

Bangor 10K Results 2012

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
351	Brendan	Rothery	M	1	MOPEN	1	00:35:15	1	00:35:15	1	Eryri Harriers
154	Christopher	Evans	M	2	MOPEN	2	00:35:24	2	00:35:24	2	Eryri Harriers
155	Jordan	Evans	M	3	MOPEN	3	00:35:39	3	00:35:38	3	Eryri Harriers
356	Steffan	Sayer	M	4	MOPEN	4	00:36:39	4	00:36:38	4	MENAI TRACK AND FIELD
304	Harvey	Wharton	M	5	MOPEN	5	00:38:02	5	00:38:01	5	
320	Simon	Oliver	M	6	M35+	1	00:38:33	6	00:38:32	6	City of Chester Triathlon Club
366	George	Nicholls	M	7	M40+	1	00:38:45	7	00:38:44	7	Prestatyn Running Club
132	Steven	Hayes	M	8	M35+	2	00:38:51	8	00:38:50	8	
313	Arwel	Lewis	M	9	M50+	1	00:38:54	9	00:38:54	9	Eryri Harriers
227	Wesley	Oakley	M	10	M35+	3	00:38:57	10	00:38:56	10	
383	Andy	Campbell	M	11	M35+	4	00:39:21	11	00:39:20	11	Wrexham Tri
296	Andy	Bromley	M	12	MOPEN	6	00:39:51	12	00:39:51	12	Deeside AAC
321	Kevin	Lister	M	13	M40+	2	00:39:55	13	00:39:53	13	North East Veterans
234	Owain	H Williams	M	14	MOPEN	7	00:40:24	14	00:40:22	14	
292	Gwyn	Roberts	M	15	M40+	3	00:40:25	15	00:40:25	15	
260	Jim	Woodcock	M	16	M60+	1	00:40:35	16	00:40:34	16	Menai Track and Field
381	Irfon	Rowlands	M	17	M40+	4	00:40:41	17	00:40:41	17	Cybi Striders
361	Gary	Williams	M	18	M40+	5	00:40:53	18	00:40:51	19	
317	Charles	Allington	M	19	MOPEN	8	00:41:06	19	00:40:44	18	Menai track and field
223	David	Millington	M	20	M40+	6	00:41:20	20	00:41:14	20	wrexham a c
224	Mark	Davies	M	21	M35+	5	00:41:26	21	00:41:25	21	North Wales Road Runners
371	Dewi	Owen	M	22	MOPEN	9	00:41:31	22	00:41:28	22	
312	Ian	Harris	M	23	MOPEN	10	00:41:34	23	00:41:30	23	Gorseinon road runners 3m
324	Scott	Wheatley	M	24	MOPEN	11	00:41:48	24	00:41:44	24	Bangor University
326	Ashley	Wager	M	25	M50+	2	00:41:52	25	00:41:50	25	Eryri Harriers
189	Paul	Ballinger	M	26	M55+	1	00:42:01	26	00:41:54	26	denbigh harriers
195	Nick	Jones	M	27	M35+	6	00:42:04	27	00:42:02	27	Eryri Harriers
39	Gary	Porter-Jones	M	28	M40+	7	00:42:13	28	00:42:10	29	Eryri Harriers
297	John Edward	Morris	M	29	MOPEN	12	00:42:15	29	00:42:08	28	Denbigh Harriers
125	David	Williams	M	30	M40+	8	00:42:28	30	00:42:25	30	
386	Tim	Watson	M	31	M45+	1	00:42:28	31	00:42:27	31	
187	Dylan	Owen	M	32	M45+	2	00:42:31	32	00:42:28	32	Eryri Harriers
354	James	Farr	M	33	MOPEN	13	00:42:36	33	00:42:32	33	North Wales Road Runners
182	Jonathan	Tyler	M	34	MOPEN	14	00:42:56	34	00:42:55	34	
173	Steve	Taylor	M	35	M50+	3	00:43:01	35	00:42:56	35	
370	Huw	Owen	M	36	M35+	7	00:43:03	36	00:43:01	37	
