

Râs 10k Y Felinheli

29/07/2011

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	32.35	Rob Samuel	Eryri		M		1												
2	2	33.39	Gwyn Owen	Eryri		M		2												
3	321	33.56	Alun Vaughan	Eryri	L	M		3												
4	3	35.43	Jordan Evans	Eryri		M			4											
5	230	36.34	Darren Blazier	Abergele Harriers		M			5											
6	4	37.20	Christopher Evans	Eryri		M			6											
7	123	37.24	Dewi Wyn Roberts	Bro Dysynni AC		M40				1										
8	10	37.29	James Walmsley	ua		M			7											
9	136	37.35	Gareth Jones	USA		JM	1													
10	9	38.11	Rory O'Donnell	Eryri		M			8											
11	331	38.19	Chris Yorke	NWRRC		M40				2										
12	121	38.27	Thomas Bunn	Rasio Mona		M			9											
13	44	38.54	Martin Hugh Green	NWRRC		M			10											
14	181	38.57	Ben Hellfeld	ua		M40				3										
15	8	39.06	Arwel Lewis	Eryri		M50					1									
16	325	39.09	Adrian Leonard	Colwyn Bay		M			11											
17	320	39.10	Trystan Gwilym	Clwb Rygbi Caernarfon		M			12											
18	272	39.15	Irfon Rowlands	Cybi Striders		M40					4									
19	204	39.18	Jim Woodcock	Menai T + F		M50					2									
20	265	39.30	Rhys ab Elwyn	Eryri		M40					5									
21	18	39.40	Gary Porter-Jones	Eryri		M40					6									
22	245	39.41	Dylan Owen	Eryri		M40					7									
23	283	39.45	Ronald Edwards	ua		M			13											
24	43	39.56	Paul Barbier	Eryri		M40					8									
25	235	40.08	Darren Roberts	ua		M			14											
26	7	40.09	Andrea Rowlands	Eryri		F35													1	
27	130	40.13	Karl Ashworth	ua		M			15											
28	229	40.23	Iwan Lewis Jones	ua		M			16											
29	161	40.28	Gwion Owain Williams	Eryri	L	M			17											
30	217	40.40	Ian Thomas Mulligan	Colwyn Bay		M40					9									
31	274	40.43	Gwynedd Jones	ua		M			18											
32	299	40.48	Christoph Gertler	Eryri		M			19											
33	326	40.59	Gethin Jeffries	ua		M			20											
34	169	41.00	Nick Jones	Eryri		M			21											
35	333	41.00	Gavin Lawrence	ua		M			22											
36	11	41.03	Ashley Wager	Eryri		M50					3									
37	158	41.17	Patrick Cain	ua		M40					10									
38	316	41.24	John Andrew Pozzi	ua		M40					11									
39	54	41.45	Richard Durrell	ua		M			23											
40	137	41.48	Delwyn Parry	Llanbabo Hurricanes		M			24											
41	149	41.49	Guto Jones	ua		M			25											
42	315	41.54	Andrew Roberts	ua		M40					12									
43	120	41.56	James Hooton	Cybi Striders		M40					13									
44	307	42.07	Gary Williams	ua		M40					14									
45	124	42.08	Ian Jones	ua		M			26											
46	33	42.11	David Ellis	Cybi Striders		M			27											
47	206	42.20	Brian Wills	ua		M			28											
48	165	42.29	Emlyn Roberts	Eryri		M40					15									
49	23	42.30	Gwilym Davies	ua		M			29											
50	76	42.41	Wyn Roberts	ua		M40					16									
51	303	43.01	David Williams	ua		M			30											
52	247	43.25	Michael Thelwell	NWRRC		M			31											
53	106	43.27	Llyr Bryn Roberts	ua		M40					17									
54	231	43.30	Eifion Glyn Roberts	ua		M40					18									
55	14	43.33	Geraint Jones	Eryri	L	M40					19									
56	197	43.41	Michaela Lauder	Cybi Striders		F													1	
57	200	43.48	Jenny Heming	Eryri		F35													2	
58	46	43.51	Andy Jones	NWRRC		M			32											
59	209	43.55	Maldwyn Evans	Eryri		M50					4									
60	278	43.58	Sion Withers	ua		JM	2													
61	284	44.04	Ian Taylor	NWRRC		M40					20									

