

# Râs Moel Yci

22/02/2014

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Dynion / Men					Merched / Women			
						M	M40	M50	M60	M70	F	F40	F50	F60
1	469	37.24	Matthew Roberts	Eryri	M	1								
2	422	39.54	Martin Cliffe	Eryri	M40		1							
3	394	40.02	John Parkinson	Eryri	M40		2							
4	389	40.56	John Hunt	Dark Peak FR	M40		3							
5	499	41.02	Dylan Wynn Jones	Eryri	M40		4							
6	442	41.11	Craig Jones	Eryri	M40		5							
7	392	42.03	Dyfed Thomas	Eryri	M	2								
8	451	42.20	Ben Lightowler	Abergele Harriers	M	3								
9	416	42.34	Sam Orton	U/A	M	4								
10	468	42.43	Adrian Williams	Eryri	M40		6							
11	408	43.46	Mark Davies	NWRRC	M	5								
12	410	43.49	Ali Chant	Eryri	M40		7							
13	473	43.59	Chris Atherton	Maldwyn Harriers	M	6								
14	485	44.26	Jonathan Fleming	Denbigh Harriers	M	7								
15	470	44.41	Stephen SPJ Jones	Eryri	M50			1						
16	411	44.51	Alan Jones	Meirionnydd	M	8								
17	460	45.01	Vic Belshaw	Denbigh Harriers	M50			2						
18	419	45.10	Phil Lynes	U/A	M	9								
19	409	45.23	Gav Lawrence	U/A	M	10								
20	413	45.35	Noel Craine	Eryri	M40		8							
21	472	45.40	Andrea Rowlands	Eryri	F					1				
22	425	46.36	Tim Lamberton	U/A	M	11								
23	412	46.48	Iwan Edgar	Eryri	M50			3						
24	393	47.40	Arwel Lewis	Eryri	M50			4						
25	423	47.47	Llion Iwan	Eryri	M40		9							
26	462	48.11	David Baugh	Denbigh Harriers	M50			5						
27	449	48.16	Robert Armstrong	Abergele Harriers	M	12								
28	476	48.42	Graham David	Mysteruns	M50			6						
29	440	48.50	Matthew Fortes	Eryri	M	13								
30	459	48.52	Ross Roberts	Eryri	M	14								
31	496	48.57	Wendy Trimbels	Eryri	F					2				
32	497	49.01	Gwydion Tomos	U/A	M	15								
33	433	49.02	Will Sn...	U/A	M	16								
34	407	49.08	Andy Jones	NWRRC	M40		10							
35	400	49.14	Nathan Price	U/A	M	17								
36	434	49.16	Helen Teasdale	U/A	F40						1			
37	447	49.28	Vince Edwards	U/A	M40		11							
38	390	49.30	Emlyn Owen	Eryri	M	18								
39	402	49.51	Emlyn Roberts	Eryri	M40		12							
40	405	49.57	Mark Gray	U/A	M40		13							
41	475	50.03	Richard Bourne	U/A	M40		14							
42	397	50.04	Christopher Hughes	Hoplight	M	19								
43	467	50.05	Gabriel Lees	U/A	F					3				
44	396	50.13	Carwyn Williams	Cybi Striders	M	20								
45	420	50.36	Andy Pritchard	Buckley	M40		15							
46	398	50.40	Shaun Briggs	U/A	M	21								
47	464	50.44	Alistair McLean	U/A	M	22								
48	445	50.47	Rebecca-Jane Law	Eryri	F					4				
49	448	50.55	David Andrew Norris	U/A	M50			7						
50	406	51.03	Dylan Roberts	U/A	M40		16							
51	415	51.11	Adam Mitchell	U/A	M	23								
52	495	51.17	Huw Lewis	Buckley	M50			8						
53	441	51.18	Aron Roberts	U/A	M	24								
54	452	51.37	Suzy Cumming	U/A	F					5				
55	484	51.42	Rick Littlejohn	Eryri	M	25								
56	465	51.55	Paul Hodges	Eryri	M40		17							
57	435	51.59	Jacob Roberts	U/A	M	26								
58	490	52.00	Nic Brook	Eryri	M40		18							
59	388	52.12	Nia Albiston	U/A	F					6				

