

# Rhyl 10k

## Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
10k									
294	Gavin Stuart	M	1.	Male 35-39	1.	(Llangefni)	00:34:06	00:34:09	1.
323	Steffan Sayer	M	2.	Male 40-44	1.	(Caernarfon)	00:34:41	00:34:44	2.
147	Ben Williams	M	3.	Male 21-34	1.	(Holywell)	00:36:32	00:36:36	3.
267	Ifan Jones	M	4.	Male 21-34	2.	(Holyhead)	00:37:09	00:37:13	4.
130	William Williams	M	5.	Male 50-54	1.	(Penmaenmawr)	00:37:33	00:37:36	5.
339	Oshi Adey-Davies	M	6.	Male 12-20	1.	(Colwyn Bay)	00:37:44	00:37:48	6.
206	Rob Evans	M	7.	Male 35-39	2.	(Colwyn Bay)	00:37:55	00:38:01	7.
295	Christopher Francis	M	8.	Male 35-39	3.	(Ferryside)	00:38:03	00:38:06	8.
232	Millie Hannant	F	1.	Female 12-20	1.	(Ruthin)	00:38:11	00:38:17	9.
5	Mike Holroyd	M	9.	Male 35-39	4.		00:38:29	00:38:33	10.
304	Nick Rose	M	10.	Male 50-54	2.	(WARRINGTON)	00:38:53	00:38:57	11.
168	Steven Gardner	M	11.	Male 60-64	1.	(Conwy)	00:39:18	00:39:23	12.
227	Joey Davies	M	12.	Male 21-34	3.	(Flint)	00:39:35	00:39:40	13.
4	Peter Lowe	M	13.	Male 50-54	3.		00:39:35	00:39:42	14.
180	Rhodri Williams	M	14.	Male 35-39	5.	(Llanfairpwllgwyngyll)	00:39:56	00:40:06	15.
303	Thomas Williams	M	15.	Male 12-20	2.	(Flint)	00:40:34	00:40:43	16.
316	Adam Hesp	M	16.	Male 21-34	4.	(Wrexham)	00:40:52	00:40:58	17.
145	Alan Ilsley	M	17.	Male 35-39	6.	(Abergele)	00:40:56	00:41:01	18.
58	Connor Shackleton	M	18.	Male 21-34	5.	(St Asaph)	00:40:53	00:41:02	19.
340	Grace Williams	F	2.	Female 21-34	1.	Army triathlon	00:41:03	00:41:05	20.
331	Andy Clarke	M	19.	Male 65-69	1.	(Oswestry)	00:41:02	00:41:09	21.
66	Daniel Williams	M	20.	Male 35-39	7.	(Abergele)	00:41:13	00:41:20	22.
3	Paul Ross	M	21.	Male 45-49	1.		00:41:28	00:41:34	23.
118	Daniel Jones	M	22.	Male 35-39	8.	(Colwyn Bay)	00:41:33	00:41:40	24.
280	Damon John	M	23.	Male 21-34	6.	(Harlech)	00:41:40	00:41:47	25.
36	Gareth	M	24.	Male 21-34	7.	(Rhyl)	00:41:40	00:41:53	26.
265	Shane Jones	M	25.	Male 21-34	8.	(Caernarfon)	00:41:50	00:41:54	27.
301	Helen Davies	F	3.	Female 55-59	1.	(Wrexham)	00:42:01	00:42:06	28.
134	Carwyn Jones	M	26.	Male 35-39	9.	(Bangor)	00:42:07	00:42:16	29.
233	Aime Hannant	F	4.	Female 40-44	1.	(Ruthin)	00:42:15	00:42:20	30.
285	Glyn Jones	M	27.	Male 60-64	2.	(Holywell)	00:42:12	00:42:20	31.
144	Colin Ball	M	28.	Male 40-44	2.	(Caernarfon)	00:42:12	00:42:21	32.
272	Cian Parry	M	29.	Male 21-34	9.	(Conwy)	00:42:34	00:42:39	33.
337	Arwel Evans	M	30.	Male 21-34	10.	(Penysarn)	00:42:33	00:42:42	34.
279	Paul Jackson	M	31.	Male 40-44	3.	(Northwich)	00:42:32	00:42:42	35.
159	Sam Davies	M	32.	Male 35-39	10.	(WREXHAM)	00:42:37	00:42:45	36.
302	Lisa Lines	F	5.	Female 21-34	2.	(Rhyl)	00:42:43	00:42:48	37.
162	David Handley	M	33.	Male 45-49	2.	(Widnes)	00:42:38	00:42:50	38.
141	John Mcadam	M	34.	Male 35-39	11.	(Llandudno)	00:42:46	00:42:55	39.
250	Andrew Parry	M	35.	Male 40-44	4.	(Prestatyn)	00:42:57	00:43:02	40.
6	Tomos Hughes	M	36.	Male 21-34	11.		00:43:02	00:43:09	41.
338	Dave Watson	M	37.	Male 65-69	2.	(Warrington)	00:43:00	00:43:10	42.
298	Andrew Pritchard	M	38.	Male 21-34	12.	(Caernarfon)	00:43:00	00:43:11	43.
27	Clive Palmer	M	39.	Male 55-59	1.	(Crewe)	00:43:07	00:43:14	44.
71	Mal Preece	M	40.	Male 60-64	3.	(Colwyn Bay)	00:43:19	00:43:24	45.
325	Gabrielius Stuokus	M	41.	Male 21-34	13.	(Swansea)	00:43:28	00:43:34	46.
40	Simon Bonfield	M	42.	Male 50-54	4.	Prestatyn RC	00:43:37	00:43:41	47.
34	Gareth Owen	M	43.	Male 40-44	5.	(Colwyn Bay)	00:43:33	00:43:45	48.
306	Dean Allison	M	44.	Male 40-44	6.	(Colwyn Bay)	00:43:44	00:43:50	49.

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Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
