12	36.	0:25:02,83	38.
764	Marcus	Bowden	Male	32.	Male 21-34	10.		0:25:31,38	37.	0:25:29,02	39.
722	Graham	Ormondroyd	Male	33.	Male 35-39	8.	Gog Triathlon Club	0:25:48,66	38.	0:25:39,14	40.
744	Luke	Cookson	Male	34.	Male 12-20	4.	Aura	0:26:14,56	39.	0:26:06,38	41.
812	James	Nightingale	Male	35.	Male 12-20	5.		0:26:21,03	40.	0:26:17,71	42.
621	Rosemary	Rogers	Female	6.	Female 65-69	1.	West Cheshire Ac	0:26:29,14	41.	0:26:25,25	43.
631	George	Morris	Male	36.	Male 12-20	6.		0:26:36,34	42.	0:26:25,52	44.
56	Kelly	Rogers	Female	7.	Female 35-39	2.		0:26:40,22	43.	0:26:36,12	45.
220	Mandy	Owen	Female	8.	Female 40-44	2.	Nwrrc	0:26:47,03	44.		2.
735	Marinos	Vassis	Male	37.	Male 21-34	11.		0:26:48,78	45.	0:26:43,38	46.
203	Richard	Memmory	Male	38.	Male 40-44	6.	Penyffordd Run Club	0:26:49,84	46.	0:26:44,28	47.
782	Neil	Burgoyne	Male	39.	Male 50-54	2.		0:26:55,84	47.	0:26:48,44	48.
754	Rhys	Jones	Male	40.	Male 21-34	12.		0:27:37,82	48.	0:27:34,70	51.
651	Jake	Boardman	Male	41.	Male 21-34	13.		0:27:48,98	49.	0:27:31,45	50.
733	Kevin	Miller	Male	42.	Male 40-44	7.	Lymm Runners	0:27:50,29	50.	0:27:31,33	49.
652	David	Ainsworth	Male	43.	Male 35-39	9.	White Rock Runners	0:27:54,80	51.	0:27:50,27	54.
687	Sue	Brown	Female	9.	Female 45-49	1.		0:27:55,58	52.	0:27:47,36	52.
682	Helen	Alefounder	Female	10.	Female 40-44	3.		0:27:57,17	53.	0:27:48,08	53.
689	Twig	Galpin	Male	44.	Male 21-34	14.		0:27:58,27	54.	0:27:52,76	55.
614	Jason	Richards	Male	45.	Male 21-34	15.		0:27:58,82	55.	0:27:53,31	56.
667	Alex	Ellio	Male	46.	Male 21-34	16.		0:28:08,00	56.		1.
736	Nicola	Birkett	Female	11.	Female 40-44	4.		0:28:14,99	57.	0:28:10,52	57.
677	Stephen	Birkett	Male	47.	Male 40-44	8.		0:28:16,53	58.	0:28:12,32	58.
624	Mike	Robinson	Male	48.	Male 21-34	17.		0:28:38,67	59.	0:28:20,62	59.
617	Marianne	Mulder	Female	12.	Female 40-44	5.		0:28:40,37	60.	0:28:25,04	60.
762	Ste	Traynor	Male	49.	Male 21-34	18.		0:28:43,48	61.	0:28:27,11	61.
728	Jack	Massey	Male	50.	Male 12-20	7.		0:28:44,91	62.	0:28:29,92	62.
729	Andrew	Massey	Male	51.	Male 55-59	2.		0:28:45,39	63.	0:28:30,40	63.
726	Khalil	Ahmad	Male	52.	Male 45-49	4.		0:28:49,10	64.	0:28:35,92	64.
713	Sarah	Aincham	Female	13.	Female 35-39	3.	Penyffordd Run Club	0:28:50,53	65.	0:28:44,97	65.
816	Laura	Singleton	Female	14.	Female 35-39	4.		0:28:56,90	66.	0:28:53,23	66.
792	Deborah	Burningham	Female	15.	Female 40-44	6.	Team Aura	0:29:24,24	67.	0:29:17,40	68.
688	Rachel	Henri-Joy	Female	16.	Female 45-49	2.		0:29:24,32	68.	0:29:17,96	69.
821	Daniel	Jones	Male	53.	Male 21-34	19.		0:29:30,29	69.	0:29:17,06	67.
698	Rhiannon	Edwards	Female	17.	Female 40-44	7.		0:29:39,75	70.	0:29:32,04	72.
650	Phillip	Jones	Male	54.	Male 40-44	9.		0:29:40,97	71.	0:29:31,11	70.
649	Nicola	Cunningham	Female	18.	Female 40-44	8.		0:29:41,09	72.	0:29:31,55	71.
680	Rachel	Casey	Female	19.	Female 40-44	9.		0:29:52,69	73.	0:29:48,23	74.
791	Yvonne	Cheetham	Female	20.		1.	Team Aura	0:29:53,86	74.	0:29:46,45	73.
756	Connor	Ford	Male	55.	Male 21-34	20.		0:30:01,94	75.	0:29:52,91	75.
676	Andrew	Telford	Male	56.	Male 35-39	10.	Penyffordd Run Clun	0:30:08,69	76.	0:30:03,90	79.
727	Kelly	Cumston	Female	21.	Female 21-34	2.		0:30:09,32	77.	0:30:03,27	78.
779	Mark	Jones	Male	57.	Male 21-34	21.		0:30:09,40	78.	0:29:58,00	77.
668	Zoe	Roberts	Female	22.	Female 40-44	10.		0:30:09,60	79.	0:29:56,62	76.
683	Graham	Palmer	Male	58.	Male 40-44	10.		0:30:28,45	80.	0:30:18,00	80.
630	Sharon	Quinn	Female	23.	Female 45-49	3.	Kirby Milers Ac	0:30:36,27	81.	0:30:25,82	81.
734	Jess	Mcdade	Female	24.	Female 21-34	3.		0:30:40,81	82.	0:30:37,75	84.
646	Hannah	Hackney	Female	25.	Female 21-34	4.		0:30:49,34	83.	0:30:44,75	87.
757	Laura	Shenton	Female	26.	Female 21-34	5.		0:30:49,75	84.	0:30:31,79	82.
753	Karolina	Mitrenga	Female	27.	Female 35-39	5.		0:30:49,75	85.	0:30:40,66	85.
626	Katy	Gest	Female	28.	Female 21-34	6.		0:30:51,01	86.	0:30:34,13	83.
806	Lewis	Williams	Male	59.	Male 21-34	22.		0:30:57,11	87.	0:30:45,03	88.

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635	Vicky	Warburton	Female	29.	Female 40-44	11.		0:30:57,63	88.	0:30:40,94	86.
