

2018 Felinheli 10K - Results

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Gun Time	Position	Difference	Pace	Club	Local
2	Russell	Bentley	M	1	MOPEN	1	00:34:24	1	00:00:00	3:27	KENT AC	
1	Martin	Green	M	2	MV40	1	00:35:51	2	00:01:27	3:36	NORTH WALES ROAD RUNNERS	
81	Ifan	Dafydd	M	3	MOPEN	2	00:36:06	3	00:01:42	3:37		
206	Jonathan	Kettle	M	4	MV40	2	00:36:28	4	00:02:04	3:39	NORTH WALES ROAD RUNNERS	
8	Darren	Blazier	M	5	MV40	3	00:37:28	5	00:03:04	3:45	ABERGELE HARRIERS	
345	Eifion	Williams	M	6	MOPEN	3	00:37:53	6	00:03:29	3:48	ERYRI HARRIERS	
7	Arthur	Connell	M	7	MOPEN	4	00:38:08	7	00:03:44	3:49	ERYRI HARRIERS	
240	Gordon	Bruce	M	8	MOPEN	5	00:38:24	8	00:04:00	3:51		
185	Aron Huw	Jones	M	9	MOPEN	6	00:38:56	9	00:04:32	3:54	RHEDWYR HEBOG RUNNERS	
298	Andrew	Savage	M	10	MV40	4	00:39:03	10	00:04:39	3:55	CYBI STRIDERS	
5	Craig	Jones	M	11	MV40	5	00:39:05	11	00:04:41	3:55	ERYRI HARRIERS	
331	Eliot	Waterhouse	M	12	MOPEN	7	00:39:06	12	00:04:42	3:55		
101	Ian	Edwards	M	13	MOPEN	8	00:39:08	13	00:04:44	3:55		
74	Catherine	Connell	F	1	FOPEN	1	00:39:18	14	00:04:54	3:56	ERYRI HARRIERS	
114	Iwan	Evans	M	14	MV40	6	00:39:22	15	00:04:58	3:57	NORTH WALES ROAD RUNNERS	
315	John	Stringer	M	15	MOPEN	9	00:39:27	16	00:05:03	3:57		
46	Carwyn	Dafydd	M	16	MOPEN	10	00:39:29	17	00:05:05	3:57	CPD Y FELINHELI	L
229	Stephen	Mason	M	17	MV40	7	00:39:31	18	00:05:07	3:58	GOG TRIATHLON	
50	Irfon	Rowlands	M	18	MV50	1	00:39:40	19	00:05:16	3:58	CYBI STRIDERS	
128	William	Goodman	M	19	MOPEN	11	00:39:48	20	00:05:24	3:59		
270	Daragh	Reynolds	M	20	MOPEN	12	00:39:49	21	00:05:25	3:59	GOG TRIATHLON	
196	Mark	Jones	M	21	MOPEN	13	00:40:09	22	00:05:45	4:01		
70	Ali	Chant	M	22	MV40	8	00:40:11	23	00:05:47	4:02	ERYRI HARRIERS	
181	Mark	Jessett	M	23	MOPEN	14	00:40:22	24	00:05:58	4:03	NORTH WALES ROAD RUNNERS	
61	Nic	Brook	M	24	MV40	9	00:40:27	25	00:06:03	4:03	ERYRI HARRIERS	
149	Jake	Halstead	M	25	MOPEN	15	00:40:29	26	00:06:05	4:03		
221	Sarah	Livett	F	2	FOPEN	2	00:40:42	27	00:06:18	4:05	MENAI TRACK AND FIELD	
18	Llyr	Ap Gruffydd	M	26	MOPEN	16	00:40:43	28	00:06:19	4:05		
200	Peter	Jones	M	27	MOPEN	17	00:40:43	29	00:06:19	4:05	CYBI STRIDERS	
284	Owain	Roberts	M	28	MOPEN	18	00:40:47	30	00:06:23	4:05		
318	Chris	Thomas	M	29	MOPEN	19	00:40:51	31	00:06:27	4:06	CYBI STRIDERS	
179	Rhys	James	M	30	MOPEN	20	00:40:57	32	00:06:33	4:06	ERYRI HARRIERS	
86	John	Davies	M	31	MOPEN	21	00:41:02	33	00:06:38	4:07	ERYRI HARRIERS	
224	Math	Llwyd	M	32	MOPEN	22	00:41:04	34	00:06:40	4:07	ERYRI HARRIERS	
267	Tony	Price-Jones	M	33	MOPEN	23	00:41:30	35	00:07:06	4:09	ULTRA GB	
120	Ian	Ferguson	M	34	MOPEN	24	00:41:43	36	00:07:19	4:11	CYBI STRIDERS	L
57	Simon	Bonfield	M	35	MV40	10	00:41:55	37	00:07:31	4:12	ABERGELE HARRIERS	
