

Râs Moelyci

23/02/2008

Moelyci Environmental Centre, Tregarth.

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Safle Position	Dynion / Male:				Merched / Female:				
						M	M40	M50	M60	F	F40	F50	F60	
1	181	36.58	Rob Greenwood	Eryri Harriers	1	1								
2	183	37.14	Stanley Charles	Clwydian Range Runners	2	2								
3	247	38.22	Richard Roberts	Eryri Harriers	3	3								
4	204	39.13	Matthew Roberts	Eryri Harriers	4	4								
5	240	39.17	Francis DN Blunt	Nothumberland Fell Runner	5	5								
6	231	39.32	Gary Rees Williams	Menai Track & Field	6		1							
7	229	40.26	Jon Bowie	Oswestry Olympians	7	6								
8	238	40.52	James Walmsley	Bangor University	8	7								
9	194	40.53	Geran Hughes	Abergele Harriers	9		2							
10	197	41.45	Scott Butterworth	Eryri Harriers	10	8								
11	259	42.23	Craig Jones	U/A	11	9								
12	228	42.41	Andrew Birch	Oswestry Olympians	12	10								
13	246	43.31	Iwan Edgar	Eryri Harriers	13			1						
14	210	43.35	Angus Mackay	Bangor University	14	11								
15	193	43.42	Arwel Lewis	Eryri Harriers	15		3							
16	226	44.00	John Montgomery	Clwydian Range Runners	16	12								
17	215	45.11	Eilir Evans	Eryri Harriers	17			2						
18	208	45.18	Matthew Otway	Bangor University	18	13								
19	190	45.20	Kate Bailey	Merionydd	19					1				
20	220	46.07	Noel Craine	Eryri Harriers	20		4							
21	200	46.14	Jioe Blaze	U/A	21	14								
22	237	46.21	Jenny Heming	Eryri Harriers	22					2				
23	187	46.30	Donald Williams	Eryri Harriers	23				1					
24	196	46.58	Jim Bennell	Eryri Harriers	24			3						
25	254	47.14	Robert Armstrong	Eryri Harriers	25	15								
26	224	47.36	Ben Amesbury	Clwydian Range Runners	26	16								
27	242	48.13	Charles Enston	Eryri Harriers	27	17								
28	255	48.27	Gwyndaf Rowlands	Menai Track & Field	28	18								
29	257	48.30	Richard Borne	Eryri Harriers	29		5							
30	236	48.45	Ed Reid	Abergele Harriers	30		6							
31	198	48.50	Gary Porter Jones	U/A	31		7							
32	209	48.52	Becki Law	Bangor University	32					3				
33	249	49.36	Malcolm Davies	U/A	33		8							
34	230	50.00	Katrina Spinney	Eryri Harriers	34					4				
35	212	50.36	Maldwyn Evans	Eryri Harriers	35		9							
36	227	50.44	Ross Powell	Mercia	36			4						
37	251	51.07	Jacky Bouret	U/A	37		10							
38	233	52.12	Russell Murray	Carneddau Tri	38		11							
39	213	52.18	Dave Broatch	U/A	39		12							
40	186	52.26	Dave Omerod	WFRA	40				2					
41	221	52.39	Ali Thomas	Eryri Harriers	41						1			
42	219	53.02	Annie Williams	Eryri Harriers	42						2			
43	232	53.10	Christopher Peter Lord	Carneddau Tri	43		13							
44	182	53.26	John Linley	Clwydian Range Runners	44				3					
45	222	53.32	Geraint Williams	Cybi Striders	45		14							
46	211	53.40	Dei Jones	Eryri Harriers	46			5						
47	218	53.50	Nefyn Williams	Eryri Harriers	47		15							
48	225	54.02	Sandra Montgomery	Clwydian Range Runners	48					5				
49	243	54.23	Ellie Salisbury	Eryri Harriers	49						3			
50	223	54.38	Yvonne Amesbury	Clwydian Range Runners	50					6				
51	199	54.47	Jenny Raghall	Menai Track & Field	51					7				
52	207	54.52	Kevin Edwards	U/A	52	19								
53	195	55.01	Angie Hughes	Abergele Harriers	53							4		
54	245	55.55	Adrian Moir	MDC	54		16							
55	256	55.57	Wendy Trimbel	Eryri Harriers	55					8				
56	185	56.02	Ian Blakemore	Eryri Harriers	56			6						
57	217	56.05	Sarah Worth	U/A	57					9				
58	184	56.08	John Harold	U/A	58		17							
59	201	57.06	Philip Jones	Prestatyn	59				4					
60	235	57.23	Margaret Ann Oliver	Eryri Harriers	60								1	
61	203	57.59	Tina McDonnell	U/A	61					10				
62	216	58.04	Rubin Griffiths	U/A	62		18							
63	239	# 58.12	Ania Posacka	U/A	63					11				
64	206	58.23	Stephen Edwards	U/A	64	20								
65	202	59.26	Antony Diserens	U/A	65		19							
66	250	60.00	Edward Hughes	Eryri Harriers	66		20							
67	189	60.27	Rhian Jones	Eryri Harriers	67					12				

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						M	M40	M50	M60	F	F40	F50	F60
68	188	60.57	Glyn Hughes	U/A	68			7					
69	234	62.23	Emily Wood	U/A	69					5			
70	258	62.26	Peter Boyd	U/A	70		21						
71	214	63.22	Michael H Edwards	Wrexham AC	71				5				
72	205	63.52	Mark Jat	U/A	72	21							
73	241	64.01	Ronald Hird	FRA	73				6				
74	244	64.59	Iowerth Roberts	Eryri Harriers	74				7				
75	252	65.14	Tracy Colligan	Prestatyn	75					13			
76	253	66.43	Julie Logan	Prestatyn	76					14			
77	248	73.04	Michael Boardman	Stockport Harriers	77			8					
78	191	74.30	Anita Carolyn Daimond	U/A	78					15			
79	192	74.30	Sally Graham	U/A	79					16			
80					80								