632	Chloe	Pierce	Female	30.	Female 21-34	7.		0:30:59,87	89.	0:30:47,61	89.
751	Ryan	Hughes	Male	60.	Male 21-34	23.		0:31:05,31	90.	0:31:00,56	91.
618	Gemma	Young	Female	31.	Female 21-34	8.		0:31:06,89	91.	0:30:58,96	90.
712	Nicole	Owen	Female	32.	Female 21-34	9.		0:31:22,52	92.	0:31:17,06	93.
669	Rachel	Rogers	Female	33.	Female 35-39	6.		0:31:24,34	93.	0:31:16,69	92.
796	Stephanie	Bradfield	Female	34.	Female 21-34	10.		0:31:26,86	94.	0:31:18,35	94.
799	Fiona	Hunter	Female	35.	Female 45-49	4.		0:31:34,17	95.	0:31:23,41	95.
719	Natalie	Williams	Female	36.	Female 35-39	7.		0:31:34,72	96.	0:31:23,96	96.
721	Paula	Ford	Female	37.	Female 55-59	2.		0:31:45,11	97.	0:31:36,39	97.
648	Gemma	Gale	Female	38.	Female 21-34	11.		0:31:45,39	98.	0:31:36,68	98.
679	Rachel	Davies	Female	39.	Female 21-34	12.		0:31:47,93	99.	0:31:44,75	99.
768	Sali	Edwards	Female	40.	Female 35-39	8.		0:32:07,42	100.	0:31:59,57	100.
627	Gemma	Nelson	Female	41.	Female 21-34	13.		0:32:21,17	101.	0:32:03,49	101.
810	Stewart	Quayle	Male	61.	Male 40-44	11.	Prestatyn Rc	0:32:23,56	102.	0:32:11,38	103.
616	Stewart	Crofts	Male	62.	Male 35-39	11.		0:32:28,54	103.	0:32:11,30	102.
708	Tracy	Nuttall	Female	42.	Female 50-54	1.		0:32:39,78	104.	0:32:34,07	104.
644	Tracy	Griffiths	Female	43.	Female 40-44	12.		0:33:05,03	105.	0:32:59,84	108.
613	Gemma	Galvin	Female	44.	Female 21-34	14.		0:33:05,37	106.	0:32:59,66	107.
636	John	Morris	Male	63.	Male 21-34	24.		0:33:05,37	107.	0:32:59,65	106.
718	Matthew	Pearson	Male	64.	Male 12-20	8.		0:33:09,37	108.	0:32:55,15	105.
620	Ceri	Nursaw	Female	45.	Female 45-49	5.		0:33:13,82	109.	0:33:06,55	110.
685	Jessica	Jones	Female	46.	Female 21-34	15.	Denbigh Harriers	0:33:18,07	110.	0:33:07,84	112.
686	Ian	Jones	Male	65.	Male 55-59	3.	Denbigh Harriers	0:33:18,25	111.	0:33:07,97	113.
715	Hayley	Batley	Female	47.	Female 35-39	9.		0:33:18,97	112.	0:33:07,37	111.
714	Sarah Jane	Green	Female	48.	Female 21-34	16.		0:33:19,15	113.	0:33:01,71	109.
609	Laura	Millward	Female	49.	Female 45-49	6.		0:33:27,19	114.	0:33:24,01	118.
673	Philip	Morris	Male	66.	Male 45-49	5.		0:33:29,60	115.	0:33:16,10	114.
615	Matthew	Valentine	Male	67.	Male 21-34	25.		0:33:30,19	116.	0:33:21,04	115.
619	Jack	Valentine	Male	68.	Male 12-20	9.		0:33:30,24	117.	0:33:21,21	116.
775	Cheryl	Corran	Female	50.	Female 45-49	7.		0:33:41,59	118.	0:33:23,13	117.
640	Aine	Brady	Female	51.	Female 21-34	17.		0:33:42,43	119.	0:33:26,27	119.
