

FLINT LIFEBOAT TEN MILE ROAD RACE

Incorporating Clwyd 10 mile championships and Inter-county vets championships
Sunday 8th October 1995

<u>Name</u>	<u>Category</u>	<u>Club</u>	<u>Time</u>	<u>Clwyd qual.</u>	<u>County</u>
1. Steve Henshaw	SM	Deeside	53.07	Yes	
2. Simon Shiels	SM	Wrexham	53.11	Yes	
3. Paul Frodsham	SM	Helsby	55.09		
4. Paul Boileau	SM	Warrington	56.01		
5. Ian Selvey	V40	Wrexham	56.16	Yes	Clwyd
6. Ben Gregory	V40	Stockport	56.29		
7. Andy Heathcote	V40	Altrincham	56.48		Cheshire
8. P. Southern	V40	Altrincham	56.52		Cheshire
9. P. Maher	V40	Yale Royal	57.10		Cheshire
10. Brian Donnelly	V40	Wirral AC	57.19		
11. John Simpson	SM	Helsby	57.35		Cheshire
12. Peter Pickwell	V40	Altrincham	58.09		
13. Dave Jackson	V40	Telford	58.32		
14. Lionel Williams	V40	Warrington	58.53		Cheshire
15. Shane Hughes	SM	Prestatyn	59.02	Yes	
16. David Anthony	V45	3M Gorseinon	59.08		West Glam
17. David Nolan	SM	NWRRC	59.25		
18. Chris Copus	V40	Newtown AC	60.15		
19. Antony Woodall	SM	Eryri	60.32		
20. Jimmy Hogan	SM	Wrexham	60.35	Yes	
21. Paul Robinson	SM	Village People	60.43		
22. Clive Lloyd	V40	Wrexham	61.00	Yes	Clwyd
23. Liam Roddis	V40	Wrexham	62.00	Yes	Clwyd
24. Meic Davies	SM	Eryri	62.06		
25. David A Jones	V40	Denbigh H	62.13	Yes	Clwyd
26. David Evans	SM	Oswestry O	62.17		
27. David Oak	V45	Neath AC	62.21		
28. Neil Forkin	SM	Quay Runners	62.28		West Glam
29. Edward Partridge	SM	U/A	62.37		
30. Fred Jones	V40	Denbigh H	62.46	Yes	Clwyd
31. Iori Jones	V45	Deeside AC	62.46		
32. Mike Frayn	V50	Helsby	62.50		Cheshire
33. Arthur Egan	V50	Wrexham	62.58	Yes	Clwyd
34. Brian Pyrah	SM	NWRRC	63.14		
35. Les Leech	V45	Wrexham	63.18	Yes	
36. Richard Webster	V40	3M Gorseinon	63.32		West Glam
37. Phillip Clayton	V40	Wirral AC	63.39		
38. Robert Willis	SM	U/A	63.48		
39. Paul Ballinger	SM	Denbigh H	64.04	Yes	Clwyd
40. Stephen Hatfield	V45	Prestatyn	64.15	Yes	Clwyd
41. Julian Hunter	V40	Wrexham AC	64.25	Yes	Cheshire
42. Roy Fletcher	V55	CEPAC	64.29		
43. Chris Clode	V45	Buckley	64.41		Clwyd
44. John Collins	V55	Swansea AC	65.08		West Glam
45. Stephen Jeffrey	V45	Abergele H	65.18	Yes	Clwyd
46. Jack Thomas	V50	CEPAC	65.21		Cheshire

