

# Râs Moel Yci

14/02/2015

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Lleol Local	Dosb Cat	Dynion / Men					Merched / Women						
							JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60	
1	168	35.53	MATTHEW ROBERTS	U/A		M		1										
2	157	36.58	LLOYD TAGGART	MANX FELL RUNNERS		M40			1									
3	156	39.12	ROB GRANTHAM	PENSBY RUNNERS		M40			2									
4	181	39.34	GARETH WYN HUGHES			M		2										
5	337	39.48	JOHN PARKINSON	ERYRI HARRIERS		M40			3									
6	100	39.49	TIM BUDD	GLOSSOPDALE HARR		M		3										
7	104	39.50	MAX WAINWRIGHT	HELSEBY		M		4										
8	316	39.51	HUW BRASSINGTON			M		5										
9	185	39.54	SAM ORTON	ERYRI HARRIERS		M40			4									
10	137	40.03	DAVE PARKER	MEIRIONNYDD		M		6										
11	169	40.13	ARTHUR CONNELL	ERYRI HARRIERS		M		7										
12	134	40.51	JEZ BROWN	BUCKLEY RUNNERS		M40			5									
13	317	41.10	SAM HAGGER	WHARFEDALE HARRI		M		8										
14	331	41.13	HUGH O'DONNELL	ERYRI HARRIERS		M		9										
15	172	41.32	CRAIG JONES	ERYRI HARRIERS		M40			6									
16	112	41.36	SIMON EDWARDS	BUCKLEY RUNNERS		M40			7									
17	301	41.43	ALED EDWARDS			M		10										
18	312	41.52	JAMES WALMSLEY			M		11										
19	106	42.06	STEPHEN P JONES	ERYRI HARRIERS		M60				1								
20	187	42.37	SHAUN DAVIES			M		12										
21	126	42.53	SIMON PYMM			M		13										
22	119	42.54	KATIE BEECHER	MYNYDD DU		F								1				
23	107	42.57	ALASDAIR COWELL	GLOSSOPDALE HARR		M40		8										
24	191	43.04	STEVE TOOGOOD	BUCKLEY RUNNERS		M50				1								
25	116	43.48	MARK ATHERTON	MEIRIONNYDD		M40		9										
26	102	44.13	DAVE SOLES	PENNINE		M50				2								
27	193	44.20	RHYS CROSS			M		14										
28	201	44.27	ROSS ROBERTS	ERYRI HARRIERS		M		15										
29	350	44.39	MARK DAVIES	NWRRRC		M40			10									
30	342	44.45	RALPH PAWLING	PENSBY RUNNERS		M		16										
31	318	44.53	GETHIN ARMSTRING			M		17										
32	152	44.58	MICHAEL BELSHAW	ERYRI HARRIERS		M50				3								
33	146	45.01	ANDY CORNTHWAITE			M		18										
34	310	45.09	JOHNNY MOORE	ERYRI HARRIERS		M40			11									
35	118	45.26	IAN LOWE	OSWESTRY OLYMPIA		M40			12									
36	130	45.36	DAVID BAUGH	DENBIGH HARRIER		M50				4								
37	108	45.50	CHRIS BAYNHAM-HUGHES	HELSEBY		M		19										
38	159	46.01	VIC BELSHAW	DENBIGH HARRIER		M50				5								
39	174	46.03	ANDREA ROWLANDS	ERYRI HARRIERS		F40									1			
40	161	46.11	MICHAEL REYNOLDS	MERCIA		M40			13									
41	333	46.12	SARAH CASKEY	BANGOR UNIVERSITY		F								2				
42	353	46.18	JAMES SLACK			M		20										
43	300	46.38	ALAN JONES	MEIRIONNYDD		M		21										
44	135	46.42	GORONWY HUGHES	HEBOG		M40			14									
45	334	46.50	LLION IWAN	ERYRI HARRIERS		M40			15									
46	139	46.58	ANDY PRITCHARD	BUCKLEY RUNNERS		M40			16									
47	211	47.31	SIMON ANETTS	BANGOR UNIVERSITY		M		22										
48	315	47.43	OWAIN LLEWELLYN			M		23										
49	348	47.45	SAM GREEN	BANGOR UNIVERSITY		M		24										
50	160	47.52	TOBY FORRESTER	MERCIA		M40			17									
51	205	47.56	GWILYM HUGHES			M40			18									
52	203	48.08	EMLYN ROBERTS	ERYRI HARRIERS		M50				6								
53	123	48.10	KENNETH ELFYN HUGHES	MEIRIONNYDD		M		25										
54	338	48.28	SHAUN BRIGGS			M		26										
55	138	48.31	JONATHAN FLEMING			M		27										
56	184	48.33	ADAM MITCHELL			M		28										
57	182	48.34	SARAH RIDGEWAY			F40										2		

