

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
10K								
1	Adam Jones	1/176(M)	1/67(MSENIOR)	MEIRIONNYDD RUNNING CLUB	32:36	32:36	1st	--
42	Ifan Dafydd	2/176(M)	2/67(MSENIOR)	ERYRI HARRIERS	32:50	32:50	2nd	+14
284	Noa Vaughan	3/176(M)	1/9(MJUNIOR)	ERYRI HARRIERS	33:38	33:39	3rd	+1:02
35	Simon Cole	4/176(M)	1/45(M40+)	GOG TRIATHLON CLUB	33:43	33:43	4th	+1:07
322	Math Roberts	5/176(M)	2/45(M40+)	ERYRI HARRIERS	33:46	33:46	5th	+1:10
114	John Higgs	6/176(M)	3/67(MSENIOR)		33:46	33:47	6th	+1:10
84	Martin Green	7/176(M)	3/45(M40+)	NORTH WALES ROAD RUNNERS	34:33	34:33	7th	+1:57
266	Gavin Thomas Stuart	8/176(M)	4/67(MSENIOR)	CYBI STRIDERS	34:55	34:56	8th	+2:19
176	Jonathan Kettle	9/176(M)	4/45(M40+)	NORTH WALES ROAD RUNNERS	35:08	35:08	9th	+2:32
302	Lloyd Williams	10/176(M)	5/67(MSENIOR)	CYBI STRIDERS	35:36	35:37	10th	+3:00
149	Deio Garton Jones	11/176(M)	6/67(MSENIOR)	ERYRI HARRIERS	35:42	35:43	11th	+3:06
11	Llyr Ap Gruffydd	12/176(M)	7/67(MSENIOR)	ERYRI HARRIERS	35:43	35:44	12th	+3:07
143	Aron Jones	13/176(M)	8/67(MSENIOR)		36:27	36:29	13th	+3:51
57	Patrick Eaton	14/176(M)	9/67(MSENIOR)		36:32	36:34	14th	+3:56
102	Ben Harding	15/176(M)	10/67(MSENIOR)	KENT AC	36:50	36:51	15th	+4:14
287	Armon Williams	16/176(M)	11/67(MSENIOR)	CYBI STRIDERS	36:51	36:53	16th	+4:15
129	Owen Humphreys	17/176(M)	1/32(M50+)	BEAUMARIS TOWN ROAD RUNNERS	36:51	36:53	17th	+4:15
49	John Davies	18/176(M)	12/67(MSENIOR)	MEIRIONNYDD RUNNING CLUB	37:00	37:00	18th	+4:24
123	Dave Bus Hughes	19/176(M)	13/67(MSENIOR)	ERYRI HARRIERS	37:08	37:10	19th	+4:32
76	Daniel Gahan	20/176(M)	14/67(MSENIOR)		37:15	37:16	20th	+4:39
313	William Williams	21/176(M)	2/32(M50+)		38:12	38:13	21st	+5:36
41	Cai Dafydd	22/176(M)	2/9(MJUNIOR)	ERYRI HARRIERS	38:25	38:26	22nd	+5:49
278	Rhys Tomos	23/176(M)	15/67(MSENIOR)		38:26	38:28	23rd	+5:50
115	Mike Holroyd	24/176(M)	16/67(MSENIOR)	CYBI STRIDERS	38:33	38:35	24th	+5:57
163	Ioan Jones	25/176(M)	3/9(MJUNIOR)		38:43	38:45	25th	+6:07
162	Ifan Jones	26/176(M)	17/67(MSENIOR)	CYBI STRIDERS	38:45	38:46	26th	+6:09
23	Darren Blazier	27/176(M)	3/32(M50+)	ABERGELE HARRIERS	38:48	38:49	27th	+6:12
282	Chris Turner	28/176(M)	18/67(MSENIOR)	ERYRI HARRIERS	38:49	38:52	28th	+6:13
271	Chris Thomas	29/176(M)	5/45(M40+)	CYBI STRIDERS	39:15	39:16	29th	+6:39
39	Michael Coyne	30/176(M)	4/32(M50+)	ERYRI HARRIERS	39:18	39:19	30th	+6:42
178	Tomos Land	31/176(M)	19/67(MSENIOR)	GOG TRIATHLON CLUB	39:20	39:21	31st	+6:44

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
37	Arthur Connell	32/176(M)	6/45(M40+)		39:31	39:33	32nd	+6:55
4	Richard Adamson	33/176(M)	7/45(M40+)		39:55	40:01	33rd	+7:19
107	Huw Harvey	34/176(M)	20/67(MSENIOR)		39:55	40:02	34th	+7:19
6	Tom Aindow	35/176(M)	21/67(MSENIOR)	NORTH WALES ROAD RUNNERS	40:04	40:06	35th	+7:28
