

Râs 10k Deiniolen

12/06/2019

(171 o gystadleuwyr / 171 competitors)

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Dynion / Men					Merched / Women						
						MU18	MO	M40	M50	M60	FU18	FO	F40	F50	F60	F70	
1	46	36.26	Martin Green	North Wales Road Runners	M40			1									
2	33	36.36	Ian Edwards	Rhedwyr Eryri Harriers	MO		1										
3	116	37.16	Dilwyn Powell-Jones		MO		2										
4	80	37.35	Jonathan Kettle	North Wales Road Runners	M40			2									
5	148	37.52	Jonathan Tyler	Betsi Runaways	MO		3										
6	175	37.59	Dyfed Whiteside Thomas	Rhedwyr Eryri Harriers	M40			3									
7	39	38.09	John Ford	North Wales Road Runners	M40			4									
8	137	39.19	Andy Savage	Cybi Striders	M40			5									
9	12	39.26	Nic Brook	Rhedwyr Eryri Harriers	M40			6									
10	34	39.53	James Edwards		MO		4										
11	69	40.02	Owen Humphreys	* Beaumaris Town Road Run	M50			1									
12	121	40.24	Tony Price-Jones	GOG Triathlon Club	MO		5										
13	6	40.26	Llyr Ap Gruffydd		MO		6										
14	183	40.29	Dylan Robert Thomas		MO		7										
15	82	40.36	Joe King		MO		8										
16	123	41.21	Alan Radbourne	Cybi Striders	MO		9										
17	182	41.33	Ieuan Belshaw		MO		10										
18	178	41.37	Elliw Haf	Rhedwyr Eryri Harriers	FO							1					
19	145	41.43	Chris Thomas	Cybi Striders	MO		11										
20	154	41.44	Jason White		MO		12										
21	25	41.49	Gethin Davies	Meirionnydd Running Club	MU18	1											
22	171	41.55	Meilyr Wyn		MO		13										
23	100	42.02	Gemma Moore	North Wales Road Runners	FO							2					
24	49	42.29	Aaron Griffiths		MO		14										
25	14	42.32	James Brown		MO		15										
26	37	42.36	Iwan Evans	North Wales Road Runners	M40			7									
27	152	42.40	Dan Wellings	* GOGS	M40			8									
28	30	43.00	Lee Davitt	Clwb Rhedeg DVT Running C	MO		16										
29	15	43.02	Kevin Clark	Cybi Striders	M50			2									
30	77	43.07	Rhys Jones		MO		17										
31	156	43.18	Jonathan Will	Rhedwyr Eryri Harriers	M40			9									
32	133	43.42	Steven Roberts	North Wales Road Runners	M50			3									
33	23	43.49	Stuart Culverhouse	North Wales Road Runners	M40			10									
34	167	43.52	Sian Williams	Rhedwyr Hebog Runners	F40								1				
35	8	44.06	Peter Bannister		M40			11									
36	177	44.13	Jennifer Charlton	Rhedwyr Eryri Harriers	F40								2				
37	81	44.14	Troy Kettle		MU18	2											
38	87	44.16	Arwel Lewis	Rhedwyr Eryri Harriers	M60					1							
39	134	44.17	Gavin Rogerson		MO		18										
40	60	44.29	James Hooton	Cybi Striders	M40			12									
41	181	44.33	Cai Owen		MO		19										
42	78	44.42	Steffan Jones		MO		20										

