

# Râs y Felinheli 10k

02/07/2014

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	6	31.55	Rob Samuel	Eryri H.		M		1											
2	3	32.54	Alun Vaughan	Eryri H.	L	M		2											
3	4	36.06	Dylan Wynn Jones	Eryri H.		M40			1										
4	23	37.15	Darren Blazier	Abergele Harriers		M40			2										
5	225	37.37	Irfon Rowlands	Cybi Striders		M40			3										
6	338	37.47	Karl Ashworth	ua		M		3											
7	127	38.41	Martin Hugh Green	NWRRRC		M		4											
8	170	38.45	Richard Durrell	ua		M		5											
9	277	39.08	Ali Chant	Eryri H.		M40			4										
10	239	39.19	Jason Thomas	Cybi Striders		M40			5										
11	298	40.17	Gethin Armstrong	Eryri H.		M		6											
12	282	40.23	Rhys Llywelyn James	ua		JM	1												
13	205	40.35	Gwion Williams	Eryri H.	L	M40			6										
14	20	40.46	Martin Owen	ua		M		7											
15	168	41.00	Ian Thomas Mulligan	Colwyn Bay AC.		M40			7										
16	83	41.06	Garn Owain Jones	ua		JM	2												
17	5	41.17	Arwel Lewis	Eryri H.		M50				1									
18	174	41.22	Rhydian Roberts	ua		M		8											
19	68	41.23	Shaun Davies	ua		M		9											
20	110	41.33	Emlyn Owen	Eryri H.		M40			8										
21	221	42.04	Steve Taylor	Menai T&F		M50				2									
22	342	42.11	Jack Brookes	ua		JM	3												
23	43	42.16	James Hooton	Cybi Striders		M40			9										
24	9	42.21	Iwan Edgar	Eryri H.		M50				3									
25	18	42.22	Andy Jones	NWRRRC		M40			10										
26	349	42.25	Ifan Dafydd	C.P.Felinheli		M		10											
27	226	42.39	Emrys Jones	Cybi Striders		M50				4									
28	181	42.43	Iwan Williams	ua		M		11											
29	327	42.47	Gwyn Roberts	ua		M40			11										
30	280	45.56	Christian Maggs	ua		M		12											
31	289	43.01	Paul Carter	Bangor Uni. AC		M40			12										
32	167	43.16	Mark Hadley	ua		M40			13										
33	196	43.26	Huw Owens	ua		M		13											
34	10	43.31	Gary Porter-Jones	Eryri H.		M40			14										
35	237	43.34	David Smith	Welsh Tri.		M		14											
36	240	43.38	Ian Taylor	NWRRRC		M40			15										
37	260	43.43	Helen Teasdale	Eryri H.		F35											1		
38	169	43.44	Dean Allison	u		M		15											
39	100	43.52	Aled Wyn Griffith	C. P. Felinheli	L	M		16											
40	249	43.56	Iwan Gwilym Owen	C.P.Felinheli	L	M		17											
41	272	43.57	Tracey Llewellyn	Cybi Striders		F35											2		
42	269	43.58	Elliw Haf	ua		F										1			
43	293	43.59	Andrew Roberts	ua		M40			16										
44	72	44.03	Sean Gavin	NWRRRC		M40			17										
45	236	44.08	Steven Paul Roberts	NWRRRC		M40			18										
46	334	44.20	Ashley Wager	Eryri H.		M50				5									
47	243	44.25	Carwyn Dafydd	C.P.Felinheli	L	M		18											
48	223	44.26	Gethin Evans	ua		M		19											
49	302	44.30	Bryn Griffiths	ua		M		20											
50	96	44.51	Edward Eurwyn Edwards	Eryri H.		M60					1								
51	284	44.58	Leon Davies	NWRRRC		M		21											
52	61	45.06	Oliver John Evans	ua		M		22											
53	71	45.11	Christopher Hughes	Parafit hoplites		M		23											
54	132	45.12	Iestyn Lloyd	ua		M		24											
55	234	45.14	Delyth Humphreys	ua		F35												3	
56	267	45.17	Roger Beech	ua		M40			19										
57	253	45.25	Charlotte Pollock	ua		F35												4	
58	173	45.26	Nigel Holmes	Cybi Striders		M50				6									