19	Sean Baxter	36/176(M)	22/67(MSENIOR)		40:05	40:08	36th	+7:29
257	Rachel Shipley	1/115(F)	1/35(FSENIOR)	ABERGELE HARRIERS	40:26	40:28	37th	--
319	Joe Woodcock	37/176(M)	23/67(MSENIOR)		40:38	40:43	38th	+8:02
244	Owain Roberts	38/176(M)	24/67(MSENIOR)		40:41	40:46	39th	+8:05
45	John Dalzell	39/176(M)	8/45(M40+)	NORTH WALES ROAD RUNNERS	40:53	40:56	40th	+8:17
50	Mark Davies	40/176(M)	9/45(M40+)		40:55	40:57	41st	+8:19
17	Colin Ball	41/176(M)	10/45(M40+)	BEAUMARIS TOWN ROAD RUNNERS	41:05	41:12	42nd	+8:29
93	Brychan Gwilym	42/176(M)	4/9(MJUNIOR)		41:04	41:13	43rd	+8:28
281	Graeme Tunstall	43/176(M)	11/45(M40+)	GOG TRIATHLON CLUB	41:18	41:20	44th	+8:42
40	Stuart Culverhouse	44/176(M)	5/32(M50+)	NORTH WALES ROAD RUNNERS	41:20	41:22	45th	+8:44
69	Iwan Evans	45/176(M)	12/45(M40+)	NORTH WALES ROAD RUNNERS	41:25	41:27	46th	+8:49
10	Emma Alofs	2/115(F)	2/35(FSENIOR)	CYBI STRIDERS	41:30	41:32	47th	+1:04
116	Nick Houghton	46/176(M)	6/32(M50+)	CYBI STRIDERS	41:30	41:32	48th	+8:54
78	Paul Garstang	47/176(M)	1/20(M60+)	GOG TRIATHLON CLUB	41:30	41:33	49th	+8:54
273	Osian Thomas	48/176(M)	25/67(MSENIOR)		41:47	41:51	50th	+9:11
130	Adam Hunt	49/176(M)	26/67(MSENIOR)	ERYRI HARRIERS	41:52	41:58	51st	+9:16
136	Llion Iwan	50/176(M)	7/32(M50+)	ERYRI HARRIERS	42:03	42:05	52nd	+9:27
77	Ben Garnett	51/176(M)	27/67(MSENIOR)	ABERGELE HARRIERS	42:11	42:14	53rd	+9:35
131	Dylan Huws	52/176(M)	2/20(M60+)	ERYRI HARRIERS	42:29	42:31	54th	+9:53
155	Elgan Jones	53/176(M)	28/67(MSENIOR)		42:31	42:40	55th	+9:55
73	William Evans	54/176(M)	13/45(M40+)	NORTH WALES ROAD RUNNERS	42:56	42:58	56th	+10:20
310	Richie Williams	55/176(M)	8/32(M50+)	CYBI STRIDERS	42:55	43:00	57th	+10:19
142	Anthony Jones	56/176(M)	29/67(MSENIOR)	GOG TRIATHLON CLUB	42:54	43:02	58th	+10:18
168	Neal Jones	57/176(M)	30/67(MSENIOR)	COLWYN BAY AAC	43:08	43:11	59th	+10:32
242	Gwydion Roberts	58/176(M)	31/67(MSENIOR)		43:11	43:17	60th	+10:35
118	Ben Hudson	59/176(M)	14/45(M40+)	NORTH WALES ROAD RUNNERS	43:15	43:18	61st	+10:39
317	Gruff Williams	60/176(M)	5/9(MJUNIOR)		43:32	43:42	62nd	+10:56
251	Edward Sanders	61/176(M)	32/67(MSENIOR)	CYBI STRIDERS	43:42	43:46	63rd	+11:06

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
138	Gruff John	62/176(M)	33/67(MSENIOR)		43:38	43:47	64th	+11:02
43	Trystan Dafydd	63/176(M)	34/67(MSENIOR)		43:42	43:50	65th	+11:06
82	Andy Goater	64/176(M)	9/32(M50+)	BETSI RUNAWAYS	43:47	43:54	66th	+11:11
67	Arwel Evans	65/176(M)	35/67(MSENIOR)		43:51	43:55	67th	+11:15
305	Owen Williams	66/176(M)	6/9(MJUNIOR)		43:35	43:56	68th	+10:59
202	Ian Mulligan	67/176(M)	10/32(M50+)	CYBI STRIDERS	43:58	44:06	69th	+11:22
219	Nathan Charles Price	68/176(M)	36/67(MSENIOR)		44:08	44:13	70th	+11:32
79	Jake Geoghan	69/176(M)	37/67(MSENIOR)		44:06	44:22	71st	+11:30
