

# Caernarfon 10km 2019

## Gender/AG Results

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
193	Russell	Bentley	Male	1.	Male 35-39	1.	Eryri Harriers	0:32:24,22	1.	0:32:23,38	1.
31	Owen	Roberts	Male	2.	Male 20-22	1.	Hebo	0:32:57,08	2.	0:32:55,38	2.
162	Tomos	Roberts	Male	3.	Male 23-34	1.	Meirionydd	0:33:38,96	3.	0:36:05,08	9.
150	Steffan	Sayer	Male	4.	Male 35-39	2.	Menai Track And Field	0:33:51,29	4.	0:33:49,84	3.
26	Jonathan	Kettle	Male	5.	Male 45-49	1.	North Wales Road Runners Club	0:34:24,41	5.	0:34:23,34	4.
151	Louis	Guest	Male	6.	Male 12-19	1.	Eryri Harriers	0:34:44,81	6.	0:34:42,36	5.
12	Ian	Edwards	Male	7.	Male 35-39	3.	Eryri Harriers	0:34:58,94	7.	0:34:57,64	6.
172	Owain	Schiavone	Male	8.	Male 35-39	4.	Eryri Harriers	0:35:28,43	8.	0:35:26,98	7.
144	Stephen	Hall	Male	9.	Male 23-34	2.	Stainland Lions	0:35:44,45	9.	0:35:42,20	8.
120	Dilwyn	Powell-Jones	Male	10.	Male 35-39	5.		0:36:07,85	10.	0:36:05,92	10.
125	Stevep	Forsyth	Male	11.	Male 35-39	6.	Prestatyn Running Club	0:36:27,22	11.	0:36:25,63	11.
188	Sam	Liddell	Male	12.	Male 35-39	7.		0:36:47,00	12.	0:39:12,51	18.
87	Darren	Blazier	Male	13.	Male 45-49	2.	Abergele Harriers	0:37:41,84	13.	0:37:39,65	12.
180	Paul	Wathan	Male	14.	Male 23-34	3.	Eryri Harriers	0:37:57,35	14.	0:37:55,16	13.
57	Tony	Price-Jones	Male	15.	Male 35-39	8.	North Wales Road Runner	0:38:09,20	15.	0:38:07,49	14.
133	Michael	Coyne	Male	16.	Male 45-49	3.	Eryri Harriers	0:38:42,90	16.	0:39:52,65	22.
169	Jason	Thomas	Male	17.	Male 45-49	4.	Cybi Striders	0:38:51,23	17.	0:38:49,25	15.
86	Sean	Hughes	Male	18.	Male 20-22	2.		0:38:57,70	18.	0:38:55,39	16.
89	Dion	Griffith	Male	19.	Male 12-19	2.	Menai Track And Field	0:39:03,37	19.	0:39:01,97	17.
154	John	Davies	Male	20.	Male 23-34	4.	Eryri Harriers	0:39:22,29	20.	0:39:19,99	19.
174	Troy	Kettle	Male	21.	Male 12-19	3.	Nwrrc	0:39:31,35	21.	0:39:27,21	20.
112	Aaron	Griffiths	Male	22.	Male 23-34	5.		0:39:47,81	22.	0:39:44,66	21.
65	Chris	Thomas	Male	23.	Male 35-39	9.	Cybi Striders	0:39:55,31	23.	0:39:53,24	23.
196	Irfon	Rowlands	Male	24.	Male 50-54	1.	Cybi Striders	0:40:24,51	24.	0:48:41,47	80.
186	Mike	Robbins	Male	25.	Male 55-59	1.	Wrexham Ac	0:40:36,87	25.	0:40:33,52	24.
163	Elliw	Haf	Female	1.	Female 23-34	1.	Eryri Harriers	0:40:53,99	26.	0:40:51,11	25.
27	Steven	Roberts	Male	26.	Male 50-54	2.	Nwrrc	0:40:59,01	27.	0:40:55,99	26.
197	Gethin	Thomas	Male	27.	Male 40-44	1.	Eryri Harriers	0:41:16,31	28.	0:41:14,61	28.
