

Abergele Harriers**Slaters 5**

Sunday 5 November 2006. 1:00 pm

Provisional Results for All Competitors in finish order.

Race Race

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | | |
|--------------|-------------|---------------------|-------------------------------|--------------------------|-----|----|
| 1 | 0:26:04 | NORTHALL, Luke | Tipton Harriers | Senior Male | 236 | 1 |
| 2 | 0:26:16 | OWEN, Gwyn | Eryri Harriers | Senior Male | 481 | 2 |
| 3 | 0:27:24 | JONES, Harry | Colwyn Bay AC | MU/20 | 202 | 3 |
| 4 | 0:27:28 | SAMUEL, Rob | Bangor University | Senior Male | 237 | 4 |
| 5 | 0:27:38 | ROTHERY, Brendan | Eryri Harriers | Senior Male | 5 | 5 |
| 6 | 0:27:53 | WATHAN, Paul | Eryri Harriers | MU/20 | 453 | 6 |
| 7 | 0:28:00 | WILLIAMS, Gareth | Vale Royal AC | Senior Male | 477 | 7 |
| 8 | 0:28:35 | JONES, Lee | Deeside AAC | Senior Male | 437 | 8 |
| 9 | 0:29:01 | WILLIAMS, Gary Rees | Menai Track & Field | MV40 | 290 | 9 |
| 10 | 0:29:22 | HOOSON, Shaun | Buckley Runners | MV40 | 480 | 10 |
| 11 | 0:29:27 | BYRNE, Mark | Wrexham AC | Senior Male | 277 | 11 |
| 12 | 0:29:31 | MCCORMACK, Steven | Abergele Harriers | MU/20 | 456 | 12 |
| 13 | 0:29:37 | NOLAN, David | North Wales Road Runners Club | Senior Male | 249 | 13 |
| 14 | 0:29:53 | EDWARDS, Vincent | | Senior Male | 282 | 14 |
| 15 | 0:30:00 | WATSON, Richard | Colwyn Bay AC | Senior Male | 248 | 15 |
| 16 | 0:30:05 | AIRD, Paul | Last Inn Runners | MV45 | 211 | 16 |
| 17 | 0:30:07 | ASHTON, Matthew | Abergele Harriers | Senior Male | 199 | 17 |
| 18 | 0:30:14 | BELLIS, Stephen | Buckley Runners | MV50 | 491 | 18 |
| 19 | 0:30:19 | LEWIS, Arwel | Eryri Harriers | MV45 | 488 | 19 |
| 20 | 0:30:28 | BLINSTON, Kerry | North Wales Road Runners Club | Senior Male | 419 | 20 |
| 21 | 0:30:32 | ELLIOTT, Ron | North Wales Road Runners Club | MV60 | 476 | 21 |
| 22 | 0:30:38 | PRYCE, David | Colwyn Bay AC | MV40 | 298 | 22 |
| 23 | 0:30:52 | JONES, Peter | | MV45 | 296 | 23 |
| 24 | 0:30:58 | NICHOLLS, George | Prestatyn RC | Senior Male | 226 | 24 |
| 25 | 0:31:04 | JONES, Michael | Buckley Runners | Senior Male | 192 | 25 |
| 26 | 0:31:06 | BEWLEY, David | | MV55 | 214 | 26 |
| 27 | 0:31:07 | HUGGINS, James | Buckley Runners | Senior Male | 228 | 27 |
| 28 | 0:31:13 | GODWIN, Russell | Colwyn Bay AC | MV40 | 289 | 28 |
| 29 | 0:31:19 | ROBERTS, Scott | Colwyn Bay AC | MU/17 | 245 | 29 |
| 30 | 0:31:21 | HATTON, Keith | Liverpool Harriers | MV45 | 15 | 30 |
| 31 | 0:31:24 | HENLEY, David John | Prestatyn RC | MV40 | 295 | 31 |
| 32 | 0:31:26 | PARRY, Tony | Wrexham AC | MV50 | 493 | 32 |
| 33 | 0:31:27 | REDFERN, Isabel | Colwyn Bay AC | Senior Female | 4 | 33 |
| 34 | 0:31:46 | WHITFIELD, Matthew | Ellesmere Port AC | MV50 | 271 | 34 |