2	Arwel Lewis	70/176(M)	3/20(M60+)	ERYRI HARRIERS	44:26	44:28	72nd	+11:50
197	Rhys Morgan	71/176(M)	38/67(MSENIOR)		44:14	44:34	73rd	+11:38
85	Aled Griffith	72/176(M)	39/67(MSENIOR)		44:28	44:37	74th	+11:52
224	Mike Race	73/176(M)	4/20(M60+)	SALFORD MET AC	44:28	44:40	75th	+11:52
91	Greg Grundy	74/176(M)	15/45(M40+)	COLWYN BAY AAC	44:39	44:42	76th	+12:03
36	Emma Collins	3/115(F)	1/7(F60+)	DENBIGH HARRIERS	44:41	44:44	77th	+4:15
71	Rhodri Evans	75/176(M)	40/67(MSENIOR)		44:37	44:47	78th	+12:01
308	Rhodri Williams	76/176(M)	41/67(MSENIOR)		44:46	44:50	79th	+12:10
145	Carwyn Jones	77/176(M)	42/67(MSENIOR)		44:46	44:50	80th	+12:10
248	Steven Roberts	78/176(M)	11/32(M50+)	NORTH WALES ROAD RUNNERS	44:57	45:01	81st	+12:21
262	Gareth Southworth	79/176(M)	12/32(M50+)	CYBI STRIDERS	45:01	45:07	82nd	+12:25
274	Sion Thomas	80/176(M)	16/45(M40+)	NORTH WALES ROAD RUNNERS	45:23	45:25	83rd	+12:47
125	Megan Hughes	4/115(F)	1/39(F40+)	ERYRI HARRIERS	45:26	45:30	84th	+5:00
119	Sarah Hudson	5/115(F)	2/39(F40+)	NORTH WALES ROAD RUNNERS	45:37	45:40	85th	+5:11
216	Rhys Parry	81/176(M)	17/45(M40+)	SEILO SPRINTERS	45:25	45:40	86th	+12:49
156	Elin Jones	6/115(F)	3/35(FSENIOR)		45:38	45:42	87th	+5:12
89	Llio Griffiths	7/115(F)	4/35(FSENIOR)	RHEDWYR HEOG RUNNERS	45:36	45:44	88th	+5:10
174	Zoë Jones	8/115(F)	5/35(FSENIOR)	CYBI STRIDERS	45:43	45:47	89th	+5:17
3	Rhys Ab Elwyn	82/176(M)	13/32(M50+)		45:48	45:53	90th	+13:12
320	Laura McKenzie	9/115(F)	3/39(F40+)	BETSI RUNAWAYS	45:51	45:57	91st	+5:25
291	Christopher Williams	83/176(M)	5/20(M60+)	COLWYN BAY AAC	45:56	46:00	92nd	+13:20
106	Ioan Hartleb	84/176(M)	43/67(MSENIOR)		45:44	46:00	93rd	+13:08
194	Luke Mitchell	85/176(M)	44/67(MSENIOR)		45:42	46:03	94th	+13:06
182	Mared Llywelyn	10/115(F)	6/35(FSENIOR)		45:59	46:08	95th	+5:33

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
245	Philippa Roberts	11/115(F)	1/29(F50+)	BETSI RUNAWAYS	45:55	46:10	96th	+5:29
199	Karl Morris	86/176(M)	18/45(M40+)	NORTH WALES ROAD RUNNERS	46:09	46:12	97th	+13:33
124	Mali Hughes	12/115(F)	7/35(FSENIOR)		46:05	46:15	98th	+5:39
187	Joy Martin	87/176(M)	19/45(M40+)		46:07	46:19	99th	+13:31
32	Paul Cassidy	88/176(M)	20/45(M40+)		46:14	46:21	100th	+13:38
301	Kevin Williams	89/176(M)	21/45(M40+)		46:22	46:26	101st	+13:46
214	Andrew Parker	90/176(M)	22/45(M40+)		46:27	46:31	102nd	+13:51
207	Dave Owen	91/176(M)	45/67(MSENIOR)		46:28	46:34	103rd	+13:52
196	Helen Morgan	13/115(F)	4/39(F40+)	ERYRI HARRIERS	46:31	46:37	104th	+6:05
241	Emlyn Roberts	92/176(M)	14/32(M50+)	ERYRI HARRIERS	46:41	46:45	105th	+14:05
14	Bev Atkin	14/115(F)	5/39(F40+)	RHEDWYR HEOG RUNNERS	46:47	46:54	106th	+6:21
252	Andrew Savage	93/176(M)	15/32(M50+)	BEAUMARIS TOWN ROAD RUNNERS	46:47	46:54	107th	+14:11
172	Rhian Jones	15/115(F)	6/39(F40+)	ERYRI HARRIERS	46:52	46:59	108th	+6:26
