

# Râs Moeltryfan

09/03/2013

Safle	Rhif	Amser	Enw	Clwb	Dosb	Dynion / Men							Merched / Women			
Position	No	Time	Name	Club	Cat	JM	M	M40	M50	M60	M70	F	F40	F50	F60	
1	22	31.43	John Parkinson	Eryri	M40			1								
2	38	32.33	Matthew Fortes	Eryri	M		1									
3	18	33.16	Mark Davies	NWRRC	M		2									
4	40	33.22	Bryn Williams	Eryri	M		3									
5	5	33.49	Dewi Owen	Eryri	M		4									
6	12	34.36	Stephen P Jones	Eryri	M50				1							
7	16	35.05	Arwel Lewis	Eryri	M50				2							
8	23	35.06	Ralph Pawling	U/A	M		5									
9	36	35.25	Iwan Edgar	Eryri	M50				3							
10	37	36.15	Nick Jones	Eryri	M		6									
11	9	37.13	Gary Porter-Jones	Eryri	M40			2								
12	35	37.16	Llion Iwan	Eryri	M40			3								
13	200	37.49	Ryan Glyn Owen	U/A	JM	1										
14	39	37.51	Becki Law	Eryri	F							1				
15	11	38.02	Phil Tân Jones	Eryri	M60					1						
16	21	38.11	Des Rothery	U/A	M		7									
17	8	38.26	Jeremy H Williams	Eryri	M50				4							
18	32	38.54	Ashley Wager	Eryri	M50				5							
19	29	39.00	Emlyn Owen	U/A	M		8									
20	3	39.07	Phil Targett	Eryri	M40			4								
21	19	39.25	Don Kenyon	U/A	M40			5								
22	24	40.20	Suzy Cumming	U/A	F							2				
23	10	40.41	Alistair McLean	Eryri	M		9									
24	13	40.54	Ross Powell	U/A	M50				6							
25	41	41.09	Dave Broatch	U/A	M50				7							
26	25	41.15	Jenny Williamson	Eryri	F							3				
27	30	41.30	Megan Lynne Hughes	Eryri	F							4				
28	14	41.59	Nina Othen	U/A	F							5				
29	6	42.27	Ellie Salisbury	Eryri	F40								1			
30	31	42.41	Kate Worthington	Eryri	F							6				
31	7	43.18	Emyr Davies	Eryri	M70						1					
32	34	43.51	Emily Wood	Eryri	F40								2			
33	2	44.38	Stephen Moelfre Jones	Eryri	M50				8							
34	33	45.04	Emma Green	Eryri	F40								3			
35	4	46.36	Gwenllian Williams	U/A	F							7				
36	28	47.08	Frederick Alan Smith	U/A	M		10									
37	26	47.19	Amanda Wilde	U/A	F40								4			
38	27	47.22	Ethan Jones	Denbigh Harriers	M		11									
39	1	47.37	David Wright	Bangor Uni	M50				9							
40	20	47.47	Keith Williams	U/A	M40			6								
41	15	48.18	Russell Bentley	Kent AC	M		12									
42			0	0												
43	17	DNF	Gari Davies	Eryri	M60											