

2022 Ras Gwyl Felinheli 10K

Overall Results

Bib	Name	Gender	AG	Club	5K	10K Time	O/A Pos	Gap
10K								
120	Adam Jones	1/123(M)	1/45(MOPEN)	Eryri Harriers	16:44	32:57	1.	--
229	Tomos Roberts	2/123(M)	2/45(MOPEN)	Meirionnydd Running Club	16:45	33:14	2.	+17
33	Ifan Dafydd	3/123(M)	3/45(MOPEN)		16:44	33:26	3.	+29
257	Noa Vaughan	4/123(M)	1/6(MJUN)	Eryri Harriers	16:58	33:56	4.	+59
288	James Yarwood	5/123(M)	4/45(MOPEN)	Abergele Harriers	17:03	34:06	5.	+1:09
153	Josh Keogh	6/123(M)	5/45(MOPEN)	North Wales Road Runners	17:15	34:45	6.	+1:48
277	Lloyd Williams	7/123(M)	6/45(MOPEN)		17:40	34:53	7.	+1:56
1	Anna Bracegirdle	1/111(F)	1/37(FOPEN)	Sale Harriers Manchester	17:30	34:59	8.	--
234	Steffan Sayer	8/123(M)	1/25(M40+)	Menai Track and Field	17:37	35:14	9.	+2:17
154	Jonathan Kettle	9/123(M)	2/25(M40+)	North Wales Road Runners	18:08	35:58	10.	+3:01
8	Llyr Ap Gruffydd	10/123(M)	7/45(MOPEN)		18:03	36:05	11.	+3:08
20	Nic Brook	11/123(M)	3/25(M40+)	Eryri Harriers	18:15	36:29	12.	+3:32
118	Mark Jessett	12/123(M)	8/45(MOPEN)	North Wales Road Runners	18:23	36:45	13.	+3:48
24	Hamish Carter	13/123(M)	9/45(MOPEN)	Eryri Harriers	18:25	37:07	14.	+4:10
14	Darren Blazier	14/123(M)	1/28(M50+)	Abergele Harriers	18:50	38:10	15.	+5:13
82	Brychan Gwilym	15/123(M)	2/6(MJUN)		18:55	38:34	16.	+5:37
291	Sion Griffiths	16/123(M)	10/45(MOPEN)	Eryri Harriers	19:27	38:36	17.	+5:39
171	Rory Middleton	17/123(M)	11/45(MOPEN)	North Wales Road Runners	19:14	38:41	18.	+5:44
64	Daniel Gahan	18/123(M)	12/45(MOPEN)		19:19	38:46	19.	+5:49
97	Mike Holroyd	19/123(M)	13/45(MOPEN)	Beaumaris Town road runners	20:01	39:24	20.	+6:27
126	Caron Jones	20/123(M)	14/45(MOPEN)		19:47	39:28	21.	+6:31
112	Adam Hunt	21/123(M)	15/45(MOPEN)	Eryri Harriers	19:18	39:41	22.	+6:44
250	Chris Thomas	22/123(M)	4/25(M40+)	Cybi Striders	19:59	39:41	23.	+6:44
209	Katie Reynolds	2/111(F)	2/37(FOPEN)	Eryri Harriers	19:53	39:42	24.	+4:43
123	Aron Jones	23/123(M)	16/45(MOPEN)		19:54	39:47	25.	+6:50
58	Iwan Evans	24/123(M)	5/25(M40+)	North Wales Road Runners	20:10	40:26	26.	+7:29
32	Stuart Culverhouse	25/123(M)	2/28(M50+)	North Wales Road Runners	20:15	40:47	27.	+7:50
17	Lucy Bracegirdle	3/111(F)	3/37(FOPEN)	Eryri Harriers	20:29	40:54	28.	+5:55
65	Ben Garnett	26/123(M)	17/45(MOPEN)	Abergele Harriers	20:19	41:00	29.	+8:03
6	Emma Alofs	4/111(F)	4/37(FOPEN)	Môn Milers	20:58	41:26	30.	+6:27

