

2015 Felinheli 10K

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Local 5K	Position	Gun Time	Position	Club
3	Matthew	Roberts	M	1	MSEN	1	00:16:28	1	00:32:33	1	Eryri Harriers
354	Russel	Bentley	M	2	MSEN	2	00:16:28	2	00:32:51	2	Eryri Harriers
1	Rob	Samuel	M	3	MSEN	3	00:16:38	3	00:33:23	3	Eryri Harriers
4	Gwyn	Owen	M	4	MSEN	4	00:17:11	5	00:34:10	4	Eryri Harriers
326	John	Spill	M	5	JM	1	00:16:50	4	00:34:28	5	Eryri Harriers
259	Ryan	Roberts	M	6	MSEN	5	00:17:39	6	00:35:23	6	Cybi Striders
227	John	Ford	M	7	M40	1	00:18:38	7	00:37:02	7	N.W.R.R.C.
322	Hugh	ODonnell	M	8	MSEN	6	00:18:45	8	00:37:19	8	Eryri Harriers
76	Karl	Ashworth	M	9	MSEN	7	00:19:02	10	00:37:43	9	
356	John	Rowley	M	10	MSEN	8	00:19:08	12	00:37:51	10	Eryri Harriers
228	Rhys	Cross	M	11	MSEN	9	00:19:00	9	00:37:52	11	Eryri Harriers
80	Irfon	Rowlands	M	12	M40	2	00:19:14	14	00:38:09	12	Cybi Striders
283	Shaun	Davies	M	13	MSEN	10	00:19:13	13	00:38:14	13	Eryri Harriers
14	Craig	Jones	M	14	M40	3	00:19:31	16	00:38:40	14	Eryri Harriers
333	Phil	Lynes	M	15	MSEN	11	00:19:24	15	00:38:50	15	
26	Chris	Yorke	M	16	M40	4	00:19:03	11	00:39:03	16	N.W.R.R.C.
9	Darren	Blazier	M	17	M40	5	00:19:36	17	00:39:07	17	Abergele Harriers
246	Malcolm Wyn	Davies	M	18	MSEN	12	00:19:44	18	00:39:18	18	Rhedwyr Criccieth
27	Gruffudd	Parry Stead	M	19	JM	2	00:19:44	19	00:39:28	19	
10	Huw	Owen	M	20	MSEN	13	00:19:46	20	00:39:35	20	Eryri Harriers
208	Noel	Craine	M	21	M50	1	00:19:59	22	00:39:40	21	Eryri Harriers
338	Jason	Thomas	M	22	M40	6	00:19:47	21	00:39:46	22	
75	Emlyn	Owen	M	23	M40	7	00:20:24	27	00:40:04	23	Eryri Harriers
120	Chris	Thomas	M	24	MSEN	14	00:20:24	26	00:40:04	24	Cybi Striders
46	Iwan	Evans	M	25	MSEN	15	00:20:23	25	00:40:09	25	N.W.R.R.C.
12	Gwion	Williams	M	26	M40	8	00:20:29	31	00:40:13	26	Eryri Harriers
346	Dave	Smith	M	27	MSEN	16	00:20:27	30	00:40:22	27	
192	Garn	Jones	M	28	JM	3	00:20:13	23	00:40:33	28	
210	Jonathan	Tyler	M	29	MSEN	17	00:20:21	24	00:40:34	29	Eryri Harriers
168	Ifan Dafydd	Jones	M	30	MSEN	18	00:20:26	29	00:40:49	30	Eryri Harriers
157	Ben	Hellfeld	M	31	M40	9	00:20:46	33	00:40:57	31	
286	Mat	Leonard	M	32	M40	10	00:20:42	32	00:40:57	32	
5	Arwel	Lewis	M	33	M50	2	00:20:51	35	00:40:59	33	Eryri Harriers
336	Meurig	Parry	M	34	MSEN	19	00:21:03	41	00:41:11	34	
112	Robert	Bradley	M	35	MSEN	20	00:20:48	34	00:41:16	35	
319	Steffan	Evans	M	36	MSEN	21	00:20:55	37	00:41:22	36	Eryri Harriers
320	John Andrew	Pozzi	M	37	M50	3	00:21:10	43	00:41:35	37	
8	Gary	Porter-Jones	M	38	M40	11	00:20:25	28	00:41:37	38	Eryri Harriers
252	Bryn	Russell	M	39	MSEN	22	00:20:56	38	00:41:37	39	
7	Emlyn	Roberts	M	40	M50	4	00:21:01	40	00:41:41	40	Eryri Harriers
248	Andrew	Roberts	M	41	M50	5	00:21:14	44	00:41:51	41	
122	James	Hooton	M	42	M40	12	00:21:00	39	00:41:52	42	Cybi Striders
115	Christian	Maggs	M	43	M40	13	00:20:55	36	00:41:53	43	
