

Bangor 10k and Half Marathon 2023

Overall Results

Bib	Name	Gender	Pos.	AG	Pos.	Club	ChipTime	GunTime	Pos.
10K									
683	Andrew Savage	M	1.	Male 50-54	1.	Beaumaris Town Road Runner's	00:36:54	00:36:58	1.
578	Daniel Davey	M	2.	Male 21-34	1.	Bangor University Tri Club	00:37:29	00:37:34	2.
568	Mike Holroyd	M	3.	Male 35-39	1.	Cybi Striders	00:38:03	00:38:07	3.
689	Chris Thomas	M	4.	Male 40-44	1.	Cybi Striders	00:39:01	00:39:07	4.
622	Gordon Jones	M	5.	Male 65-69	1.	Prestatyn RC	00:39:03	00:39:11	5.
663	Daniel Williams	M	6.	Male 35-39	2.	(Abergele)	00:39:55	00:39:59	6.
577	Rachel Shipley	F	1.	Female 21-34	1.	Abergele Harriers	00:40:15	00:40:18	7.
530	Nick Houghton	M	7.	Male 55-59	1.	Cybi Striders	00:40:16	00:40:21	8.
612	Lloyd Williams	M	8.	Male 21-34	2.	Cybi Striders	00:40:15	00:40:21	9.
656	Arwel Evans	M	9.	Male 21-34	3.	(Bryngwran)	00:41:54	00:42:14	10.
695	Aude Martin	F	2.	Female 21-34	2.	(Nancy, France)	00:43:22	00:43:26	11.
559	Margot Saher	F	3.	Female 45-49	1.	(Bethesda)	00:43:33	00:43:43	12.
659	Connor Thornton	M	10.	Male 21-34	4.	(Gosport)	00:43:32	00:43:44	13.
621	Gwydion Roberts	M	11.	Male 21-34	5.	(Dinas)	00:44:00	00:44:04	14.
679	Ed Sanders	M	12.	Male 35-39	3.	Cybi Striders	00:44:05	00:44:15	15.
500	Dave Owen	M	13.	Male 21-34	6.	(Amlwch)	00:44:15	00:44:23	16.
540	Richie Williams	M	14.	Male 55-59	2.	Cybi Striders	00:44:20	00:44:29	17.
626	William Peel	M	15.	Male 21-34	7.	Cybi Striders	00:44:14	00:44:30	18.
570	Bethan Dobson Durrell	F	4.	Female 35-39	1.	(Bethesda)	00:44:33	00:44:42	19.
550	Andrew Day	M	16.	Male 21-34	8.	(Hermon)	00:44:42	00:44:47	20.
565	Sam Markham	M	17.	Male 21-34	9.	(Caernarfon)	00:44:51	00:45:08	21.
524	Ian Mulligan	M	18.	Male 55-59	3.	Cybi Striders	00:45:41	00:45:57	22.
556	Olive Irvine-Jones	F	5.	Female 21-34	3.	(Anglesey)	00:45:47	00:45:59	23.
564	George Mayall	M	19.	Male 21-34	10.	(Stourbridge)	00:45:51	00:46:03	24.
664	Simon Nixon	M	20.	Male 65-69	2.	denbigh harriers	00:46:41	00:46:50	25.
553	Sion Llyr Roberts	M	21.	Male 35-39	4.	Cybi Striders	00:46:33	00:46:50	26.
696	Melissa Ward-Williams	F	6.	Female 35-39	2.	Cybi Striders	00:47:13	00:47:23	27.
527	Jessica Bibby	F	7.	Female 21-34	4.	Cybi Striders	00:47:34	00:47:44	28.
541	Katie Baldwin	F	8.	Female 21-34	5.	(Bangor)	00:47:51	00:48:17	29.
654	Gerallt Jones	M	22.	Male 21-34	11.	(Bangor)	00:47:51	00:48:39	30.
647	Jamie Williams	M	23.	Male 21-34	12.	(Bangor)	00:48:55	00:49:14	31.

