

Saturday, 30 March 2013

Saturday 30th March 2013 Llandudno Easter 5k Dash

| Pos | Chip | Gun | Name | Team |
|-----|-------|-------|-------------------|-------------------------------|
| 1 | 16:16 | 16:16 | Brendan ROTHERY | Eryri Harriers |
| 2 | 16:43 | 16:44 | Jon WRIGHT | Todmorden Harriers |
| 3 | 16:58 | 16:59 | Gary NORGROVE | WRECSAM TRI |
| 4 | 17:08 | 17:08 | Matthew WELSH | Deeside AC |
| 5 | 17:53 | 17:54 | Ian COOPER | ELLESMERE PORT RC |
| 6 | 18:09 | 18:09 | Chris YORKE | NORTH WALES RRC |
| 7 | 18:14 | 18:15 | Neil HERSHAW | West Cheshire AC |
| 8 | 18:16 | 18:17 | Jodi WATERS | Abergele Harriers |
| 9 | 18:19 | 18:21 | Matthew WILLIS | Wrexham Amateur Athletic Club |
| 10 | 18:17 | 18:24 | Nathan DAVERSON | |
| 11 | 18:24 | 18:28 | James KIRKWOOD | MENAI TRACK AND FIELD |
| 12 | 19:03 | 19:08 | John RICHARDS | |
| 13 | 19:24 | 19:31 | Mike URQUHART | |
| 14 | 19:39 | 19:39 | Tony DAVENPORT | DEESIDE AAC |
| 15 | 19:47 | 19:49 | Chris WAKEMAN | Shrewsbury AC |
| 16 | 19:54 | 19:57 | Chris THOMAS | Cybi Striders |
| 17 | 20:05 | 20:06 | George NIXON | PRESTATYN RC |
| 18 | 20:10 | 20:12 | Gavin MART | Carneddaw Tri Club |
| 19 | 20:13 | 20:14 | Lisa GAWTHORNE | LIVERPOOL PEMBROICE |
| 20 | 20:15 | 20:16 | Neil ATKINSON | WEST CHESHIRE |
| 21 | 20:32 | 20:34 | Ian OATLEY | |
| 22 | 20:30 | 20:39 | Dafydd BAILEY | |
| 23 | 20:43 | 20:44 | Paul ROSS | Shabba Runners |
| 24 | 21:02 | 21:07 | Adam BUDD | |
| 25 | 21:21 | 21:24 | Neil BECOUSSE | CODRC |
| 26 | 21:28 | 21:28 | Wayne NORMAN | Cybi Striders |
| 27 | 21:22 | 21:34 | Arron ROBERTS | |
| 28 | 21:36 | 21:38 | David MCALISTER | Wallasey A.C |
| 29 | 21:38 | 21:40 | Tony HILL | Cybi Striders |
| 30 | 21:46 | 21:57 | Sean BANNING | |
| 31 | 22:00 | 22:01 | Rupert WALLMAN | |
| 32 | 22:02 | 22:02 | Nicholas BRADLEY | |
| 33 | 21:59 | 22:04 | Lynn WARD | NORTHERN VETS |
| 34 | 22:05 | 22:06 | Tony GIBSON | NORTH WALES RRC |
| 35 | 21:48 | 22:08 | Gavin PARRY JONES | |
| 36 | 22:03 | 22:08 | Emyr GIBSON | |
| 37 | 22:24 | 22:24 | Benjamin HARMSON | PRESTATYN RC |
| 38 | 22:21 | 22:25 | Alex GORDON | |
| 39 | 22:25 | 22:28 | Andrew OATLEY | |
| 40 | 22:27 | 22:34 | Gareth RILEY | |
| 41 | 22:38 | 22:39 | Edith GRUBER | Cybi Striders |
| 42 | 22:38 | 22:40 | Chris BIRCH | Abergele Harriers |

