

Helena Tipping 10km - 03/12/06

POS	CAT POS	NUMBER	TIME	NAME	CLUB	AGE GROUP
1	1	209	33:54	Simon Williams	Unattached	SM
2	2	152	34:33	Brendan Rothery	Eryri Harriers	SM
3	3	220	34:45	Steve Crowe	Ellesmere Port	SM
4	4	210	35:43	Adrian Timmins	Warrington R.R.	SM
5	1	136	36:03	Paul Watham	Eryri Harriers	JM
6	1	126	36:11	Sean McCormack	Abergele Harriers	M40
7	1	203	36:48	John Earlston	Abergele Harriers	M45
8	5	243	36:59	Darren Jones	Wrexham	SM
9	6	214	37:12	D.Nolan	North Wales RRC	SM
10	7	112	37:20	Stephen King	VWA Harriers	SM
11	8	149	37:27	Vincent Edwards	Unattached	SM
12	9	191	37:32	Mark Dodd	Ellesmere Port	SM
13	2	229	37:39	Shaun Hooson	Buckley Runners	M40
14	10	260	38:03	Daniel Weston	Wrexham	SM
15	3	182	38:25	Tim Davies	Buckley Runners	M40
16	1	216	38:26	Ron Elliots	NWRRC	M60
17	4	30	38:30	Dewi Roberts	Abergele Harriers	M40
18	11	91	38:46	Michael Jones	Buckley Runners	SM
19	5	31	39:01	Garth Roberts	Abergele Harriers	M40
20	1	272	39:10	Martin Cortvriend	Denbigh Harriers	M50
21	6	93	39:11	David Pryce	Colwyn Bay	M40
22	12	259	39:11	George Nicholls	Prestatyn	SM
23	2	170	39:19	Tony Parry	Wrexham	M50
24	1	245	39:22	Marilyn Kitching	Tattenhall Runners	L35
25	13	213	39:25	James Huggins	Buckley Runners	SM
26	7	16	39:35	Ian Landucci	Unattached	M40
27	3	190	39:42	David Bewley	Unattached	M50
28	14	255	39:48	Simon Edwards	Buckley Runners	SM
29	1	221	39:56	Emma Parry	Wrexham	SL
30	15	109	40:10	Rob Edwards	Wreccsam Tri	SM
31	2	212	40:14	Arwel Jones	Prestatyn	M45
32	16	271	40:16	Paul Donoghue	Buckley Runners	SM
33	-	289	40:20	Richard Lee	Abergele Harriers	?
34	2	211	40:23	Leanne Staniford	Warrington R.R.	SL
35	17	281	40:31	Paul Evans	Wreccsam Tri	SM
36	1	218	40:34	Geoff Richards	Wrexham	M55
37	18	64	40:43	Paul Stinton	Buckley Runners	SM
38	19	196	40:51	Andy Mayers	South Cheshire H	SM
39	8	206	40:53	Dave Boothroyd	Buckley Runners	M40
40	20	237	40:56	Mathew Rimmington	Spectrum Striders	SM
41	4	256	41:00	Matt Whitfield	Ellesmere Port	M50
42	21	86	41:04	Kerry Bliston	N.W.R.R.	SM
43	9	2	41:12	Michael Hughes	Pensby Runners	M40
44	3	171	41:13	Paul Ballinger	Denbigh Harriers	M45

