

Dash in the Dark 3 - 23 Jan 2015.

1	75	25.30	Stephen Skates	U/A	M
2	105	25.44	Karl Steinegger	Ambleside AC	M
3	121	26.39	Thomas Hiles	U/A	M
4	103	29.16	Simon Roberts	Buckley	M40
5	78	29.30	Derek Boothby	Wrexham Tri	M
6	72	29.45	Gary Porter-Jones	Eryri Harriers	M40
7	92	30.06	Daniel Roberts	Oswestry Olympians	M
8	93	30.14	Ian Lowe	Oswestry Olympians	M40
9	102	30.22	Hywel Lloyd	U/A	M
10	98	30.35	Paul Alan Stinton	CRR	M40
11	128	30.57	Steven McClave	U/A	M
12	96	31.34	Simon Phillips	Whitchurch Whippets	M40
13	89	31.50	Glen Price	U/A	M40
14	192	32.02	Stuart McDonald	Eryri Harriers	M
15	83	32.05	Alun Jones	Chester Tri	M
16	147	32.32	Haydn Williams	Barrow Runners	M
17	126	32.48	Neil Coppack	CRR	M
18	97	32.59	Huw Lewis	Buckley	M50
19	131	33.04	Richard Borne	Mysteruns	M40
20	100	33.13	Kirsty Seddon	Chester Tri	L
21	79	33.20	Helen Davies	Wrexham Tri	L40
22	207	33.22	Lee Lumb	U/A	M
23	91	33.25	Lee Williams	Oswestry Olympians	M40
24	143	33.30	Rob Butler	U/A	M
25	82	33.33	Mark Smith	Tattenhall	M40
26	190	33.39	Peter James	Going 4 Mold	M40
27	223	33.51	Robert Armstrong	Abergele Harriers	M
28	132	33.58	Sarah Ryder	Wrexham Tri	L40
29	90	34.05	Stephen Lloyd	U/A	M
30	137	34.08	Lisa Grantham	Pensby Runners	L
31	112	34.09	Hayley Evans	Buckley	L
32	120	34.29	Chris Wilcox	CRR	M60
33	95	34.38	Neil Riddle	U/A	M40
34	108	35.10	Keelan Serjeant	Holmfirth Harriers	M
35	88	35.13	David Glyn Evans	U/A	M40
36	125	35.19	Paul White	U/A	M40
37	116	35.26	Adam Stubbings	U/A	M40
38	243	36.16	Martin Witty	Deestridders	M40
39	144	36.25	Richard Davies	U/A	M50
40	99	36.30	Matthew McIntyre	U/A	M
41	197	36.33	Nigel Waterhouse	Chester Tri	M50
42	134	36.37	Dave Stephens	CRR	M50
43	115	36.43	Colin Andrew Rowlands	U/A	M
44	256	37.02	Alice Williams	Buckley	L40
45	136	37.09	Michael Doyle	Sytri	M
46	182	37.10	Ellie Robinson	West Cheshire AC	L40
47	234	37.11	Daniel Hancock	U/A	M40
48	204	37.17	Naomi Cane	Prestatyn	L

49	198	37.24	Ben Grocott	Live Life Light	M
50	255	37.27	Mandy Peffers	Deestridders	L40
51	244	37.29	Rebecca Roberts	CRR	L
52	212	37.40	Lance Ball	Wrexham Tri	M40
53	107	37.45	Eifion Matthias	CRR	M50
54	140	38.00	Tim Francis	U/A	M
55	155	38.08	Michael Fitzpatrick	Live Life Light	M
56	240	38.12	Billy Collins	U/A	M50
57	119	38.16	Helen Jones	U/A	L
58	77	38.18	Rob McConnell	U/A	M40
59	117	38.20	Darrell John Walsh	U/A	M
60	106	38.25	Carol Coole	Chester Tri	L50
61	174	38.37	Tom Hodder	U/A	
62	173	38.41	Gabs Dickinson	U/A	
63	94	38.52	Sam Faire	U/A	
64	202	39.04	Helen Ashworth	U/A	
65	167	39.12	John Humphries	Mysteruns	
66	80	39.52	Peter Doran	U/A	
67	142	40.04	Maxine Brockley	U/A	
68	169	40.15	Richard Marriott	Mysteruns	
69	188	40.25	Hayley Turner	Eryri Harriers	
70	250	40.26	Adam Edwards	U/A	
71	259	40.44	Joanne Lewis	Prestatyn	
72	168	40.48	Ashley Thomas	U/A	
73	71	41.02	John Morris	Buckley	
74	191	41.03	Alexandra Fletcher	Eryri Harriers	
75	141	41.04	Paul Thomas Peach	Live Life Light	
76	149	41.18	Simon Boulton	U/A	
77	199	41.22	Dean Fisher	U/A	
78	127	41.39	Paul Aird	Last Inn Runners	
79	145	42.12	Sabine Hoekema	U/A	
80	104	42.22	Frederick Smith	U/A	
81	172	42.35	Dale Molloy	Live Life Light	
82	205	42.47	Jayne Penrhyn Jones	Prestatyn	
83	118	42.52	Michaela Jones	U/A	
84	138	43.28	Kate Murphy	U/A	
85	157	43.29	Helen Rudkin	U/A	
86	165	44.12	Alice Mees	U/A	
87	216	44.18	Corri Twist	Live Life Light	
88	86	44.34	Joy Ellis	U/A	
89	87	44.45	Ian Davies	Berserkers	
90	84	44.55	Lewis Carroll	Chester Tri	
91	206	45.30	Frank Milward	U/A	
92	164	45.32	Mark Skerritt	Live Life Light	
93	124	45.44	Chris Rhodes	U/A	
94	203	45.48	Stephen Gleave	Prestatyn	
95	74	46.03	Gillian Csizmada	Wrexham AC	
96	139	47.16	Samantha Priestly	U/A	
97	76	47.40	Wayne Thomas	CRR	
98	85	47.45	Debbie John	U/A	

