



WREXHAM ATHLETICS CLUB



Wrexham Council Club of the Year 2008

The 4 Mile Hilly Off Road Race

WEDNESDAY

11th August 2010

7:00 pm Start

Pos	Number	Time	Name	Club	Age	Age Pos
1	571	26:29	James Ellis	Warrington AC	JM	1
2	573	26:40	Matthew Marston	Shrewsbury AC	SM	1
3	514	27:03	Neil Parry	Clwydian RR	M35	1
4	564	27:25	Ed Gamble	Cheshire Hill Racers	M40	1
5	580	27:29	Jez Brown	Buckley Runners	M35	2
6	515	27:36	Anthony Smith	Ambleside	M40	2
7	460	27:56	Stanley Charles	Clwydian RR	SM	2
8	508	28:04	Peter Taylor	Tattenhall	M35	3
9	577	28:15	Neil Ashcroft	Ambleside	M40	3
10	556	28:28	Simon White	Unattached	SM	3
11	581	28:39	Mike Tyrie	Durham Fell Runners	M40	4
12	582	28:42	Simon Roberts	Buckley Runners	M40	5
13	528	28:56	Adair Broughton	Helsby	M35	4
14	466	29:20	Richard Garbett	Oswestry Olympians	M35	5
15	588	29:38	Graham Earlam	Ellesmere Port	M50	1
16	596	29:40	Chris Baynham-Hughes	Helsby	SM	4
17	587	30:05	Stephen Laker	Wirrel AC	M35	6
18	454	30:16	Alistair McNay	Tattenhall	M35	7
19	525	30:35	Jim O'Hara	Helsby	SM	5
20	548	31:05	Keith Godfrey	Unattached	M40	6
21	589	31:21	Paul Williams	Wreccsam Tri	M35	8
22	578	31:24	Paul Stinton	Clwydian RR	M35	9
23	572	31:49	Andrew Campbell	Unattached	M35	10
24	509	31:53	Chris Teasdale	Unattached	SM	6
25	552	31:55	Gary Bergin	Northern Vets	M40	7
26	543	31:57	Stephen Jones	Clwydian RR	M40	8
27	456	31:59	Rachel Jefferson	Warrington AC	JW	1
28	546	32:08	Nick Holmes	Tattenhall	M50	2
29	477	32:09	John Richards	Oswestry Olympians	M45	1
30	565	32:10	Duncan Jones	Denbigh Harriers	M50	3
31	561	32:15	Dave Boothroyd	Buckley Runners	M45	2
32	475	32:24	Des Davies	Prestatyn RC	M50	4
33	452	32:26	Steve Hammond	Tattenhall	M50	5
34	520	32:27	Andy Smith	Helsby	M45	3
35	523	32:35	Ian Landucci	Helsby	M45	4
36	555	32:50	Chris Jones	Clwydian RR	M40	9
37	512	32:54	Huw Lewis	Buckley Runners	M50	6
38	586	32:55	Chris Williams	Buckley Runners	JM	2