148	Dilwyn Rowlands	94/176(M)	16/32(M50+)	ERYRI HARRIERS	46:52	47:00	109th	+14:16
268	Ian Taylor	95/176(M)	17/32(M50+)	COLWYN BAY AAC	47:05	47:08	110th	+14:29
166	Llinos Jones	16/115(F)	7/39(F40+)		47:02	47:10	111th	+6:36
314	Nia Wright Morgan	17/115(F)	8/39(F40+)	CYBI STRIDERS	47:01	47:12	112th	+6:35
203	Simon Nixon	96/176(M)	6/20(M60+)	DENBIGH HARRIERS	47:10	47:13	113th	+14:34
261	Mike Snell	97/176(M)	7/20(M60+)	ERYRI HARRIERS	46:59	47:14	114th	+14:23
311	Sonia Williams	18/115(F)	8/35(FSENIOR)	CYBI STRIDERS	47:07	47:18	115th	+6:41
217	William Peel	98/176(M)	46/67(MSENIOR)	CYBI STRIDERS	47:04	47:18	116th	+14:28
160	Gwion Jones	99/176(M)	47/67(MSENIOR)		47:10	47:23	117th	+14:34
63	Catrin Elis	19/115(F)	9/35(FSENIOR)		47:37	47:42	118th	+7:11
87	Marcus Griffith	100/176(M)	23/45(M40+)		47:36	47:42	119th	+15:00
221	Jordan Pritchard	101/176(M)	48/67(MSENIOR)		47:46	47:53	120th	+15:10
300	Kelvin Williams	102/176(M)	24/45(M40+)		47:39	48:00	121st	+15:03
101	Richard Hankinson	103/176(M)	8/20(M60+)	MEIRIONNYDD RUNNING CLUB	48:01	48:09	122nd	+15:25
246	Siôn Llyr Roberts	104/176(M)	49/67(MSENIOR)	CYBI STRIDERS	47:57	48:12	123rd	+15:21
249	Ian Robson	105/176(M)	9/20(M60+)		48:16	48:21	124th	+15:40
96	Mei Gwilym	106/176(M)	25/45(M40+)		48:20	48:29	125th	+15:44
137	Alaw Japheth	20/115(F)	9/39(F40+)		48:24	48:30	126th	+7:58
66	Ifan Emyr	107/176(M)	50/67(MSENIOR)		48:53	49:08	127th	+16:17

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
288	Arwyn Williams	108/176(M)	18/32(M50+)		48:49	49:08	128th	+16:13
151	Ela Catrin Jones	21/115(F)	10/35(FSENIOR)		49:01	49:09	129th	+8:35
304	Martin Williams	109/176(M)	26/45(M40+)		49:05	49:10	130th	+16:29
159	Gareth Jones	110/176(M)	27/45(M40+)	LLAMWYR LLYN STRIDERS	49:15	49:23	131st	+16:39
29	Shaun Wyn Brown	111/176(M)	51/67(MSENIOR)		49:26	49:31	132nd	+16:50
263	Iwan Stanley Jones	112/176(M)	7/9(MJUNIOR)		49:30	49:39	133rd	+16:54
56	Steve Dutton	113/176(M)	28/45(M40+)	GOG TRIATHLON CLUB	49:32	49:39	134th	+16:56
108	Steve Hawthornthwaite	114/176(M)	10/20(M60+)		49:45	49:48	135th	+17:09
315	Nicola Wylie	22/115(F)	2/29(F50+)	NORTH WALES ROAD RUNNERS	49:46	49:49	136th	+9:20
240	Elgan Roberts	115/176(M)	29/45(M40+)		49:41	49:51	137th	+17:05
72	Wendi Evans	23/115(F)	2/7(F60+)	ERYRI HARRIERS	49:49	49:54	138th	+9:23
253	Darren Seeney	116/176(M)	19/32(M50+)	CYBI STRIDERS	49:45	49:57	139th	+17:09
298	Kate Williams	24/115(F)	11/35(FSENIOR)		49:50	50:00	140th	+9:24
171	Rheinallt Jones	117/176(M)	52/67(MSENIOR)	GLASGOW FRONT RUNNERS	49:52	50:10	141st	+17:16
16	Simeon Bale	118/176(M)	53/67(MSENIOR)		49:59	50:19	142nd	+17:23
185	Steve Magee	119/176(M)	20/32(M50+)		50:09	50:28	143rd	+17:33
211	Tomos Owen	120/176(M)	8/9(MJUNIOR)		50:10	50:32	144th	+17:34
306	Paul Williams	121/176(M)	30/45(M40+)	CYBI STRIDERS	50:17	50:33	145th	+17:41