99	81	47.59	Paul Troon	U/A
100	101	49.06	Norman Seddon	Mersey Tri
101	133	49.10	Susan Ridings	CRR
102	122	49.59	Rebecca Sheridan	U/A
103	183	50.58	Alanna Jenkins	Live Life Light
104	208	50.59	Adam Jones	Live Life Light
105	187	52.44	Lee Williams	Live Life Light
106	200	52.45	Glen Stenson	Live Life Light
107	242	52.49	Sue McIndoe	Deestridders
108	211	52.51	Michael Norris	Deestridders
109	194	52.52	Steve Mueller	U/A
110	201	52.54	Zac Jones	U/A
111	193	52.55	Sam Mueller	Live Life Light
112	220	52.56	Caroline Gray	Live Life Light
113	190	52.59	Peter James	Going 4 Mold
114	195	53.01	David Jones	Live Life Light
115	196	53.18	Nisha Jones	Live Life Light
116	237	53.23	Emily McElmeel	Deestridders
117	241	53.24	Lindsey Bellis	Deestridders
118	236	53.25	Alice Thelwell	Deestridders
119	161	53.28	Jamie Dallow	U/A
120	162	53.35	Steve Yates	U/A
121	150	54.25	Julie Bamber	Live Life Light
122	209	54.31	Wesley Jones	Live Life Light
123	245	54.34	Sarah Staples	U/A
124	246	54.38	Adam Cherrett	U/A
125	254	55.10	Ben Rogerson	Live Life Light
126	249	55.22	Becky Spruce	Live Life Light
127	111	55.23	Carly Foston	U/A
128	251	56.02	unknown	Live Life Light
129	185	56.03	Neil Dunn	Live Life Light
130	156	56.06	Caoimhe Connor	U/A
131	135	56.10	Katie Smith	U/A
132	110	56.13	Lizette Stevens	U/A
133	109	56.18	Lisa Harper	U/A
134	186	56.38	Kate Johnston	Live Life Light
135	184	56.40	Ruth Stiles	Live Life Light
136	224	56.45	Clare James	Live Life Light
137	70	56.50	John Christian Worthing	U/A
138	175	56.54	Dic Owen	Live Life Light
139	163	57.00	Elinor Ruth Owen	Live Life Light
140	153	57.02	Paul Scarll	Live Life Light
141	154	57.05	Kaley Turner	Live Life Light
142	235	57.07	Phil Peake	U/A
143	238	57.12	Jo Howells	U/A
144	215	57.32	Janice Louisa Bradford	Live Life Light
145	214	57.33	Katie Allen	Live Life Light
146	217	57.45	Janine Holmes	U/A
147	221	57.52	Karol Howard	CRR
148	189	57.57	Rob Chaddock	U/A

149	221	57.58	Karol Howard	CRR
150	166	57.59	Lily Marriott	Mysteruns
151	170	58.02	Sharon Marriott	Mysteruns
152	213	58.10	Chris Allen	U/A
153	225	58.50	Lisa Ferguson	Live Life Light
154	113	61.06	Mandy Lewis	Whitchurch Whippets
155	114	61.08	Robert Edward Lewis	Whitchurch Whippets
156	219	61.21	Erin Furneaux	Live Life Light
157	218	61.28	Steph Grey	Live Life Light
158	129	62.05	Rachael Bennion	U/A
159	130	62.06	Nerys Bennion	U/A
160	227	64.06	Jemma Evans	U/A
161	171	64.07	Nia Owen	Live Life Light
162	176	64.08	Naomi Owen	Live Life Light
163	253	64.09	Rachel Wainwright	Live Life Light
164	252	64.10	Nicola Wainwright	Live Life Light
165	257	65.25	Hayley Gray	Live Life Light
166	258	65.38	Dylan Sion Edwards	Live Life Light
167	151	66.05	Lily Woodfine	Live Life Light
168	230	70.06	Michelle Dodd	Live Life Light
169	159	70.07	Gabrielle Robbins	Live Life Light
170	180	71.33	Karen Worthington	Live Life Light
171	158	71.39	David Robbins	Live Life Light
172	160	71.40	Helen Robbins	Live Life Light
173	226	71.41	Nicola Overton	Live Life Light
174	222	71.42	Bev Overton	Live Life Light
175	232	72.01	Ffion Hayes	Live Life Light
176	233	72.02	Emma McGahan	Live Life Light
177	177	72.03	Michelle Bowden	Live Life Light
178	146	72.25	Kelly Jones	Live Life Light
179	248	72.26	Cheryl Jones	U/A
180	260	72.27	Fay Sumner	Live Life Light
181	178	72.28	Emma Williams	Live Life Light
182	123	72.29	Allison Jones	U/A
183	247	72.30	Stephen John Jones	Live Life Light
184	179	72.31	Caroline Louise Berry	Live Life Light
185	152	77.06	Nina Cross	Live Life Light
186	148	77.07	Stephanie Robbins	Live Life Light
187	229	77.26	Fiona Connolly	U/A
188	231	77.36	Heather Williams	Live Life Light
189	262	93.00	Ann Sugden	Live Life Light
190	228	93.10	Charlotte Morrisrop	Live Life Light
191	261	93.10	Louise Grocott	Live Life Light