720	Lauren	Mcintyre	Female	52.	Female 12-20	2.		0:33:43,06	120.	0:33:26,68	120.
675	Chris	Burton	Male	69.	Male 40-44	12.		0:33:52,16	121.	0:33:32,48	121.
629	William	Quinn	Male	70.	Male 45-49	6.		0:34:06,32	122.	0:33:56,47	123.
731	Helen	Povey Jones	Female	53.	Female 40-44	13.		0:34:07,65	123.	0:33:52,21	122.
633	Chris	Caffery	Male	71.	Male 40-44	13.		0:34:07,87	124.	0:34:04,31	124.
737	Elin	Henstock	Female	54.	Female 12-20	3.		0:34:12,70	125.	0:34:06,10	125.
625	Myfanwy	Williams	Female	55.	Female 40-44	14.		0:34:23,63	126.	0:34:06,56	126.
747	Melys	Thonas	Female	56.	Female 12-20	4.		0:34:34,85	127.	0:34:28,36	127.
788	Elin	Watson	Female	57.	Female 12-20	5.		0:34:35,14	128.	0:34:28,71	128.
645	Gemma	Muia	Female	58.	Female 35-39	10.		0:34:42,41	129.	0:34:37,02	129.
692	Finn	Rowlands	Male	72.	Male 12-20	10.		0:34:57,33	130.	0:34:41,75	130.
691	Abi	Rosenbloom	Female	59.	Female 40-44	15.		0:34:58,91	131.	0:34:43,47	131.
661	Hayley	Falconer	Female	60.	Female 21-34	18.		0:35:17,77	132.	0:35:11,02	135.
660	Wesley	Clarke	Male	73.	Male 21-34	26.		0:35:18,21	133.	0:35:11,13	136.
717	Hayley	Pearson	Female	61.	Female 45-49	8.		0:35:19,97	134.	0:35:06,15	132.
709	Tilly	Bennett	Female	62.	Female 12-20	6.		0:35:24,44	135.	0:35:07,56	133.
710	David	Bennett	Male	74.	Male 45-49	7.		0:35:26,50	136.	0:35:09,42	134.
724	Lisa	Parry	Female	63.	Female 40-44	16.		0:35:33,20	137.	0:35:21,20	137.
711	Rio	Rogers	Female	64.	Female 21-34	19.		0:35:33,20	138.	0:35:21,60	138.
663	Paul	Ford	Male	75.	Male 50-54	3.	Ukrunchat	0:35:46,37	139.	0:35:32,10	139.
662	Victoria	Ford	Female	65.	Female 40-44	17.	Uk Run Chat	0:35:46,49	140.	0:35:32,22	140.
690	Janet	Cahill	Female	66.	Female 45-49	9.		0:35:56,39	141.	0:35:50,08	143.
781	Terrie	Jones	Female	67.	Female 21-34	20.		0:35:56,55	142.	0:35:43,51	141.
761	Joanne	Acton	Female	68.	Female 35-39	11.		0:35:57,19	143.	0:35:44,40	142.
817	Janet	Selbie	Female	69.	Female 50-54	2.		0:36:57,51	144.	0:36:41,81	144.
670	Sian	Williams	Female	70.	Female 21-34	21.		0:36:57,95	145.	0:36:42,07	145.
760	Ffion	Jones	Female	71.	Female 21-34	22.		0:37:12,85	146.	0:36:58,46	146.
664	Jasmine	Truesdale	Female	72.	Female 21-34	23.		0:37:23,77	147.	0:37:09,29	147.
778	Lucy	Morris	Female	73.	Female 21-34	24.		0:37:26,75	148.	0:37:16,12	148.
657	Michelle	Davies	Female	74.	Female 50-54	3.		0:37:34,16	149.	0:37:27,87	151.
699	Joanne	Parker	Female	75.	Female 35-39	12.		0:37:35,13	150.	0:37:22,63	150.
