

Râs Penmaenmawr
22/11/2014
Rhedwyr Eryri Harriers

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Class	Dynion / Male:				Merched / Female:			
						M	M40	M50	M60	F	F40	F50	F60
1	192	1.13.12	Matthew Roberts	Eryri Harriers	M	1							
2	31	1.15.57	Martin Cliffe	Eryri Harriers	M40		1						
3	129	1.16.14	Dylan wynn Jones	Eryri Harriers	M40		2						
4	62	1.17.13	Houston Ian	Wrecsam Tri Club	M40		3						
5	130	1.17.21	Hugh O'Donnell	Eryri Harriers	M	2							
6	83	1.17.30	Jez Brown	Buckley Runners	M40		4						
7	241	1.17.36	Sam Orton	Unattached	M40		5						
8	1	1.17.43	Craig Jones	Eryri Harriers	M40		6						
9	228	1.17.54	Max Wainwright	Helsby RC	M	3							
10	6	1.19.14	John Parkinson	Eryri Harriers	M40		7						
11	101	1.19.52	Andrew Campbell	Wrecsam Tri Club	M	4							
12	225	1.19.54	Dan Collister	Unattached	M	5							
13	47	1.20.27	Stephen Jones	Eryri Harriers	M60			1					
14	57	1.20.59	Jeremy Fellick	Wallasey AC	M40		8						
15	73	1.21.32	Paul Jones	Eryri Harriers	M40		9						
16	3	1.21.49	Russell Owen	Eryri Harriers	M50			1					
17	65	1.21.51	Stefan Bramwell	Pennine Fell Runners	M40		10						
18	170	1.21.54	Darren Fishwick	Chorley Harriers and Tri	M40		11						
19	119	1.22.37	Richard Watson	Colwyn Bay AC	M	6							
20	123	1.22.38	Derek Reilly	Darwen Dashers RC	M40		12						
21	168	1.22.46	Michael Belshaw	Eryri Harriers	M50			2					
22	236	1.22.47	Glenn Lewis	Dwgi Warriors	M	7							
23	213	1.23.02	Steve Toogood	Buckley	M50			3					
24	161	1.23.35	Mark Gittins	City of Chester Triathlon Cl	M	8							
25	175	1.23.52	Andrea Rowlands	Eryri Harriers	F40					1			
26	16	1.23.58	Tim Watson	Eryri Harriers	M50			4					
27	158	1.24.40	Matthew Fortes	Eryri Harriers	M	9							
28	243	1.25.27	Irfon Rowlands	Cybi Striders	M40		13						
29	59	1.25.29	Gavin Roberts	Dwygi Warriors	M	10							
30	231	1.25.41	Vic Belshaw	Denbigh Harriers RC	M50			5					
31	105	1.25.42	Mark Davies	NWRRRC	M40		14						
32	245	1.25.58	Tom Prytherch	Abergele Mystery Runs	M40		15						
33	190	1.26.17	Jason Phillips	Unattached	M	11							
34	52	1.27.14	Ali Chant	Eryri Harriers	M40		16						
35	199	1.27.25	Chris Baynham-Hughes	Helsby RC	M	12							
36	104	1.27.28	Iwan Edgar	Rhedwyr Eryri	M50			6					
37	124	1.27.30	Chris Smith	Wrecsam Tri Club	M40		17						
38	5	1.28.08	Gary Porter-Jones	Eryri Harriers	M40		18						
39	153	1.28.11	Joel Dalby	Skipton AC	M	13							
40	217	1.28.50	Jo Buckley	Calder Valley Fell Runners	F					1			
41	35	1.28.51	Derek Weaver	Eryri Harriers	M50			7					
42	48	1.28.52	Richard Lee	Unattached	M50			8					
43	7	1.28.58	Stuart McDonald	Eryri Harriers	M	14							
44	120	1.28.59	Graham Hill	Calder Valley Fell Runners	M50			9					
45	188	1.29.04	Adam Jackson	Keswick ac	M40		19						
46	140	1.29.04	Ross Roberts	Eryri Harriers	M	15							
47	117	1.29.35	Gary Goodall	Village RR	M40		20						
48	180	1.29.37	Alan Duncan	Bowland fr	M60			2					
49	146	1.29.43	Martin Jones	Unattached	M50			10					
50	97	1.29.50	Andy Lacey	Village RR	M50			11					
51	219	1.29.51	Jon Bowyer	Unattatched	M40		21						
52	218	1.30.38	Richard White	Glossopdale Harriers	M40		22						
53	242	1.30.56	Tony Davies	Penmaenmawr fell race	M40		23						
54	43	1.31.16	Phil Gillard	Helsby	M50			12					
55	197	1.31.25	Mark Ellithorn	Chorley Harriers and Tri	M50			13					
