

Bangor 10k and Half Marathon 2022

Overall Results

Bib	Name	Gen	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
10K									
171	Llyr	M	1.	Male 45-49	1.	North Wales Road	00:37:03	00:37:07	1.
63	Peter Lowe	M	2.	Male 50-54	1.	(Childs Ercall)	00:37:18	00:37:22	2.
80	Joseph Matthews	M	3.	Male 45-49	2.	Betsi Runaways	00:37:50	00:37:55	3.
191	Dafydd Eryl	M	4.	Male 21-34	1.	(Caernarfon)	00:38:07	00:38:13	4.
227	Sean Jones	M	5.	Male 35-39	1.	Oswestry olympians	00:38:20	00:38:25	5.
186	Andy Savage	M	6.	Male 50-54	2.	(Bangor)	00:38:49	00:38:56	6.
174	Rachel Shipley	F	1.	Female 21-34	1.	Abergele Harriers	00:40:29	00:40:33	7.
216	Ifan Jones	M	7.	Male 21-34	2.	Cybi Striders	00:40:32	00:40:39	8.
217	Caron Rees Jones	M	8.	Male 21-34	3.	(Caernarfon)	00:40:51	00:40:56	9.
96	Tom Imlah	M	9.	Male 21-34	4.	(Llandudno Junction)	00:41:13	00:41:24	10.
51	Harry Driscoll	M	10.	Male 21-34	5.	nwrcc	00:41:53	00:41:59	11.
176	Joey Davies	M	11.	Male 21-34	6.	Deestriders	00:41:40	00:42:00	12.
223	Russell Williams	M	12.	Male 50-54	3.	Eryri Harriers	00:42:11	00:42:18	13.
117	Josh Humphreys	M	13.	Male 21-34	7.	Cybi Striders	00:42:13	00:42:21	14.
167	Richie Williams	M	14.	Male 55-59	1.	(Caergeiliog)	00:42:44	00:42:53	15.
228	Tirian Ashby	M	15.	Male 12-20	1.	Worcester AC	00:42:48	00:42:58	16.
200	Alexandre	M	16.	Male 21-34	8.	(Dijon)	00:42:53	00:43:05	17.
45	Holly Watkinson	M	17.	Male 35-39	2.	(Llanfairpwll)	00:43:01	00:43:13	18.
6	Ianto Dafydd	M	18.	Male 12-20	2.	(Bancffosfelen)	00:44:13	00:44:26	19.
94	Craig Sarson	M	19.	Male 12-20	3.	Chorley Athletic and Tri	00:44:03	00:44:29	20.
182	Arwel Lewis	M	20.	Male 60-64	1.	Eryri Harriers	00:44:30	00:44:34	21.
230	Darren Dentith	M	21.	Male 45-49	3.	(Old Colwyn)	00:44:36	00:44:47	22.
30	Joe de Sousa	M	22.	Male 55-59	2.	Macclesfield Harriers	00:44:36	00:45:01	23.
214	Chris Smylie	M	23.	Male 40-44	1.	(Parkgate)	00:44:48	00:45:03	24.
38	Jamie Williams	M	24.	Male 21-34	9.	(Bangor)	00:45:03	00:45:14	25.
203	Stuart Ivory	M	25.	Male 21-34	10.	(Bristol)	00:44:40	00:45:18	26.
215	Sam Cottrell	M	26.	Male 40-44	2.	(Bowdon)	00:45:10	00:45:25	27.
54	Stephen Jones	M	27.	Male 50-54	4.	Biddulph Running Club	00:45:18	00:45:27	28.
25	Gwyndaf Parry	M	28.	Male 35-39	3.	Cybi Striders	00:45:17	00:45:29	29.
103	Peter Bell	M	29.	Male 45-49	4.	(Dyserth)	00:45:52	00:45:59	30.
23	Andrew Goater	M	30.	Male 50-54	5.	Betsi Runaways	00:45:33	00:46:09	31.
58	Tom Simpson	M	31.	Male 35-39	4.	(Llandudno)	00:46:04	00:46:24	32.
69	Ryan	M	32.	Male 12-20	4.	DEESIDE AAC	00:46:32	00:46:51	33.
85	Paul Trotter	M	33.	Male 45-49	5.	(Leyland)	00:46:45	00:46:53	34.
179	Simon Nixon	M	34.	Male 60-64	2.	denbigh harriers	00:46:59	00:47:06	35.
110	Mark Warwick	M	35.	Male 60-64	3.	Team Derby Runner	00:47:02	00:47:10	36.
71	Eleri Hallam	F	2.	Female 45-49	1.	(Y Felinheli)	00:47:12	00:47:40	37.
40	Kay Hatton	F	3.	Female 55-59	1.	North Wales Road	00:47:41	00:47:46	38.
33	Llio Griffiths	F	4.	Female 21-34	2.	(Chwilog)	00:48:03	00:48:29	39.
476	Jamie Roberts	M	36.	Male 21-34	11.	(Bangor)	00:48:29	00:48:37	40.
92	Jordan Kettell	M	37.	Male 21-34	12.	(York)	00:48:13	00:48:39	41.
3	Katie	F	5.	Female 21-34	3.	(Slough)	00:48:28	00:48:48	42.
141	Shane Jones	M	38.	Male 35-39	5.	(Congleton)	00:48:24	00:48:56	43.
189	Martin Williams	M	39.	Male 45-49	6.	N/A	00:48:38	00:49:07	44.
98	Euryn Williams	M	40.	Male 55-59	3.	(Caernarfon)	00:48:44	00:49:15	45.
130	Gary Thomas	M	41.	Male 35-39	6.	(Porthmadog)	00:49:16	00:49:26	46.
229	Clive Wycherley	M	42.	Male 65-69	1.	(Gaerwen)	00:49:16	00:49:51	47.
213	Henry Gannon	M	43.	Male 21-34	13.	(Middleton on sea)	00:49:33	00:49:56	48.
46	Ffion Hughes	F	6.	Female 40-44	1.	(LLANGEFNI)	00:49:50	00:50:09	49.