373	Debbie	Williams	F	1	FOPEN	1	00:43:07	37	00:43:05	39	Menai Track and Field
262	Jason	Thomas	M	37	M35+	8	00:43:11	38	00:43:01	36	Cybi Striders
147	Roberts	Nigel	M	38	MOPEN	15	00:43:13	39	00:43:07	40	
172	Carwyn	Evans	M	39	MOPEN	16	00:43:24	40	00:43:03	38	
14	Richard	Durrell	M	40	MOPEN	17	00:43:28	41	00:43:26	42	
75	Chris	Thomas	M	41	MOPEN	18	00:43:36	42	00:43:26	41	Cybi Striders
116	Simon	Hansen	M	42	M35+	9	00:43:37	43	00:43:35	45	
30	Arfon	Williams	M	43	M40+	9	00:43:38	44	00:43:33	44	
341	Dave	Ellis	M	44	MOPEN	19	00:43:40	45	00:43:35	46	Cybi Striders
85	Mark	Bracegirdle	M	45	M45+	3	00:43:41	46	00:43:36	47	
190	Tom	Jones	M	46	MOPEN	20	00:43:44	47	00:43:29	43	
388	Joshua	Owen	M	47	MOPEN	21	00:43:53	48	00:43:43	48	
83	John	Walker	M	48	M45+	4	00:44:08	49	00:44:04	49	North Wales Road Runners
48	Colin	Pritchard	M	49	MOPEN	22	00:44:24	50	00:44:19	51	
167	Gavin	Roche	M	50	M35+	10	00:44:36	51	00:44:18	50	
280	Keith	Best	M	51	MOPEN	23	00:44:49	52	00:44:29	52	
2	Keevin	Slattery	M	52	M55+	2	00:44:56	53	00:44:52	53	North Wales Road Runners
150	Mark	Hadley	M	53	M35+	11	00:44:59	54	00:44:57	55	
364	Patrick	Cain	M	54	M50+	4	00:44:59	55	00:44:57	54	
252	Maldwyn	Evans	M	55	M50+	5	00:45:05	56	00:45:00	56	Eryri Harriers
193	Vicky	Gottwald	F	2	FOPEN	2	00:45:08	57	00:45:05	57	
303	Andrew	Kelman	M	56	M35+	12	00:45:13	58	00:45:07	58	
217	Sean	Gavin	M	57	M35+	13	00:45:13	59	00:45:09	59	North Wales Road Runners
168	James	Hooton	M	58	M40+	10	00:45:14	60	00:45:13	61	Cybi Striders
183	Simon	Hesketh	M	59	MOPEN	24	00:45:19	61	00:45:13	60	
382	Ian	Rothery	M	60	M55+	3	00:45:23	62	00:45:21	62	Cybi Striders
161	Steven Paul	Roberts	M	61	M45+	5	00:45:29	63	00:45:25	63	
338	Mike	Randall	M	62	M40+	11	00:45:32	64	00:45:29	66	
323	Daniel	Crookes	M	63	M45+	6	00:45:34	65	00:45:28	65	
80	Gavin	Sharpe	M	64	M35+	14	00:45:36	66	00:45:27	64	
325	Steven	Farrar	M	65	M50+	6	00:45:44	67	00:45:40	67	Cybi Striders
235	Asif	Dar	M	66	MOPEN	25	00:45:49	68	00:45:46	69	
255	Charles	MacIchnan	M	67	M45+	7	00:45:51	69	00:45:45	68	
247	Russ	Cheetham	M	68	M45+	8	00:46:04	70	00:46:02	72	Prestatyn Running Club
164	Darren	Dentith	M	69	M35+	15	00:46:06	71	00:45:59	71	
66	Tom	Scott	M	70	MOPEN	26	00:46:11	72	00:46:04	73	
282	Christopher	Lyons	M	71	M35+	16	00:46:16	73	00:45:56	70	
118	Matthew Lloyd	Davies	M	72	MOPEN	27	00:46:16	74	00:46:12	74	
89	Alastair	Moralee	M	73	M50+	7	00:46:31	75	00:46:22	75	
105	Dylan	Williams	M	74	M35+	17	00:46:39	76	00:46:28	77	
299	Colin	Hughes	M	75	M40+	12	00:46:40	77	00:46:22	76	
