								19					7		1								1

Râs y Felinheli

02/07/2008

Inputs

28

	Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Lleol Local	Dynion / Men						Merched / Women					
								JM	M	M40	M50	M60	M70	JF	F	F35	F45	F50	F60
1	1	**1**	**33.08**	**Gwyn Owen**	**Eryri**	**M**			**1**										
2	2	**52**	**33.40**	**Rob Samuel**	**Bangor Uni.**	**M**			**2**										
3	3	**218**	**34.43**	**Darren Blazier**	**Abergele Harriers**	**M**			**3**										
4	4	235	35.01	Brendan Rothery	Eryri	M			4										
5	5	276	35.25	Matthew Edwin Roberts	Eryri	M			5										
6	6	226	36.18	Iain Ridgway	Eryri	M			6										
7	7	306	36.24	David Nolan	NWRR	M			7										
8	8	148	36.26	Dewi Wyn Roberts	Bro Dysynni AC	M			8										
9	9	182	36.45	Richard Wyn Williams	Eryri	M			9										
10	10	180	36.51	Paul Wathan	Eryri	M			10										
11	11	323	36.54	Trystan Gwilym	Clwb Rygbi Caernarfon	M			11										
12	12	133	37.02	Gethin Edwards	Menai T&F	M			12										
1	13	**314**	**37.03**	**Steven T. Boyton**	**Abergele Harriers**	**JM**		**1**											
13	14	297	37.24	John Kelvin Jones	Eryri	M			13										
1	15	**318**	**37.50**	**Arwel Lewis**	**Eryri**	**M40**				**1**									
14	16	112	38.21	Matthew Ashton	Abergele Harriers	M			14										
15	17	172	38.23	Dave Brown	ua	M			15										
16	18	128	38.33	Christoph Gertler	Eryri	M			16										
2	19	**280**	**38.35**	**Dylan Owen**	**Eryri**	**M40**				**2**									
3	20	**196**	**38.40**	**David Black**	**ua**	**M40**				**3**									
4	21	169	38.43	John Andrew Pozzi	ua	M40				4									
17	22	186	39.24	Kerry Blinston	NWRR	M			17										
1	23	**9**	**39.33**	**Iwan Edgar**	**Eryri**	**M50**					**1**								
5	24	5	39.47	Noel Craine	Eryri	M40				5									
18	25	245	39.55	Gareth Davies	ua	M	**L**		18										
19	26	187	39.59	Mark Jat	ua	M			19										
6	27	256	40.03	Arfon Owen	Cybi Striders	M40				6									
1	28	**237**	**40.12**	**Andrea Roberts**	**Eryri**	**F**									**1**				
2	29	**274**	**40.19**	**Barrie Wells**	**NWRR**	**M50**					**2**								
2	30	**209**	**40.20**	**Iolo Evans**	**Tim Rygbi Syr Hugh**	**JM**		**2**											
20	31	177	40.25	James Hooton	Cybi Striders	M			20										
2	32	**225**	**40.35**	**Sarah Ridgway**	**Eryri**	**F**									**2**				
21	33	304	40.38	Matthew Love	ua	M			21										
22	34	305	40.45	Arthur Connel	ua	M			22										
7	35	96	40.52	Nick Cunliffe	ua	M40	**L**			7									
23	36	162	41.05	Martin Hugh Green	ua	M			23										
8	37	319	41.07	Roy Gorres	Holland	M40				8									
24	38	132	41.09	Chris Yorke	NWRR	M			24										
25	39	222	41.10	Huw Trainor	Eryri	M			25										
1	40	**2**	**41.21**	**Emyr Davies**	**Eryri**	**M60**						**1**							
1	41	**258**	**41.33**	**Jenny Heming**	**Eryri**	**F35**										**1**			
26	42	288	41.37	Dafydd Rhydian Jones	ua	M	**L**		26										
27	43	123	41.39	Richard Scamans	ua	M			27										
9	44	124	41.41	Ian Taylor	NWRR	M40				9									
10	45	12	41.42	Richard Emlyn Roberts	Eryri	M40				10									
3	46	**109**	**41.47**	**John Owen Griffith**	**Cybi Striders**	**M50**					**3**								
11	47	281	42.02	Bill Hughes	ua	M40				11									
28	48	146	42.09	Shane Williams	ua	M			28										
3	49	**223**	**42.10**	**Jenny Brierley**	**Bangor Uni.**	**F**									**3**				
29	50	65	42.16	Austin Bowers	NWRR	M			29										
12	51	184	42.17	Ashley Wager	Eryri	M40				12									