119	Andy	Jones	M	44	M40	14	00:21:04	42	00:41:57	44	GOG Triathlon
310	Leon	Davies	M	45	MSEN	23	00:21:23	48	00:41:58	45	N.W.R.R.C.
68	Phil	Targett	M	46	M40	15	00:21:21	45	00:41:59	46	Eryri Harriers
103	Gareth Wyn	Williams	M	47	M40	16	00:21:41	54	00:42:00	47	
352	Adam	Jones	M	48	MSEN	24	00:21:23	49	00:42:33	48	
63	David	Ellis	M	49	MSEN	25	00:21:34	51	00:42:33	49	Cybi Striders
55	Kevin	Slattery	M	50	M60	1	00:21:23	47	00:42:44	50	N.W.R.R.C.
254	David R.	Williams	M	51	M40	17	00:21:57	59	00:42:44	51	
17	Iwan	Edgar	M	52	M50	6	00:21:21	46	00:43:03	52	Eryri Harriers
196	Mark	Hadley	M	53	M40	18	00:21:44	56	00:43:04	53	Cybi Striders
231	Thomas	Wilkinson	M	54	MSEN	26	00:21:31	50	00:43:06	54	
242	Rhys	ab Elwyn	M	55	M50	7	00:21:42	55	00:43:14	55	Eryri Harriers
253	Sion	Edwards	M	56	MSEN	27	00:21:39	53	00:43:22	56	
216	Ian	Gill	M	57	M50	8	00:22:15	65	00:43:24	57	
50	Steven Paul	Roberts	M	58	M50	9	00:21:48	58	00:43:32	58	N.W.R.R.C.
184	Paul	Carter	M	59	M40	19	00:22:13	64	00:43:32	59	Bangor Uni AC
315	Elliw	Haf	F	1	FSEN	1	00:21:47	57	00:43:36	60	Eryri Harriers
273	Llyr	Rees	M	60	M40	20	00:22:17	66	00:43:46	61	
337	Kieran	Lewis	M	61	MSEN	28	00:22:02	61	00:43:47	62	
226	Andrew	Gannon	M	62	M50	10	00:22:23	69	00:43:50	63	Menai T&F
288	Emrys	Jones	M	63	M50	11	00:22:07	63	00:43:59	64	Cybi Striders
69	Christopher	Hughes	M	64	MSEN	29	00:22:04	62	00:44:09	65	
73	Ian	Taylor	M	65	M40	21	00:22:20	68	00:44:16	66	Colwyn Bay A.C.
206	Ben	Pegler	M	66	MSEN	30	00:22:20	67	00:44:16	67	
330	Nia Cerys	Gwynn	F	2	FSEN	2	00:22:36	75	00:44:21	68	
264	Gemma	Brown	F	3	FSEN	3	00:22:41	78	00:44:26	69	N.W.R.R.C.
159	Louise	Beetlestone	F	4	FSEN	4	00:22:29	71	00:44:37	70	Eryri Harriers
18	Megan Lynne	Hughes	F	5	FSEN	5	00:22:30	72	00:44:41	71	Eryri Harriers
211	Dean	Allison	M	67	MSEN	31	00:21:36	52	00:44:43	72	N.W.R.R.C.
359	Emlyn	Roberts	M	68	MSEN	32	00:21:58	60	00:44:49	73	
164	Sion	Griffiths	M	69	M40	22	00:22:33	73	00:44:51	74	Cybi Striders
291	Phillip Sion	Davies	M	70	MSEN	33	00:23:09	88	00:44:55	75	
98	Owen Gethin	Evans	M	71	MSEN	34	00:22:43	79	00:45:09	76	Prestatyn R.C.
266	Charlotte	Pollock	F	6	FSEN	6	00:23:10	89	00:45:26	77	
358	Deian Wyn	Williams	M	72	JM	4	00:23:04	84	00:45:27	78	Eryri Harriers
285	David Paul	Billington	M	73	MSEN	35	00:22:26	70	00:45:27	79	Cybi Striders
90	Eurwyn	Edwards	M	74	M60	2	00:23:09	87	00:45:28	80	Eryri Harriers
176	Carwyn Llewelyn	Davies	M	75	MSEN	36	00:23:32	101	00:45:33	81	
349	Lindsey	Jones	F	7	FSEN	7	00:23:01	83	00:45:33	82	
91	Ben	Hudson	M	76	MSEN	37	00:22:53	80	00:45:34	83	N.W.R.R.C.
30	Dylan	Huws	M	77	M50	12	00:22:34	74	00:45:36	84	
29	Lizzie	Irvine	F	8	FSEN	8	00:23:00	82	00:45:39	85	
175	Dewi Bryn	Griffiths	M	78	MSEN	38	00:23:46	107	00:45:47	86	
212	Iestyn	Lloyd	M	79	MSEN	39	00:23:23	94	00:45:49	87	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Local	5K	Position	Gun Time	Position	Club
