

Râs Y Felinheli

03/07/2013

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Lleol Local	Dosb Cat	Dynion / Men							Merched / Women						
							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60			
1	1	31.27	Rob Samuel	Eryri H		M		1												
2	3	35.10	Gwyn Owen	ua		M		2												
3	7	35.42	Christopher Evans	Eryri H		M		3												
4	4	35.51	Dylan Wynn Jones	Eryri H		M40			1											
5	9	35.52	Steffan Sayer	Menai T&F		M		4												
6	257	35.59	John Parkinson	Eryri H		M40			2											
7	268	36.58	Leo Nathan	ua		M		5												
8	46	37.18	Martin Hugh Green	NWRR		M		6												
9	2	37.34	Owain Llyr James	ua		M		7												
10	19	37.46	Dewi Owen	Eryri H		M		8												
11	254	38.00	Irfon Rowlands	Cybi Striders		M40			3											
12	347	38.08	Karl Ashworth	ua		M		9												
13	11	38.31	Darren Blazier	Abergele H		M40			4											
14	17	38.43	Chris Yorke	NWRR		M40			5											
15	267	38.53	Siobhan Evans	Eryri H		F													1	
16	292	39.07	Rhys Llewelyn James	Menai T&F		JM	1													
17	10	39.11	Noel Craine	Eryri H		M40			6											
18	37	39.37	Ben Pegler	ua		M		10												
19	196	39.40	Jason Thomas	Cybi Striders		M40			7											
20	5	39.43	Arwel Lewis	Eryri H		M50				1										
21	6	39.57	Jim Woodcock	Menai T&F		M60					1									
22	57	39.59	Huw Owen	Eryri H		M		11												
23	114	40.12	Richard Durrell	ua		M		12												
24	55	40.39	Ali Chant	Eryri H		M40			8											
25	205	40.52	Chris Thomas	Cybi Striders		M		13												
26	265	41.02	Iwan Edgar	Eryri H		M50				2										
27	116	41.19	Jonathan Clemson	Preston Harriers		M40			9											
28	135	41.36	Gwion Williams	Eryri H	L	M		14												
29	264	41.52	Eric Chan Chi Hong	Run-The-Land		M		15												
30	66	41.54	David Smith	ua		M		16												
31	24	42.03	Brian Wills	Eryri H		M40			10											
32	27	42.11	Emlyn Owen	ua		M		17												
33	132	42.16	Andy Jones	NWRR		M		18												
34	240	42.22	Gareth Wyn Roberts	ua		M		19												
35	128	42.22	David Ellis	Cybi Striders		M		20												
36	56	42.25	Emlyn Roberts	Eryri H		M40			11											
37	203	42.33	Jason Parry Jones	ua		M		21												
38	98	42.34	Kevin Slattery	NWRR		M50				3										
39	20	42.55	Ifan Richard Evans	Eryri H		M40			12											
40	234	43.09	Paul Carter	Bangor Uni		M		22												
41	84	43.13	Hefin Wyn Daniel	ua		M		23												
42	190	43.24	Anwen Darlington	ua		F													2	
43	64	43.42	Arfon Williams	ua		M40			13											
44	54	43.43	Phil Targett	Eryri H		M40			14											
45	164	43.47	William Iorwerth Gray-Pau	ua		M		24												
46	217	44.00	James Hooton	Cybi Striders		M40			15											
47	288	44.07	Meirion Wyn Evans	ua		M		25												
48	176	44.18	Trefor Hughes-Morris	ua		M40			16											
49	85	44.21	Andrew Gannon	Menai T&F		M40			17											
50	152	44.24	Sara Woodcock	ua		F													3	
51	332	44.27	Andrew Roberts	ua		M40			18											
52	272	44.35	Emyr Davies	Eryri H		M70					1									
53	261	44.40	Tracey Llewellyn	Cybi Striders		F35													1	
54	186	44.46	Mark Jason Hadley	ua		M40			19											
55	167	44.47	Ian Jones	ua		M40			20											
56	133	44.53	Chris Hughes	ua	L	M		26												
57	137	44.59	Meirion Jones	ua		M		27												
