

Vale of Clwyd 10k 2013 RESULTS.

The Vale of Clwyd 10k enjoyed another good turnout despite 40 DNS from those pre-registered – perhaps celebrating Wales' victory over England too much the night before?!! The VOC 10k 2013 enjoyed ideal running conditions with the weather being cool and dry for the most part, despite report of snow elsewhere - and it was Simon Roberts (Buckley) who took the honours with a winning time of 36:03, whilst Isobel Redfearn (Colwyn Bay AC) retained the ladies title in 40:54. Mention must go to **Gary Norgrove of Wrexham Tri**, who took 3rd place last year and was leading fairly comfortably at the 5km stage, looking well set for a win when he accidentally took a short-cut and therefore couldn't be awarded the race win, as all other competitors completed the full course. Many thanks to all runners and marshals who took part and helped to deliver another successful vale of clwyd race and I hope to welcome you back soon for our other races later this year.

Joe Cooper (Race Organiser).

POSITION	NAME	CATEGORY	CLUB	TIME
1	SIMON ROBERTS	M40	BUCKLEY	36:03:00
2	STEPHEN EARDLEY	M40	COLWYN BAY	37:14:00
3	ANDY BROMLEY	M	DEESIDE	37:19:00
4	JOHN EDWARD MORRIS	M	DENBIGH HARRIERS	38:08:00
5	ARWEL LEWIS	M50	ERYRI HARRIERS	38:44:00
6	NEIL HERSHAW	M40	WEST CHESHIRE AC	38:58:00
7	JASON THOMAS	M40	CYBI STRIDERS	39:21:00
8	IAN JAMES KNEALE	M40	WREXHAM TRI	39:37:00
9	NEIL JONES	M40		39:46:00
10	MICHEAL JONES	M40	BUCKLEY	39:59:00
11	VIC BELSHAW	M50	DENBIGH HARRIERS	40:47:00
12	ISOBEL REDFEARN	F40	COLWYN BAY AC	40:54:00
13	DANIEL HALE	M		41:07:00
14	BLEDDYN LEWIS-JONES	M		41:19:00
15	GEORGE NIXON	M60	PRESTATYN	41:29:00
16	MARK JONES	M40		41:59:00
17	NEAL JONES	M40	COLWYN BAY AC	42:26:00
18	RUSS CHEETHAM	M40	PRESTATYN	42:27:00
19	DAVID BAKER	M40	DENBIGH HARRIERS	42:32:00
20	CAI DAVIES	M		42:51:00
21	TOM EVANS	M		42:59:00
22	RYAN HALLIWELL	M		43:05:00
23	DUNCAN JONES	M50	DENBIGH HARRIERS	43:19:00
24	JIM JONES	M40	WEST CHESHIRE AC	43:23:00
25	CHRISTIAN GRIFFITHS	M		43:38:00

26	MARGARET LUDDEN	F50	BUCKLEY	43:41:00
27	DAVID BAUGH	M50	DENBIGH HARRIERS	43:49:00
28	ELEANOR JONES	F	DEESIDE	43:57:00
29	NEIL ATKINSON	M40	WEST CHESHIRE AC	44:10:00
30	MATTHEW SKETT	M40	CHESTER TRI	44:21:00
31	JAMIE BROWN	M		44:24:00
32	ROGER BEECH	M		44:47:00
33	GREG BAUGH	M40		45:02:00
34	JAMES GILMORE	M		45:03:00
35	BRADLEY WILLIAMS	M		46:00:00
36	LINDA MARTIN	F50	DEESTRIDERS	46:02:00
37	TRACEY WILLIAMS	F40	DENBIGH HARRIERS	46:23:00
38	THOMAS HIGGINS	M		46:37:00
39	ANDREW O'TOOLE	M40		46:47:00
40	IAN ROTHERY	M50	CYBI STRIDERS	46:52:00
41	PAUL HACKMAN	M40		47:03:00
42	RICHARD WYKES	M40	DENBIGH HARRIERS	47:05:00
43	DAVID ALAN SMITH	M		47:06:00
44	MELFYN ROBERTS	M		47:12:00
45	CHRIS DAVIES	M		47:38:00
46	SIAN JONES	F40		47:43:00
47	BOB NEALE	M60	DENBIGH HARRIERS	47:46:00
48	COLIN GORDON	M40		47:52:00
49	VICTORIA WHITEHEAD	F40	DENBIGH HARRIERS	47:59:00
50	ANNA WOOLGAR	F		48:05:00
51	ADAM SMITH	M		48:12:00
52	BETHAN JONES	F		48:13:00
53	DAVID WHITLEY	M40		48:15:00
54	JAYNE PENRYHN-JONES	F50	PRESTATYN	48:23:00
55	HAYLEY TURNER	F	ERYRI HARRIERS	48:31:00
56	GRAHAM HOWELL	M60	LIVERPOOL HARRIERS	48:39:00
57	IAN JAMES KNEALE	M40	WREXHAM TRI	49:23:00
58	KIM NORRGROVE	F40	WREXHAM TRI	49:35:00
59	IAN HARRISON	M40		50:08:00
60	SCOTT OUSEY	M40		50:11:00
61	JOANNE LEWIS	F40	PRESTATYN	50:21:00
62	PAUL MANN	F50		50:22:00

