

[illegible]

	5 Miles													
No.	NAME	CLUB	VENUE	YR	TIME				NAME	CLUB	VENUE	YR	TIME	
1	Ian Pierce	Tipton	Alasager	1999	00:23:35	All-time		1	Georgina Outten	Birchfield	Abergele	2014	00:28:41	All-time
10	Adrian Bailey	Bro D.	Alasager	1999	00:25:09	All-time		10	Martha Owen	Deeside	Mold	2023	00:29:35	All-time
1	Iolo Hughes	C.Bay	Abergele	2013	00:26:51	U/17M		1	Mia Roberts	Deeside	Capen'	2017	00:30:53	U/17F
10	William Arrow'th	C.Bay	Abergele	2000	00:29:31	U/17M		10	Helen Williams	Wrexham	Chester	1999	0:38:39	U/17F
1	Luke Northall	Wrexham	Dolgellau	2003	00:24:36	JM		1	Georgina Outten	Birchfield	Abergele	2014	00:28:41	JL
10	Alex Lanz	Meirionn'	Dolgellau	2015	00:27:42	JM		10	Rhiannon Kamink	C. Bay	Deganwy	2017	0:33:59	JL
1	Ian Pierce	Tipton	Alasager	1999	00:23:35	SM		1	Lyn Maddison	Prestatyn	CVW	1998	00:28:56	SL
10=	Tim Davies	Maldwyn	Packwood	2004	00:25:12	SM		10	Amie Bagnall	Prestatyn	Chester	2019	00:30:15	SL
10=	David Mountford	Liv'pool	Alasager	2013	00:25:12	SM		1	Tracy Rogers	Buckley	Chester	2024	00:29:02	F35
1	Andrew Davies	Stockport	Alasager	2020	00:24:09	M35		10	Rachel Shipley	Abergele	Capen'	2025	00:32:00	F35
10	Daniel Weston	Wrexham	Capenh'	2015	00:00:26	M35		1	Marilyn Kitching	Tattenhall	BLA	2010	00:29:00	F40
1	Bernie Jones	Wrexham	Dolgellau	2003	00:25:23	M40		10	Alison Whitelaw	Wrexham	Oswestry	2002	00:32:18	F40
10	Stephen Hayes	Deestridders	Chester	2019	00:26:24	M40		1	Alexia H-Morris	Wrexham	Dolgellau	2004	00:29:48	F45
1	Andrew Davies	Maldwyn	Wolv'ton	2025	00:24:58	M45		10	Emma Collins	Denbigh	Runcorn	2012	00:32:55	F45
10	Darren Rowlands	Wrexham	Capenh'	2015	00:27:24	M45		1	Helen Davies	W. Tri	Abergele	2016	00:32:20	F50
1	Mike Weedall	Wrexham	Dolgellau	2006	00:26:07	M50		10	Margaret Docking	Wrexham	Upton	2002	0:34:49	F50
10	Bernie Jones	Wrexham	Buckley	2008	00:28:53	M50		1	Mary Meredith	Prestatyn	Bolton	2000	00:34:32	F55
1	Les Coathup	Buckley	BLA	2008	00:29:29	M55		10	Cheryl Frost	NWRRC	Holyhead	2022	00:37:19	F55
10	George Nixon	Prestatyn	Abergele	2007	00:30:22	M55		1	Emma Collins	Denbigh	Mold	2023	00:35:54	F60
1	Ron Elliott	NWRRC	Dolgellau	2005	00:28:50	M60		10	Menai Baugh	Denbigh	Abergele	2019	00:41:46	F60
10	Jeff Davies	Meirion'	E. Hanney	2012	00:32:21	M60		1	Chris Birch	Abergele	Abergele	2012	00:36:41	F65
1	Peter Roberts	Buckley	Prestatyn	2010	00:30:08	M65		10	Jean Hughes	Deeside	Capen'	2025	00:47:54	F65
10	Jeff Davies	Meirion'	Didcot	2014	00:33:49	M65		1	Chris Birch	Abergele	Abergele	2018	00:39:40	F70
1	Emyr Davies	Eryri	Abergele	2013	00:36:17	M70		3	Sheila Symonds	Bro D.	Dolgellau	2007	00:54:03	F70
10	Michael Davis	Prestatyn	Capenh'	2017	00:39:33	M70		1	Maggie Oliver	Eryri	Holyhead	2023	00:55:21	F75
1	Emyr Davies	Hebog	Holyhead	2022	00:38:44	M75		2	Sheila Symonds	Bro D.	Abergele	2011	01:08:26	F75
8	Don Williams	Eryri	Anglesey	2022	00:47:39	M75								