190	Hannah	Jones	F	3	FOPEN	3	00:42:03	38	00:07:39	4:13	BETSI RUNAWAYS	
242	Jemima	Osborn	F	4	FOPEN	4	00:42:11	39	00:07:47	4:14	SWANSEA HARRIERS AC	
9	Arwel	Lewis	M	36	MV50	2	00:42:13	40	00:07:49	4:14	ERYRI HARRIERS	
360	Russell	Williams	M	37	MV40	11	00:42:28	41	00:08:04	4:15	CYBI STRIDERS	
97	Thomas	Dutton	M	38	MOPEN	25	00:42:30	42	00:08:06	4:15	BEAUMARIS TOWN ROAD RUNNERS	
10	Gary	Porter-Jones	M	39	MV50	3	00:42:31	43	00:08:07	4:16	ERYRI HARRIERS	
104	David	Ellis	M	40	MOPEN	26	00:42:37	44	00:08:13	4:16	CYBI STRIDERS	
237	Gemma	Moore	F	5	FOPEN	5	00:42:47	45	00:08:23	4:17	NORTH WALES ROAD RUNNERS	
158	James	Hooton	M	41	MV40	12	00:42:55	46	00:08:31	4:18	CYBI STRIDERS	
305	Rachel	Shipley	F	6	FOPEN	6	00:43:00	47	00:08:36	4:18	ABERGELE HARRIERS	
83	Anthony	Davies	M	42	MV50	4	00:43:03	48	00:08:39	4:19	ERYRI HARRIERS	
226	Tom	Mahoney	M	43	MOPEN	27	00:43:06	49	00:08:42	4:19		
79	Stuart	Culverhouse	M	44	MV40	13	00:43:15	50	00:08:51	4:20	NORTH WALES ROAD RUNNERS	
281	Marc	Roberts	M	45	MV40	14	00:43:32	51	00:09:08	4:22	NORTH WALES ROAD RUNNERS	
261	Owen	Pooley	M	46	MOPEN	28	00:43:33	52	00:09:09	4:22		
177	Dylan	Huws	M	47	MV50	5	00:43:39	53	00:09:15	4:22	ERYRI HARRIERS	L
276	Andrew	Roberts	M	48	MV50	6	00:43:43	54	00:09:19	4:23	GOG TRIATHLON CLUB	
264	Dilwyn	Powell-Jones	M	49	MOPEN	29	00:43:47	55	00:09:23	4:23		
207	Nader	Kohbodi	M	50	MOPEN	30	00:43:49	56	00:09:25	4:23		L
169	Megan	Hughes	F	7	FV40	1	00:43:55	57	00:09:31	4:24	ERYRI HARRIERS	
34	Aled Rhun	Williams	M	51	MJUNIOR	1	00:44:02	58	00:09:38	4:25		
144	Nia	Gwynn	F	8	FV40	2	00:44:11	59	00:09:47	4:26	ERYRI HARRIERS	
189	Gethin	Jones	M	52	MOPEN	31	00:44:19	60	00:09:55	4:26	NORTH WALES ROAD RUNNERS	
236	Evan	Moore	M	53	MV40	15	00:44:26	61	00:10:02	4:27		
111	Gareth	Evans	M	54	MV40	16	00:44:34	62	00:10:10	4:28	ABERGELE HARRIERS	
15	Steven	Allport	M	55	MV40	17	00:45:04	63	00:10:40	4:31		
33	Carla	Green	F	9	FV40	3	00:45:06	64	00:10:42	4:31	NORTH WALES ROAD RUNNERS	
78	Emlyn	Roberts	M	56	MV50	7	00:45:10	65	00:10:46	4:31	ERYRI HARRIERS	
138	Aaron	Griffiths	M	57	MOPEN	32	00:45:15	66	00:10:51	4:32	N/A	
116	Llio Fflur	Evans	F	10	FOPEN	7	00:45:17	67	00:10:53	4:32	RHEDWYR HEBOG RUNNERS	
25	Lleucu Angharad	Lane	F	11	FJUNIOR	1	00:45:26	68	00:11:02	4:33	ACADEMI COED Y BRENIN	
110	Celwyn	Evans	M	58	MV50	8	00:45:28	69	00:11:04	4:33	GAFael LLAW	
12	Rhys	Ab Elwyn	M	59	MV50	9	00:45:34	70	00:11:10	4:34	ERYRI HARRIERS	
80	Suzy	Cumming	F	12	FV40	4	00:45:36	71	00:11:12	4:34		
167	Gerallt	Hughes	M	60	MOPEN	33	00:45:41	72	00:11:17	4:35		
161	Nick	Houghton	M	61	MV50	10	00:45:44	73	00:11:20	4:35		
95	Harry	Driscoll	M	62	MJUNIOR	2	00:45:46	74	00:11:22	4:35		