164	Stephen	Mills	Male	28.	Male 45-49	5.	Gog Triathlon	0:41:18,20	29.	0:41:12,11	27.
153	Ali	Chant	Male	29.	Male 45-49	6.	Eryri	0:41:29,78	30.	0:41:26,69	29.
155	Peter	Jones	Male	30.	Male 40-44	2.	Cybi Striders	0:41:44,09	31.	0:41:40,94	30.
168	Simon	Bonfield	Male	31.	Male 50-54	3.	Abergele Harriers	0:41:53,55	32.	0:41:50,09	31.
5	Owen	Pooley	Male	32.	Male 23-34	6.		0:41:57,17	33.	0:41:52,64	32.
109	Rob	Kennard	Male	33.	Male 50-54	4.	Triks	0:42:19,40	34.	0:42:13,70	33.
161	David	Baugh	Male	34.	Male 55-59	2.	Denbigh Harriers	0:42:47,58	35.	0:42:41,86	34.
82	Andrew	Parker	Male	35.	Male 40-44	3.		0:42:52,81	36.	0:42:47,36	35.
100	Joseph	Matthews	Male	36.	Male 40-44	4.	Betsi Runaways	0:43:06,69	37.	0:43:03,02	36.
143	Russell	Williams	Male	37.	Male 45-49	7.	Eryri Harriers	0:43:28,07	38.	0:43:25,30	37.
198	Jody	Cain	Female	2.	Female 12-19	1.	Eryri Harriers	0:43:29,65	39.	0:43:26,76	38.
138	Rachel	Shipley	Female	3.	Female 23-34	2.	Abergele Harriers	0:43:32,06	40.	0:43:29,29	39.
46	Nick	McCloughlain	Male	38.	Male 50-54	5.		0:43:41,68	41.	0:43:36,83	40.
11	Ben	Hudson	Male	39.	Male 40-44	5.	North Wales Road Runners	0:43:47,29	42.	0:43:42,50	41.
19	Nick	Pendleton	Male	40.	Male 45-49	8.	Didsbury Runners	0:43:54,15	43.	0:43:49,75	42.
35	Medwyn	Roberts	Male	41.	Male 40-44	6.		0:43:56,24	44.	0:43:52,39	43.
33	Huw	Hughes	Male	42.	Male 35-39	10.		0:44:22,41	45.	0:44:19,20	44.
146	Charlotte	Pollock	Female	4.	Female 40-44	1.		0:44:26,49	46.	0:44:21,56	45.
171	Jaclyn	Artist	Female	5.	Female 35-39	1.	Eryri Harriers	0:44:27,72	47.	0:44:22,01	46.
167	Jasmin	Sharp	Female	6.	Female 35-39	2.	Eryri Harriers	0:44:28,85	48.	0:44:22,62	47.
187	Karl	Morris	Male	43.	Male 35-39	11.	Nwrrc	0:44:36,55	49.	0:44:26,25	48.
72	Oggy	East	Male	44.	Male 50-54	6.	Betsi Runaways	0:44:40,23	50.	0:48:00,15	72.
170	William	Miller	Male	45.	Male 35-39	12.	Eryri Harriers	0:44:46,81	51.	0:44:39,68	49.
178	Dylan Llyr	Jones	Male	46.	Male 40-44	7.		0:44:51,11	52.	0:48:38,33	79.
4	Rich	Williams	Male	47.	Male 23-34	7.		0:45:18,78	53.	0:45:15,15	50.
166	Jo	Lawrence	Male	48.	Male 45-49	9.	British Triathlon	0:45:24,85	54.	0:45:19,35	51.
30	Daniel	Owens	Male	49.	Male 23-34	8.	North Wales Road Runners	0:45:32,26	55.	0:45:23,39	52.
17	Carla	Green	Female	7.	Female 45-49	1.	North Wales Road Runners	0:45:32,44	56.	0:45:23,58	53.
152	Ian	Hughes	Male	50.	Male 23-34	9.		0:45:46,96	57.	0:45:42,55	55.
157	Dewi	Roberts	Male	51.	Male 23-34	10.	Cybi Striders	0:45:47,70	58.	0:45:35,19	54.
