

## Râs Moel Eilio 2015

### 23/05/2015

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Leol Local	Dosb Cat	Dynion / Men							Merched / Women						
							JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60	F70		
1	8	1.08.11	Gareth Hughes	U/A		M		1												
2	58	1.11.10	Max Wainwright	Helsby Rc		M		2												
3	70	1.11.21	Dyfed Thomas	Eryri		M40			1											
4	39	1.12.15	Martin Cliffe	Eryri		M40			2											
5	27	1.12.40	Dave Parker	U/A		M		3												
6	37	1.13.41	Jim Bacon	Eryri		M		4												
7	50	1.13.48	Simon Edwards	Buckley Runners		M40			3											
8	24	1.14.46	Karl Ashworth	U/A		M		5												
9	34	1.15.38	Darren Fishwick	Chorley		M40			4											
10	85	1.16.44	Jez Brown	Buckley Runners		M40			5											
11	55	1.17.03	Shaun Davies	Eryri Harriers		M		6												
12	97	1.17.33	Mark Davies	Nwrrc		M40			6											
13	23	1.18.20	Paul Jenkinson	Eryri		M40			7											
14	22	1.18.33	Noel Craine	U/A		M50				1										
15	76	1.18.38	Mark Atherton	Meirionnydd		M40			8											
16	74	1.18.50	Chris Chambers	Mynydd Du		M40			9											
17	68	1.19.07	Lauren Jesica	Eryri		F40													1	
18	11	1.19.50	Simon Murray	U/A		M40			10											
19	12	1.20.24	Oli Cox	U/A		M		7												
20	59	1.20.27	Phillip Roberts	Helsby Rc		M		8												
21	36	1.21.02	Andrea Rowlands	Eryri		F40													2	
22	93	1.21.07	Arwel Lewis	Eryri Harriers		M50				2										
23	2	1.21.28	Dylan Griffiths	U/A		M		9												
24	49	1.21.59	Garry Porter Jones	Eryri Harriers		M40			11											
25	75	1.22.11	Dan Jackson	U/A		M40			12											
26	13	1.22.22	Jules Toone	U/A		F													1	
27	81	1.22.25	Steve Tougood	Buckley Runners		M50				3										
28	104	1.22.42	Llion Iwan	Eryri		M40			13											
29	6	1.23.25	Russell Owen	Eryri		M50				4										
30	51	1.23.28	Andy Pritchard	Buckley Runners		M40			14											
31	7	1.23.45	Sara Ridgway	Run Snowdonia		F40													3	
32	96	1.24.09	Ifan Jones	Eryri Harriers		M		10												
33	100	1.24.18	Derek Weaver	Eryri		M60					1									
34	79	1.24.33	Alan Jones	Meirionnydd		M		11												
35	33	1.24.49	Chris Hughes	Helsby Rc		M		12												
36	45	1.25.45	Goronwy Hughes	Hebos		M40			15											
37	57	1.25.59	David Baugh	Denbigh Harriers		M50				5										
38	54	1.26.16	Gwion Williams	Eryri		M40			16											
39	10	1.26.22	Kevin Hagley	Swrr		M50				6										
40	30	1.26.58	Laura Bestow	Vale Royal Ac		F													2	
41	86	1.27.22	Michael Belshaw	Eryri Harriers		M50				7										
42	99	1.27.44	Iwan Edgar	Eryri		M50				8										
43	78	1.28.04	Kenneth Hughes	Meirionnydd		M		13												
44	82	1.28.13	Chris Wilcox	Clwyddan Range Runne		M60					2									
45	102	1.28.18	Ralph Pawling	Pendby		M		14												
46	71	1.29.13	Andrew Hunter	Beeston Ac		M40			17											
47	26	1.29.15	Alan French	Wrexham Ac		M60					3									
48	90	1.30.21	Irfon Rowlands	Cybi		M40			18											
49	83	1.30.27	Emlyn Roberts	Eryri		M50				9										
50	98	1.30.28	Leon Davies	Nwrrc		M		15												
51	31	1.30.46	Kate Worthington	Eryri Harriers		F													3	