259	Des	Davies	M	76	M50+	8	00:46:47	78	00:46:45	79	Prestatyn Running Club
231	Anthony	Howe	M	77	M35+	18	00:46:57	79	00:46:38	78	Abergele Harriers
28	Eurwyn	Edwards	M	78	M55+	4	00:46:58	80	00:46:54	82	Eryri Harriers
216	Chris	Hughes	M	79	MOPEN	28	00:47:00	81	00:46:49	81	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
337	Michael	Gashe	M	80	M40+	13	00:47:00	82	00:46:49	80	
17	Tracey	Llewellyn	F	3	F35+	1	00:47:06	83	00:47:02	83	Cybi Striders
273	Arwel	Jones	M	81	M50+	9	00:47:14	84	00:47:10	84	Prestatyn Running Club
368	Paul	MacLennan	M	82	M40+	14	00:47:19	85	00:47:16	87	
298	Chris	Baldwin	M	83	M55+	5	00:47:22	86	00:47:14	86	Denbigh Harriers
114	George	Gwynn	M	84	MOPEN	29	00:47:28	87	00:47:22	88	
212	Martin	Roberts	M	85	MOPEN	30	00:47:31	88	00:47:11	85	
330	Richard	Argyle	M	86	MOPEN	31	00:47:31	89	00:47:24	89	
134	Sian	Beck	F	4	F35+	2	00:47:37	90	00:47:35	91	Prestatyn Running Club
374	Neil	Godding	M	87	MOPEN	32	00:47:45	91	00:47:27	90	
158	Chris	Birch	F	5	F65+	1	00:48:01	92	00:47:58	94	Abergele Harriers
214	Lee	Chaloner	M	88	MOPEN	33	00:48:04	93	00:47:56	92	
339	John Gwynn	Evans	M	89	M65+	1	00:48:07	94	00:48:02	99	Aberystwyth A C
281	Hughie	Roberts	M	90	M35+	19	00:48:07	95	00:48:00	97	
289	Andrew	Gannon	M	91	M45+	9	00:48:12	96	00:48:01	98	Menai Track and Field
149	David	Lambert	M	92	MOPEN	34	00:48:12	97	00:47:57	93	
144	Sara	Woodcock	F	6	FOPEN	3	00:48:13	98	00:48:05	100	
264	Rob	Bossingham	M	93	MOPEN	35	00:48:15	99	00:47:59	95	
275	Sam	Liddell	M	94	MOPEN	36	00:48:15	100	00:47:59	96	
229	Kevin	Smith	M	95	M50+	10	00:48:23	101	00:48:20	104	
92	Jo	Moss	F	7	FOPEN	4	00:48:30	102	00:48:12	102	
93	Mike	Moss	M	96	MOPEN	37	00:48:31	103	00:48:12	103	
99	Claire	Northcote	F	8	F50+	1	00:48:34	104	00:48:31	106	Styal RC
106	Georgina	Marshall	F	9	F40+	1	00:48:36	105	00:48:07	101	
156	Andrew	O'Malley	M	97	M40+	15	00:48:39	106	00:48:21	105	
380	Peter	Stuart	M	98	MOPEN	38	00:48:54	107	00:48:41	108	
97	Peter	Close	M	99	M45+	10	00:49:02	108	00:48:40	107	
276	David	Blackmore	M	100	M35+	20	00:49:05	109	00:48:59	111	
177	Chris	Pragnell	M	101	MOPEN	39	00:49:07	110	00:48:50	109	
287	Andrew	Howick	M	102	M45+	11	00:49:10	111	00:49:05	112	Cybi Striders
319	Llyr	Rees	M	103	M40+	16	00:49:13	112	00:49:07	114	
157	Andrew	Cooke	M	104	M35+	21	00:49:14	113	00:48:55	110	
379	Nia	Williams	F	10	F35+	3	00:49:15	114	00:49:05	113	
376	Suzy	Blandford	F	11	FOPEN	5	00:49:25	115	00:49:21	118	Bangor University
98	Arron	Roberts	M	105	MOPEN	40	00:49:26	116	00:49:10	115	