172	Benjamin Davies	M	45.	Male 21-34	14.	(Deeside)	00:43:50	00:43:58	50.
329	John Jones	M	46.	Male 60-64	4.	(Abergele)	00:43:55	00:44:00	51.
51	Andy Morgan	M	47.	Male 50-54	5.	(Market Drayton)	00:44:00	00:44:06	52.
197	Geraint	M	48.	Male 40-44	7.	(Mold)	00:43:57	00:44:07	53.
305	Jonathan Keay	M	49.	Male 40-44	8.	(Warrington)	00:44:01	00:44:11	54.
235	Mark Jones	M	50.	Male 50-54	6.	(Oswestry)	00:44:11	00:44:19	55.
330	Craig Smith	M	51.	Male 50-54	7.	(Prestatyn)	00:44:23	00:44:27	56.
341	Jonathon Rees	M	52.	Male 21-34	15.		00:44:32	00:44:42	57.
18	Nigel Roberts	M	53.	Male 40-44	9.		00:44:34	00:44:45	58.
322	Dell Amson	M	54.	Male 21-34	16.	(Malpas)	00:44:39	00:44:49	59.
72	Gareth Jones	M	55.	Male 45-49	3.	(Gwynedd)	00:45:03	00:45:14	60.
175	Karl Mckenzie	M	56.	Male 45-49	4.	(Manchester)	00:45:04	00:45:18	61.
184	Neil Cooper	M	57.	Male 50-54	8.	(Chester)	00:45:12	00:45:20	62.
240	Richie Williams	M	58.	Male 55-59	2.	(Holyhead)	00:45:18	00:45:24	63.
87	Rebecca Canaway	F	6.	Female 35-39	1.	Saddleworth	00:45:24	00:45:30	64.
297	Darren Dentiith	M	59.	Male 50-54	9.	(Colwyn Bay)	00:45:28	00:45:36	65.
101	Carl Devonport	M	60.	Male 21-34	17.	(Llandudno)	00:45:24	00:45:39	66.
246	Paul Pritchard	M	61.	Male 50-54	10.	(Bangor)	00:45:41	00:45:51	67.
309	Kevin Clark	M	62.	Male 55-59	3.	(Holyhead)	00:45:52	00:45:59	68.
218	Wayne Diesel	M	63.	Male 60-64	5.	(Holywell)	00:45:45	00:46:04	69.
264	Dai Higgins	M	64.	Male 50-54	11.	(Oldham)	00:45:55	00:46:07	70.
86	Paul A Lyth	M	65.	Male 50-54	12.	(Deeside)	00:46:10	00:46:15	71.
333	Gethin Evans	M	66.	Male 40-44	10.	(LLanelwy)	00:46:11	00:46:18	72.
94	Chris Spindler	M	67.	Male 40-44	11.	(Holywell)	00:45:55	00:46:20	73.
229	Rob Hemsley	M	68.	Male 45-49	5.	(Rhyl)	00:46:14	00:46:21	74.
225	Bernard Curd	M	69.	Male 60-64	6.	(Chester)	00:46:22	00:46:27	75.
