

Fairy Freckled Cow Trail Race 2021

Position	Time	Name	Club	Age Category	Category Winners
1	39.04	Tomos Roberts	Meirionnydd RC	MSEN	1st Man
2	39.20	Joel Gomes	Wrexham Amateur AC	M40	2nd Man
3	39.58	Ian Edwards	Eryri Harriers	MSEN	3rd Man
4	40.05	Shaun Hughes	Denbigh Harriers	MSEN	
5	40.15	Tom Heard	Oswestry Olympians	M40	1st M40
6	40.30	Paul Sidwells	Run Free Fell Runners	M45	1st M45
7	41.30	Jez Brown	Buckley Runners	M45	
8	41.43	Rob Fox	Shrewsbury Athletic Club	M40	
9	42.10	James Yarwood	Abergele Harriers	MSEN	
10	42.25	Alun Brown	GOG Triathlon	M40	
11	42.31	Owen Humphreys	Eryri Harriers	M50	1st M50
12	42.51	Simon Roberts	Buckley Runners	M50	
13	44.12	Michael Coyne	Eryri Harriers	M45	
14	44.32	Peter Jones	Oswestry Olympians	M45	
15	44.37	Mark Byrne	Buckley Runners	M40	
16	44.39	Joanne Henderson		W40	1st Female
17	44.49	Ben Garnett	Abergele Harriers	MSEN	
18	45.10	Rheagan Edwards	Deeside AAC	U20	2nd Female
19	45.44	Tom Booth	West Cheshire AC	MSEN	
20	45.53	Tracy Rogers	Buckley Runners	WSEN	3rd Female
21	46.26	Paul Shannon	Tattenhall Runners	M60	1st M60
22	47.17	David Griffith	Gog Triathlon	M45	
23	47.37	Elliw Haf	Eryri Harriers	WSEN	
24	48.06	Andy Jones	GOG Triathlon	M45	
25	48.14	Timothy Woodhead	Deeside ACC	M50	
26	49.05	Peter Agnew		M55	1st M55
27	49.30	Craig Davies	Deestridders RC	MSEN	
28	49.40	Helen Davies	Wreccsam Tri	W50	1st F50
29	49.48	Melina Morris	Denbigh Harriers	W45	1st F45
30	50.16	Cathy Shaw	Run Free Fell Runners	W40	1st F40
31	50.46	Craig Rutter	GOG Triathlon	MSEN	
32	50.49	Emma Collins	Denbigh Harriers	W55	1st F55
33	59.52	Mark Mayers	Abergele Harriers	M50	
34	51.48	John Jones	Abergele Harriers	M60	
35	52.19	Jasmine Sharp	Eryri Harriers	WSEN	
36	52.48	Huw Lewis	WFRA	M60	
37	52.57	Kevin Clark	Cybi Striders	M50	
38	53.25	Simon Bonfield	Abergele Harriers	M50	
39	53.33	Paul Donoghue	Buckley Runners	M50	
40	53.44	Nicholas Foden	Abergele Harriers	MSEN	
41	54.03	Paul Aird	Deestridders RC	M60	
42	54.20	Philip Moss	Abergele Harriers	M55	
43	54.26	Paul Lewtey	Deestridders RC	M40	
44	54.30	Kate Lightfoot	Tattenhall Runners	W50	
45	54.37	Paul Goffey	Denbigh Harriers	M40	
46	54.47	Jon Ash	Ribble Valley Runners	M40	
47	54.48	Stephen Botham		M60	

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48	55.33	Rachael Evans	Denbigh Harriers	WSEN	
49	56.04	Elen Baugh	Denbigh Harriers	WSEN	
50	56.15	Emyr Davies	Rhedwyr Hebog	M75	1st M75
51	56.52	Fred Jones	Denbigh Harriers	M65	1st M65
52	56.58	Laurie Griffith	Gog Triathlon	W50	
53	57.45	Kay Hatton	North Wales Road RC	M55	
54	57.53	Sal Jefford	Run Free Fell Runners	W40	
55	58.14	Leigh Jenkins	Chester Triathlon Club	WSEN	
56	59.01	Steven Brown	Prestatyn RC	M50	
57	59.15	Helen Ashworth	Prestatyn RC	WSEN	
58	59.27	Carol Moss	Abergele Harriers	W55	
59	60.29	Michael Whiteside	Tattenhall Runners	M70	1st M70
60	60.40	Hayley Parkes		W40	
61	61.21	Bob Neale	Denbigh Harriers	M70	
62	61.40	Chris Baldwin	Denbigh Harriers	M65	
63	61.43	Tracey Haseldine		W50	
64	61.52	Sharon Eaton	Chester Triathlon Club	W50	
65	61.53	Katie Thomas-Garnett		WSEN	
66	62.29	Laura Ashford	Chester Triathlon Club	WSEN	
67	62.37	Ann Dalbuquerque	GOG Triathlon	W70	1st F70
68	63.24	Jeremy Howe		M55	
69	63.36	John Dalbuquerque	GOG Triathlon	M70	
70	63.40	Peter Doran		M50	
71	63.53	Charles Ashley	Wrexham AC	M60	
72	64.08	Jo Lewis	Prestatyn RC	W45	
73	64.44	Caroline Caffery	Buckley Runners	W45	
74	64.59	Rebecca Pound	Run Free Fell Runners	WSEN	
75	66.23	Michael Norris	Deestridders RC	M55	
76	68.22	Daniel Schraibman	Denbigh Harriers	M50	
77	68.55	Ed Brown	Denbigh Harriers	M40	
78	68.22	Michael Hayton	NWRRC	M70	
79	69.23	Catrin Hughes		W40	
80	69.59	Sue Hughes	Prestatyn RC	W60	1st F60
81	70.53	Abigail Corfe	Denbigh Harriers	W45	
82	70.53	Helen Davies	Denbigh Harriers	W50	
83	70.54	Lisa Dafydd	Denbigh harriers	WSEN	
84	71.59	Rich Jones	Rhyl Runners	M50	
85	73.17	Sue Formstone	Buckley Runners	W50	
86	73.22	Helen Baxandall	Prestatyn running club	W55	
87	76.42	Carole Richardson	Beumaris Town Road Runners	W40	
88	76.42	Sarah Marriott	GOG	W40	
89	80.56	Emma Birchall	Prestatyn	W50	
90	81.06	Clare Manley	Prestatyn RC	W50	
91	84.21	Heather Foden	Abergele Harriers	WSEN	
92	84.22	Carys Guy	Abergele Harriers	W40	
93	84.50	Caroline Jones	Prestatyn Running Club	W55	
94	88.29	Suzanna Garnett		W50	
95	90.55	Val Jones	Rhyl Runners	W50	

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