105	Griffith Sion	Davies	Male	52.	Male 23-34	11.		0:46:03,75	59.	0:46:01,06	57.
95	Gwyndaf	Parry	Male	53.	Male 35-39	13.	Cybi Striders	0:46:13,26	60.	0:45:59,97	56.
102	Helen	Macarthur	Female	8.	Female 50-54	1.	Gog	0:46:15,73	61.	0:46:09,04	58.
60	Roland	Thomas	Male	54.	Male 45-49	10.		0:46:22,43	62.	0:46:15,22	59.
136	Colin	Goulder	Male	55.	Male 35-39	14.		0:46:28,08	63.	0:46:20,01	60.
159	Helen	Blair	Female	9.	Female 50-54	2.	Eryri Harriers	0:46:30,85	64.	0:46:26,84	61.
128	Emyr	Davies	Male	56.	Male 75-79	1.	Rhedwyr Hebog	0:46:34,07	65.	0:46:31,88	62.
20	Cerian	Evens	Female	10.	Female 45-49	2.		0:47:01,29	66.	0:46:53,76	63.
13	Gareth	Southworth	Male	57.	Male 50-54	7.	Cybi Striders	0:47:19,59	67.	0:47:15,07	64.
67	Ramon	Navas	Male	58.	Male 40-44	8.		0:47:22,55	68.	0:50:12,82	95.
179	Gemma	Wathan	Female	11.	Female 23-34	3.	Eryri Harriers	0:47:25,26	69.	0:47:16,81	65.
63	Ioan	Hartleb	Male	59.	Male 23-34	12.		0:47:31,69	70.	0:47:17,88	66.
84	Darren	Seeney	Male	60.	Male 50-54	8.	Cybi Striders	0:47:38,93	71.	0:47:27,62	67.
92	Jo	Alexander	Female	12.	Female 35-39	3.		0:47:47,97	72.	0:47:44,51	70.
107	Cory	Williams	Male	61.	Male 23-34	13.		0:47:48,59	73.	0:47:42,28	69.
106	Mari	Lois	Female	13.	Female 40-44	2.	Betsi Runaways	0:48:00,17	74.	0:47:42,12	68.
34	Ryan	Davies	Male	62.	Male 23-34	14.		0:48:10,69	75.	0:48:06,74	73.
173	Duncan	Jones	Male	63.	Male 60-64	1.	Denbigh Harriers	0:48:16,32	76.	0:48:09,05	74.
76	Andy	Clark	Male	64.	Male 50-54	9.	Prestatyn Running Club	0:48:18,63	77.	0:47:58,95	71.
183	Hannah	Garnett	Female	14.	Female 20-22	1.	Prestatyn Rc	0:48:24,02	78.	0:48:09,87	75.
43	Eurwyn	Edwards	Male	65.	Male 65-69	1.	Eryri Harriers	0:48:28,47	79.	0:48:23,30	76.
181	Gilbert	Gillan	Male	66.	Male 65-69	2.		0:48:34,67	80.	0:48:30,34	78.
175	Nicola	Wylie	Female	15.	Female 50-54	3.		0:48:35,24	81.	0:48:28,65	77.
96	Hannah	Griffith	Female	16.	Female 45-49	3.	Nwrrc	0:48:56,02	82.	0:48:47,37	81.
9	Richie	Williams	Male	67.	Male 50-54	10.		0:49:14,58	83.	0:49:09,53	84.
59	Hayley	Price-Jones	Female	17.	Female 40-44	3.	Gogs	0:49:14,79	84.	0:49:08,44	83.
8	Donald	Hale	Male	68.		1.	North Wales Road Running Club	0:49:15,98	85.	0:49:12,13	85.
149	Lynda	Jones	Female	18.	Female 50-54	4.		0:49:18,91	86.	0:49:04,12	82.
42	Vicky	Darby-Brown	Female	19.	Female 40-44	4.	Btrr	0:49:36,08	87.	0:49:30,25	89.

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Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