| 35 | 0:31:48 | NIXON, George | Prestatyn RC | MV50 | 234 | 35 |
| 36 | 0:31:50 | LIVETT, Stephen | Eryri Harriers | MV45 | 464 | 36 |
| 37 | 0:31:55 | RICHARDS, Geoff | Wrexham AC | MV55 | 257 | 37 |
| 38 | 0:31:59 | PARRY, Emma | Wrexham AC | Senior Female | 490 | 38 |
| 39 | 0:32:03 | BALLINGER, Paul | Denbigh Harriers | MV45 | 462 | 39 |
| 40 | 0:32:13 | JONES, Arwen | Prestatyn RC | MV45 | 250 | 40 |
| 41 | 0:32:20 | WILLIAMS, Brian | Buckley Runners | MV50 | 287 | 41 |
| 42 | 0:32:22 | QUINN, Geoff | | MV45 | 253 | 42 |
| 43 | 0:32:40 | ROBERTS, Konrad | North Wales Road Runners Club | MV40 | 427 | 43 |
| 44 | 0:32:41 | ROTHERY, Ian | Cybi Striders | MV50 | 467 | 44 |
| 45 | 0:32:44 | DAVIES, Helen | Wrexham AC | FV40 | 426 | 45 |
| 46 | 0:32:46 | BRANDRICK, Paul | Prestatyn RC | MV50 | 209 | 46 |
| 47 | 0:32:59 | ASPINALL, Aaron | Prestatyn RC | Senior Male | 415 | 47 |
| 48 | 0:33:04 | O'NEILL, Stephen | | MV50 | 251 | 48 |
| 49 | 0:33:08 | JONES, David Alan | Denbigh Harriers | MV55 | 425 | 49 |
| 50 | 0:33:15 | GILLIES, Stuart | Giffnock North | MU/20 | 242 | 50 |
| 51 | 0:33:23 | DUCKWORTH, Kevin | East Cheshire Harriers | MV45 | 299 | 51 |
| 52 | 0:33:24 | MURPPHY, Tim | Northern Vets AC | MV40 | 494 | 52 |
| 53 | 0:33:28 | WHITESIDE, Michael | Tatenhall Runners | MV55 | 229 | 53 |
| 54 | 0:33:29 | OLLIEN, Melvyn | Wrexham AC | MV55 | 264 | 54 |
| 55 | 0:33:33 | ROTHERY, Desmond | Cybi Striders | Senior Male | 466 | 55 |
| 56 | 0:33:34 | HUMPHRIES, John | | MV45 | 272 | 56 |
| 57 | 0:33:35 | JONES, Robert | | MV40 | 416 | 57 |
| 58 | 0:33:44 | GRIFFITHS, Brian | Ellesmere Port AC | MV50 | 435 | 58 |
| 59 | 0:33:45 | HUGHES, Leah | Prestatyn RC | Senior Female | 485 | 59 |
| 60 | 0:34:01 | GRIFFITH, John | Cybi Striders | MV50 | 429 | 60 |
| 61 | 0:34:02 | TYE, Paul | | MV45 | 225 | 61 |
| 62 | 0:34:05 | HOOTON, Janies | Cybi Striders | Senior Male | 16 | 62 |
| 63 | 0:34:06 | PARRY, Dylan | | Senior Male | 459 | 63 |
| 64 | 0:34:09 | LITTLER, Paul | | Senior Male | 285 | 64 |
| 65 | 0:34:10 | OLIVER, Robert | Deeside AAC | MV40 | 256 | 65 |
| 66 | 0:34:15 | HEWITT, Cathrine | Wrexham AC | FV40 | 246 | 66 |
| 67 | 0:34:17 | SCHMID, Erika | Buckley Runners | Senior Female | 457 | 67 |
| 68 | 0:34:19 | GOODE, Andrea | Meirionnydd | FV35 | 241 | 68 |
| 69 | 0:34:26 | JONES, Paul | | Senior Male | 438 | 69 |

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| 70 | 0:34:31 | JONES, Duncan | Denbigh Harriers | MV45 | 231 | 70 |
| 71 | 0:34:43 | HETHERINGTON, Ruth | Wrexham AC | Senior Female | 2 | 71 |
| 72 | 0:34:46 | ELLIOTT, Keith | Abergele Harriers | MV40 | 452 | 72 |
| 73 | 0:34:46 | HIGGINS, Kevin | | MV45 | 262 | 73 |
| 74 | 0:34:48 | TAYLOR, Ian | North Wales Road Runners Club | Senior Male | 418 | 74 |