56	19	1.31.29	Gwion Williams	Eryri	M40		24						
57	29	1.31.43	Neil Duerden	Darwen Dashers RC	M	16							
58	211	1.31.56	Jim Jones	Helsby	M40		25						
59	204	1.32.17	David Baugh	Denbigh Harriers RC	M50			14					
60	151	1.32.21	James McQueen	Eryri Harriers	M40		26						
61	56	1.32.51	Philip Cuthbert	Wallasey AC	M40		27						
62	207	1.33.01	Chris Station	Saddleworth Runners Club	M40		28						
63	88	1.33.08	Richard Hayes	Wrecsam Tri Club	M40		29						
64	90	1.33.31	Peter Hampshire	Pensby Runners	M40		30						
65	37	1.33.48	Ricardo Borne	Mysteruns	M40		31						
66	126	1.33.55	Tim Cahill	Abergele Harriers	M50			15					
67	155	1.34.24	Ruth Isaacs	Pensby Runners	F50						1		
68	81	1.34.47	Jon Terry	Sons of the Hop	M40		32						
69	42	1.34.59	Emlyn Roberts	Eryri Harriers	M50			16					
70	206	1.35.13	Emlyn Owen	Eryri Harriers	M40		33						
71	159	1.35.28	Becki Law	Eryri Harriers	F				2				
72	215	1.35.33	Emrys Jones	Cybi Striders	M50			17					
73	195	1.35.50	Phil Targett	Unattatched	M40		34						
74	187	1.36.06	John Minta	Calder Valley Fell Runners	M40		35						
75	39	1.36.09	Peter Carney	Unattached	M40		36						
76	64	1.36.16	Tony Sinnett	Wrecsam Tri Club	M50			18					

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						M	M40	M50	M60	F	F40	F50	F60
77	2	1.36.27	Nic Brook	Eryri Harriers	M40		37						
78	99	1.36.28	Sally Gilliver	Unattached	F50							2	
79	84	1.36.31	Richard Bolton	Unattached	M40		38						
80	70	1.36.34	Owen Arman	Unattached	M	17							
81	230	1.36.37	Graham Davies	Mysteruns	M50			19					
82	115	1.37.04	Jeremy Fagan	Unattached	M	18							
83	139	1.37.06	Ashley Wager	Eryri Harriers	M50			20					
84	12	1.37.12	Geoff Rudd	Liverpool RC	M50			21					
85	26	1.37.15	Megan Hughes	Eryri Harriers	F					3			
86	208	1.37.21	Steve Riley	Helsby RC	M50			22					
87	172	1.37.31	Paul Hodges	Eryri Harriers	M40		39						
88	201	1.37.46	Chris Bowers	Wallasey AC	M	19							
89	189	1.37.56	Leon Davies	NWRRC	M	20							
90	20	1.37.51	Nick Jones	Eryri	M	21							
91	60	1.38.05	Jeff Adams	Pensby Runners	M50			23					
92	185	1.38.10	Adam Mitchell	U/A	M	22							
93	229	1.38.17	Jon Tatham	Unattached	M40		40						
94	152	1.38.18	Phillip Roberts	Helsby RC	M	23							
95	44	1.38.40	Michael Thelwell	NWRRC	M40		41						
96	202	1.38.41	Jim Rhodes	Bowland Fell Runners	M50			24					
97	86	1.38.43	Christopher Williams	Colwyn Bay AC	M50			25					
98	200	1.39.02	Andy Robinson	Helsby RC	M60				3				
99	89	1.39.09	Peitr Cutler	Unattached	M	24							
100	166	1.39.16	John Humphries	Mysteruns of Abergele	M50			26					
101	179	1.39.17	Simon Hodgson	Unattached	M40		42						
102	223	1.39.31	Rob Collister	Unattached	M60				4				
103	167	1.39.33	Anne Rosbottom	Pensby Runners	F40						2		
104	131	1.39.38	David Lewis	Dwygi Warriors	M40		43						
105	150	1.39.42	Nicholas Allen	Thereandback again	M40		44						
106	216	1.39.52	Patrick Cain	UNATTACHED	M50			27					
107	122	1.40.16	Carol Butterworth	Darwen Dashers RC	F40						3		
108	69	1.40.51	Chris Lord	Unattached	M40		45						
109	196	1.41.08	Sarah Ryder	Wrecsam Tri	F40						4		
110	98	1.41.13	Neil Hindle	Unattached	M60				5				
111	21	1.41.26	Mike Hobday	Abergele Mysteruns	M50			28					
112	116	1.41.44	Jonathan Fagan	Unattached	M40		46						
