

FAIRY FRECKLED COW/LLYN ALWEN - NORTH WALES REGIONAL TRAIL RUNNING CHAMPIONSHIPS			
SENIOR WOMEN			
POS	TIME	NAME	CLUB
1	47.41	Aimee Smith	Cheshire Dragons (Overall Champion)
2		Not Contested	
3		Not Contested	
SENIOR MEN			
1	41.05	Tony Wood	Denbigh Harriers
2	41.15	Scott Nixon	Wrexham AAC
3	43.27	Aled Hughes	Gog Triathlon
MASTERS WOMEN OVER 40			
1	58.12	Helen Ashworth	Prestatyn RC
2	67.29	Amanda Scotter	Deestriders RC
3		Not Contested	
MASTERS MEN OVER 40			
1	39.41	Ian Edwards	Eryri Harriers (Overall Champion)
2	41.08	Alun Williams	Meirionnydd RC
3	62.05	Andrew Wainwright	Deestriders RC
MASTERS WOMEN OVER 45			
1	55.23	Gwennan Henstock	Buckley Runners
2	66.11	Caroline Caffery	Buckley Runners
3	71.54	Claire Harper	Deestriders RC
MASTERS MEN OVER 45			
1	45.25	Robert James Miles	Wrexham AAC
2	45.46	Luke Earnshaw	Meirionnydd RC
3	59.07	Craig Hunter	Buckley Runners
MASTERS WOMEN OVER 50			
1	66.20	Sian Meirion	Buckley Runners
2	68.39	Helen Alefounder	Prestatyn RC
3	71.48	Debbie Jones	Prestatyn RC
MASTERS MEN OVER 50			
1	47.26	Stuart Culverhouse	North Wales Road Runners Club
2	48.56	Matthew Davies	Deestriders RC
3	53.39	Chris Evans	Denbigh Harriers
MASTERS WOMEN OVER 55			
1	49.02	Angela Deeley	Deestriders RC
2	56.25	Cheryl Frost	North Wales Road Runners Club
3	60.54	Nicola Wylie	North Wales Road Runners Club
MASTERS MEN OVER 55			
1	55.33	Stephen Weedman	Prestatyn RC
2	75.41	Karl Martin	Prestatyn RC
3			
MASTERS WOMEN OVER 60			
1	64.47	Susan Hughes	Prestatyn RC
2	88.38	Julie Evans	Prestatyn RC
3		Not Contested	
MASTERS MEN OVER 60			
1	52.11	Marc Jones	Prestatyn RC
2	52.18	Mike Robbins	Wrexham AAC
3		Not Contested	
MASTERS WOMEN OVER 65 - NO COMPETITORS			

1			
2			
3			
MASTERS MEN OVER 65			
1	51.50	Arwel Lewis	Eryri Harriers
2	58.06	Fred Jones	Denbigh Harriers
3	66.34	Charles Ashley	Wrexham AAC
MASTERS WOMEN OVER 70 - NO COMPETITORS			
1			
2			
3			
MASTERS MEN OVER 70			
1	55.22	Martin Cortvriend	Prestatyn RC
2	63.49	Robert Fryer	North Wales Road Runners Club
3	72.47	Michael Hayton	North Wales Road Runners Club
MASTERS WOMEN OVER 75 - NO COMPETITORS			
1			
2			
3			
MASTERS MEN OVER 75			
1	70.47	Michael Davis	Prestatyn RC
2		Not Contested	
3		Not Contested	