32	Jennifer	Charlton	F	12	F35+	4	00:49:29	117	00:49:24	120	
53	David John	Williams	M	106	M50+	11	00:49:30	118	00:49:23	119	
244	Jonathan	Pratt	M	107	MOPEN	41	00:49:32	119	00:49:17	116	
254	Thomas	Doyle	M	108	MOPEN	42	00:49:33	120	00:49:26	121	
307	Meirion	Jones	M	109	MOPEN	43	00:49:35	121	00:49:26	122	
82	Rintaro	Hagemi	M	110	MOPEN	44	00:49:42	122	00:49:18	117	
328	Keith	Williams	M	111	M45+	12	00:49:43	123	00:49:31	123	
269	David Alan	Jones	M	112	M60+	2	00:50:00	124	00:49:43	124	Denbigh Harriers
350	Shelley	Ward	F	13	F40+	2	00:50:03	125	00:50:00	126	Prestatyn Running Club
117	Lee	Outten	M	113	M45+	13	00:50:08	126	00:49:52	125	
57	Shaun	Davies	M	114	M35+	22	00:50:09	127	00:50:03	129	
377	Pwyll	Ap Sion	M	115	M40+	17	00:50:10	128	00:50:00	127	
207	Suzy	Cumming	F	14	F35+	5	00:50:14	129	00:50:10	132	
343	Nicholas	Stuart	M	116	M55+	6	00:50:21	130	00:50:08	131	
18	Samantha	Berry	F	15	FOPEN	6	00:50:22	131	00:50:03	130	
19	Richard	Berry	M	117	M35+	23	00:50:22	132	00:50:02	128	
25	Jan	Muir	F	16	F45+	1	00:50:29	133	00:50:29	133	
119	Andy	Dooley	M	118	M50+	12	00:50:36	134	00:50:33	134	Styal RC
213	Daniel	Jones	M	119	MOPEN	45	00:50:46	135	00:50:38	135	
8	Christoph	Gertler	M	120	MOPEN	46	00:50:50	136	00:50:48	138	Eryri Harriers
288	Kevin	Clark	M	121	M45+	14	00:50:53	137	00:50:46	137	
138	Lynne Englis	Roberts	F	17	FOPEN	7	00:51:01	138	00:50:54	140	
332	Vicky	Ronald	F	18	F45+	2	00:51:01	139	00:50:52	139	colwyn bay athletic club
389	Damian	Rafferty	M	122	M35+	24	00:51:07	140	00:50:56	141	
81	Anke	Hagemi	F	19	FOPEN	8	00:51:09	141	00:50:46	136	
181	Nigel Peter	Russell	M	123	M55+	7	00:51:12	142	00:50:58	142	Eryri Harriers
131	Harriet	Bunting	F	20	FOPEN	9	00:51:29	143	00:51:23	144	
233	Danny	Jones	M	124	M35+	25	00:51:30	144	00:51:03	143	
387	Matthew	Burton	M	125	MOPEN	47	00:51:35	145	00:51:24	145	
69	Alun	Edwards	M	126	M40+	18	00:51:39	146	00:51:30	147	
345	Roger	Harrison-Jones	M	127	M70+	1	00:51:41	147	00:51:31	148	Prestatyn Running Club
279	Richard	Pugh	M	128	M35+	26	00:51:52	148	00:51:28	146	
266	Gareth	Roberts	M	129	M35+	27	00:52:01	149	00:51:49	150	
318	Eurig	Evans	M	130	M55+	8	00:52:08	150	00:51:45	149	
372	Dylan	Williams	M	131	MOPEN	48	00:52:14	151	00:52:08	157	
152	Paul	Chamberlain	M	132	M35+	28	00:52:15	152	00:51:53	153	
180	Nick	Sewell	M	133	M45+	15	00:52:15	153	00:51:50	151	
115	Paul	Williams	M	134	M35+	29	00:52:15	154	00:51:53	152	
271	Daniel	Faulkner	M	135	MOPEN	49	00:52:21	155	00:51:59	155	
274	Dyfed E	Williams	M	136	M45+	16	00:52:27	156	00:51:56	154	Cybi Striders