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							JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60
58	124	48.37	STEPHEN ROBERTS	OSWESTRY OLYMPIA		M60				2							
59	179	49.19	CHRIS WILCOX	CLWYDIAN ROAD RUN		M60				3							
60	178	49.28	RICHARD LEE	ABERGELE HARRIERS		M50			7								
61	186	49.35	RHYS LLYWELYN JAMES	MEANI T&F		M		29									
62	200	49.37	TOMOS WILLIAMS			M		30									
63	321	49.39	ARFON HUGHES	MEIRIONNYDD		M40			19								
64	110	49.53	KEAN ROWLANDS	ERYRI HARRIERS		M50			8								
65	325	49.59	PHIL TARGETT			M40			20								
66	133	50.02	GLYN GRIFFITHS	ERYRI HARRIERS		M50			9								
67	210	50.10	ED HARMER			M40			21								
68	148	50.15	MEGAN HUGHES	ERYRI HARRIERS		F							3				
69	173	50.20	LOUISE EMERY-JONES	ERYRI HARRIERS		F							4				
70	180	50.24	DAVID ANDREW NORRIS	ERYRI ORIENTEERS		M50			10								
71	150	50.25	HUW LEWIS	BUCKLEY RUNNERS		M50			11								
72	340	50.30	TONY KEEP			M40			22								
73	188	50.42	GARETH WYN OWEN			M40			23								
74	140	50.44	LEE BONNER			M		31									
75	330	50.48	LEON DAVIES	NWRRRC		M		32									
76	158	50.56	HAYLEY EVANS	BUCKLEY RUNNERS		F							5				
77	117	51.15	LEE WILLIAMS	OSWESTRY OLYMPIA		M40			24								
78	339	51.19	NEIL OWEN			M60			4								
79	183	51.31	EMRYS JONES	CYBI		M50			12								
80	176	51.42	MATTHEW BICKNELL	COLWYN BAY		M		33									
81	206	51.46	RICHARD EVANS	ERYRI HARRIERS		M40			25								
82	341	51.51	CARWYN WILLIAMS	HOPLITES		M		34									
83	121	51.53	STEPHEN PAUL WILLIAM			M		35									
84	120	51.57	ELLIW HAF			F							6				
85	165	52.03	VICTORIA WHITEHEAD	DENBIGH HARRIER		F40								3			
86	171	52.10	NEIL HINDLE	WFRA		M60			5								
87	307	52.13	REBECCA TAYLOR	BANGOR UNIVERSITY		F							7				
88	115	52.22	PAUL HODGES	ERYRI HARRIERS		M40			26								
89	143	52.26	DUNCAN JONES	DENBIGH HARRIER		M50			13								
90	111	52.35	RICHARD BORNE	MYSTERUNS		M40			27								
91	335	52.58	NIA ALBISTON	ERYRI HARRIERS		F							8				
92	144	53.08	GEMMA BROWN	NWRRRC		F							9				
93	202	53.11	GUY ROBERTS			M		36									
94	209	53.29	ASHLEY WAGER	ERYRI HARRIERS		M50			14								
95	154	53.44	TONY BENTON	DENBIGH HARRIER		M50			15								
96	177	53.46	LEAH HUGHES			F							10				
97	101	53.50	PHIL GILLARD	HELSEBY		M50			16								
98	196	53.51	RICHARD JONES			M		37									
99	347	53.55	HELEN MORGAN	ERYRI HARRIERS		F							11				
100	164	53.58	DAVID GREEN	PENSBY RUNNERS		M		38									
101	162	54.03	PAUL DONOGHUE	BUCKLEY RUNNERS		M40			28								
102	308	54.04	MARK MAYERS	ABERGELE HARRIERS		M40			29								
103	323	54.05	DYLAN ROBERTS			M40			30								
104	132	54.06	PATRICK CAIN			M50			17								
105	344	54.11	JONATHAN MOULD	BOURNVILLE HARRIE		M		39									
106	125	54.20	ROWEN RATCLIFFE	SADDLEWORTH		F							12				
107	167	54.42	JEFF ADAMS	PENSBY RUNNERS		M50			18								
108	352	55.07	STEVEN WALKER			M40			31								
109	192	55.12	ANDY ROBINSON	HELSEBY		M60			6								
110	109	55.31	SANDRA ROWLANDS	ERYRI HARRIERS		F40								4			
111	324	55.34	DAVID JONES			M40			32								
112	309	55.47	DARREN BATTERSBY	ABERGELE HARRIERS		M40			33								
113	305	56.00	RICK LITTLEJOHN			M		40									
114	151	56.13	EMYR GIBSON	ERYRI HARRIERS		M		41									
115	145	56.16	JOE MOORE			M		42									
116	170	56.30	TIM DOWNES			M50			19								
117	153	56.40	DONALD WILLIAMS	ERYRI HARRIERS		M70							1				

