

Llyn Alwen Trail Run

Finisher List

Place	Bib	Name	YoB	Gender	AG	Club	ChipTime
Contest 1							
1.	22	Joe Welch		m		Clwb Rhedeg Nantglyn	45:04
2.	164	Ian Kneale		m			45:33
3.	170	Craig Davies		m		Deestriders	46:17
4.	177	Bryan Wills		m		Eryri Harriers	46:37
5.	4	Tony Devenport		m			48:02
6.	121	Callum Lee		m			48:16
7.	333	Izzie Irvine		f		GOG Triathlon	49:01
8.	160	Ian Mawdesley		m			49:10
9.	202	Karl Williams		m		Buckley Runners	49:27
10.	152	Helen Davies		f		Wrecsam Tri	49:52
11.	205	Nick Armstrong		m			49:57
12.	292	Anthony Brown		m		Ashford & District	50:36
13.	213	Neil Dalleywater		m		Clwydian Range Runners	50:54
14.	173	Chris Williams		m		Wellies Running Club	51:04
15.	608	Hywel Lloyd		m			51:10
16.	201	Mike Maudesley		m			51:11
17.	207	Samantha Dutton		f		Buckley Runners	51:14
18.	208	Steve Coleman		m		Astley and Tyldesley	51:16
19.	72	Phil Langley		m			51:54
20.	10	Michael Fitzpatrick		m			52:12
21.	36	James Kimber		m			52:30
22.	15	Peter Brodey		m			52:31
23.	58	gareth williams		m			52:47
24.	43	Kirstie Fraser		f		Canicross Clwyd	52:47
25.	212	Claire Thompson		f		Vale	52:48
26.	148	Darrell Jones		m			53:14
27.	4105	Sam Bennet		m			53:37
28.	206	Adam Williams		m			54:04
29.	59	Callie Thornton		f		Canicross Clwyd	54:16
30.	214	Neil Coppack		m		Clwydian Range Runners	54:21
31.	621	Gareth Taylor		m			54:22
32.	92	Arwyn Williams		m			54:23
33.	84	Paul Walker		m		Canicross Clywd	54:43
34.	77	Nadine Weeks		f			55:00
35.	25	Katherine Gregson		f			55:00
36.	9	Ian Pettigrew		m			55:02
37.	61	Richard Ralley		m			55:51
38.	169	Liz Wilkinson		f			56:02
39.	145	James Maggregor		m			56:15
40.	144	John Passey		m			56:20
41.	49	Rowenna Darlington		f		Canicross Clwyd	56:21
42.	5	nik Galloway		m			56:23
43.	210	Nick Armstrong		m		Canicross Clwyd	56:24
44.	211	John Thompson		m		Vale	56:27
45.	257	Rhian Shrimplin		f		Ashford & District	56:29
46.	4101	Rebecca Roberts		f		Clwydian Range Runners	56:36
47.	96	Mike Pritchard		m			56:49
48.	156	Andy Shirley		m			56:57
49.	139	Eleanor Ashcroft					56:59
50.	57	Chris Hault		m		Para Fit Hoplite	57:08

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51.	159	Peter Doran		m			57:12
52.	163	Eilir Roberts		m			57:25
53.	147	Iwan Edwards		m			57:44
54.	89	Susan Southern		f		Canicross Clwyd	58:07
55.	21	Claire Bishop		f		Betsi Runaways	58:13
56.	4106	Greg Grundy		m			58:18
57.	168	Rory Wilkinson		m		Denbigh Harriers	58:30
58.	107	Ian Brice		m			58:58
59.	42	Vicky Hughes		f			58:58
60.	622	Dylan Roberts		m		Wrecsam Tri	59:09
61.	135	Melfyn Roberts		m			59:19
62.	133	Christine Cammillare		f			59:21
63.	155	Mari Williams		f			59:26
64.	93	evan williams		m			59:36
65.	94	Zac Jones		m		Maidstone harriers	59:57
66.	91	Rebecca Massey		f		Deestriders	59:58
67.	105	Steve Davies		m			59:59
68.	71	Matthew Langley		m			1:00:01
69.	119	Lowri Roberts		f			1:00:18
70.	626	Mel Morris		f			1:00:54
71.	116	Gwyn Jones		m			1:01:08
72.	103	Kath Edwards		f			1:01:50
73.	27	nia golding		f			1:02:02
74.	86	Sandi Cheveaux		f		Canicross Clwyd	1:02:18
75.	175	Konrad Szczawinski		m			1:02:22
76.	88	Adele Johnson		f		Canicross clwyd	1:02:23
77.	609	Gareth Edwards		m			1:02:55
78.	108	Dyfan Phillips		m			1:03:05
79.	153	Carolione James		f			1:03:15
80.	138	Paul Lewtey		m		Deestriders running club	1:03:58
81.	16	Alun Williams		m			1:04:03
82.	2	Ed Hopson		m		Edwin Hopson	1:04:14
83.	176	Paul Ellams		m			1:04:52
84.	171	Neil Anderson		m		Clwb Rhedeg Nantglyn	1:04:57
85.	65	Jan McArd		f		Wallasey AC	1:05:18
86.	64	Paul McArd		m			1:05:20
87.	33	Nina Donohoe Williams		f			1:05:29
88.	34	Dilwyn Williams		m			1:05:30
89.	44	Helen Casbon		f		Eye Community Runners	1:05:36
90.	53	ELERI EDWARDS		f			1:05:42
91.	151	Rachel Hurst		f			1:05:42
92.	178	Ruth Jones		f			1:05:42
93.	131	Drew Thompson		m		Runstrong	1:06:04
94.	73	Ann Claire Jones		f			1:06:38
95.	134	Diane Jones		f		Abergele Harriers	1:06:52
96.	162	Hilary Megoran		f			1:06:58
97.	97	Jamie McAllister		f			1:07:02
98.	4104	Kevin Goodwin		m			1:07:04
99.	52	PAUL GRIFFITHS		m			1:07:19
100.	99	Jude (Judith) Morton		f			1:07:22
101.	26	Aranwen Griffiths		f			1:07:43
102.	166	John Reilly		m			1:07:51

