

## Dash in the Dark - November 8th 2019

Position	Number	Time	Name	Club
1	35	22.43	Karl Steinegger	Ambleside AC
2	21	23.16	Warren Renkel	Run Free Llangollen
3	3	24.02	Joel Gomes	Wrexham AC
4	4	25.39	Daniel Jones	u/a
5	12	26.00	Pete Grey	Buckley Runners
6	7	26.08	Simon Edwards	Buckley Runners
7	75	26.13	Neil Coppack	CRR
8	74	26.34	Rhys Peters	CRR
9	97	26.51	Gemma Moore	Eryri
10	71	27.07	Steve Toogood	Buckley Runners
11	72	27.21	John Rolton	CRR
12	76	27.35	Iwan Berwyn Edwards	u/a
13	33	27.41	Rob Alexander	Prestatyn
14	50	28.04	Tim Hargreaves	Buckley Runners
15	27	28.20	Simon Phillips	Whitchurch Wippets
16	40	28.23	Roy Duffy	u/a
17	28	28.29	Sally Ellis	u/a
18	30	28.35	Kavan Heppenstall	CRR
19	46	29.20	Lee Lumb	Tattenhall Runners
20	6	29.50	William Garton	CRR
21	14	29.56	Dylan Roberts	Wrecsam Tri
22	37	30.12	Richard Borne	Mysteruns
23	42	30.34	Martin Witty	Deestridders
24	34	30.40	Neil Upton	u/a
25	29	30.46	Neil Gooding	Pensby Runners
26	96	30.57	Aled Thomas	Buckley Runners
27	44	31.22	Nick Jones	Run Free Llangollen
28	63	32.08	Gareth Oakley	Chester Road Runners
29	90	32.15	Sion Elwy	u/a
30	79	32.27	Kirsty Seddon	Chester Tri
31	31	32.32	Suzanna Heppenstall	Cilcain
32	54	32.39	Ellie Robinson	West Cheshire AC
33	53	32.42	David Alexander	West Cheshire AC
34	32	32.44	Jo Hoppes	Prestatyn
35	91	32.57	Paul Donoghue	Buckley Runners
36	94	33.04	Oliver Bean	u/a
37	95	33.09	Humphrey James	u/a
38	26	33.22	Phil Porter	Denbighshire Triathlon
39	60	33.29	Lee Rowe	u/a
40	64	33.38	Brygiotr Goreckie	Deestridders
41	82	34.01	Amanda Jane Mountford	Buckley Runners
42	92	34.03	Rob Chaddock	u/a
43	18	34.17	Chris Wilcox	Buckley Runners
44	58	34.38	Matt Pritchard	Run Free Llangollen
45	51	34.45	Hayley Turner	Eryri
46	93	34.47	Jo Grandfield	Whitchurch Wippets
47	47	34.49	Jamie Suckley	u/a
48	24	34.57	Andrew Jones	Chester Road Runners
49	16	35.03	Sian Culshaw	Run Free Llangollen
50	52	35.18	Alexandra Fletcher	Eryri
51	57	35.25	Heather Jones	Run Free Llangollen
52	20	35.34	Nick Venables	Wrexham AC
53	86	35.55	Cheryl Griffiths	u/a
54	10	35.57	Paul Wood	Chester Road Runners
55	17	36.02	Howard Jones	Run Free Llangollen
56	70	36.06	Charlotte Jaggard	CRR

57	49	36.25	Chris Rhodes	u/a
58	13	36.36	Heather Martin	Out-fit
59	45	36.49	Keith Cotton	Whitchurch Wippets
60	15	37.24	Katie Barnes	Run Free Llangollen
61	38	37.31	John Humphries	Mysteruns
62	25	37.51	Rachel Burns	u/a
63	73	37.52	Cassandra Peters	CRR
64	89	38.17	Rebecca Ames	u/a
65	9	38.43	John Morris	Buckley Runners
66	59	38.48	Ciara Murphy	Chester Tri
67	48	39.24	James Rogers	u/a
68	83	39.44	Sophie Blinkham	u/a
69	8	39.49	Amanda Garner	Buckley Runners
70	68	39.51	Paul Humphries	U/A
71	61	40.27	Alison Perrins	u/a
72	11	40.34	Elizabeth Featherstone	Whitchurch Wippets
73	36	40.52	Kathrine Morris	u/a
74	23	41.39	Susan Ridings	CRR
75	22	41.40	Dave Stephens	CRR
76	80	41.41	Hermione Ball	Wreccsam Tri
77	81	41.42	Lance Ball	Wreccsam Tri
78	85	41.43	Stuart Brown	Deestridders
79	84	41.44	Sarah Brown	Deestridders
80	88	41.45	Emily McElmeel	u/a
81	67	41.51	Anne Buckley	u/a
82	78	42.04	Norman Seddon	Mersey Tri
83	77	42.35	Louise Chaddock	u/a
84	43	42.36	Sue McIndoe	Deestridders
85	69	42.37	Jenny Lewtey-Jones	Deestridders
86	66	42.38	Abigail Cammillare	Deestridders
87	65	42.39	Christine Cammillare	Deestridders
88	87	42.40	Lindsey McElmeel	Deestridders
89	62	42.41	Karol Howard	CRR
90	19	42.49	Ron O'Neill	Run Free Llangollen
91	2	43.27	Annette Jones	Ellesmere Port
92	5	46.28	Paul Oldfield	CRR
93	39	48.55	Jennifer Murray	u/a
94	41	49.02	Wayne Thomas	u/a
95	56	49.09	Alun Oldfield	Buckley Runners
96	55	49.10	Helen Phillips	Buckley Runners
97	98	51.18	Beverley Goodson	Deestridders
98	1	62.00	Peter Norman	Wrexham AC