695	Steph	Rodgers	Female	76.	Female 40-44	18.		0:37:38,04	151.	0:37:30,11	152.
725	Karese	Searle	Female	77.	Female 21-34	25.		0:37:38,42	152.	0:37:19,78	149.
739	Catherine	Hughes	Female	78.	Female 21-34	26.		0:37:50,65	153.	0:37:35,08	153.
740	Claire	Hughes	Female	79.	Female 21-34	27.		0:37:52,99	154.	0:37:37,65	154.
732	Nia	Ellis	Female	80.	Female 40-44	19.		0:37:54,35	155.	0:37:39,02	155.
825	Lynne	Grundy	Female	81.	Female 55-59	3.		0:38:13,64	156.	0:38:05,85	156.
684	Elen	Wynn-Townley	Female	82.	Female 21-34	28.		0:38:16,10	157.	0:38:09,15	157.
696	Nicky	Jones	Female	83.	Female 45-49	10.		0:38:23,01	158.	0:38:15,30	158.
639	Rowena	Leyland	Female	84.	Female 35-39	13.		0:39:05,11	159.	0:38:47,45	159.
641	Lois	Roberts	Female	85.	Female 21-34	29.		0:39:05,11	160.	0:38:48,41	160.
678	Shilpa	Manupati	Female	86.	Female 35-39	14.		0:39:30,74	161.	0:39:19,07	161.
607	Leah	Davies	Female	87.	Female 35-39	15.		0:40:04,56	162.	0:39:54,90	162.
606	Julie	Logan	Female	88.	Female 45-49	11.	Prestatyn Running Club	0:40:04,78	163.	0:39:55,04	163.
787	Rhian	Kember	Female	89.	Female 21-34	30.		0:40:14,29	164.	0:40:02,38	164.
769	Stephanie	Hollins	Female	90.	Female 35-39	16.	Potters Trotters	0:40:16,76	165.	0:40:06,66	165.
818	Rachel	Morgans	Female	91.	Female 35-39	17.		0:41:03,58	166.	0:40:44,99	166.
623	Jane	Edwards	Female	92.	Female 45-49	12.		0:41:55,04	167.	0:41:41,66	167.
755	Stephen	Pearce	Male	76.	Male 45-49	8.		0:41:55,18	168.	0:41:41,81	168.
605	Peter	Furnival	Male	77.	Male 45-49	9.		0:42:15,04	169.	0:41:58,47	169.
608	Tony	Furnival	Male	78.	Male 40-44	14.		0:42:15,30	170.	0:41:59,14	170.
654	Nicola	Sciarrillo	Female	93.	Female 40-44	20.		0:42:40,34	171.	0:42:28,08	172.
653	James	Sciarrillo	Male	79.	Male 12-20	11.		0:42:40,46	172.	0:42:27,80	171.
638	John	Sparrow	Male	80.	Male 55-59	4.		0:43:02,79	173.	0:42:51,49	173.
637	Steven	Evans	Male	81.	Male 50-54	4.		0:43:03,04	174.	0:42:51,57	174.

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Gender/AG Results 5k

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
814	Claire	Shore	Female	94.	Female 35-39	18.		0:43:48,09	175.	0:43:43,10	176.
622	Holly	Walsh	Female	95.	Female 21-34	31.		0:43:48,11	176.	0:43:37,23	175.
634	Rachel	Caffery	Female	96.	Female 40-44	21.		0:43:50,03	177.	0:43:46,56	177.
813	Mary	Nightingale	Female	97.	Female 35-39	19.		0:45:48,77	178.	0:45:43,98	178.
671	Rachel	Baldwin	Female	98.	Female 21-34	32.		0:55:45,15	179.	0:55:36,73	179.

Number of records: 179