Fairy Freckled Cow Trail Race 2019

Safle	Rhif	Amser	Enw	Clwb	Dynion / Male:											Merched/Female:									
Position	No	Time	Name	Club	MSEN	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	WSEN	W35	W40	W45	W50	W55	W60	W65	W70	W75
1	405	37.50	Jon Bowie	Mercia Fell Runne		1																			
2	372	39.34	Stephen Skates	Prestatyn RC			1																		
3	391	39.39	Alun Williams	Meirionnydd		2																			
4	384	40.53	Gwion Roberts	Meirionnydd	1																				
5	352	43.06	Joseph Welch	Denbigh Harriers F		3																			
6	419	43.14	Sam Liddell			4																			
7	390	44.00	Paul Wathan	ERYRI	2																				
8	415	44.09	Dan Font	Deeside Orienteer	3																				
9	438	44.25	Michael Coyne	Eryri Harriers				1																	
10	444	44.41	St John Ashworth	Oswestry Olympia			2																		
11	348	45.00	David G Williams					2																	
12	394	45.06	Rob Alexander	Prestatyn RC		5																			
13	401	46.08	Amie Bagnall	Prestatyn Running												1									
14	382	46.45	Dewi Roberts	Bro Dysynni AC					1																
15	400	46.54	Karl Williams	Buckley Runners				3																	
16	407	47.03	Mike Robbins	Wrexham Amateu						1															
17	327	47.05	David Griffith	Gog Triathlon				4																	
18	310	47.36	Simon Bonfield	Abergele Harriers				5																	
19	452	47.51	Huw Williams	Denbigh Harriers	4																				
20	392	48.04	Lewis Arwel	Eryri Harriers							1														
21	397	48.23	John Simpson	Prestatyn Running					2																
22	442	48.47	George Nichols	Prestatyn RC					3																
23	453	49.09	Gavin Rogersson		5																				
24	455	49.18	David Ellis	Cybi		6																			
25	376	49.32	Gwyn Roberts	Wrexham Amateu					4																
26	434	50.04	Adam McDonnell	Denbigh Harriers F				6																	
27	446	50.10	Jake Griffiths		6																				
28	435	50.17	Philip Hayes	Denbigh Harriers		7																			
29	313	50.20	Carolyn Stamper-Clark															1							
30	388	51.01	Jenna Bagnall	Prestatyn RC												2									
31	386	51.05	Emma Collins	Denbigh Harrier																	1				
32	362	51.13	James Rogers	Prestatyn Running				7																	
33	443	51.15	Rhys Jenkins			8																			
34	379	51.20	Melina Morris	Denbigh Harriers F															1						
35	359	51.43	Andrew Roberts	Gog Triathlon					5																
36	424	52.08	Michael McInnes	Skiption AC			3																		
37	315	52.24	Martin Witty	Deestriders RC					6																
38	368	52.35	Al Wathan								2														
39	402	52.50	Matthew Smith	Prestatyn Running	7																				
40	373	52.55	Julie Owens	Abergele Harriers													1								
41	440	53.01	Paul Ballinger								3														
42	409	53.03	Steve Haimes					8																	
43	324	53.05	Steven Brown	Prestatyn RC				9																	
44	371	53.25	Helen Ashworth	Prestatyn RC													2								
45	383	53.43	Rachel Shipley	Abergele Harriers												3									
46	423	53.55	Ann-Marie Bulcock	Skiption AC																1					
47	389	53.56	Gemma Wathan	ERYRI												4									
48	441	54.20	Fred Jones	Denbigh harriers							4														
49	353	54.39	Mari Williams	Denbigh Harriers F												5									
50	377	55.05	Ian Mawdesley	Wrexham Amateu			4																		
51	431	55.11	Roy Cahoon					10																	
52	381	55.35	Mat Jones	Denbigh Harriers F					7																
53	358	55.38	John Farrell	GOG						2															
54	410	55.51	Wyn Roberts	Prestatyn RC				11																	
55	380	56.01	Emyr Davies	Rhedwyr Hebog										1											
56	450	56.09	Craig Davies			9																			
57	420	56.16	Christine Cammillare	Deestriders RC													3								
58	456	56.31	Sian Ellis	Cybi													4								
59	454	56.53	David Jones	Denbigh Harriers						3															
60	437	57.01	Michael Whiteside	Tattenhall Runner									1												
61	356	57.31	Ann Claire Jones																2						
62	416	57.35	Ruari Benton	Dinbych	8																				
63	341	57.39	Hannah Griffith	NWRRC															3						
64	339	57.47	Allison Reid	Prestatyn RC															4						
65	366	58.09	Grace Hart	Tattenhall Runner															5						
66	374	58.10	Rodney Jones	Tattenhall Runner							5														
67	328	58.15	Laurie Griffith	Gog Triathlon															6						
68	393	58.30	Luke Hughes	Denbigh Harriers F	9																				
69	436	58.55	Lisa Dallisson	Stratford-Upon-Av															7						