29	Rob Wilson	M	70.	Male 45-49	6.	(Rhyl)	00:46:16	00:46:38	76.
257	Simon Nixon	M	71.	Male 65-69	3.	(St Asaph)	00:46:47	00:46:57	77.
251	Jonathan Hayward	M	72.	Male 35-39	12.	(Llanrwst)	00:47:01	00:47:15	78.
178	Richard Hooper	M	73.	Male 45-49	7.	(Rhyl)	00:46:57	00:47:17	79.
318	Simon Bell	M	74.	Male 60-64	7.	(Great Boughton,	00:47:03	00:47:21	80.
282	Peter James	M	75.	Male 35-39	13.	(Rhyl)	00:47:13	00:47:29	81.
204	Damian Culver	M	76.	Male 45-49	8.	(Llandudno)	00:47:18	00:47:31	82.
274	Sian Beck	F	7.	Female 45-49	1.	(St. Asaph)	00:47:29	00:47:37	83.
273	Anthony Parvin	M	77.	Male 65-69	4.	(Deganwy)	00:47:31	00:47:46	84.
194	Mike Williams	M	78.	Male 50-54	13.	(Flint)	00:47:29	00:48:04	85.
212	Jack Roberts	M	79.	Male 21-34	18.	(Rhyl)	00:47:52	00:48:12	86.
314	Nigel Thomas	M	80.	Male 60-64	8.	(Huddersfield)	00:48:08	00:48:23	87.
210	Ben Bucknall	M	81.	Male 35-39	14.	(Prestatyn)	00:48:06	00:48:23	88.
205	Paul Martin	M	82.	Male 50-54	14.	(Conwy)	00:48:14	00:48:25	89.
249	Daniel Jones	M	83.	Male 45-49	9.	(Bagillt)	00:48:06	00:48:27	90.
138	Hayden Ellis	M	84.	Male 12-20	3.	(Deeside)	00:48:20	00:48:30	91.
288	Wesley Bathers	M	85.	Male 35-39	15.	(Wrexham)	00:48:16	00:48:30	92.
129	Manon Wilkinson	F	8.	Female 35-39	2.	(Bangor)	00:48:32	00:48:39	93.
231	Heidi O'brien	F	9.	Female 21-34	3.	(Llansadwrn)	00:48:31	00:48:41	94.
207	Damon Hughes	M	86.	Male 35-39	16.	(Rhuddlan)	00:48:25	00:48:43	95.
315	Russell Eaton	M	87.	Male 55-59	4.	(Chester)	00:48:48	00:48:58	96.
67	Jamie Kinnear	M	88.	Male 21-34	19.	(Manchester)	00:48:59	00:49:19	97.
13	Stephen Coleman	M	89.	Male 60-64	9.		00:49:08	00:49:21	98.
317	Ian Upton	M	90.	Male 55-59	5.	(NESTON)	00:49:10	00:49:30	99.

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164	Alaw Hughes	F	10.	Female 21-34	4.	(Pwllheli)	00:49:25	00:49:40	100.