Safe 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			
62	160	44.05	Barry Stuart Griffith	ua		M40			21											
63	32	44.11	Emlyn Owen	ua		M		33												
64	41	44.13	Steve Farrar	Cybi Striders		M40			22											
65	260	44.14	Ian M. Rothery	Cybi Striders		M		34												
66	176	44.18	Gwion Llwyd	ua		M		35												
67	83	44.19	Dewi Bryn Griffiths	ua	L	M		36												
68	159	44.20	Michael Gashe	ua		M40			23											
69	50	44.22	John Walker	ua		M40			24											
70	80	44.24	Libby Peter	Eryri		F35													3	
71	179	44.33	Sean Gavin	NWRRC		M		37												
72	150	44.39	Aled Wyn Griffith	ua	L	M		38												
73	205	44.44	Andrew Woodcock	Menai T + F		M		39												
74	31	44.46	Christopher Thomas	Cybi Striders		M		40												
75	286	44.58	Karl Morris	NWRRC		M		41												
76	93	44.59	Jason Lee Thomas	Cybi Striders		M		42												
77	126	45.04	Tom Ashwell	ua		M40			25											
78	330	45.05	Clive Hartfall	ua	L	M60					1									
79	96	45.06	Ioan Hartleb	ua		M		43												
80	90	45.08	Seward Matwick	ua		M		44												
81	27	45.09	Morgan Evans	ua		JM	3													
82	133	45.16	Delwyn Williams	Cybi Striders		M40			26											
83	105	45.18	Dylan Bryn Roberts	ua	L	M40			27											
84	62	45.19	Emrys Lewis Jones	ua		M50				5										
85	194	45.20	Rhodri Owen	ua		M		45												
86	301	45.20	Huw Owens	CGM Fitness		M		46												
87	310	45.21	Darren Dentith	ua		M		47												
88	95	45.24	Arfon Bebb	Clwb Rygbi Caernarfon		M		48												
89	109	45.25	Roger Beech	ua		M		49												
90	154	45.39	Eurwyn Edwards	Eryri		M50				6										
91	53	45.40	Bethan Dobson Jones	Eryri		F													2	
92	295	45.57	John Owen Griffith	Cybi Striders		M50				7										
93	103	45.58	Tim Downes	ua		M40			28											
94	52	46.08	Rhydian Jones	Clwb Rygbi Caernarfon		M		50												
95	215	46.15	Rhys Edwards	ua		M		51												
96	289	46.23	Gethin Dwyfor	ua		M		52												
97	311	46.24	Arwyn Williams	Cybi Striders		M		53												
98	195	46.26	Meleri Mair Griffith	ua		F													3	
99	255	46.27	Tony Gibson	NWRRC		M50				8										
100	207	46.27	Delyth Humphreys	ua		F													4	
101	139	46.35	Stephen Henry Jones	ua		M		54												
102	86	46.41	Miranda Grant	Eryri		F													5	
103	112	46.42	Mark David Thomas	ua		M		55												
104	193	46.47	Nicholas Sewell	ua		M40			29											
105	185	46.50	Rhys Ll. Owen	ua		M		56												
106	189	46.53	Kevin Francis Smith	ua		M50				9										
107	118	46.58	Geraint Williams	Cybi Striders		M40			30											
108	266	46.59	Nicholas John Jewsbury	R.A.F.		M		57												
109	268	47.08	Tony Hill	Cybi Striders		M60					2									
110	297	47.24	Dave Owen	ua		M40			31											
111	122	47.26	Cheryl Ann Frost	ua		F35													4	
112	314	47.41	Mei Gwilym	Clwb Rygbi Caernarfon	L	M		58												
113	55	47.44	Michael Randall	ua		M40			32											
114	22	47.50	Alaw Japheth	ua		F													6	
115	277	47.58	Keith Withers	YUB		M40			33											
116	227	47.59	Simon Hooton	ua		M		59												
117	39	48.00	Ceri Morris Lane	ua		F35													5	
118	47	48.09	Alan Taylor	Mysteruns of Abergele		M50				10										
119	174	48.13	Oliver Evans	ua		M		60												
120	82	48.14	Hywel Roberts	ua		M		61												
121	163	48.17	Guto Roberts	ua	L	M		62												
122	178	48.19	Meinir Llwyd	ua		F35													6	
123	251	48.23	Kate Worthington	Eryri		F													7	
124	87	48.24	Nia Davies Williams	ua		F35													7	
125	147	48.38	Sara Parry	ua		F													8	

