

2009 NORTH WALES 10 MILE CHAMPIONSHIP

Category and Team Results

POS	CAT POS	CHAMPS POS	CHAMPS CAT POS	NUMBER	TIME	NAME	CLUB	AGE GROUP	CHAMPIONSHIP
1	1	1	1	54	53:31	Rob Samuel	Eryri H.	SM	Y
2	2	2	2	48	56:44	Brendan Rothery	Eryri H.	SM	Y
3	3	3	3	86	57:59	Luke Northall	Tipton Harriers	SM	Y
4	4	4	4	31	58:43	Paul Wathan	Eryri H.	SM	Y
5	1	5	1	32	59:10	Jez Brown	Buckley R.C.	M35	Y
6	1	6	1	55	59:27	Joshua Dixon	Abergele H.	JM	Y
7	1	7	1	4	59:29	Dewi Roberts	Abergele H.	M40	Y
8	1	8	1	9	59:42	Sean McCormack	Abergele H.	M45	Y
9	2	9	2	79	60:49	Tim Cahill	Abergele H.	M45	Y
10	2	-	-	66	60:58	John Sanders	Telford A.C.	M40	N
11	3	10	2	5	61:38	Gareth Roberts	Abergele H.	M40	Y
12	2	-	-	63	61:53	Owen Burns	Mossley Hill A.C.	M35	N
13	1	-	-	80	62:37	Nicola Bird	Ellesmere Port R.C.	SW	N
14	1	11	1	59	63:03	Arwel Lewis	Eryri H.	M50	Y
15	4	12	3	97	63:09	George Nicholls	Prestatyn R.C.	M40	Y
16	2	-	-	88	63:21	Graham Earlam	Ellesmere Port R.C.	M50	N
17	3	13	2	6	63:29	Josef Hayes	Deeside AAC	M35	Y
18	3	-	-	13	63:34	John Bertenshaw	Wesham R.R.	M50	N
19	5	14	4	70	63:45	Shaun Hooson	Buckley R.C.	M40	Y
20	5	15	5	19	63:56	Daniel Hollingworth	Buckley R.C.	SM	Y
21	4	-	-	58	64:04	Neil Bevan	Oswestry Olympians A.C.	M35	N
22	6	-	-	93	64:09	Peter Butler	Oswestry Olympians A.C.	SM	N
23	7	16	6	71	64:15	Angus Mackay	Bangor University A.A.C.	SM	Y
						Derek	Penny		

24	4	-	-	28	64:36	Ashcroft	Lane Striders	M50	N
25	5	-	-	53	65:18	John Simpson	South Cheshire H.	M35	N
26	1	-	-	68	65:42	David Bewley	Unattached	M55	N
27	5	-	-	73	65:53	Ivor Twiss	South Cheshire Harriers	M50	N
28	1	17	1	72	66:08	Griffith Owens	Prestatyn R.C.	M60	Y
29	1	-	-	65	66:27	Denise Sanders	Telford A.C.	W40	N
30	2	18	2	10	66:32	Steven McCormack	Abergele H.	JM	Y
31	8	19	7	62	66:46	Robert Jones	Wrexham A.A.C.	SM	Y
32	2	20	1	42	66:50	Graham Shone	Abergele H.	M55	Y
33	1	-	-	14	67:15	Anne Sweeney	Preston H.	W50	N
34	2	-	-	35	67:34	Briony Taby	Mossley Hill A.C.	W40	N
35	9	21	8	96	67:53	James Huggins	Buckley R.C.	SM	Y
36	3	22	2	90	67:59	Geoff Richards	Wrexham A.A.C.	M55	Y
37	1	23	1	75	68:03	Emyr Davies	Eryri H.	M65	Y
38	6	-	-	87	68:16	Paul Price	West Cheshire	M50	N
39	2	24	2	78	68:59	Donald Williams	Eryri H.	M65	Y
40	7	-	-	82	69:53	Tony Goodwill	Bourton Road Runners	M50	N
41	6	25	3	23	69:59	Paul Stinton	Buckley R.C.	M35	Y
42	4	-	-	44	70:32	Melvyn Cole	South Cheshire H.	M55	N
43	8	26	2	67	71:13	Ian M. Rothery	Cybi Sriders	M50	Y
44	9	-	-	43	72:03	Mike Green	Vegan Runners UK	M50	N
45	2	-	-	27	72:38	Derek Poole	Holme Pierrepont R.C.	M60	N
46	3	-	-	98	73:12	Magnus Walker	Chester Tri	M45	N
47	3	27	2	47	74:09	Phil Walker	Wrexham A.A.C.	M60	Y
48	6	28	5	16	74:15	Geraint Jones	Eryri H.	M40	Y
49	10	-	-	81	75:33	Thomas Cole	South Cheshire H.	SM	N
50	3	29	3	57	75:45	Jack J. Thomas	Buckley R.C.	M65	Y