290	Byron Cross	M	91.	Male 35-39	17.	(Abergele)	00:49:03	00:49:42	101.
310	David Harrold	M	92.	Male 50-54	15.	(Mold)	00:49:30	00:49:42	102.
291	Sophie Toogood	F	11.	Female 21-34	5.	(Ruthin)	00:49:36	00:49:46	103.
14	Nathan Bradshaw	M	93.	Male 35-39	18.		00:49:45	00:49:59	104.
320	Gary Fortune	M	94.	Male 21-34	20.	(Runcorn)	00:50:03	00:50:14	105.
132	Gethin Jones	M	95.	Male 35-39	19.	(Colwyn Bay)	00:50:40	00:50:49	106.
300	Philip Morris	M	96.	Male 55-59	6.	(CHESTER)	00:50:40	00:50:59	107.
328	David Wall	M	97.	Male 50-54	16.	(Oldham)	00:50:30	00:51:03	108.
336	James Driver	M	98.	Male 21-34	21.	(Wirral)	00:50:49	00:51:07	109.
286	Craig Hughes	M	99.	Male 21-34	22.	(Rhyl)	00:51:33	00:51:39	110.
263	Catherine Roberts	F	12.	Female 50-54	1.	(Mold)	00:51:26	00:51:40	111.
284	Gilly Glass	F	13.	Female 50-54	2.	(Caernarfon)	00:51:24	00:51:44	112.
237	Stephen Tocker	M	100.	Male 45-49	10.	(Llandudno)	00:51:20	00:51:45	113.
239	Maksym Piwonski	M	101.	Male 45-49	11.	(Liverpool)	00:51:41	00:51:52	114.
252	Douglas Graham	M	102.	Male 40-44	12.	(Colwyn Bay)	00:51:47	00:52:00	115.
109	Jess Bradshaw	F	14.	Female 21-34	6.	(Caernarfon)	00:51:49	00:52:03	116.
313	Ruth Thomas	F	15.	Female 55-59	2.	(Huddersfield)	00:51:49	00:52:05	117.
47	Richard Berry	M	103.	Male 45-49	12.	(Bangor)	00:51:51	00:52:15	118.
185	Kevin Gorry	M	104.	Male 35-39	20.	(Rhyl)	00:52:19	00:52:24	119.
327	Reg Jonas	M	105.	Male 60-64	10.	(Prestatyn)	00:52:06	00:52:25	120.
324	Aled Evans	M	106.	Male 21-34	23.	(Prestatyn)	00:52:25	00:52:47	121.
31	Ann Robinson	F	16.	Female 60-64	1.	(Rugeley)	00:52:41	00:52:47	122.
81	David Goodwin	M	107.	Male 55-59	7.	(Deeside)	00:52:25	00:52:48	123.
268	Thomas Jones	M	108.	Male 40-44	13.	(Abergele)	00:52:28	00:52:49	124.
241	Chris Askin	M	109.	Male 21-34	24.	(Salford)	00:52:30	00:52:51	125.
11	Alex Humphreys	M	110.	Male 21-34	25.		00:52:45	00:52:58	126.
156	Allan Fisher	M	111.	Male 45-49	13.	(Kinmel Bay)	00:52:43	00:53:02	127.
111	David Lissaman	M	112.	Male 50-54	17.	(Kinmel Bay)	00:52:39	00:53:03	128.
278	David Temple	M	113.	Male 40-44	14.	(DEESIDE)	00:52:50	00:53:11	129.
312	Sam Jones	M	114.	Male 21-34	26.	(Denbigh)	00:52:59	00:53:13	130.
307	Paul Owen	M	115.	Male 50-54	18.	(Bangor)	00:52:54	00:53:27	131.
211	Ollie Jones	M	116.	Male 21-34	27.	(St. Asaph)	00:53:10	00:53:29	132.
187	Michael Starkey	M	117.	Male 55-59	8.	(Whitchurch)	00:53:11	00:53:34	133.
332	Katie Bonfield	F	17.	Female 40-44	2.	(Holywell)	00:53:20	00:53:38	134.
135	Alistair Corbelli	M	118.	Male 21-34	28.	(Rhyl)	00:53:09	00:53:40	135.
105	Jessica Southern	F	18.	Female 21-34	7.	(Buckley)	00:53:33	00:53:41	136.
192	Chris Lloyd	M	119.	Male 60-64	11.	(RHYL)	00:53:29	00:53:47	137.
26	Mark Barrow	M	120.	Male 50-54	19.	(Wigan)	00:53:27	00:53:48	138.
167	Gus Wood	M	121.	Male 40-44	15.	(Prestatyn)	00:53:32	00:53:52	139.
299	Edward Corbelli	M	122.	Male 45-49	14.	(Rhyl)	00:53:24	00:53:54	140.
221	Elin Beardsmore	F	19.	Female 21-34	8.	(Llangefni)	00:53:50	00:53:58	141.
166	Svajune	F	20.	Female 40-44	3.	(Holywell)	00:53:52	00:53:59	142.
260	Steffi Hughes	F	21.	Female 35-39	3.	(Mold)	00:53:59	00:54:14	143.
108	Emily O'brien	F	22.	Female 21-34	9.	(Colwyn Bay)	00:54:04	00:54:20	144.
214	Gwilym Williams	M	123.	Male 70-74	1.	(Caernarfon)	00:53:53	00:54:22	145.
311	Ashley Thomas	M	124.	Male 35-39	21.	(Oswestry)	00:54:11	00:54:22	146.
157	Lyn Langford	F	23.	Female 45-49	2.	(Mold)	00:53:57	00:54:25	147.
57	Jordan Robinson	M	125.	Male 21-34	29.	(Mold)	00:54:19	00:54:31	148.
287	Robert Hughes	M	126.	Male 40-44	16.	(Holyhead)	00:54:11	00:54:33	149.

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80	Mike Salusbury	M	127.	Male 45-49	15.	(Deeside)	00:54:33	00:54:39	150.
