

# Râs y Trên – Caernarfon - Race the Train

13/07/2011

Safle	Amser	Enw	Clwb	Hwyl	Dosb	Dynion / Men							Merched / Women							
Position	Time	Name	Club	Fun	Cat	M<16	M<18	M	M40	M50	M60	M65	M70	F<16	F<18	F	F35	F45	F55	F60
1	14.16	Matthew Clowes	Staffs Moorland		M			1												
2	14.55	David Mountford	Deeside AC		M			2												
3	15.03	Joshua Dixon	Abergele Harriers		M			3												
4	15.04	Ricky Challinor	Liverpool Harriers		M			4												
5	15.10	Matthew Rose	Buckley		M			5												
6	15.36	Mathew Roberts	Eryri		M			6												
7	16.04	William Sheridan	Deeside AC		M<18		1													
8	16.07	Jordan Evans	Eryri		M			7												
9	16.20	Dylan Wynn Jones	Eryri		M			8												
10	16.25	Owain Llŷr James	Menai		M<18		2													
11	16.27	Darren Blazier	Abergele Harriers		M			9												
12	16.31	Jim Bacon	Di-Glwb / Unattached		M			10												
13	16.39	Chris Evans	Eryri		M			11												
14	16.44	Iolo Hughes	Menai		M<16	1														
15	16.46	Simon Fawcett	Abergele Harriers		M			12												
16	16.48	Matthew Fortes	Eryri		M			13												
17	16.51	Chris Yorke	NWRRC		M40			1												
18	16.55	Heb rif / No number			M			14												
19	16.57	Jason Jones	Di-Glwb / Unattached		M			15												
20	17.00	Dewi Roberts	Bro Dysynni		M40			2												
21	17.02	Erika Robinson	Buckley		F											1				
22	17.09	Gareth Rawling	Di-Glwb / Unattached		M40			3												
23	17.12	Tom DeLuca	Eryri		M40			4												
24	17.13	0	0		0															
25	17.15				0															
26	17.16	Aled Edwards	Eryri		M			16												
27	17.16	Andrew Williams	Deeside AC		M<16	2														
28	17.22	Gina Paletta	Wrexham AC		F											2				
29	17.27	Martin Green	NWRRC		M			17												
30	17.31	Rhys Llewelyn James	Menai		M<16	3														
31	17.34	Ben Hellfeld	Di-Glwb / Unattached		M40			5												
32	17.37	John Pozzi	Di-Glwb / Unattached		M40			6												
33	17.38	Irfon Rowlands	Cybi Striders		M40			7												
34	17.39	Reuben Woodward	Di-Glwb / Unattached		M			18												
35	17.40	Jim Woodcock	Menai		M50			1												
36	17.41	Rhys ab Elwyn	Eryri		M40			8												
37	17.45	Richard Lee	Di-Glwb / Unattached		M40			9												
38	17.49	Gethin Edwards	Menai		M			19												
39	17.52	Mark Davies	NWRRC		M			20												
40	17.55	Russell Godwin	Colwyn Bay AC		M40			10												
41	17.57	Dylan Owen	Eryri		M40			11												
42	18.08	Debbie Williams	Menai		F											3				
43	18.10	Ian T Mulligan	Colwyn Bay AC		M40			12												
44	18.12	Darren Roberts	Di-Glwb / Unattached		M			21												
45	18.13	Sion Griffiths	Ysgol Dyffryn Nantlle		M<18		3													
46	18.16	Arwel Lewis	Eryri		M50			2												
47	18.18	Gwion Williams	Eryri		M			22												
48	18.19	Kaylyn Picton	Di-Glwb / Unattached		M40			13												
49	18.22	James Hooton	Cybi Striders		M40			14												
50	18.23	Christoph Gertler	Eryri		M			23												
51	18.24	Ashley Wager	Eryri		M50			3												
52	18.28	Fred Mayes	Bangor Uni		M			24												
53	18.29	Ian Jones	Di-Glwb / Unattached		M			25												
54	18.32	Oliver Elias	Travis Trotters	Hwyl																
55	18.34	Des Rothery	Di-Glwb / Unattached		M			26												
56	18.39	Brian Wills	Di-Glwb / Unattached		M			27												
57	18.40	Ed Harmer	Eryri (NUMBER?)		M40			15												
58	18.45	Ralph Pawling	Di-Glwb / Unattached		M			28												
59	18.47	Huw Trainor	Eryri		M			29												