| 75 | 0:34:50 | RIDDINGS, Rebecca | Menai Track & Field | Senior Female | 224 | 75 |
| 76 | 0:34:53 | SCAMANS, Richard | | Senior Male | 451 | 76 |
| 77 | 0:34:53 | JONES, Graham | North Wales Road Runners Club | MV40 | 195 | 77 |
| 78 | 0:34:59 | WALKER, Sally | Prestatyn RC | FV35 | 6 | 78 |
| 79 | 0:35:02 | JONES, Ken | Denbigh Harriers | MV55 | 212 | 79 |
| 80 | 0:35:03 | POWNALL, Vernon | | MV50 | 261 | 80 |
| 81 | 0:35:03 | FIELDSEND, Mark | | Senior Male | 273 | 81 |
| 82 | 0:35:03 | EVANS, Alun | | MV40 | 201 | 82 |
| 83 | 0:35:11 | BURNHAM, Richard | | MV40 | 233 | 83 |
| 84 | 0:35:19 | FAILAMB, Martyn | Denbigh Harriers | Senior Male | 433 | 84 |
| 85 | 0:35:31 | HUGHES-ROBERTS, John | Prestatyn RC | MV45 | 223 | 85 |
| 86 | 0:35:36 | MORLEY, Lisa | Wrexham AC | FV35 | 258 | 86 |
| 87 | 0:35:36 | CAMPBELL, Andrew | Wrexham Tri | Senior Male | 259 | 87 |
| 88 | 0:35:43 | HUGHES, Gareth | Prestatyn RC | MV60 | 484 | 88 |
| 89 | 0:35:46 | JONES, Paula | | FV35 | 276 | 89 |
| 90 | 0:35:54 | STRINGER, Grahame | Meirionnydd | MV40 | 489 | 90 |
| 91 | 0:35:54 | BAKER, Jack | Bangor University | Senior Male | 243 | 91 |
| 92 | 0:35:56 | ELLIS, Gareth | | MV40 | 286 | 92 |
| 93 | 0:36:01 | WILLIAMS, Tracey | Denbigh Harriers | FV40 | 230 | 93 |
| 94 | 0:36:03 | DENTITH, Darren | | Senior Male | 487 | 94 |
| 95 | 0:36:04 | ELLIS, Gareth | | Senior Male | 291 | 95 |
| 96 | 0:36:07 | VAUGHAN, Frankie | Meirionnydd RC | MV50 | 414 | 96 |
| 97 | 0:36:11 | BORNE, Richard | | Senior Male | 194 | 97 |
| 98 | 0:36:15 | REES, Bethan | Deal Tri | FV35 | 203 | 98 |
| 99 | 0:36:21 | OWEN, David | | MV40 | 17 | 99 |
| 100 | 0:36:23 | THOMAS, Jack | Buckley Runners | MV65 | 292 | 100 |
| 101 | 0:36:31 | PENDLEBURY, Mark | | MV45 | 274 | 101 |
| 102 | 0:36:42 | LEWIS, Shaun | | MV45 | 288 | 102 |
| 103 | 0:36:44 | JONES, Rhion | Cybi Striders | Senior Male | 247 | 103 |
| 104 | 0:36:49 | GIBSON, Tony | North Wales Road Runners Club | MV45 | 472 | 104 |
| 105 | 0:36:51 | HUMPHRIES, Keith | Denbigh Harriers | MV45 | 279 | 105 |
| 106 | 0:36:55 | TRIMBEL, Wendy | | Senior Female | 193 | 106 |
| 107 | 0:37:02 | DIRKSEN, Hazel | Buckley Runners | FV55 | 478 | 107 |
| 108 | 0:37:06 | HATTON, Kay | North Wales Road Runners Club | FV40 | 436 | 108 |
| 109 | 0:37:18 | BRADLEY, Jack | North Wales Road Runners Club | MV40 | 420 | 109 |
| 110 | 0:37:43 | SMITH, Alistar | Wrexham Tri | Senior Male | 446 | 110 |
| 111 | 0:37:47 | MILNE, Rebecca | Bangor University | Senior Female | 239 | 111 |
| 112 | 0:37:55 | LLOYD, Rachel | Wrexham AC | FV35 | 260 | 112 |
| 113 | 0:37:55 | MARTIN, Gary | | Senior Male | 444 | 113 |
| 114 | 0:38:06 | JACKSON, Barrie | Bro Dysynni AC | MV65 | 469 | 114 |
| 115 | 0:38:09 | MCVEY, Graham | | Senior Male | 284 | 115 |
