

### Dash in the Dark - 6th Jan 2023.

Safle	Rhif	Amser	Enw	Clwb
Position	No	Time	Name	Club
1	225	27.16	Kyle Williams	Wrexham Tri
2	212	29.48	Alice Walton	Run Free
3	243	30.10	Adam Cambell	U/A
4	258	30.35	Christine Cammillore	dee striders
5	205	30.38	Simon Phillips	Whitchurch Whippets
6	238	30.46	Susan Fourie	Run Free
7	232	31.34	David Paul Jackson	Clwydian Range Runners
8	224	31.38	Josiah Mainwairing	U/A
9	223	31.46	Pete Grey	Buckley Runners
10	270	31.50	Rhys Hughes	U/A
11	236	32.00	Niel Dallywater	Clwydian Range Runners
12	255	32.06	Hazel Mcconnell	Run Free
13	239	32.07	Stephen Parry	Deeside AAC
14	210	32.17	Stephen Hauge	Chester Road Runners
15	254	32.39	Neil Gain	U/A
16	226	33.00	Lucy Bennett	U/A
17	275	33.04	Charlotte Springett	U/A
18	276	33.20	Michelle Bowes	dee striders
19	260	33.22	Paul Lewtey	dee striders
20	213	33.38	Niel Riddle	U/A
21	237	34.20	Simon Moralee	Run Free
22	217	34.50	Tim Lanndry	Whitchurch Whippets
23	244	34.51	Lisa Cambell	U/A
24	268	34.53	Martin Withy	dee striders
25	252	34.56	Caroline Caffery	Buckley Runners
26	280	35.08	Tom Williams	Wreccsam Tri
27	235	35.30	Maureen Fazateley	Run Free
28	271	35.40	Stephen Coe	U/A
29	273	35.52	Rob Pullen	Wreccsam Tri
30	234	36.02	Rachel Harding	Run Free
31	277	36.32	Justin Evans	dee striders
32	220	36.43	Richard Bourne	Mysteruns
33	256	36.59	Johanna Gasson	Run Free
34	203	37.00	Fred Aird	Deestriders
35	278	37.38	Bill Crawshaw	Wreccsam Tri
36	211	37.45	Amanda Edwards	U/A
37	279	38.28	Callum Dodman Edwar	U/A
38	221	38.58	Paul Wood	Chester Road Runners
39	216	39.01	Amy Biggar	Whitchurch Whippets
40	253	39.19	Steven Brown	Prestatyn RC
41	233	39.27	Alex Carpenter	Run Free
42	208	39.35	Sophie Johnson	Prestatyn RC
43	251	39.36	Lance Ball	Wrexam Tri
44	209	39.52	Mandy Cartwright	Prestatyn RC
45	252	40.08	Caroline Caffery	Buckley Runners
46	269	41.17	Hellen Bainbridge	Wreccsam Tri
47	241	40.20	Sal Jefford	Run Free
48	272	40.23	Clive Middleton	U/A
49	231	40.30	Ann Buckley	U/A

50	257	40.38	Chris Rhodes	U/A
51	242	41.03	Tom Croft	Nightcrawlers
52	247	41.09	David Gold	Nightcrawlers
53	248	41.10	Gareth Williams	Nightcrawlers
54	229	41.48	Caroline Richards	U/A
55	274	42.31	Iwan Pullen	U/A
56	261	43.02	Cameron Leon-Dawson	U/A
57	240	43.50	Debbie Mary Parry	Deestridders
58	215	45.08	louise Rafferty	Whitchurch Whippets
59	207	45.44	John Morris	Buckley Runners
60	214	46.14	Natalie Connolly	Whitchurch Whippets
61	206	46.20	Elizabeth Featherstone	Whitchurch Whippets
62	249	46.35	Ann Burt Williams	U/A
63	250	46.40	Fliss Hughes	U/A
64	265	49.32	Nathan Atkins	U/A
65	263	50.08	Yricka Gardner	Run Free
66	227	50.03	Karen Owens	Wrexham AAC
67	218	50.36	John Humphries	Mysteruns
68	219	50.37	Sarah Jobs	Mysteruns
69	264	50.47	Laura Jane Hughes	U/A
70	266	50.48	Alice Thelwell	U/A
71	259	50.49	Jenny Lewtey	dee striders
72	284	50.50	Jane Blackwell	dee striders
73	282	50.51	Sarah Brown	dee striders
74	202	54.59	Lara Rogers	Chester Road Runners
75	222	55.08	Leah Carson	Chester Road Runners
76	245	55.34	Sarah Jane Crompton	Chester Road Runners
77	246	55.40	Jenifer Haley	Chester Road Runners
78	230	55.54	Julie Garraghan	Chester Road Runners
79	228	55.55	Andrew Skinner	Chester Road Runners
80	283	57.10	Bonnie Knox	dee striders
81	267	57.09	Sue Mcinloe	dee striders
82	204	57.19	Ruth Appleton	U/A
83	281	57.19	Fiona Robinson	dee striders
84	201	1.26.00	Pete Norman	Wrexham AC