1	Roger H-Jones	Prestatyn	Chester	2018	00:43:40	M80								
2	Cliff Wilkinson	NWRRC	Abergele	2011	00:54:04	M80								

	10 KM													
No.	NAME	CLUB	VENUE	YR	TIME			NAME	CLUB	VENUE	YR	TIME		
1	Charlie Hulson	Liverpool	Telford	2018	00:29:12	All-time		1	Anna Brace'le	Salford	Ribble Val	2019	00:34:14	All-time
10	Tomos Roberts	Meirionn'	Part'ton	2023	00:30:21	All-time		10	Een O'Dea	Deeside	Porthcawl	2024	00:36:18	All-time
1	Louis Lermite	Run Free	Wrexham	2021	00:33:26	U/17M		1	Abigail Doherty	Deeside	Trafford	2024	00:35:11	U/17F
1	Ted Conry	Deeside	Pulford	2025	00:33:26	U/17M		10	Ciara Cust	C. Bay	Llandudno	2024	00:42:49	U/17F
10	Aled Breeze	Maldwyn	Welshp'	2023	00:34:50	U/17M		1	Georgina Outten	C. Bay	Bangor	2014	00:36:20	JL
1	Iolo Hughes	Menai	Telford	2015	00:30:37	JM		10	Gwyneth Parry	Wrexham	Llandudno	2017	00:41:11	JL
10	Dion Griffith	Menai	Part'ton	2023	00:31:58	JM		1	Anna Brace'le	Salford	Ribble Val	2019	00:34:14	SL
1	Charlie Hulson	Liverpool	Telford	2018	00:29:12	SM		10	Erika Robinson	Buckley	Crewe	2011	00:36:35	SL
10	Osion Perrin	Menai	ChElite	2024	00:30:33	SM		1	Tracy Rogers	Buckley	Caer'fon	2024	00:35:41	F35
1	Rob Samuel	Eryri	Chepstow	2021	00:29:46	M35		10	Jennifer Rambaldi	Buckley	Telford	2022	00:38:31	F35
10	Ryan Davis	Wrexham	ChElite	2024	00:31:56	M35		1	Marilyn Kitching	Tattenhall	Leeds	2010	00:36:05	F40
1	Andrew Davies	Stockpt'	Part'ton	2020	00:30:14	M40		10	Alexia H-Morris	Wrexham	Bourton	2003	00:38:56	F40
10	Daniel Weston	Wrexham	Aintree	2021	00:32:39	M40		1	Emma Crowe	Deeside	Twin Piers	2020	00:37:14	F45
1	Andrew Davies	Maldwyn	Valencia	2025	00:30:02	M45		10	Emma Collins	Denbigh	Sheffield	2012	00:40:57	F45
10	Steven Hayes	Deestr'	Ald. Edge	2023	00:33:36	M45		1	Carla Green	NWRRC	Bristol	2022	00:39:55	F50
1	Lee Jones	Deeside	Wilmslow	2021	00:32:26	M50		10	Amanda Bailey	Wrexham	Nantwich	2025	00:43:13	F50
10	Ian Carson	Wrexham	Mold	2002	00:35:36	M50		1	Helen Davies	W.Tri	Bristol	2022	00:41:43	F55
1	Lee Jones	Deeside	Wilmslow	2024	00:34:33	M55		10	Debbie Cattermole	Meirionn'	Llandudno	2024	00:46:31	F55
10	Richard Eccles	NWRRC	Chester Z	2021	00:37:05	M55		1	Christine Birch	Abergele	Twin Piers	2012	00:44:05	F60
1	Mike Whyatt	Eryri	Barmouth	2023	00:35:49	M60		10	Wendi Evans	Eryri	Caer'fon	2022	00:48:40	F60
10	Gordon Jones	Prestatyn	Mold	2021	00:38:30	M60		1	Christine Birch	Abergele	Wrexham	2012	00:45:22	F65
1	Gordon Jones	Prestatyn	BL Caern'	2023	00:38:44	M65		10	Maggie Oliver	Eryri	Caer'fon	2022	00:56:29	F65
10	Arwel Lewis	Eryri	Birm'ham	2024	00:43:16	M65		1	Christine Birch	Abergele	Caer'fon	2017	00:49:03	F70
1	Emyr Davies	Eryri	Caernar'	2013	00:43:12	M70		5	Sheila Symonds	Bro D.	C.Bay	2007	01:13:58	F70
10	Roger H-Jones	Prestatyn	T. Piers	2012	00:47:27	M70		1	Brenda Jones	Bro D.	Caer'fon	2016	00:56:01	F75