58	22	45.05	Adrian Hill	RAF Valley		M40			21											
59	29	45.05	Paul Harrison	ua		M40			22											

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60		
60	328	45.09	Jenny Heming	Eryri H		F35											2		
61	184	45.10	Emrys Jones	Cybi Striders		M50				4									
62	113	45.25	Bethan Dobson Jones	ua		F							4						
63	279	45.36	Gwyn Roberts	ua		M		28											
64	93	45.37	Tom Ashwell	ua		M40			23										
65	301	45.39	Jon Evans	NWRR		M40			24										
66	208	45.43	Gavin Parry Jones	ua		M		29											
67	349	45.44	Meirion Owen	ua	L	M		30											
68	44	45.56	Kate Worthington	Eryri H		F35											3		
69	38	46.01	John Walker	NWRR		M40			25										
70	181	46.15	Tim Downes	ua		M40			26										
71	269	46.16	Darren Dentith	ua		M40			27										
72	346	46.17	Leah Collis	ua	L	F							5						
73	59	46.21	Edward Eurwyn Edwards	Eryri H		M50				5									
74	107	46.22	Andrew Howick	Cybi Striders		M40			28										
75	35	46.26	Tony Gibson	NWRR		M50				6									
76	50	46.35	Megan Lynne Hughes	Eryri H		F35											4		
77	129	46.36	Barry Stuart Griffith	ua		M40			29										
78	51	46.41	Geraint Jones	Eryri H	L	M40			30										
79	273	46.47	Llyr Bryn Roberts	ua		M40			31										
80	82	47.03	Alastair Moralee	ua		M50				7									
81	83	47.08	Owen Eilir Jones	ua		M40			32										
82	25	47.14	Suzanne Cumming	ua		F35											5		
83	197	47.16	David Mortimer	Cybi Striders		M40			33										
84	285	47.17	Anthony Blanchfield	ua	L	M		31											
85	148	47.19	Dewi Snelson	Cybi Striders		M		32											
86	188	47.21	Mark Nicholas Jones	NWRR		M40			34										
87	228	47.30	Ian M Rothery	Cybi Striders		M50				8									
88	102	47.31	Carwyn Williams	ua		M		33											
89	62	47.32	Ceri Morris Lane	ua		F35											6		
90	78	47.39	Isabelle Rees	Caernarfon Rugby Club		F							6						
91	287	47.42	Ieuan Wyn Evans	ua		M40			35										
92	42	47.45	Steffan Evans	ua		M		34											
93	278	47.49	David John Williams	ua		M50				9									
94	117	47.49	Huw Edward Jones	ua		M40			36										
95	118	47.51	Ifan Emyr	ua	L	M		35											
96	211	47.57	Gwion Hallam	ua	L	M		36											
97	63	48.11	Kevin Lane	ua		M40			37										
98	111	48.13	Dylan Lewis	ua	L	M		37											
99	337	48.18	Karl Truswell	Betsi Runaways		M40			38										
100	154	48.19	Kevin Higgins	NWRR		M50				10									
101	146	48.20	Carla Green	NWRR		F35											7		
102	72	48.22	Julian Pritchard	ua		M		38											
103	258	48.23	Charlotte Pollock	ua		F35											8		
104	112	48.26	Tony Hill	Cybi Striders		M60					2								
105	115	48.30	Rhian Jones	ua	L	F35											9		
106	296	48.31	Sion Morgan Edwards	YUB		M		39											
107	219	48.31	Samantha Berry	ua	L	F							7						
108	309	48.41	Neil Bridgstock	Llanberis Tri	L	M		40											
109	138	48.46	Chris Hoult	ua		M40			39										
110	103	48.51	Alun Wyn Evans	ua		M40			40										
111	96	48.55	Irfon Jones	ua		M50				11									
112	334	48.58	Meilyr Emrys	ua		M		41											
113	73	49.14	Daniel Jackson	NWRR		JM	2												
114	123	49.27	Phil Nelson	Surf Lines		M40			41										
115	225	49.28	Jill Riley	ua		F35											10		
116	30	49.30	Nia Davies Williams	ua		F35											11		
117	291	49.31	Iestyn Lloyd	ua		M		42											