51	1	30	1	30	75:47	Gemma Morgans	Eryri H.	JW	Y
52	1	31	1	2	76:00	Brenda Tiedtke	Prestatyn R.C.	W45	Y
53	2	32	2	15	76:32	Kay Hotton	N.W.R.R.C.	W45	Y
54	11	-	-	51	76:51	Andrew M. Davies	St. Helens Sutton A.C.	SM	N
55	10	-	-	94	77:08	Phil Bransby	Unattached	M50	N
56	11	-	-	21	77:29	David Turton	Stockport H.	M50	N
57	4	33	3	56	77:48	Robin D. Frost	Wrexham A.A.C.	M60	Y
58	2	34	1	100	78:16	Gabby Waring	Prestatyn R.C.	W50	Y
59	3	-	-	22	78:34	Liz Turton	Stockport H.	W50	N
60	2	35	1	50	78:41	Michaela Lauder	Cybi Sriders	SW	Y
61	3	36	3	89	78:50	Glenda Davies	Prestatyn R.C.	W45	Y
62	7	-	-	74	79:42	John Walker	Unattached	M40	N
63	12	37	9	101	80:29	Jonathon Davies	Wrexham A.A.C.	SM	Y
64	1	38	1	8	80:51	Lorna Royle	BS Deestridders	W35	Y
65	5	39	4	69	80:58	Chris Bailey	Northern Veterans A.C.	M60	Y
66	6	40	5	29	82:19	Robert Mackey	Buckley R.C.	M60	Y
67	1	-	-	26	82:54	Sandra Poole	Holme Pierrepont R.C.	W65	N
68	3	41	1	85	82:55	Linda Jones	Wrexham A.A.C.	W40	Y
69	2	42	2	41	84:04	Suzy Blandford	Bangor University A.A.C.	JW	Y
70	4	43	2	1	84:13	Leslie Ingram	BS Deestridders	W40	Y
71	8	-	-	91	84:26	Neil Mcandrew	Unattached	M40	N
72	4	44	4	49	85:04	Sue Jones	Cybi Sriders	W45	Y
73	9	-	-	52	85:51	Chris Jones	Unattached	M40	N
74	5	-	-	24	85:59	Tracey Hulme	Wesham R.R.	W45	N
75	7	-	-	92	86:10	Darren Wrightford	Wrexham A.A.C.	M35	N
76	4	-	-	36	86:53	Dave Reid	Chester Tri	M45	N
77	2	45	2	64	87:30	Eleri W. Goddard	Prestatyn R.C.	W35	Y
78	10	-	-	99	87:55	David Alcock	Unattached	M40	N
79	11	-	-	3	88:20	Hiram Evans	Unattached	M40	N
80	7	46	6	77	88:57	R. T. Jardine	Eryri H.	M60	Y
81	13	47	10	18	89:39	Alwyn Williams	Eryri H.	SM	Y

82	6	48	5	83	89:51	Gillian Cszmadia	Wrexham A.A.C.	W45	Y
83	5	-	-	84	89:58	James Boyd	Unattached	M45	N
84	4	49	4	17	92:02	Malcolm Taylor	Bro Dysynni A.A.C.	M65	Y
85	5	50	5	76	94:55	Michael H. Edwards	Wrexham A.A.C.	M65	Y
86	3	-	-	61	99:10	Helen Rice	Unattached	SW	N
87	8	51	7	25	100:51	Tony Lister	N.W.R.R.C.	M60	Y
88	1	52	1	37	104:29	Ray Billington	Wrexham A.A.C.	M75	Y

[RETURN TO RESULTS.](#)

[Back To Home Page.](#)