147	Medwen	Williams	Female	20.	Female 45-49	4.		0:49:39,69	88.	0:49:24,90	86.
123	Gareth	Jones	Male	69.	Male 40-44	9.		0:49:43,84	89.	0:49:30,23	88.
191	Jason	Lochwood	Male	70.	Male 23-34	15.		0:49:45,23	90.	0:49:27,38	87.
22	Meilyr	Emrys	Male	71.	Male 35-39	15.		0:49:51,81	91.	0:49:45,12	90.
58	Sara	Tuck	Female	21.	Female 35-39	4.	Gog Triathlon	0:49:57,90	92.	0:49:51,55	91.
126	Enlli	Jones	Female	22.	Female 23-34	4.		0:50:05,62	93.	0:49:56,13	92.
131	Nia	Williams	Female	23.	Female 45-49	5.		0:50:10,74	94.	0:49:56,47	93.
177	Gareth	Huhes	Male	72.	Male 70-74	1.	Prestatyn Rc	0:50:16,44	95.	0:54:10,23	125.
132	Pwyll	Ap Sion	Male	73.	Male 50-54	11.		0:50:17,57	96.	0:50:02,78	94.
104	Laurie	Griffith	Female	24.	Female 45-49	6.	Gog Triathlon	0:50:29,95	97.	0:50:23,39	96.
52	Kelly	Allford	Female	25.	Female 35-39	5.	North Wales Road Runners	0:50:43,77	98.	0:50:30,95	97.
182	Kevin	Higgins	Male	74.	Male 55-59	3.	Nwrrc	0:50:47,13	99.	0:50:36,64	100.
47	Gwilym	Williams	Male	75.	Male 70-74	2.		0:50:49,53	100.	0:50:34,69	99.
110	Daniel	Mercade	Male	76.	Male 50-54	12.		0:50:49,87	101.	0:50:32,49	98.
7	Helen	Hannam	Female	26.	Female 40-44	5.	North Wales Road Runners	0:51:01,53	102.	0:50:58,88	101.
192	Carl	Machin	Male	77.	Male 40-44	10.		0:51:12,39	103.	0:51:00,74	102.
16	Douglas	Graham	Male	78.	Male 40-44	11.	Black Cloak Runners	0:51:14,76	104.	0:51:07,23	103.
56	Jackie	Timms	Female	27.	Female 50-54	5.	Sphinx Ac	0:51:29,17	105.	0:51:24,00	104.
55	Mitch	Timms	Male	79.	Male 60-64	2.	Sphinx Ac	0:51:29,61	106.	0:51:24,05	105.
129	Katie	Wilby	Female	28.	Female 40-44	6.	Eryri Harriers	0:51:42,40	107.	0:51:25,23	106.
98	Carys	Davies	Female	29.	Female 40-44	7.	Denbigh Harriers	0:51:44,66	108.	0:51:29,67	107.
114	Stuart	Coe	Male	80.	Male 65-69	3.	Beaumont Running Club	0:51:54,35	109.	0:51:38,46	108.
130	Victoria	Roberts	Female	30.	Female 45-49	7.	Btrr	0:51:54,80	110.	0:51:39,35	109.
6	Annes	Williams	Female	31.	Female 35-39	6.		0:51:59,56	111.	0:54:38,06	129.
73	Rhian	Harper Owen	Female	32.	Female 45-49	8.	Cybi Striders	0:52:05,37	112.	0:51:54,30	110.
199	Cherie	Duffy	Female	33.	Female 23-34	5.	Cybi Striders	0:52:27,44	113.	0:52:15,91	112.
148	Katharine	Prestwich	Female	34.	Female 23-34	6.	Prestatyn Rc	0:52:33,32	114.	0:52:13,59	111.
29	Paul	Williams	Male	81.	Male 40-44	12.	Cybi Striders	0:52:40,37	115.	0:52:30,34	113.