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|----|-------|-------|-----------------------|-------------------------------|
| 43 | 22:37 | 22:47 | Paul WOODCOCK | |
| 44 | 22:49 | 22:52 | Christopher BRAYSHAY | |
| 45 | 22:53 | 22:54 | Carwyn WILLIAMS | |
| 46 | 22:52 | 22:58 | Owain GIBBARD | |
| 47 | 22:53 | 22:58 | Llinos JONES | |
| 48 | 22:58 | 23:02 | Tudor THOMAS | |
| 49 | 22:59 | 23:02 | Ian ROTHERY | Cybi Striders |
| 50 | 23:11 | 23:15 | Kim NORGROVE | WRECSAM TRI |
| 51 | 23:12 | 23:17 | Andy BROWN | Stockport Harriers |
| 52 | 23:21 | 23:25 | Emily WOOD | ERYRI HARRIERS |
| 53 | 23:27 | 23:27 | Ella HEAD | WIRRAL AC |
| 54 | 23:28 | 28.32 | | Jaco BAAS |
| 55 | 23:31 | 23:39 | Martin ELLIS | Shrewsbury Shuffles |
| 56 | 23:41 | 23:46 | John GORDON | Staffordshire Moorlands AC |
| 57 | 23:42 | 23:51 | Christopher MARSLAND | NORTHERN VETS |
| 58 | 24:01 | 24:03 | Anna WILLIS | Wrexham Amateur Athletic Club |
| 59 | 23:55 | 24:05 | Andy GRIFFITHS | |
| 60 | 24:12 | 24:14 | Sam SHAW | |
| 61 | 24:09 | 24:21 | Gethin JONES | |
| 62 | 24:16 | 24:22 | Siwan KALATZI | Thames Valley Triathletes |
| 63 | 24:33 | 24:34 | Leonard JACKSON | North Wales Road Runners Club |
| 64 | 24:43 | 24:50 | Bev WRIGHT | Todmorden Harriers |
| 65 | 24:45 | 24:54 | Jane BROWN | Stockport Harriers |
| 66 | 25:00 | 25:05 | Colin THACKRAY | NORTH WALES RRC |
| 67 | 25:02 | 25:09 | Gareth HEARN | |
| 68 | 25:03 | 25:15 | Matt WYLIE | |
| 69 | 25:21 | 25:24 | Rachel BAINBRIDGE | Birkenhead AC |
| 70 | 25:18 | 25:25 | Roger ELLIS | |
| 71 | 25:25 | 25:28 | Sion EDWARDS | |
| 72 | 25:17 | 25:28 | David ARMSBY | |
| 73 | 25:26 | 25:31 | Martin Garth WILLIAMS | EYRI |
| 74 | 25:46 | 25:49 | Colin EARP | SOUTH CHESHIRE HARRIERS |
| 75 | 26:01 | 26:03 | Carys HOGAN | |
| 76 | 26:04 | 26:09 | Mair WILLIAMS | |
| 77 | 26:01 | 26:16 | Dawn SALISBURY | |
| 78 | 26:11 | 26:22 | Norman HUGHES | |
| 79 | 26:24 | 26:27 | Darrin PERCY | |
| 80 | 26:30 | 26:37 | Julie LOGAN | Prestatyn Running Club |
| 81 | 26:33 | 26:39 | Rhys HARRISON | |
| 82 | 26:37 | 26:43 | Hannah GRIFFITHS | NORTH WALES RRC |
| 83 | 26:36 | 26:44 | Sarah MAGGS | |
| 84 | 26:41 | 26:47 | Steve JONES | |
| 85 | 26:40 | 26:52 | Renata WALLEROVA | |
| 86 | 26:50 | 26:56 | James WHITWORTH | Lytham St Annes RR |
| 87 | 26:54 | 26:57 | Gael EARP | STAFFORD HARRIERS |
| 88 | 27:27 | 27:33 | Gwenno GIBBARD | |
| 89 | 27:27 | 27:37 | Iorwerth ROBERTS | ERYRI HARRIERS |