30	52	141	32.23	Emlyn Owen	ua	M			30										
31	53	310	42.24	Gwion Llwyd	ua	M			31										
#REF!	54	33	42.28	Konrad Roberts	NWRR	M40				13									
13	55	321	42.35	Richard Bale	ua	M			32										
32	56	67	42.40	Lee Evans	Eryri	M			33										
#REF!	57	85	42.42	Ian Jones	ua	M			34										
33	58	64	42.48	Gary Porter-Jones	Eryri	M40				14									
34	59	8	42.49	Maldwyn Evans	Eryri	M40				15									
14	60	199	42.55	Stephen W. Livett	Menai T&F	M40				16									
15	61	233	42.56	Derek Weaver	Eryri	M50					4								
16	62	316	42.59	Nick Jones	ua	M			35										
4	63	238	43.01	Steffan Jones	Eryri	M40				17									
35	64	252	43.09	J. Merfyn Williams	Eryri	M40				18									
17	65	59	43.14	Geraint Williams	Cybi Striders	M40				19									
18	66	324	43.31	Wyn Trefor Jones	Clwb Rygbi Caernarfon	M			36										
19	67	81	43.33	Peter Smith	ua	M40				20									
36	68	299	43.34	Aled Wyn Griffiths	ua	JM	**L**	**3**											
20	69	40	43.38	Geraint Jones	Eryri	M40				21									
3	70	**129**	**43.53**	**David Alan Roberts**	**ua**	**M40**				22									

	Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Lleol Local	Dynion / Men						Merched / Women					
								JM	M	M40	M50	M60	M70	JF	F	F35	F45	F50	F60
21	71	244	44.02	Steve Taylor	Eryri	M40				23									
22	72	236	44.06	Ian M. Rothery	Cybi Striders	M50					5								
23	73	144	44.11	David Richard Williams	ua	M			37										
5	74	308	44.26	Russell Murray	ua	M40				24									
37	75	242	44.27	Ryan Howard	ua	M			38										
24	76	210	44.31	Luke Bartlett	Tim Rygbi Syr Hugh	JM		4											
38	77	211	44.31	Michael Downey	Tim Rygbi Syr Hugh	JM		5											
4	78	45	44.32	Dafydd Jones	ua	M			39										
5	79	195	44.38	John William Parish	Beverley A.C.	M50					6								
39	80	107	44.44	Guto Japheth Roberts	ua	M			40										
6	81	219	44.58	Kevin Higgins	NWRR	M40				25									
40	82	42	45.05	Michael Hayton	NWRR	M40				26									
25	83	41	45.09	Tony Gibson	NWRR	M40				27									
26	84	23	45.12	Graham Paul Jones	NWRR	M40				28									
27	85	250	45.27	Tom Ashwell	ua	M			41										
28	86	158	45.42	Rhion Lloyd Jones	Cybi Striders	M			42										
41	87	192	45.49	Claudette Fleming	ua	F									4				
42	88	90	46.08	Darren Dentith	ua	M			43										
4	89	135	46.13	Eurwyn Edwards	ua	M50					7								
43	90	270	46.16	Stephen P. Jones	Eryri	M50					8								
7	91	71	46.17	Trefor Hughes-Morris	ua	M40				29									
8	92	253	46.21	Robert Spotswood	Abergele Harriers	M50					9								
29	93	97	46.23	Aaron Cadwalader Evans	ua	M			44										
9	94	163	46.38	Huw Richard Jones	ua	M			45										
44	95	17	46.48	Aled Wyn Williams	ua	M			46										
45	96	7	46.50	Dei Jones	Eryri	M50					10								
46	97	131	46.57	Stephen Edwards	Eryri	M			47										
10	98	322	47.03	Gruff John	ua	JM	L	6											
47	99	194	47.09	Catrin Davies	ua	F35										2			
6	100	78	47.14	Iestyn Harris	ua	M40	L			30									
2	101	**200**	**47.16**	**Mei Gwilym**	**Clwb Rygbi Caernarfon**	**M**	L		48										
30	102	74	47.18	Kay Hatton	NWRR	F35										3			
48	103	178	47.22	Gemma Mary Morgans	Eryri	M50					11								
3	104	**140**	**47.33**	**Shaun Humphreys**	**ua**	**M**	L		49										
11	105	60	47.41	Mair Eluned	ua	F									5				
49	106	76	47.44	Gareth Eaglestone	ua	JM	L	7											
5	107	201	47.45	Gwion Williams	Tim Rygbi Syr Hugh	JM		8											
7	108	120	47.53	Phil Nelson	ua	M	L		50										