59	59	45.30	Anthony Blanchfield	ua	L	M		25											
60	248	45.33	Gruff John	C.P.Felinheli	L	M		26											
61	214	45.35	Iorwerth Gray-Parry	ua		M		27											
62	64	45.37	Arfon Bebb	Eryri H.		M		28											

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60		
63	24	45.46	Jon Evans	NWRRRC		M40			20										
64	292	45.50	Bethan Eluned Till	ua		F							2						
65	165	45.52	Arfon Williams	ua		M40			21										
66	36	46.03	Kevin Williams	ua		M		29											
67	119	46.14	Abbie Cheetham	Prestatyn		F							3						
68	117	46.20	Emyr Gibson	Eryri H.		M		30											
69	274	46.21	Sara Woodcock	Menai T&F		F							4						
70	63	46.23	Alan Edwards	ua		M40			22										
71	222	46.31	Sian Beck	Prestatyn		F35									5				
72	48	46.32	Lauren Hasset	Clwb Rygbi Caernarfon	L	F							5						
73	108	46.34	Russ Cheetham	Prestatyn		M40			23										
74	279	46.39	Sion Griffiths	Cybi Striders		M40			24										
75	134	46.40	Hefin Wyn Daniel	ua		M		31											
76	207	46.41	Llinos Jones	ua	L	F35									6				
77	37	46.50	Andrew Whitten	ua		M		32											
78	33	46.52	Siôn Edwards	Ysgol Tryfan		M		33											
79	155	47.07	Gwion Hallam	ua	L	M40			25										
80	135	47.10	Darren Dentith	ua		M40			26										
81	69	47.11	Chris Hoult	Parafit hoplites		M40			27										
82	31	47.17	Jason Paul Edwards	ua		M		34											
83	129	47.19	Russell Williams	Cybi Striders		M40			28										
84	7	47.32	Emyr Davies	Eryri H.		M70					1								
85	238	47.34	Michaela Owen	Cybi Striders		F							6						
86	152	47.43	Rhian Jones	ua	L	F35									7				
87	250	47.47	Rhys Archie Parry	C.P.Felinheli	L	M		35											
88	195	47.48	Andrew Howick	Cybi Striders		M50			7										
89	140	47.49	Richard Thomas	ua		M40			29										
90	120	47.51	Mair Eluned	ua		F35									8				
91	242	47.54	Matthew Hughes	C.P.Felinheli	L	M		36											
92	102	47.57	Alun Wyn Evans	Clwb Rygbi Caernarfon		M40			30										
93	203	47.57	Mei Gwilym	ua	L	M		37											
94	232	48.01	Kevin Higgins	NWRRRC		M50			8										
95	245	48.06	Ifan Emyr	C.P.Felinheli	L	M		38											
96	112	48.07	Harri Roberts	Eryri H.		M50			9										
97	176	48.18	Dafydd Llŷr Thomas	ua		M		39											
98	175	48.22	Alan Wyn Owen	ua		M40			31										
99	65	48.23	Kevin Lane	ua		M40			32										
100	299	48.24	Brian Robbins	Eryri H.		M70					2								
101	241	48.27	Daniel Hughes	C.P.Felinheli	L	M		40											
102	348	48.27	Rhys Fidler	C.P.Felinheli	L??	M		41											
103	228	48.28	Cheryl Williams	ua		F35									9				
104	213	48.29	Rhodri Owen	ua		M		42											
105	244	48.29	Aled Emyr	C.P.Felinheli	L	M		43											
106	247	48.32	Connor Patrick Japheth	C.P.Felinheli	L	JM	4												
107	13	48.33	Mark Nicholas Jones	NWRRRC		M40			33										
108	46	48.35	Geraint Jones	Eryri H.	L	M40			34										
109	319	48.44	Dylan Lewis	ua	L	M		44											
110	17	48.50	Chris Birch	Abergele Harriers		F60												1	
111	263	48.55	Andrew Parker	ua		M		45											
112	295	48.56	Mari Wynn Williams	ua		F							7						
113	66	48.57	Irfon Jones	ua		M50			10										
114	149	48.59	Glenn Barnett	NWRRRC		M40			35										
115	209	49.00	Cefin Williams	ua	L	M		46											