<u>Name</u>	<u>Cat.</u>	<u>Club</u>	<u>Time</u>	<u>Clwyd Qual.</u>	<u>County</u>
47. John Derrig	V40	U/A	65.55		
48. Bob Frost	V50	Wrexham AC	66.06	Yes	Clwyd
49. Vicki Perry	LV35	Airincham & D NWRRC	66.15		Cheshire
50. Steve Hurdman	SM	NWRRC	66.21		
51. Andy Whitelaw	V45	Wrexham	66.39	Yes	Clwyd
52. David Roderick	V45	Deeside AC	66.45	Yes	Clwyd
53. Charles Ashley	SM	Wrexham AC	66.46		
54. Chris Pritchard	SM	NWRRC	66.49		
55. Peter Norman	V55	Wrexham AC	66.54	Yes	Clwyd
56. Denise Newton	LV40	Wilmslow RC	66.57		Cheshire
57. Ian Sharp	V40	3M Gorseinon	66.59		West Glam
58. Peter Simpson	V45	Liverpool H	67.09		
59. Maurice McGrath	V50	Vale Royal AC	67.14		
60. Victoria Musgrove	LV35	Wrexham AC	67.15	Yes	Cheshire
61. Bill Scriven	SM	Prestatyn	67.16		Clwyd
62. Steve Broadfoot	SM	BGRRC	67.32		
63. Steve Kimpton	SM	Quay Runners	67.33		
64. Phillip Bellis	SM	Buckley	67.54		
65. Alison Shepherd	LV35	Vale Royal AC	68.09		Cheshire
66. Tex Williams	V45	Eryri H	68.18		
67. Richard Jones	V45	NWRRC	68.26		
68. Kevin Owens	V45	Buckley	68.32		
69. Alison Whitelaw	LV45	Wrexham AC	68.35	Yes	Clwyd
70. Edward Garner	V45	NWRRC	68.42		
71. Bryon Jones	V40	Quay Runners	68.46		Clwyd
72. Paul Stenoff	SM	U/A	69.04		
73. Tony McCrave	SM	Rivacre R & J	69.11		
74. Maurice Weller	V60	Denbigh H	69.16	Yes	Clwyd
75. Maldwyn Evans	SM	Eryri H	69.24		
76. Brian Forster	V60	Wrexham AC	69.28		Cheshire
77. Dave Hough	V45	CEPAC	69.37		
78. Peter Wilcock	V40	Quay Runners	69.39		
79. JP Castle	SM	NWRRC	69.42		
80. Barry Chambers	V40	U/A	69.54		
81. Alan Smith	V60	3M Gorseinon	69.56		West Glar
81. Malcolm Trow	V40	U/A	69.56		
83. Stephen Mitchell	SM	U/A	70.15		
84. John Williams	V40	Cybi Striders	70.16		
85. Joe Park	V60	Cheshire Tally Ho	70.19		
86. Derek Parsons	V55	Deeside AC	70.29	Yes	Cheshire
87. Chris Travers	JM	Buckley	70.41		Clwyd
88. Desmond Pugh	SM	U/A	70.49		
89. Geoff White	V40	3M Gorseinon	70.52		West Glam
90. Martin Paddock	SM	Quay Runners	70.58		
91. Phil Cox	V50	Capenhurst AC	71.14		
92. Sandra Owen	LV45	Tattenhall	71.16		Cheshire
93. John S James	V45	3M Gorseinon	71.25		West Glam
94. Stephen Jones	SM	Eryri H	71.42		
95. Keith James	V40	Birkenhead AC	71.55		
96. Hywel Mainwaring	V45	3M Gorseinon	71.55		West Glam
97. Peter Watson	V50	Wilmslow AC	72.00		
98. AP Dixon	V45	Penny Lane S	72.02		
99. Glyn Holcroft	V45	Champion Sparks	72.08		
100. Tricia Jones	LV35	CEPAC	72.10	Yes	

