

DENBIGH HARRIERS

FAIRY FRECKLED COW LLYN ALWEN TRAIL RACE

JULY 5TH 2015

RESULTS

Pos	name	club	category	time	
1.	John Spill	Eryri	SM	38.33	
2.	Lee Jones	Deeside	M40	39.36	1 st M40
3.	John Morris	Denbigh Harriers	SM	40.40	
4.	Jez Brown	Buckley	M40	41.17	2 nd M40
5.	Mike Roberts	UA	SM	42.14	
6.	Simon Roberts	Buckley	M40	43.16	
7.	Irfon Rowlands	Cybi Striders	M40	44.02	
8.	Darren Blazier	Abergele Harriers	M40	45.03	
9.	Jodi Waters	Abergele Harriers	SM	45.30	
10.	Mike Robins	Wrexham	M50	45.43	1 st M50
11.	David Ford	Wrexham	M40	46.07	
12.	George Nicholls	Prestatyn	M40	46.11	
13.	Steve Gadd	UA	M40	46.23	
14.	Arwel Lewis	Eryri	M50	46.32	2 nd M50
15.	Iwan Evans	NWRR	SM	46.50	
16.	Adrian Leonard	UA	SM	46.55	
17.	Jim Jones	Helsby	M50	47.34	
18.	Andrew Roberts	UA	M50	48.05	
19.	David Ellis	Cybi Striders	SM	48.35	
20.	David Griffith	Colwyn Bay	M40	49.05	
21.	Dan Foulkes	UA	SM	49.20	
22.	Tracey Llewelyn	Cybi Striders	SF	49.25	1 st L
23.	Dave Boothroyd	Buckley	M50	49.29	
24.	Anest Muller	West Cheshire AC	SF	49.37	2 nd L
25.	Owen Evans	UA	SM	50.12	
26.	Matthew Smith	Prestatyn	SM	51.04	
27.	Martin Cortvriend	Denbigh Harriers	M60	51.07	1 st M60
28.	Carolyn Stamper-Clark	Delamere Spartans	F40	51.10	1 st F40
29.	Mark Williams	Deestridders	M40	51.13	
30.	Fred Jones	Denbigh Harriers	M60	51.16	2 nd M60
31.	Chris Williams	Colwyn Bay	M50	51.43	
32.	Helen MacArthur	Colwyn Bay	F40	51.47	2 nd L40
33.	Anthony Collins	Prestatyn	M50	51.55	
34.	Darren Battersby	Abergele Harriers	M40	52.00	
35.	Gareth Brandrick	Prestatyn	SM	52.45	
36.	Sian Beck	Prestatyn	SF	53.04	
37.	Kate Lightfoot	Tattenhall	F40	53.22	
38.	Kevin Higgins	NWRR	M50	53.36	
39.	Dan Schraibman	Denbigh Harriers	M40	53.55	
40.	John Walker	NWRR	M40	53.58	