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99	Nick Houghton	27/123(M)	3/28(M50+)		20:57	41:26	31.	+8:29
223	Medwyn Roberts	28/123(M)	6/25(M40+)		20:50	41:27	32.	+8:30
272	Gwion Williams	29/123(M)	7/25(M40+)	Eryri Harriers	20:45	41:34	33.	+8:37
41	Paul Davies	30/123(M)	4/28(M50+)	Eryri Harriers	21:00	41:50	34.	+8:53
287	Meilyr Wyn	31/123(M)	8/25(M40+)		20:45	41:59	35.	+9:02
137	Gethin Jones	32/123(M)	18/45(MOPEN)	North Wales Road Runners	21:13	42:32	36.	+9:35
113	Dylan Huws	33/123(M)	1/16(M60+)	Eryri Harriers	21:09	42:39	37.	+9:42
12	Colin Ball	34/123(M)	9/25(M40+)		21:47	42:41	38.	+9:44
228	Steven Roberts	35/123(M)	5/28(M50+)	North Wales Road Runners	21:24	42:41	39.	+9:44
38	Elis Davies	36/123(M)	3/6(MJUN)		20:57	42:44	40.	+9:47
124	Bari Jones	37/123(M)	19/45(MOPEN)		21:54	42:45	41.	+9:48
39	Griffith Sion Davies	38/123(M)	20/45(MOPEN)		21:36	42:47	42.	+9:50
98	James Hooton	39/123(M)	6/28(M50+)	Cybi Striders	21:39	42:59	43.	+10:02
100	Benjamin Hudson	40/123(M)	10/25(M40+)	North Wales Road Runners	21:32	43:49	44.	+10:52
157	Arwel Lewis	41/123(M)	2/16(M60+)	Eryri Harriers	22:12	43:53	45.	+10:56
44	Pierremarc Deschenes	42/123(M)	21/45(MOPEN)		22:01	44:01	46.	+11:04
119	Gruff John	43/123(M)	22/45(MOPEN)		22:44	44:07	47.	+11:10
76	Aled Griffith	44/123(M)	23/45(MOPEN)		22:44	44:13	48.	+11:16
281	Richie Williams	45/123(M)	7/28(M50+)		22:36	44:20	49.	+11:23
107	Megan Hughes	5/111(F)	1/41(F40+)	Eryri Harriers	22:22	44:45	50.	+9:46
81	Greg Grundy	46/123(M)	11/25(M40+)	Colwyn Bay AAC	22:52	44:55	51.	+11:58
138	Gwion Jones	47/123(M)	24/45(MOPEN)		22:47	44:57	52.	+12:00
194	Andrew Parker	48/123(M)	12/25(M40+)		22:52	45:00	53.	+12:03
220	Emlyn Roberts	49/123(M)	8/28(M50+)	Eryri Harriers	22:34	45:01	54.	+12:04
177	Ian Mulligan	50/123(M)	9/28(M50+)	Cybi Striders	23:00	45:08	55.	+12:11
75	Carla Green	6/111(F)	1/23(F50+)	North Wales Road Runners	22:41	45:09	56.	+10:10
50	Paul Edwards	51/123(M)	13/25(M40+)		22:37	45:10	57.	+12:13
147	Neal Jones	52/123(M)	25/45(MOPEN)	Colwyn Bay AAC	23:02	45:18	58.	+12:21
244	Gareth Southworth	53/123(M)	10/28(M50+)	Cybi Striders	22:46	45:25	59.	+12:28
25	Paul Cassidy	54/123(M)	14/25(M40+)		23:02	45:26	60.	+12:29
70	Andrew Goater	55/123(M)	15/25(M40+)	Betsi Runaways	22:29	45:29	61.	+12:32
179	Heidi O'brien	7/111(F)	5/37(FOPEN)	BTRR	23:18	45:32	62.	+10:33