116	281	49.00	Aaron Jones	ua		M		47											
117	76	49.03	Isabelle Rees	Clwb Rygbi Caernarfon		F							8						
118	199	49.04	Kay Hatton	NWRRRC		F50												1	
119	153	49.05	David Wyn Jones	ua	L	M40			36										
120	58	49.10	Richard Arfon Williams	ua	L	M40			37										
121	202	49.11	Lynne Parry	ua	L	F35									10				
122	177	49.17	Tony Hill	Cybi Striders		M60					2								
123	206	49.24	Sian Williams	ua	L	F35									11				
124	179	49.25	Siân Ellis	Cybi Striders		F							9						
125	217	49.28	Victoria Taylor	UCLAN A.C.		F							10						
126	233	49.32	Elizabeth Jane Driscoll	NWRRRC		F35									12				
127	286	49.33	Iwan Hywel	ua		M		48											

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60							
128	82	49.34	Menna Jones	ua		F35															13			
129	197	49.34	Phill Jones	ua		M		49																
130	350	49.36	Iestyn Theophilus Harris	ua	L	M50				11														
131	156	49.41	Iolo Jones	ua	L	M40				38														
132	340	49.53	Osian Hughes	ua	L	M40				39														
133	81	49.56	Meilyr Emrys	ua		M		50																
134	55	50.00	Pip Barker	ua	L	F35																		14
135	211	50.08	Richard Elwyn Jones	ua		M		51																
136	118	50.11	Dei Jones	Eryri H.		M60					3													
137	254	50.14	Arwyn Williams	Cybi Striders		M40				40														
138	182	50.22	Alun Pritchard	ua		M		52																
139	49	50.33	Martyn Hooker	ua	L	M		53																
140	227	50.36	Cheryl Ann Frost	NWRRC		F35																		15
141	318	50.44	Karen Soley	ua		F35																		16
142	30	50.49	Shaun Raymond Mckierna	ua		M40				41														
143	138	50.50	James Hardy	ua		M		54																
144	158	50.53	Dylan Huws	ua	L	M50				12														
145	218	50.57	Charlotte Taylor	ua		F																		11
146	60	51.01	Ian M. Rothery	Cybi Striders		M60					4													
147	40	51.01	Desmond M. Rothery	ua		M40				42														
148	35	51.01	Brendan H. Rothery	Eryri H.		M		55																
149	73	51.04	Meurig Owen Rowlands	ua		M40				43														
150	91	51.08	Bryn Roberts	ua		M40				44														
151	97	51.13	Helen Hanstock	Bangor Uni. AC		F																		12
152	171	51.18	Merfyn Pierce Jones	ua		M40				45														
153	172	51.18	Eleri Lewis Jones	ua		F35																		17
154	200	51.22	Carl David Mather	ua	L	M50				13														
155	15	51.25	Sarah Ferguson	NWRRC		F35																		18
156	190	51.25	Bianca Lili Bfemaud-Thom	ua		F35																		19
157	50	51.29	Claire Williams	Canicross Anglesey	L	F50																		2
158	94	51.31	Malcolm Jones	Eryri H.		M60					5													
159	115	51.36	Gwawr Wyn Roberts	ua		F																		13
160	231	51.37	Marian Lewis Crowe	ua		F35																		20
161	12	51.47	Lucy Curtis	Abergele Harriers		F35																		21
162	11	51.50	Karl Morris	NWRRC		M		56																
163	77	51.52	Eifion Harding	Clwb Rygbi Caernarfon		M50				14														
164	104	52.09	Alun Rowlands	Cybi Striders		M50				15														
165	220	52.14	Howell John Owens	ua		M		57																
166	109	52.18	Dyfed Thomas	ua		M		58																
167	160	52.19	Gwenan Evans	ua		F																		14
168	56	52.28	Sam Oliver	ua	L	M		59																
