

Ceiriog Canter 30th September 2023 Results

Position	Number	Name	Time	Catagory
1	243	Joel Gomez*	49.24	M O/40
2	277	Stuart Smith	50.58	M U/40
3	259	Lawrence Eccles	53.24	M O/40
4	264	Jez Brown*	55.04	M O/50
5	279	Miles Kynaston	55.30	M U/40
6	269	Daniel Thwaites	56.17	M U/40
7	268	John Atyeo	56.48	M O/50
8	267	Andy Davies	57.31	M O/50
9	246	Alan Bryson	57.56	M O/40
10	294	Ruth Calcraft*	58.44	F O/40
11	289	Dylan Hughes	58.55	M O/60
12	285	Daniel Hickey	59.01	M O/50
13	244	Barry Wilkinson	59.18	M O/50
14	265	Simon Edwards	1.0.52	M O/50
15	283	John Langton	1.01.07	M O/60
16	276	John Haughton	1.03.35	M O/40
17	275	Chris Smith	1.03.51	M O/50
18	262	Evan Roberts*	1.04.21	M U/23
19	270	Kerry Riley*	1.04.22	F U/40
20	261	Arren Roberts	1.04.45	M O/50
21	252	Mark Pierson	1.05.36	M O/60
22	82	Paul Herbert	1.05.47	M O/40
23	256	Jamie Brown	1.06.57	M O/40
24	286	Ruth Jeffries	1.07.27	F U/40
25	281	Neil Owen*	1.07.28	M O/70
26	298	Myles Donncadha	1.07.34	M O/50
27	284	Christopher Miles	1.08.09	M U/40
28	255	Huw Lewis	1.08.16	M O/60
29	292	Christine Cammillare	1.10.00	F O/40
30	253	Carl Vickers	1.11.01	M O/40
31	260	Steve Dipple	1.12.08	M O/50
32	291	Dave Mayhew	1.12.27	M O/60
33	297	Juliette Barron	1.12.32	F U/40
34	257	Micky Jones	1.12.37	M U/40
35	282	Jean-Louis Le Roy	1.12.46	M O/60
36	287	Matt Wilton	1.13.30	M O/40
37	293	Paul Lowley	1.13.31	M O/40
38	263	Tamzin Furtado	1.14.01	F U/40
39	258	Alison Tickner*	1.14.02	F O/50

Position	Number	Name	Time	Catagory
40	278	Tony Capstick	1.15.49	M O/50
41	245	Sal Jefford	1.15.51	F O/40
42	288	Emma Lynch	1.16.33	F U/40
43	272	Ann Jones	1.17.00	F O/50
44	266	Lynne Parry	1.17.11	F O/40
45	299	John Nugent	1.18.10	M O/40
46	248	Tina McDonell	1.18.12	F O/50
47	254	Flora Gunner*	1.18.17	F O/60
48	280	Owen Williams	1.19.30	M O/50
49	273	Steve Brown	1.23.02	M O/50
50	249	Dei Jones	1.24.23	M O/70
51	290	Elen Ap Robert	1.27.45	F O/50
52	251	Karen Teare	1.27.50	F O/40
53	250	Jamie Hughes	1.27.57	M O/50
54	247	Yricka Gardner	1.28.01	F O/50
55	295	Sian Keaney	1.28.04	F O/50
56	274	Karen Smith	1.29.29	F O/50
57	300	Yvette Carlton	1.31.54	F U/40
58	271	Charles Ashley	1.38.42	M O/60
59	296	Philip Edwards	1.40.52	M O/60