41.	Gareth Roberts	Prestatyn	M40	54.25
42.	Hazel Berrett	Buckley	F50	54.37 1 st F50
43.	Chris Baldwin	Denbigh Harriers	M60	54.48
44.	Dave Wooton	Buckley	M50	54.51
45.	Ben Williams	Helsby	SM	55.03
46.	Michael Owen	UA	SM	55.22
47.	Rachel Shipley	Abergele Harriers	SF	55.25
48.	Paul Brandrick	Prestatyn	M50	55.28
49.	Louise McEveley	Helsby	F40	55.29
50.	Shaun Paul Jones	Denbigh Harriers	SM	55.30
51.	Charles Ashley	Wrexham	M50	55.38
52.	Chris Birch	Abergele Harriers	F60	55.50 1 st F60
53.	Chris Bennett	Gogi Triathlon	M50	56.03
54.	Sian Ellis	Cybi Striders	SF	56.04
55.	David Gardner	NWRR	M70	56.09 1 st M70
56.	Claire Clark	Prestatyn	SF	56.31
57.	Katie Brandrick	Prestatyn	SF	56.45
58.	Laurie Griffith	Colwyn Bay	F40	56.53
59.	Lisa Dallison	Stratford AC	F40	56.57
60.	Llyr Thomas Jones	Denbigh Harriers	SM	57.01
61.	Nicola Tomlinson	Colwyn Bay	SF	57.56
62.	Steven Warburton	UA	M50	58.09
63.	Ceri Belshaw	Denbigh Harriers	SF	58.45
64.	Kath Evans	Denbigh Harriers	F40	58.50
65.	Stephen Wiggins	Helsby	SM	60.20
66.	Carole Richardson	Beaumaris Town RR	SF	61.02
67.	Wayne Cooper	Denbigh Harriers	M50	61.08
68.	David Owen	Prestatyn	M60	61.21
69.	Mei Emrys	UA	SM	61.27
70.	Debbie Richards	Prestatyn	F50	61.38 2 nd F50
71.	Fenella Higgins	Buckley	F40	61.58
72.	Sally Jones	UA	F50	62.08
73.	Marcus Hodges	Rhedwyr Glanrafon	M40	62.27
74.	Graham Lloyd	Helsby	M40	62.32
75.	William Burrridge	UA	SM	62.34
76.	Elen Baugh	Denbigh Harriers	SF	62.34
77.	Bryn Williams	Clumonfir	JM	62.36 1 st JM
78.	Tessa Davis	UA	F40	62.43
79.	Ian Beattie	Telford AC	M50	63.05
80.	David Wiggins	Helsby	M50	63.09

81.	Leslie Ingram	Deestridders	F40	64.48
82.	Linda Martin	Deestridders	F50	64.48
83.	Martin Jones	Denbigh Harriers	M40	65.31
84.	Sandra Chevaux	UA	F50	65.35
85.	Lorna Royle	Deestridders	F40	65.41
86.	Kath Roberts	UA	F40	65.52
87.	Catkin Williams	Clumonfir Gran Canaria	F40	65.55
88.	Maggie Hughes	Beaumaris Town RR	F40	66.11
89.	Nigel Richards	UA	M50	66.39
90.	Colin Hampson	Rhedwyr Glanrafon	M40	67.14
91.	Menai Baugh	Denbigh Harriers	F50	67.39
92.	Nan Roberts	UA	F40	67.45
93.	Alan Hodkiss	Telford AC	M70	67.53 2 nd M70
94.	Steve Dunkerley	UA	M50	68.03
95.	Diane Jones	Abergele Harriers	F40	68.04
96.	Jan Phillips	UA	SF	68.36
97.	Tom Phillips	UA	JM	68.36 2 nd JM
98.	Rob Mackey	Buckley	M60	68.51
99.	Liz Nursall	UA	F50	69.18
100.	Geoff Mount	UA	M70	69.39
101.	Helen Baxandall	Prestatyn	F50	70.10
102.	Ray Sergeant	Telford Harriers	M70	70.25
103.	Gill Brandrick	Prestatyn	F50	70.48
104.	Laura Bromley	UA	SF	71.02
105.	Rob Steward	UA	M40	72.29
106.	Sarah Marriott	UA	SF	75.18
107.	Joy Mount	UA	F70	75.53
108.	Roy Hodgkinson	Malpas Misfits	M50	75.57
109.	Pat Pedley	Malpas Misfits	F40	75.57
110.	Eddie Naisby	Prestayn	M80	76.22 1 st M80
111.	Joan Edwards	NWRR	F50	76.23
112.	Sue Levinson	Denby Dale Travellers	F60	76.25 2 nd F60
113.	Diane Roberts	Denbigh Harriers	F40	77.08
114.	Andrew Haseldine	UA	M40	79.25
115.	Sian Clayton	UA	SF	79.46
116.	Nicola Kirby	Runstrong	F40	85.01
117.	Cynthia Lewis	Telford Harriers	F60	93.57
118.	Peter Chittenden	Tone Zone Runners	M70	116.10
119.	David Baugh	Denbigh Harriers	M50	DNF