

Dash in the Dark 3 2019 - 18 Jan 2019

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club
1	28	23.58	Karl Steinegger	Ambleside AC
2	53	25.49	Joel Gomes	Wrexham AC
3	21	26.52	Ryan Morrison	Cadence Tri
4	27	27.05	Simon Edwards	Buckley Runners
5	78	27.22	Owen Lovelock	Runfree Llangollen
6	38	27.33	Daniel Jones	N/A
7	18	28.03	Simon Roberts	Buckley Runners
8	25	28.12	Nic Brook	Eryri
9	56	28.29	Steve Toogood	Buckley Runners
10	70	28.45	Sally Ellis	N/A
11	24	29.07	Gemma Moore	NWRRC
12	40	29.14	Rob Alaxander	Prestatyn
13	84	29.20	Paul Sidwells	Runfree Llangollen
14	81	29.42	Ian Atkinson	Wrexham AC
15	62	30.34	Iwan Berwyn Edwards	N/A
16	80	30.42	Josh Prosdocin	Runfree Llangollen
17	5	30.46	Simon Phillips	Whitchurch Whippets
18	9	30.53	Glyn Nelson	Super Soldier Nelson
19	16	31.08	Tim Hargreaves	Buckley Runners
20	7	31.34	Richard Borne	Mysteruns
21	32	31.46	Lee Owen	N/A
22	22	32.10	Andrew McKenzie	Cadence Tri
23	66	32.18	Sion Elwy	N/A
24	85	32.32	Ollie Bean	N/A
25	36	33.37	Kirsty Seddon	Chester Tri
26	59	33.46	Christine Ceerithillace	Deestridders
27	1	33.52	Fred Aird	Deestridders
28	88	34.09	Andrew Corbett	N/a
29	29	34.35	Tony Benton	Denbigh Harriers
30	44	34.55	Emma Cornes	Run Free Llangollen
31	60	35.07	Paul Lewtey	Deestridders
32	4	35.22	Jamie Dallon	N/A
33	57	35.32	Rachel Sherwen	Runfree Llangollen
34	23	35.39	Fredrick Alan Smith	N/A
35	31	35.40	Lance Ball	Wrexham Tri
36	41	35.41	Jo Hoppes	Prestatyn
37	19	35.42	Neil McAndrew	Run Free
38	42	35.47	Jan Rogers	Chester Tri
39	43	35.49	Jenny Ewels	Clwydian Range Runners
40	34	35.57	Joel Darlington	N/A
41	30	36.15	Francesca Elie Ball	Wrexam Trathlon Club
42	86	36.21	Jo Grandfield	Whitchurch Whippets
43	17	36.28	Rebecca Good	Runfree Llangollen
44	49	36.30	Melanie Berry	Clwydian Range Runners
45	48	36.46	Sarah Gallagher	GOG
46	74	36.50	Elaine Sargent	Run Free Fell Runners
47	26	37.00	Amanda Garner	Buckley Runners
48	46	37.07	Hayley Turner	Eryri
49	33	37.13	Tim Nolan	Run Free
50	82	37.30	Jane Atkinson	n/a
51	64	37.31	Anne Buckley	N/A
52	79	37.51	Hanah Cliffe	Runfree Llangollen
53	35	37.52	Alexander Jennings	N/A
54	45	37.53	Keith Cotton	Whitchurch Whippets
55	89	37.54	Nikita Berry	Clwydian Range Runners
56	54	37.55	Charles Ashley	Wrexham AC
57	58	38.00	Amanda Newall	Chester Newall

58	87	38.20	James Marsh	N/a
59	69	39.15	Yrica Gardner	Wrexham AC
60	8	39.20	John Humphries	Mysteruns
61	71	39.24	Sandra Claire Montgomery	Clwydian Range Runners
62	12	39.32	Phil Brownbill	D.O.G
63	20	39.29	Lucy Killen	N/A
64	3	39.52	John Morris	Buckley Runners
65	55	39.57	Chris Rhodes	N/A
66	13	50.53	Ciara Murphy	Chester Tri
67	63	41.21	Jenny Lewtey Jones	Deestridders
68	67	41.48	Tom Farrington	N/A
69	51	42.05	Jon Reilly	Runfree Llangollen
70	47	42.28	Gemma Stwthers	N/A
71	6	43.36	Elizabeth Featherstone	Whitchurch Whippets
72	50	43.59	Alexandra Fletcher	Eryri
73	15	44.53	Teresa Gade	N/A
74	14	44.54	Heather Martin	Outfit
75	61	45.04	Claire Lockerbie	Chester Road Runners
76	39	45.05	Simon Eifferd	Chester Road Runners
77	75	45.15	Sue Mclindoe	Deestridders
78	37	45.36	Norman Seddon	Mersey Tri
79	2	47.00	Martin Yardy	N/A
80	10	47.03	Helen Parry	Runfree Llangollen
81	11	47.07	Roger Parry	Runfree Llangollen
82	77	47.22	Robyn Lovelock	Run Free
83	68	48.31	Sian Dunne	Runfree Llangollen
84	65	49.54	Lynne Bateman	Run Free Llangollen
85	52	49.55	Helen Reilly	Runfree Llangollen
86	76	52.10	Beverly Goodson	Deestridders
87	83	52.14	Fiona Robinson	Deestridders
88	72	56.48	Natalie Meeks	N/A
89	73	56.49	Kate Owen	N/A
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