45	22	199	41:15	Adrian Bryan	Wrexham	SM
46	5	248	41:16	Brian Williams	Buckley Runners	M50
47	10	81	41:17	Konrad Green	N.W.R.R.	M40
48	23	198	41:35	Jos Jones	Bro Dysynni	SM
49	6	158	41:38	Sergey Ryabov	Vale Royal	M50
50	11	139	41:44	Stephen Dawson	South Cheshire H	M40
51	24	280	41:46	David Steer	Unattached	SM
52	1	207	41:48	Anne Brizell	Wrexham	L45
53	25	242	41:54	Robert Jones	Wrexham	SM
54	12	295	42:02	Simon Greenwood	Chester Tri	M40
55	26	121	42:13	Stephen Norbury	Bryn Llystyn	SM
56	27	76	42:18	Simon Roberts	Buckley Runners	SM
57	13	113	42:23	Paul Rose	Unattached	M40
58	7	159	42:25	Peter Maher	Vale Royal	M50
59	28	111	42:30	Marc Recoquille	Unattached	SM
60	8	151	42:33	Ian Rothery	Cybi Striders	M50
61	29	290	42:36	Lon Hodson	The Health Hut	SM
62	4	291	42:41	Jennings John	Ellesmere Port	M45
63	14	194	42:45	Alun Humphreys	Denbigh Harriers	M40
64	2	17	42:56	David Jones	Denbigh Harriers	M55
65	5	244	43:00	Stephen Botham	Wreccsam Tri	M45
66	6	65	43:02	David Jones	Unattached	M45
67	30	127	43:13	Shaun Pritchard	Unattached	SM
68	15	165	43:21	Ian Doherty	Unattached	M40
69	16	61	43:34	Paul Chrisp	Unattached	M40
70	31	134	43:53	Gary Porter-Jones	Unattached	SM
71	32	41	43:56	James Andrews	Unattached	SM
72	3	148	44:01	Melvyn Ollier	Wrexham	M55
73	17	33	44:14	Keith Elliott	Abergele Harriers	M40
74	33	250	44:15	Richard John	Unattached	SM
75	7	264	44:30	Shaun Lewis	Unattached	M45
76	9	88	44:34	John Sedden	Unattached	M50
77	18	145	44:38	Richard Roberts	Unattached	M40
78	8	222	44:44	Kevin Hillins	Unattached	M45
79	9	215	44:47	Tony Gibbson	NWRR	M45
80	2	56	44:56	Jan Littler	Capenhurst	L45
81	10	48	44:58	Simon Preston	Unattached	M45
82	19	238	45:08	Tim Bent	Wrexham	M40
83	3	236	45:11	Dawn Urquhart	Buckley Runners	SL
84	2	267	45:21	Lisa Morley	Wrexham	L35
85	11	179	45:27	Robert Spotwood	Abergele Harriers	M45
86	34	172	45:41	Richard Watson	Bedford Harriers	SM
87	12	133	45:48	Terry Axon	Unattached	M45
88	20	261	45:50	Mark Wright	Unattached	M40
89	10	268	45:56	Phil Bransby	Unattached	M50
90	21	197	45:58	Robert Mayers	South Cheshire H	M40
91	13	283	46:00	Aidan Wafer	Wrexham	M45
92	35	155	46:01	Dylan Parry	Unattached	SM

93	14	96	46:04	John Houghton	Warrington R.R.	M45
94	36	43	46:08	Daniel Oliver	Unattached	SM
95	22	34	46:10	Peter Smith	Abergele Harriers	M40
96	23	200	46:13	Graeme Stringer	Meirionnydd RC	M40
97	37	282	46:15	Mike Schofield	Unattached	SM
98	11	85	46:16	Geoff Hand	Spectrum Striders	M50
99	15	265	46:23	Robert Webster	Tattenhall Runners	M45
100	1	262	46:26	Jack Thomas	Buckley Runners	M65
101	4	108	46:32	Geoff Read	Spectrum Striders	M55
102	12	228	46:42	Dave Thompson	Spectrum Striders	M50
103	38	24	46:46	Peter Wooding	Unattached	SM
104	1	204	47:01	Angella Hughes	Abergele Harriers	L40
105	13	95	47:05	Austin Bell	Abergele Harriers	M50
106	16	239	47:07	Paul England	Unattached	M45
107	1	235	47:21	Hazel Dirksen	Buckley Runners	L55
108	39	186	47:28	Piotr Przybysz	Olympia Dabrowa	SM
109	24	7	47:37	John Williams	Oswestry Olympians	M40
110	5	247	47:42	Robert Aldcroft	Village Runners	M55
111	2	74	47:46	Kay Hatton	N.W.R.R.	L40
112	14	36	47:52	Barry Parsons	Unattached	M50
113	3	110	47:56	Deborah Clift	Abergele Harriers	L40
114	4	157	48:07	Sarah Henshaw	Deestridders	SL
115	4	51	48:16	Linda Martin	Unattached	L40
116	17	23	48:21	Dennis Evans	Unattached	M45
117	40	162	48:37	Rob Hardwick	Penny Lane S.	SM
118	15	240	48:41	Nigel Williams	Wreccsam Tri	M50
119	2	266	48:46	Aled Webster	Unattached	JM
120	41	217	48:52	Lee Pownall	North Wales RRC	SM
121	16	156	48:54	Martin Stirna	South Cheshire H	M50
122	42	189	48:56	Gavin Ellis	Unattached	SM
123	3	144	48:59	Pam Grant	Abergele Harriers	L45
124	5	140	49:10	Rachael Eite	Unattached	SL
125	18	176	49:21	Graham Jones	Unattached	M45
126	6	183	49:26	Kim Norman	Wreccsam Tri	SL
127	1	293	49:29	Madeleine Bird	Ellesmere Port	L50
128	19	223	49:33	Steven Warburton	Unattached	M45
129	2	257	49:37	Iorwerth Roberts	Eryri Harriers	M60
130	6	29	49:44	David Redpath	Spectrum Striders	M55
131	3	46	49:48	Liz Jones	Unattached	L35
132	17	232	49:51	Bob Evans	Unattached	M50
133	5	94	50:07	Melanie Williams	Abergele Harriers	L40
134	43	246	50:12	John Cleworth	Unattached	SM
135	25	254	50:14	Stephen Parker	Shropshire Shufflers	M40
136	18	219	50:21	Terrence Long	Penny Lane S.	M50
137	19	27	50:34	Jeff Hardman	Unattached	M50
138	44	87	50:53	Iwan Bonds	Unattached	SM
139	6	90	50:55	Margaret Ludden	Buckley Runners	L40
140	4	233	50:57	Catriona Marshall	Wilmslow	L35