359	Mike	Rose	M	137	MOPEN	50	00:52:29	157	00:52:02	156	
111	Daniel	Heath	M	138	MOPEN	51	00:52:38	158	00:52:33	159	
205	Cheryl	Frost	F	21	F45+	3	00:52:41	159	00:52:33	158	North Wales Road Runners
357	Neil	Thomas	M	139	M50+	13	00:52:58	160	00:52:34	160	
208	Matt	Powell	M	140	MOPEN	52	00:53:05	161	00:52:43	161	
148	Maria	Pickering	F	22	FOPEN	10	00:53:13	162	00:52:56	163	
309	Lynn	Cunnah-Watson	F	23	F50+	2	00:53:13	163	00:53:02	164	
175	Sharon	Jones	F	24	F40+	3	00:53:16	164	00:53:06	165	Prestatyn Running Club
243	Bleddyn	Evans	M	141	M35+	30	00:53:17	165	00:52:55	162	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
256	Arwyn	Williams	M	142	M35+	31	00:53:26	166	00:53:21	170	Cybi Striders
257	Jaco H	Baas	M	143	M45+	17	00:53:28	167	00:53:14	167	
31	Colin	Pugh	M	144	M45+	18	00:53:31	168	00:53:20	169	
250	Delyth	Humphreys	F	25	FOPEN	11	00:53:31	169	00:53:06	166	
102	Richard	Hughes	M	145	MOPEN	53	00:53:31	170	00:53:14	168	
367	Andrew	Hutchinson	M	146	MOPEN	54	00:53:46	171	00:53:41	175	
74	Sian	Pearce	F	26	FOPEN	12	00:53:48	172	00:53:34	172	
143	Claire	Gadsby	F	27	FOPEN	13	00:53:51	173	00:53:25	171	Prestatyn Running Club
15	Huw	Jones	M	147	M50+	14	00:53:56	174	00:53:37	174	Eryri Harriers
314	Russell	Williams	M	148	M40+	19	00:53:57	175	00:53:35	173	Cybi Striders
188	Julia	Korn	F	28	F40+	4	00:53:58	176	00:53:48	177	
176	Emyr	Gibson	M	149	M35+	32	00:54:10	177	00:53:45	176	
226	Gwyn Hughes	Evans	M	150	M50+	15	00:54:13	178	00:54:02	178	Eryri Harriers
104	Susan	Jones	F	29	F40+	5	00:54:26	179	00:54:14	180	
249	Meinir	Hughes	F	30	FOPEN	14	00:54:33	180	00:54:09	179	
272	Stuart	Donnelly	M	151	M35+	33	00:54:43	181	00:54:27	181	
360	Richard	Simcox	M	152	MOPEN	55	00:54:43	182	00:54:27	182	
135	Gareth	James	M	153	MOPEN	56	00:54:48	183	00:54:34	183	
151	Ieuan	Davies	M	154	M45+	19	00:54:50	184	00:54:43	184	Cybi Striders
375	John	Tee	M	155	M65+	2	00:55:07	185	00:54:44	185	Bro Dysynni
23	Llion	Williams	M	156	MOPEN	57	00:55:17	186	00:54:55	186	
184	Alan	Owen	M	157	M40+	20	00:55:26	187	00:55:13	187	
33	Llinos	Greenhalgh	F	31	FOPEN	15	00:55:27	188	00:55:21	188	
139	Gareth Owen John	Roberts	M	158	MOPEN	58	00:55:37	189	00:55:29	189	
163	Erika	Dawson-Davies	F	32	F40+	6	00:55:50	190	00:55:38	190	North Wales Road Runners
310	Tom	Watson	M	159	MOPEN	59	00:55:56	191	00:55:54	193	
153	Rhian	Carpenter	F	33	F40+	7	00:55:57	192	00:55:47	191	North Wales Road Runners
130	Stewart	Edney	M	160	M40+	21	00:56:08	193	00:55:50	192	
305	Christopher James	Hoult	M	161	M45+	20	00:56:17	194	00:55:59	196	