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188	Rhys Owen	56/123(M)	26/45(MOPEN)		23:06	45:35	63.	+12:38
219	Dewi Roberts	57/123(M)	27/45(MOPEN)	Cybi Striders	22:47	46:03	64.	+13:06
297	Arwel Evans	58/123(M)	28/45(MOPEN)		24:24	46:08	65.	+13:11
211	Guto Rhys	59/123(M)	29/45(MOPEN)		23:57	46:18	66.	+13:21
149	Rhian Jones	8/111(F)	2/41(F40+)		23:16	46:18	67.	+11:19
293	Adam Lamelle	60/123(M)	30/45(MOPEN)	North Wales Road Runners	22:42	46:23	68.	+13:26
125	Bryn Jones	61/123(M)	31/45(MOPEN)		22:45	46:40	69.	+13:43
296	Gwyndaf Parry	62/123(M)	32/45(MOPEN)	Cybi Striders	23:21	46:42	70.	+13:45
86	Eleri Hallam	9/111(F)	3/41(F40+)		23:31	46:47	71.	+11:48
243	Mike Snell	63/123(M)	3/16(M60+)	Eryri Harriers	24:05	46:54	72.	+13:57
213	Aled Hefin Roberts	64/123(M)	33/45(MOPEN)		23:38	47:07	73.	+14:10
191	Lance Owen-Williams	65/123(M)	34/45(MOPEN)		24:07	47:08	74.	+14:11
300	Cian Sion Newell	66/123(M)	4/6(MJUN)		23:28	47:12	75.	+14:15
185	Dylan Owen	67/123(M)	35/45(MOPEN)		24:05	47:21	76.	+14:24
197	Rhys Parry	68/123(M)	16/25(M40+)	Seilo Sprinters	24:54	47:23	77.	+14:26
170	Laura Mckenzie	10/111(F)	4/41(F40+)	Betsi Runaways	23:46	47:26	78.	+12:27
130	Ela Catrin Jones	11/111(F)	6/37(FOPEN)		24:16	47:27	79.	+12:28
158	Dylan Lewis	69/123(M)	17/25(M40+)		23:44	47:27	80.	+14:30
31	Rachel Cook	12/111(F)	7/37(FOPEN)	Gog Triathlon Club	24:06	47:27	81.	+12:28
260	Melissa Ward Williams	13/111(F)	8/37(FOPEN)	Cybi Striders	23:44	47:28	82.	+12:29
57	Einir Evans	14/111(F)	9/37(FOPEN)		24:17	47:28	83.	+12:29
53	Catrin Elis	15/111(F)	10/37(FOPEN)		23:41	47:29	84.	+12:30
195	Ariannell Parry	16/111(F)	11/37(FOPEN)		24:29	47:31	85.	+12:32
135	Gerallt Jones	70/123(M)	36/45(MOPEN)		24:19	47:33	86.	+14:36
286	Nicola Wylie	17/111(F)	2/23(F50+)	North Wales Road Runners	24:21	47:34	87.	+12:35
282	Sonia Williams	18/111(F)	12/37(FOPEN)	Cybi Striders	24:30	47:42	88.	+12:43
225	Sion Roberts	71/123(M)	18/25(M40+)	Cybi Striders	24:00	47:46	89.	+14:49
270	Gruff Williams	72/123(M)	5/6(MJUN)		23:57	47:55	90.	+14:58
116	Alaw Japheth	19/111(F)	5/41(F40+)		24:15	47:58	91.	+12:59
45	Tim Downes	73/123(M)	11/28(M50+)	Eryri Harriers	24:18	48:00	92.	+15:03
106	Laura Hughes	20/111(F)	6/41(F40+)		24:49	48:01	93.	+13:02
249	Ian Taylor	74/123(M)	12/28(M50+)	Colwyn Bay AAC	23:48	48:03	94.	+15:06