Safe	Amser	Enw	Clwb	Hwyl	Dosb	Dynion / Men							Merched / Women									
						Position	Time	Name	Club	Fun	Cat	M<16	M<18	M	M40	M50	M60	M65	M70	F<16	F<18	F
60	18.48	Jared Roberts	Colwyn Bay AC		M					30												
61	18.51	David Ellis	Cybi Striders		M					31												
62	18.54	Gary Porter-Jones	Eryri		M40					16												
63	18.55	Becky Law	Eryri		F												4					
64	18.57	Patrick Cain	Di-Glwb / Unattached		M40					17												
65	18.58	Shon Evans	Menai		M					32												
66	19.07	Eifion Roberts	Harlech Harriers		M40					18												
67	19.10	Kevin Challinor	Deeside AC		M50					4												
68	19.11	Sean Gavin	NWRRC		M					33												
69	19.13	Ricky Francis	Meirionnydd		M					34												
70	19.16	Merfyn Williams	Cybi		M50					5												
71	19.18	Michael Gashe	Di-Glwb / Unattached		M40					19												
72	19.19				0																	
73	19.20	Jason Thomas	Cybi		M					35												
74	19.23	Morgan Evans	Eryri		M<18		4															
75	19.25				0																	
76	19.27	John Owen Griffith	Cybi Striders		M50					6												
77	19.29				0																	
78	19.30	Dewi Snelson	Di-Glwb / Unattached		M					36												
79	19.32	Georgia Garner	Colwyn Bay AC		F<16											1						
80	19.33	Sam Ellis	Di-Glwb / Unattached		M					37												
81	19.36	Stephen Jones	Cybi Striders		M					38												
82	19.37	Michaela Lauder	Cybi Striders		F												5					
83	19.38	John Harold	Eryri		M40					20												
84	19.39	Arthur Connell	Revolution Bikes		M					39												
85	19.41	Roger Beech	Di-Glwb / Unattached		M					40												
86	19.43	Gillian Griffiths	Ynys Môn		F												6					
87	19.45	Maldwyn Evans	Eryri		M50					7												
88	19.46	John Walker	Di-Glwb / Unattached		M40					21												
89	19.47				0																	
90	19.48	Sharon White	Calon Lân	Hwyl																		
91	19.56	Iorwerth Jones	Calon Lân	Hwyl																		
92	20.00	Mark Edney	Chester		M					41												
93	20.03	Ian Rothery	Cybi		M50					8												
94	20.04																					
95	20.05	Emrys Jones	Cybi Striders		M60						1											
96	20.06	Arwyn Williams	Cybi Striders		M					42												
97	20.07	Ellie Salisbury	Eryri		F45															1		
98	20.10	Tim Downes	Di-Glwb / Unattached		M40					22												
99	20.13	Alastair Moralee	Di-Glwb / Unattached		M50					9												

**Trên / Train 20' 13½"**

100	20.14	Emlyn Owen	Di-Glwb / Unattached		M					43												
101	20.15	Eifion Harding	Clwb Rygbi Caernarfon		M50					10												
102	20.16	Mabon Llyr	Eryri		M<16	4																
103	20.17	Del Williams	Cybi		M40					23												
104	20.20	Ben Pegler	Ynys Môn		M					44												
105	20.22	Paul Brandrick	Prestatyn		M50					11												
106	20.24	Sarah Barnwell	Eryri		F45																2	
107	20.25	Gareth Wyn Williams	Di-Glwb / Unattached		M40					24												
108	20.27	Gareth Hughes	Prestatyn		M65						1											
109	20.29	Geraint Williams	Cybi Striders		M40					25												
110	20.30	Gary Smith	Di-Glwb / Unattached		M40					26												
111	20.33	Kes Taylor	Team MMR		F35															1		
112	20.34	Owain Llwyd Williams	Di-Glwb / Unattached		M<18		5															
113	20.36	Richard Durkin	Di-Glwb / Unattached		M					45												
114	20.39	Sion Inch	Llanllyfni FC	Hwyl																		
115	20.46	Aaron Jones	Llanllyfni FC	Hwyl																		
116	20.47	Vicky Gottwald	Di-Glwb / Unattached		F															7		
117	20.48	Pwyll ap Sion	Di-Glwb / Unattached		M40					27												
118	20.49	Sion Britton	Di-Glwb / Unattached		M					46												
119	20.50	Mark Cooper	Bangor Uni		M					47												
120	20.51	Lauren Hasset	Clwb Rygbi Caernarfon		F															8		
121	20.57	Brian Robbins	Eryri		M65						2											

