

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Race Cat</u>	<u>Race No</u>
1	00:16:29	Ryan Roberts	Cybi Striders	Men Senior	91
2	00:16:58	Paul Wathan	Eryri Harriers	Men Senior	59
3	00:17:16	Ethan Ackroyd	Deeside AC	Men U17	13
4	00:17:33	Simon Roberts	Buckley Running Club	Men Vet 45	80
5	00:17:53	Phil Pumford		Men Senior	73
6	00:17:54	Jodi Waters	Abergele Harriers	Men Vet 35	57
7	00:18:02	Eric Campbell	Buckley Running Club	Men Vet 50	81
8	00:18:09	Bernie Jones	Wrexham AC	Men Vet 55	18
9	00:18:19	Nick Foden	Abergele Harriers	Men Senior	42
10	00:18:34	Emma Crowe	Wrexham AC	Ladies Vet 40	48
11	00:18:44	Daniel Williams	Abergele Harriers	Men Senior	41
12	00:18:46	Iwan Evans	North Wales Road Runners	Men Vet 35	8
13	00:18:49	George Nicholls	Prestatyn Running Club	Men Vet 45	53
14	00:18:50	Mike Robbins	Wrexham AC	Men Vet 50	36
15	00:18:55	Samuel Holt	Colwyn Bay	Men U17	37
16	00:19:17	Matthew Smith	Prestatyn Running Club	Men Senior	4
17	00:19:32	Steven Crowe	Deeside AC	Men Vet 40	90
18	00:19:36	Stephen Stocker	Prestatyn Running Club	Men Vet 40	45
19	00:19:38	Amie Bagnall	Prestatyn Running Club	Ladies Senior	22
20	00:19:41	Russel Williams	Cybi Striders	Men Vet 45	28
21	00:19:44	Ceri Diss	Denbigh Harriers	Ladies Vet 50	56
22	00:19:48	Rheagan Edwards	Deeside AC	Ladies U17	17
23	00:19:54	Arfon Hughes	Meirionnydd Running Club	Men Vet 45	29
24	00:19:56	Anest Muller	West Cheshire AC	Ladies Vet 35	54
25	00:19:59	Anthony Howe	Abergele Harriers	Men Vet 35	40
26	00:20:00	Clive Edgington	Meirionnydd Running Club	Men Vet 60	92
27	00:20:10	Arwel Lewis	Eryri Harriers	Men Vet 55	75
28	00:20:14	Tony Price-Jones	North Wales Road Runners	Men Senior	15
29	00:20:17	Harry Driscoll		Men U17	70
30	00:20:23	Steven Roberts	North Wales Road Runners	Men Vet 50	9
31	00:20:31	Bethan Dowsett	Deeside AC	Ladies U17	44
32	00:20:38	Helen Blair	Eryri Harriers	Ladies Vet 45	31
33	00:20:39	Kevin Challinor	Deeside AC	Men Vet 55	74
34	00:20:40	Carla Green	North Wales Road Runners	Ladies Vet 40	10
35	00:20:41	Tommy Barron		Men Vet 35	51
36	00:20:43	George Nixon	Prestatyn Running Club	Men Vet 60	78
37	00:20:46	John Jones	Abergele Harriers	Men Vet 55	27
38	00:20:55	Gemma Morgans	Eryri Harriers	Ladies Senior	60
39	00:20:57	Darren Battersby	Abergele Harriers	Men Vet 50	43
40	00:21:07	Daniel Snelson	Abergele Harriers	Men Senior	89
41	00:21:14	Stephen Bellis	Buckley Running Club	Men Vet 60	98
42	00:21:20	Des Davies	Prestatyn Running Club	Men Vet 55	68
43	00:21:22	Kevin Clark	Cybi Striders	Men Vet 55	96
44	00:21:23	Holly Roberts	Colwyn Bay	Ladies U17	23