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268	Elis Williams	75/123(M)	6/6(MJUN)		23:32	48:08	95.	+15:11
160	Sarah Lloyd	21/111(F)	7/41(F40+)		24:48	48:09	96.	+13:10
94	Daniel Hennessey	76/123(M)	13/28(M50+)	Beaumaris town road runners	24:27	48:17	97.	+15:20
198	Amie Pickering	22/111(F)	13/37(FOPEN)		24:56	48:17	98.	+13:18
127	Carwyn Jones	77/123(M)	37/45(MOPEN)		24:32	48:19	99.	+15:22
144	Kerry Jones	23/111(F)	8/41(F40+)	Cybi Striders	24:52	48:22	100.	+13:23
19	Adam Brightman	78/123(M)	14/28(M50+)	Cybi Striders	24:52	48:22	101.	+15:25
224	Shelley Roberts	24/111(F)	9/41(F40+)		24:55	48:23	102.	+13:24
101	Sarah Hudson	25/111(F)	10/41(F40+)	North Wales Road Runners	24:31	48:24	103.	+13:25
245	Iwan Stanley Jones	79/123(M)	7/6(MJUN)		24:27	48:27	104.	+15:30
294	Beth Horrocks	26/111(F)	11/41(F40+)		25:01	48:29	105.	+13:30
217	Cai Roberts	80/123(M)	38/45(MOPEN)	North Wales Road Runners	24:55	48:39	106.	+15:42
174	Helen Morgan	27/111(F)	12/41(F40+)	Eryri Harriers	25:00	49:02	107.	+14:03
59	Wendi Evans	28/111(F)	1/6(F60+)	Eryri Harriers	24:42	49:15	108.	+14:16
79	Alun Griffiths	81/123(M)	39/45(MOPEN)		24:36	49:19	109.	+16:22
148	Paul Jones	82/123(M)	19/25(M40+)	Rhedwyr Hebog Runners	25:15	49:35	110.	+16:38
67	Emyr Gibson	83/123(M)	20/25(M40+)		25:18	49:41	111.	+16:44
152	Tecwyn Jones	84/123(M)	4/16(M60+)		25:34	49:51	112.	+16:54
68	Maxim Gilbert	85/123(M)	40/45(MOPEN)		27:51	49:51	113.	+16:54
83	Mei Gwilym	86/123(M)	21/25(M40+)		26:02	49:58	114.	+17:01
3	Jo Alexander	29/111(F)	13/41(F40+)		25:27	49:59	115.	+15:00
132	Eleri Jones	30/111(F)	3/23(F50+)		25:59	50:11	116.	+15:12
254	Tom Thomas	87/123(M)	41/45(MOPEN)		25:52	50:13	117.	+17:16
236	Darren Seeney	88/123(M)	15/28(M50+)		25:25	50:18	118.	+17:21
84	Rhydian Gwilym	89/123(M)	42/45(MOPEN)		26:01	50:21	119.	+17:24
96	Justine Holmes	31/111(F)	14/37(FOPEN)	Beaumaris Town Road Runners	26:12	50:22	120.	+15:23
10	Elen Ap Robert	32/111(F)	4/23(F50+)		25:36	50:31	121.	+15:32
5	Drew Allen	33/111(F)	15/37(FOPEN)	Essington Harriers Running Club	25:48	50:36	122.	+15:37
51	Tammy Edwards	34/111(F)	14/41(F40+)	Essington Harriers Running Club	25:47	50:37	123.	+15:38
56	Dafydd Emrys	90/123(M)	43/45(MOPEN)		25:50	50:55	124.	+17:58
111	Shaun Humphreys	91/123(M)	44/45(MOPEN)		26:05	50:56	125.	+17:59
60	Michelle Farrell	35/111(F)	15/41(F40+)	GOG Triathlon Club	25:58	51:01	126.	+16:02

