

## Caernarfon 10km - 3rd September 2017

Bib	Forename	Surname	Gender	Pos	Category	Club	Gun Time	Chip Time
288	Tomos	Roberts	Male	1	Male 23-34	Meirionnydd Running Club	0:32:42,41	0:32:41,14
341	Dean	Longley	Male	2	Male 23-34	Prestatyn Running Club	0:33:48,14	0:33:47,79
345	Owen	Roberts	Male	3	Male 20-22		0:35:02,38	0:35:01,17
286	Mike	Roberts	Male	4	Male 35-39	Deestridders	0:35:13,82	0:35:11,82
260	Jonathan	Kettle	Male	5	Male 40-44	North Wales Road Runners Club	0:35:34,62	0:35:32,62
244	Shaun	Hughes	Male	6	Male 20-22	Denbigh Harriers	0:35:47,26	0:35:46,16
294	Andrew	Savage	Male	7	Male 45-49	Cybi Striders	0:35:52,49	0:35:47,49
284	Simon	Roberts	Male	8	Male 45-49	Buckley Runners	0:35:59,03	0:35:56,65
210	Darren	Blazier	Male	9	Male 45-49	Abergele Harriers	0:36:07,46	0:36:05,86
214	Andrew	Bromley	Male	10	Male 23-34	Prestatyn Running Club	0:36:28,15	0:36:27,15
221	Craig	Davies	Male	11	Male 40-44	Buckley	0:36:53,78	0:36:52,42
209	Gary	Blackwell	Male	12	Male 50-54	Buckley	0:37:09,12	0:37:07,12
347	David	Davies	Male	13	Male 50-54	Buckley Runners	0:38:04,56	0:38:02,50
312	Tony	Wood	Male	14	Male 23-34	Denbigh Harriers	0:38:05,72	0:38:03,87
301	Steve	Toogood	Male	15	Male 55-59	Buckley Runners	0:38:19,42	0:38:16,78
287	Gwion	Roberts	Male	16	Male 23-34	Meirionnydd	0:38:35,27	0:38:33,54
215	Tim	Cahill	Male	17	Male 55-59	Abergele Harriers	0:38:39,72	0:38:37,47
300	Chris	Thomas	Male	18	Male 35-39	Cybi Striders	0:39:01,42	0:38:58,65
251	Peter	Jones	Male	19	Male 35-39	Cybi Striders	0:39:03,14	0:39:00,50
269	Michael	Robbins	Male	20	Male 50-54	Wrexham Aac	0:39:18,02	0:39:15,90
352	Adam	Jones	Male	21	Male 23-34		0:39:21,90	0:39:15,72
342	Marc	Jessett	Male	22	Male 23-34	Nwrrc	0:39:26,03	0:39:23,82
281	Jeremy	Randell	Male	23	Male 50-54	Meirionnydd Rc	0:39:31,25	0:39:28,25
205	Amie	Bagnall	Female	24	Female 23-34	Prestatyn Running Club	0:39:37,72	0:39:35,72
222	Leon	Davies	Male	25	Male 40-44	Nwrrc	0:40:14,63	0:40:12,63
201	Dean	Allison	Male	26	Male 35-39	NWRRC	0:40:24,43	0:40:22,30
308	Sion-Kelly	Williams	Male	27	Male 12-19	Gog Triathlon	0:40:45,14	0:40:43,08
256	Gethin	Jones	Male	28	Male 23-34	North Wales Road Runners	0:40:47,75	0:40:44,75
271	Gemma	Morgans	Female	29	Female 23-34	Eryri Harries	0:40:49,55	0:40:48,09
297	Matthew	Smith	Male	30	Male 23-34	Prestatyn Running Club	0:41:02,99	0:41:00,55

337	Gary	Young	Male	31	Male 45-49	Eryri	0:41:18,99	0:41:12,55
232	Steffan	Evans	Male	32	Male 35-39	Eryri Harriers	0:41:25,01	0:41:22,37
207	Darren	Battersby	Male	33	Male 50-54	Abergele Harriers	0:41:29,75	0:41:26,53
289	Steven	Roberts	Male	34	Male 50-54	Nwrrc	0:41:48,52	0:41:45,68
211	Simon	Bonfield	Male	35	Male 45-49	Abergele Harriers	0:41:49,11	0:41:44,11