Bangor 10k and Half Marathon 2022

Overall Results

Bib	Name	Gend	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
19	Phil Tracey	M	44.	Male 55-59	4.	(Holyhead)	00:49:59	00:50:09	50.
73	Gavin Turner	M	45.	Male 21-34	14.	(Bangor)	00:50:08	00:50:14	51.
59	Lisa Williams	F	7.	Female 40-44	2.	Cybi Striders	00:50:12	00:50:31	52.
93	Jamie Williams	M	46.	Male 21-34	15.	(Bangor)	00:50:29	00:50:36	53.
120	Janine Gall	F	8.	Female 50-54	1.	Team Derby Runner	00:50:31	00:50:44	54.
112	Iestyn Jones	M	47.	Male 45-49	7.	(Bala)	00:51:15	00:51:20	55.
124	Tricia Hirst	F	9.	Female 65-69	1.	Maldwyn Harriers	00:51:12	00:51:24	56.
39	Matthew Hawley	M	48.	Male 12-20	5.	(St Helens)	00:51:02	00:51:32	57.
121	Carl Devonport	M	49.	Male 21-34	16.	(Penrhyn Bay)	00:50:52	00:51:38	58.
242	Kevin Higgins	M	50.	Male 60-64	4.	nwrcc	00:51:18	00:51:40	59.
232	Cai Roberts	M	51.	Male 35-39	7.	North Wales Road	00:51:10	00:51:41	60.
231	Kelly Alford	F	10.	Female 35-39	1.	North Wales Road	00:51:13	00:51:43	61.
145	Shaun Humphreys	M	52.	Male 35-39	8.	(Llangristiolus)	00:51:13	00:51:53	62.
172	Ian Mcdonald	M	53.	Male 55-59	5.	(Colwyn bay)	00:51:10	00:52:07	63.
197	Neil Gillard	M	54.	Male 21-34	17.	(Menai bridge)	00:51:55	00:52:26	64.
127	Dewi Baldwin	M	55.	Male 21-34	18.	(Gaerwen)	00:52:15	00:52:44	65.
91	Ashleigh	F	11.	Female 21-34	4.	(Aberffraw)	00:52:45	00:53:04	66.
32	Andy Roberts	M	56.	Male 40-44	3.	(Prestatyn)	00:52:41	00:53:06	67.
77	Rachel Andrews	F	12.	Female 40-44	3.	(Wick, Pershore)	00:52:48	00:53:11	68.
178	Les Price	M	57.	Male 40-44	4.	Deestridders	00:52:48	00:53:15	69.
18	Claire Williams	F	13.	Female 40-44	4.	(Conwy)	00:52:50	00:53:24	70.
88	William	M	58.	Male 65-69	2.	(Rhos On Sea)	00:53:31	00:53:38	71.
20	Fergus Vickery	M	59.	Male 12-20	6.	(Bury st edmunds)	00:52:43	00:53:44	72.
37	Germano Gallicchio	M	60.	Male 35-39	9.	(Taranto (Italy))	00:53:10	00:53:48	73.
99	William Dodd	M	61.	Male 21-34	19.	(Nantwich)	00:53:07	00:53:58	74.
160	Liz Evans	F	14.	Female 70-74	1.	(Llandudno)	00:54:01	00:54:11	75.
65	Robin Owen	M	62.	Male 21-34	20.	(Chester)	00:53:37	00:54:14	76.
154	Marine Cambon	F	15.	Female 21-34	5.	(Bangor)	00:53:40	00:54:22	77.
162	Wendy Proctor	F	16.	Female 55-59	2.	Newcastle (staffs) tri club	00:54:19	00:54:41	78.
401	John Stevenson	M	63.	Male 35-39	10.	(Nantwich)	00:54:06	00:54:54	79.
108	Kate Potter	F	17.	Female 55-59	3.	Eryri Harriers	00:54:21	00:55:07	80.
2	Sarah Osborne	F	18.	Female 45-49	2.	Mon milers	00:54:49	00:55:08	81.
235	James Plunkett	M	64.	Male 12-20	7.	Acre Street Runners	00:55:13	00:55:47	82.
143	Mike Carter	M	65.	Male 21-34	21.	(Bethesda)	00:55:34	00:55:57	83.
84	Alan Thomas	M	66.	Male 40-44	5.	(Bethesda)	00:55:35	00:56:00	84.
67	Robert Bell-Davies	M	67.	Male 40-44	6.	(Upper Colwyn Bay)	00:55:29	00:56:07	85.
48	Gilly Glass	F	19.	Female 50-54	2.	(Dinorwic)	00:55:16	00:56:08	86.
188	Elin Beardsmore	F	20.	Female 21-34	6.	(Llangefni)	00:55:44	00:56:14	87.
195	Alan Jones	M	68.	Male 50-54	6.	Prestatyn RC	00:56:36	00:56:46	88.
35	Elin Smith	F	21.	Female 21-34	7.	(Higher Kinnerton)	00:55:52	00:56:48	89.
36	Robin Smith	M	69.	Male 50-54	7.	(Higher Kinnerton)	00:55:52	00:56:48	90.
50	Lauren Salisbury	F	22.	Female 35-39	2.	(Neston)	00:57:07	00:57:26	91.
49	Lisa Smylie	F	23.	Female 40-44	5.	(Neston)	00:57:08	00:57:26	92.
125	Jennifer Royle	F	24.	Female 45-49	3.	(Caernarfon)	00:56:56	00:57:29	93.
202	Huw Williams	M	70.	Male 60-64	5.	(Amlwch)	00:57:40	00:57:52	94.
44	Rebecca Smylie	F	25.	Female 40-44	6.	(Chester)	00:57:36	00:57:55	95.
237	Karen Manrique	F	26.	Female 21-34	8.		00:57:34	00:57:55	96.
236	Simon Prescott	M	71.	Male 50-54	8.	CWAC	00:57:34	00:57:56	97.
74	James Michael	M	72.	Male 21-34	22.	Cybi Striders	00:58:11	00:58:20	98.
81	Cian Murphy	M	73.	Male 21-34	23.	(Ystrad Rhondda)	00:57:37	00:58:20	99.