312	Darren	Griss	M	80	MSEN	40		00:23:06	86	00:45:50	88	N.W.R.R.C.
179	Richard	Jones	M	81	MSEN	41		00:22:38	77	00:45:50	89	
93	Jamie	Thrush	M	82	MSEN	42		00:23:06	85	00:45:55	90	
297	Andrew	Parsons	M	83	MSEN	43		00:23:47	108	00:45:57	91	
148	Rafael	Hernandez	M	84	M40	23	L	00:23:28	98	00:46:00	92	
287	Ashley	Wager	M	85	M50	13		00:23:15	90	00:46:01	93	Eryri Harriers
201	Gwion	Llwyd	M	86	MSEN	44		00:24:09	113	00:46:07	94	
100	Dylan	Owen	M	87	MSEN	45	L	00:23:45	105	00:46:07	95	C.P.Felinheli
116	Ian Wyn	Edwards	M	88	MSEN	46		00:22:36	76	00:46:20	96	
121	John	Walker	M	89	M40	24		00:22:55	81	00:46:21	97	N.W.R.R.C.
321	Lucy	O'Donnell	F	9	FSEN	9		00:23:34	102	00:46:24	98	Eryri Harriers
188	Kevin Mark	Williams	M	90	MSEN	47		00:23:23	95	00:46:25	99	
108	Emyr	Gibson	M	91	MSEN	48		00:23:31	100	00:46:33	100	Eryri Harriers
219	Russ	Cheetham	M	92	M40	25		00:23:30	99	00:46:45	101	Prestatyn R.C.
250	Gruff	John	M	93	MSEN	49	L	00:23:46	106	00:47:01	102	CPD Y Felinheli
343	Stephen Anthony	Price-Jones	M	94	MSEN	50		00:23:27	97	00:47:03	103	N.W.R.R.C.
67	Aled	Davies	M	95	MSEN	51		00:23:22	92	00:47:11	104	Bois y Werin
104	Helen	Blair	F	10	F40	1		00:23:22	93	00:47:14	105	Eryri Harriers
256	Tim	Downes	M	96	M50	14		00:23:23	96	00:47:17	106	
174	Rhys Aled	Griffiths	M	97	MSEN	52		00:24:18	117	00:47:17	107	
318	Aled	Emyr	M	98	MSEN	53	L	00:24:01	110	00:47:25	108	CPD Y Felinheli
324	Hannah	Jones	F	11	FSEN	10		00:24:14	115	00:47:28	109	Betsi Runaways
193	Menna	Jones	F	12	F40	2		00:24:00	109	00:47:40	110	
236	Richard	Williams	M	99	M40	26	L	00:24:32	124	00:47:46	111	
185	Marie	Perrin	F	13	F40	3		00:24:04	112	00:47:47	112	
11	Chris	Birch	F	14	F60	1		00:24:03	111	00:47:50	113	Abergele Harriers
178	Meurig Owen	Rowlands	M	100	M40	27		00:23:39	103	00:48:04	114	
281	Kevin	Higginns	M	101	M50	15		00:24:30	122	00:48:06	115	N.W.R.R.C.
171	Harri Gwynn	Roberts	M	102	M50	16		00:24:18	118	00:48:07	116	Eryri Harriers
202	Glenn	Barnett	M	103	M40	28		00:24:24	119	00:48:11	117	N.W.R.R.C.
332	Daniel	Hennessey	M	104	M40	29		00:24:50	128	00:48:20	118	Beaumaris Town R.R.
62	Sian	Ellis	F	15	FSEN	11		00:24:34	125	00:48:22	119	Cybi Striders
39	Merfyn Pierce	Jones	M	105	M40	30		00:24:10	114	00:48:33	120	
52	Mair	Eluned	F	16	FSEN	12		00:24:27	120	00:48:34	121	
209	Arwyn	Williams	M	106	M40	31		00:23:40	104	00:48:38	122	
149	Mei	Gwilym	M	107	MSEN	54	L	00:24:43	127	00:48:42	123	
23	David Wyn	Jones	M	108	M40	32	L	00:24:53	132	00:48:48	124	
269	Sally	Hoyle	F	17	FSEN	13		00:24:50	129	00:49:00	125	
131	Jamie	Harris	M	109	MSEN	55		00:24:37	126	00:49:05	126	
234	Dale	Falgate	M	110	MSEN	56	L	00:24:57	134	00:49:07	127	
44	David	Gardner	M	111	M70	1		00:24:53	130	00:49:08	128	N.W.R.R.C.
351	Craig	Jowitt	M	112	MSEN	57		00:24:16	116	00:49:08	129	Beaumaris Town R.R.
331	Rhys Lloyd	Owen	M	113	M40	33		00:24:53	133	00:49:10	130	
123	Jon	Evans	M	114	M40	34		00:25:59	164	00:49:18	131	N.W.R.R.C.
199	Chris	Trotman	M	115	MSEN	58		00:24:53	131	00:49:26	132	