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235	Nicola Sayle	36/111(F)	16/37(FOPEN)		25:54	51:24	127.	+16:25
90	Ceri Edwards	37/111(F)	17/37(FOPEN)		25:43	51:30	128.	+16:31
49	Eurwyn Edwards	92/123(M)	5/16(M60+)	Eryri Harriers	26:09	51:30	129.	+18:33
218	Debbie Roberts	38/111(F)	16/41(F40+)	Beaumaris Town Road Runners	26:42	51:36	130.	+16:37
4	Kelly Alford	39/111(F)	18/37(FOPEN)	North Wales Road Runners	26:39	51:38	131.	+16:39
62	Robert Fryer	93/123(M)	6/16(M60+)	North Wales Road Runners	26:29	51:39	132.	+18:42
207	Gwen Pugh-Jones	40/111(F)	19/37(FOPEN)		25:58	51:40	133.	+16:41
66	Andrew Gibson	94/123(M)	22/25(M40+)	Cybi Striders	26:22	51:44	134.	+18:47
89	Iestyn Harris	95/123(M)	16/28(M50+)	Eryri Harriers	26:02	51:49	135.	+18:52
139	Hayley Jones	41/111(F)	17/41(F40+)		27:06	51:51	136.	+16:52
95	Kevin Higgins	96/123(M)	7/16(M60+)	North Wales Road Runners	26:26	51:55	137.	+18:58
77	Hannah Griffith	42/111(F)	18/41(F40+)	North Wales Road Runners	26:20	51:58	138.	+16:59
276	Keith Williams	97/123(M)	17/28(M50+)		26:30	51:59	139.	+19:02
166	Jack Manfredi	98/123(M)	45/45(MOPEN)		27:03	52:03	140.	+19:06
275	Kate Williams	43/111(F)	20/37(FOPEN)		26:53	52:04	141.	+17:05
230	Natalie Rogers	44/111(F)	21/37(FOPEN)		26:23	52:11	142.	+17:12
169	Sarah MCGovern	45/111(F)	22/37(FOPEN)		26:52	52:13	143.	+17:14
203	Kate Potter	46/111(F)	5/23(F50+)		26:38	52:15	144.	+17:16
46	Elizabeth Driscoll	47/111(F)	6/23(F50+)	North Wales Road Runners	26:19	52:16	145.	+17:17
63	Richard Furniss	99/123(M)	46/45(MOPEN)	Cybi Striders	26:18	52:35	146.	+19:38
122	Anna Jones	48/111(F)	23/37(FOPEN)		27:00	52:40	147.	+17:41
21	Jason Burke	100/123(M)	18/28(M50+)	GOGs Triathlon	26:21	52:41	148.	+19:44
187	Paul Owen	101/123(M)	19/28(M50+)		26:26	52:51	149.	+19:54
267	Dewi Williams	102/123(M)	20/28(M50+)	Cybi Striders	26:13	52:52	150.	+19:55
37	Elaine Davies	49/111(F)	7/23(F50+)		26:38	52:54	151.	+17:55
226	Sion Roberts	103/123(M)	47/45(MOPEN)		26:18	52:55	152.	+19:58
266	Charlotte Williams	50/111(F)	24/37(FOPEN)		27:06	53:05	153.	+18:06
159	Iestyn Lloyd	104/123(M)	23/25(M40+)		27:41	53:14	154.	+20:17
73	Natalia Golaski	51/111(F)	19/41(F40+)	Cybi Striders	26:52	53:23	155.	+18:24
150	Robert Jones	105/123(M)	21/28(M50+)		26:03	53:35	156.	+20:38
23	Kathryn Caine	52/111(F)	20/41(F40+)		27:28	53:38	157.	+18:39
131	Elen Jones	53/111(F)	25/37(FOPEN)		27:29	53:40	158.	+18:41

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193	Caron Pari	54/111(F)	26/37(FOPEN)		27:29	53:41	159.	+18:42
102	Alaw Hughes	55/111(F)	27/37(FOPEN)		26:51	53:42	160.	+18:43
292	Tessa Bushnell	56/111(F)	28/37(FOPEN)	North Wales Road Runners	27:03	53:45	161.	+18:46
88	Rhian Harper Owen	57/111(F)	8/23(F50+)	Cybi Striders	27:17	53:59	162.	+19:00
103	Brian Hughes	106/123(M)	22/28(M50+)		27:31	54:02	163.	+21:05
11	Richard Arnold	107/123(M)	23/28(M50+)		27:09	54:04	164.	+21:07
141	Iona Jones	58/111(F)	21/41(F40+)		28:20	54:17	165.	+19:18
175	Adam Morris	108/123(M)	48/45(MOPEN)		27:18	54:17	166.	+21:20
114	Llinos Iorwerth	59/111(F)	9/23(F50+)		27:25	54:17	167.	+19:18
9	Rhun Ap Iorwerth	109/123(M)	24/25(M40+)		27:25	54:18	168.	+21:21
87	Helen Hannam	60/111(F)	22/41(F40+)	North Wales Road Runners	27:12	54:18	169.	+19:19
271	Gwilym Williams	110/123(M)	1/3(M70+)		27:36	54:23	170.	+21:26
221	Geraint Roberts	111/123(M)	49/45(MOPEN)		27:22	54:24	171.	+21:27
16	Emma Boyd	61/111(F)	23/41(F40+)		27:18	54:43	172.	+19:44
215	Alun Roberts	112/123(M)	24/28(M50+)		27:31	54:44	173.	+21:47
163	Cheryl Lord-Brown	62/111(F)	10/23(F50+)		27:45	54:48	174.	+19:49
279	Paul Williams	113/123(M)	25/25(M40+)		28:23	54:54	175.	+21:57
251	Hanna Thomas	63/111(F)	29/37(FOPEN)		27:41	55:01	176.	+20:02
253	Stuart Thomas	114/123(M)	50/45(MOPEN)		28:22	55:03	177.	+22:06
189	Richard Owen	115/123(M)	8/16(M60+)		28:05	55:10	178.	+22:13
35	Chris Davies	116/123(M)	26/25(M40+)		28:18	55:16	179.	+22:19
142	Irfon Jones	117/123(M)	9/16(M60+)		28:31	55:21	180.	+22:24
263	Alwyn Williams	118/123(M)	27/25(M40+)	Cybi Striders	28:11	55:28	181.	+22:31
212	Jill Riley	64/111(F)	11/23(F50+)		28:20	55:44	182.	+20:45
246	Mair Stead	65/111(F)	12/23(F50+)		28:19	56:14	183.	+21:15
252	Heledd Thomas	66/111(F)	24/41(F40+)		29:13	56:28	184.	+21:29
258	Taylor Victoria	67/111(F)	25/41(F40+)	North Wales Road Runners	28:45	56:43	185.	+21:44
85	Donald Hale	119/123(M)	10/16(M60+)	North Wales Road Runners	28:44	57:03	186.	+24:06
121	Anna Jones	68/111(F)	30/37(FOPEN)		29:24	57:22	187.	+22:23
299	Jo Letton	69/111(F)	26/41(F40+)		29:19	57:25	188.	+22:26
231	Pippa Rogers	70/111(F)	27/41(F40+)		29:18	57:26	189.	+22:27
172	Andrew Moffat	120/123(M)	25/28(M50+)		28:22	57:50	190.	+24:53