190	John Jones	M	128.	Male 35-39	22.	(Rhyl)	00:54:30	00:54:45	151.
248	Mark Hopwood	M	129.	Male 55-59	9.	(Mold)	00:54:42	00:55:04	152.
266	Natalie Howson	F	24.	Female 40-44	4.	(Conwy)	00:54:48	00:55:09	153.
170	Rachel Jones	F	25.	Female 45-49	3.	(Prestatyn)	00:55:00	00:55:12	154.
8	Rhian Lloyd	F	26.	Female 40-44	5.		00:55:03	00:55:25	155.
97	Stephen Hussey	M	130.	Male 45-49	16.	(SHREWSBURY)	00:55:06	00:55:26	156.
42	Chris Jones	M	131.	Male 50-54	20.	(Holywell)	00:55:26	00:55:47	157.
82	Louise Goodwin	F	27.	Female 40-44	6.	(Deeside)	00:55:28	00:55:51	158.
155	Shirley Moran	F	28.	Female 60-64	2.	(Leyland)	00:55:42	00:56:01	159.
289	Peter Causton	M	132.	Male 50-54	21.	(Frodsham)	00:55:40	00:56:02	160.
244	Mike Hill	M	133.	Male 45-49	17.	(Stockport)	00:55:46	00:56:18	161.
269	James Gresty	M	134.	Male 45-49	18.	(Whitchurch)	00:55:58	00:56:23	162.
203	Catherine Culver	F	29.	Female 40-44	7.	(Llandudno	00:56:16	00:56:30	163.
334	Stuart Bell	M	135.	Male 40-44	17.	(Rhyl)	00:56:23	00:56:46	164.
7	Alan Flood	M	136.	Male 21-34	30.		00:56:28	00:56:50	165.
146	Maria Piercy	F	30.	Female 55-59	3.	(Deeside)	00:56:30	00:56:57	166.
222	Olivia Crabtree	F	31.	Female 21-34	10.	(Mold)	00:56:50	00:57:03	167.
77	Dean Dean	M	137.	Male 21-34	31.	(Liverpool)	00:56:55	00:57:04	168.
73	Becca Tabberner	F	32.	Female 21-34	11.	(Rhyl)	00:57:03	00:57:18	169.
308	Calli Johnson	F	33.	Female 35-39	4.	(Mold)	00:57:25	00:57:29	170.
283	Rebecca Chalk	F	34.	Female 21-34	12.	(Ruthin)	00:57:25	00:57:29	171.
160	Kiraty Mckenzie	F	35.	Female 45-49	4.	(Wrexham)	00:56:54	00:57:30	172.
79	Gwenan Williams	F	36.	Female 35-39	5.	(Llanrwst)	00:57:12	00:57:30	173.
123	Tony Clixby	M	138.	Male 70-74	2.	(Wirral)	00:57:07	00:57:33	174.
242	Kimberley Mills	F	37.	Female 21-34	13.	(Lowton)	00:57:25	00:57:40	175.
153	Anthony Ashman	M	139.	Male 55-59	10.	(Wrexham)	00:57:15	00:57:43	176.
188	Kieran Starkey	M	140.	Male 12-20	4.	(Whitchurch)	00:57:18	00:57:43	177.
236	James	M	141.	Male 21-34	32.	(Bangor)	00:57:41	00:57:48	178.
45	Gwynne Owen	M	142.	Male 50-54	22.	(Llanfairfechan)	00:57:24	00:57:51	179.
46	Myfanwy Wilson	F	38.	Female 40-44	8.	(Bangor)	00:57:22	00:57:51	180.
253	Donna Haggas	F	39.	Female 40-44	9.	(Colwyn Bay)	00:57:40	00:57:52	181.
85	Ruth Jones	F	40.	Female 45-49	5.	(Mold)	00:57:39	00:57:58	182.
292	Rg Pughe Pughe	M	143.	Male 60-64	12.	(Mold)	00:57:41	00:58:01	183.
107	Emma Wilson	F	41.	Female 35-39	6.	(Widnes)	00:57:56	00:58:08	184.
223	William Staniard	M	144.	Male 55-59	11.	(Warrington)	00:57:54	00:58:10	185.
293	Colin Mountford	M	145.	Male 45-49	19.	(STOKE-ON-TREN	00:57:39	00:58:10	186.
230	Jo Freeman	F	42.	Female 50-54	3.	(Chester)	00:57:47	00:58:13	187.
319	Karen Bell	F	43.	Female 45-49	6.	(Chester)	00:57:52	00:58:15	188.
174	Kate Morris-Bates	F	44.	Female 45-49	7.	(Mold)	00:57:52	00:58:16	189.
189	Jennifer Stiles	F	45.	Female 40-44	10.	(Whitchurch)	00:58:08	00:58:34	190.
158	David Dixon	M	146.	Male 40-44	18.	(Worthenbury)	00:58:07	00:58:42	191.
152	Mark Dunn	M	147.			(Buckley)	00:58:35	00:59:03	192.
271	Alwyn Williams	M	148.	Male 45-49	20.	(Llangefni)	00:58:50	00:59:11	193.
201	Rhys Jones	M	149.	Male 21-34	33.	(Prestatyn)	00:59:00	00:59:15	194.
262	Marina Owen	F	46.	Female 40-44	11.	(Llandudno)	00:58:49	00:59:15	195.
228	Sarah Botterill	F	47.	Female 45-49	8.	(Trefnant)	00:59:02	00:59:28	196.
281	Dev John	M	150.	Male 65-69	5.	(Harlech)	00:59:29	00:59:42	197.
161	Michelle Plowman	F	48.	Female 50-54	4.	(Buckley)	00:59:40	01:00:09	198.
247	Damian Gothard	M	151.	Male 40-44	19.	(Llanfairfechan)	00:59:53	01:00:12	199.

# Rhyl 10k

## Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
112	Grace Mcleod	F	49.	Female 12-20	2.	(Old Colwyn)	01:00:01	01:00:26	200.
321	Georgia Anderson	F	50.	Female 55-59	4.	(Oswestry)	01:00:04	01:00:34	201.
133	Nel Bere	F	51.	Female 21-34	14.	(Pwllheli)	01:00:27	01:00:35	202.
140	Andrea Thomas	F	52.	Female 50-54	5.	(Rhyl)	01:00:04	01:00:35	203.
131	Ffion Brook	F	53.	Female 12-20	3.	(Llandudno)	01:00:33	01:00:48	204.
171	John Langford	M	152.	Male 60-64	13.	(Mold)	01:00:37	01:01:05	205.
103	John Mercer	M	153.	Male 55-59	12.	(Chester)	01:00:43	01:01:16	206.
270	Laura-Anne	F	54.	Female 40-44	12.	(Mold)	01:00:56	01:01:16	207.
277	Donata Skujyte	F	55.	Female 21-34	15.	(Rhuddlan)	01:01:15	01:01:26	208.
200	Tony Bebb	M	154.	Male 55-59	13.	(MOLD)	01:01:08	01:01:26	209.
124	Dylan Roberts	M	155.	Male 45-49	21.	(HOLYHEAD)	01:01:02	01:01:32	210.
148	Emma Jones	F	56.	Female 45-49	9.	(Prestatyn)	01:01:34	01:01:46	211.
54	Tricia Ashton	M	156.	Male 35-39	23.	(Wisbech)	01:01:30	01:01:47	212.
142	Karina Hughes	F	57.	Female 45-49	10.	(Conwy)	01:01:45	01:01:54	213.
163	Paul Sear	M	157.	Male 70-74	3.	(Newtown)	01:01:40	01:02:06	214.
181	Linda Edwards	F	58.	Female 60-64	3.	(Bala)	01:01:51	01:02:23	215.
182	Sara Jones	F	59.	Female 45-49	11.	(Bala)	01:01:57	01:02:24	216.
84	Mark Waldron	M	158.	Male 45-49	22.	(Wrexham)	01:02:01	01:02:26	217.
202	Lily Woodfine	F	60.	Female 21-34	16.	(Prestatyn)	01:02:12	01:02:27	218.
125	Steven Wall	M	159.	Male 55-59	14.	(Oldham)	01:01:56	01:02:30	219.
2	Derek Randles	M	160.	Male 60-64	14.		01:01:55	01:02:34	220.
1	Aaron Randles	M	161.	Male 21-34	34.		01:01:55	01:02:34	221.
220	Dawn Jones	F	61.	Female 55-59	5.	(Rhyl)	01:02:24	01:02:41	222.
191	Yvette Lloyd	F	62.	Female 55-59	6.	(Y Rhyl)	01:02:23	01:02:41	223.
17	Liz Mcindoe	F	63.	Female 60-64	4.		01:02:32	01:02:51	224.
68	Tatjana Vasilevska	F	64.	Female 21-34	17.	(Manchester)	01:02:33	01:02:53	225.