74	William Evans	122/176(M)	21/32(M50+)	ERYRI HARRIERS	50:29	50:33	146th	+17:53
170	Pete Jones	123/176(M)	22/32(M50+)	CYBI STRIDERS	50:18	50:34	147th	+17:42
215	Alwyn Parry	124/176(M)	31/45(M40+)	ERYRI HARRIERS	50:26	50:39	148th	+17:50
279	Phil Tracey	125/176(M)	23/32(M50+)		50:43	50:51	149th	+18:07
201	Jan Muir	25/115(F)	3/29(F50+)		51:01	51:02	150th	+10:35
120	Alaw Hughes	26/115(F)	12/35(FSENIOR)		50:59	51:10	151st	+10:33
164	Non Wyn Jones	27/115(F)	1/3(FJUNIOR)		51:05	51:10	152nd	+10:39
8	Kelly Alford	28/115(F)	13/35(FSENIOR)	NORTH WALES ROAD RUNNERS	51:05	51:14	153rd	+10:39
152	Elaine Jones	29/115(F)	4/29(F50+)		51:03	51:20	154th	+10:37
210	Rhys Owen	126/176(M)	54/67(MSENIOR)		51:10	51:22	155th	+18:34
283	Damian Utton	127/176(M)	24/32(M50+)	ALTRINCHAM DISTRICT AC	51:16	51:29	156th	+18:40
193	Elin Meirion	30/115(F)	10/39(F40+)		51:19	51:38	157th	+10:53
100	Eleri Hallam	31/115(F)	5/29(F50+)		51:33	51:39	158th	+11:07
179	Dylan Lewis	128/176(M)	32/45(M40+)		51:30	51:40	159th	+18:54

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
191	Mark Mcnamara	129/176(M)	25/32(M50+)	CYBI STRIDERS	51:31	51:43	160th	+18:55
237	Cai Roberts	130/176(M)	55/67(MSENIOR)	NORTH WALES ROAD RUNNERS	51:36	51:45	161st	+19:00
7	Jo Alexander	32/115(F)	11/39(F40+)		51:35	51:48	162nd	+11:09
61	Gruff Efans	131/176(M)	56/67(MSENIOR)		51:31	51:49	163rd	+18:55
222	Sonia Pritchard	33/115(F)	12/39(F40+)		51:44	51:51	164th	+11:18
239	Dewi Roberts	132/176(M)	57/67(MSENIOR)	CYBI STRIDERS	51:39	51:55	165th	+19:03
154	Eleri Jones	34/115(F)	6/29(F50+)		51:41	51:57	166th	+11:15
316	Malan Hughes	35/115(F)	14/35(FSENIOR)		51:50	51:58	167th	+11:24
27	Pete Brocklehurst	133/176(M)	26/32(M50+)		51:59	52:08	168th	+19:23
289	Arwyn Williams	134/176(M)	27/32(M50+)		51:53	52:09	169th	+19:17
111	Molly Hewitt	36/115(F)	15/35(FSENIOR)	ERYRI HARRIERS	52:17	52:17	170th	+11:51
150	Donna Jones	37/115(F)	13/39(F40+)	CYBI STRIDERS	52:10	52:22	171st	+11:44
75	Richard Furniss	135/176(M)	33/45(M40+)	CYBI STRIDERS	52:10	52:27	172nd	+19:34
5	Yvette Adamson	38/115(F)	14/39(F40+)	BETSI RUNAWAYS	52:18	52:33	173rd	+11:52
290	Ceirion Williams	136/176(M)	11/20(M60+)		52:32	52:38	174th	+19:56
243	Llyr Roberts	137/176(M)	58/67(MSENIOR)		52:22	52:44	175th	+19:46
52	Becky Davy	39/115(F)	16/35(FSENIOR)		52:26	52:44	176th	+12:00
318	Iona Evans	40/115(F)	17/35(FSENIOR)		52:24	52:45	177th	+11:58
267	Catherine Sutton	41/115(F)	15/39(F40+)		52:29	52:49	178th	+12:03
223	Gwenllian Pugh-Jones	42/115(F)	18/35(FSENIOR)		52:33	52:52	179th	+12:07
80	Andrew Gibson	138/176(M)	34/45(M40+)	CYBI STRIDERS	52:42	52:57	180th	+20:06
158	Emlyn Jones	139/176(M)	35/45(M40+)		52:54	52:59	181st	+20:18
157	Elin Jones	43/115(F)	19/35(FSENIOR)		52:39	52:59	182nd	+12:13
81	Gilly Glass	44/115(F)	7/29(F50+)	ERYRI HARRIERS	52:47	53:02	183rd	+12:21
