

## Râs Mynydd Mawr

### 28/04/2015

#### Cyfres Nôs Fawrth / Tuesday Evening Series

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Dynion / Men							Merched / Women				
						JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60	
1	207	33.06	Rob Grantham	Pensby Runners	M40			1									
2	375	33.26	Gareth W Hughes	U/A	M		1										
3	341	33.35	Frederick Maier	Eryri	M		2										
4	255	34.02	Jim Bacon	Eryri	M		3										
5	378	35.32	Huw Brassington	U/A	M		4										
6	256	35.59	Rhys Cross	Eryri	M		5										
7	314	36.05	Dewi Owen	Eryri	M		6										
8	376	36.08	Kieran Forrest	Menai T&F	JM	1											
9	315	36.10	Ryan Cain	Menai T&F	JM	2											
10	373	36.41	Aled Edwards	U/A	M		7										
11	312	37.08	Shaun Davies	U/A	M		8										
12	362	37.19	Dylan W Jones	Eryri	M40			2									
13	322	37.26	Mark Davies	NWRRC	M40			3									
14	249	37.44	Gary Porter-Jones	Eryri	M40			4									
15	224	37.47	Lauren Jeska	Eryri	F40									1			
16	383	37.57	Gerallt Williams	U/A	M		9										
17	294	38.00	Simon Edwards	Buckley	M40			5									
18	211	38.02	Paul Jenkinson	Eryri	M40			6									
19	310	38.13	Tom Aldous	U/A	JM	3											
20	369	38.16	Stephen Spj Jones	Eryri	M60				1								
21	272	38.27	Gethin Armstrong	ua	M		10										
22	367	38.29	Steve Toogood	Buckley	M50			1									
23	363	38.40	Sam Haggart	Wharfedale	M		11										
24	213	68.40	Huw Owen	Eryri	M		12										
25	234	38.55	Sam Green	Eryri	M		13										
26	298	39.09	Ben Beachell	Eryri	M40			7									
27	388	39.37	Llion Iwan	Eryri	M40			8									
28	212	39.43	Brian Wills	Eryri	M40			9									
29	370	39.45	Gwion Williams	Eryri	M40			10									
30	374	39.51	Sarah Ridgway	U/A	F40									2			
31	386	40.11	Mabon Llyr	Eryri	M		14										
32	259	40.17	Arwel Lewis	Eryri	M50			2									
33	210	40.28	Bronwen Jenkinson	Eryri	F								1				
34	268	40.40	Dion Inch	U/A	M		15										
35	368	40.47	Sion Griffiths	U/A	M		16										
36	366	41.00	Justin Romero-Edwards	Buckley	JM	4											
37	396	41.03	Annabelle Mcqueen	Eryri	JF						1						
38	380	41.25	Kenneth Hughes	Meirionnydd	M		17										
39	379	41.39	Rhys Owen	Cybi	M		18										
40	323	41.42	Emlyn Treborth Roberts	Eryri	M50			3									
41	326	42.13	Elliw Haf	U/A	F								2				
42	381	42.56	Matthew Bicknell	U/A	M		19										
43	372	42.57	Megan Lynne Hughes	Eryri	F								3				
44	391	43.31	Nia Albiston	Eryri	F							4					
45	364	43.33	Adrian Leonard	U/A	M		20										
46	330	43.37	Jenny Heming	Eryri	F40									3			
47	371	44.08	Gwydion Tomos	U/A	M		21										
48	267	44.12	Kate Worthington	Eryri	F								5				
49	230	44.19	Emrys Jones	Cybi	M50			4									
50	231	44.37	David Billington	Cybi	M		22										
51	285	44.39	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	M		23										
52	293	44.46	Hayley Evans	Buckley	F								6				
53	395	45.02	James Mcqueen	Eryri	M40			11									
54	365	45.04	Steffan Evans	Eryri	M		24										
55	308	45.27	David Norris	Eryri Orienteers	M50			5									
56	393	45.38	Sion Edwards	U/A	M		25										
57	361	45.44	Jennifer Charlton	Eryri	F40									4			
58	377	46.00	Chris Forrest	U/A	M50			6									
59	221	46.06	Patrick Cain	U/A	M50			7									
60	218	46.28	Phil Tân Jones	U/A	M60			2									
61	392	46.52	Dylan Huws	U/A	M50			8									
62	317	47.24			M		26										
63	276	48.06	Nich Bradley	Meirionnydd	M60			3									

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						JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60	
64	241	48.26	John Humphries	Mysteruns	M60					4							
65	159	48.31	Harri Roberts	Eryri	M50				9								
66	389	49.01	Deian Williams	Eryri	JM	5											
67	384	49.15	Lindsey Jones	U/A	F							7					
68	158	49.27	Ellie Salisbury	Eryri	F50										1		
69	382	50.05	Emily Wood	Eryri	F40								5				
70	237	50.10	Richard Bourne	Mysteruns	M40			12									
71	357	50.17	Gwyn Evans	Eryri	M50				10								
72	264	50.27	Tamsin Fretwell	Eryri	F40									6			
73	360	50.38	Llinos Greenhalgh	Eryri	F							8					
74	390	50.39	Meirion Jones	U/A	M		27										
75	385	50.47	Michelle Fildes	Eryri	F							9					
76	297	51.12	Karen Soley	U/A	F40								7				
77	262	51.39	Susan Norris	Eryri Orienteers	F50										2		
78	301	51.55	Graham Mcvey	U/A	M40			13									
79	292	52.05	John Morris	Buckley	M70						1						
80	336	53.01	Kate Potter	U/A	F50										3		
81	254	53.16	Rowenna Cardy	Eryri	F							10					
82	236	53.52	Rachael Perrin	U/A	F							11					
83	283	55.30	Alun Rowlands	Cybi	M50				11								
84	466	56.05	Tom Albiston	U/A	M		28										
85	394	56.12	Claire Liversage	U/A	F40								8				
86	204	56.50	Maggie Oliver	Eryri	F60											1	
87	387	60.00	Stel Farrar	U/A	F50											4	
88	282	61.28	Tina Usherwood	U/A	F50											5	