37	Catrin	Elis	Female	35.	Female 23-34	7.		0:52:48,28	116.	0:52:44,87	114.
23	Dafydd	Emrys	Male	82.	Male 35-39	16.		0:52:54,29	117.	0:52:46,70	116.
142	Paul	Maitland	Male	83.	Male 50-54	13.	Cybi Striders	0:53:02,25	118.	0:52:52,16	118.
176	Arwel	Owen	Male	84.	Male 35-39	17.		0:53:02,79	119.	0:52:51,77	117.
36	Chris	Guare	Male	85.	Male 23-34	16.		0:53:05,29	120.	0:52:46,00	115.
50	Michelle	Morris	Female	36.	Female 23-34	8.		0:53:11,35	121.	0:53:00,72	120.
111	Jemma	Zalot-Sankey	Female	37.	Female 40-44	8.	Beaumaris Town Road Runners	0:53:13,34	122.	0:52:57,05	119.
165	Jordan	Lewis	Male	86.	Male 23-34	17.		0:53:29,79	123.	0:56:21,15	137.
75	Sara	Sawicz	Female	38.	Female 23-34	9.	Cybi Striders	0:53:32,54	124.	0:53:21,79	121.
1	Barry	Smith	Male	87.	Male 35-39	18.	Cybi Striders	0:53:32,92	125.	0:53:22,17	122.
15	Laura	Mckenzie	Female	39.	Female 40-44	9.	Betsi Runaways	0:53:59,18	126.	0:53:51,33	123.
108	Phil	Roberts	Male	88.	Male 45-49	11.		0:54:10,89	127.	0:53:56,93	124.
160	Menai	Baugh	Female	40.	Female 60-64	1.	Denbigh Harriers	0:54:28,29	128.	0:54:21,36	126.
51	Brian	Robbins	Male	89.	Male 75-79	2.	Eryri Harriers	0:54:34,82	129.	0:54:27,15	128.
10	Cai	Roberts	Male	90.	Male 35-39	19.	North Wales Road Runners	0:54:40,71	130.	0:54:26,96	127.
64	Emlyn	Jones	Male	91.	Male 40-44	13.		0:54:49,68	131.	0:54:41,97	130.
189	Pam	Grant	Female	41.		1.		0:55:21,38	132.	0:55:11,83	132.
97	Carole	Richardson	Female	42.	Female 40-44	10.	Beaumaris Town Road Runners	0:55:26,72	133.	0:55:09,73	131.
127	Nia Meleri	Edwards	Female	43.	Female 23-34	10.		0:55:35,38	134.	0:55:19,04	133.
88	Helen	Alefounder	Female	44.	Female 45-49	9.	Prestatyn Rc	0:56:16,10	135.	0:55:56,37	134.
121	Cara	Jones	Female	45.	Female 45-49	10.	Prestatyn Rc	0:56:34,16	136.	0:56:13,85	135.
156	Carolyn	Samuel	Female	46.	Female 23-34	11.	Betsi Runaways	0:56:37,46	137.	0:56:19,21	136.
200	Rachel	Jarvis	Female	47.	Female 23-34	12.		0:56:37,58	138.	0:56:26,25	138.
25	Sophie	Steventon	Female	48.	Female 23-34	13.		0:56:50,93	139.	0:59:33,18	152.
85	Paul	Jones	Male	92.	Male 40-44	14.	Rhedwyr Hebog Runners	0:56:55,53	140.	1:01:21,26	163.
103	Thomas	Hampson	Male	93.	Male 23-34	18.		0:57:36,02	141.	1:00:00,75	157.
134	Julie	Griffith	Female	49.	Female 23-34	14.		0:57:46,71	142.	0:57:33,57	139.
135	Steven	Jones	Male	94.	Male 55-59	4.		0:57:58,24	143.	0:57:45,51	140.
158	Darren	Thomas	Male	95.	Male 45-49	12.		0:57:58,99	144.	0:57:50,80	142.