235	Elliw	Haf	Female	36	Female 23-34	Eryri	0:41:59,87	0:41:56,71
330	John	Davies	Male	37	Male 23-34	Eryri Harriers	0:42:13,37	0:42:03,01
328	George	Nixon	Male	38	Male 65-69	Prestatyn Running Club	0:42:15,84	0:42:13,00
249	Craig	Jones	Male	39	Male 23-34	Denbigh Harriers	0:43:01,77	0:43:00,03
234	Ben	Garnett	Male	40	Male 23-34	Abergele Harriers	0:43:10,82	0:43:10,82
295	Brian	Seal	Male	41	Male 23-34	Village Road Runners	0:43:51,32	0:43:39,76
202	Arfon	Hughes	Male	42	Male 45-49	Meirionnydd Running Club	0:43:57,33	0:43:54,33
208	Sian	Beck	Female	43	Female 40-44	Prestatyn Rc	0:44:06,85	0:44:02,85
224	Darren	Dentith	Male	44	Male 40-44		0:44:11,57	0:44:08,57
279	Owen	Pooley	Male	45	Male 23-34		0:44:19,43	0:44:08,83
255	John	Jones	Male	46	Male 55-59	Abergele Harriers	0:44:28,36	0:44:25,27
285	Marc	Roberts	Male	47	Male 40-44	North Wales Road Runners Club	0:44:29,33	0:44:26,33
241	Nigel	Holmes	Male	48	Male 55-59	Cybi Striders	0:44:30,88	0:44:28,88
268	Tom	Mcpartland	Male	49	Male 23-34		0:44:31,38	0:44:26,38
264	Julie	Martin	Female	50	Female 35-39	Abergele Harriers	0:44:40,41	0:44:36,41
335	Johanna	Bogle	Female	51	Female 35-39		0:44:42,85	0:44:39,57
348	Sion	Crabtree	Male	52	Male 23-34		0:44:59,98	0:44:49,76
233	Nick	Foden	Male	53	Male 23-34	Abergele Harriers	0:45:00,89	0:44:58,05
206	Martyn	Barnaby	Male	54	Male 40-44	Abergele Harriers	0:45:31,83	0:45:30,83
220	Mared	Dafydd	Female	55	Female 23-34		0:45:37,87	0:45:34,87
356	Michael	Downey	Male	56	Male 23-34		0:45:38,48	0:45:31,54
204	Jenna	Bagnall	Female	57	Female 12-19	Prestatyn Running Club	0:45:39,93	0:45:36,97
218	Kevin	Clark	Male	58	Male 50-54	Cybi Striders	0:45:43,04	0:45:40,04
334	Benjamin	Harrison	Male	59	Male 20-22	Prestatyn Running Club	0:45:54,67	0:45:52,30
	Nicholas	Bradley	Male	60	Male 60-64	Meirionnydd RC	0:46:01,29	0:46:00,00
346	Maldwyn	Evans	Male	61	Male 55-59	Eryri Harriers	0:46:03,09	0:46:00,09
262	Iestyn	Lloyd	Male	62	Male 35-39		0:46:25,67	0:46:16,49
219	Andrea	Cody	Female	63	Female 23-34	Abergele Harriers	0:47:03,66	0:46:55,75

331	Rhi	Willmot	Female	64	Female 23-34	Cybi Striders	0:47:07,96	0:47:02,96
333	Nigel	Bakewell	Male	65	Male 50-54	Prestatyn Running Club	0:47:10,88	0:47:05,55
261	Kevin	Williams	Male	66	Male 35-39		0:47:13,86	0:47:08,14
217	Gareth	Catherall	Male	67	Male 40-44		0:47:19,25	0:47:16,25
314	Robert	Fryer	Male	68	Male 60-64	Nwrrc	0:47:24,10	0:47:11,05
242	Chris	Hoult	Male	69	Male 50-54	Eryri Harriers	0:47:30,32	0:47:17,97
266	Ian	Mcconnell	Male	70	Male 50-54	Village Road Runners	0:47:32,72	0:47:20,82
282	Allison	Reid	Female	71	Female 40-44	Prestatyn Running Club	0:47:34,09	0:47:28,53