59	Elis Derbyshire	140/176(M)	59/67(MSENIOR)		52:40	53:03	184th	+20:04
299	Keith Williams	141/176(M)	28/32(M50+)		52:56	53:07	185th	+20:20
110	Rhys Hearn	142/176(M)	36/45(M40+)	CLWB RUN WALES	52:54	53:10	186th	+20:18
175	Carmela Joy	45/115(F)	16/39(F40+)		53:04	53:16	187th	+12:38
325	Lisa Lympany	46/115(F)	20/35(FSENIOR)		53:15	53:22	188th	+12:49
65	Dafydd Emrys	143/176(M)	37/45(M40+)		53:19	53:32	189th	+20:43
169	Paul Jones	144/176(M)	38/45(M40+)	RHEDWYR HEOG RUNNERS	53:24	53:35	190th	+20:48
86	Hannah Griffith	47/115(F)	8/29(F50+)	NORTH WALES ROAD RUNNERS	53:37	53:47	191st	+13:11

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
104	Rhian Harper Owen	48/115(F)	9/29(F50+)	CYBI STRIDERS	53:35	53:47	192nd	+13:09
140	Alaw Jones	49/115(F)	21/35(FSENIOR)		53:39	53:48	193rd	+13:13
70	Maldwyn Evans	145/176(M)	12/20(M60+)	ERYRI HARRIERS	53:42	53:52	194th	+21:06
205	Sarah Osborne	50/115(F)	17/39(F40+)	CYBI STRIDERS	53:54	54:06	195th	+13:28
122	Brian Hughes	146/176(M)	29/32(M50+)		53:55	54:06	196th	+21:19
12	Elen Ap Robert	51/115(F)	10/29(F50+)		53:58	54:06	197th	+13:32
238	Cêt Roberts	52/115(F)	22/35(FSENIOR)		53:53	54:12	198th	+13:27
181	Elin Lewis-Griffith	53/115(F)	18/39(F40+)		54:03	54:15	199th	+13:37
24	Sam Boulton	147/176(M)	9/9(MJUNIOR)		53:59	54:20	200th	+21:23
54	Katie Doyle	54/115(F)	23/35(FSENIOR)		54:14	54:26	201st	+13:48
55	Amanda Durber	55/115(F)	19/39(F40+)		54:21	54:26	202nd	+13:55
324	Helen Hannam	56/115(F)	20/39(F40+)	NORTH WALES ROAD RUNNERS	54:38	54:41	203rd	+14:12
133	Hedydd Ioan	148/176(M)	60/67(MSENIOR)		54:39	54:43	204th	+22:03
105	Iestyn Harris	149/176(M)	13/20(M60+)	ERYRI HARRIERS	54:32	54:46	205th	+21:56
276	Lewis Thompson	150/176(M)	61/67(MSENIOR)		54:33	54:47	206th	+21:57
94	Cadi Gwilym	57/115(F)	24/35(FSENIOR)		54:44	54:52	207th	+14:18
206	Arwel Wynn Owen	151/176(M)	39/45(M40+)		54:46	54:59	208th	+22:10
286	Aled Williams	152/176(M)	40/45(M40+)		54:46	55:05	209th	+22:10
270	Ali Thomas	58/115(F)	11/29(F50+)		54:55	55:05	210th	+14:29
30	Kathryn Caine	59/115(F)	21/39(F40+)		55:01	55:11	211th	+14:35
113	Kevin Higgins	153/176(M)	14/20(M60+)	NORTH WALES ROAD RUNNERS	55:15	55:19	212th	+22:39
264	Mair Stead	60/115(F)	12/29(F50+)		55:07	55:20	213th	+14:41
135	Llinos Iorwerth	61/115(F)	13/29(F50+)		55:12	55:30	214th	+14:46
134	Elen Iorwerth	62/115(F)	25/35(FSENIOR)		55:13	55:30	215th	+14:47
292	Dewi Williams	154/176(M)	30/32(M50+)	CYBI STRIDERS	55:31	55:46	216th	+22:55
190	Catrin Mather	63/115(F)	26/35(FSENIOR)		55:39	55:49	217th	+15:13
146	Daniel Jones	155/176(M)	62/67(MSENIOR)		55:46	56:10	218th	+23:10
212	Caron Pari	64/115(F)	27/35(FSENIOR)		55:58	56:11	219th	+15:32
189	Mark Mason	156/176(M)	1/3(M70+)	NORTH WALES ROAD RUNNERS	56:08	56:17	220th	+23:32