184	Jan	Garnett	Male	96.	Male 50-54	14.	Prestatyn Rc	0:58:09,08	145.	0:57:48,44	141.
93	Malcolm	Fisher	Male	97.	Male 55-59	5.		0:58:29,33	146.	0:58:15,36	143.
116	Mari	Jones-Evans	Female	50.	Female 23-34	15.		0:58:48,09	147.	0:58:35,92	144.
61	Roger	Harrison-Jones	Male	98.	Male 80+	1.	Prestatyn	0:58:58,91	148.	0:58:52,68	147.
117	Pauline	Basquill	Female	51.	Female 60-64	2.	Llamyr Llyn Striders	0:59:09,07	149.	0:58:51,02	145.
70	Clare	Panton	Female	52.	Female 45-49	11.		0:59:10,84	150.	0:58:52,41	146.
101	Leanne	Matthews	Female	53.	Female 35-39	7.	Betsi Runaways	0:59:13,99	151.	0:58:56,54	148.
32	Gwyn	Williams	Male	99.	Male 55-59	6.		0:59:16,64	152.	0:58:57,17	149.
124	Sarah	Kennard	Female	54.	Female 45-49	12.	Black Country Triathletes	0:59:20,90	153.	0:59:11,05	150.
78	Zoe	Roberts	Female	55.	Female 40-44	11.	Porth Eirias Runners	0:59:28,77	154.	0:59:16,52	151.
119	Philip	Hardy	Male	100.	Male 60-64	3.	Beaumaris Town. Road Runners	0:59:36,94	155.	0:59:33,40	153.
40	Kathryn	Roberts	Female	56.	Female 45-49	13.	Rhedwyr Hebog Runners	0:59:55,44	156.	0:59:40,14	154.
137	Rebecca	Roberts	Female	57.	Female 35-39	8.	Eryri	1:00:07,54	157.	0:59:48,73	155.
39	James	Jackson	Male	101.	Male 35-39	20.	Lonely Goat Running Club	1:00:09,77	158.	0:59:49,12	156.
69	Jackie	Pottle	Female	58.	Female 55-59	1.	Prestatyn Rc	1:00:18,64	159.	1:03:46,60	174.
118	Ffion	Verburb	Female	59.	Female 55-59	2.	Beaumaris Town Road Runners	1:00:20,36	160.	1:00:04,85	158.
44	Vivienne	Edwards	Female	60.	Female 60-64	3.	Eryri Harriers	1:00:28,06	161.	1:03:37,09	173.
113	Nia	Maloney	Female	61.	Female 50-54	6.		1:00:34,89	162.	1:00:18,81	159.
145	James	Thomas	Male	102.	Male 75-79	3.	Buckley Runners	1:00:57,34	163.	1:00:44,25	160.
68	Gillian	Jones	Female	62.	Female 35-39	9.		1:01:02,32	164.	1:00:52,77	161.
94	Colin	Fisher	Male	103.	Male 60-64	4.		1:01:11,43	165.	1:00:57,56	162.
66	Marta	Estanga	Female	63.	Female 23-34	16.		1:01:15,72	166.	1:04:04,03	176.
80	Alun	Roberts	Male	104.	Male 45-49	13.		1:01:38,78	167.	1:01:28,69	164.
54	Rachel	Morris	Female	64.	Female 35-39	10.	North Wales Road Runners	1:01:52,31	168.	1:01:40,22	165.
122	Wiam	Wiams	Male	105.	Male 45-49	14.		1:02:01,36	169.	1:01:55,91	167.
28	Lucy	Williams	Female	65.	Female 40-44	12.	Cybi Striders	1:02:05,53	170.	1:01:48,84	166.
141	Sonja	Griffiths	Female	66.	Female 55-59	3.		1:03:02,64	171.	1:02:45,79	168.