78	Sue Williams	F	65.	Female 55-59	7.	(Betws-y-Coed)	01:02:36	01:02:55	226.
224	Clair Roberts	F	66.	Female 40-44	13.	(Colwyn Bay)	01:03:00	01:03:35	227.
53	Helen Goddard	F	67.	Female 40-44	14.	(Prestatyn)	01:03:59	01:04:04	228.
217	Rachel Hallam	F	68.	Female 40-44	15.	(Halifax)	01:03:45	01:04:08	229.
238	Lowri Pritchard	F	69.	Female 45-49	12.	(Y Felinheli)	01:04:00	01:04:16	230.
50	Ruth Roberts	F	70.	Female 40-44	16.	(Rhyl)	01:04:20	01:04:33	231.
120	Gareth Dyson	M	162.	Male 45-49	23.	(Rhyl)	01:04:08	01:04:34	232.
119	Alan Evans	M	163.	Male 50-54	23.	(Prestatyn)	01:04:08	01:04:34	233.
28	Janet Legget-Jones	F	71.	Female 60-64	5.	(Mold)	01:04:21	01:04:41	234.
173	Marc Stridgen	M	164.	Male 40-44	20.	(Prestatyn)	01:04:20	01:04:44	235.
154	Darren Evans	M	165.	Male 45-49	24.	(Ruabon)	01:04:11	01:04:46	236.
193	Steven Hicks	M	166.	Male 60-64	15.	(Whitchurch)	01:04:19	01:04:46	237.
83	Rachel Roberts	F	72.	Female 35-39	7.	(Wakefield)	01:04:27	01:04:54	238.
335	Melanie Francis	F	73.	Female 35-39	8.	(Rhyl)	01:04:36	01:04:59	239.
296	Rhys Roberts	M	167.	Male 60-64	16.	(Caernarfon)	01:04:34	01:05:03	240.
137	Vicky Jones	F	74.	Female 40-44	17.	(Abergele)	01:04:42	01:05:05	241.
209	Anna Rees	F	75.	Female 40-44	18.	(Birkenhead)	01:04:53	01:05:07	242.
219	Alice Jones-Blunt	F	76.	Female 21-34	18.	(Rhyl)	01:05:06	01:05:23	243.
213	Mandy Blanchard	F	77.	Female 50-54	6.	(Rhyl)	01:05:06	01:05:24	244.
95	Rhiannon Marshall	F	78.	Female 40-44	19.	(Holywell)	01:05:41	01:06:04	245.
177	Krystyna Niemczuk	F	79.	Female 40-44	20.	(Rhyl)	01:05:40	01:06:04	246.
275	Michael Roberts	M	168.	Male 40-44	21.	(St Helens)	01:05:39	01:06:06	247.
113	Kathryn Johnson	F	80.	Female 40-44	21.	(Penmaenmawr)	01:05:51	01:06:26	248.
100	Glenda J Roberts	F	81.	Female 65-69	1.	(Wrexham)	01:06:04	01:06:35	249.

# Rhyl 10k

## Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTim	GunTime	Pos.