<u>Name</u>	<u>Cat.</u>	<u>Club</u>	<u>Time</u>	<u>Clwyd qudl.</u>	<u>County</u>
101. Peter Moore	SM	Denby Dale	72.15		
102. J. Leadbetter	V40	U/A	72.16		
103. John Roberts	V55	U/A	72.20		
104. Paul Andlin	V45	Champion Sparks	72.21		
105. Don Smith	V60	Wrexham AC	72.22		
106. A. Thomas	SM	Buckley	72.23		
107. Jill Hallard	LV45	Colwyn Bay AC	72.27	Yes	Clwyd
108. Kevin Rowlands	SM	NWRRC	72.42		
109. Alfie Plester	SM	NWRRC	72.43		
110. Brian Beattie	V50	CEPAC	73.05		
111. Alan Taylor	V40	Abelgele H	73.11		
112. Meic Davies	V50	Eyri H	73.17		
113. Paul Cooper	SM	U/A	73.23		
114. Dave Meech	V40	U/A	73.33		
115. Stuart Jones	SM	U/A	73.44		
116. Eddie Naisby	V45	Prestatyn RC	73.49	Yes	Clwyd
117. Linda Worral	LV35	CEPAC	74.08		Cheshire
118. Stephen Beech	SM	U/A	74.09		
119. CD Nightingale	JM	Chester Tri	74.19		
120. Kevin Hamer	JM	U/A	74.39		
121. Jan Taylor	LV35	CEPAC	74.54		
122. Ed Partridge	V60	Wrexham AC	75.00		Clwyd
123. David Brierley	SM	CEPAC	75.18		
124. Roger Knight	V40	Capenhurst	75.31		
125. Trevor Faulkner	V60	Wilmslow AC	75.52		
126. Gwyn Jones	V55	Wilmslow AC	75.59	Yes	Clwyd
127. Andy Mclean	V40	Wrexham AC	76.07		
128. Ron Reed	V60	Wilmslow RC	76.36		
129. Alison Ashley	LV35	Wrexham AC	76.39	Yes	Clwyd
130. Paul Barton	V60	Warrington RR	76.43		Cheshire
131. Martin McNulty	SM	Reebok RC	76.45		
132. Malcolm Worral	V45	Deestridders	76.49		
133. John Jones	SM	U/A	76.57		
134. J. Meartley	SM	U/A	77.25		
135. Alan Lucas	V50	Abergele H	77.27	Yes	Clwyd
136. Steve Duckfield	SM	U/A	77.28		
137. Chris Bailey	V45	Wrexham AC	77.32		
138. Peter Harrison	V40	Abergele H	77.33		
139. Andrew Cottrell	V45	U/A	78.50		
140. Ken Richards	V45	Wrekn AC	79.09		
141. Stephen Lee	V40	Reebok RC	79.10		
142. Nicholas Rae	SM	CEPAC	79.16		
143. Tim Clisby	V40	U/A	79.23		
144. Mike Kench	V55	Whitby Heath AC	79.41		
145. A. Howley	V40	Mold Runners	80.05		
146. Barbara Williams	LV45	Cybi Striders	80.31		
147. Fred Harrison	V55	U/A	80.34		
148. Nigel Pittman	V40	Buckley RC	80.39		
149. Bernard Growcott	SM	U/A	80.40		
150. Malcolm L Jones	SM	U/A	81.04		
151. Gareth Thompson	V45	Eyri H	81.07		
152. G Edwards	V45	Quay Runners	81.11		
153. Derek Roberts	SM	Quay Runners	81.17		
154. Helen Pedley	SL	Eyri H	81.25		

<u>Name</u>	<u>Cat.</u>	<u>Club</u>	<u>Time</u>	<u>Clwyd qual.</u>	<u>County</u>
155. Barry Pierce	V45	Cheshire Const.	81.49		
156. JM Lee	V50	Ford Halewood	82.15		
157. Brian Hunt	SM	U/A	82.22		
158. CR Madden	SM	U/A	82.33		
159. Roy Peel	V60	Bro Dysynni	83.06		
160. Brenda Jones	LV50	Bro Dysynni	83.38		
161. Andy Bacon	V40	U/A	84.22		
162. DE Nightingale	V55	Highworth RC	85.12		
163. Sparrow Harrison	V55	U/A	86.35		
163. Arfon Jones	SM	U/A	86.35		
165. Robert Mason	SM	Quay Runners	86.41		
166. Gill Wood	LV40	Wrexham AC	86.44		Clwyd
167. Miriam Lamb	SL	Quay Runners	87.15		
168. Geoff Doherty	SM	U/A	88.19		
169. Ron Jones	V60	Wrexham AC	88.43		
170. Roy Hollel	V50	U/A	89.09		
171. Sharon Simpson	SL	Helsby RC	90.32		
172. Arnold Brookes	SM	U/A	93.43		
173. George Kerr	V60	U/A	99.48		
174. Michael Hampton	V55	Wrekin RR	100.29		

TEAM RESULTS:

1. WREXHAM RC: Simon Sheils (2), Ian Selvey (5), Jimmy Hogan (20), Clive Lloyd (22) 49 pts
2. DENBIGH H: David A Jones (25), Fred Jones (30), Paul Ballinger (39), Maurice Weller (74) =168
=2. NWRRC: David Nolan (17), Brian Pyrah (34), Steve Hurdman(50), Richard Jones (67) = 168
4. ERYRI H: AJ Woodall (19), Meic Davies (24), Tex Williams (66), Maldwyn Evans (75) = 184
5. PRESTATYN RC: Shane Hughes(15), Stephen Hatfield (40), Bill Scriven (61), Eddie Naisby (114)
=232
6. QUAY RUNNERS: Neil Forkin (28), Steve Kimpton (63), Bryon Jones (71), Peter Wilcock (78)
=240
7. 3M GORSEINON: David Anthony (16), Jan Sharp (57), Alan White (81), Geoff White (89) =243

LADIES TEAM:

1. WREXHAM AC: Victoria Musgrove (60), Alison Whitelaw (69), Alison Ashley (129) = 258