8	109	19	47.53	Nicola Dawn Sumner	ua	F35										4			
50	110	295	47.57	Phil Tracey	Cybi Striders	M40				31									
4	111	273	48.00	Rhian Jones	Eryri	F35										5			
31	112	98	48.16	John Gethin Jones	ua	M			51										
5	113	110	48.18	Tim Downes	ua	M40				32									
51	114	61	48.20	Geraint Simpson	ua	M	L		52										
32	115	173	48.22	Ian Wynne Roberts	Mysteruns	M40				33									
52	116	68	48.24	Bethan Dobson Jones	ua	F	L								6				
33	117	294	48.27	Arfon Bebb	ua	M			53										
6	118	11	48.28	Gareth Wyn Thomas	Elim Allstars	M			54										
53	119	57	48.29	Jon 'Danger' Liptrot	YUB	M			55										
54	120	317	48.34	Lee Pownall	NWRR	M40				34									
55	121	292	48.46	Dewi Bryn Griffiths	ua	M			56										
34	122	291	48.47	Rhys Aled Griffiths	ua	M			57										
56	123	230	48.54	Ioan Rhys Davies	ua	M			58										
57	124	104	48.58	John Wright	ua	M	L		59										
58	125	265	49.00	Steven D. Jones	ua	M			60										
59	126	249	49.02	Robart Keith Williams	ua	M40				35									
60	127	170	49.06	Alun Llywelyn Evans	ua	M40				36									
35	128	34	49.16	John Walker	ua	M40				37									
36	129	301	49.22	Hayley Meek	ua	F35										6			
37	130	231	49.25	Margiad Ifan	ua	F									7				
6	131	126	49.29	David Kirkham	Cybi Striders	M50					12								
7	132	92	49.34	Janet Buttitude	ua	F									8				
12	133	171	49.36	Sze Wooi Ng	ua	M	L		61										
8	134	279	49.37	Sharon Edwards	ua	F35										7			
61	135	264	49.38	Mike Pepper	Padarn Tri	M50	L				13								
7	136	79	49.46	Andrew Rosewarne	ua	M40				38									
13	137	115	49.47	William John Stewart	Cybi Striders	M40				39									
38	138	56	49.49	Sion Llewelyn Roberts	YUB	M			62										
39	139	313	50.06	O. Daniel Parry	ua	M			63										
62	140	190	50.09	Bernadette Williams	Eryri	F35	L									8			
63	141	43	50.10	Lucy Kay	ua	F35										9			
8	142	285	50.11	Jonathan Hughes	ua	JM		9											
9	143	3	50.13	Tudur Owen	ua	M40	L			40									
9	144	266	50.14	Rod Holroyd	ua	M40				41									
40	145	70	50.19	Alan Thomas	ua	M			64										

	Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Lleol Local	Dynion / Men						Merched / Women					
								JM	M	M40	M50	M60	M70	JF	F	F35	F45	F50	F60
41	146	227	50.22	Stuart Marson	NWRR	M50					14								
64	147	20	50.23	Alan Davies	NWRR	M50					15								
14	148	224	50.32	Iorwerth Roberts	Eryri	M60						2							
15	149	62	50.43	James Hardy	ua	M			65										
2	150	**168**	**50.50**	**Jill Riley**	**ua**	**F35**										10			
65	151	125	50.50	Allison Donnelly	Eryri	F35										11			
10	152	51	51.03	Michelle Gaudiose	ua	F									9				
11	153	298	51.09	Carl David Mather	ua	M50	L				16								
9	154	183	51.10	Geralllt Wyn Roberts	ua	M			66										
16	155	152	51.18	Andrew James Wright	ua	M			67										
66	156	215	51.29	Sam Jones	Tim Rygbi Syr Hugh	JM		10											
67	157	278	51.42	Gwydion Evans	ua	M			68										
10	158	166	51.43	Malcolm Taylor	Bro Dysynni AC	M60						3							
68	159	91	51.44	Gavin Lawrence	ua	M			69										
3	160	**217**	**51.46**	**Tomos Williams**	**Tim Rygbi Syr Hugh**	**JM**		11											
69	161	212	51.53	Sam Mouneimne	Tim Rygbi Syr Hugh	JM		12											
11	162	216	51.55	Steffan Parry Evans	Tim Rygbi Syr Hugh	JM		13											
12	163	39	52.10	Alan Wyn Parry	ua	M			70										
13	164	257	52.20	Margaret Oliver	Eryri	F60													1
70	165	229	52.24	Julie Owen	ua	F35										12			