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						MU18	MO	M40	M50	M60	FU18	FO	F40	F50	F60	F70	
43	186	45.04	Owen Pooley		MO		21										
44	63	45.09	Ben Hudson	North Wales Road Runners	M40			13									
45	52	45.25	Nia Gwynn		F40							3					
46	62	45.26	Gaz Jones		M40			14									
47	131	45.35	Matthew Roberts		MO		22										
48	139	45.41	Richard Scamans	North Wales Road Runners	M40			15									
49	149	45.44	Patrick Walsh		MO		23										
50	105	45.54	Ian Mulligan	Cybi Striders	M50				4								
51	169	46.08	Rhi Willmot	Cybi Striders	FO							3					
52	150	46.13	Johnhuw Watkin Hughes	Cybi Striders	MO		24										
53	88	46.19	Daniel Lewis		MO		25										
54	18	46.22	Terry Collingwood		M40			16									
55	187	46.41	Iwan Edgar	Rhedwyr Eryri Harriers	M60				2								
56	76	46.48	Ollie Jones	* Beaumaris Town Road Run	MO		26										
57	90	46.49	Tammy Lewis-Jones	Rhedwyr Eryri Harriers	F40								4				
58	124	46.52	Llyr Rees	* Beaumaris Town Road Run	M40			17									
59	170	46.57	Sam Worley		MO		27										
60	108	47.02	Dylan Gwyn Owen		MO		28										
61	83	47.07	Nikki Kolfshoten		FO								4				
62	53	47.09	Aaron Haggas		M40			18									
63	115	47.10	Steve Poupart	North Wales Road Runners	M40			19									
64	66	47.13	Gerallt Hughes		MO		29										
65	143	47.17	Barry Smith	Cybi Striders	MO		30										
66	132	47.27	Sion Roberts	Cybi Striders	M40			20									
67	144	47.55	Genevieve Tellier		FO								5				
68	26	47.58	Griffith Sion Davies		MO		31										
69	86	48.06	Lleucu Lane	Rhedwyr Eryri Harriers	FU18							1					
70	28	48.14	Luke Davies	* Black Cloak Runners	MO		32										
71	84	48.16	Ceri Lane	Rhedwyr Hebog Runners	F40									5			
72	104	48.24	Steve Mullan		MO		33										
73	118	48.39	Marc Prewitt	* Black Cloak Runners	MO		34										
74	151	48.46	Duncan Watts	Cybi Striders	M40			21									
75	74	48.49	Llinos Jones		F40									6			
76	176	48.58	Helen Morgan	Rhedwyr Eryri Harriers	FO								6				
77	45	49.01	Carla Green	North Wales Road Runners	F40									7			
78	112	49.01	Daniel Owens		MO		35										
79	43	49.04	Andy Goater		M40			22									
80	140	49.08	Darren Seeney	Cybi Striders	M50				5								
81	155	49.21	Daniel Whitlum		MO		36										
82	32	49.42	Eurwyn Edwards	Rhedwyr Eryri Harriers	M60				3								
83	160	49.51	Dewi Williams	Cybi Striders	M40			23									
84	184	49.59	Euryn Williams	Rhedwyr Eryri Harriers	M50				6								
85	103	50.05	Jessica Mullan	Rhedwyr Eryri Harriers	FO									7			
86	4	50.12	Nick Antoniazzi		M50				7								
87	48	50.19	Patrick Griffith		MO		37										

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						MU18	MO	M40	M50	M60	FU18	FO	F40	F50	F60	F70
88	99	50.21	Charlotte Mead		FO							8				
89	96	50.30	Llinos Lloyd Marples		FO							9				
90	61	50.37	Chris Hoult	Rhedwyr Eryri Harriers	M50				8							
91	162	50.38	Kevin Williams		M40			24								
92	5	50.41	Aeddan Ap Garth	* Black Cloak Runners	MO		38									
93	95	50.51	Paul Maitland	Cybi Striders	M50				9							
94	38	51.02	Sarah Ferguson	North Wales Road Runners	F40							8				
95	1	51.03	Jon Evans	North Wales Road Runners	M50				10							
96	50	51.20	Mei Gwilym		M40			25								
97	120	51.27	Hayley Price-Jones	GOG Triathlon Club	F40								9			
98	91	51.42	Geraint Llyn	Cybi Striders	MO		39									
99	64	51.46	Ffion Hughes	Cybi Striders	FO							10				
100	165	51.52	Paul Williams	Cybi Striders	M40			26								
101	22	51.54	Jane Cooper		F40								10			
102	79	52.06	Steven Kell		MO		40									
103	51	52.13	Delyth Gwyn	Clwb Rhedeg DVT Running C	FO								11			
104	41	52.21	Robert Fryer	* North Wales road runners	M60				4							
105	113	52.25	Heledd Owens		FO								12			
106	21	52.37	Helen Cooke	Clwb Rhedeg DVT Running C	FO								13			
107	122	52.40	Sonia Pritchard		F40								11			
108	136	52.45	Paul Rowlands		MO		41									
109	93	53.07	Simon Longman		M60				5							
110	24	53.08	Barry Davies	Meirionnydd Running Club	M40			27								
111	67	53.15	Rekha Hughes		FO								14			
112	147	53.16	Sara Tuck	GOG Triathlon Club	FO								15			
113	54	53.22	Donald Hale	North Wales Road Runners	M60				6							
114	179	53.51	Jordan Lewis		MO		42									
115	10	53.54	Donna Beales		FO								16			
116	138	54.06	Sara Sawicz	Cybi Striders	FO								17			
117	107	54.09	Matt Osmont		MO		43									
118	172	54.34	Nyfain Wynn	Rhedwyr Hebog Runners	F40								12			
119	11	54.39	Carl Bragan		M40			28								
120	188	54.54	Gary O'Connor		M50				11							
121	68	54.58	Jennifer Hulse		FO								18			
122	158	55.06	Arwyn Williams		M40			29								
123	13	55.09	Diana Brookshaw		FO								19			
124	70	55.13	Len Jackson	North Wales Road Runners	M60				7							
125	125	55.16	Angharad Rhisiart	Cybi Striders	F40								13			
126	102	55.23	Gwyn Moseley	Rhedwyr Eryri Harriers	MO		44									
127	85	55.32	Kevin Lane	Rhedwyr Hebog Runners	M50				12							
128	157	55.34	Annes Williams		FO								20			
129	59	55.50	Rhian Harper Owen	Cybi Striders	F40								14			
130	31	56.00	Trevor Dilworth		M50				13							
131	44	56.21	Douglas Graham	* Colwyn Pronghorns	M40			30								
132	161	56.26	Gwenllian Williams	Clwb Rhedeg DVT Running C	FO								21			