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							JM	M	M40	M50	M60	M70	JF	F	F40	F50	F60
52	32	1.31.22	Richard Borne	Mysteruns Of Abergele		M40			19								
53	72	1.31.33	Guto Edwards	U/A		M40			20								
54	67	1.33.15	Megan Hughes	Eryri		F					4						
55	61	1.33.51	Jim Jones	Helsby Rc		M50			10								
56	91	1.33.55	Elliw Haf	Eryri Harriers		F					5						
57	47	1.34.04	Emrys Jones	Cybi		M50			11								
58	103	1.34.10	Sion Mcguinness	U/A		M	16										
59	16	1.34.36	Huw Lewis	Buckley		M50			12								
60	53	1.34.58	Hayley Evans	Buckley Rc		F					6						
61	44	1.35.11	Richard Jones	U/A		M	17										
62	4	1.35.59	Jeremy Williams	Eryri		M50			13								
63	88	1.36.06	Neil Owen	U/A		M60			4								
64	62	1.36.23	Emma Collins	Denbigh Harriers		F50							1				
65	21	1.36.24	Helen Rennard	Lochaber Ac		F					7						
66	43	1.36.47	Joanne Cliffe	U/A		F40						4					
67	94	1.37.13	Neil Elias	U/A		M40		21									
68	40	1.37.26	Aled Owen	U/A		M50			14								
69	38	1.37.53	Gethin Dwyfor	U/A		M	18										
70	77	1.38.06	Serena Wagg	Eryri Harriers		F40						5					
71	60	1.38.09	Neil Hindle	Wfra		M60			5								
72	29	1.38.21	John Humphries	Mysteruns Of Abergele		M50			15								
73	92	1.38.29	Steffan Evans	Eryri Harriers		M	19										
74	87	1.39.11	Jenny Towill	U/A		F					8						
75	5	1.39.12	Nick Jones	Eryri		M	20										
76	46	1.40.05	Meurig Parry	U/A		M	21										
77	95	1.41.01	Lucy O'Donnell	Eryri Harriers		F					9						
78	41	1.41.15	Richard Evans	Eryri		M40		22									
79	19	1.41.38	Emily Wood	Eryri		F40						6					
80	56	1.43.02	Helen Morgan	Eryri		F					10						
81	84	1.43.34	Harri Roberts	Eryri		M50			16								
82	18	1.43.52	John Morris	Buckley		M70				1							
83	35	1.44.02	Ian Williams	U/A		M50			17								
84	25	1.44.38	Celia Mills	Mercia		F50							2				
85	28	1.44.53	Charles Ashley	Wrexham Aac		M50			18								
86	80	1.45.12	Hazel Berrett	Buckley Runners		F50							3				
87	107	1.43.36	Dave Ellis	Cybi		M	22										
88	17	1.48.37	Andy Worthington	Buckley		M60			6								
89	48	1.48.37	Brian Robbins	Eryri		M70				2							
90	14	1.49.38	Emyr Gibson	Eryri		M	23										
91	42	1.50.34	Gareth Owen	U/A		M40		23									
92	1	1.51.14	Dave Stretton	U/A		M50			19								
93	110	1.51.14	Eddie Lesniak	Achille Ratt Cc		M60			7								
94	89	1.51.23	Graham Mcvey	U/A		M40		24									
95	15	1.52.48	Garry Smith	U/A		M50			20								
96	106	1.54.01	Sian Ellis	Cybi		F					11						
97	20	1.54.56	Jill Riley	Eryri		F50							4				
98	65	1.55.14	David Owen	Prestatyn		M60			8								
99	52	1.55.59	Maggie Oliver	Eryri		F60								1			
100	9	1.56.58	Sion Jones	U/A		M	24										
101	3	1.57.28	Gwyn Roberts	U/A		M50			21								
102	64	1.57	Darren Burns	U/A		M50			22								
103	66	1.59.11	Noel Harding	No Hope Racing		M40		25									
104	73	2.29.22	Steve Hill	U/A		M	25										
105	105	DNF	Craig Joner	Eryri		M40		26									

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106	63	DNF	Philip Randal	Black Combe		M		26											
107	69	DNF	Stuart Reid	U/A		M		27											
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