| 116 | 0:38:14 | ROBERTS, Martin | | MV40 | 293 | 116 |
| 117 | 0:38:15 | POWNALL, Lee | North Wales Road Runners Club | Senior Male | 496 | 117 |
| 118 | 0:38:18 | HAYES, Phillip | Prestatyn RC | Senior Male | 266 | 118 |
| 119 | 0:38:21 | CAMERON, Duncan | | MV50 | 227 | 119 |
| 120 | 0:38:25 | SMITH, Peter | Abergele Harriers | MV40 | 417 | 120 |
| 121 | 0:38:36 | WINSTON, Elizabeth | | Senior Female | 445 | 121 |
| 122 | 0:38:50 | BURTON, Jason | Prestatyn RC | Senior Male | 205 | 122 |
| 123 | 0:38:54 | BRYAN, Simon | | Senior Male | 14 | 123 |
| 124 | 0:38:58 | KAVANAGH, Michael | | Senior Male | 443 | 124 |
| 125 | 0:39:02 | ADLARD, Craig | Bangor University | MU/20 | 238 | 125 |
| 126 | 0:39:16 | BUCKLEY, David John | | Senior Male | 222 | 126 |
| 127 | 0:39:19 | DAVIES, Rob | Buckley Runners | MV45 | 217 | 127 |
| 128 | 0:39:19 | JONES, Judith | | FV45 | 270 | 128 |
| 129 | 0:39:20 | NORBURY, Stephen | | Senior Male | 448 | 129 |
| 130 | 0:39:33 | LAWRENCE, Richard | | Senior Male | 210 | 130 |
| 131 | 0:39:40 | PARK, Joe | Cheshire Tally-Ho | MV70 | 482 | 131 |
| 132 | 0:39:45 | BARTLEY, Maureen | Denbigh Harriers | Senior Female | 232 | 132 |
| 133 | 0:40:04 | ROBERTS, Glyn | | MV55 | 486 | 133 |
| 134 | 0:40:07 | HARVEY, Ruth | Cybi Striders | FV40 | 450 | 134 |
| 135 | 0:40:08 | WILSON, Andrew | | Senior Male | 235 | 135 |
| 136 | 0:40:09 | KIRKHAM, David | Cybi Striders | MV55 | 207 | 136 |
| 137 | 0:40:14 | PATTERSON, Neil | | Senior Male | 283 | 137 |
| 138 | 0:40:15 | MONSHIN, Nathan | | Senior Male | 275 | 138 |
| 139 | 0:40:21 | SPILLANE, Chris | | Senior Male | 454 | 139 |
| 140 | 0:40:27 | CALVET, Susan | Abergele Harriers | FV45 | 440 | 140 |
| 141 | 0:40:31 | LUDDEN, Margaret | Buckley Runners | FV40 | 190 | 141 |
| 142 | 0:40:33 | WARBURTON, Steve | | MV45 | 263 | 142 |
| 143 | 0:40:51 | EVANS, Dennis | | MV45 | 197 | 143 |
| 144 | 0:41:11 | BAYLISS, Sarah | Denbigh Harriers | FV35 | 434 | 144 |

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| 145 | 0:41:14 | ROBERTS, Iorwerth | Eryri Harriers | MV60 | 280 | 145 |
| 146 | 0:41:32 | BIRCH, Ron | Denbigh Harriers | MV65 | 431 | 146 |
| 147 | 0:41:38 | HARRISON, Hugh | Bro Dysynni AC | MV50 | 269 | 147 |
| 148 | 0:41:39 | SMITH, Dennis | | MV60 | 213 | 148 |
| 149 | 0:41:41 | THOMAS, Robert | Meirionnydd | MU/20 | 252 | 149 |
| 150 | 0:41:51 | HORSELY, Libby | Bangor University | Senior Female | 240 | 150 |
| 151 | 0:42:10 | EDWARDS, Sharon | | FV35 | 281 | 151 |
| 152 | 0:42:11 | HAINES, Malcolm | | MV50 | 473 | 152 |
| 153 | 0:42:30 | PICKTON, Barry | | Senior Male | 422 | 153 |
| 154 | 0:42:35 | SRINIVASAN, Rohit | | MU/20 | 278 | 154 |
| 155 | 0:42:43 | BAXANDALL, Helen | Prestatyn RC | FV40 | 255 | 155 |
| 156 | 0:42:45 | MORRIS, Doug | Oswestry Olympians | MV70 | 495 | 156 |