226	Jane	Doughton	Female	72	Female 40-44	Buckley Running Club	0:47:34,95	0:47:32,95
263	Paula	Maguire	Female	73	Female 35-39	Abergele Harriers	0:47:48,56	0:47:40,48
265	Mark	Mayers	Male	74	Male 45-49	Abergele Harriers	0:47:53,32	0:47:45,41
329	Jordan	Lewis	Male	75	Male 20-22		0:47:56,82	0:47:45,96
237	Richard	Hankinson	Male	76	Male 55-59	Meirionnydd	0:48:02,28	0:47:56,96
305	Richard	Westwood	Male	77	Male 40-44	Wrexham Amateur Athletic Club	0:48:14,33	0:48:05,59
280	Richard	Ralley	Male	78	Male 50-54		0:48:20,78	0:48:18,78
307	Dewi	Williams	Male	79	Male 45-49	Cybi Striders	0:48:25,12	0:48:18,40
315	Gwilym	Williams	Male	80	Male 65-69		0:48:27,32	0:48:16,85
223	Des	Davies	Male	81	Male 55-59	Prestatyn Running Club	0:48:32,89	0:48:25,55
239	Kay	Hatton	Female	82	Female 50-54	Nnrrc	0:48:58,90	0:48:55,68
332	Owain	Jones	Male	83	Male 23-34		0:49:18,25	0:49:09,97
270	Michael	Davis	Male	84	Male 70-74	Prestatyn Running Club	0:49:27,25	0:49:22,35
327	James	Harwood	Male	85	Male 40-44	Eryri Harriers	0:49:35,38	0:49:22,96
276	Amy	Owen-Jones	Female	86	Female 23-34	Abergele Harriers	0:49:46,03	0:49:37,67
339	Gareth	Hughes	Male	87	Male 70-74	Prestatyn Running Club	0:49:47,96	0:49:42,40
236	Don	Hale	Male	88	Male 65-69	North Wales Road Running Club	0:49:54,75	0:49:47,55
358	Toby	Ellis	Male	89	Male 23-34		0:49:57,70	0:49:46,45
321	Christine	Birch	Female	90	Female 70-74	Abergele Harriers	0:50:02,81	0:49:02,58
291	Susan	Rodgers	Female	91	Female 55-59	Prestatyn Running Club	0:50:11,25	0:50:06,13
359	Andy	Goater	Male	92	Male 40-44		0:50:30,33	0:50:20,89
302	Stephen	Weedman	Male	93	Male 50-54		0:50:39,55	0:50:32,29
354	Steve	Mullan	Male	94	Male 23-34		0:50:40,83	0:50:30,48
353	Jessica	Whitehead	Female	95	Female 23-34		0:50:41,05	0:50:30,83
306	Joshua	White	Male	96	Male 23-34		0:50:45,17	0:50:39,93

360	Neil	Thomas	Male	97	Male 55-59		0:50:49,71	0:50:42,17
258	Daniel	Joyce	Male	98	Male 40-44		0:51:11,74	0:50:59,76
246	Leonard	Jackson	Male	99	Male 60-64	North Wales Road Runners	0:51:52,05	0:51:46,87
240	Diane	Holmes	Female	100	Female 55-59	Cybi Striders	0:52:11,53	0:52:07,53
290	Bethan Wyn	Roberts	Female	101	Female 45-49		0:52:15,53	0:52:10,47
231	Meilyr	Emrys	Male	102	Male 35-39	Denbigh Harriers	0:52:17,11	0:52:10,11
316	Michael	Hayton	Male	103	Male 65-69	Nwrrc	0:52:44,61	0:52:38,21
357	Ann	Hughes	Female	104	Female 40-44		0:52:49,72	0:52:40,16
254	Sharon	Jones	Female	105	Female 45-49		0:53:17,56	0:53:07,54
272	Neil	Morris	Male	106	Male 50-54		0:53:27,60	0:53:17,64
230	Dafydd	Emrys	Male	107	Male 23-34		0:54:00,50	0:53:53,83
250	Alan	Jones	Male	108	Male 45-49	Prestatyn Running Club	0:54:09,23	0:54:04,04
320	Megan	Baker	Female	109	Female 23-34		0:55:09,69	0:55:01,23