118	283	49.33	Brian Robbins	Eryri H		M60					3								
119	220	49.36	Richard Berry	ua	L	M		43											
120	18	49.41	David Nolan	NWRR		M40			42										
121	142	49.45	Sion H. Griffiths	Cybi Striders		M40			43										
122	120	49.45	Glenn Adam C. Barnett	NWRR		M40			44										

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60	
123	173	49.47	Graham Yarlett	NWRR		M40			45									
124	249	49.49	James Hardy	ua		M		44										
125	170	49.51	Arron Roberts	ua		M		45										
126	26	50.02	Trevallyan Cumming	ua		M40			46									
127	350	50.03	Neil Thomas	ua		M50				12								
128	172	50.16	Kay Hatton	NWRR		F50											1	
129	250	50.28	Iestyn Theophilus Harris	ua	L	M50				13								
130	127	50.29	Sian Ellis	Cybi Striders		F						8						
131	21	50.34	Gwyn Evans	Eryri H		M50				14								
132	271	50.38	Julia Korn	ua		F35										12		
133	345	50.40	Phil Lynes	ua		M		46										
134	134	50.41	Sian Williams	ua	L	F35										13		
135	77	50.42	Eifion Harding	Caernarfon Rugby Club		M50				15								
136	246	50.46	Simon Longman	ua		M60				4								
137	16	50.50	Sue Jones	Cybi Striders		F50											2	
138	290	51.10	Sali Rhoziar Parry	YUB		JF						1						
139	237	51.12	Bianca Bremaud-Thoma	ua		F35										14		
140	263	51.12	Meinir Hughes	ua		F							9					
141	12	51.19	Lucy Curtis	Abergele H		F35										15		
142	224	51.21	Paul Carwyn Jones	ua		M		47										
143	15	51.22	Tina McDonnell	Eryri H		F35										16		
144	33	51.28	Sian Elin Jones	ua	L	F							10					
145	259	51.44	Delyth Humphreys	ua		F							11					
146	155	51.47	Leonard Jackson	NWRR		M50				16								
147	339	51.58	Rhiannon Ward-Davies	ua		F							12					
148	277	51.59	Carl David Mather	ua	L	M50				17								
149	71	52.04	Kerry Williams	ua	L	F35										17		
150	232	52.05	Sioned Mai Fidler	ua	L	F							13					
151	343	52.06	Cheryl Ann Frost	NWRR		F35										18		
152	45	52.07	Howell John Owens	ua		M		48										
153	130	52.10	Dyfed Williams	Cybi Striders		M40			47									
154	13	52.11	Ann Hughes	YUB		F35										19		
155	204	52.15	Gavin Edwards	ua		M		49										
156	294	52.16	Nicola Sommers	ua		F							14					
157	47	52.21	Alun Rowlands	Cybi Striders		M50				18								
158	150	52.26	Jason Cahill	Elim Citroen		M40			48									
159	282	52.29	Meirion Williams	ua		M50				19								
160	340	52.44	Mei Gwilym	ua	L	M		50										
161	336	52.47	Dean Allison	ua		M		51										
162	106	52.48	Carl Barry Thatcher	ua		M		52										
163	281	52.52	Paul Griffith	Parafit Running Club		M40			49									
164	89	52.55	Ffrancon Williams	ua		M40			50									
165	210	53.05	Ceinwen Dwyfor-Clark	ua		F35										20		
166	105	53.12	Ian John Regan	ua		M50				20								
167	70	53.16	Carys Nicola Hogan	ua		F							15					
168	274	53.17	Alun Tudur Jones	Cybi Striders		M50				21								
169	48	53.30	Kathryn Chester	ua		F35										21		
170	75	53.31	Anne Steel	ua		F35										22		
171	53	53.33	Rhian Thomas	Eryri H		F35										23		
172	245	53.36	Emyr Gibson	ua		M		53										
173	36	53.48	Sonia Elliman	ua		F35										24		
174	165	53.50	Iorwerth Glyn Griffiths	ua	L	M40			51									
175	329	53.58	Dyfed Thomas	ua		M		54										
176	280	54.01	Lynn Tinsley	Cybi Striders		F35										25		
177	161	54.13	Richard J. Feather	ua		M40			52									