159	David	Horrocks	M	63	MOPEN	34	00:45:58	75	00:11:34	4:36		L
91	Darren	Dentith	M	64	MV40	18	00:46:09	76	00:11:45	4:37	INEPT	
11	Helen	Blair	F	13	FV50	1	00:46:19	77	00:11:55	4:38	ERYRI HARRIERS	
42	Gruff	John	M	65	MOPEN	35	00:46:20	78	00:11:56	4:38	CPD Y FELINHELI	L
263	Steven	Poupart	M	66	MV40	19	00:46:38	79	00:12:14	4:40	NORTH WALES ROAD RUNNERS	
292	Gavin	Rogerson	M	67	MOPEN	36	00:46:39	80	00:12:15	4:40		
106	Mair	Eluned	F	14	FV40	5	00:46:45	81	00:12:21	4:41		
126	Nigel	Holmes	M	68	MV60	1	00:47:00	82	00:12:36	4:42	CYBI STRIDERS	
17	Nick	Antoniuzzi	M	69	MV50	11	00:47:04	83	00:12:40	4:43		

316	Ian	Taylor	M	70	MV50	12	00:47:04	84	00:12:40	4:43	COLWYN BAY AAC	
132	Shannen	Gray	F	15	FOPEN	8	00:47:05	85	00:12:41	4:43	BETSI RUNAWAYS	
209	Luke	Langford	M	71	MOPEN	37	00:47:08	86	00:12:44	4:43		
285	Owain	Roberts	M	72	MOPEN	38	00:47:09	87	00:12:45	4:43		
122	Alisha	Fitz-Harrison	F	16	FOPEN	9	00:47:19	88	00:12:55	4:44	-	
6	Emyr	Davies	M	73	MV70	1	00:47:24	89	00:13:00	4:45	RHEDWYR HEBOG RUNNERS	
93	Michael	Downey	M	74	MOPEN	39	00:47:26	90	00:13:02	4:45	CLWB RYGBI CAERNARFON	
24	Ceri	Lane	F	17	FV40	6	00:47:28	91	00:13:04	4:45	HEBOG	
323	Richard	Thomas	M	75	MV40	20	00:47:28	92	00:13:04	4:45		
109	Ifan	Emyr	M	76	MOPEN	40	00:47:35	93	00:13:11	4:46	CPD Y FELINHELI	L
53	Martyn	Barnaby	M	77	MV40	21	00:47:39	94	00:13:15	4:46	ABERGELE HARRIERS	
94	Elizabeth	Driscoll	F	18	FV50	2	00:47:39	95	00:13:15	4:46	NORTH WALES ROAD RUNNERS	
117	Maldwyn	Evans	M	78	MV50	13	00:47:45	96	00:13:21	4:47	ERYRI HARRIERS	
89	Rhian	Davies	F	19	FV40	7	00:47:54	97	00:13:30	4:48		L
222	Iestyn	Lloyd	M	79	MOPEN	41	00:47:56	98	00:13:32	4:48		
51	Tom	Albiston	M	80	MOPEN	42	00:48:02	99	00:13:38	4:49		
121	Sarah	Ferguson	F	20	FOPEN	10	00:48:02	100	00:13:38	4:49	NORTH WALES ROAD RUNNERS	
204	Zo	Jones	F	21	FOPEN	11	00:48:09	101	00:13:45	4:49		
162	Ben	Hudson	M	81	MV40	22	00:48:14	102	00:13:50	4:50	NORTH WALES ROAD RUNNERS	
20	Matthew	Barker	M	82	MOPEN	43	00:48:16	103	00:13:52	4:50		
164	Chris	Hughes	M	83	MOPEN	44	00:48:18	104	00:13:54	4:50	BETSI RUNAWAYS	
72	Andrea	Cody	F	22	FOPEN	12	00:48:21	105	00:13:57	4:51		
290	Steven	Roberts	M	84	MV50	14	00:48:24	106	00:14:00	4:51	NORTH WALES ROAD RUNNERS	
4	Malcolm R	Jones	M	85	MV60	2	00:48:28	107	00:14:04	4:51	ERYRI HARRIERS	
188	Ela	Jones	F	23	FJUNIOR	2	00:48:36	108	00:14:12	4:52		
295	Paul	Rowlands	M	86	MOPEN	45	00:48:41	109	00:14:17	4:53		
294	Meurig	Rowlands	M	87	MV50	15	00:49:05	110	00:14:41	4:55	RHEDWYR HEBOG RUNNERS	
268	Robert	Pritchard	M	88	MV40	23	00:49:07	111	00:14:43	4:55	BETSI RUNAWAYS	L
197	Merfyn	Jones	M	89	MV50	16	00:49:11	112	00:14:47	4:56	GOG TRIATHLON CLUB	
176	Dyfnallt	Huws	M	90	MV40	24	00:49:15	113	00:14:51	4:56	CYBI STRIDERS	