63	ALAN JONES	M40	DEESTRIDERS	50:34:00
64	ALISON HEWITT	F		50:44:00
65	STEPHEN KEYS	M		50:57:00
66	BENJAMIN HARRISON	M	PRESTATYN	51:04:00
67	JACO BAAS	M40		51:05:00
68	ANDREW MURGATROYD	M50		51:07:00
69	JORDAN BURNS	M		51:22:00
70	ROGER HARRISON JONES	M70	PRESTATYN	51:24:00
71	NIGEL CRIERE	M40	ELLESMERE PORT	51:32:00
72	DEBBIE DODD	M50	WREXHAM AC	51:52:00
73	CHRIS TYNAN	M50		51:59:00
74	EMILY HOOLEY	F		52:01:00
75	ANDREW GRIFFITHS	M40		52:12:00
76	KATH JONES	F		52:37:00
77	PAUL PRINCE	M		53:31:00
78	JOHN TEE	M60	BRO DYSYNNI	53:51:00
79	KATE WILSON	F	DENBIGH HARRIERS	53:57:00
80	RICHARD CHAMBERLAIN	M40		54:01:00
81	ANWEN DAVIES	F	DENBIGH HARRIERS	54:03:00
82	CIARA MURPHY	F	CHESTER TRI	54:10:00
83	DAVID OWEN	M60	PRESTATYN	54:44:00
84	LISA POPE	F		55:04:00
85	LOUISA BAMBER	F		55:11:00
86	TERRY DUFFY	M50		55:15:00
87	JAN GREEN	F50		55:34:00
88	CLIVE NADIN	M50		55:45:00
89	MDLADENKA HOOPER	F	PRESTATYN	55:50:00
90	MENAI BAUGH	F50	DENBIGH HARRIERS	55:52:00
91	ERYL JONES	M50	DENBIGH HARRIERS	56:06:00
92	ETHAN JONES	M	DENBIGH HARRIERS	56:10:00
93	WILLIAM PRESTON	M60	UKNETRUNNER	56:27:00
94	ANN-MARIE PARRY	F	WREXHAM AC	57:32:00
95	PETER EARDLEY	M50		57:50:00
96	RON BIRCH	M70	DENBIGH HARRIERS	58:06:00
97	ROBERT PARRY	M40		58:34:00
98	NATALIE-ANN DOWNES	F		58:36:00
99	MARKETA PIECUCHOVA	F		58:42:00

100	HELEN SMITH	F		58:52:00
101	KAREN EVANS	F40		59:00:00
102	HELEN WHITEHEAD-HUGHES	F	DYRNY DOLLS	59:05:00
103	RHYS WILLIAMS	M		59:09:00
104	ISLWYN RICHARDS	M40		59:18:00
105	GEOFF MOUNT	M60	DENBY DALE TRAVELLERS	60:31:00
106	SARAH BRETT	F		60:36:00
107	ALEXIS BATY	F40	WREXHAM AC	60:39:00
108	CLARE BOLAM	F40		61:08:00
109	ANGHARAD WILLAIMS	F		61:44:00
110	PIP GALLAGHER	F	DENBIGH HARRIERS	61:46:00
111	SUE COOKE	F40		61:59:00
112	SANDRA EDWARDS	F40		62:07:00
113	SUE LEVINSON	F50	DENBY DALE TRAVELLERS	62:23:00
114	PATRICK BOTHAM	M40	ABERGELE	63:49:00
115	TRACEY FOGG	F40		63:50:00
116	LAURA DUFFY	F		63:52:00
117	MANDIE ROBERTS	F40		63:55:00
118	CAROLINE PARRY	F40		64:54:00
119	RACHEL TWISS	F		65:27:00
120	LINDA CARRUTHERS	F50		65:44:00
121	DAVID MCNAMARA	M40		65:47:00
122	HAYLEY SUMMERS-JONES	F		65:48:00
123	CLARE MCEWEN	F		66:08:00
124	RHIAN PRICE	F40		67:13:00
125	ROBERT JONES	M50		67:27:00
126	SARAH MCCOOLE	F	DYRNY DOLLS	67:30:00
127	KATE ROBERTS	F40		67:45:00
128	GILL MURGATROYD	F40		67:51:00
129	RACHEL MORRELL	F50	DENBIGH HARRIERS	67:53:00
130	NICOLA KNEALE	F		67:57:00
131	LOWRI WILLIAMS	F		67:59:00
132	DAVID SCOTT	M50		68:00:00
133	JUNE MORGAN	F60	DENBIGH HARRIERS	68:30:00

134	VICKY CORTVRIEND	F50	DENBIGH HARRIERS	68:34:00
135	CHARLOTTE BEATTIE	F		68:59:00
136	FRANCES BAGNALL	F50	DENBIGH HARRIERS	69:22:00
137	BETHAN TAYLOR-LLOYD	F		69:39:00
138	RACHEL HUGHES	F		69:41:00
139	CERIS GRATTON-JONES	F		70:07:00
140	LINDA MCKEOWN	F50		70:08:00
141	HAZEL ROBERTSHAW	F50		70:46:00
142	EMMA RILEY	F		71:24:00
143	PHILLIPA OUSEY	F		73:06:00
144	NIGEL HARBRON	M40		73:56:00
145	ANDREA PARRY	F	DYRNY DOLLS	75:35:00
146	MERFYN PARRY	M50		76:20:00
147	RONNIE CARRUTHERS	M50		79:35:00
148	ROBERT BOLAM			81:02:00
149	CHERYL CUCKSON- WILLIAMS			82:41:00