

Fairy Freckled Cow Trail Race 2021						
Position	Time	Name	Club	Age Category	Category Winners	North Wales
1	39.04	Tomos Roberts	Meirionnydd RC	MSEN	1st Man	1st S/M
2	39.2	Joel Gomes	Wrexham Amateur AC	M40	2nd Man	1st M/40
3	39.58	Ian Edwards	Eryri Harriers	MSEN	3rd Man	2nd S/M
4	40.05	Shaun Hughes	Denbigh Harriers	MSEN		3rd S/M
5	40.15	Tom Heard	Oswestry Olympians	M40	1st M40	
6	40.3	Paul Sidwells	Run Free Fell Runners	M45	1st M45	2nd M/40
7	41.3	Jez Brown	Buckley Runners	M45		3rd M/40
8	41.43	Rob Fox	Shrewsbury Athletic Club	M40		
9	42.1	James Yarwood	Abergele Harriers	MSEN		
10	42.25	Alun Brown	GOG Triathlon	M40		
11	42.31	Owen Humphreys	Eryri Harriers	M50	1st M50	1st M/50
12	42.51	Simon Roberts	Buckley Runners	M50		
13	44.12	Michael Coyne	Eryri Harriers	M45		
14	44.32	Peter Jones	Oswestry Olympians	M45		
15	44.37	Mark Byrne	Buckley Runners	M40		
16	44.39	Joanne Henderson		W40	1st Female	
17	44.49	Ben Garnett	Abergele Harriers	MSEN		
18	45.1	Rheagan Edwards	Deeside AAC	U20	2nd Female	1st S/W
19	45.44	Tom Booth	West Cheshire AC	MSEN		
20	45.53	Tracy Rogers	Buckley Runners	WSEN	3rd Female	2nd S/W
21	46.26	Paul Shannon	Tattenhall Runners	M60	1st M60	
22	47.17	David Griffith	Gog Triathlon	M45		
23	47.37	Elliw Haf	Eryri Harriers	WSEN		3rd S/W
24	48.06	Andy Jones	GOG Triathlon	M45		
25	48.14	Timothy Woodhead	Deeside ACC	M50		2nd M/50
26	49.05	Peter Agnew		M55	1st M55	
27	49.3	Craig Davies	Deestridders RC	MSEN		
28	49.4	Helen Davies	Wrecsam Tri	W50	1st F50	1st W/50
29	49.48	Melina Morris	Denbigh Harriers	W45	1st F45	1st W/40
30	50.16	Cathy Shaw	Run Free Fell Runners	W40	1st F40	2nd W/40
31	50.46	Craig Rutter	GOG Triathlon	MSEN		
32	50.49	Emma Collins	Denbigh Harriers	W55	1st F55	2nd W/50
33	50.52	Mark Mayers	Abergele Harriers	M50		3rd M/50
34	51.48	John Jones	Abergele Harriers	M60		1st M/60
35	52.19	Jasmine Sharp	Eryri Harriers	WSEN		
36	52.48	Huw Lewis	WFRA	M60		
37	52.57	Kevin Clark	Cybi Striders	M50		
38	53.25	Simon Bonfield	Abergele Harriers	M50		
39	53.33	Paul Donoghue	Buckley Runners	M50		
40	53.44	Nicholas Foden	Abergele Harriers	MSEN		
41	54.03	Paul Aird	Deestridders RC	M60		2nd M/60
42	54.2	Philip Moss	Abergele Harriers	M55		
43	54.26	Paul Lewtey	Deestridders RC	M40		
44	54.3	Kate Lightfoot	Tattenhall Runners	W50		
45	54.37	Paul Goffey	Denbigh Harriers	M40		

46	54.47	Jon Ash	Ribble Valley Runners	M40		
47	54.48	Stephen Botham		M60		
48	55.33	Rachael Evans	Denbigh Harriers	WSEN		
49	56.04	Elen Baugh	Denbigh Harriers	WSEN		
50	56.15	Emyr Davies	Rhedwyr Hebog	M75	1st M75	1st M/70
51	56.52	Fred Jones	Denbigh Harriers	M65	1st M65	3rd M/60
52	56.58	Laurie Griffith	Gog Triathlon	W50		3rd W/50
53	57.45	Kay Hatton	North Wales Road RC	W55		
54	57.53	Sal Jefford	Run Free Fell Runners	W40		3rd W/40
55	58.14	Leigh Jenkins	Chester Triathlon Club	WSEN		
56	59.01	Steven Brown	Prestatyn RC	M50		
57	59.15	Helen Ashworth	Prestatyn RC	WSEN		
58	59.27	Carol Moss	Abergele Harriers	W55		
59	60.29	Michael Whiteside	Tattenhall Runners	M70	1st M70	
60	60.4	Hayley Parkes		W40		
61	61.21	Bob Neale	Denbigh Harriers	M70		2nd M/70
62	61.4	Chris Baldwin	Denbigh Harriers	M65		
63	61.43	Tracey Haseldine		W50		
64	61.52	Sharon Eaton	Chester Triathlon Club	W50		
65	61.53	Katie Thomas-Garnett		WSEN		
66	62.29	Laura Ashford	Chester Triathlon Club	WSEN		
67	62.37	Ann Dalbuquerque	GOG Triathlon	W70	1st F70	1st W/70
68	63.24	Jeremy Howe		M55		
69	63.36	John Dalbuquerque	GOG Triathlon	M70		3rd M/70
70	63.4	Peter Doran		M50		
71	63.53	Charles Ashley	Wrexham AC	M60		
72	64.08	Jo Lewis	Prestatyn RC	W45		
73	64.44	Caroline Caffery	Buckley Runners	W45		
74	64.59	Rebecca Pound	Run Free Fell Runners	WSEN		
75	66.23	Michael Norris	Deestriders RC	M55		
76	68.22	Daniel Schraibman	Denbigh Harriers	M50		
77	68.55	Ed Brown	Denbigh Harriers	M40		
78	68.22	Michael Hayton	NWRRRC	M70		
79	69.23	Catrin Hughes		W40		
80	69.59	Sue Hughes	Prestatyn RC	W60	1st F60	1st W/60
81	70.53	Abigail Corfe	Denbigh Harriers	W45		
82	70.53	Helen Davies	Denbigh Harriers	W50		
83	70.54	Lisa Dafydd	Denbigh harriers	WSEN		
84	71.59	Rich Jones	Rhyl Runners	M50		
85	73.17	Sue Formstone	Buckley Runners	W50		
86	73.22	Helen Baxandall	Prestatyn running club	W55		
87	76.42	Carole Richardson	Beaumaris Town Road Runners	W40		
88	76.42	Sarah Marriott	GOG	W40		
89	80.56	Emma Birchall	Prestatyn	W50		
90	81.06	Clare Manley	Prestatyn RC	W50		
91	84.21	Heather Foden	Abergele Harriers	WSEN		
92	84.22	Carys Guy	Abergele Harriers	W40		
93	84.5	Caroline Jones	Prestatyn Running Club	W55		

94	88.29	Suzanna Garnett		W50		
95	90.55	Val Jones	Rhyl Runners	W50		