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Race Cat</u>	<u>Race No</u>
45	00:21:25	Tony Benton	Denbigh Harriers	Men Vet 50	83
46	00:21:30	Fred Jones	Denbigh Harriers	Men Vet 60	86
47	00:21:35	Sian Beck	Prestatyn Running Club	Ladies Vet 35	64
48	00:21:51	Edith Gruber	Cybi Striders	Ladies Senior	56
49	00:22:11	Duncan Jones	Denbigh Harriers	Men Vet 55	94
50	00:22:16	Arwel Jones	Prestatyn Running Club	Men Vet 55	79
51	00:22:20	Victoria Whitehead	Denbigh Harriers	Ladies Vet 40	84
52	00:22:22	Grahame Shone	Abergele Harriers	Men Vet 65	82
53	00:22:38	Zack Spargo		Men Senior	99
54	00:22:40	David Roberts		Men Vet 40	7
55	00:22:41	Chris Baldwin	Denbigh Harriers	Men Vet 60	85
56	00:22:56	Sion Roberts	Cybi Striders	Men Vet 35	77
57	00:23:01	Stephen Whittingham		Men Vet 50	12
58	00:23:22	Coral McShane	Prestatyn Running Club	Ladies U20	35
59	00:23:33	Gwilym Williams		Ment Vet 65	55
60	00:23:27	Chris Birch	Abergele Harriers	Ladies Vet 65	32
61	00:23:38	Elizabeth Driscoll	North Wales Road Runners	Ladies Vet 45	69
62	00:23:46	Hannah Griffith	North Wales Road Runners	Ladies Vet 40	19
63	00:23:48	Emrys Meilyr		Men Vet 35	24
64	00:24:53	Deborah Richards	Prestatyn Running Club	Ladies Vet 55	95
65	00:24:56	Allison Reid	Prestatyn Running Club	Ladies Vet 40	1
66	00:25:02	Victoria Owens	Prestatyn Running Club	Ladies Senior	58
67	00:25:09	Michael Hayton	North Wales Road Runners	Men Vet 65	20
68	00:25:15	Mandy Owen	North Wales Road Runners	Ladies Vet 40	11
69	00:25:19	Gabby Waring	Prestatyn Running Club	Ladies Vet 55	76
70	00:25:29	Gavin Allport		Men Senior	66
71	00:25:53	Steve Jones	North Wales Road Runners	Men Vet 55	38
72	00:25:57	Diane Jones	Abergele Harriers	Ladies Vet 40	5
73	00:26:23	Ron Elliot	North Wales Road Runners	Men Vet 70	71
74	00:26:34	Julie Logan	Prestatyn Running Club	Ladies Vet 40	46
75	00:26:39	Dawn Marshall	Denbigh Harriers	Ladies Vet 40	93
76	00:26:46	John Ratcliffe		Men Vet 70	33
77	00:26:59	Colin Barnett	Denbigh Harriers	Men Vet 60	52
78	00:27:07	Karl Sadil	Menai Track and Field	Men Vet 35	87
79	00:27:18	Josie Davies	North Wales Road Runners	Ladies Vet 50	30
80	00:27:39	Brenda Jones	Bro Dysynni AC	Ladies Vet 70	72
81	00:27:51	Elizabeth Martin	Prestatyn Running Club	Ladies Vet 35	63
82	00:27:58	David Hughes	Prestatyn Running Club	Men Vet 75	14
83	00:28:37	Caroline Jones	Prestatyn Running Club	Ladies Vet 50	61
84	00:29:28	Angharad Lewis	North Wales Road Runners	Ladies Vet 35	16
85	00:29:59	Roy Jardine	Eryri Harriers	Men Vet 65	21
86	00:30:04	Karl Martin	Prestatyn Running Club	Men Vet 45	62
87	00:30:30	Iorwerth Roberts	Eryri Harriers	Men Vet 70	88
88	00:31:35	Derek Hughes	Knowsley Harriers AC	Men Vet 60	6



Prestatyn Ffrith 5K Including North Wales Champs
Saturday 21st May 2016 at 11:15 am

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Race Cat</u>	<u>Race No</u>
89	00:31:49	Heather Foden		Ladies Senior	25
90	00:31:50	Sonja Griffiths	Abergele Harriers	Ladies Vet 60	50
91	00:32:22	Tessa Swaine		Ladies Vet 60	34
92	00:34:59	Ray Billington	Wrexham AC	Men Vet 75	97
93	00:39:39	Suzy Hooson		Ladies Vet 45	65