97	Claire	Bishop	F	18	FSEN	14		00:24:31	123	00:49:26	133	Betsi Runaways
111	Euryn	Williams	M	116	M50	17		00:25:29	149	00:49:32	134	
263	Terry	Morris	M	117	M40	35		00:25:05	140	00:49:44	135	Bentham Beagles
19	Kay	Hatton	F	19	F50	1		00:25:14	143	00:49:46	136	N.W.R.R.C.
328	Dylan	Lewis	M	118	MSEN	59	L	00:25:02	137	00:49:52	137	
106	Neil	Thomas	M	119	M50	18		00:25:19	146	00:49:53	138	
38	Alaw	Japheth	F	20	FSEN	15		00:25:39	153	00:49:54	139	Llamwyr Llyn
94	Joni	Stubbs-Thrush	F	21	FSEN	16		00:24:59	135	00:49:55	140	
224	Esther Jane	Owen	F	22	FSEN	17		00:24:28	121	00:49:56	141	
314	Llinos	Greenhalgh	F	23	FSEN	18		00:25:02	136	00:49:57	142	Eryri Harriers
105	Rhys	Owain	M	120	M40	36		00:25:03	138	00:49:58	143	
82	David Andrew	Thomas	M	121	M40	37		00:25:16	145	00:50:02	144	Cybi Striders
177	Rachael	Perrin	F	24	FSEN	19		00:25:39	152	00:50:06	145	
79	Jake	Highley	M	122	JM	5		00:23:20	91	00:50:11	146	YUB
309	Brian	Robbins	M	123	M70	2		00:25:16	144	00:50:14	147	Eryri Harriers
214	Chris	Hoult	M	124	M40	38		00:25:07	142	00:50:17	148	Parafit Hoplites
213	Val	Edwards	F	25	F60	2		00:26:03	166	00:50:18	149	
339	Gwyn	Evans	M	125	M50	19		00:25:26	148	00:50:19	150	Eryri Harriers
313	Carl	Bragan	M	126	M40	39		00:25:47	157	00:50:25	151	
83	Richard	Owen	M	127	M50	20		00:25:07	141	00:50:35	152	
251	Sue	Jones	F	26	F50	2		00:25:31	150	00:50:44	153	Cybi Striders
40	Eleri Lewis	Jones	F	27	F40	4		00:26:20	172	00:50:47	154	
151	Gareth Wyn	Jones	M	128	MSEN	60		00:25:04	139	00:50:49	155	
292	Miriam Haf	Parry	F	28	FSEN	20		00:25:51	159	00:50:50	156	
78	Gwilym John	Williams	M	129	M60	3		00:26:28	174	00:50:53	157	
81	Elen Haf	Jones	F	29	FSEN	21		00:25:53	161	00:51:04	158	Cybi Striders
255	Paul Carwyn	Jones	M	130	MSEN	61		00:25:44	155	00:51:13	159	
307	Karen	Soley	F	30	F40	5		00:25:48	158	00:51:18	160	
279	Sion Rhys	Roberts	M	131	MSEN	62		00:26:12	169	00:51:20	161	Cybi Striders
139	Amy	Hassett	F	31	FSEN	22		00:25:53	160	00:51:24	162	
317	Iestyn	Harris	M	132	M50	21	L	00:25:43	154	00:51:32	163	
345	Josh	Boswell	M	133	MSEN	63		00:25:26	147	00:51:35	164	Beaumaris Town R.R.
147	Ashley	Vaughan	M	134	M40	40	L	00:25:55	163	00:51:43	165	
340	Dafydd	Lewis	M	135	MSEN	64		00:26:11	168	00:51:44	166	
35	Graham	Jones	M	136	M50	22		00:26:15	170	00:51:55	167	N.W.R.R.C.
158	Gwenan Eleri	Evans	F	32	FSEN	23		00:26:44	181	00:52:01	168	
293	Ffrancon	Williams	M	137	M50	23		00:26:46	183	00:52:05	169	
257	Gwennan	Jonesw	F	33	FSEN	24		00:26:23	173	00:52:12	170	
305	Ben	Hares	M	138	MSEN	65		00:26:01	165	00:52:13	171	
49	Meilyr	Emrys	M	139	MSEN	66		00:26:06	167	00:52:13	172	
154	Hannah	Griffith	F	34	F40	6		00:26:16	171	00:52:21	173	N.W.R.R.C.
247	Gareth Bryn	Jones	M	140	MSEN	67		00:25:31	151	00:52:22	174	Rhedwyr Criccieth
92	Cheryl Ann	Frost	F	35	F40	7		00:26:36	176	00:52:35	175	N.W.R.R.C.
6	Lowri	Jones	F	36	JF	1		00:25:46	156	00:52:36	176	Eryri Harriers

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70	Jason	Cahill	M	141	M40	41		00:26:43	179	00:52:37	177	Elim Citroen