108	Geraint	Roberts	M	162	M40+	22	00:56:20	195	00:55:58	195	
9	Lisa	Gittins	F	34	F40+	8	00:56:21	196	00:55:57	194	UKNetrunners
128	Siva	Shrikanth	M	163	M40+	23	00:56:32	197	00:56:09	197	
246	Anwen	Davies	F	35	F35+	6	00:56:41	198	00:56:23	198	Denbigh Harriers
347	Fiona	Coleman	F	36	F45+	4	00:56:41	199	00:56:32	201	Colwyn Bay Athletic Club
122	Robin	Gardiner	M	164	MOPEN	60	00:56:43	200	00:56:23	199	
362	Colin Richard	Stuhlfelder	M	165	M35+	34	00:56:54	201	00:56:26	200	
56	Daniel	Sutton	M	166	MOPEN	61	00:57:01	202	00:56:36	202	
358	Lucy	Dentith	F	37	FOPEN	16	00:57:02	203	00:56:40	203	
225	Aaron	King	M	167	MOPEN	62	00:57:07	204	00:56:49	205	
385	Martin	Thompson	M	168	M40+	24	00:57:08	205	00:56:48	204	Albertros RC
240	Michael	Dovey	M	169	MOPEN	63	00:57:10	206	00:56:56	206	
41	Roger	Dugan	M	170	M45+	21	00:57:14	207	00:57:03	207	
306	Ian	Roberts	M	171	M50+	16	00:57:22	208	00:57:09	210	Mysteruns Abergele
348	Hayley	Meek	F	38	F40+	9	00:57:22	209	00:57:09	211	
76	Andrew	Dobbs	M	172	MOPEN	64	00:57:37	210	00:57:17	212	
170	Paul	Almond	M	173	M55+	9	00:57:40	211	00:57:06	208	
171	Michael Doer	Proctor	M	174	M55+	10	00:57:40	212	00:57:07	209	
121	Richard	Owen	M	175	M50+	17	00:57:50	213	00:57:33	213	
283	Brian	Humphreys	M	176	M55+	11	00:58:03	214	00:57:56	216	Celtic Royal
107	Susan	Chambers	F	39	F35+	7	00:58:16	215	00:57:47	214	
140	Debbie	Cole	F	40	F40+	10	00:58:16	216	00:57:47	215	
340	Stuart	Thompson	M	177	M40+	25	00:58:17	217	00:58:02	217	
352	Ann	Hughes	M	178	M35+	35	00:58:30	218	00:58:11	218	
91	Gareth	Jones	M	179	M40+	26	00:58:36	219	00:58:13	219	
267	Lisa	Davies	F	41	FOPEN	17	00:58:39	220	00:58:14	220	
52	Matthew	Knight	M	180	M55+	12	00:58:41	221	00:58:20	221	
96	Kieran	Gratton	M	181	MOPEN	65	00:58:48	222	00:58:31	222	
210	Clive	Smallwood	M	182	MOPEN	66	00:58:56	223	00:58:40	223	
160	Kate	Wilson	F	42	FOPEN	18	00:59:11	224	00:58:52	224	Denbigh Harriers
349	Graham	Jones	M	183	M55+	13	00:59:15	225	00:58:57	225	
335	Llinos	Iorwerth	F	43	F40+	11	00:59:19	226	00:59:08	228	
245	Rachel	Jones	F	44	F40+	12	00:59:19	227	00:58:58	226	
20	Jonathan	Jones	M	184	M40+	27	00:59:23	228	00:59:03	227	
248	Lyn	Rees	F	45	F40+	13	00:59:31	229	00:59:10	229	
22	Sian Elen	Williams	F	46	FOPEN	19	00:59:46	230	00:59:24	230	
251	Dawn	Barracough-Jones	F	47	FOPEN	20	00:59:51	231	00:59:33	231	Prestatyn Running Club
209	Brian	Higgins	M	185	M60+	3	01:00:02	232	00:59:55	232	Styal RC
336	Wayne	Haynes	M	186	MOPEN	67	01:00:22	233	01:00:07	233	
344	Lynne	Stuart	F	48	F55+	1	01:00:31	234	01:00:18	235	