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						M	M40	M50	M60	M70	F	F40	F50	F60
60	478	52.45	Gareth Wyn Owen	U/A	M40		19							
61	450	53.28	Megan Lynne Hughes	Eryri	F					7				
62	463	53.40	Gary Jones	U/A	M	27								
63	480	54.01	Graeme Stringer	Meirionnydd	M40		20							
64	426	54.08	Sarah Lamberton	Eryri	F					8				
65	494	54.21	Peter Roberts	Buckley	M70				1					
66	428	54.36	David Lewis	U/A	M40		21							
67	427	54.43	Bleddyn Jones	U/A	M40		22							
68	486	54.50	James Manley	U/A	M	28								
69	474	54.52	Stephen Atherton	FRA	M50			9						
70	439	55.03	Terry Coleman	U/A	M50			10						
71	481	55.11	Juliet Edwards	Meirionnydd	F50							1		
72	500	55.28	Martyn Fairlamb	Denbigh Harriers	M40		23							
73	491	55.33	John Morris	Buckley	M70				2					
74	492	55.34	Gemma Brown	NWRRC	F					9				
75	417	55.37	Dave Broatch	U/A	M50			11						
76	403	55.38	Helen Morgan	Eryri	F					10				
77	466	56.00	Don Williams	Eryri	M70				3					
78	456	56.17	Jim Jones	Helsby Running Club	M40		24							
79	477	56.25	Mark Allen	U/A	M	29								
80	437	56.32	Kevin Jones	U/A	M40		25							
81	401	56.45	Harri Roberts	Eryri	M40		26							
82	430	56.53	Geoff Fielding	Eryri	M70				4					
83	458	57.31	Paul Baxendale	U/A	M40		27							
84	438	57.42	Dafydd W Thomas	Eryri	M60				1					
85	432	57.48	Stephen Edwards	Eryri	M	30								
86	387	58.01	Richard Davies	U/A	M50			12						
87	436	58.14	Hayley Turner	Eryri	F					11				
88	479	58.15	Nick Bradley	Meirionnydd	M50			13						
89	457	59.11	Ellie Salisbury	Eryri	F50							2		
90	446	59.26	Gwyn Evans	Eryri	M50			14						
91	391	60.27	Ian Bancroft	Padarn Tri	M40		28							
92	421	60.30	Graham McVey	U/A	M40		29							
93	483	60.50	Russ Cheetham	Prestatyn	M40		30							
94	424	60.50	Bridget Ripley	U/A	F50							3		
95	489	61.09	Paul Oldfield	Clwydian Range	M50			15						
96	395	61.33	Emma Green	Eryri	F40						2			
97	487	62.27	Jan Loades	U/A	M	31								
98	431	63.07	Alex Fletcher	Eryri	F					12				
99	429	63.07	Stephen Moelfre Jones	Eryri	M50			16						
100	471	63.43	Allison Donnelly	Eryri	F40						3			
101	444	63.54	Gary Law	U/A	M50			17						
102	414	64.17	Christoph Gertler	Eryri	M	32								
103	461	64.49	Menai Baugh	Denbigh Harriers	F50							4		
104	386	64.51	Tania Scotland	Eryri	F50							5		
105	399	64.53	Edwin Kelly	U/A	M	33								
106	488	65.04	Philip Jones	Prestatyn	M70				5					
107	455	65.23	Margaret Oliver	Eryri	F60								1	
108	454	65.42	Iolo Roberts	Eryri	M40		31							
109	418	66.27	Peter Boyd	U/A	M50			18						
110	404	67.24	Christopher John Miller	U/A	M	34								
111	498	67.33	Megan Gritten	U/A	F					13				
112	453	68.40	Simon Adey Davies	U/A	M40		32							
113	482	69.48	Abbie Cheetham	Prestatyn	F					14				
114	443	76.58	Audrey Russelli	U/A	F50							6		
115	493	93.38	Tracey Cooper	Ryde Harriers	F40						4			