317	Ali	Thomas	F	24	FV50	3	00:49:17	114	00:14:53	4:56	ERYRI HARRIERS	
136	Llinos	Griffith	F	25	FV40	8	00:49:20	115	00:14:56	4:56		
125	Jo	Garzoni	F	26	FV40	9	00:49:28	116	00:15:04	4:57	THUNDER RUNNERS	
194	Llinos	Jones	F	27	FV40	10	00:49:36	117	00:15:12	4:58		L
76	Jane	Cooper	F	28	FOPEN	13	00:49:38	118	00:15:14	4:58	DVT RUNNING CLUB	
187	Eilir	Jones	M	91	MV50	17	00:49:42	119	00:15:18	4:59		
59	Carl	Bragan	M	92	MV40	25	00:49:42	120	00:15:18	4:59		
43	Trefor	Hughes-Morris	M	93	MV50	18	00:49:49	121	00:15:25	4:59		
358	Peredur	Williams	M	94	MV40	26	00:49:52	122	00:15:28	4:60		
343	Dewi	Williams	M	95	MV40	27	00:49:52	123	00:15:28	4:60	CYBI STRIDERS	
119	Wendi	Evans	F	29	FV50	4	00:49:54	124	00:15:30	4:60		
335	James	Wilkinson	M	96	MV40	28	00:49:57	125	00:15:33	4:60	INEPT	
100	Eurwyn	Edwards	M	97	MV60	3	00:50:00	126	00:15:36	4:60	ERYRI HARRIERS	
163	Alaw	Hughes	F	30	FOPEN	14	00:50:00	127	00:15:36	4:60		
232	Sarah	McGovern	F	31	FOPEN	15	00:50:06	128	00:15:42	5:01		L
105	Si	Ellis	F	32	FOPEN	16	00:50:11	129	00:15:47	5:02	CYBI STRIDERS	
337	Ifan	Morgan	M	98	MOPEN	46	00:50:18	130	00:15:54	5:02		
123	Robert	Fryer	M	99	MV60	4	00:50:25	131	00:16:01	5:03	NORTH WALES ROAD RUNNERS	
201	Robin	Jones	M	100	MOPEN	47	00:50:27	132	00:16:03	5:03		
157	Justine	Holmes	F	33	FOPEN	17	00:50:30	133	00:16:06	5:03	BEAUMARIS TOWN ROAD RUNNERS	
288	Sion	Roberts	M	101	MV40	29	00:50:31	134	00:16:07	5:04	CYBI STRIDERS	
353	Kevin	Williams	M	102	MV40	30	00:50:31	135	00:16:07	5:04		
212	Dylan	Lewis	M	103	MV40	31	00:50:35	136	00:16:11	5:04	Y FELINHELI	L
243	Rhys	Owain	M	104	MV40	32	00:50:38	137	00:16:14	5:04		
22	Alaw Jones	Japheth	F	34	FOPEN	18	00:50:45	138	00:16:21	5:05		
175	Josh	Humphreys	M	105	MOPEN	48	00:51:00	139	00:16:36	5:06	CYBI STRIDERS	
330	Julia	Wane	F	35	FV40	11	00:51:07	140	00:16:43	5:07		
145	Donald	Hale	M	106	MV60	5	00:51:07	141	00:16:43	5:07	NORTH WALES ROAD RUNNERS	
303	Darren	Seeney	M	107	MV50	19	00:51:09	142	00:16:45	5:07	CYBI STRIDERS	
113	Gwyn	Evans	M	108	MV60	6	00:51:11	143	00:16:47	5:08	ERYRI HARRIERS	
216	Jordan	Lewis	M	109	MOPEN	49	00:51:17	144	00:16:53	5:08		
154	Kevin	Higgins	M	110	MV50	20	00:51:22	145	00:16:58	5:09	NORTH WALES ROAD RUNNERS CLU	
262	Kate	Potter	F	36	FV50	5	00:51:26	146	00:17:02	5:09	ERYRI HARRIERS	
225	Mared	Llywelyn	F	37	FOPEN	19	00:51:27	147	00:17:03	5:09		
108	Aled	Emyr	M	111	MOPEN	50	00:51:29	148	00:17:05	5:09	CPD Y FELINHELI	L
348	Gwilym	Williams	M	112	MV70	2	00:51:42	149	00:17:18	5:11		
32	Eilian	Jones	M	113	MV40	33	00:51:56	150	00:17:32	5:12	LLAMWYR LLYN	
23	Kevin	Lane	M	114	MV50	21	00:51:59	151	00:17:35	5:12	HEBOG	
241	Eleri	Noble	F	38	FOPEN	20	00:52:02	152	00:17:38	5:13		
13	Jo	Alexander	F	39	FOPEN	21	00:52:07	153	00:17:43	5:13		L