152	Julia	Wane	F	37	F40	8		00:26:54	187	00:52:38	178	
77	Eifion	Harding	M	142	M50	24		00:25:53	162	00:52:40	179	Clwb Rygbi Caernarfon
235	Sion Rhys	Parry	M	143	MSEN	68	L	00:26:43	180	00:52:45	180	
138	Carole	Richardson	F	38	FSEN	25		00:26:40	178	00:52:50	181	Beaumaris Town R.R.
72	Kerry	Williams	F	39	FSEN	26		00:26:35	175	00:52:52	182	
350	Sara	Mullery	F	40	FSEN	27		00:26:51	185	00:52:54	183	Beaumaris Town R.R.
189	Amy	Pritchard	F	41	FSEN	28		00:27:00	191	00:52:55	184	Parafit Hoplites
85	Alun	Rowlands	M	144	M50	25		00:26:47	184	00:52:58	185	Cybi Striders
33	Malcolm	Jones	M	145	M60	4		00:26:39	177	00:53:15	186	Eryri Harriers
355	Steve	Hughes	M	146	M50	26		00:27:27	199	00:53:17	187	
275	Christopher	Loughlin	M	147	M50	27		00:27:32	201	00:53:23	188	
71	Deborah	Clarke	F	42	F40	9		00:27:25	198	00:53:26	189	
204	David	Jones	M	148	M40	42		00:26:53	186	00:53:33	190	
191	Llinos	Iorwerth	F	43	F40	10		00:27:00	190	00:53:39	191	
161	Dyfed	Thomas	M	149	MSEN	69		00:26:45	182	00:53:40	192	
200	Carl David	Mather	M	150	M60	5		00:26:55	188	00:53:51	193	
13	Don	Williams	M	151	M70	3		00:27:23	196	00:53:58	194	Eryri Harriers
296	Colin	Pugh	M	152	M40	43		00:27:13	194	00:54:24	195	
272	Debs	Roberts	F	44	FSEN	29		00:27:29	200	00:54:27	196	
54	Alan	Davies	M	153	M50	28		00:28:26	213	00:54:34	197	N.W.R.R.C.
276	Jano Ellen	Hughes	F	45	F40	11		00:27:48	203	00:54:36	198	
290	John	Breslaw	M	154	M40	44		00:27:24	197	00:54:37	199	N.W.R.R.C.
195	Ceri Haf	Pritchard	F	46	FSEN	30		00:26:57	189	00:54:39	200	
280	Colin	Thackray	M	155	M50	29		00:27:57	207	00:54:40	201	N.W.R.R.C.
203	Howell John	Owens	M	156	MSEN	70		00:27:16	195	00:54:46	202	
233	Clare	Loughlin	F	47	FSEN	31	L	00:27:51	205	00:54:55	203	
150	Islwyn Meredydd	Owen	M	157	M50	30	L	00:28:38	220	00:54:58	204	
303	Rhian Marian	Roberts	F	48	FSEN	32		00:27:49	204	00:54:59	205	
271	Carl	Thatcher	M	158	MSEN	71		00:28:22	211	00:55:03	206	
311	Ceri	Jones	F	49	FSEN	33		00:27:56	206	00:55:09	207	N.W.R.R.C.
32	Katherine	Wills	F	50	F50	3		00:28:35	219	00:55:18	208	
205	Sonia	Elliman	F	51	FSEN	34		00:28:11	208	00:55:28	209	
86	Rachel	Owen	F	52	FSEN	35		00:27:07	193	00:55:28	210	
74	Bryn	Roberts	M	159	M50	31		00:27:06	192	00:55:47	211	
43	Michael	Hayton	M	160	M60	6		00:28:32	217	00:55:58	212	N.W.R.R.C.