141	20	251	50:58	Michael Bradley	Spectrum Striders	M50
142	7	73	51:09	Rhiannon Williams	Unattached	L40
143	45	25	51:10	Gary Williams	Unattached	SM
144	7	241	51:13	Tony Lister	NWRRC	M55
145	8	14	51:13	Leslie Ingram	Deestriders	L40
146	8	143	51:17	Ben Merrick	Unattached	M55
147	9	253	51:18	Julie Parker	Shropshire Shufflers	L40
148	46	187	51:25	Nigel Goldsmith	Unattached	SM
149	47	296	51:32	Matt Bale	Unattached	SM
150	20	8	51:36	Bryan Tucker	Unattached	M45
151	4	92	51:39	Susan Ridings	Buckley Runners	L45
152	21	226	51:54	Chris Biffa	Wreccsam Tri	M50
153	26	292	51:56	Nigel Crierie	Ellesmere Port	M40
154	10	15	51:59	Debbie Dodd	Wrexham	L40
155	3	231	51:59	Danny Cleverley	Unattached	JM
156	3	83	52:08	Dave Griffiths	South Cheshire H	M60
157	5	10	52:23	Lorna Royle	Deestriders	L35
158	48	131	52:27	Carl Roberts	Unattached	SM
159	49	288	52:31	Andrew Trott	Unattached	SM
160	4	124	52:31	Dennis Smith	Unattached	M60
161	27	185	52:37	Julian Price	Unattached	M40
162	2	69	52:38	Margaret Williams	Northern Vets	L50
163	9	70	52:38	Nefyn Williams	Northern Vets	M55
164	11	175	52:40	Carey Powell	Unattached	L40
165	12	21	52:42	Linda Hampton	Wrexham	L40
166	28	67	52:46	Steven Gunn	Unattached	M40
167	6	137	52:53	Louisa Devar	Unattached	L35
168	21	279	52:56	Jonathan Scholfield	Unattached	M45
169	2	28	53:02	Janet Redpath	Spectrum Striders	L55
170	10	180	53:13	Robert Mackey	Buckley Runners	M55
171	50	128	53:21	Neil Oldfield	Unattached	SM
172	22	249	53:25	David Goodall	Village Runners	M50
173	7	164	53:26	Zoe Hancock	Deeside A.C.	SL
174	7	184	53:26	Justin Bee	Unattached	L35
175	29	50	53:36	Garth Jones	Unattached	M40
176	23	285	53:39	Peter Potter	Unattached	M50
177	51	205	53:41	Andy Snowball	Unattached	SM
178	8	78	53:41	Anna Welch	Unattached	SL
179	8	161	53:46	Jane Hallows	Penny Lane S.	L35
180	5	202	53:53	Percy Hogg	Village Runners	M60
181	24	274	53:55	Jean-Pierre Laurent	Unattached	M50
182	25	276	54:10	David Beard	Eryri Harriers	M50
183	11	278	54:12	Latham John Ray	South Cheshire H	M55
184	9	75	54:13	Jeanette Hodson	Unattached	SL
185	5	273	54:15	Jackie James	Unattached	L45
186	30	60	54:48	Grapham Newall	Unattached	M40
187	3	195	54:54	Pat Roberts	Unattached	L55
188	9	150	54:54	Sharon Edwards	Unattached	L35