84	Griffith Sion	Davies	M	115	MOPEN	51	00:52:10	154	00:17:46	5:13		
52	Joni	Stubbs-Thrush	M	116	MV40	34	00:52:13	155	00:17:49	5:14	NORTH WALES ROAD RUNNERS	
44	Carol Elizabeth	Hughes-Morris	F	40	FV40	12	00:52:21	156	00:17:57	5:15		
56	Christine	Birch	F	41	FV70	1	00:52:23	157	00:17:59	5:15	ABERGELE HARRIERS	
98	Carys	Eaglestone	F	42	FOPEN	22	00:52:29	158	00:18:05	5:15		L
239	David	Munday	M	117	MV50	22	00:52:31	159	00:18:07	5:16		
48	Michaela	Lauder	F	43	FOPEN	23	00:52:32	160	00:18:08	5:16		
96	Amanda	Durber	F	44	FV40	13	00:52:40	161	00:18:16	5:16		
118	Oliver	Evans	M	118	MOPEN	52	00:52:52	162	00:18:28	5:18		
339	Alwyn	Williams	M	119	MV40	35	00:52:53	163	00:18:29	5:18	CYBI STRIDERS	
364	Bethan	Robinson	F	45	FOPEN	24	00:53:18	164	00:18:54	5:20		
329	Beni	Elen	F	46	FOPEN	25	00:53:18	165	00:18:54	5:20		
142	Mei	Gwilym	M	120	MOPEN	53	00:53:22	166	00:18:58	5:21		L
21	Alan Wyn	Owen	M	121	MV40	36	00:53:23	167	00:18:59	5:21		
258	Rob	Perry	M	122	MV40	37	00:53:26	168	00:19:02	5:21		
88	Owain	Davies	M	123	MOPEN	54	00:53:26	169	00:19:02	5:21		

45	Ann	Hughes	F	47	FV40	14	00:53:28	170	00:19:04	5:21	
347	Gwenllian	Williams	F	48	FOPEN	26	00:53:43	171	00:19:19	5:23	CLWB RHEDEG DVT RUNNING CLUB
269	Angharad	Prys	F	49	FV40	15	00:53:58	172	00:19:34	5:24	
301	Evita	Scott	F	50	FOPEN	27	00:54:02	173	00:19:38	5:25	
227	Paul	Maitland	M	124	MV50	23	00:54:03	174	00:19:39	5:25	CYBI STRIDERS
346	Ffrancon	Williams	M	125	MV50	24	00:54:06	175	00:19:42	5:25	
148	Gwion	Hallam	M	126	MV40	38	00:54:09	176	00:19:45	5:25	L
147	Eleri	Hallam	F	51	FV40	16	00:54:09	177	00:19:45	5:25	L
274	Brian	Robbins	M	127	MV70	3	00:54:25	178	00:20:01	5:27	ERYRI HARRIERS
228	Nia	Maloney	F	52	FV40	17	00:54:28	179	00:20:04	5:27	
184	Andrew	Jones	M	128	MV40	39	00:54:35	180	00:20:11	5:28	
107	Dafydd	Emrys	M	129	MOPEN	55	00:54:48	181	00:20:24	5:29	
340	Arwyn	Williams	M	130	MV40	40	00:54:55	182	00:20:31	5:30	
191	Iona	Jones	F	53	FV40	18	00:54:55	183	00:20:31	5:30	
210	Carla	Lauder	F	54	FOPEN	28	00:54:56	184	00:20:32	5:30	RHEDWYR HEBOG RUNNERS
231	Iolo	Jones	M	131	MV40	41	00:54:57	185	00:20:33	5:30	L
361	Sian	Williams	F	55	FOPEN	29	00:55:01	186	00:20:37	5:31	
92	David	Desmond	M	132	MV40	42	00:55:04	187	00:20:40	5:31	
244	Carwyn	Owen	M	133	MOPEN	56	00:55:07	188	00:20:43	5:31	
75	Rachel	Cook	F	56	FOPEN	30	00:55:07	189	00:20:43	5:31	GOG TRIATHLON
143	Delyth	Gwyn	F	57	FOPEN	31	00:55:15	190	00:20:51	5:32	CLWB RHEDEG DVT RUNNING CLUB
166	Elin	Hughes	F	58	FOPEN	32	00:55:16	191	00:20:52	5:32	LLANFAETHLU ELITE RUNNING CLUB
218	Max	Lichtenstein	M	134	MOPEN	57	00:55:28	192	00:21:04	5:33	MOELWYN WARD YSBYTY GWYNNEDD
257	Holly Rebecca	Payne	F	59	FOPEN	33	00:55:31	193	00:21:07	5:34	ST. AUSTELL RUNNING CLUB