Bangor 10k and Half Marathon 2022

Overall Results

Bib	Name	Gen	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
198	Deborah Hill	F	27.	Female 45-49	4.	st helens striders	00:57:58	00:58:23	100.
8	Robert Fryer	M	74.	Male 65-69	3.	North Wales Road	00:58:25	00:58:54	101.
9	Alison Roberts	F	28.	Female 50-54	3.	(Parc)	00:58:44	00:58:57	102.
152	Caroline Cartmill	F	29.	Female 21-34	9.	(Old Colwyn)	00:58:29	00:59:00	103.
554	Clare Carmen	F	30.	Female 60-64	1.	(Redditch)	00:58:49	00:59:12	104.
26	Nat Caughtry	F	31.	Female 21-34	10.	(Conwy)	00:58:57	00:59:35	105.
13	Ynyr Jones	M	75.	Male 12-20	8.	(Penmynydd)	00:59:20	00:59:37	106.
66	Geraint Parry	M	76.	Male 65-69	4.	(Beaumaris)	00:59:17	00:59:41	107.
219	Rebecca Davies	F	32.	Female 21-34	11.	Mon milers	00:59:29	00:59:49	108.
218	Alun Roberts	M	77.	Male 50-54	9.	(Llandegfan)	00:58:54	00:59:49	109.
129	Joshua White	M	78.	Male 21-34	24.	(Conwy)	00:59:15	00:59:50	110.
157	Jac Hughes	M	79.	Male 21-34	25.	(Heswall)	00:59:23	00:59:53	111.
156	Les Davies	M	80.	Male 35-39	11.	(Bangor)	00:59:23	00:59:53	112.
14	Alaw Ceris	F	33.	Female 35-39	3.	(Pwllheli)	01:00:01	01:00:18	113.
184	Steve Bernasconi	M	81.	Male 21-34	26.	(Manchester)	01:00:32	01:00:45	114.
140	Jamie Mcallister	F	34.	Female 40-44	7.	(Llanfairfechan)	01:00:26	01:00:47	115.
12	Grug Jones	F	35.	Female 45-49	5.	(Llanllechid)	01:00:33	01:00:50	116.
31	Sadie de Sousa	F	36.	Female 21-34	12.	(Macclesfield)	01:00:28	01:00:53	117.
5	Andrew Williams	F	37.	Female 60-64	2.	(Colwyn Bay)	01:00:43	01:01:06	118.
68	Cheryl Gallop	F	38.	Female 50-54	4.	(Cannock)	01:00:48	01:01:47	119.
128	Katie Fitton Davies	F	39.	Female 21-34	13.	(Old Colwyn)	01:01:26	01:01:52	120.
206	Chloe Foames	F	40.	Female 21-34	14.	(Bangor)	01:01:48	01:02:13	121.
222	Nicky Thomas	F	41.	Female 35-39	4.	(Harlech)	01:01:47	01:02:19	122.
87	Lisa Dyet	F	42.	Female 45-49	6.	(Coventry)	01:01:58	01:02:25	123.