| 157 | 0:42:52 | ROBERTS, Iolo | Eryri Harriers | MV40 | 441 | 157 |
| 158 | 0:43:10 | BRANDRICK, Gill | Prestatyn RC | FV50 | 208 | 158 |
| 159 | 0:43:14 | GRIFFITHS, Dave | South Cheshire Harriers | MV60 | 442 | 159 |
| 160 | 0:43:18 | BEARD, David | Eryri Harriers | MV50 | 475 | 160 |
| 161 | 0:43:29 | STEVENS, Roger | North Wales Road Runners Club | Senior Male | 479 | 161 |
| 162 | 0:43:32 | GREEN, Steven | | MV50 | 455 | 162 |
| 163 | 0:43:41 | BILLINGTON, Thomas R | Wrexham AC | MV70 | 474 | 163 |
| 164 | 0:43:41 | JONES, Shaun | | Senior Male | 458 | 164 |
| 165 | 0:43:45 | GULLIVER, Victor | Prestatyn RC | MV60 | 498 | 165 |
| 166 | 0:43:51 | MCGIBBON, Jean | Buckley Runners | FV50 | 492 | 166 |
| 167 | 0:44:00 | EVANS, Marit | Bro Dysynni AC | FV40 | 216 | 167 |
| 168 | 0:44:12 | MAYES, Paul | | MV45 | 267 | 168 |
| 169 | 0:44:17 | WARD, Stephen | Abergele Harriers | MV55 | 204 | 169 |
| 170 | 0:44:22 | WAKEM, Michael | Spectrum Striders | MV60 | 470 | 170 |
| 171 | 0:44:27 | HODSON, Jeanette | | FV35 | 430 | 171 |
| 172 | 0:46:04 | GRIFFITHS, Michael | | MV45 | 468 | 172 |
| 173 | 0:46:42 | EDWARDS, Viv | Menai Track & Field | FV50 | 483 | 173 |
| 174 | 0:47:17 | JONES, Yvonne | | Senior Female | 439 | 174 |
| 175 | 0:47:27 | JONES, Alison | | FV35 | 191 | 175 |
| 176 | 0:47:50 | MAYERS, Sandra | Prestatyn RC | FV45 | 268 | 176 |
| 177 | 0:48:15 | EVANS, Tracey | Meirionnydd | FV40 | 265 | 177 |
| 178 | 0:48:38 | LIVETT, Carol | Menai Track & Field | FV35 | 463 | 178 |
| 179 | 0:48:47 | JACOBS, Jayne | | FV35 | 297 | 179 |
| 180 | 0:49:04 | MAJOR, Ken | Prestatyn RC | MV60 | 499 | 180 |
| 181 | 0:49:05 | STANDISH, Cindy | Bangor University | FU/20 | 244 | 181 |
| 182 | 0:49:08 | MOLLOY, Malcolm | | MV60 | 220 | 182 |
| 183 | 0:49:31 | CONNOR, Norman | North Wales Road Runners Club | MV70 | 461 | 183 |
| 184 | 0:50:37 | SIMPSON, Philip | Buckley Runners | Senior Male | 254 | 184 |
| 185 | 0:50:48 | UNWIN, Andy | Bro Dysynni AC | MV40 | 215 | 185 |
| 186 | 0:51:52 | ALDRIDGE, Ruth | | FV45 | 428 | 186 |
| 187 | 0:52:00 | MOLLOY, Jane | | FV60 | 221 | 187 |
| 188 | 0:52:31 | WILLIAMS, Margaret | | FV65 | 12 | 188 |
| 189 | 0:52:55 | BOWMAN, Carol | | FV60 | 11 | 189 |
| 190 | 0:52:55 | BOWMAN, Ruth | | Senior Female | 300 | 190 |
| 191 | 0:53:39 | WILKINSON, Cliff | North Wales Road Runners Club | MV70 | 189 | 191 |
| 192 | 0:55:40 | BRAYSHAY, Margaret | | FV55 | 206 | 192 |
| 193 | 0:56:42 | SYMONDS, Sheila | Bro Dysynni AC | FV70 | 432 | 193 |
| 194 | 0:56:42 | MOLLOY, Simeon | | Senior Male | 219 | 194 |
| 195 | 1:04:00 | SRINIVASAN, Janaji | | FV45 | 218 | 195 |
| 196 | 1:05:39 | CHALONER, Daphne | Prestatyn RC | FV55 | 424 | 196 |

There were 196 finishers in the All Competitors category.