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521	Sarah Gallacher	F	9.	Female 40-44	1.	(Llandudno Junction)	00:49:26	00:49:34	32.
637	Emlyn Roberts	M	24.	Male 35-39	5.	Cybi Striders	00:49:28	00:49:45	33.
655	Aled Wynne	M	25.	Male 21-34	13.	(Upper Colwyn Bay)	00:49:16	00:49:57	34.
538	Bethan Billington	F	10.	Female 12-20	1.	Menai Track & Field	00:50:19	00:50:26	35.
566	Katie Roberts	F	11.	Female 21-34	6.	(Caernarfon)	00:51:15	00:51:31	36.
567	Alfie Mayall	M	26.	Male 21-34	14.	(Stourbridge)	00:51:20	00:51:33	37.
628	Elanor Percival	F	12.	Female 21-34	7.	(Abergele)	00:51:33	00:51:45	38.
547	Andrew Carter	M	27.	Male 35-39	6.	(Broughton)	00:51:52	00:52:14	39.
506	Elizabeth Evans	F	13.	Female 70-74	1.	Gogs triathlon	00:52:38	00:52:49	40.
617	Nigel Passmore	M	28.	Male 70-74	1.	(Harlech)	00:52:29	00:52:49	41.
563	Catherine Mayall	F	14.	Female 50-54	1.	(STOURBRIDGE)	00:52:37	00:52:49	42.
652	Sean Gavin	M	29.	Male 50-54	2.	(Conwy)	00:53:03	00:53:33	43.
533	Gilly Glass	F	15.	Female 50-54	2.	Eryri Harriers	00:52:59	00:53:35	44.
523	Sophie Johnson	F	16.	Female 45-49	2.	Prestatyn running club	00:53:18	00:53:41	45.
601	Sarah Jones	F	17.	Female 21-34	8.	(Old Colwyn)	00:54:20	00:54:35	46.
600	Daniel Hennell	M	30.	Male 45-49	1.	(Sheffield)	00:54:20	00:54:35	47.
686	Joanna Rosiak	F	18.	Female 45-49	3.	Sarn Helen	00:54:24	00:54:45	48.
511	Elen Williams	F	19.	Female 35-39	3.	(Benllech)	00:55:00	00:55:40	49.
624	Helen Moore	F	20.	Female 55-59	1.	Widnes Wasps LRC	00:55:06	00:55:52	50.
620	Nicky Morse	M	31.	Male 65-69	3.	Bys Vyken Race Team	00:55:32	00:56:16	51.
639	Thomas Harry Verburg	M	32.	Male 21-34	15.	(MENAI BRIDGE)	00:55:47	00:56:20	52.
676	Matt Jackson	M	33.	Male 21-34	16.	Sandbach Striders	00:55:42	00:56:22	53.
525	Ian Brice	M	34.	Male 55-59	4.	Lonely Goat RC	00:55:48	00:56:25	54.
509	Wendy Proctor	F	21.	Female 60-64	1.	Newcastle (Staffs) Triathlon Club	00:55:58	00:56:41	55.
665	Dan Williams	M	35.	Male 21-34	17.	Porth Eirais Runners	00:56:34	00:56:58	56.
645	Jonathan Jones	M	36.	Male 21-34	18.	(Colwyn Bay)	00:56:41	00:57:00	57.
588	Chris Lloyd	M	37.	Male 60-64	1.	(RHYL)	00:56:45	00:57:03	58.
522	Mandy Cartwright	F	22.	Female 40-44	2.	Prestatyn running club	00:57:02	00:57:25	59.
640	Jim Lewis	M	38.	Male 21-34	19.	(Holyhead mountain)	00:56:59	00:57:41	60.
554	Ullrich Cox	M	39.	Male 60-64	2.	(Penmaenmawr)	00:57:05	00:57:59	61.
685	Ellen Hill	F	23.	Female 12-20	2.	(Charlesworth)	00:58:17	00:58:35	62.
618	Catrin Jones	F	24.	Female 21-34	9.	(Bangor)	00:57:58	00:58:39	63.