144	Michael Horton	M	82.	Male 75-79	1.	NORTH STAFFS ROAD	01:01:51	01:02:36	124.
161	Daniel Williams	M	83.	Male 21-34	27.	(Holyhead)	01:01:50	01:02:42	125.
100	Jane Beachell	F	43.	Female 55-59	4.	(Llanfairfechan)	01:02:21	01:02:43	126.
95	James Shuttleworth	M	84.	Male 21-34	28.	Chorley Athletic and Tri	01:02:01	01:02:51	127.
107	Annette Williams	F	44.	Female 55-59	5.	(abergwynnregyn)	01:01:55	01:02:53	128.
21	Michael Hayton	M	85.	Male 70-74	1.	nwrcc	01:02:25	01:02:56	129.
15	Myfina Goddard	F	45.	Female 21-34	15.	(Wrecsam)	01:02:35	01:03:09	130.
42	Laura Vickers	F	46.	Female 45-49	7.	(Bangor)	01:02:55	01:03:22	131.
62	Lucy Zalot	F	47.	Female 40-44	8.	(Beaumaris)	01:03:11	01:03:34	132.
177	Grace Mcleod	F	48.	Female 12-20	1.	(Old Colwyn)	01:03:35	01:03:41	133.
72	Ann George	F	49.	Female 50-54	5.	(Y Felinheli)	01:03:21	01:03:50	134.
221	David John	M	86.	Male 65-69	5.	(Llanfair)	01:03:48	01:04:21	135.
1	Paul Westley	M	87.	Male 65-69	6.	(Shrewsbury)	01:03:41	01:04:36	136.
7	Nigel Jones	M	88.	Male 60-64	6.	Cybi Striders	01:03:44	01:04:39	137.
173	Mark Barnes	M	89.	Male 40-44	7.		01:03:43	01:04:41	138.
76	Pam Lewis	F	50.	Female 60-64	3.	(Trearddur Bay)	01:04:01	01:04:54	139.
78	Chloe Hooton	F	51.	Female 12-20	2.	(Llangefni)	01:04:18	01:04:58	140.
153	Usman Hussain	M	90.	Male 21-34	29.	(Bangor)	01:04:29	01:05:11	141.
57	Joanne Gray	F	52.	Female 45-49	8.	(Penmaenmawr)	01:04:48	01:05:19	142.
97	Hannah Jones	F	53.	Female 40-44	9.	(Holyhead)	01:04:45	01:05:23	143.
22	Vivienne Gray	F	54.	Female 65-69	2.	(Conwy)	01:05:02	01:05:23	144.
225	Ian Snailham	M	91.	Male 60-64	7.	Mon milers	01:05:15	01:05:35	145.
75	Claire Plunkett	F	55.	Female 45-49	9.	Acre Street Runners	01:05:11	01:05:46	146.
53	Lucinda Knight	F	56.	Female 55-59	6.	Newcastle (staffs) tri club	01:05:37	01:05:59	147.
181	Erin Jones	F	57.	Female 21-34	16.	(Mold)	01:05:01	01:06:00	148.
180	Dylan Evans	M	92.	Male 21-34	30.	(Tywyn)	01:05:01	01:06:01	149.