1	166	**157**	**52.25**	**Joseph Hopkins**	**ua**	**M**			71										
12	167	156	52.25	Emma Woodhall	ua	F	L								10				
71	168	189	52.29	Sue Jones	Cybi Striders	F35										13			
10	169	312	52.31	Rhodri Llwyd	ua	M			72										
13	170	208	52.33	Geraint Jones	Tim Rygbi Syr Hugh	JM		14											
72	171	203	52.36	Carwyn Roberts	Tim Rygbi Syr Hugh	JM		15											
14	172	207	52.37	Daniel Griffiths	Tim Rygbi Syr Hugh	JM		16											
15	173	243	52.39	Jamie Hogan	ua	M			73										
16	174	35	52.43	Ruth Elaine Harvey	Cybi Striders	F35										14			
73	175	206	52.46	Celt Iwan	Tim Rygbi Syr Hugh	JM		17											
14	176	254	52.57	Tim Radford	ua	M40				42									
17	177	251	52.58	Emma Nock	ua	F									11				
42	178	55	53.08	Sian O'Regan	ua	F									12				
11	179	26	53.14	Paul Jones	ua	M			74										
12	180	25	53.15	Robert Leonard Jackson	NWRR	M50					17								
74	181	130	53.20	Tony Lister	NWRR	M60						4							
17	182	232	53.38	Lowri Ifan	ua	F									13				
4	183	188	53.46	Valerie Ann Edwards	ua	F50												1	
13	184	155	53.53	Philip Brown	ua	M40				43									
1	185	**307**	**53.54**	**Helen Baxandall**	**Prestatyn R.C.**	**F35**										15			
43	186	159	54.03	Carl Hagan	Cybi Striders	M			75										
15	187	149	54.05	Martin Hill	ua	M			76										
75	188	73	54.07	Fiona Murphy	ua	F35										16			
76	189	77	54.09	Susan Eaglestone	ua	F35	L									17			
16	190	309	54.12	Bethan Wyn Beech	ua	F									14				
17	191	234	54.26	Paul Williams	ua	M	L		77										
14	192	315	54.29	Dennis Smith	ua	M60						5							
77	193	89	54.43	Ceri Morris Lane	ua	F35										18			
5	194	75	54.46	Meinir Hughes	ua	F									15				
18	195	122	54.47	Idris Wynn Jones	ua	M40				44									
15	196	259	54.48	John Eirian Davies	ua	M40				45									
44	197	185	54.49	Tim Goodwin	ua	M40				46									
45	198	302	54.50	Iona Dafis	ua	F35										19			
46	199	99	54.52	Jane Prosser	ua	F35										20			
19	200	205	54.58	Trystan Dafydd	Tim Rygbi Syr Hugh	JM		18											
20	201	290	55.13	Gwenno Ifan	ua	F									16				
18	202	263	55.16	Mari Emlyn	ua	F35	L									21			
16	203	4	55.24	Wil Williams	ua	M50	L				18								
21	204	262	55.38	Emyr Wyn Roberts	ua	M40	L			47									
18	205	114	55.43	Emily Wood	Eryri	F35										22			
47	206	84	55.47	John Gareth Evans	ua	M40				48									
22	207	80	55.52	Jane Jones	ua	F35										23			
48	208	286	55.58	Calvern Garton Jones	ua	M			78										
23	209	287	56.00	Dylan Hughes	ua	M			79										
78	210	228	56.04	Eleanor Marson	ua	F									17				
79	211	311	56.28	Meinir Llwyd	ua	F35										24			
17	212	176	56.40	Sioned Mai Owen	Coesa Canna	F	L								18				
24	213	275	56.41	Neville Hughes	ua	M40				49									
18	214	10	57.00	Jason Cahill	Elim Allstars	M			80										
49	215	161	57.11	Deborah James	ua	F35										25			
80	216	93	57.12	Irdar Hughes	ua	M			81										
25	217	50	57.33	Nina Tomlin	ua	F									19				
81	218	48	57.34	John Lyon	Cybi Striders	M60						6							
19	219	221	57.35	Pascale Eichenmuller	Eryri	F									20				
6	220	72	57.36	Alan Carter	ua	M50					19								

	Safle	Rhif	Amser	Enw	Clwb	Dosb	Lleol	Dynion / Men						Merched / Women					
	Position	No	Time	Name	Club	Cat	Local	JM	M	M40	M50	M60	M70	JF	F	F35	F45	F50	F60
20	221	95	57.41	Louise Jones	ua	F50												2	
19	222	118	57.52	Simon John Stacey	ua	M			82										
