

Llyn Alwen Trail Run

Result List AG

Pos	Bib	Name	Gender	Club	Time
Contest 1					
20+					
1.	139	Eleanor Ashcroft			56:59
16+					
1.	98	Gemma Elliott	f		1:12:24
20+					
1.	59	Callie Thornton	f	Canicross Clwyd	54:16
2.	25	Katherine Gregson	f		55:00
3.	257	Rhian Shrimplin	f	Ashford & District	56:29
4.	119	Lowri Roberts	f		1:00:18
5.	26	Aranwen Griffiths	f		1:07:43
6.	45	Elan Ial-Jones	f		1:08:56
7.	82	Sara Griffiths	f		1:10:11
8.	51	Gwenno Davies	f		1:10:20
9.	158	Katie Burrows	f		1:10:24
10.	68	Jamie Southern	f	Canicross Clwyd	1:11:05
11.	120	Teleri Thirsk	f		1:13:32
12.	47	Anna Jones	f		1:14:15
13.	125	Micha Macdonald	f		1:16:08
14.	18	Shamreen Perally	f		1:24:04
15.	62	Katherine Lloyd	f		1:39:12
30+					
1.	333	Izzie Irvine	f	GOG Triathlon	49:01
2.	207	Samantha Dutton	f	Buckley Runners	51:14
3.	77	Nadine Weeks	f		55:00
4.	49	Rowenna Darlington	f	Canicross Clwyd	56:21
5.	4101	Rebecca Roberts	f	Clwydian Range Runners	56:36
6.	21	Claire Bishop	f	Betsi Runaways	58:13
7.	42	Vicky Hughes	f		58:58
8.	133	Christine Cammillare	f		59:21
9.	155	Mari Williams	f		59:26
10.	103	Kath Edwards	f		1:01:50
11.	151	Rachel Hurst	f		1:05:42
12.	178	Ruth Jones	f		1:05:42
13.	97	Jamie Mcallister	f		1:07:02
14.	85	Michelle Roberts	f	Canicross Clwyd	1:08:31
15.	50	Hazel Platt	f		1:09:25
16.	172	Catrin Casemore	f		1:12:57
17.	143	Jan Bancroft	f	Wrexham AC	1:12:59
18.	110	Vicky Prior	f		1:16:29
19.	29	Dawn Bitchall	f		1:16:49
20.	126	Teresa Cade	f		1:16:57
21.	128	Heather Martin	f		1:16:57
22.	14	Siona Murray	f		1:18:18
23.	161	Hannah Mart	f		1:18:18
24.	167	Sioned Owen	f		1:18:57
25.	179	Catrin Tudor	f		1:18:58
26.	32	Rachel Roberts	f		1:19:10
27.	81	Abi Schwarz	f	Runstrong	1:19:12

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28.	87	Sabina Dunkling	f	Canicross anglesey	1:21:35
29.	106	Lisa Cronin	f		1:22:36
30.	165	Helen Reilly	f		1:22:49
31.	48	Rhian Jones	f		1:29:21
32.	104	Helen Keeble	f		1:30:22
33.	130	Sandra Thompson	f	Runstrong	1:32:15
40+					
1.	152	Helen Davies	f	Wreccsam Tri	49:52
2.	43	Kirstie Fraser	f	Canicross Clwyd	52:47
3.	212	Claire Thompson	f	Vale	52:48
4.	169	Liz Wilkinson	f		56:02
5.	91	Rebecca Massey	f	Deestriders	59:58
6.	626	Mel Morris	f		1:00:54
7.	27	Nia Golding	f		1:02:02
8.	153	Carolione James	f		1:03:15
9.	65	Jan Mcard	f	Wallasey AC	1:05:18
10.	33	Nina Donohoe Williams	f		1:05:29
11.	44	Helen Casbon	f	Eye Community Runners	1:05:36
12.	53	Eleri Edwards	f		1:05:42
13.	73	Ann Claire Jones	f		1:06:38
14.	134	Diane Jones	f	Abergele Harriers	1:06:52
15.	99	Jude (judith) Morton	f		1:07:22
16.	8	Rebecca Jones	f		1:08:20
17.	140	Dawn Ashcroft	f		1:09:00
18.	38	Lorna Royle	f	Deestriders running club	1:09:07
19.	141	Katie Dawson	f		1:09:25
20.	149	Emma Macarthur	f		1:10:53
21.	41	Yvette Tomkinson	f		1:10:55
22.	136	Pippa Hardwick	f		1:11:12
23.	142	Michelle Henderson	f	Wrexham AC	1:11:14
24.	55	Raye Phillips	f		1:11:50
25.	19	Eve Pugh	f		1:11:52
26.	137	Jill Thorburn	f		1:12:30
27.	54	Topsy Lee	f		1:12:37
28.	101	Sarah Johnson	f		1:13:08
29.	30	Heather Jones	f		1:14:04
30.	112	Lisa Jones	f		1:16:29
31.	146	Laura Wakefield	f		1:19:09
32.	63	Helen Bowness-Hughes	f		1:19:22
33.	1	Jacky Garnett	f		1:19:23
34.	180	Catrin Macey	f	Canicross Clwyd	1:21:15
35.	56	Susan Critchley	f		1:21:24
36.	95	Dwysan Rowena	f	Denbigh Harriers	1:21:44
37.	39	Denise Williams	f	Deestriders running club	1:21:45
38.	76	Nicola Jones	f		1:22:03
39.	24	Kaz Sharman	f		1:22:29
40.	203	Beverley Jones	f		1:23:06
41.	174	Jayne Hughes	f	RunStrong	1:24:42
42.	6	Llinos Alwen Jones	f		1:25:50
43.	123	Teresa Davies	f		1:39:12