Safe	Amser	Enw	Clwb	Hwyl	Dosb	Dynion / Men							Merched / Women										
						Position	Time	Name	Club	Fun	Cat	M<16	M<18	M	M40	M50	M60	M65	M70	F<16	F<18	F	F35
122	21.00	Simon Hooton	Di-Glwb / Unattached		M				48														
123	21.02	Chris Baldwin	Denbigh Harriers		M50						12												
124	21.03	Anthony Granton	Menai		M<16	5																	
125	21.09	Tony Hill	Cybi		M60						2												
126	21.10	Llion Williams	Di-Glwb / Unattached		M				49														
127	21.12	Owain Jones	Di-Glwb / Unattached		M				50														
128	21.16	Marissa Duggan	Di-Glwb / Unattached		F35														2				
129	21.17	Kevin Higgins	NWRRC		M40					28													
130	21.18	George Beard	ARCC		M				51														
131	21.20	Neil Thomas	Di-Glwb / Unattached		M50						13												
132	21.27	Garnett Price	Di-Glwb / Unattached		M50						14												
133	21.34	Nia Davies Williams	Di-Glwb / Unattached		F35															3			
134	21.38	Vicky Ronald	Colwyn Bay AC		F35															4			
135	21.41	Paul Hughes	Di-Glwb / Unattached		M				52														
136	21.43	Gwyn Evans	Menai		M50						15												
137	21.44	Mair Eluned	Di-Glwb / Unattached		F														9				
138	21.47	Katie Brandrick	Prestatyn		F														10				
139	21.52	Lorraine Jones	Cybi Striders		F45																3		
140	21.54	Dion Roberts	Bro Dysynni		M<18		6																
141	21.56	Rhian Jones	Di-Glwb / Unattached		F35																5		
142	21.57	Charlotte Pollock	Ynys Môn		F														11				
143	21.58	Ceri Lane	Di-Glwb / Unattached		F35																6		
144	22.00	Arfon Hughes	Di-Glwb / Unattached		M				53														
145	22.02	Becky Riddings	Di-Glwb / Unattached		F															12			
146	22.06	Alun Jones	Cybi Striders		M50						16												
147	22.07	Bronwen Jenkinson	Eryri		F<16														2				
148	22.08	Sian Davey	Cybi Striders		F															13			
149	22.10	Anna Wood	Eryri		F35																7		
150	22.11	Clive J Jones	Contact a Family (Wales)	Hwyl																			
151	22.13	Dewi Hughes	Travis Trotters	Hwyl																			
152	22.14	Alan Davies	NWRRC		M50						17												
153	22.19	Sue Jones	Cybi Striders		F45																4		
154	22.20	Rhian Thomas	Di-Glwb / Unattached		F35																8		
155	22.21	Iain Wain	Calon Lân	Hwyl																			
156	22.22	Llio Evans	Di-Glwb / Unattached		F															14			
157	22.23	Gwen Jones	Eryri		F															15			
158	22.24	Jaco H Baas	Di-Glwb / Unattached		M40					29													
159	22.25	Russell Murray	Di-Glwb / Unattached		M40					30													
160	22.35	Richard Dwyfor Clark	Di-Glwb / Unattached		M				54														
161	22.43	Ronald Harrison-Jones	Prestatyn		M70																1		
162	22.48	Kat Garner	Di-Glwb / Unattached		F															16			
163	22.51	James Hardy	Di-Glwb / Unattached		M				55														
164	22.53	Kamal Chauhan	Di-Glwb / Unattached		M				56														
165	22.54	Allan Rowlands	Cybi		M50						18												
166	22.55	Tony Roberts	Di-Glwb / Unattached		M40					31													
167	22.56	Jill Riley	Team MMR		F45																	5	
168	22.57	David Hughes	Prestatyn		M70																	2	
169	22.58	Daron Davies	Travis Trotters	Hwyl																			
170	22.59	Roger Harrison-Davies	Prestatyn		M70																	3	
171	23.00	Lois Griffith	Di-Glwb / Unattached		F																17		
172	23.09	Elena Gwynne	Di-Glwb / Unattached		F																18		
173	23.13	Erika Dawson	NWRRC		F35																9		
174	23.19	Bernadette Williams	Di-Glwb / Unattached		F35																10		
175	23.20	Tania Scotland	Eryri		F45																	6	
176	23.28	Sian Williams	Di-Glwb / Unattached		F35																11		
177	23.29	Sion Hughes	Di-Glwb / Unattached		M40					32													
178	23.33	Dylan Evans	Llanllyfni FC	Hwyl																			
179	23.36	Andrew Evans	Di-Glwb / Unattached		M				57														
180	23.37	Ruth Harvey	Cybi Striders		F45																	7	
181	23.39	Amie Bagnall	Prestatyn		F<18																1		
182	23.40	Kate Wheatcroft	Cybi Striders		F35																	12	
183	23.41	Sam Forrest	Di-Glwb / Unattached		F35																	13	
184	23.42	Anthony Bohana	Di-Glwb / Unattached		M40					33													