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593	Paul Scally	M	40.	Male 55-59	5.	Llangollen Running Club	00:58:23	00:58:48	64.
615	Charlene Price	F	25.	Female 35-39	4.	(Old Colwyn)	00:58:39	00:58:54	65.
672	Iestyn Stokes	M	41.	Male 21-34	20.	(Bethesda)	00:58:45	00:59:07	66.
680	Marie Lynch	F	26.	Female 45-49	4.	-	00:58:18	00:59:08	67.
587	Yvette Lloyd	F	27.	Female 55-59	2.	(RHYL)	00:58:58	00:59:16	68.
650	Peter Swift	M	42.	Male 55-59	6.	(Bangor)	00:58:57	00:59:18	69.
560	Richard Jones	M	43.	Male 70-74	2.	(Rhyl)	00:59:13	00:59:31	70.
576	Alan Ormesher	M	44.	Male 50-54	3.	(Bodelwyddan)	00:59:46	01:00:05	71.
575	Mandy Blanchard	F	28.	Female 50-54	3.	(RHYL)	00:59:48	01:00:07	72.
661	Benjamin Gilpin	M	45.	Male 12-20	1.	(Conwy)	01:00:15	01:00:24	73.
635	Maryam Khattak	F	29.	Female 12-20	3.	(Bacup)	01:00:03	01:00:28	74.
561	Dawn Jones	F	30.	Female 55-59	3.	(Rhyl)	01:00:11	01:00:29	75.
608	Samantha Brooke	F	31.	Female 35-39	5.	Cobra RC	01:00:15	01:00:35	76.
579	Dewi Baldwin	M	46.	Male 21-34	21.	(Caerphilly)	00:59:48	01:00:38	77.
542	Marian Brosschot	F	32.	Female 21-34	10.	(Bangor)	01:00:13	01:00:54	78.
653	Michael Hayton	M	47.	Male 70-74	3.	nwrcc	01:01:01	01:01:07	79.
603	Jenny Stinton	F	33.	Female 50-54	4.	Cobra RC	01:01:04	01:01:24	80.
514	Donna Taylor	F	34.	Female 45-49	5.		01:01:18	01:01:34	81.
674	Natasha Preston	F	35.	Female 21-34	11.	(Bangor)	01:02:04	01:02:24	82.
627	Veronika Vout	F	36.	Female 55-59	4.	(Abergele)	01:02:23	01:02:36	83.
623	Catherine Hayle	F	37.	Female 40-44	3.	(Chester)	01:02:20	01:02:45	84.
548	Leila Mapp	F	38.	Female 55-59	5.	(Caernarfon)	01:02:29	01:02:47	85.
549	Ruth Evans	F	39.	Female 40-44	4.		01:02:30	01:02:48	86.
574	Dev John	M	48.	Male 65-69	4.	(Harlech)	01:02:35	01:03:05	87.
681	Nigel Lynch	M	49.	Male 55-59	7.	(Walsll)	01:02:36	01:03:26	88.
667	Julie Jones	F	40.	Female 45-49	6.	(Abergele)	01:03:08	01:03:36	89.
636	Jayanne Owen	F	41.	Female 21-34	12.	(Holyhead Mountain)	01:03:06	01:03:46	90.
648	Catrin Williams	F	42.	Female 21-34	13.	(Cairo)	01:03:26	01:03:48	91.
619	Jackie Morse	F	43.	Female 60-64	2.	Bys Vyken Race Team	01:03:08	01:03:55	92.
697	Tracy Lock	F	44.	Female 50-54	5.	(Menai Bridge)	01:03:25	01:04:05	93.
694	Sarah Marsh	F	45.	Female 45-49	7.	(Bangor)	01:03:51	01:04:14	94.
692	Elin Williams	F	46.	Female 21-34	14.	(Caernarfon)	01:03:30	01:04:15	95.