189	52	168	54:56	Mark Salter	Unattached	SM
190	53	135	55:00	Liam Williams	Unattached	SM
191	10	258	55:04	Beverley Craddock	Unattached	SL
192	22	97	55:05	Neil Stubbs	Unattached	M45
193	54	22	55:20	Jim Meadowcroft	Unattached	SM
194	23	269	55:24	A. Varley	South Cheshire H	M45
195	-	999	55:32	Unknown	Unknown	0
196	10	153	55:44	Sharon Jones	Unattached	L35
197	55	188	55:56	Kenneth Barcoo	Unattached	SM
198	56	177	55:56	Brian Bennion	Unattached	SM
199	26	294	56:06	E.D. Rayn	Unattached	M50
200	57	130	56:07	Lee Neal	Unattached	SM
201	3	234	56:17	Jean McGibon	Buckley Runners	L50
202	11	11	56:25	Karen Jones	Unattached	L35
203	24	54	56:26	Steve King	Unattached	M45
204	12	102	56:48	Sarah Jones	Unattached	L35
205	13	59	56:56	Jacqui Ashforth	Unattached	L35
206	-	116	57:22	John McHugh	Red Herrings	SM
207	14	115	57:24	Lisa Shaw	Unattached	L35
208	31	284	57:38	Michael Hett	Unattached	M40
209	6	147	57:41	Ann Crowther	Prestatyn	L45
210	32	224	58:08	Andy Shallcross	Unattached	M40
211	25	270	58:22	Peter Varley	Unattached	M45
212	1	163	58:26	Thomas Billington	Wrexham	M70
213	15	103	58:27	Kerry Turner	Unattached	L35
214	13	208	58:45	Gillian Csizmadia	Wrexham	L40
215	16	89	58:50	Alison Jones	Unattached	L35
216	4	68	59:05	Jane Evans	Deestridders	L55
217	14	6	59:13	Rita Williams	Unattached	L40
218	4	71	59:26	Ann Marie Stevenson	Unattached	L50
219	27	72	59:26	Brian Stevenson	Unattached	M50
220	33	230	59:32	Tony Greenhalsh	Unattached	M40
221	11	20	59:44	Claire Adams	Wrekin R.R.	SL
222	58	263	59:45	Chris Pike	Unattached	SM
223	5	169	59:51	Anne Hurrell	North Vets	L50
224	59	166	59:52	Paul Latham	Unattached	SM
225	12	79	60:25	Alex Malbon	Unattached	SL
226	17	44	60:34	Sandra Robins	Unattached	L35
227	18	252	60:58	Mrs K Bevan	Oswesrty Olympians	L35
228	28	225	61:05	Pete Elwick	Hartshead RC	M50
229	29	32	62:05	Dave Hancock	Eryri Harriers	M50
230	26	35	62:18	Julian Buchanan	Unattached	M45
231	7	37	62:23	Julie Jones	Unattached	L45
232	15	192	62:50	Sarah Hodgson	Wrekin R.R.	L40
233	60	129	62:54	Jon Cotter	Unattached	SM
234	27	125	63:11	Ted Williams	Unattached	M45
235	8	275	63:32	Beverley Hendricks	Prestatyn	L45
236	61	227	63:45	Neil Edwards	Wrexham	SM

237	13	40	63:49	Sarah Andrews	Unattached	SL
238	14	146	63:55	Paula Vidovich	Unattached	SL
239	19	62	64:13	Andree Rose	Unattached	L35
240	9	45	64:35	Sue Thomas	Unattached	L45
241	10	53	65:11	Linda King	Unattached	L45
242	2	1	65:16	John Tipping	Wrexham	M65
243	20	19	65:20	Sara Rogers	Wrekin R.R.	L35
244	12	42	65:33	Dave Grundy	Unattached	M55
245	34	174	65:39	Steve Roberts	Unattached	M40
246	16	173	65:39	Angela Roberts	Unattached	L40
247	11	82	65:42	Ruth Aldridge	Unattached	L45
248	62	277	66:05	Philip Simpson	Buckley Runners	SM
249	21	99	66:15	Sonia Wignall	Abergele Harriers	L35
250	6	104	66:33	Norman Grundy	Birkenhead A.C.	M60
251	15	77	67:00	Georgina Kendall	Unattached	SL
252	17	286	67:02	Julie Jones	Abergele Harriers	L40
253	1	52	67:16	Stephanie King	Unattached	JL
254	18	9	67:32	Karen Griffiths	Unattached	L40
255	1	122	67:46	Cliff Wilkinson	N.W.R.R.	M75
256	12	123	67:53	Shirley Royles	Abergele Harriers	L45
257	22	287	68:44	Annwen Begsey	Abergele Harriers	L35
258	23	118	70:10	Marion Jones	Unattached	L35
259	16	100	70:33	Susan Blackmore	Unattached	SL
260	7	38	70:52	Roy Thombs	Unattached	M60
261	13	55	72:12	Vivienne Coldough	South Cheshire H	L45
262	2	201	75:26	Allen Watts	Sarn Helen RC	M75

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