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50+					
1.	89	Susan Southern	f	Canicross Clwyd	58:07
2.	86	Sandi Cheveaux	f	Canicross Clwyd	1:02:18
3.	88	Adele Johnson	f	Canicross clwyd	1:02:23
4.	157	Menai Baugh	f	Denbigh Harriers	1:08:54
5.	23	Sonja Griffiths	f		1:11:13
6.	79	Lisa Bacon	f	RunStrong	1:18:15
7.	60	Wendy Jacobsen	f		1:27:21
8.	12	Gwenda Marshall	f	fylde coast runners	1:28:16
9.	67	Sara Hadfield	f		1:32:57
60+					
1.	162	Hilary Megoran	f		1:06:58
16+					
1.	121	Callum Lee	m		48:16
20+					
1.	292	Anthony Brown	m	Ashford & District	50:36
2.	36	James Kimber	m		52:30
3.	15	Peter Brodey	m		52:31
4.	4105	Sam Bennet	m		53:37
5.	145	James Maggregor	m		56:15
6.	163	Eilir Roberts	m		57:25
7.	2	Ed Hopson	m	Edwin Hopson	1:04:14
8.	100	Tom Evans	m		1:16:07
30+					
1.	22	Joe Welch	m	Clwb Rhedeg Nantglyn	45:04
2.	160	Ian Mawdesley	m		49:10
3.	173	Chris Williams	m	Wellies Running Club	51:04
4.	608	Hywel Lloyd	m		51:10
5.	72	Phil Langley	m		51:54
6.	58	Gareth Williams	m		52:47
7.	621	Gareth Taylor	m		54:22
8.	144	John Passey	m		56:20
9.	5	Nik Galloway	m		56:23
10.	147	Iwan Edwards	m		57:44
11.	622	Dylan Roberts	m	Wrecsam Tri	59:09
12.	71	Matthew Langley	m		1:00:01
13.	175	Konrad Szczawinski	m		1:02:22
14.	609	Gareth Edwards	m		1:02:55
15.	108	Dyfan Phillips	m		1:03:05
16.	138	Paul Lewtey	m	Deestridders running club	1:03:58
17.	176	Paul Ellams	m		1:04:52
18.	131	Drew Thompson	m	Runstrong	1:06:04
19.	4104	Kevin Goodwin	m		1:07:04
20.	166	John Reilly	m		1:07:51
21.	318	Matt Pritchard	m		1:07:57
22.	37	Paul Parker	m		1:10:06
23.	4103	Alun Jones	m		1:12:39
24.	118	Russell Willis	m		1:13:32
25.	127	Colin Martin	m		1:16:57

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26.	31	James Bone	m		1:22:28
27.	35	Dave Galloway	m		1:29:26
40+					
1.	164	Ian Kneale	m		45:33
2.	170	Craig Davies	m	Deestridders	46:17
3.	177	Bryan Wills	m	Eryri Harriers	46:37
4.	4	Tony Devenport	m		48:02
5.	202	Karl Williams	m	Buckley Runners	49:27
6.	205	Nick Armstrong	m		49:57
7.	201	Mike Maudesley	m		51:11
8.	10	Michael Fitzpatrick	m		52:12
9.	206	Adam Williams	m		54:04
10.	214	Neil Coppack	m	Clwydian Range Runners	54:21
11.	92	Arwyn Williams	m		54:23
12.	9	Ian Pettigrew	m		55:02
13.	61	Richard Ralley	m		55:51
14.	210	Nick Armstrong	m	Canicross Clwyd	56:24
15.	211	John Thompson	m	Vale	56:27
16.	156	Andy Shirley	m		56:57
17.	159	Peter Doran	m		57:12
18.	4106	Greg Grundy	m		58:18
19.	168	Rory Wilkinson	m	Denbigh Harriers	58:30
20.	135	Melfyn Roberts	m		59:19
21.	94	Zac Jones	m	Maidstone harriers	59:57
22.	116	Gwyn Jones	m		1:01:08
23.	16	Alun Williams	m		1:04:03
24.	171	Neil Anderson	m	Clwb Rhedeg Nantglyn	1:04:57
25.	34	Dilwyn Williams	m		1:05:30
26.	52	Paul Griffiths	m		1:07:19
27.	3	Mike Robinson	m	Runstrong	1:08:18
28.	374	Andrew Austin	m		1:09:25
29.	132	Michael Shone	m	Runstrong	1:11:46
30.	74	Steve Crickett	m		1:29:30
50+					
1.	213	Neil Dalleywater	m	Clwydian Range Runners	50:54
2.	208	Steve Coleman	m	Astley and Tyldesley	51:16
3.	148	Darrell Jones	m		53:14
4.	84	Paul Walker	m	Canicross Clywd	54:43
5.	96	Mike Pritchard	m		56:49
6.	57	Chris Hoult	m	Para Fit Hoplite	57:08
7.	107	Ian Brice	m		58:58
8.	93	Evan Williams	m		59:36
9.	105	Steve Davies	m		59:59
10.	64	Paul Mcard	m		1:05:20
11.	13	Pauly-D Jones	m	Deeside Orienteering Club	1:08:03
12.	11	Dewi Griffiths	m	Fylde coast runners	1:11:55
13.	150	Dai Gallagher	m		1:12:43
14.	17	Gareth Jones	m		1:21:14
15.	83	Gary Jones	m		1:23:08

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Pos	Bib	Name	Gender	Club	Time
60+					
1.	7	Stephen Warner	m	Denby Dale Athletic Club	1:18:44
2.	66	Ian Staniforth	m		1:32:59

Number of records: 186