2022 Ras Gwyl Felinheli 10K

Overall Results

Bib	Name	Gender	AG	Club	5K	10K Time	O/A Pos	Gap
36	Ela Wyn Davies	71/111(F)	1/3(FJUN)		28:49	58:09	191.	+23:10
143	Karen Jones	72/111(F)	28/41(F40+)		29:19	58:10	192.	+23:11
265	Ceirion, Williams	121/123(M)	26/28(M50+)		29:39	58:15	193.	+25:18
255	Rachel Threadkell	73/111(F)	13/23(F50+)	Cybi Striders	29:55	58:27	194.	+23:28
40	Llinos Davies	74/111(F)	2/6(F60+)	GOG Triathlon Club	30:19	58:36	195.	+23:37
92	Michael Hayton	122/123(M)	2/3(M70+)	North Wales Road Runners	30:40	58:43	196.	+25:46
199	Heulwen Pigott	75/111(F)	14/23(F50+)	Cybi Striders	29:55	58:48	197.	+23:49
69	Ifor Ap Glyn	123/123(M)	11/16(M60+)	Llercwy'r Cymry Llundain	29:17	58:52	198.	+25:55
290	Jemma Zalot-Sankey	76/111(F)	29/41(F40+)	Beaumaris Town Road Runner's	29:58	58:58	199.	+23:59
289	Lucy Zalot	77/111(F)	30/41(F40+)	Beaumaris Town Road Runners	29:59	58:58	200.	+23:59
42	Rebecca Davies	78/111(F)	31/37(FOPEN)	Mon Milers	31:24	59:09	201.	+24:10
165	Nia Maloney	79/111(F)	15/23(F50+)	Rhedwyr Tref Beaumaris	30:39	59:23	202.	+24:24
140	Heather Jones	80/111(F)	3/6(F60+)		29:49	59:46	203.	+24:47
192	Clare Panton	81/111(F)	31/41(F40+)		30:39	59:52	204.	+24:53
164	Nigel Malkin	124/123(M)	27/28(M50+)		30:51	1:00:22	205.	+27:25
269	Gemma Williams	82/111(F)	32/41(F40+)	Beaumaris town road runners	31:15	1:00:36	206.	+25:37
104	Gwen Hughes	83/111(F)	32/37(FOPEN)		30:38	1:00:42	207.	+25:43
48	Sue Eckersley	84/111(F)	16/23(F50+)		31:05	1:00:44	208.	+25:45
295	Eifion Harding	125/123(M)	12/16(M60+)		29:26	1:00:48	209.	+27:51
214	Alison Roberts	85/111(F)	17/23(F50+)	Amlwch Arrows	30:37	1:00:52	210.	+25:53
262	Aimee Williams	86/111(F)	33/37(FOPEN)	Môn Milers	31:24	1:01:21	211.	+26:22
91	Sue Harwood	87/111(F)	18/23(F50+)		30:39	1:01:26	212.	+26:27
108	Jean Hume	88/111(F)	4/6(F60+)		31:03	1:01:33	213.	+26:34
74	Zoe Grant	89/111(F)	33/41(F40+)	Beaumaris Road Runners	31:01	1:01:46	214.	+26:47
145	Mandy Jones	90/111(F)	34/41(F40+)		31:53	1:02:09	215.	+27:10
202	Sarah Popplewell	91/111(F)	19/23(F50+)	Beaumaris Town Road Runners	32:26	1:02:39	216.	+27:40
206	Elin Pugh	92/111(F)	35/41(F40+)		31:22	1:02:49	217.	+27:50
180	Maggie Oliver	93/111(F)	1/1(F70+)	Eryri Harriers	31:47	1:03:00	218.	+28:01
26	Gwennan Charlton	94/111(F)	34/37(FOPEN)	North Wales Road Runners	31:49	1:03:10	219.	+28:11
52	Vivienne Edwards	95/111(F)	5/6(F60+)	Eryri Harriers	32:32	1:03:30	220.	+28:31
72	Siobhan Godber	96/111(F)	36/41(F40+)		32:39	1:03:32	221.	+28:33
28	Deborah Clarke	97/111(F)	20/23(F50+)		31:28	1:03:34	222.	+28:35