1	Sandy Johnson	NWRRC	Wrexham	2024	00:46:18	M75		3	Sheila Symonds	Bro D.	Wrexham	2011	01:21:24	F75
10	David Hughes	Prestatyn	Caernar'	2013	00:53:52	M75		1	Margaret Williams	Buckley	Twin Piers	2020	01:08:33	F80
1	Emyr Davies	Hebog	Caernar'	2023	00:47:55	M80		2	Sheila Symonds	Bro D.	Llandudno	2014	01:36:21	F80
6	Peter Norman	Wrexham	Ellesmere	2022	01:20:32	M80								
1	Roger H-Jones	Prestatyn	Chester	2023	01:04:51	M85								

	10 Miles													
No.	NAME	CLUB	VENUE	YR	TIME				NAME	CLUB	VENUE	YR	TIME	
1	Charlie Hulson	Liverpool	Brampton	2019	00:47:12	All-time		1	Lyn Wright	Prestatyn	Llandudno	2004	00:59:57	All-time
10	Gerry O'Neill	Menai	Llandudno	2004	00:52:22	All-time		10	Alexia H-Morris	Wrexham	Wrexham	2005	01:04:00	All-time
1	Josh Dixon	Abergele	Wythen'we	2010	00:52:43	JM		1	Gina Paletta	Wrexham	Llandudno	2011	01:00:58	SL
8	D.Temple	Deestridders	Llandudno	1998	01:07:57	JM		10	Rachel Shipley	Abergele	Rhyl	2022	01:06:25	SL
1	Charlie Hulson	Liverpool	Brampton	2019	00:47:12	SM		1	Lyn Wright	Prestatyn	Llandudno	2004	00:59:57	F35
10	Matthew Rose	Buckley	Wrexham	2012	00:53:01	SM		10	Gemma Moore	Eryri	Rhyl	2009	01:06:47	F35
1	Andrew Davies	Maldwyn	Ports'th	2016	00:49:53	M35		1	Marilyn Kitching	Tatt'll	Wrexham	2010	01:02:02	F40
10	Chris Prior	Salford	Stockport	2016	00:54:49	M35		10	Kristy Steph'son	Abergele	Llandudno	2005	01:08:42	F40
1	Andrew Davies	Mercia	Rhyl	2024	00:54:28	M40		1	Anne Brizell	Wrexham	Walsall	2005	01:02:16	F45
10	Darren Rowlands	Wrexham	Wrexham	2013	00:54:54	M40		10	Gabby Waring	Prestatyn	Llandudno	2002	01:12:06	F45
1	Lee Jones	Deeside	Wrexham	2015	00:55:22	M45		1	Helen Davies	W. Tri	Wrexham	2017	01:07:35	F50
10	Tim Cahill	Abergele	Sale	2008	00:58:06	M45		10	Ali Whitelaw	Wrexham	Wrexham	2008	01:16:48	F50
1	Nic Brook	Eryri	Chester	2024	00:58:05	M50		1	Mary Meredith	Prestatyn	Llandudno	2000	01:12:28	F55
10	Arwel Lewis	Eryri	Wrexham	2012	01:01:45	M50		10	Debbie Pugh	Wrexham	Rhyl	2022	01:20:01	F55
1	Jimmy Ashworth	Maldwyn	Wrexham	2014	00:59:30	M55		1	Rosemary Rogers	Deestridders	Llandudno	2012	01:15:09	F60
10	Geoff Richards	Wrexham	Llandudno	2005	01:03:23	M55		10	Marjorie Griffiths	Bro D.	Wrexham	2008	01:39:41	F60
1	Griffiths Owen	Prestatyn	Sale	2009	01:00:47	M60		1	Brenda Jones	Bro D.	Teifi	2007	01:25:48	F65
10	Sean McCormack	Abergele	Abergele	2024	01:07:03	M60		5	Caroline Orrells	Maldwyn	Elan Vall'	2023	01:43:36	F65
1	Emyr Davies	Eryri	Wrexham	2008	01:08:02	M65		1	Brenda Jones	Bro D.	Wrexham	2013	01:30:41	F70
10	N. O'Connor	NWRRC	Llandudno	1998	01:15:53	M65		2	Sheila Symonds	Bro D.	Teifi	2007	02:00:46	F70
1	David Gardner	NWRRC	Llandudno	2012	01:14:50	M70		1	Sheila Symonds	Bro D.	Wrexham	2011	02:00:26	F75
7	Ron H-Jones	Prestatyn	Wrexham	2011	01:28:52	M70		1	Sheila Symonds	Bro D.	Wrexham	2014	02:32:00	F80
1	Tom Evans	Bro D.	Wrexham	1998	01:17:06	M75								