70	357	59.07	Michelle Farrell	GOG													5								
71	349	59.20	Julie Lloyd-Evans	Oswestry Olympia															8						
72	396	59.45	Rob Stewart	GOG Triathlon Clu				12																	
73	428	59.52	Stehpen Wiggins	Helsby	10																				
74	426	59.56	David Munday						8																
75	378	60.21	Chris Evans					13																	
76	314	60.28	Shaun Terry	Deestriders RC				14																	
77	448	60.35	Jo Houghton-Davies	Deestriders RC													6								
78	429	60.45	Alan Jones	Prestatyn R C					9																
79	334	61.03	Glenn Barnett	North Wales Road				15																	
80	312	61.12	Elizabeth Martin	Prestatyn Running														2							
81	369	62.10	Menai Baugh	Denbigh Harriers																		1			
82	414	62.41	Pauly-D Jones	Deeside Orienteer					10																
83	411	63.04	Chris Birch	Abergele Harriers																				1	
84	408	63.16	Neil Bull	Wrexham AAC						4															
85	449	63.23	Lisa Cooper	Deestriders RC													7								
86	308	63.37	Susan Formstone	Buckley Runners															9						
87	451	63.58	Helen Baxandall	Prestatyn RC																	2				

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88	430	64.21	Robert Parry	Denbigh Harriers				16																	
89	398	64.31	Michael Roberts							5															
90	433	64.47	Anna Douglas	MPARC													8								
91	385	65.02	Simon Williams	Wrexham		10																			
92	340	65.30	Eirian Jones															3							
93	406	65.33	Carole Richardson	Beaumaris Town R														4							
94	330	65.37	Sharon Marriott															5							
95	332	65.37	Richard Marriott			11																			
96	318	65.54	Michael Davis	Prestatyn R C									2												
97	457	66.21	Robert Wilson	Tattenhall Runner						6															
98	365	66.25	Cara Jones	Prestatyn RC															10						
99	399	67.09	Michael Davies	Tattenhall Runner						7															
100	323	67.44	Amy Jones	Prestatyn running												6									
101	335	68.09	Caroline Dawe	Denbigh Harriers R												7									
102	422	68.14	James Thomas	Buckley Runners										2											
103	360	68.29	Nan Roberts	Gog Triathlon																2					
104	329	68.38	Wayne Roberts	GOG Triathlon						8															
105	432	68.39	Tracy Colligan	Prestatyn R C															11						
106	425	69.07	Ed Brown	Denbigh Harriers			5																		
107	311	69.39	Karl Martin	Prestatyn Running					11																
108	367	69.50	Rachel Jones	Denbigh Harriers R													9								
109	413	70.48	Robert Webster	Tattenhall Runner							6														
110	395	70.58	Chez Stewart	GOG Triathlon Clu															12						
111	325	71.22	Ruth Crowther	Denbigh Harriers R															13						
112	439	71.22	Dean Cooper					17																	
113	337	71.55	Julie Roberts	Denbigh Harriers R																3					
114	346	71.55	Michael James	Denbigh Harriers R						9															
115	342	72.04	Sarah Marriott	GOG triathlon														6							
116	350	72.32	Helen Alefounder	Prestatyn RC															14						
117	345	72.57	Jackie Pottle																	4					
118	354	73.20	Lindsey McElmeel	Deestriders RC													10								
119	309	73.20	Sue McIndoe	Deestriders RC																5					
120	427	73.52	David Wiggins	Helsby							7														
121	331	74.43	Claire Manley	Prestatyn															15						
122	344	75.05	Bethan Lunn																16						
123	363	78.34	Debbie Jones	Prestatyn Running																	3				
124	338	79.24	Emma Birchall	Prestatyn RC															17						
125	370	80.16	Beverley Goodson	Deestriders RC																6					
126	447	81.23	Geraint Lloyd - Williams							10															
127	387	82.04	Karen Roberts	Prestatyn RC															18						
128	404	83.14	Vicky Williams	Chorlton Runners														7							
129	403	83.15	Dawn Marshall	Denbigh Harriers R														8							
130	417	83.53	Emma Orbine															9							
131	418	83.53	Faye Mcguinness														11								
132	343	84.25	Nem James	Prestatyn RC	11																				
133	316	84.41	Sali Powell	Denbigh Harriers R												8									
134	445	84.46	Nicola Davies	Denbigh Harriers													12								
135	412	86.24	John Thomas	Denbigh Harriers R			6																		
136	421	86.30	Catherine Robinson	Deestriders RC														10							
137	319	89.13	Suzanne Evans	Prestatyn RC															19						
138	317	89.31	Julie Evans	Prestatyn RC																	4				