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		
254	213	60.21	Philip Daly	ua	L	M		85											
255	214	60.29	Malen Fflur Gwilym	ua	L	F									33				
256	128	60.31	Rebecca Roberts	Menai T + F		F									34				
257	257	60.32	Elen Wyn Parry	ua		F35										45			
258	148	60.33	Kate Keogh	Cybi Striders		F35										46			
259	226	60.34	Sonia Wignall	Abergele Harriers		F35										47			
260	256	60.45	Selina Williams	ua		F									35				
261	242	60.57	Fiona Elizabeth Wild	ua	L	F35										48			
262	145	61.06	Llio Japheth	ua	L	F									36				
263	146	61.31	Lowri Davies	ua		F									37				
264	135	62.00	Iolo Gwyn Williams	ua	L	M		86											
265	290	62.10	Jennifer Perkin	ua		F									38				
266	225	62.29	Julie Lloyd Roberts	ua		F35										49			
267	107	62.33	Gwenno Eirian Jones	ua		F									39				
268	84	62.53	Heledd Owen	ua	L	F									40				
269	180	62.54	Nerys Jones	ua		F									41				
270	203	63.02	Delyth Darlington	Colwyn Bay		F									42				
271	186	63.04	Sian Elen Williams	ua		F									43				
272	35	63.33	Julia Goodwin	ua		F35										50			
273	36	63.33	Tim Goodwin	ua		M40			48										
274	129	63.59	Sian Lewis	ua		F									44				
275	191	64.13	Frances Lewis	ua		F35										51			
276	182	64.13	Rachel Davies	ua		F35										52			
277	239	64.25	Nerys Vaughan Jones	CGM Fitness	L	F35										53			
278	30	64.36	Daniel Faulkner	ua		M		87											
279	29	64.48	Niclas Hughes	ua		M		88											
280	166	65.00	Richard Williams	ua	L	M40			49										
281	65	65.50	Lynn Roberts	ua		F35										54			
282	75	67.16	Janice Merler Edwards	ua		F35										55			
283	108	67.47	Gwenno Fflur Jarvis	ua		F35										56			
284	56	70.11	Michelle Catherine Owen	ua		F35										57			
285	57	70.11	Alan Wyn Owen	ua		M40			50										
286	270	70.34	Cliff Wilkinson	NWRRC		M70						2							
287	219	71.58	Jane Elizabeth Jones	ua		F35										58			
288	228	71.58	Jennifer Owen	ua		F35										59			
289	248	71.58	Kellyann Collins	ua		F								45					
290	152	73.18	Sally Humphreys	ua	L	F35										60			
291	101	81.52	Gwyn Roberts	ua		M60				10									
292	59	DNF	Ursula McDarren	ua		F35										61			
293	282	DNF	Sally-Anne Longman	ua		F50											8		