323	Alistair	McLean	M	161	MSEN	72		00:29:42	241	00:56:00	213	
198	Martin	Nevin	M	162	M40	45		00:27:47	202	00:56:09	214	
59	Debs	Jones	F	53	F50	4		00:28:17	210	00:56:15	215	Beaumaris Town R.R.
217	Maggie	Hughes	F	54	F40	12		00:28:30	214	00:56:16	216	Beaumaris Town R.R.
42	Robert John	Dodd	M	163	M40	46		00:28:34	218	00:56:24	217	
28	Mair	Stead	F	55	F40	13	L	00:28:39	221	00:56:31	218	
347	Sarah	Evans	F	56	FSEN	36		00:28:24	212	00:56:34	219	
258	Alun	Jones	M	164	M50	32		00:28:41	223	00:56:51	220	Cybi Striders
261	Carla	Lauder	F	57	FSEN	37		00:28:40	222	00:56:55	221	
134	Steffan	Thomas	M	165	MSEN	73		00:28:13	209	00:56:57	222	Rhosneigr Running Club
353	Martin	Jones	M	166	M40	47		00:29:21	237	00:57:02	223	Denbigh Harriers
66	Helen	Haider	F	58	FSEN	38		00:28:53	229	00:57:04	224	
109	Susan	Calvert	F	59	F50	5		00:28:43	225	00:57:08	225	Abergele Harriers
132	Heidi	Laverty	F	60	FSEN	39		00:28:43	224	00:57:18	226	
277	Liz	Brookes	F	61	F50	6		00:29:06	232	00:57:23	227	
166	David	Evans	M	167	M60	7		00:29:35	240	00:57:24	228	
56	Gwyndaf	Williams	M	168	M40	48		00:29:21	236	00:57:24	229	
325	Margaret	Oliver	F	62	F60	3		00:29:01	230	00:57:31	230	Eryri Harriers
230	Courtney	Lightfoot	F	63	FSEN	40	L	00:29:14	234	00:57:34	231	
180	Liz	Lindley	F	64	F40	14		00:28:53	228	00:57:37	232	
22	Karen Wyn	Jones	F	65	FSEN	41	L	00:29:50	246	00:57:41	233	
348	Benita	Griffiths	F	66	F40	15		00:28:50	227	00:57:50	234	
239	Gwenllian	John	F	67	FSEN	42	L	00:29:11	233	00:57:51	235	
334	Claire	Liversage	F	68	F40	16		00:30:02	249	00:58:27	236	Canicross Mon
141	Melanie	Guillemin	F	69	FSEN	43	L	00:30:03	251	00:58:36	237	
194	Sion Owain	Jones	M	169	M40	49		00:30:03	250	00:58:36	238	
221	Steve	Mullan	M	170	MSEN	74		00:29:44	243	00:58:43	239	
220	Jessica	Whitehead	F	70	FSEN	44		00:29:43	242	00:58:45	240	
102	Paul	Williams	M	171	MSEN	75		00:30:46	267	00:58:53	241	Team Willow
160	Kay	Roberts	F	71	FSEN	45		00:28:32	216	00:59:04	242	
186	Rebecca	Clayton	F	72	FSEN	46		00:29:28	239	00:59:06	243	
89	Viv	Edwards	F	73	F50	7		00:29:54	248	00:59:12	244	Menai T&F
215	Rosie	Frankland	F	74	F40	17		00:30:31	261	00:59:13	245	
229	Gareth	Thirsk	M	172	MSEN	76		00:29:20	235	00:59:14	246	
153	Kalvin William	Jones	M	173	M50	33		00:30:56	269	00:59:15	247	Eryri Harriers