39	453	32:58	Sarah Hammond	Tattenhall	W45	1
40	526	33:07	Sam Bailey	Unattached	JM	3
41	550	33:15	Jeremy Randell	Clwydian RR	M45	5
42	474	33:30	Joe Webb	Mysteruns	M40	10
43	517	33:32	Jason Rees-Hughes	Wreccsam Tri	M35	11
44	557	33:37	Kean Rowlands	Clwydian RR	M50	7
45	566	33:39	Peter Barraclough	Denbigh Harriers	M35	12
46	516	33:46	Helen Davies	Wreccsam Tri	W40	1
47	513	34:18	Peter Roberts	Buckley Runners	M65	1
48	591	34:20	Dave Oldfield	Tattenhall	M50	8
49	451	34:40	Yannis Tridimaz	Bowland FR	M65	2
50	567	34:46	Emma Collins	Denbigh Harriers	W45	2
51	518	34:52	Nigel Crompton	Pensby	M45	6
52	519	35:09	Alun Humphreys	Denbigh Harriers	M45	7
53	473	35:22	Mike Powell	Abergele	M55	1
54	559	35:23	Jane Ashbrook	Helsby	SW	1
55	553	35:29	Tim Charmley	Tattenhall	M45	8
56	563	35:30	Kieran Sinnett	Unattached	JM	4
57	511	35:35	Peter Weatherhead	Wirrel AC	M55	2
58	540	35:42	Kim Norman	Wreccsam Tri	W35	1
59	547	35:43	Richard Green	Pensby	M40	11
60	597	35:45	Alan French	Unattached	M55	3
61	554	35:46	Simon Jenkins	Wreccsam Tri	M40	12
62	590	35:54	Sam Hayward	Wreccsam Tri	JM	5
63	585	35:55	Peter Hampshire	Pensby	M35	13
64	527	35:56	Phil Gillard	Helsby	M45	9
65	472	35:57	Rob Chambers	Tattenhall	SM	7
66	583	36:06	Rob Butler	Unattached	SM	8
67	562	36:09	Tony Sinnett	Wrexham AAC	M45	10
68	575	36:14	Mvie Tolinson	Wreccsam Tri	SW	2
69	593	36:21	Andy Blair	Tattenhall	M45	11
70	522	36:35	Alec Robertson	Helsby	M60	1
71	521	36:39	Kate Lightfoot	Tattenhall	W35	2
72	533	36:42	John Nightingale	Unattached	M35	14
73	476	36:48	John Humphries	Mysteruns	M50	9
74	599	36:52	Linda Hampton Jones	Wrexham AAC	W45	3
75	569	36:54	Robert Hornby	Unattached	M50	10
76	598	37:09	Gareth Jaggard	North Wales Police	SM	9
77	534	37:14	David Tozer	Bayston Hill Salad Dodgers	M40	13
78	570	37:34	Sue Ellis	Tattenhall	W45	4
79	467	37:38	Iwan Edwards	Unattached	M40	14
80	468	37:38	Paul Samuels	Unattached	SM	10
81	579	37:46	W McDonnell	Capenhurst	M50	11
82	531	37:56	David Green	Pensby	SM	11
83	545	37:57	Tom Rutherford	Capenhurst	M45	12
84	530	38:07	Pat Peers	Pensby	W45	5
85	535	38:11	Gwyn Thomas	Pensby	M60	2
86	542	38:16	Sarah Pope	Unattached	SW	3
87	551	38:24	Paul Oldfield	Clwydian RR	M50	12
88	455	38:28	Katie Ashcroft	Warrington AC	JW	2

89	584	38:29	Richard Davies	Unattached	M45	13
90	458	38:30	Peter Hughes	Eryri Harriers	M40	15
91	462	38:31	Joe Cooper	Unattached	SM	12
92	574	38:49	Ryan Morley	Unattached	JM	6
93	544	38:59	Andrew Evans	Unattached	SM	13
94	595	39:07	Robert Webster	Tattenhall	M50	13
95	529	39:26	Fred Roberts	Pensby	M55	4
96	461	40:27	Ian Laing	Wreccsam Tri	M50	14
97	459	40:34	Martin Potter	CRR	M60	3
98	470	40:41	Gabby Waring	Prestatyn RC	W50	1
99	568	40:44	Sian Beck	Prestatyn RC	SW	4
100	510	40:57	Malcolm Parry	Unattached	M70	1
101	471	41:17	Melanie Williams	Mysteruns	W45	6
102	592	41:24	Kathy Frankland	Tattenhall	W40	2
103	558	41:45	Jackie Keasley	Helsby	W50	2
104	457	41:48	Robert Mackey	Buckley Runners	M60	4
105	539	42:18	Jane Gordge	Pensby	W35	3
106	465	43:10	Simon Parker	Unattached	M40	16
107	541	43:34	Sarah Hagen	Pensby	W50	3
108	464	43:36	Ian Coles	Unattached	M65	3
109	507	45:07	Peter Chittenden	Tone Zone Runners	M70	2
110	469	45:15	Adrian Bryan	Wrexham AAC	SM	14
111	524	45:21	Robbie Webster	Helsby	M70	3
112	463	45:32	Michael H Edwards	Wrexham AAC	M65	4
113	594	45:41	Sharon Basford	Tattenhall	W35	4
114	576	47:02	Ian Poole	Unattached	M35	15
115	560	47:14	Jen Chambers	Tattenhall	SW	5
116	549	47:40	Mike McCorkell	Tattenhall	M40	17
117	538	47:45	Ian Chalmers	Pensby	M60	5
118	537	51:06	Sue Davies	Pensby	W45	7