208	Eleri Owen	65/115(F)	28/35(FSENIOR)		56:23	56:32	221st	+15:57
297	Gwyn Williams	157/176(M)	15/20(M60+)	GOODGYM RACE TEAM	56:15	56:33	222nd	+23:39
198	Adam Morris	158/176(M)	63/67(MSENIOR)		56:27	56:43	223rd	+23:51

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
165	Llinos Jones	66/115(F)	29/35(FSENIOR)		56:53	57:11	224th	+16:27
231	John Riley	159/176(M)	41/45(M40+)	CYBI STRIDERS	57:09	57:22	225th	+24:33
132	Gwenno Ifan	67/115(F)	22/39(F40+)		57:06	57:27	226th	+16:40
250	Pippa Rogers	68/115(F)	23/39(F40+)		57:14	57:34	227th	+16:48
236	Becca Roberts	69/115(F)	24/39(F40+)	ERYRI HARRIERS	57:28	57:43	228th	+17:02
230	Martyn Riddleston	160/176(M)	42/45(M40+)		57:25	57:45	229th	+24:49
117	Natalie Howson	70/115(F)	25/39(F40+)		57:36	57:47	230th	+17:10
296	Gwenllian Williams	71/115(F)	26/39(F40+)	ERYRI HARRIERS	57:38	57:57	231st	+17:12
53	Siôn Derfel	161/176(M)	64/67(MSENIOR)		57:38	57:59	232nd	+25:02
309	Rhys Williams	162/176(M)	43/45(M40+)		58:08	58:30	233rd	+25:32
47	Christopher Davies	163/176(M)	44/45(M40+)		58:26	58:32	234th	+25:50
272	Heledd Thomas	72/115(F)	27/39(F40+)		58:28	58:34	235th	+18:02
294	Gemma Williams	73/115(F)	28/39(F40+)	BEAUMARIS TOWN ROAD RUNNERS	58:19	58:36	236th	+17:53
34	Deborah Clarke	74/115(F)	14/29(F50+)		58:41	58:57	237th	+18:15
277	Rachel Threadkell	75/115(F)	15/29(F50+)	CYBI STRIDERS	58:57	59:10	238th	+18:31
295	Gwen Williams	76/115(F)	30/35(FSENIOR)		58:58	59:18	239th	+18:32
147	Debbie Jones	77/115(F)	29/39(F40+)		59:07	59:18	240th	+18:41
28	Simon Brookes	164/176(M)	31/32(M50+)		59:03	59:22	241st	+26:27
247	Sioned Roberts	78/115(F)	2/3(FJUNIOR)		59:23	59:35	242nd	+18:57
180	Ffion Lewis	79/115(F)	3/3(FJUNIOR)		59:25	59:35	243rd	+18:59
323	Steffan Nicholas	165/176(M)	65/67(MSENIOR)		59:35	59:44	244th	+26:59
97	Rhydian Gwilym	166/176(M)	66/67(MSENIOR)		59:42	59:59	245th	+27:06
109	Michael Hayton	167/176(M)	2/3(M70+)	NORTH WALES ROAD RUNNERS	59:53	1:00:01	246th	+27:17
256	Janet Sheppard	80/115(F)	16/29(F50+)	BETSI RUNAWAYS	59:52	1:00:07	247th	+19:26
233	Alison Roberts	81/115(F)	17/29(F50+)		59:48	1:00:09	248th	+19:22
186	Keirion Mansell	168/176(M)	67/67(MSENIOR)		59:51	1:00:15	249th	+27:15
44	Ann Dalbuquerque	82/115(F)	1/2(F70+)	GOG TRIATHLON CLUB	1:00:06	1:00:17	250th	+19:40
48	Gwen Davies	83/115(F)	18/29(F50+)		1:00:04	1:00:21	251st	+19:38
99	Donna Haggas	84/115(F)	30/39(F40+)		1:00:11	1:00:22	252nd	+19:45
98	Nia Gwynn Meacher	85/115(F)	19/29(F50+)		1:00:02	1:00:25	253rd	+19:36
161	Heather Jones	86/115(F)	3/7(F60+)		1:00:20	1:00:27	254th	+19:54
83	Viktor Gocs	169/176(M)	32/32(M50+)		1:00:52	1:01:07	255th	+28:16

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
144	Caren Jones	87/115(F)	20/29(F50+)		1:01:24	1:01:42	256th	+20:58
121	Becky Hughes	88/115(F)	31/39(F40+)		1:01:24	1:01:42	257th	+20:58