322	Tony	Lister	M	187	M65+	3	01:00:31	235	01:00:17	234	North Wales Road Runners
342	Marion	Mayhead	F	49	F35+	8	01:00:40	236	01:00:29	238	
50	James	Norrie	M	188	M40+	28	01:00:49	237	01:00:23	236	
384	Iorwerth	Robers	M	189	M65+	4	01:00:51	238	01:00:24	237	Eryri Harriers
27	Vivienne	Edwards	F	50	F55+	2	01:01:13	239	01:01:04	242	Menai Track and Field
90	Hayley Jane	Jones	F	51	F35+	9	01:01:13	240	01:00:43	239	
165	Stevie	Gulesserian	F	52	FOPEN	21	01:01:23	241	01:00:56	240	
109	Carl Barry	Thatcher	M	190	MOPEN	68	01:01:24	242	01:01:23	244	
166	Jennifer	Jones-Darlington	F	53	FOPEN	22	01:01:24	243	01:00:57	241	
291	Kate	Wheatcroft	F	54	F35+	10	01:01:41	244	01:01:35	246	Cybi Striders
333	Steve	Tunstall	M	191	M55+	14	01:01:41	245	01:01:33	245	
290	John	Jackson	M	192	M65+	5	01:01:45	246	01:01:36	247	
206	Dylan	Williams	M	193	MOPEN	69	01:01:50	247	01:01:21	243	
316	Sian	Haines	F	55	FOPEN	23	01:02:17	248	01:02:07	249	
315	Barry	Haines	M	194	M50+	18	01:02:17	249	01:02:08	250	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Chip Time	Position	Club
192	Sarah	Manfredi	F	56	F40+	14	01:02:20	250	01:01:55	248	Abergele Harriers
34	Val	Grimes	F	57	F40+	15	01:02:30	251	01:02:10	251	
145	Natalie	Brogden	F	58	FOPEN	24	01:02:46	252	01:02:18	252	
35	Delyth	Jones	F	59	FOPEN	25	01:02:46	253	01:02:19	253	
202	Rhys Llywelyn	Williams	M	195	M40+	29	01:02:51	254	01:02:26	254	
101	Craig	Scott	M	196	M35+	36	01:03:30	255	01:03:06	255	
10	Rebecca	Hellon	F	60	F45+	5	01:03:32	256	01:03:08	256	
146	Robert	Williams	M	197	MOPEN	70	01:03:55	257	01:03:29	257	
228	Niclas	Hughes	M	198	MOPEN	71	01:04:00	258	01:03:37	258	
79	Carole	Richardson	F	61	F35+	11	01:04:07	259	01:03:59	260	
185	Bethan	Priestley	F	62	FOPEN	26	01:04:12	260	01:03:58	259	
365	Helen	Jolly	F	63	F50+	3	01:04:23	261	01:04:10	261	Wesham Road Runners
268	Norman	Phillipson	M	199	M65+	6	01:04:40	262	01:04:15	262	
302	Charlotte	James	F	64	FOPEN	27	01:04:43	263	01:04:21	263	
16	Helen	Griffiths	F	65	FOPEN	28	01:04:47	264	01:04:23	264	
327	Denise	Marsh	M	200	M45+	22	01:04:48	265	01:04:38	268	
37	Sian	Roberts	F	66	F50+	4	01:04:51	266	01:04:37	266	
286	Stephanie	Wilson	F	67	F35+	12	01:04:51	267	01:04:38	267	
197	Stephanie	Mortimer	F	68	F40+	16	01:04:59	268	01:04:33	265	
112	Tim	Holmes	M	201	MOPEN	72	01:05:24	269	01:04:57	269	
242	Geri	Evans	F	69	F35+	13	01:05:27	270	01:05:02	270	
65	Alex	Gordon-Clark	M	202	M45+	23	01:05:40	271	01:05:14	272	
222	Linda	Drayton	F	70	F50+	5	01:05:44	272	01:05:14	271	