113	233	1.41.45	Duncan Jones	Denbigh Harriers RC	M50			29					
114	183	1.41.59	David Ellis	Cybi Striders	M	25							
115	107	1.42.16	Miranda Grant	HBT	F					4			
116	224	1.42.17	Pieter Buckley	Unattached	M50			30					
117	108	1.42.44	Ken Hom	Saddleworth Runners Club	M	26							
118	110	1.43.09	Robert Burke	Liverpool Running Club	M40		47						
119	142	1.43.38	Simon Rogers	Anabasis	M40		48						
120	162	1.45.45	Iorwerth Jones	Wrecsam Tri Club	M60				6				
121	92	1.45.52	David Green	Pensby Runners	M	27							
122	191	1.46.01	Steven Tideswell	Unattached	M50			31					
123	235	1.46.27	Rod Sutcliffe	Calder Valley Fell Runners	M60				7				
124	154	1.46.28	Ian McConnell	Village RR	M40		49						
125	71	1.46.41	Anna Lewis	Unattached	F					5			
126	134	1.46.44	Max Williams	Wrecsam Tri Club	M40		50						
127	41	1.47.04	Carole Morrison	Unattached	F50							3	
128	121	1.47.07	Jenny Towill	Unattached	F					6			
129	138	1.47.08	Jonathan Kempster	Unattached	M50			32					
130	163	1.47.11	Richard Crow	Unattached	M40		51						
131	15	1.47.14	Gemma Brown	NWRRC	F					7			
132	239	1.47.31	Mike Simon	Gallt Melyd Tri Fitness	M40		52						
133	145	1.47.33	Graham Rogers	Unattached	M50			33					
134	174	1.47.36	Ian Rothery	Cybi Striders	M60				8				
135	96	1.47.38	Peter Lester-Owen	Mysteruns of Abergele	M50			34					
136	66	1.48.14	Ian Wolfendale	Pennine Fell Runners	M50			35					
137	148	1.48.24	Graham Kerr	Saddleworth Runners Club	M40		53						
138	144	1.49.00	Chris Boardman	Sunlight Runners	M40		54						
139	111	1.49.52	Jonathan Goddard	Unattached	M40		55						
140	76	1.49.54	Paul Challender	Pensby Runners	M	28							
141	46	1.50.02	Toby Davies	Unattached	M40		56						
142	227	1.50.21	Will Blackwell	Black Cat Cycling Club	M	29							
143	232	1.50.27	Chris Brumby	Sandbach Striders	M50			36					
144	133	1.50.29	Bridget Ripley	Padarn Tri Club	F50							4	
145	205	1.50.36	Paul Foster	Helsby RC	M40		57						
146	54	1.50.42	Mark Dakeyne	Beserkers	M50			37					
147	23	1.51.08	Ellie Salisbury	Eryri	F50							5	
148	186	1.51.18	Graham McVey	Unattached	M40		58						
149	30	1.51.58	Paul Jenkinson	Eryri Harriers	M40		59						
150	106	1.52.08	Beverley Craddock	Wrecsam Tri Club	F					8			
151	95	1.52.28	Russell Murray	Berserkers	M50			38					
152	24	1.52.32	Emma Green	Eryri Harriers	F40						5		
153	102	1.52.32	Jo Cleary	LOC	F50							6	
154	193	1.52.35	Pierre Legume	Saddleworth Runners Club	M40		60						
155	109	1.52.50	David Say	Denbigh Harriers RC	M60				9				
156	14	1.53.37	Alexandra Fletcher	Eryri Harriers	F					9			
157	34	1.53.58	Jess Bowie	Liverpool RC	M40		61						

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						M	M40	M50	M60	F	F40	F50	F60
158	38	1.54.28	Tony Walne	Plymouth Striders	M50			39					
159	22	1.54.48	Adrian Moir	Mynyddwyr De Cymru (MD)	M50			40					
160	125	1.55.09	Colin Hunt	Wrecsam Tri Club	M60				10				
161	55	1.55.20	Hayley Turner	Eryri Harriers	F					10			
162	40	1.55.22	Gordon McLeod	Sunlight Runners	M50			41					
163	178	1.55.29	Jenny Williamson	Eryri Harriers	F					11			
164	82	1.55.31	Simon Filmore	LOC	M50			42					
165	11	1.55.32	Amy Norfolk	Liverpool RC	F					12			
166	61	1.55.33	Shaun O'Keefe	Wrecsam Tri Club	M40		62						
167	77	1.55.46	Jim Fedigan	Pensby Runners	M50			43					
168	63	1.55.51	Claire Ballamy	Wrecsam Tri Club	F50							7	
