

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dynion / Male:					Merched / Female:					M70
					Mu/23	Mu/40	Mo/40	Mo/50	Mo/60	Fu/23	Fu/40	Fo/40	Fo/50	Fo/60	
69	87	59.44	Kate Wilson	Denbigh Harriers RC							5				
70	102	60.54	Alan Jones	Prestatyn Running Club			19								
71	60	61.06	Tom Rutherford	Unattached				17							
72	13	61.28	Stephen Wiggins	Helsby RC		14									
73	38	61.33	Ray Pickett	Oswestry Olympians				18							
74	10	61.33	Michael Ingram	Unattached	4										
75	12	62.21	David Wiggins	Helsby				19							
76	48	62.31	Hannah Griffith	NWRRC								5			
77	47	62.37	Nicola Tomlinson	GOG triathlon							6				
78	88	63.29	Mei Emrys	Denbigh Harriers RC		15									
79	22	63.43	Lorna Royle	Deestridders RC								6			
80	9	63.44	Leslie Ingram	Deestrider										4	
81	57	63.45	Jayne Penrhyn-Jones	Prestatyn RC										5	
82	133	64.18	Marcus Hodges	Rhedwyr Glanarafon				20							
83	7	64.43	Liz Martin	Prestatyn RC								7			
84	64	64.58	Katy Lewis	Vegan Runners UK										6	
85	18	65.11	Marcus Reid	Buckley Runners				21							
86	55	65.30	Neil Anderson	Unattached			20								
87	23	65.40	Sian Pritchard	Denbigh Harriers RC							7				
88	39	65.52	Debbie Bellis	Buckley Runners										7	
89	92	66.04	Gwenan Johnson	Denbigh Harriers RC										8	
90	28	66.30	Shan Keaney	Unattached								8			
91	29	66.30	Kay Roberts	Unattached								9			
92	11	66.32	Michael Lockett	Unattached				22							
93	112	66.37	Jack Thomas	Buckley Runners											
94	96	66.50	Susan Ridings	Buckley Runners										9	
95	8	67.55	Pauly-D Jones	Deeside Orienteering C				23							
96	100	68.20	Alexandra Pritchard	Aberystwyth AC							8				
97	75	69.05	Lisa Dafydd	Denbigh Harriers							9				
98	25	69.17	Andrew Morris	Denbigh Harriers RC		16									
99	41	69.20	Nan Roberts	Gog Triathlon									10		
100	126	69.23	Matthew Roberts	Rhedwyr Glanarafon			21								
101	62	69.43	Helen Davies	Denbigh Harriers										11	
102	124	70.25	Sarah Massey	GOG triathlon										12	
103	51	71.10	Karen Owens	Wrexham AC										10	
104	131	71.38	Colin Hampson	Rhedwyr Glanarafon				24							
105	122	71.39	Celia Free	GOG triathlon										13	
106	123	71.39	Sarah Marriot	GOG triathlon										14	
107	6	71.50	Karl Martin	Prestatyn RC			22								
108	1	71.58	Clare Manley	Prestatyn RC										15	
109	49	72.27	Caroline Jones	Prestatyn											11
110	32	72.30	Steph Brown	Buckley Runners							10				
111	35	73.14	Robert Mackey	Buckley Runners				5							
112	76	73.30	Julia Evans	Prestatyn										12	
113	15	74.58	Emma Fairhurst	Prestatyn RC									16		
114	4	75.24	Joan Edwards	NNWRC										13	
115	19	76.26	Beverley Goodson	Deestridders RC									17		
116	34	78.42	Anna Bassett	Buckley runners										14	
117	59	80.04	Donna Cuff	Buckley Runners							11				
118	33	80.15	Becks Brown	Buckley Runners							12				
119	99	80.46	Karen Roberts	Prestatyn Running Club										18	
120	129	81.10	Iorweth Roberts	Eryri Harriers											4
121	84	86.49	Lynda Rowlands	Unattached									19		
122	83	86.49	Linda Knight	Prestatyn RC				25							
123	107	86.50	Jacqueline Lincoln	Wrexham AC									20		
124	17	86.50	Karen Bancroft	Prestatyn RC										15	
125	82	88.38	Helen Baxandall	Prestatyn running club										16	
126	46	89.03	Julie Evans	Prestatyn RC										17	
127	114	89.03	Deborah Cartwright	Prestatyn RC										18	
128	105	92.25	Lorraine Duncan	Oswestry Olympians										19	
129	104	94.24	Elizabeth Williams	Unattached											1
130	43	94.50	Clair Atterbury	Prestatyn RC									21		