270	Wendy	Vernon	M	203	M40+	30	01:06:00	273	01:05:48	273	
84	Susan	Bracegirdle	F	71	F45+	6	01:06:01	274	01:05:55	275	
47	Cara	Plummer	F	72	FOPEN	29	01:06:09	275	01:05:53	274	
295	Hayley	Macdonald-Jones	F	73	F35+	14	01:06:13	276	01:05:57	276	
124	Llio	Owen	F	74	FOPEN	30	01:06:29	277	01:06:11	277	
63	Joan	Edwards	F	75	F50+	6	01:06:35	278	01:06:27	278	
178	Einir	Roberts	F	76	FOPEN	31	01:06:40	279	01:06:35	282	Cybi Striders
194	Hayley	Wilkinson	F	77	FOPEN	32	01:06:45	280	01:06:30	279	
311	Clare	Mcewen	F	78	F35+	15	01:06:57	281	01:06:38	283	
204	James	Graham	M	204	MOPEN	73	01:07:00	282	01:06:32	281	
203	Jamie	Edwards	M	205	M35+	37	01:07:01	283	01:06:32	280	
363	Jim	Gallacher	M	206	M50+	19	01:07:08	284	01:06:38	284	
77	OWAIN	Ap Elfed	M	207	MOPEN	74	01:07:21	285	01:07:05	286	
219	Chris	Purt	M	208	MOPEN	75	01:07:28	286	01:07:18	287	Evolution Bikes
218	Wendy	Marchant	F	79	FOPEN	33	01:07:28	287	01:07:18	288	Evolution Bikes
253	Steven	Morris	M	209	M40+	31	01:07:33	288	01:07:04	285	
239	Chris	Roberts	F	80	F55+	3	01:07:49	289	01:07:29	289	Watford Joggers
78	Eluned	Roberts	F	81	FOPEN	34	01:07:53	290	01:07:36	290	
40	Jan	Roberts	F	82	F50+	7	01:08:01	291	01:07:48	291	
265	Rebecca	Roberts	F	83	FOPEN	35	01:08:01	292	01:07:48	292	
54	Sarah	Sutton	F	84	FOPEN	36	01:08:17	293	01:07:55	293	
24	Sally	Humphreys	F	85	F40+	17	01:09:13	294	01:08:42	294	
94	Ruth	Jones	F	86	F40+	18	01:09:45	295	01:09:22	295	
215	Gareth	Morris	M	210	MOPEN	76	01:10:00	296	01:09:33	297	
126	Judith	Morris	F	87	FOPEN	37	01:10:01	297	01:09:32	296	
174	Vicky	Dale	F	88	F50+	8	01:10:53	298	01:10:29	298	Abergele Harriers
12	Elizabeth	Thompson	F	89	FOPEN	38	01:11:28	299	01:11:15	299	
43	Emma	Strange	F	90	FOPEN	39	01:12:34	300	01:12:18	300	
334	John	Gomez	M	211	M55+	15	01:13:02	301	01:12:32	301	
378	Rusty	Palmer	F	91	FOPEN	40	01:15:52	302	01:15:48	302	
141	Svava	Karlsdottir	F	92	F35+	16	01:20:39	303	01:20:27	303	
355	Asta	Jakobsdottir	F	93	F40+	19	01:20:41	304	01:20:29	304	
55	Claire	Byast	M	212	MOPEN	77	01:21:13	305	01:20:50	305	
64	Sian Eleri	Gordon-Clark	F	94	F45+	7	01:21:50	306	01:21:25	306	
51	Karen	Norrie	F	95	F35+	17	01:23:09	307	01:22:43	308	
7	Cheryl	Thomas	F	96	F40+	20	01:23:09	308	01:22:40	307	
100	Keith	Barker	M	213	M50+	20	01:33:32	309	01:33:16	309	
159	Alf	Williams	M	214	M65+	7	01:34:39	310	01:34:20	310	Methodist Church
103	Eleri	Owen	F	97	FOPEN	41	01:36:40	311	01:36:25	311	
329	Rachel	Owen	F	DNF	FOPEN	DNF	DNF	DNF	DNF	DNF	
308	Phil	Clapham	M	DNF	M45+	DNF	DNF	DNF	DNF	DNF	Buxton A.C.