

Râs Moeltryfan

07/03/2015

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Dynion / Men						Merched / Women		
						JM	M	M40	M50	M60	M70	F	F40	F50
1	146	32.34	Ryan Glyn Owen	U/A	JM	1								
2	143	32.36	John Parkinson	Eryri	M40			1						
3	145	33.05	Dewi Owen	Eryri	M		1							
4	141	33.15	Dylan W Jones	Eryri	M40			2						
5	153	34.16	James Woodman	Kirstall	M		2							
6	105	34.49	Billy Starling	Mercia	JM	2								
7	150	35.05	Stephen P Jones	Eryri	M60					1				
8	164	35.36	Sam Green	Eryri	M		3							
9	148	35.45	Paul Jenkinson	Eryri	M40			3						
10	167	36.46	Gary Porter-Jones	Eryri	M40			4						
11	156	36.56	Arwel Lewis	Eryri	M50				1					
12	96	37.02	Ian Cooke	Leeds City AC	M40			5						
13	149	37.33	David Lewis	Eryri	M40			6						
14	97	37.56	Jonathan Tyler	Eryri	M		4							
15	98	38.10	Bryan Wills	Eryri	M40			7						
16	151	38.11	Derek Weaver	Eryri	M50				2					
17	154	38.41	Ifan Dafydd Jones	Eryri	M		5							
18	159	38.50	Beckie Taylor	Bangor Uni	F							1		
19	99	39.27	Stuart Mcdonald	Eryri	M		6							
20	165	40.04	Megan Hughes	Eryri	F							2		
21	158	40.41	Emrys Jones	Cybi	M50				3					
22	166	40.46	Kate Worthington	Eryri	F							3		
23	161	40.57	Ed Harmer	Eryri	M40			8						
24	95	41.22	Jeremy H Williams	Eryri	M50				4					
25	94	42.55	Dylan Huws	U/A	M50				5					
26	155	44.23	Terry Coleman	U/A	M50				6					
27	162	44.29	Emily Wood	Eryri	F40								1	
28	100	45.08	Joe Starling	Mercia	JM	3								
29	109	45.10	Ali Thomas	Eryri	F40								2	
30	163	45.20	Ellie Salisbury	Eryri	F50									1
31	168	45.24	Nich Bradley	Meirionnydd AC	M60					2				
32	157	45.34	Jenny Williamson	Eryri	F							4		
33	104	45.36	Andrew Starling	Mercia	M40			9						
34	106	45.43	Don Williams	Eryri	M70					1				
35	160	47.50	Emma Green	Eryri	F40								3	
36	140	48.29	Rachel Cooke	Ackworth	F40								4	
37	147	49.26	David Wright	Bangor Uni	M60					3				
38	152	50.55	Gwion Rhys Evans	Eryri	JM	4								
Râs Ieuencid - Junior race														
1	761	15.02	Poppy Cooke	Leeds City AC	JF13									
2	764	16.40	Keeryn R Williams	Eryri	JM13									