12	Lynn Rose Jones	F	82.	Female 45-49	13.		01:07:00	01:07:31	250.
33	Rachel Owen	F	83.	Female 45-49	14.	(Colwyn Bay)	01:07:09	01:07:33	251.
61	Cordelia	F	84.	Female 21-34	19.	(Prestatyn)	01:07:54	01:07:59	252.
60	Saffron Fiori	F	85.	Female 21-34	20.	(Prestatyn)	01:07:54	01:07:59	253.
255	Corinne Ricciardi	F	86.	Female 55-59	8.	(Caernarfon)	01:07:55	01:08:08	254.
116	Richard Morgan	M	169.	Male 50-54	24.	(Stafford)	01:07:53	01:08:24	255.
139	Helen Stocker	F	87.	Female 35-39	9.	(Rhuddlan)	01:07:54	01:08:26	256.
110	Steph Todd	F	88.	Female 21-34	21.	(Cwm-Y-Glo)	01:08:39	01:08:50	257.
16	Nem James	M	170.	Male 21-34	35.	(Prestatyn)	01:08:37	01:09:06	258.
98	Sheila Barber	F	89.	Female 50-54	7.	(Chester)	01:08:38	01:09:11	259.
151	Chris Dunn	F	90.	Female 55-59	9.	(Buckley)	01:09:06	01:09:34	260.
186	Catherine Atkin	F	91.	Female 60-64	6.	(Deeside)	01:09:06	01:09:34	261.
65	Roger	M	171.	Male 80+	1.	(Prestatyn)	01:07:13	01:09:35	262.
121	Ray Woodcock	M	172.	Male 65-69	6.	(Prestatyn)	01:09:05	01:09:35	263.
276	Mark Morrelle	M	173.	Male 45-49	25.	(Chester)	01:09:45	01:09:59	264.
122	Linne Woodcock	F	92.	Female 65-69	2.	(Prestatyn)	01:09:36	01:10:05	265.
136	Courtney Hughes	F	93.	Female 21-34	22.	(Llannerch-y-Medd)	01:10:33	01:10:42	266.
326	Beti Pierce	F	94.	Female 50-54	8.	(Caernarfon)	01:10:50	01:11:00	267.
89	Angela Lalek	F	95.	Female 55-59	10.	(Chester)	01:10:40	01:11:14	268.
114	Diana	F	96.	Female 60-64	7.	(Rhyl)	01:10:59	01:11:18	269.
243	Alison Hill	F	97.	Female 45-49	15.	(Stockport)	01:10:55	01:11:27	270.
199	Magdalena Bebb	F	98.	Female 45-49	16.	(Mold)	01:11:38	01:11:51	271.
245	Bennett Lawrenson	M	174.	Male 40-44	22.	(St. Helens)	01:12:07	01:12:29	272.
115	Jo Seabourne	F	99.	Female 45-49	17.	(Rhyl)	01:12:12	01:12:31	273.
104	Claire Taylor	F	100.	Female 21-34	23.	(Rhyl)	01:13:35	01:13:53	274.
88	Gaynor Baines	F	101.	Female 40-44	22.	(Wrexham)	01:14:30	01:14:45	275.
20	Lisa Ashley	F	102.	Female 35-39	10.		01:15:10	01:15:28	276.
99	Susan Williams	F	103.	Female 60-64	8.	(Rhyl)	01:15:54	01:16:30	277.
90	Nicola Maddox	F	104.	Female 35-39	11.	(Shrewsbury)	01:16:30	01:17:01	278.
215	Libby Yakas	F	105.	Female 21-34	24.	(Mold)	01:20:52	01:21:04	279.
10	Karen Leggett	F	106.	Female 55-59	11.		01:21:06	01:21:40	280.
226	Alison Curd	F	107.	Female 55-59	12.	(Chester)	01:21:17	01:21:46	281.
234	Clio Davies	F	108.	Female 21-34	25.	(Conwy)	01:33:17	01:33:36	282.

Number of records: 282