Safle	Amser	Enw	Clwb	Hwyl	Dosb	Dynion / Men							Merched / Women										
						Position	Time	Name	Club	Fun	Cat	M<16	M<18	M	M40	M50	M60	M65	M70	F<16	F<18	F	F35
185	23.43	Tom Mottram	Di-Glwb / Unattached		M			58															
186	23.45	Anton Kosik	Di-Glwb / Unattached		M50					19													
187	23.46	Maggie Oliver	Eryri		F60																		1
188	23.51	Sonia Elliman	Ynys Môn		F											19							
189	23.52	Stell Farrar	Eryri		F45														8				
190	23.58	Mark Jones	Di-Glwb / Unattached		M40				34														
191	24.03	Tom Rice Owen	Di-Glwb / Unattached		M			59															
192	24.07	Ann Hughes	Di-Glwb / Unattached		F35														14				
193	24.08	Suzanne Hearn	Di-Glwb / Unattached		F35														15				
194	24.09	Tamsin Fretwell	Di-Glwb / Unattached		F35														16				
195	24.14	Rhian Carpenter	NWRRC		F35														17				
196	24.24	Chris Williams	Cybi		M			60															
197	24.24	Wendy James	Di-Glwb / Unattached		F35														18				
198	24.25	Julie Logan	Prestatyn		F35														19				
199	24.26	David Robertson	Di-Glwb / Unattached		M50					20													
200	24.27	Jason Cordingley	Cybi Striders		M			61															
201	24.28	Martin Jones	Di-Glwb / Unattached		M			62															
202	24.36	John Lloyd Williams	Di-Glwb / Unattached		M50					21													
203	24.46	Viv Edwards	Menai		F45																9		
204	24.47	Iorwerth Roberts	Eryri		M65							3											
205	24.48	Robin Lewis	Di-Glwb / Unattached		M40				35														
206	24.49	Susan Lewis	Di-Glwb / Unattached		F35														20				
207	24.50	Carl Thatcher	Di-Glwb / Unattached		M			63															
208	24.51	Arwel Wyn Owen	Di-Glwb / Unattached		M			64															
209	24.57	Dennis Smith	Di-Glwb / Unattached		M65							4											
210	25.03	Brian Humphreys	Di-Glwb / Unattached		M50					22													
211	25.10	Helen Barbier	Team MMR		F45																10		
212	25.11	Tim Radford	Di-Glwb / Unattached		M40				36														
213	25.12	Bethan Jarvis	Di-Glwb / Unattached		F												20						
214	25.14	David Evans	Di-Glwb / Unattached		M50					23													
215	25.16	Arron Roberts	Di-Glwb / Unattached		M			65															
216	25.20	Mark Sheridan	Di-Glwb / Unattached		M40				37														
217	25.22	EI Morris	Team MMR		F35														21				
218	25.27	Sam Sheather	Di-Glwb / Unattached		F35														22				
219	25.30	Iris Bayley-Roberts	Di-Glwb / Unattached		F45																11		
220	25.47	David-Mark Robinson	Di-Glwb / Unattached		M			66															
221	25.52	Rebecca Roberts	Menai		F													21					
222	26.02	Debbie Parsons	Di-Glwb / Unattached		F														22				
223	26.06	Sally Ann Longman	Di-Glwb / Unattached		F55																	1	
224	26.08	Ceri Gruffudd Jones	Di-Glwb / Unattached		F														23				
225	26.12	Dominique Jones	Abergele Harriers		F														24				
226	26.13	Rhian Basham	Di-Glwb / Unattached		F35															23			
227	26.27	Suzanne Brocklehurst	Di-Glwb / Unattached		F35															24			
228	26.31	Lesley Wills	Di-Glwb / Unattached		F55																	2	
229	26.32	Ffion Emlyn	Di-Glwb / Unattached		F35																25		
230	26.41	David Kirkham	Cybi Striders		M60							3											
231	26.43	Hannah Greenhow	Di-Glwb / Unattached		F35																26		
232	26.49	Carwyn John Morris	Di-Glwb / Unattached		M			67															
233	26.58	Ursula McDarren	Team MMR		F35																27		
234	27.00	Hazel Robbins	Eryri		F45																	12	
235	27.02	Claire Scott	Di-Glwb / Unattached		F																25		
236	27.03	Angharad Lewis	Di-Glwb / Unattached		F																26		
237	27.06	Olly Sanders	Rachel's Runners		M50					24													
238	27.07	Alyson Constantine	Di-Glwb / Unattached		F45																	13	
239	27.08	Llinos Haf Jones	Di-Glwb / Unattached		F35																28		
240	27.21	Lissie Smith	Rachel's Runners		F																27		
241	27.23	Rachel Taylor	Rachel's Runners		F35																	29	
242	27.26	Felicity Hayes	Menai		F																28		
243	27.32	Sioned Jones	Di-Glwb / Unattached		F																29		
244	27.33	Sonia Wignall	Abergele Harriers		F35																30		
245	27.47	Bernie O'Hara	Di-Glwb / Unattached		M40				38														
246	28.15	Rachel Jones	Di-Glwb / Unattached		F35																	31	
247	28.28	Carol Livett	Menai		F35																	32	