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Place	Bib	Name	YoB	Gender	AG	Club	ChipTime
103.	318	Matt Pritchard		m			1:07:57
104.	13	Pauly-D Jones		m		Deeside Orienteering Club	1:08:03
105.	3	Mike Robinson		m		Runstrong	1:08:18
106.	8	Rebecca Jones		f			1:08:20
107.	85	michelle roberts		f		Canicross Clwyd	1:08:31
108.	157	Menai Baugh		f		Denbigh Harriers	1:08:54
109.	45	Elan Ial-Jones		f			1:08:56
110.	140	Dawn Ashcroft		f			1:09:00
111.	38	Lorna Royle		f		Deestridders running club	1:09:07
112.	50	Hazel Platt		f			1:09:25
113.	374	Andrew Austin		m			1:09:25
114.	141	Katie Dawson		f			1:09:25
115.	37	Paul Parker		m			1:10:06
116.	82	Sara Griffiths		f			1:10:11
117.	51	Gwenno Davies		f			1:10:20
118.	158	Katie Burrows		f			1:10:24
119.	149	Emma MacArthur		f			1:10:53
120.	41	Yvette Tomkinson		f			1:10:55
121.	68	Jamie Southern		f		Canicross Clwyd	1:11:05
122.	136	Pippa Hardwick		f			1:11:12
123.	23	Sonja Griffiths		f			1:11:13
124.	142	Michelle Henderson		f		Wrexham AC	1:11:14
125.	132	Michael shone		m		Runstrong	1:11:46
126.	55	Raye Phillips		f			1:11:50
127.	19	Eve Pugh		f			1:11:52
128.	11	Dewi Griffiths		m		Fylde coast runners	1:11:55
129.	98	Gemma Elliott		f			1:12:24
130.	137	Jill Thorburn		f			1:12:30
131.	54	Topsy Lee		f			1:12:37
132.	4103	Alun Jones		m			1:12:39
133.	150	Dai Gallagher		m			1:12:43
134.	172	Catrin Casemore		f			1:12:57
135.	143	Jan Bancroft		f		Wrexham AC	1:12:59
136.	101	Sarah Johnson		f			1:13:08
137.	120	Teleri Thirsk		f			1:13:32
138.	118	Russell Willis		m			1:13:32
139.	30	Heather Jones		f			1:14:04
140.	47	Anna Jones		f			1:14:15
141.	100	Tom Evans		m			1:16:07
142.	125	Micha MacDonald		f			1:16:08
143.	112	Lisa Jones		f			1:16:29
144.	110	Vicky Prior		f			1:16:29
145.	29	Dawn Bitchall		f			1:16:49
146.	126	Teresa Cade		f			1:16:57
147.	127	Colin Martin		m			1:16:57
148.	128	Heather Martin		f			1:16:57
149.	79	Lisa Bacon		f		RunStrong	1:18:15
150.	14	Siona Murray		f			1:18:18
151.	161	Hannah Mart		f			1:18:18
152.	7	Stephen Warner		m		Denby Dale Athletic Club	1:18:44
153.	167	Sioned Owen		f			1:18:57
154.	179	Catrin Tudor		f			1:18:58

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155.	146	Laura Wakefield		f			1:19:09
156.	32	Rachel Roberts		f			1:19:10
157.	81	Abi Schwarz		f		Runstrong	1:19:12
158.	63	HELEN BOWNESS-HUGHES		f			1:19:22
159.	1	jacky garnett		f			1:19:23
160.	17	Gareth Jones		m			1:21:14
161.	180	Catrin Macey		f		Canicross Clwyd	1:21:15
162.	56	Susan Critchley		f			1:21:24
163.	87	Sabina Dunkling		f		Canicross anglesey	1:21:35
164.	95	Dwysan Rowena		f		Denbigh Harriers	1:21:44
165.	39	Denise Williams		f		Deestriders running club	1:21:45
166.	76	Nicola Jones		f			1:22:03
167.	31	James Bone		m			1:22:28
168.	24	Kaz Sharman		f			1:22:29
169.	106	Lisa Cronin		f			1:22:36
170.	165	Helen Reilly		f			1:22:49
171.	203	Beverley Jones		f			1:23:06
172.	83	Gary Jones		m			1:23:08
173.	18	Shamreen Perally		f			1:24:04
174.	174	Jayne Hughes		f		RunStrong	1:24:42
175.	6	Llinos Alwen Jones		f			1:25:50
176.	60	Wendy Jacobsen		f			1:27:21
177.	12	Gwenda Marshall		f		fylde coast runners	1:28:16
178.	48	Rhian Jones		f			1:29:21
179.	35	Dave Galloway		m			1:29:26
180.	74	Steve Crickett		m			1:29:30
181.	104	Helen Keeble		f			1:30:22
182.	130	Sandra Thompson		f		Runstrong	1:32:15
183.	67	Sara Hadfield		f			1:32:57
184.	66	Ian Staniforth		m			1:32:59
185.	62	Katherine Lloyd		f			1:39:12
186.	123	Teresa Davies		f			1:39:12

Number of records: 186