178	293	54.17	Katie Ogden	ua		F							16					
179	52	54.55	Kalvin William Jones	Eryri H		M50				22								
180	179	55.00	Geraint Evans	Bro Dysynni		M50				23								
181	284	55.18	Margaret Ann Oliver	Eryri H		F60											1	
182	275	55.34	Sian Eaglestone	ua	L	F							17					
183	140	55.42	Llinos Iorwerth	ua		F35										26		
184	341	55.55	Debra Williams	ua		F35										27		
185	183	56.03	Hannah Griffith	NWRR		F35										28		

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60
186	74	56.03	William John Stewart	ua		M50				24							
187	239	56.09	Nicola (Bethesda) William	ua		F35										29	
188	153	56.14	Julia Wane	ua		F35										30	
189	97	56.15	Natasha Jones	ua		F							18				
190	91	56.16	Stephen Thomas	ua		M		55									
191	182	56.18	Richard Tanswell	ua		M40			53								
192	221	56.19	Ruth Elaine Harvey	Cybi Striders		F35										31	
193	270	56.33	Bethan Wyn Beech	ua		F							19				
194	212	56.33	Lynne Parry	ua	L	F35										32	
195	213	56.33	Emyr Wyn Roberts	ua	L	M40			54								
196	43	56.33	Carole Richardson	ua		F35										33	
197	330	56.38	Sarah Manfredi	Abergele H		F35										34	
198	331	56.38	Scott Manfredi	ua		M40			55								
199	23	56.49	Katherine Wills	ua		F35										35	
200	58	57.00	Viv Edwards	Menai T&F		F50										3	
201	326	57.02	Gareth Jones	ua		M40			56								
202	243	57.04	Hugh Godfrey	Betsi Runaways		M40			57								
203	242	57.05	Christine Clark	Betsi Runaways		F35										36	
204	119	57.15	Gavin Williams	ua		M40			58								
205	60	57.16	Alan Wyn Owen	ua		M40			59								
206	67	57.17	Gail Caddy	ua		F35										37	
207	68	57.19	Michael Pigott	ua		M		56									
208	158	57.31	Rachel Jones	Betsi Runaways		F35										38	
209	214	57.31	Lyn Parry	ua		F35										39	
210	110	57.31	Elenid Prys Lewis	ua	L	F35										40	
211	238	57.35	Rebecca Roberts	Menai T&F		F							20				
212	175	57.53	Carol Hughes-Morris	ua		F35										41	
213	180	57.54	Sarah Downes	ua		F35										42	
214	31	57.56	Arwel Owain Roberts	ua	L	M		57									
215	338	58.02	Susan Calvert	Abergele H		F50										4	
216	160	58.02	Ann Ffion Morris	ua		F							21				
217	255	58.07	Nicole Booth	ua		F35										43	
218	256	58.07	Jo Worby	ua		F35										44	
219	163	58.14	Liz Lindley	ua		F35										45	
220	327	58.22	Stewart Edney	ua		M40			60								
221	86	59.04	Nerys Fon Hughes	ua		F35										46	
222	192	59.06	Stuart Marson	ua		M60				5							
223	286	59.08	Anna Rosina Evans	YUB		JF							2				
224	80	59.11	Mair Stead	ua	L	F35										47	
225	124	59.15	Rachel Ann Roberts	ua		F							22				
226	260	59.38	Carol Gruffydd	YUB		F35										48	
227	108	59.38	Miriam Williams	ua	L	F35										49	
228	308	59.44	Amanda Charlton	ua	L	F35										50	
229	109	59.44	Paul Williams	ua	L	M		58									
230	300	60.02	Alun Meirion Jones	ua	L	M50				25							
231	223	60.25	Rebecca Hughes	ua		F								23			
232	244	60.25	Nikki Williams	ua		F35										51	
233	335	60.32	Katie Hoemann	ua		F								24			
234	32	60.39	Helena Kathleen Blower	ua		F35										52	
235	41	60.49	Wendy Marchant	ua		F								25			
236	178	60.49	Catherine Griffiths	ua		F								26			
237	40	60.51	Christopher Purt	ua		M		59									
238	209	60.52	Arwel Wynn Owen	ua		M		60									