2	223	**105**	**58.13**	**David Beard**	**Eryri**	**M50**					20								
82	224	134	58.26	Viv Edwards	Menai T&F	F50												3	
20	225	32	58.40	Chris Griffiths	ua	M			83										
3	226	**31**	**58.41**	**Alan Wyn Owen**	**ua**	**M**			84										
83	227	36	58.42	Bethan Bethan	ua	F35										26			
84	228	22	58.43	Enid Charles Roberts	ua	F35										27			
26	229	101	58.43	Anwen Owen	ua	F35										28			
27	230	38	59.00	Eifion Harding	ua	M50					21								
28	231	300	59.03	Alun Meirion	ua	M40	L			50									
21	232	239	59.16	Steven Roberts	ua	F35										29			
50	233	213	59.27	Hannah Hughes	Tim Rygbi Syr Hugh	JF								1					
29	234	174	59.52	Bryan Griffiths	ua	M			85										
1	235	**108**	**59.55**	**Llinos Iorwerth**	**ua**	**F35**										30			
85	236	175	60.05	Gilbert Gillan	NWRR	M50					22								
30	237	102	60.36	Mila Narainee Simpson	ua	F50												4	
22	238	54	61.01	Lisa Kirwin Jones	ua	F									21				
4	239	53	61.02	Iorwerth Jones	ua	M			86										
21	240	94	61.03	Rhys Roberts	ua	M40				51									
86	241	142	61.05	Richard Alwyn Williams	ua	M			87										
51	242	83	61.08	Marian Wyn Thomas	ua	F35										31			
87	243	121	61.40	Clare Jones	ua	F	L								22				
31	244	179	61.43	Chrissy Corner	ua	F35										32			
22	245	150	61.55	Mari Wyn Gruffydd	Cybi Striders	F50												5	
32	246	197	62.20	Avery Sandra	Cybi Striders	F50												6	
5	247	153	62.25	Cliff Wilkinson	NWRR	M70							1						
6	248	241	62.40	Francine Hogan	ua	F									23				
1	249	**49**	**62.50**	**Ceri Mulliss**	**ua**	**F**	L								24				
23	250	13	63.02	Aneurin Rhys Roberts	ua	M40				52									
24	251	277	63.08	Peter Grant	ua	M40				53									
52	252	320	63.17	Rhiannon Jones	ua	F50												7	
53	253	247	63.43	Jayne Jacobs	ua	F35										33			
7	254	198	63.44	Carol C. Livett	Menai T&F	F35										34			
33	255	202	63.48	Stuart Williams	Tim Rygbi Syr Hugh	JM		19											
34	256	103	63.50	Kevin Williams	CHAMPION 103	M40				54									
19	257	127	63.54	Diana Brook	ua	F35										35			
54	258	82	64.01	Iris B. Roberts	ua	F35										36			
35	259	106	64.24	Selina Williams	ua	F									25				
36	260	282	65.11	Helen Jones	ua	F35										37			
25	261	284	65.11	Rosie Hughes	ua	F35										38			
37	262	21	65.19	Lynn Roberts	ua	F35										39			
38	263	240	65.45	Lucy Fox	ua	F									26				
39	264	165	66.12	Huw McDarren	ua	M40				55									
26	265	261	66.37	Nicola Williams	ua	F35										40			
55	266	14	66.43	Ann P. Hill	ua	F50	L											8	
40	267	255	66.55	Rebecca Roberts	ua	F									27				
8	268	293	67.17	Angharad Llwyd	ua	F									28				
27	269	260	67.18	Fiona Wild	ua	F35	L									41			
28	270	154	67.33	Linda Mayall Jones	ua	F50												9	
41	271	164	67.50	Ursula McDarren	ua	F35										42			
9	272	167	67.55	Efan Milner	ua	M			88										
42	273	18	68.27	Tracey Lock	ua	F35										43			
88	274	272	70.39	Eurig Evans	ua	M50					23								
43	275	160	70.39	Elfyn Evans	ua	M50					24								
23	276	268	72.02	Diane Jones	ua	F35										44			
24	277	269	72.03	Mark Lee	ua	M			89										
44	278	246	72.32	Robin Jacobs	ua	M40				56									
89	279	145	73.41	Nicola Owens	ua	F									29				
56	280	289	74.02	Peter William Davey	ua	M			90										
29	281	69	80.13	Christopher Hugh Thomas	ua	M60						7							
90	282	113	82.05	Jamie Ashton	Abergele Harriers	F									30				
7	283	147	82.05	Sara Cassidy-McIlveen	ua	F									31				