169	224	52.46	Anne Helen Hughes	ua		F35																		22
170	38	52.48	Geraint Evans	ua		M50				16														
171	87	52.51	Dale Fagence	ua		M40				46														
172	88	52.51	Sian Ward-Davies	ua		F																		15
173	339	52.55	Gwawr Hughes	ua	L	F35																		23
174	230	52.56	David Andrew Thomas	ua		M40				47														
175	215	53.00	Colin Pugh	ua		M40				48														
176	275	53.05	Jason Cahill	ua		M40				49														
177	45	53.18	Kate Potter	ua		F50																		3
178	252	53.19	Llion Williams	ua		M		60																
179	337	53.31	Joni Stubbs-Thrush	ua		F35																		24
180	84	53.33	Carole Richardson	ua		F35																		25
181	8	53.35	Gwennan Jones	ua		F																		16
182	147	53.42	Esyllt Haf Roberts	ua		F35																		26
183	259	53.47	Deborah Clarke	ua		F35																		27
184	101	54.02	Einir Randall	Parafit hoplites		F35																		28
185	201	54.04	Emyr Wyn Roberts	ua	L	M40				50														
186	290	54.12	Catrin Gwenllian Owen	ua		F																		17
187	99	54.18	Sian Lewis	ua		F																		18
188	320	54.27	Sarah Worth	ua		F35																		29
189	162	54.30	Ceri Pritchard	ua		F																		19
190	74	54.35	Rhys Ifan Rowlands	ua		M		61																
191	67	54.36	Llio Fflur Evans	ua		F																		20
192	335	54.52	Stuart Thompson	ua		M40				51														

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60			
193	26	55.08	Hannah Griffith	NWRRC		F35												30		
194	116	55.12	Margaret Ann Oliver	Eryri H.		F60														2
195	208	55.13	Gwenllian M Williams	ua		F												21		
196	294	55.15	Claire Liversage	ua		F35													31	
197	125	55.19	Delyth Darlington	ua		F													22	
198	136	55.20	Bid Webb	ua		F35													32	
199	1	55.21	Islwyn Meredydd Owen	ua	L	M50				17										
200	344	55.33	Samantha Charman	ua		F													23	
201	25	55.38	Susan Calvert	Abergele Harriers		F50														4
202	90	55.46	Kirstin Jones	Parafit hoplites		F35													33	
203	291	55.49	Elain Gwilym	ua		F													24	
204	123	55.55	William John Stewart	ua		M50				18										
205	265	56.09	Mary Walsh	ua		F													25	
206	54	56.31	Joanna Louise Alexander	ua	L	F													26	
207	187	56.32	Karen Leadbitter	ua		F													27	
208	159	56.33	Nia Jenkins	ua	L	F													28	
209	103	56.36	Kate Williams	ua		F													29	
210	39	56.45	Tim Radford	ua		M50				19										
211	79	56.58	Gwilym Eifion Jones	Ysgol Tryfan		M40				52										
212	297	56.58	Llinos Iorwerth	ua		F35													34	
213	62	57.02	Kate Linck	ua		F35													35	
214	183	57.05	Bethan Lloyd Houghton	ua		F35													36	
215	316	57.06	Lucy Marriot	Mysteruns		F													30	
216	264	57.10	Debbie Jones	ua		F50														5
217	131	57.11	Helen Roberts	Betsy Runaways		F35													37	
218	180	57.21	Alun Roberts	ua		M40				53										
219	151	57.23	Carys Eaglestone	ua	L	F													31	
220	95	57.29	Vivienne Edwards	Menai T&F		F50														6
221	143	57.41	Rebecca Roberts	Eryri H.		F													32	
222	341	57.42	Liz Brookes	ua		F50														7
223	251	57.43	Stewart Edney	ua		M40				54										