169	182	1.55.59	Elaine Opara	Village RR	F					13			
170	103	1.56.10	Paul Ward	Craig Fawr Multisports	M50			44					
171	234	1.56.15	Sarah Smith	Valley Striders AC	F40						6		
172	173	1.56.21	Stephen Green	Liverpool Running Club	M	30							
173	209	1.56.24	Nigel Pratten	Pensby Runners	M60				11				
174	198	1.56.27	Jackqueline Redmayne	Chorley Harriers and Tri	F40						7		
175	25	1.56.28	Alan Cameron	Vale Royal Athletics Club	M40		63						
176	49	1.56.53	Jonathan Hughes	Berserkers	M50			45					
177	33	1.57.11	Jason Bowie	N/A	M40		64						
178	79	1.57.18	Sian Ellis	Cybi Striders	F					14			
179	137	1.57.59	Louise Waywell	Pensby Runners	F40						8		
180	203	1.58.03	Fraser Forester	Berserkers	M	31							
181	85	1.58.47	Tamsin Fretwell	Eryri Harriers	F40						9		
182	143	1.58.52	Susan Norris	Eryri Orienteers (Eryri)	F50							8	
183	222	1.59.14	Emlyn Roberts	Unattached	M50			46					
184	45	1.59.55	Liz Davies	Unattached	F40						10		
185	17	2.00.03	Brian Robbins	Eryri Harriers	M70								
186	220	2.00.04	Stel Farrar	Unattached	F50							9	
187	18	2.00.05	Dave Kirkby	Eryri Harriers	M40		65						
188	78	2.00.08	Kenny Hughes	Wrecsam Tri Club	M60				12				
189	58	2.00.16	Docker Davies	Albion AAC	M50			47					
190	221	2.02.50	Josh Roberts	Unattached	M	32							
191	36	2.02.52	Francis Mccombs	Liverpool RC	M50			48					
192	75	2.03.38	Tessa Davis	Unattached	F40						11		
193	171	2.04.32	Simon Adey-Davies	Unattached	M40		66						
194	13	2.05.53	Malcolm Harrison	Unattached	M50			49					
195	50	2.04.58	Debbie Hughes	Berserkers	F50							10	
196	149	2.05.03	Catherine Lancaster	Pensby Runners	F50							11	
197	135	2.05.05	Alison Engle	Wallasey Athletic Club	F40						12		
198	53	2.05.47	Mark Naisbitt	Vale Royal Athletics Club	M40		67						
199	128	2.06.00	Helen Stoker	Unattached	F					15			
200	127	2.06.00	Joy Ellis	Unattached	F50							12	
201	93	2.07.04	Roger Smith	Ambleside AC	M60				13				
202	91	2.07.04	Dave Neild	LOC	M60				14				
203	226	2.07.24	Bob Blackwell	Black Cat Cycling Club	M50			50					
204	51	2.08.24	Francis Green	Liverpool RC	M60				15				
205	237	2.09.11	Rebecca Simms	Darwen Dashers RC	F40						13		
206	94	2.10.12	Ann Smith	Ambleside AC	F60								1
207	27	2.10.21	Mairtin Breathnach	Unattached	M	33							
208	67	2.11.09	Anne Darlington	Eryri Orienteers (ERYRI)	F50							13	
209	118	2.12.43	Antonio Carluccio	Saddleworth Runners Club	M60				16				
210	214	2.12.43	Gordon F Ramsay	Saddleworth Runners Club	M50			51					
211	87	2.12.43	Swedish Chef	Saddleworth Runners Club	M50			52					
212	194	2.12.43	Heinrich Spitzelpumpf	Saddleworth Runners Club	M40		68						
213	10	2.13.14	Anthony Morris	Liverpool Running Club	M50			53					
214	238	2.14.01	Chris Cash	Darwen Dashers RC	M50			54					
215	32	2.15.43	Maggie Oliver	Eryri Harriers	F60								2
216	100	2.18.33	Mike Storry	Village RR	M60				17				
217	74	2.18.35	Chris Briffa	Wrecsam Tri Club	M60				18				
218	156	2.21.05	Kevin Caselton	Unattached	M50			55					
219	147	2.21.36	Christine Newbury	Liverpool RC	F40						14		
220	240	2.22.09	Robert Mackey	Buckley Runners	M60				19				
221	113	2.23.30	Gregory Collins	Unattached	M60				20				
222	181	2.45.00	Peter Norman	Wrexham Amateur AC	M70								
223	132	DQD	Bleddyn Jones	Dwygi Warriors	M40		69						