7	Ray Bill'ton	Wrexham	Wrexham	2012	01:48:49	M75								
1	Roger H-Jones	Prestatyn	Rhyl	2018	01:34:52	M80								

	HM													
.	NAME	CLUB	VENUE	YR	TIME			NAME	CLUB	VENUE	YR	TIME		
1	Matthew Willis	Wrexham	Malta	2024	01:03:38	All-time	1	Anna Bracegird'	Salford	Valencia	2024	01:12:45	All-time	
10	Daniel Kashi	Meirionn'	Barcelona	2025	01:07:41	All-time	10	Siobhan Evans	Eryri	Anglesey	2014	01:22:42	All-time	
1	Charlie Hulson	Liverpool	Cardiff	2019	01:04:28	JM/SM	1	Anna Bracegird'	Salford	Valencia	2024	01:12:45	SL	
10	Luke Northall	Wrexham	Lake V.	2004	01:09:36	JM/SM	10	Alex Cawthra	Maldwyn	Cardiff	2019	01:23:45	SL	
1	Andrew Davies	Stock'	Barca	2019	01:04:57	M35	1	Eden O'Dea	Deeside	Wrexham	2022	01:32:57	JL	
10	James Mills	Wrexham	Wrexham	2023	01:10:08	M35	4	Ellie Small	Deeside	Wrexham	2024	01:43:15	JL	
1	Andrew Davies	Stockport	Sidd'ton	2020	01:05:51	M40	1	Emma Crowe	Wrexham	Chester	2012	01:20:44	F35	
10	Ed Partridge	Wrexham	Wrexham	2005	01:12:22	M40	10	Elliw Haf	Ervri	Bath	2024	01:27:29	F35	
1	Andrew Davies	Maldwyn	Wilmslow	2025	01:06:49	M45	1	Marilyn Kitching	Tattenhall	Chester	2010	01:19:18	F40	
10	Jonathan Kettle	NWRRC	Lake V.	2019	01:14:09	M45	10	Rhian Roxburgh	Gog Tri	Anglesey	2019	01:27:26	F40	
1	Martin Green	Meirionn'	Manchest'	2024	01:13:04	M50	1	Alexia H-Morris	Wrexham	Lake V.	2004	01:22:57	F45	
10	Arwel Lewis	Eryri	Wom'en	2010	01:18:29	M50	10	Jane Doughton	Buckley	Chester	2023	01:29:56	F45	
1	Don Williams	Eryri	Wrexham	2000	01:18:27	M55	1	Carla Green	NWRRC	Wrexham	2023	01:23:53	F50	
10	Stephen Davies	Mansfield	Hose	2013	01:24:29	M55	10	Margaret Brays'	Abergele	Helsby	2004	01:36:11	F50	
1	Emyr Davies	Eryri	Wrexham	2003	01:20:12	M60	1	Angela Deeley	Deestridders	Conwy	2024	01:32:29	F55	
10	Liam Moloney	C. Bay	Chester	2012	01:29:57	M60	10	Sandy Roberts	Prestatyn	Rhyl	2014	01:45:56	F55	
1	Gordon Jones	Prestatyn	Caern'fon	2023	01:25:14	M65	1	Rosemary Rogers	Deestridders	Liverpool	2013	01:36:33	F60	
10	Eddie Naisby	Prestatyn	Helsby	1998	01:38:54	M65	10	Nicola Wylie	NWRRC	Chester	2023	01:53:14	F60	
1	David Gardner	NWRRC	Lake V.	2012	01:37:35	M70	1	Brenda Jones	Bro D.	Wrexham	2008	01:48:16	F65	
10	Roger H-Jones	Prestatyn	Wrexham	2012	01:52:30	M70	6	Frances Classon	Deeside	Lake V.	2002	02:06:37	F65	
1	Dave Gardner	NWRRC	Chester	2015	01:42:13	M75	1	Margaret Oliver	Eryri	GT. North	2022	01:56:59	F70	
8	Keith Tewkesbury	Abergele	Gt. North	2019	02:05:21	M75	6	Ruth Francis	Maldwyn	Cardiff	2024	02:31:19	F70	
1	Emyr Davies	Hebog	Wrexham	2024	01:44:43	M80	1	Ann D'Albuquerque'	Gog Tri	Cyprus	2024	02:12:44	F75	
2	Roger H-Jones	Prestatyn	Chester	2017	02:11:07	M80	2	Margaret Oliver	Eryri	Anglesey	2023	02:29:16	F75	
1	Eddie Naisby	Prestatyn	Liverpool	2014	02:20:21	M85	1	Margaret Williams	Abergele	Wrexham	2019	02:27:19	F80	

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