118	Ellis	Hughes	M	174	MSEN	77		00:29:03	231	00:59:30	248	
127	Aneurin Rhys	Roberts	M	175	M50	34		00:30:11	254	00:59:30	249	
162	Irfon	Jones	M	176	M50	35		00:28:30	215	00:59:31	250	
84	William John	Stewart	M	177	M50	36		00:29:52	247	00:59:34	251	
183	Bethan	Houghton	F	75	F40	18		00:30:06	252	00:59:35	252	
2	Stephen	Edwards	M	178	M40	50		00:29:49	244	00:59:48	253	Eryri Harriers
289	Alan Wyn	Owen	M	179	M40	51		00:29:49	245	00:59:53	254	
222	Alun	Roberts	M	180	M40	52		00:28:46	226	01:00:10	255	
182	Rhian Lyn	Hughes	F	76	F50	8		00:30:10	253	01:00:11	256	
155	Lissie	Smith	F	77	FSEN	47		00:30:31	262	01:00:13	257	
144	Nia	Jenkins	F	78	FSEN	48	L	00:30:17	258	01:00:16	258	
327	Megan	New	F	79	F40	19		00:30:13	257	01:00:18	259	Abergele Harriers
274	Sharon	Roberts	F	80	F40	20		00:30:13	255	01:00:19	260	
146	Carys	Eaglestone	F	81	FSEN	49	L	00:30:58	271	01:00:24	261	
145	Sue	Eckersley	F	82	F50	9	L	00:30:58	272	01:00:24	262	
197	Karen	Jones	F	83	F40	21		00:30:13	256	01:00:28	263	Cybi Striders
295	Neil	Johnstone	M	181	M50	37		00:30:51	268	01:00:33	264	
218	Delyth Wyn	Jones	F	84	F40	22		00:31:11	274	01:00:46	265	

Race#	Forename	Surname	Gender	Gender Pos	Category	Category Pos	Local 5K	Position	Gun Time	Position	Club
298	Kate	Jones	F	85	FSEN	50	00:30:32	263	01:00:51	266	
299	Lowri	Jones	F	86	FSEN	51	00:30:33	265	01:00:51	267	
294	Nia Wyn	Hughes	F	87	F50	10	00:31:46	280	01:00:52	268	
249	Nan	Roberts	F	88	F40	23	00:29:25	238	01:01:00	269	
267	Deiniol	Tegid	M	182	M50	38	00:30:56	270	01:01:06	270	
308	Hazel	Robbins	F	89	F50	11	00:31:15	275	01:01:15	271	Eryri Harriers
270	Malen Fflur	Gwilym	F	90	FSEN	52	00:30:30	260	01:01:29	272	
232	Lisa Jane	Millington	F	91	FSEN	53	L 00:30:27	259	01:01:33	273	
107	Sarah	Gibson	F	92	FSEN	54	00:32:30	289	01:01:45	274	
300	Alun Meirion	Jones	M	183	M50	39	L 00:31:05	273	01:01:49	275	
181	Lleucu	Roberts	F	93	F50	12	00:31:36	278	01:01:53	276	
25	Huw Meredudd	Vaughan Jones	M	184	M40	53	L 00:30:40	266	01:02:04	277	
113	Kelsie	Jones	F	94	FSEN	55	00:31:53	283	01:02:44	278	
241	Julia	Tomlinson	F	95	F50	13	00:32:12	285	01:03:05	279	
240	Louise	Cartner	F	96	F40	24	L 00:32:12	284	01:03:05	280	
282	Rebecca	Burns	F	97	F50	14	00:31:46	281	01:03:18	281	