2022 Ras Gwyl Felinheli 10K

Overall Results

Bib	Name	Gender	AG	Club	5K	10K Time	O/A Pos	Gap
216	Aneurin Roberts	126/123(M)	13/16(M60+)		32:34	1:03:35	223.	+30:38
248	William Stewart	127/123(M)	28/28(M50+)		31:59	1:03:35	224.	+30:38
242	Ian Snailham	128/123(M)	14/16(M60+)	Mon Milers	32:18	1:03:47	225.	+30:50
241	Susan Smith	98/111(F)	21/23(F50+)	North Wales Road Runners	32:15	1:03:50	226.	+28:51
43	Marie-Justine Deschenes	99/111(F)	35/37(FOPEN)		32:37	1:03:59	227.	+29:00
61	Tony Fitzmaurice	129/123(M)	28/25(M40+)		32:39	1:04:44	228.	+31:47
205	Colin Pugh	130/123(M)	29/28(M50+)		32:30	1:04:46	229.	+31:49
227	Sioned Roberts	100/111(F)	2/3(FJUN)		31:27	1:05:15	230.	+30:16
261	Branka Whitmore	101/111(F)	37/41(F40+)	BTRR	32:40	1:05:15	231.	+30:16
34	Sophie Davey	102/111(F)	3/3(FJUN)		31:29	1:05:25	232.	+30:26
176	Rachel Morris	103/111(F)	38/41(F40+)	North Wales Road Runners	32:44	1:06:25	233.	+31:26
210	Josie Rhisiart	104/111(F)	39/41(F40+)	Clwb Run Wales	35:31	1:06:42	234.	+31:43
134	G Jones	131/123(M)	15/16(M60+)		35:32	1:06:42	235.	+33:45
298	Miriam Glyn	105/111(F)	36/37(FOPEN)		32:37	1:06:47	236.	+31:48
240	Mike Smith	132/123(M)	16/16(M60+)	North Wales Road Runners	33:40	1:06:56	237.	+33:59
222	Gwenllian Roberts	106/111(F)	37/37(FOPEN)		32:46	1:06:57	238.	+31:58
80	Sonja Griffiths	107/111(F)	22/23(F50+)	GOG Triathlon Club	34:42	1:08:15	239.	+33:16
167	Sarah Marriott	108/111(F)	40/41(F40+)		34:08	1:09:12	240.	+34:13
168	Sarah Massey	109/111(F)	41/41(F40+)	GOG Triathlon Club	34:06	1:09:12	241.	+34:13
184	Dave Owen	133/123(M)	51/45(MOPEN)		35:50	1:11:40	242.	+38:43
239	Dennis Smith	134/123(M)	3/3(M70+)		38:58	1:16:40	243.	+43:43
155	Ilona Kurta	110/111(F)	23/23(F50+)	Betsi Runaways	38:58	1:16:42	244.	+41:43
208	Emma Radcliffe	111/111(F)	38/37(FOPEN)	Amlwch arrows	38:13	1:17:09	245.	+42:10
284	Pat Wilson	112/111(F)	6/6(F60+)	Cybi Striders	39:50	1:18:37	246.	+43:38
110	Lydia Medwen Humphreys	113/111(F)	39/37(FOPEN)		40:37	1:21:09	247.	+46:10

Number of records: 247