Bangor 10k and Half Marathon 2022

Overall Results

Bib	Name	Gen	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
104	Donna Haggas	F	58.	Female 40-44	10.	(Rhos on sea)	01:05:56	01:06:38	150.
126	Liza Tanya Williams	F	59.	Female 50-54	6.	(Tregarth Bangor)	01:06:16	01:06:49	151.
17	Tracy Lock	F	60.	Female 50-54	7.	(Menai Bridge)	01:06:11	01:06:52	152.
55	Catrina Sharrocks	F	61.	Female 40-44	11.	(Llanberis)	01:06:45	01:07:22	153.
123	Hannah Sharpe	F	62.	Female 21-34	17.	(Bangor)	01:06:50	01:07:24	154.
207	Lucy Williams	F	63.	Female 40-44	12.	Cybi Striders	01:06:35	01:07:30	155.
238	Richard Berry	M	93.	Male 45-49	8.		01:06:41	01:07:41	156.
209	M Wilson	F	64.	Female 40-44	13.	(Bangor)	01:06:41	01:07:41	157.
201	Gwenno Bebb	F	65.	Female 55-59	7.	(Caernarfon)	01:06:56	01:07:47	158.
208	G Jones	M	94.	Male 65-69	7.	Mon milers	01:08:27	01:08:47	159.
190	Rhian Jones	F	66.	Female 35-39	5.	(Prestatyn)	01:09:03	01:09:27	160.
106	Jane Foster-Coulter	F	67.	Female 45-49	10.	(Bangor)	01:08:28	01:09:30	161.
60	Lyndon Murphy	M	95.	Male 60-64	8.	(Ystrad, Pentre)	01:08:58	01:09:43	162.
204	Dylan Roberts	M	96.	Male 45-49	9.	(Bodedern)	01:09:24	01:10:23	163.
83	Celia Free	F	68.	Female 50-54	8.	(Deganwy)	01:10:06	01:10:25	164.
82	Vicky Jones	F	69.	Female 40-44	14.	(Abergele)	01:10:17	01:10:36	165.
185	Sophie Davey	F	70.	Female 45-49	11.	(Bethel)	01:10:07	01:10:43	166.
183	Serina Jenkin-Davis	F	71.	Female 40-44	15.	Chester Road Runners	01:10:06	01:10:43	167.
240	Katie Owen	F	72.	Female 35-39	6.		01:10:43	01:11:44	168.
34	Sandra Parry	F	73.	Female 55-59	8.	(holyhead)	01:12:04	01:12:35	169.
119	Christopher Thrift	M	97.	Male 21-34	31.	Deestriders	01:12:16	01:12:43	170.
118	Michelle	F	74.	Female 35-39	7.	(Bangor)	01:11:57	01:12:44	171.
159	Stephanie Williams	F	75.	Female 35-39	8.	(Howden)	01:12:01	01:12:54	172.
239	Clair Roberts	F	76.	Female 40-44	16.		01:11:57	01:12:59	173.
109	Kevin Evans	M	98.	Male 55-59	6.	(Bangor)	01:12:25	01:13:01	174.
175	David Parry	M	99.	Male 35-39	12.	(Holyhead)	01:12:13	01:13:01	175.