14	Nigel	Jones	Male	106.	Male 55-59	7.	Cybi Striders	1:03:06,38	172.	1:02:52,83	170.
115	Richard	Furniss	Male	107.	Male 35-39	21.	Cybi Striders	1:03:07,27	173.	1:02:51,70	169.
71	Bethan	Lunn	Female	67.	Female 45-49	14.	Prestatyn Rc	1:03:20,49	174.	1:06:49,07	183.

## Caernarfon 10km 2019

### Gender/AG Results

Bib	Forename	Surname	Gender	Pos	Category	Pos	Club	Gun Time	Pos	Chip Time	Pos
139	Celia	Free	Female	68.	Female 45-49	15.	Gog Triathlon	1:03:29,80	175.	1:03:12,88	171.
195	Liz	Bossingham	Female	69.	Female 35-39	11.		1:03:44,98	176.	1:03:33,74	172.
62	Kerry	Jones	Female	70.	Female 35-39	12.		1:04:13,00	177.	1:03:58,07	175.
140	Sarah	Marriott	Female	71.	Female 40-44	13.	Gog Triathlon	1:04:31,52	178.	1:04:14,66	177.
48	Sue	Eckersley	Female	72.	Female 55-59	4.		1:04:56,72	179.	1:04:47,23	178.
38	Caroline	Scaletta	Female	73.	Female 45-49	16.		1:05:03,93	180.	1:04:51,20	179.
53	Helen	Wilcock	Female	74.	Female 45-49	17.		1:05:22,04	181.	1:05:14,20	180.
18	Iestyn	Jones	Male	108.	Male 40-44	15.		1:05:40,47	182.	1:05:35,83	181.
21	Hazel	Robbins	Female	75.	Female 55-59	5.	Eryri Harriers	1:06:06,25	183.	1:05:56,76	182.
77	Robert	Fryer	Male	109.	Male 65-69	4.	North Wales Road Runners	1:07:01,63	184.	1:06:54,87	184.
194	Jaimie	Whiteley	Female	76.	Female 23-34	17.		1:08:43,58	185.	1:08:25,81	185.
99	Gemma	Williams	Female	77.	Female 35-39	13.	Beaumaris Town Road Runners	1:09:18,97	186.	1:09:03,08	186.
190	Rhona	Davies	Female	78.	Female 70-74	1.		1:09:27,47	187.	1:12:49,43	192.
3	Lisa	Hampson	Female	79.	Female 45-49	18.		1:09:57,21	188.	1:09:44,96	187.
2	Sharon	Richards	Female	80.	Female 55-59	6.		1:09:57,27	189.	1:09:45,37	188.
83	Josie	Rhisiart	Female	81.	Female 45-49	19.	Cybi Striders	1:10:27,80	190.	1:10:11,92	189.
74	Pat	Wilson	Female	82.	Female 55-59	7.	Cybi Striders	1:10:27,98	191.	1:10:12,28	190.
45	Abigail	Chua	Female	83.	Female 20-22	2.		1:10:54,68	192.	1:10:45,14	191.
81	Suzanne	Evans	Female	84.	Female 45-49	20.	Prestatyn Rc	1:15:21,59	193.	1:15:02,92	193.
79	Julie	Evans	Female	85.	Female 55-59	8.	Prestatyn Rc	1:15:49,89	194.	1:15:31,16	194.
185	Rob	Samuel	Male	110.	Male 23-34	19.	Eryri Harriers	1:18:08,36	195.	1:18:06,98	196.
91	Nicholas	Owen	Male	111.	Male 40-44	16.		1:18:09,99	196.	1:17:50,92	195.
41	Steven	Brown	Male	DSQ	Male 45-49	DSQ	Prestatyn Rc	0:13:36,44	DSQ	0:13:22,30	DSQ

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