

Dash in the Dark 1 - 3rd Nov 2023.

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club
1	212	28.37	Ian Houston	Wrexham TRI
2	256	28.50	Kyle Williams	Wrexham Tri
3	268	29.00	Daniel Thwaites	Clwydian Range Runners
4	291	29.24	Alex Mason	Runners next to the Sea
5	224	29.37	Derek Boothy	Wrexham Tri Club
6	232	30.10	Simon G Roberts	Buckley Runners
7	217	30.21	Glyn Rees	ua
8	220	30.26	Dafydd Robert Evans	Denbighshire Harriers
9	246	30.30	Jon Davies	u/a
10	203	31.00	Christopher Houch	ua
11	290	31.08	Jason Large	Picked Riders
12	235	31.18	Gemma Moore	Eryri Harriers
13	276	31.35	Lee Carrington	Vale Royal
14	221	31.40	Allan McKeown	Deestridders
15	209	31.20	Simon Edwards	Buckley Runners
16	254	31.40	Warren McNally	Pensby Runners
17	265	32.08	Ifan Rhys Hughes	Clwydian Range Runners
18	261	32.12	Andy Cambell	Deeside AC
19	242	32.40	Alice Walton	Run Free Fell Runners
20	288	32.50	Rhys Peters	Clwydian Range Runners
21	250	32.55	Steve Toogood	Buckley Runners
22	219	32.58	Emily Retallick	Denbighshire Harriers
23	269	33.03	Kerry Riley	Clwydian Range Runners
24	244	33.10	Susan Fourie	Run Free Fell Runners
25	271	33.12	Adam Edwards	Mere Runners
26	257	33.20	Lucy Bennett	u/a
27	207	33.35	Simon Phillips	Whitchurch Whippets
28	213	33.45	Andy Roberts	Clwydian Range Runners
29	287	33.50	Sally Ellis	Llangollen Run Free
30	266	34.21	Stephen Coe	Dadbods Factory Racing
31	267	34.23	Sion Roberts	Dadbods Factory Racing
32	289	34.48	Dave Kimpton	Picked Riders
33	270	34.50	Tony Forster	Wrexham AAC
34	259	35.05	Paul Fitsimmonds	Denbighshire Harriers
35	283	35.07	Tom D Williams	Wrexham Tri
36	223	35.23	Jamie Brown	Wrexham Tri Club
37	229	35.45	Dan Burton	Run Free Fell Runners
38	279	35.46	Paul Lewtey	Deestridders
39	234	35.48	Ben Thomas	Prestatyn Running Club
40	206	35.50	Rachael Evans	Denbighshire Harriers
41	222	35.55	Neil Riddle	u/a
42	208	36.01	Hayley Turner	GOG
43	281	36.33	Christine Cammillare	Deestridders
44	231	36.38	Greame Peacock	Clwydian Range Runners
45	284	36.47	Robert Pullen	Wrexham Tri
46	228	36.52	Simon Bonfield	Prestatyn Running Club
47	280	37.16	Ryan Evans	Run Free Fell Runners
48	230	37.20	Trevor Jones	Merionnydd
49	273	37.22	James Bayford	u/a
50	249	37.25	Richard Bourne	Mysteruns
51	272	37.27	Jen Bayford	u/a

52	218	37.34	Mickey Jones	u/a
53	264	38.06	Sarah Staples	Ellesmere Runners
54	262	38.12	Fred Aird	Deestriders
55	255	38.20	Mark Harry Samuels	Pensby Runners
56	263	38.43	Jane Rayner	Clwydian Range Runners
57	277	38.48	David Harvey	u/a
58	225	38.58	Tom Crofts	The Nightcrawlers
59	258	39.08	David Parish	Pensby Runners
60	239	39.20	Rachel Harding	Run Free Fell Runners
61	214	39.25	Bruce Jackson	Nightcrawlers
62	245	39.52	Gemma Evans	best mum ever
63	241	40.00	Tamzin Furtado	Run Free Fell Runners
64	253	40.12	Neil Gooding	Pensby Runners
65	210	40.20	Amanda Edwards	Buckley Runners
66	216	40.21	Alexandra Fletcher	Eryri Harriers
67	204	40.30	Jo McKeown	ua
68	226	40.47	Sophie Johnson	Prestatyn Running Club
69	285	41.05	Bill Crawshaw	Wrexham Tri
70	201	41.21	Paul McCullough	Maldwyn Harriers
71	205	41.53	Paul Wood	Chester Road Runners
72	293	43.58	Zac Jones	U/A
73	296	44.06	Samantha Maxwell	u/a
74	211	44.10	Liz Featherstone	Whitchurch Whippets
75	227	44.15	Mandy Cartwright	Prestatyn Running Club
76	243	44.38	Chris Rhodes	u/a
77	282	44.56	Helen Bainbridge	Wrexham Tri
78	292	44.57	Lee Kempster	u/a
79	274	45.00	Hermoine Ball	Wrexham Tri Club
80	275	45.35	Lance Ball	Wrexham Tri Club
81	237	45.40	Debbie Parry	Deestriders RC
82	294	46.02	Carl Malbon	u/a
83	240	46.36	Alex Carpenter	Run Free Fell Runners
84	236	47.27	Nem James	Prestatyn Running Club
85	233	47.36	Nicki Triggs	Prestatyn Running Club
86	278	48.25	David Bardell	u/a
87	286	48.34	Christian Edwards	Wrexham Tri
88	295	50.05	Caspian James	u/a
89	297	50.07	Natalie James	u/a
90	202	50.37	Gereth Neuns	ua
91	248	52.00	Sarah Humphreys	Mysteruns
92	247	52.05	John Humphreys	Mysteruns
93	251	52.06	Sarah-jane Crompton	Chester Road Runners
94	252	55.43	Jane Edwards	Chester Road Runners
95	260	56.20	Poppy Fitzimmons	u/s
96	238	56.20	Lucy Smith	Total Run Training
97	215	DNF	Jim Westwood	Jims Running Club