299	Diane	Holmes	F	60	FV50	6	00:55:35	194	00:21:11	5:34	CYBI STRIDERS
266	Hayley	Price-Jones	F	61	FV40	19	00:55:38	195	00:21:14	5:34	GOG TRIATHLON CLUB
308	Michelle	Spain	F	62	FOPEN	34	00:55:50	196	00:21:26	5:35	
77	Eifion	Harding	M	135	MV60	7	00:55:52	197	00:21:28	5:36	CLWB RYGBI CAERNARFON
160	Bethan	Houghton	F	63	FV40	20	00:55:55	198	00:21:31	5:36	CLWB RHEDEG DVT RUNNING CLUB
130	Vincente	Gould	F	64	FV40	21	00:55:57	199	00:21:33	5:36	
151	Rhian	Harper Owen	F	65	FV40	22	00:56:03	200	00:21:39	5:37	CYBI STRIDERS
278	Geraint	Roberts	M	136	MOPEN	58	00:56:07	201	00:21:43	5:37	
199	Paul	Jones	M	137	MV40	43	00:56:07	202	00:21:43	5:37	RHEDWYR HEBOG RUNNERS
255	Lynne	Parry	F	66	FV40	23	00:56:16	203	00:21:52	5:38	L
205	Anita	Kendrick	F	67	FV40	24	00:56:23	204	00:21:59	5:39	
82	Stephanie	Daniels	F	68	FV50	7	00:56:54	205	00:22:30	5:42	L
137	Danny	Griffiths	M	138	MV50	25	00:57:01	206	00:22:37	5:43	N/A
198	Nigel	Jones	M	139	MV50	26	00:57:01	207	00:22:37	5:43	
90	Yvonne	Davies	F	69	FOPEN	35	00:57:05	208	00:22:41	5:43	
186	Awel Mehefin	Jones	F	70	FOPEN	36	00:57:05	209	00:22:41	5:43	
280	Llinos	Roberts	F	71	FOPEN	37	00:57:06	210	00:22:42	5:43	
322	Heledd	Thomas	F	72	FOPEN	38	00:57:15	211	00:22:51	5:44	
313	Rob Paula	Stewart	F	73	FV40	25	00:57:18	212	00:22:54	5:44	GOG TRIATHLON CLUB
155	Martin	Hill	M	140	MV40	44	00:57:22	213	00:22:58	5:45	
19	Meg	Baker	M	141	MOPEN	59	00:57:24	214	00:23:00	5:45	BEAUMARIS TOWN ROAD RUNNERS
310	Mair	Stead	F	74	FV50	8	00:57:26	215	00:23:02	5:45	L
291	Philippa	Rogers	F	75	FV40	26	00:57:26	216	00:23:02	5:45	L
246	Gareth	Owen	M	142	MV40	45	00:57:36	217	00:23:12	5:46	
49	Mared Tudur	Gruffydd	F	76	FOPEN	39	00:57:39	218	00:23:15	5:46	
29	Becky	Hughes	F	77	FOPEN	40	00:57:42	219	00:23:18	5:47	
286	Rachel	Roberts	F	78	FOPEN	41	00:57:42	220	00:23:18	5:47	
54	Pauline	Basquill	F	79	FV60	1	00:57:43	221	00:23:19	5:47	
307	Mark	Southee	M	143	MV50	27	00:57:56	222	00:23:32	5:48	LLAMWYR LLYN STRIDERS
31	Caren	Jones	F	80	FV40	27	00:58:03	223	00:23:39	5:49	LLAMWYR LLYN
14	Kelly	Alford	F	81	FOPEN	42	00:58:03	224	00:23:39	5:49	NORTH WALES ROAD RUNNERS
248	Mandy	Owen	F	82	FV40	28	00:58:07	225	00:23:43	5:49	NORTH WALES ROAD RUNNERS
73	Lowri	Collins	F	83	FJUNIOR	3	00:58:22	226	00:23:58	5:51	
131	Pam	Grant	F	84	FV60	2	00:58:30	227	00:24:06	5:51	
254	Elen	Parry	F	85	FV40	29	00:58:31	228	00:24:07	5:52	
300	Alun Meirion	Jones	M	144	MV50	28	00:58:34	229	00:24:10	5:52	L
367	Jemma	Zalot-Sankey	F	86	FV40	30	00:59:05	230	00:24:41	5:55	BEAUMARIS TOWN ROAD RUNNERS
293	Jacky	Rosser-Browne	F	87	FV40	31	00:59:11	231	00:24:47	5:56	
314	William	Stewart	M	145	MV50	29	00:59:11	232	00:24:47	5:56	