58	Sue Eckersley	89/115(F)	21/29(F50+)		1:01:36	1:01:56	258th	+21:10
293	Elin Williams	90/115(F)	31/35(FSENIOR)		1:01:55	1:02:17	259th	+21:29
38	Tracey Cool	91/115(F)	22/29(F50+)		1:02:05	1:02:23	260th	+21:39
209	Marina Owen	92/115(F)	32/39(F40+)		1:02:14	1:02:26	261st	+21:48
269	Victoria Taylor	93/115(F)	33/39(F40+)	NORTH WALES ROAD RUNNERS	1:02:56	1:03:06	262nd	+22:30
15	Louise Baldwin	94/115(F)	4/7(F60+)	SHROPSHIRE SHUFFLERS	1:02:52	1:03:11	263rd	+22:26
18	Pauline Basquill	95/115(F)	5/7(F60+)		1:02:52	1:03:11	264th	+22:26
51	Sue Davies	96/115(F)	34/39(F40+)		1:03:14	1:03:34	265th	+22:48
235	Aneurin Roberts	170/176(M)	16/20(M60+)		1:04:34	1:04:55	266th	+31:58
95	Malen Gwilym	97/115(F)	32/35(FSENIOR)		1:04:51	1:05:08	267th	+24:25
265	William Stewart	171/176(M)	17/20(M60+)		1:05:53	1:06:07	268th	+33:17
307	Paul Williams	172/176(M)	45/45(M40+)		1:05:52	1:06:16	269th	+33:16
204	Margaret Oliver	98/115(F)	2/2(F70+)	ERYRI HARRIERS	1:06:20	1:06:27	270th	+25:54
183	Tracy Lock	99/115(F)	23/29(F50+)		1:06:19	1:06:36	271st	+25:53
200	Rachel Morris	100/115(F)	35/39(F40+)	NORTH WALES ROAD RUNNERS	1:06:33	1:06:48	272nd	+26:07
64	Sarah Ellwood	101/115(F)	24/29(F50+)	GOG TRIATHLON CLUB	1:07:13	1:07:23	273rd	+26:47
321	Sara Sawicz	102/115(F)	33/35(FSENIOR)	CYBI STRIDERS	1:07:32	1:07:47	274th	+27:06
254	Sal Seeney	103/115(F)	25/29(F50+)	CYBI STRIDERS	1:07:33	1:07:47	275th	+27:07
192	H Mcp	104/115(F)	34/35(FSENIOR)		1:07:26	1:07:49	276th	+27:00
9	Beni Allen	105/115(F)	35/35(FSENIOR)		1:07:26	1:07:49	277th	+27:00
60	Vivienne Edwards	106/115(F)	6/7(F60+)	ERYRI HARRIERS	1:08:03	1:08:11	278th	+27:37
139	Josephine Johnson	107/115(F)	26/29(F50+)		1:09:10	1:09:31	279th	+28:44
229	Jane Richardson	108/115(F)	27/29(F50+)		1:09:11	1:09:32	280th	+28:45
226	Josie Rhisiart	109/115(F)	36/39(F40+)	MÔN MILERS	1:09:59	1:10:22	281st	+29:33
112	Sally Heywood	110/115(F)	28/29(F50+)		1:09:59	1:10:23	282nd	+29:33
260	Ian Snailham	173/176(M)	18/20(M60+)	MÔN MILERS	1:09:59	1:10:23	283rd	+37:23
303	Lucy Williams	111/115(F)	37/39(F40+)	CYBI STRIDERS	1:14:19	1:14:41	284th	+33:53
285	Branka Whitmore	112/115(F)	38/39(F40+)	BEAUMARIS TOWN ROAD RUNNERS	1:14:26	1:14:43	285th	+34:00
31	Molly Carbine	113/115(F)	36/35(FSENIOR)		1:14:28	1:14:45	286th	+34:02
177	Ilona Kurta	114/115(F)	29/29(F50+)	BETSI RUNAWAYS	1:16:13	1:16:35	287th	+35:47

2023 Ras Gwyl Felinheli

Overall Results

Bib	Name	Gender	AG	Club	Chip	Gun	O/A Pos	Gap
259	Dennis Smith	174/176(M)	3/3(M70+)		1:16:35	1:16:57	288th	+43:59
141	Amanda Jones	115/115(F)	7/7(F60+)		1:26:41	1:26:59	289th	+46:15
167	Medi Jones	116/115(F)	39/39(F40+)		1:26:41	1:27:00	290th	+46:15
173	Thomas Jones	175/176(M)	19/20(M60+)		1:34:30	1:34:56	291st	+1:01:54
103	Eilir Evans	176/176(M)	20/20(M60+)		1:34:30	1:34:56	292nd	+1:01:54

Number of records: 292