224	53	57.46	Mair Stead	ua	L	F35													38	
225	124	57.51	Anne Darlington	ua		F50														8
226	166	58.15	Karen (Bodorgan) Jones	ua		F35													39	
227	2	58.35	Alison Heaton	ua		F50														9
228	273	58.54	Iorwerth Roberts	Eryri H.		M70														3
229	121	58.59	Christobelle Pownall	Abergele Harriers		F50														10
230	300	59.02	Alun Meirion Jones	ua	L	M50				20										
231	80	59.10	Elliw Alaw Evans	ua		F													33	
232	343	59.34	Meinir Vaughan Ellis	ua		F													34	
233	105	59.34	Gwyndaf Raymond William	ua		M40				55										
234	210	59.35	Paul Williams	ua	L	M				62										
235	148	59.39	Elen Menai Jones	Parafit hoplites		F													35	
236	29	59.52	Joan Edwards	NWRRC		F50														11
237	41	59.54	Helena Blower	ua		F35													40	
238	184	60.04	Neil Johnstone	ua		M50				21										
239	246	60.14	Dion Griffiths	C.P.Felinheli	L	JM	5													
240	52	60.24	Katerina Videnskaya	ua	L	F													36	
241	145	60.26	Nicola Ellen Williams	ua		F35													41	
242	192	60.36	Jane Prosser	ua		F50														12
243	98	60.36	Tanya Duffy	Cybi Striders		F													37	
244	144	60.55	Nia Wyn Hughes	Canicross Anglesey		F50														13
245	326	60.58	Catrin Williams	ua		F													38	
246	75	61.15	Gwen Davies	ua		F35													42	
247	296	61.19	Tracy Howes	ua		F35													43	
248	157	61.39	Joanna Letton	ua	L	F35													44	
249	154	61.39	Karen Wyn Jones	ua	L	F35													45	
250	89	61.43	Rosie Frankland	ua		F35													46	
251	150	61.43	Sue Eckersley	ua	L	F50														14
252	204	61.49	Catrin Tudor Gwilym	ua	L	F35													47	
253	278	62.03	Aneurin Rhys Roberts	ua		M50				22										
254	185	62.23	Sarah Marriott	ua		F35													48	
255	133	62.23	Genevieve Hughes	ua		F35													49	
256	85	62.33	Melanie Hinchliffe	ua		F35													50	
257	161	62.41	Elisabeth Smith	ua		F35													51	

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							JM	M	M40	M50	M60	M70	JF	F	F35	F50	F60	
258	42	62.43	Lynn Roberts	ua		F50											15	
259	92	64.10	Gillian Lloyd Griffiths	ua		F35											52	
260	27	64.18	Sonia Wignall	Abergele Harriers		F35											53	
261	57	64.38	Louise Cartner	ua	L	F35											54	
262	268	64.40	Nicola Cutcher	ua		F								39				
263	163	64.46	Sue Layland	ua		F35											55	
264	164	64.47	Gina Hayes	ua		F35											56	
265	317	65.20	Heledd Owen Griffiths	ua		F								40				
266	257	66.15	Julie Pritchard	ua		F35											57	
267	139	66.15	Allison Thomas	ua		F35											58	
268	258	66.15	Tanya Doda	ua		F								41				
269	188	66.32	Lowri Burgess	ua		F								42				
270	266	67.20	Gwenno Jarvis	ua		F35											59	
271	78	67.47	Bryan Griffiths	Ysgol U. Bodedern		M40			56									
272	189	68.05	Gwenllian Wilkinson	ua		F								43				
273	14	68.40	Nicola Sarah Lewis	NWRRC		F35											60	
274	93	68.49	Susan Williams	Cybi Striders		F50												16
275	198	69.38	John Hatton	NWRRC		M60				6								
276	47	73.37	Lowri Idris Jones	ua	L	F								44				
277	229	74.39	Karen Lynette Johnson	ua		F								45				
278	212	?	Gwyn Mawby	ua		M			63									
279	287	DNF	Meilir Hywel	ua		M			64									