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							JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60	
118	197	56.45	MEURIG ROWLANDS			M40			34									
119	204	56.46	DEI JONES	ERYRI HARRIERS		M60				7								
120	346	57.13	MARK DAVIES	MERCIA		M40			35									
121	303	57.29	EMILY WOOD	ERYRI HARRIERS		F40								5				
122	304	57.43	ANDY JAMES WORTHING	BUCKLEY RUNNERS		M60				8								
123	326	57.50	LEON CIVALE			M		43										
124	332	57.51	LUCY O'DONNELL			F							13					
125	313	57.58	GRAHAM MCVERY			M40			36									
126	343	58.09	MATTHEW MCINTYRE			M		44										
127	166	58.14	NEALE LEWIS-JONES			M40			37									
128	354	58.20	ALISTAIR MCLEAN			M		45										
129	314	58.25	EMMA GREEN	ERYRI HARRIERS		F40								6				
130	194	58.27	STEPHEN WILLS			M		46										
131	103	58.33	ELLIE SALISBURY	ERYRI HARRIERS		F50											1	
132	195	58.44	JENNY WILLIAMSON	ERYRI HARRIERS		F							14					
133	336	59.16	TONY ALBISTON			M		47										
134	322	59.21	JILL RILEY	ERYRI HARRIERS		F50											2	
135	345	59.37	EDDIE LESNIAK	ACHILLE RATTI CC		M60				9								
136	155	59.44	JON WHITEHEAD	DENBIGH HARRIER		M40			38									
137	190	59.56	HAYLEY TURNER	ERYRI HARRIERS		F							15					
138	302	59.59	BRIAN ROBBINS	ERYRI HARRIERS		M70					2							
139	142	60.06	FREDERICK SMITH			M		48										
140	329	60.23	GEOFFREY FIELDING	ERYRI HARRIERS		M70					3							
141	199	60.30	STEPHEN EDWARDS			M		49										
142	351	60.37	STUART ELLIOTT			M40			39									
143	163	60.49	JOHN MORRIS	BUCKLEY RUNNERS		M70					4							
144	327	60.57	JENNY WELLS			F							16					
145	328	60.58	BARRY WELLS	NWRRC		M60				10								
146	147	61.06	MADLINE CORNTHWAITE			F							17					
147	129	61.09	KATY BAUGH	DENBIGH HARRIER		F							18					
148	189	61.17	CLAIRE WILLIAMS			F40								7				
149	311	61.29	ADAM KENNERLEY	CROFTAMBREY		M40			40									
150	136	61.33	ELEANOR TAGGER			F							19					
151	198	62.07	GWYN EVANS	ERYRI HARRIERS		M50				20								
152	127	62.14	KEVIN ROBERTS	DENBIGH HARRIER		M		50										
153	141	62.22	TINA MCDONNELL	ERYRI HARRIERS		F40								8				
154	319	63.44	IOLO ROBERTS	ERYRI HARRIERS		M40			41									
155	113	63.57	MARGARET OLIVER	ERYRI HARRIERS		F60											1	
156	208	64.32	TINA USHERWOOD			F50										3		
157	131	65.02	MENAI BAUGH	DENBIGH HARRIER		F50										4		
158	320	65.16	SIMON ADEY-DAVIES			M40			42									
159	128	66.47	ELEN BAUGH	DENBIGH HARRIER		F							20					
160	207	67.41	NINA BENTLEY	ERYRI HARRIERS		F							21					
161	122	67.56	GERAINT EVANS			M50				21								
162	349	68.21	SHARON BASFORD	TATTENHALL		F40								9				
163	149	73.22	MARTIN JONES	DENBIGH HARRIER		M40			43									
164	175	73.33	BROGAN FEASEY			F							22					
165	306	74.31	NIA HUGHES	CAINCROSS YNYS M		F50										5		
166	114	DNF	NIGEL CROMPTON	PENSBY RUNNERS		M50				22								
167	105	DNS	KARL STEINEGGER	AMBLESIDE AC		M		51										
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