153	Michael	Hayton	M	146	MV60	8	00:59:24	233	00:25:00	5:57	NORTH WALES ROAD RUNNERS
16	Llinos	Alun	F	88	FV40	32	00:59:25	234	00:25:01	5:57	RHEDWYR HEBOG RUNNERS
256	Sarah	Parry	F	89	FOPEN	43	00:59:29	235	00:25:05	5:57	CYBI STRIDERS
272	Josie	Rhisiart	F	90	FV40	33	00:59:29	236	00:25:05	5:57	CYBI STRIDERS
350	Gwyn	Williams	M	147	MV50	30	00:59:31	237	00:25:07	5:58	L
271	Angharad	Rhisiart	F	91	FV40	34	00:59:31	238	00:25:07	5:58	CYBI STRIDERS
215	Fran	Lewis	F	92	FV40	35	00:59:31	239	00:25:07	5:58	
208	David	Lancaster	M	148	MV50	31	00:59:49	240	00:25:25	5:59	
178	Llinos	Iorwerth	F	93	FV40	36	00:59:54	241	00:25:30	5:60	
321	Gwenllian	Thomas	F	94	FOPEN	44	00:59:54	242	00:25:30	5:60	
168	Leon	Hughes	M	149	MOPEN	60	01:00:05	243	00:25:41	6:01	RHEDWYR HEBOG RUNNERS
311	Sophie	Steventon	F	95	FOPEN	45	01:00:10	244	00:25:46	6:01	ERYRI HARRIERS
338	Aled	Williams	M	150	MV40	46	01:00:11	245	00:25:47	6:02	L
349	Janet	Small	F	96	FOPEN	46	01:00:11	246	00:25:47	6:02	L
71	Rhian	Chapman	F	97	FOPEN	47	01:00:14	247	00:25:50	6:02	
220	Elisabeth	Lindley	F	98	FV50	9	01:00:16	248	00:25:52	6:02	ANGLESEY
65	Susan	Calvert	F	99	FV50	10	01:00:17	249	00:25:53	6:02	ABERGELE HARRIERS
102	Nia Meleri	Edwards	F	100	FOPEN	48	01:00:27	250	00:26:03	6:03	
287	Sian	Roberts	F	101	FOPEN	49	01:00:54	251	00:26:30	6:06	
27	Sharon	Ray	F	102	FV40	37	01:00:58	252	00:26:34	6:06	
174	Jean	Hume	F	103	FV50	11	01:01:01	253	00:26:37	6:07	
260	Tim	Plested	M	151	MOPEN	61	01:01:10	254	00:26:46	6:07	
357	Paul	Williams	M	152	MV40	47	01:01:10	255	00:26:46	6:07	L

249	Melanie	Owen	F	104	FV40	38	01:01:12	256	00:26:48	6:08	BEAUMARIS	
60	Andzia	Brain	F	105	FV40	39	01:01:19	257	00:26:55	6:08		
355	Miriam	Williams	F	106	FV40	40	01:01:20	258	00:26:56	6:08		
302	Adam	Scott-Jones	M	153	MOPEN	62	01:01:35	259	00:27:11	6:10		L
36	Jason	Cahill	M	154	MV40	48	01:01:37	260	00:27:13	6:10	ELIM ALLSTARS	
351	Karen	Williams	F	107	FOPEN	50	01:01:46	261	00:27:22	6:11		
259	Shona	Perry	F	108	FV40	41	01:01:55	262	00:27:31	6:12		
58	Elizabeth	Bossingham	F	109	FOPEN	51	01:02:19	263	00:27:55	6:14		
219	Michelle	Lindfield	F	110	FV40	42	01:02:19	264	00:27:55	6:14		
173	Kate	Hughes-Jenkins	F	111	FOPEN	52	01:02:20	265	00:27:56	6:14		
230	Sarah	Massey	F	112	FV40	43	01:02:20	266	00:27:56	6:14	GOG TRIATHLON CLUB	
277	Gareth	Roberts	M	155	MOPEN	63	01:02:25	267	00:28:01	6:15		L
103	Vivienne	Edwards	F	113	FV60	3	01:02:31	268	00:28:07	6:16	ERYRI HARRIERS	
211	Jo	Letton	F	114	FV40	44	01:02:36	269	00:28:12	6:16		L
139	Seamus	Grogan	M	156	MOPEN	64	01:02:42	270	00:28:18	6:17		
356	Olivia	Williams	F	115	FOPEN	53	01:02:54	271	00:28:30	6:18		L
66	Michael	Carter	M	157	MOPEN	65	01:03:09	272	00:28:45	6:19		
352	Kate	Williams	F	116	FOPEN	54	01:03:25	273	00:29:01	6:21		