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						MU18	MO	M40	M50	M60	FU18	FO	F40	F50	F60	F70	
133	163	56.39	Lisa Williams	Cybi Striders	F40								15				
134	130	56.57	Cai Roberts	North Wales Road Runners	MO		45										
135	3	56.58	Kelly Alford	North Wales Road Runners	FO							22					
136	75	57.18	Nigel Jones	Cybi Striders	M50				14								
137	40	57.43	Charlotte Williams	Rhedwyr Eryri Harriers	F40								16				
138	114	57.52	Dwynwen Pennant	Rhedwyr Hebog Runners	F40								17				
139	119	58.07	David Price		M40			31									
140	17	58.07	Rachel Clarke		F40								18				
141	71	58.09	Andrew Jones		M40			32									
142	185	58.37	Stephen Edwards		M40			33									
143	173	58.44	Alan Owen		M40			34									
144	142	59.07	Kate Shakespeare		FO							23					
145	9	60.09	Leanne Baxter		FO							24					
146	97	60.09	Richard Massey		MO		46										
147	126	60.12	Josie Rhisiart	Cybi Striders	F40								19				
148	141	60.12	Sal Seeney	Cybi Striders	F50									1			
149	153	60.37	Kate Wheatcroft		F40								20				
150	106	60.57	Margaret Oliver	Rhedwyr Eryri Harriers	F70												1
151	65	61.18	Ffion Hughes		F40								21				
152	94	61.23	Gavin Mackenzie		M40			35									
153	35	61.30	Vivienne Edwards	Rhedwyr Eryri Harriers	F60										1		
154	111	61.45	Lesley Griffiths		MO		47										
155	110	62.37	Ruth Williams	Clwb Rhedeg DVT Running C	FO								25				
156	36	62.37	Iolo Evans		M40			36									
157	128	62.53	Christine Ritter-Peake		FO								26				
158	57	63.15	Philip Hardy	* Beaumaris Town Road Run	M60				8								
159	72	63.50	Bridget Jones		F50									2			
160	164	65.35	Lucy Williams	Cybi Striders	F40								22				
161	109	65.43	Nia Owen	Clwb Rhedeg DVT Running C	FO								27				
162	47	66.07	Darren Griffith		M40			37									
163	29	66.17	Rachel Davies		F40								23				
164	129	66.37	Alun Roberts		M40			38									
165	42	67.13	Richard Furniss	Cybi Striders	MO		48										
166	159	68.25	Claire Williams		FO								28				
167	89	69.12	Sian Lewis	Clwb Rhedeg DVT Running C	FO								29				
168	135	70.07	Nigel Rowlands		M50				15								
169	180	72.51	Dewi Rees		M50				16								
170	101	76.16	Iwan Morris	Clwb Rhedeg DVT Running C	MO		49										
DNF	27	DNF	Laura Davies	Betsi Runaways	FO								30				