239	79	61.03	Michelle Williams	Parafit Bootcamp Ltd		F								27			
240	34	61.33	Tim Radford	ua		M50				26							
241	201	61.33	Neville Hughes	ua		M40			61								
242	216	61.35	Kate Williams	ua		F								28			
243	215	61.35	Emily Hough	ua		F								29			
244	92	61.48	Llinos Lara Evans	Para Fit Adv. RC		F								30			
245	185	61.52	Karen Jones	ua		F35										53	
246	126	62.11	Cathryn Sian Fairley	ua		F35										54	
247	247	62.15	Liz Brookes	ua		F35										55	
248	149	62.17	Tina Gwen Owen	ua		F35										56	

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60
249	344	62.20	Lisa Marie Jones	ua		F								31			
250	342	62.28	Allyson Brown	ua		F35									57		
251	230	62.31	Ceri Ann Owen	ua	L	F							32				
252	189	62.37	Delyth Darlington	ua		F							33				
253	199	62.42	Kathryn Richardson	Cybi Striders		F							34				
254	191	62.46	Eleanor Jane Marson	ua		F35									58		
255	253	62.51	Sarah Stubbs	ua		F							35				
256	162	62.56	Marc Wyn Jones	ua	L	M	61										
257	28	63.14	Lynn Christine Roberts	ua		F50										5	
258	131	63.15	Gwyndaf Raymond Williams	ua		M	62										
259	252	63.49	Julie Van Weert Gregson	ua		F35									59		
260	198	64.16	Stephanie Mortimer	Cybi Striders		F35									60		
261	231	64.29	Danielle Williams	ua		F							36				
262	194	64.29	Nicola (Holyhead) Williams	ua		F35									61		
263	348	64.29	Hannah Greenhow	ua		F							37				
264	187	64.29	Jane Prosser	ua		F35									62		
265	233	64.44	Orian Mary Latham	Betsi Runaways		F35									63		
266	95	64.52	Anne Darlington	ua		F50										6	
267	307	65.26	Ffion Verburg	ua		F35									64		
268	276	65.30	Susan Eckersley	ua	L	F35									65		
269	169	66.14	Llinos Roberts	ua		F							38				
270	65	66.16	Sarah Flynn	ua		F35									66		
271	101	66.17	Elen Menai Jones	ua		F							39				
272	229	66.23	Rhian Wyn Jones	ua	L	F							40				
273	49	66.35	Nicola Cutcher	ua		F							41				
274	69	66.36	Philip Daly	ua	L	M	63										
275	222	66.44	Joan Edwards	NWRR		F50										7	
276	156	66.45	Sophie Hatton	ua	L	F							42				
277	81	67.07	Dylan Wyn Jones	ua		M	64										
278	227	67.18	Anne-Marie Rowlands	Betsi Runaways		F35									67		
279	302	67.20	Claire Madden	ua		F35									68		
280	90	67.33	Joanne Williams	ua		F							43				
281	299	67.46	Gwen Alun	ua		F							44				
282	297	67.46	Grug Jones	YUB		F35									69		
283	147	67.57	Dion Michael Herbert	ua		M	65										
284	159	67.57	Morgan Shone	ua		M	66										
285	94	68.01	Terry Jones	ua		M	67										
286	136	69.10	Michelle Holland	ua	L	F50										8	
287	87	69.16	Susan Williams	ua		F35									70		
288	88	69.16	J. Merfyn Williams	Cybi Striders		M50			27								
289	226	69.51	Claire Marie Jones	ua		F							45				
290	202	70.00	Tracey Louise Clement	ua		F							46				
291	121	71.10	Joanne Shorkey	Parafit Running Club		F35									71		
292	195	70.30	Julie Roberts	Betsi Runaways		F35									72		
293	241	70.30	Dawn Jeanette Salisbury	Betsi Runaways		F50										9	
294	200	74.59	Ceri Wyn Griffith	ua	L	F							47				
295	144	77.44	Jane Elizabeth Jones	ua		F35									73		
296	174	77.44	Jennifer Owen	ua		F35									74		
297	145	77.44	Josephine Johnson	ua		F35									75		
298	100	DNF	Aled Wyn Griffith	ua	L	M											
299	122	DNF	Gareth Rees Ellis	Menai T&F		M40											