87	Llinos	Davies	F	117	FV50	12	01:03:42	274	00:29:18	6:23	GOG TRIATHLON CLUB	
283	Nan	Roberts	F	118	FV40	45	01:03:46	275	00:29:22	6:23	GOG TRIATHLON CLUB	
327	Ffion	Verburg	F	119	FV50	13	01:03:59	276	00:29:35	6:24	BEAUMARIS TOWROAD RUNNERS	
182	Nicky	John	F	120	FOPEN	55	01:04:01	277	00:29:37	6:25		
85	Gwen	Davies	F	121	FV50	14	01:04:04	278	00:29:40	6:25		
275	Hazel	Robbins	F	122	FV50	15	01:04:59	279	00:30:35	6:30	ERYRI HARRIERS	
141	Catrin	Gwilym	F	123	FV40	46	01:05:02	280	00:30:38	6:31		L
325	Sara	Tuck	F	124	FOPEN	56	01:05:04	281	00:30:40	6:31	NORTH WALES ROAD RUNNERS	
213	Elenid	Lewis	F	125	FV40	47	01:05:04	282	00:30:40	6:31	Y FELINHELI	L
150	Paul	Harding	M	158	MOPEN	66	01:05:14	283	00:30:50	6:32	LLANFAIRFECHAN	
304	Sal	Seeney	F	126	FV50	16	01:05:29	284	00:31:05	6:33		
140	Beca	Gruffydd	F	127	FOPEN	57	01:05:53	285	00:31:29	6:36		
247	Geraint	Owen	M	159	MOPEN	67	01:06:04	286	00:31:40	6:37		L
68	Louise	Cartner	F	128	FV50	17	01:06:27	287	00:32:03	6:39		L
133	Julie	Green	F	129	FV50	18	01:06:45	288	00:32:21	6:41	LLAMWYR LLYN STRIDERS	
99	Sue	Eckersley	F	130	FV50	19	01:06:50	289	00:32:26	6:41		L
124	Richard	Furniss	M	160	MOPEN	68	01:06:58	290	00:32:34	6:42		
342	Claire	Williams	F	131	FOPEN	58	01:07:13	291	00:32:49	6:44		
134	Alwyn	Griffith	M	161	MV40	49	01:07:15	292	00:32:51	6:44		
40	Fiona	Wild	F	132	FV50	20	01:08:44	293	00:34:20	6:53		L
28	Bethan	Owens	F	133	FV50	21	01:09:21	294	00:34:57	6:57	LLAMWYR STRIDERS	
172	Sharon	Hughes	F	134	FV50	22	01:09:37	295	00:35:13	6:58		
279	Iorwerth	Roberts	M	162	MV70	4	01:09:43	296	00:35:19	6:59	ERYRI HARRIERS	
333	Kate	White	F	135	FV40	48	01:09:49	297	00:35:25	6:59	MENAI BRIDGE	
183	Neil	Johnstone	M	163	MV50	32	01:10:23	298	00:35:59	7:03		
312	Cheryl	Stewart	F	136	FV40	49	01:10:33	299	00:36:09	7:04	GOG TRIATHLON CLUB	
245	Charlie	Owen	M	164	MV50	33	01:11:08	300	00:36:44	7:07		
235	Catrin	Meirion	F	137	FOPEN	59	01:11:21	301	00:36:57	7:09		L
203	Yvonne	Jones	F	138	FOPEN	60	01:12:33	302	00:38:09	7:16		
38	Sonja	Griffiths	F	139	FV50	23	01:12:41	303	00:38:17	7:17		
217	Sian	Lewis	F	140	FOPEN	61	01:12:44	304	00:38:20	7:17	CLWB RHEDEG DVT RUNNING CLUB	
156	Timothy	Hoe	M	165	MOPEN	69	01:13:20	305	00:38:56	7:20	CARMEL	
366	Sara	Wynne-Pari	F	141	FOPEN	62	01:14:37	306	00:40:13	7:28	BANGOR	
320	Danielle	Thomas	F	142	FOPEN	63	01:19:26	307	00:45:02	7:57	LLANGFNI	
251	Tina	Owen	F	143	FV40	50	01:21:32	308	00:47:08	8:10		
233	Damian	Mckeon	M	166	MV40	50	01:26:14	309	00:51:50	8:38	TEAM MOELWYN	
41	Gillian Wyn	Hughes	F	144	FV40	51	01:27:54	310	00:53:30	8:48		
192	Kalvin	Jones	M	167	MV50	34	01:28:16	311	00:53:52	8:50	ERYRI HARRIERS	
309	Karen	Sparrow	F	145	FV60	4	01:38:51	312	01:04:27	9:54	GOGS	