



Marsh Tracks 5K
Friday 31st March 2017

<u>Place</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>	<u>Race Number</u>
1	00:16:10	Paul Wathan	Eryri Harriers	237
2	00:16:30	Martin Green	North Wales Road Runners	204
3	00:16:47	Rob Grantham	Pensby	267
4	00:16:57	Ben Lightowler	Abergele Harriers	268
5	00:17:25	Andrew Bromley	Prestatyn Running Club	243
6	00:17:37	Alex Ryder	Prestatyn Running Club	206
7	00:17:39	Darren Blazier	Abergele Harriers	246
8	00:17:44	Matthew Welsh	Deeside AAC	238
9	00:17:53	Huw Jones	Deeside AAC	236
10	00:17:56	Gary Blackwell	Buckley Running Club	244
11	00:18:10	Ryan Davis		217
12	00:18:21	Amie Bagnall	Prestatyn Running Club	233
13	00:18:32	Matthew Smith	Prestatyn Running Club	224
14	00:18:44	Stephen Stocker	Prestatyn Running Club	229
15	00:18:44	Mike Robbins	Wrexham AAC	249
16	00:19:00	Mike Hodgson	Deeside AAC	257
17	00:19:09	Tim Cahill	Abergele Harriers	234
18	00:19:11	Lisa Grantham	Pensby	266
19	00:19:24	Ben Garnett	Abergele Harriers	271
20	00:19:27	Richard Lee		253
21	00:19:32	Gemma Morgans	Eryri Harriers	241
22	00:19:33	Darren Battersby	Abergele Harriers	269
23	00:19:46	Callum Dally	Prestatyn Running Club	276
24	00:19:47	George Nixon	Prestatyn Running Club	250
25	00:20:23	Andrew Parry		270
26	00:20:27	Dafydd Bailey		202
27	00:20:32	Carla Green	North Wales Road Runners	203
28	00:20:36	Benjamin Harrison	Prestatyn Running Club	205
29	00:20:36	John Jones	Abergele Harriers	247
30	00:20:47	Martyn Barnaby	Abergele Harriers	248
31	00:20:51	Ellie Small	Deeside AAC	242
32	00:21:04	Rachel Shipley	Abergele Harriers	245
33	00:21:05	Victoria Whitehead	Denbigh Harriers	255
34	00:21:13	Ceri Belshaw	Denbigh Harriers	256
35	00:21:14	Julie Martin	Abergele Harriers	273
36	00:21:41	Katy Baugh	Denbigh Harriers	254
37	00:21:58	Peter Burgess		279
38	00:22:08	Jason Breakey	GOG Triathlon	218
39	00:22:22	Kevin Roberts	Denbigh Harriers	251



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40	00:22:24	Nigel Bakewell		272
41	00:22:32	Graham Shone	Abergele Harriers	265
42	00:22:44	Leon Mckenna	Prestatyn Running Club	259
43	00:23:40	Gareth Ireland		274
44	00:24:48	Peter Blundell	Prestatyn Running Club	277
45	00:25:33	Jordan Hadrill		263
46	00:27:21	Malcolm Haines		264
47	00:28:20	Ray Burgess		278
48	00:28:25	Sara Jones		215
49	00:29:07	Joan Edwards	North Wales Road Runners	219
50	00:29:35	Julia Evans	Prestatyn Running Club	228
51	00:29:38	Sarah Anderson	Prestatyn Running Club	261
52	00:29:52	Claire Walliker		210
53	00:29:55	Louise Foulkes	Prestatyn Running Club	262
54	00:30:05	Stuart Quayle	Prestatyn Running Club	258
55	00:30:55	Debbie Cartwright	Prestatyn Running Club	221
56	00:31:18	Iorwerth Roberts	Eryri Harriers	275
57	00:32:21	Charlotte Roe		216
58	00:33:17	Chris Featherstone		207
59	00:35:44	Carol Archer		211
60	00:36:22	Val Jones		213
61	00:36:25	Lesley Furneaux		220
62	00:36:25	Natalie Bailey		223
63	00:36:33	Suzanne Evans		214
64	00:39:32	Gemma Thomas		208
65	00:39:32	Sarah O'Mahony	Prestatyn Running Club	260
66	00:41:05	Ellen Goodwin		209
67	00:44:22	Louise Baxendell		226