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604	Janine Plews-McVittie	F	47.	Female 50-54	6.	Cobra running and Triathlon club	01:04:03	01:04:24	96.
631	Ceri Twigge	F	48.	Female 40-44	5.	(Holyhead)	01:04:28	01:05:09	97.
670	Kerrie Bignall	F	49.	Female 50-54	7.	RRC	01:05:04	01:05:32	98.
607	Rosanna Morgan-Hughes	F	50.	Female 35-39	6.	(Rhuddlan)	01:05:03	01:05:55	99.
613	Emily Griffiss	F	51.	Female 21-34	15.	(Colwyn Bay)	01:05:21	01:06:04	100.
638	Lucy Park	F	52.	Female 21-34	16.	(Bangor)	01:05:33	01:06:21	101.
572	Martin Jones	M	50.	Male 50-54	4.	Skegness & District Running Club	01:05:55	01:06:21	102.
611	Llinos Jones	F	53.	Female 45-49	8.	(Y Felinheli)	01:05:52	01:06:45	103.
660	Paul Donegan	M	51.	Male 60-64	3.	N/A	01:06:13	01:06:51	104.
532	Kev Newnes	M	52.	Male 55-59	8.	(Llannerch-y-Medd)	01:06:35	01:07:09	105.
633	Elwen Evans	F	54.	Female 21-34	17.	(Bangor)	01:06:27	01:07:13	106.
643	Catalina Newble	F	55.	Female 35-39	7.	Cybi Striders	01:07:00	01:07:32	107.
501	Hannah Morris	F	56.	Female 35-39	8.	(Conwy)	01:06:46	01:07:35	108.
625	Vicky Jones	F	57.	Female 45-49	9.	(Abergele)	01:07:49	01:07:58	109.
662	Celia Free	F	58.	Female 50-54	8.	(Conwy)	01:08:30	01:08:39	110.
505	Ian Snailham	M	53.	Male 65-69	5.	Mon milers	01:08:25	01:09:04	111.
558	Joshua Flemington	M	54.	Male 12-20	2.	(Holywell)	01:08:30	01:09:10	112.
616	Anneliese Thomas	F	59.	Female 50-54	9.	(Rhyl)	01:08:59	01:09:18	113.
596	Mared Roberts	F	60.	Female 35-39	9.	(Caernarfon)	01:08:39	01:09:30	114.
642	Eleanor Stuart	F	61.	Female 21-34	18.	(Edinburgh)	01:08:41	01:09:33	115.
630	Anna Jones	F	62.	Female 21-34	19.	(Caernarfon)	01:09:09	01:09:41	116.
602	Jacqueline Payne	F	63.	Female 50-54	10.	Cobra running and triathlon	01:09:28	01:09:48	117.
677	Kim Southerington	F	64.	Female 40-44	6.	(Oldham)	01:09:08	01:09:56	118.
632	Charlotte Pritchard	F	65.	Female 21-34	20.	(Bethesda)	01:10:07	01:10:39	119.
646	Jessica Jones	F	66.	Female 21-34	21.	(Llysfaen)	01:10:39	01:10:59	120.
649	Eiry Owen	F	67.	Female 21-34	22.	(Llanrwst)	01:11:40	01:12:12	121.
551	Branka Whitmore	F	68.	Female 40-44	7.	(Beaumaris)	01:12:40	01:13:29	122.
571	Lucy Zalot	F	69.	Female 40-44	8.	(Beaumaris)	01:12:43	01:13:31	123.
673	Emma Radcliffe	F	70.	Female 21-34	23.	(Amlwch)	01:13:44	01:14:07	124.
606	Sadie Cox	F	71.	Female 21-34	24.	(Conwy)	01:13:41	01:14:25	125.
581	Kate Gash	F	72.	Female 21-34	25.	(Llandegfan)	01:14:43	01:15:34	126.
629	Rhian Baller	F	73.	Female 21-34	26.	(Llangefni)	01:14:43	01:15:34	127.

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557	Claire Flemington	F	74.	Female 35-39	10.	(Holywell)	01:15:12	01:15:54	128.
546	Zara Kilby	F	75.	Female 40-44	9.	(Mynydd Isa)	01:15:57	01:16:31	129.
545	Peter Edwards	M	55.	Male 60-64	4.	(Mynydd Isa)	01:15:56	01:16:31	130.
678	Haydee Seton-Jones	F	76.	Female 55-59	6.	(Oldham)	01:15:44	01:16:32	131.
526	Lisa Cronin	F	77.	Female 40-44	10.	(Ickenham)	01:16:02	01:16:56	132.
504	Sue Williams	F	78.	Female 60-64	3.	(Rhyl)	01:16:51	01:17:47	133.
610	Karen Leggett	F	79.	Female 55-59	7.	(Colwyn Bay)	01:17:14	01:17:59	134.
543	Kerry Jewell	F	80.	Female 60-64	4.	(Rhos on Sea)	01:17:39	01:18:34	135.
651	Gwenda Baker	F	81.	Female 55-59	8.	(Llangefni)	01:18:27	01:19:09	136.
599	Emma Riley	F	82.	Female 21-34	27.	(Llandudno)	01:18:23	01:19:16	137.
605	Katrina Stafford	F	83.	Female 35-39	11.	(Prestatyn)	01:18:23	01:19:16	138.
536	Charlotte Ahlen	F	84.	Female 21-34	28.	(Nottingham)	01:18:55	01:19:24	139.
582	Dave Huddleston	M	56.	Male 45-49	2.	Astley & Tyldesley Road Runners	01:19:20	01:20:02	140.
590	Graham Cowpland	M	57.	Male 65-69	6.	(Southport)	01:20:35	01:21:03	141.
675	Gwilym Jones	M	58.	Male 70-74	4.	Mon milers	01:20:36	01:21:28	142.
668	Billy Quinn	M	59.	Male 50-54	5.	Kirkby Milers AC	01:22:46	01:23:42	143.
669	Sharon Quinn	F	85.	Female 50-54	11.	Kirkby Milers AC	01:22:47	01:23:43	144.
516	Helen Leather	F	86.	Female 55-59	9.	Warrington Running Club	01:25:33	01:26:29	145.
586	Lianne Jones	F	87.	Female 21-34	29.	(Bangor)	01:28:56	01:29:33	146.
682	Annmarie Dodd	F	88.	Female 35-39	12.	(Rhosneigr)	01:41:26	01:42:16	147.
691	Luke Williams	M	60.	Male 21-34	22.	(Rhosneigr)	01:41:26	01:42:17	148.

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