Safle	Amser	Enw	Clwb	Hwyl	Dosb	Dynion / Men							Merched / Women							
Position	Time	Name	Club	Fun	Cat	M<16	M<18	M	M40	M50	M60	M65	M70	F<16	F<18	F	F35	F45	F55	F60
248	28.48	Cassandra Botckez	Di-Glwb / Unattached		F											30				
249	28.55	Sarah Edwards	Di-Glwb / Unattached		F											31				
250	29.08	Sally Lloyd-Davies	Di-Glwb / Unattached		F55														3	
251	29.28	Sharon White	Calon Lân	Hwyl																
252	29.31	Lorraine Marks	Di-Glwb / Unattached		F35												33			
253	29.51	Nia Owen	Di-Glwb / Unattached		F											32				
254	29.54	Karl Sadil	Menai		M			68												
255	30.02	Wendy Marchant	Di-Glwb / Unattached		F												33			
256	30.02	Sally Wilson	Di-Glwb / Unattached		F												34			
257	30.52	Sally Humphreys	Di-Glwb / Unattached		F35												34			
258	31.52	Wendy Davies	Di-Glwb / Unattached		F35												35			
259	32.24	Derren Leung	Di-Glwb / Unattached		F45													14		
260	32.24	Pat Jones	Padarn Tri		F55														4	
261	32.35	Llinos Roberts	Di-Glwb / Unattached		F												35			
262	32.58	Annwen Begley	Di-Glwb / Unattached		F35												36			
263	33.48	Gwennan Williams	Di-Glwb / Unattached		F												36			
264	34.32	Bernadette Redmond	Di-Glwb / Unattached		F												37			
265	35.05	Rick Littlejohn	Di-Glwb / Unattached		M			69												
266	42.51	Elizabeth Jones	Di-Glwb / Unattached		F45														15	