156	Lucy	Killen	F	98	F40	25	00:31:50	282	01:03:18	282	
225	Mark Alan	Roberts	M	185	MSEN	78	00:31:32	277	01:03:19	283	
110	Dylan Wyn	Jones	M	186	M40	54	00:32:33	290	01:03:40	284	
142	Nerys Angharad	Lewis	F	99	FSEN	56	L 00:31:43	279	01:03:44	285	
344	Sara	Davey	F	100	FSEN	57	00:33:18	292	01:03:44	286	
125	Nia	Owen	F	101	FSEN	58	00:33:06	291	01:03:57	287	
329	Huw Geraint	Ifan	M	187	MSEN	79	00:30:33	264	01:04:51	288	CPD Y Felinheli
41	Catrin	Williams	F	102	FSEN	59	00:32:20	287	01:05:21	289	
45	Angharad	Woodall	F	103	FSEN	60	00:32:18	286	01:05:22	290	Canicross
34	Martin	Williams	M	188	M60	8	00:32:21	288	01:05:29	291	Eryri Harriers
238	Lleucu Melangell	Gwilym	F	104	FSEN	61	L 00:31:15	276	01:06:06	292	
61	Helena	Blower	F	105	FSEN	62	00:34:28	301	01:06:23	293	
114	Lucy	Bradley	F	106	FSEN	63	00:34:03	294	01:06:59	294	
262	Lynda	Morris	F	107	F40	26	00:34:37	302	01:07:26	295	Bentham Beagles
36	Sharon	Hughes	F	108	F40	27	00:34:23	298	01:07:58	296	
165	Lisa	Lympany	F	109	FSEN	64	00:34:06	295	01:08:17	297	
135	Sarah	Popplewell	F	110	F40	28	00:34:26	299	01:08:22	298	Parafit Hoplites
130	Lorraine	Rowlands	F	111	F40	29	00:34:26	300	01:08:22	299	
57	Joan	Edwards	F	112	F50	15	00:34:13	297	01:08:34	300	N.W.R.R.C.
53	Erika	Dawson-Davies	F	113	F40	30	00:33:40	293	01:08:42	301	N.W.R.R.C.
316	Nia	Bowden	F	114	FSEN	65	L 00:34:51	303	01:09:11	302	
143	Kristina	Banholzer	F	115	FSEN	66	L 00:34:08	296	01:09:35	303	
357	Isy	Hutchinson	F	116	F50	16	L 00:35:20	305	01:09:59	304	
341	Hannah	Jones	F	117	FSEN	67	00:35:16	304	01:10:02	305	
37	Lynn	Roberts	F	118	F50	17	00:35:59	309	01:10:12	306	
133	Danielle	Thomas	F	119	FSEN	68	00:35:49	308	01:11:02	307	Rhosneigr Running Club
126	Bethan Lloyd	Herbert	F	120	FSEN	69	00:35:29	306	01:12:06	308	
170	Trisha	Jones	F	121	F40	31	00:35:40	307	01:13:04	309	
260	Kathryn	Luckock	F	122	FSEN	70	00:37:19	312	01:14:34	310	
117	Nia Meleri	Edwards	F	123	FSEN	71	00:36:41	310	01:14:52	311	
245	Heather Nia	Jones	F	124	FSEN	72	00:37:21	313	01:14:55	312	
342	Cerys	Symonds	F	125	FSEN	73	00:36:54	311	01:15:22	313	
237	Joseph	Large	M	189	M70	4	L 00:37:35	314	01:16:26	314	Merseyside Police
136	Rhian Grace	Jones	F	126	F40	32	00:37:39	315	01:16:41	315	
24	Wendy	Anderson	F	127	F40	33	L 00:37:46	316	01:16:43	316	