43	Michelle Williams	F	77.	Female 45-49	12.	(Holyhead)	01:12:14	01:13:02	176.
10	Emma Radcliffe	F	78.	Female 21-34	18.	(Amlwch)	01:13:15	01:13:28	177.
211	Sharon Richards	F	79.	Female 60-64	4.	(Llanrwst)	01:12:48	01:13:30	178.
27	Dennis Smith	M	100.	Male 75-79	2.	(Abergele)	01:12:49	01:13:33	179.
24	Ilona Kurta	F	80.	Female 55-59	9.	Betsi Runaways	01:12:59	01:13:43	180.
4	Anwen Roberts	F	81.	Female 35-39	9.	(Caernarfon)	01:13:21	01:14:02	181.
234	Gavin Jones	M	101.	Male 45-49	10.		01:13:43	01:14:16	182.
165	Ben Bonney	M	102.	Male 21-34	32.	(Benllech)	01:14:29	01:15:12	183.
89	Sharon Quinn	F	82.	Female 50-54	9.	Kirkby Milers A.C	01:14:27	01:15:22	184.
132	Mandy Bowler	F	83.	Female 55-59	10.	(Colwyn Bay)	01:15:20	01:15:59	185.
233	Stephanie Jones	F	84.	Female 35-39	10.		01:15:38	01:16:12	186.
16	Helen Salter	F	85.	Female 55-59	11.	(LLANFAIRPWLLGWYN	01:15:57	01:16:18	187.
133	Angela Vickers	F	86.	Female 55-59	12.	(Colwyn bay)	01:15:50	01:16:29	188.
11	Susan Williams	F	87.	Female 60-64	5.	(Rhyl)	01:16:49	01:17:49	189.
210	Lisa Hampson	F	88.	Female 45-49	13.	(LLANRWST)	01:18:22	01:19:05	190.
150	Alejandra Ordonez	F	89.	Female 21-34	19.	(Bangor)	01:19:14	01:20:06	191.
61	Nerys Williams	F	90.	Female 55-59	13.	(Bethesda)	01:20:47	01:21:17	192.
205	Debbie Vaughan	F	91.	Female 50-54	10.	(Caernarfon)	01:20:54	01:21:33	193.
164	Steven Herbert	M	103.	Male 55-59	7.	Cybi Striders	01:20:51	01:21:44	194.
192	Sharon Owen	F	92.	Female 50-54	11.	(Amlwch)	01:21:49	01:22:04	195.
193	Chris Renfree	M	104.	Male 50-54	10.	(Caergeiliog)	01:22:12	01:22:26	196.
102	Liza Bell	F	93.	Female 45-49	14.	(Dyserth)	01:29:33	01:29:40	197.
166	Hannah Collins	F	94.	Female 21-34	20.	(Bangor)	01:30:03	01:31:04	198.

Bangor 10k and Half Marathon 2022

Overall Results

Bib Name	Gend	Pos	AG	Pos	Club	ChipTi	GunTime	Pos
-----------------	-------------	------------	-----------	------------	-------------	---------------	----------------	------------

Number of records: 198