253	Sioned Mair	Jones	Female	110	Female 40-44	Meirionnydd	0:55:43,90	0:55:36,56
318	Roger	Harrison-Jones	Male	111	Male 80+	Prestatyn Running Club	0:55:48,18	0:55:38,83
247	Jack	Thomas	Male	112	Male 75-79	Buckley	0:56:08,70	0:56:01,36
274	Lorraine	Nesbitt	Female	113	Female 45-49	Abergele Harriers	0:56:24,25	0:56:18,16
278	Anna	Pooley	Female	114	Female 23-34		0:56:37,09	0:56:26,65
343	Kelly	Williams	Female	115	Female 35-39		0:56:50,22	0:56:36,38
344	John	Etherington	Male	116	Male 70-74		0:56:54,93	0:56:50,93
304	Will	Weston	Male	117	Male 23-34		0:57:33,33	0:57:27,38
267	Danielle	Mcpartland	Female	118	Female 23-34		0:57:34,54	0:57:28,49
259	Hannah	Joyce	Female	119	Female 35-39		0:57:36,69	0:57:24,55
313	Rachel	Woodgate	Female	120	Female 23-34		0:58:02,16	0:57:52,48
245	Paul	Hughes	Male	121	Male 45-49		0:58:19,49	0:58:10,96
323	Clare	Manley	Female	122	Female 45-49	Prestatyn Running Club	0:58:22,41	0:58:15,41
252	Brenda	Jones	Female	123	Female 75-79	Bro Dysynni Ac	0:58:51,37	0:58:43,79
228	Linda	Edwards	Female	124	Female 55-59		0:59:01,95	0:58:49,93
299	Colin	Stuhlfelder	Male	125	Male 40-44		0:59:05,27	0:58:52,68
350	Gareth	Hughes	Male	126	Male 60-64		0:59:10,95	0:58:56,91
340	Mike	Storry	Male	127	Male 70-74	Village Road Runners	0:59:19,99	0:59:07,07
336	Julia	Evans	Female	128	Female 50-54	Prestatyn Running Club	0:59:45,14	0:59:39,82
216	Susan	Calvert	Female	129	Female 55-59	Abergele Harriers	0:59:51,72	0:59:46,10

317	Sharon	Ray	Female	130	Female 40-44		1:00:19,44	1:00:12,78
319	Caroline	Jones	Female	131	Female 50-54	Prestatyn Running Club	1:00:57,84	1:00:50,84
303	Debbie	Weedman	Female	132	Female 45-49		1:01:15,13	1:01:08,39
257	Non	Jones	Female	133	Female 35-39		1:02:01,74	1:01:55,34
248	Roy	Jardine	Male	134	Male 65-69	Eryri	1:03:26,32	1:03:17,37
212	Lucy	Bradley	Female	135	Female 23-34		1:03:30,18	1:03:16,41
293	Adam	Salisbury	Male	136	Male 23-34		1:03:49,32	1:03:40,14
238	John	Hatton	Male	137	Male 70-74	Nwrrc	1:03:55,12	1:03:47,35
326	Rwth Angharad	Pawl-Jones	Female	138	Female 23-34		1:03:58,40	1:03:45,27
273	Sarah	Musgrave	Female	139	Female 45-49		1:04:03,58	1:03:55,50
325	Helen	Jennings	Female	140	Female 23-34		1:04:08,80	1:03:55,54
283	Robert	Harding	Male	141	Male 65-69	Telford Harriers	1:04:31,86	1:04:22,35
355	Iorwerth	Roberts	Male	142	Male 70-74	Eryri Harriers	1:04:42,01	1:04:30,88
243	Gary	Howgate	Male	143	Male 50-54	Abergele Harriers	1:07:22,95	1:07:13,51
229	Sarah	Edwards	Female	144	Female 23-34	Abergele Harriers	1:08:38,83	1:08:30,15
225	Jenny	Dogan	Female	145	Female 23-34		1:08:38,83	1:08:30,49
322	Sheila	Symonds	Female	146	Female 80+	Meirionnydd RC	1:40:00,00	1:40:00,00