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|-----|-------|-------|-----------------------|-------------------------------|
| 90 | 27:48 | 27:52 | Sid BAILEY | Dee Striders |
| 91 | 27:52 | 27:58 | Awen GIBBARD | |
| 92 | 27:54 | 28:01 | William MORRIS | |
| 93 | 28:21 | 28:26 | Rachel JONES | |
| 94 | 28:27 | 28:28 | Karl SADIL | Menai Track & Field |
| 95 | 28:33 | 28:39 | Gemma GALE | |
| 96 | 28:28 | 28:43 | Mellisa SWIFT | |
| 97 | 28:25 | 28:43 | Thomas ROGERS | |
| 98 | 28:34 | 28:44 | Harriet NAYLOR | |
| 99 | 28:38 | 28:50 | Iwan JONES | |
| 100 | 28:39 | 28:56 | Gwindaf WILLIAMS | |
| 101 | 29:02 | 29:11 | Natasha GITTINS | |
| 102 | 29:13 | 29:22 | Dylan JONES | |
| 103 | 29:16 | 29:25 | Elen JONES | |
| 104 | 29:20 | 29:30 | Sarah STUBBS | |
| 105 | 29:17 | 29:36 | Guy HOBSON | |
| 106 | 29:18 | 29:36 | Margaret O'SULLIVAN | |
| 107 | 29:37 | 29:38 | Caitlin MEEK | |
| 108 | 29:32 | 29:40 | Katie HALL | CODRC |
| 109 | 29:25 | 29:43 | Dennis YARWOOD | Spectrum Striders |
| 110 | 29:28 | 29:44 | David RILEY | |
| 111 | 29:40 | 29:45 | Marian WILLIAMS | |
| 112 | 29:42 | 29:51 | Anita GITTINS | |
| 113 | 29:42 | 29:51 | Linda PATTERSON | |
| 114 | 29:44 | 29:52 | Joan EDWARDS | North Wales Road Runners Club |
| 115 | 29:48 | 30:02 | Mark HOLLAND | |
| 116 | 30:17 | 30:21 | Clare MANLEY | |
| 117 | 30:20 | 30:31 | Tina OWEN | |
| 118 | 30:24 | 30:32 | Tanya Louise ALDCROFT | |
| 119 | 30:17 | 30:33 | Peter RUDD | |
| 120 | 30:27 | 30:36 | Nerys CREEK | |
| 121 | 30:39 | 30:43 | Annabel SOUTHGATE | |
| 122 | 30:36 | 30:45 | Sarah CARDEN | Cybi Striders |
| 123 | 30:44 | 31:02 | Russell WYN-THOMAS | |
| 124 | 30:48 | 31:03 | Siona MURRAY | |
| 125 | 31:21 | 31:30 | Susan WILLIAMS | |
| 126 | 31:23 | 31:31 | Emily BILLINGTON | |
| 127 | 31:23 | 31:31 | Iris POWNALL | |
| 128 | 31:49 | 32:06 | Orian LATHAM | |
| 129 | 32:01 | 32:18 | Caroline DOOLEY | |
| 130 | 32:24 | 32:32 | Rosalind GOODALL | |
| 131 | 32:33 | 32:35 | Jing Yi YAP | |
| 132 | 32:18 | 32:36 | Jessica ROGERS | |
| 133 | 32:24 | 32:41 | Anne-Marie ROWLANDS | |
| 134 | 33:00 | 33:09 | Amy KELLY | |
| 135 | 33:10 | 33:19 | Lois JONES | |
| 136 | 33:03 | 33:25 | Martin SCHOFIELD | |
| 137 | 33:20 | 33:37 | Steven PERIGO | |

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|-----|-------|-------|-------------------------|-------------------|
| 138 | 33:37 | 33:43 | Nicola MORRIS | |
| 139 | 33:25 | 33:45 | Elin PARRY | |
| 140 | 33:42 | 33:45 | Ann Elizabeth OWEN | |
| 141 | 34:57 | 35:04 | Derek URQUHART | |
| 142 | 34:52 | 35:07 | Karen WILLIAMS | |
| 143 | 35:03 | 35:20 | Stefanie KREIBICH | |
| 144 | 35:09 | 35:26 | Jaco BAAS | |
| 145 | 35:09 | 35:26 | Julie ROBERTS | |
| 146 | 35:40 | 35:44 | Dudley HARDY | |
| 147 | 36:15 | 36:25 | Michelle COLE | |
| 148 | 36:39 | 36:54 | Yvonne HEYWOOD | |
| 149 | 36:44 | 36:58 | Rod HEYWOOD | 100 Marathon Club |
| 150 | 36:55 | 37:07 | Joanne ELLSON | |
| 151 | 36:55 | 37:07 | Steev ELLSON | |
| 152 | 36:58 | 37:18 | Gwenda MARSHALL | |
| 153 | 36:57 | 37:19 | Ann PUGSLEY | |
| 154 | 37:19 | 37:22 | Margaret BRAYSHAY | |
| 155 | 37:25 | 37:31 | Tony GALE | |
| 156 | 37:43 | 37:50 | Renne EVANS | |
| 157 | 37:42 | 37:50 | Lisa CAMPBELL-BANNERMAN | |
| 158 | 38:27 | 38:43 | Glenys LEWIS | |
| 159 | 42:12 | 42:28 | Susan TODD | |
| 160 | 42:12 | 42:28 | Daryll TODD | |