

Râs Moelyci

21/02/2009

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	263	35.21	Lloyd Taggart	Dark Peak	1	1								
2	347	38.44	Francis Blunt	NFR	2	2								
3	366	39.23	Iwan Morton	Eryri Harriers	3	3								
4	289	40.09	Martin Cliffe		4	4								
5	365	40.23	Adam Haynes	Eryri Harriers	5			1						
6	273	40.32	John Montgomery	Clwydian	6		1							
7	368	40.59	Craig Jones	Eryri Harriers	7	5								
8	305	41.13	Dafydd Williams	Eryri Harriers	8		2							
9	264	41.38	Jackie Lee	Eryri Harriers	9					1				
10	288	41.46	Dylan Wynn Jones	Eryri Harriers	10	6								
11	284	41.55	Aled Edwards	Eryri Harriers	11	7								
12	319	42.21	Jim McCormach		12	8								
13	332	43.09	Iwan Edgar	Eryri Harriers	13			2						
14	363	43.50	Gwyndaf Rowlands	Menai T&F	14	9								
15	328	44.23	Rory Shaw		15	10								
16	308	44.34	Adam Jones	NWRRC	16	11								
17	300	44.49	Noel Craine	Eryri Harriers	17		3							
18	325	44.55	Rebecca Law	Eryri Harriers	18					2				
19	261	45.10	Neil Parry	Clwydian	19	12								
20	345	45.14	Trefor Jones	Eryri Harriers	20		4							
21	282	45.20	Tom Hecht		21	13								
22	290	45.23	Jenny Heming	Eryri Harriers	22					3				
23	283	45.26	Fred Maier	Amber Valley	23	14								
24	279	45.29	Rory O'Donnell		24	15								
25	348	45.36	Adam Crowe		25	16								
26	334	45.46	Gary Porter-Jones	Eryri Harriers	26		5							
27	271	45.51	Roy Duffy	Clwydian	27	17								
28	286	46.12	Donald Williams	Eryri Harriers	28				1					
29	340	46.22	Toby Keep		29	18								
30	329	46.33	Matt Barlow		30	19								
31	344	46.48	Huw Trainor	Eryri Harriers	31	20								
32	270	46.52	Katrina Spinney	Eryri Harriers	32					4				
33	275	47.03	Neil Hindle		33			3						
34	335	47.05	Craig South		34	21								
35	315	47.21	Joe Donnelly	Mercia	35	22								
36	301	47.32	Jim Bennell	Eryri Harriers	36			4						
37	343	47.33	R Emlyn Roberts	Eryri Harriers	37		6							
38	277	47.52	Ali Chant	Eryri Harriers	38	23								
39	280	47.54	Andrea Roberts	Eryri Harriers	39					5				
40	356	48.40	Robert Armstrong	Eryri Harriers	40	24								
41	359	48.45	Dyfed W Thomas	Eryri Harriers	41	25								
42	321	48.59	Paul Barbier		42		7							
43	316	49.01	Adrian Donnelly	Mercia	43		8							
44	311	49.05	Peter Smith		44		9							
45	292	49.07	Richard Borne	Eryri Harriers	45		10							
46	371	49.10	Mike Blake	Eryri Harriers	46				2					
47	357	49.13	Dafydd W Thomas	Eryri Harriers	47				3					
48	262	49.16	Ian Loxael	Sutton St Helen	48		11							
49	265	49.21	Giles Hodges	Sandbach Striders	49	26								
50	296	49.25	James Creaser	Eryri Harriers	50	27								
51	353	49.32	Jolynon Firth		51	28								
52	260	49.36	John Harold		52		12							
53	314	49.43	Duncan Spencer		53	29								
54	364	49.55	Tim Murphy	Spectrum Striders	54		13							
55	303	50.12	David Norris		55		14							
56	285	50.19	James Howell		56	30								
57	339	50.55	Edward Harmer		57		15							
58	355	52.02	David Livesey		58			5						
59	362	52.08	Fran Sutton		59					6				
60	350	52.21	Annie Williams	Eryri Harriers	60						1			
61	322	52.22	Rob Wilson		61	31								
62	358	52.27	John Lyden	Ludlow	62		16							
63	297	52.37	Bethan Jones	Eryri Harriers	63					7				
64	304	52.53	Charlotte Fleming		64					8				
65	337	53.13	Mark Lear		65		17							
66	269	54.07	Paul Oldfield	Clwydian	66			6						
67	295	54.11	Ellie Salisbury	Eryri Harriers	67						2			

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						M	M40	M50	M60	F	F40	F50	F60
68	346	54.14	Colin Daimond		68	32							
69	327	54.23	Jenny Towill		69					9			
70	323	54.27	Kevin Edwards	Eryri Harriers	70	33							
71	361	54.28	Shane Price		71	34							
72	318	54.29	Llion Morris		72	35							
73	267	54.44	Ian Blakemore	Eryri Harriers	73			7					
74	352	54.49	Nefyn Williams		74		18						
75	351	54.50	Harri Roberts		75		19						
76	312	54.51	Kamal Chauhan		76	36							
77	294	55.06	Amanda Wilde	Meirionydd	77						3		
78	373	55.24	R Keith Williams		78		20						
79	367	55.59	M Lewis		79	37							
80	274	56.04	John Linley	Clwydian	80				4				
81	310	56.15	Helen Morgan							10			
82	317	56.29	Dylan Roberts			38							
83	336	57.05	Francis Uhlman						5				
84	298	57.27	Tina McDonnell	Eryri Harriers							4		
85	299	58.32	Huw Jones				21						
86	306	58.41	Richard Lawrence			39							
87	349	58.45	Graham McVey			40							
88	272	59.30	Sandra Montgomery	Clwydian							5		
89	291	59.43	Margaret Oliver	Eryri Harriers									1
90	360	60.00	Rhian Thomas							11			
91	338	60.06	Emily Wood	Eryri Harriers							6		
92	302	60.10	Michael Edwards	Wrexham					6				
93	309	60.24	Jennifer Williamson	Eryri Harriers						12			
94	276	60.38	Linda Edmondson	Wrekin							7		
95	266	61.00	Steve Pilbeam	Eryri Harriers				8					
96	333	61.37	David Wright					9					
97	287	61.57	Tamsin Fretwell							13			
98	369	62.05	Alexandra Fletcher	Eryri Harriers						14			
99	331	62.14	Tracy Colligan	Prestatyn RC						15			
100	354	62.23	Peter Eardley					10					
101	320	63.03	Alison Spill								8		
102	278	64.02	Sue Williams								9		
103	326	64.18	Lindsay Romecin							16			
104	370	64.49	Gerry Lynch					11					
105	281	65.54	Susan Ridings	Clwydian							10		
106	313	66.45	Hilary Ford							17			
107	342	67.52	Ron Hird	Eryri Harriers					7				
108	372	69.22	Iorwerth Roberts	Eryri Harriers					8				
109	324	69.59	Julie Logan	Prestatyn RC						18			
110	293	70.33	Mike McDonald	Bowland					9				
111	268	72.43	Jenny Blakemore	Eryri Harriers							11		
112	330	73.06	Helen Baxandall	Prestatyn RC							12		
113	341	73.32	Christine Volney							19			
114	307	DNF	Colin Jones										