

Râs Moelyci

24/02/2007

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	138	37.03	Richard Roberts	Eryri	1	1								
2	151	38.05	Colin Donnelly	Lochaber AC	2		1							
3	146	39.31	Dylan Jones	Eryri	3	2								
4	144	39.35	Geran Hughes	Abergele H	4		2							
5	133	41.03	Rob Samuel	BUA	5	3								
6	153	41.05	Mathew Roberts	Eryri	6	4								
7	105	41.54	Steve P Jones	Eryri	7			1						
8	147	42.11	Paul Howarth	CRR	8		3							
9	176	42.20	Craig Jones	WFRA	9	5								
10	112	42.27	Justin McIlveen	Abergele H	10	6								
11	119	42.39	Neil Shepherd	Bowland Fellrunners	11		4							
12	121	43.06	Nigel Rowlands	Clwydian Range Runner	12	7								
13	149	43.08	Cai Pierce	Eryri	13	8								
14	170	43.37	Sarah Kleeman	Eryri	14					1				
15	161	43.48	Gwyndaf Rowlands	Menai T&F	15	9								
16	130	43.52	Arwel Lewis	Eryri	16		5							
17	129	44.22	Paul Jenkinson	Eryri	17	10								
18	159	44.36	Richard Wyn Williams	Eryri	18	11								
19	139	44.40	Dylan Owen	Eryri	19		6							
20	171	44.48	Neil Cunliffe	U/A	20	12								
21	102	45.06	John Andrew Pozzi	U/A	21		7							
22	117	45.32	Donald Williams	Eryri	22				1					
23	132	45.45	Mathew Otway	BUA	23	13								
24	103	45.54	Ben Amesbury	CCR	24	14								
25	148	46.10	Simon Roberts	Buckley Runners	25	15								
26	120	46.37	Andrea Roberts	Eryri	26					2				
27	150	47.54	Craig South	U/A	27	16								
28	122	48.02	Jim Bennell	Eryri	28			2						
29	141	48.22	Kean Rowlands	CRR	29		8							
30	135	48.53	Oggy East	U/A	30	17								
31	166	49.16	Edward Reid	Abergele H	31		9							
32	145	49.41	Jayne Lloyd	Eryri	32						1			
33	158	50.00	Peter Hughes	U/A	33		10							
34	101	50.01	Steve Murphy	U/A	34		11							
35	169	50.26	Phil (Tan) Jones	Eryri	35			3						
36	114	51.10	Richard Emlyn Roberts	U/A	36		12							
37	124	51.17	Nicholas Frazer	U/A	37	18								
38	173	51.21	Mike Hale	Eryri	38			4						
39	172	51.23	Libby Peter	U/A	39						2			
40	180	51.46	Mike Blake	Eryri	40			5						
41	107	52.15	Ian Williams	Cybi	41		13							
42	160	52.33	Dafydd Whiteside Thomas	Eryri	42			6						
43	142	53.16	Sandra Rowlands	CRR	43						3			
44	157	53.27	Steve Sinfield	Eryri	44	19								
45	155	53.40	Annie Williams	Eryri	45						4			
46	127	53.48	Adrian Moir	MDC	46		14							
47	137	53.52	Dilwyn Rowlands	Eryri	47	20								
48	178	54.34	Russell Murray	WFRA	48		15							
49	126	54.34	Ellie Salisbury	Eryri	49						5			
50	179	55.59	Eddwin Williams	U/A	50		16							
51	106	56.26	Margaret Oliver	Eryri	51							1		
52	165	56.30	Colin Daimond	U/A	52	21								
53	163	56.43	Jenny Heming	Eryri	53						3			
54	131	56.48	Allison Donnelly	Eryri	54						4			
55	111	56.57	Gary Evans	Eryri	55		17							
56	125	57.22	Ryan Kempster	U/A	56	22								
57	104	57.29	Yvonne Amesbury	CCR	57						5			
58	113	57.37	Harri Roberts	U/A	58		18							
59	143	57.44	Angella Hughes	Abergele H	59							6		
60	156	58.08	Francis Uhlman	U/A	60				2					
61	164	58.17	Ali Thomas	Eryri	61							7		
62	108	59.15	Sue Hughes	Eryri	62								2	
63	175	# 59.59	Ian Bancroft	NWP	63		19							
64	134	60.29	Jenny Brierley	BUA	64						6			
65	109	60.38	Jason Burton	PRC	65	23								
66	154	61.11	Claire Liversage	U/A	66							8		
67	152	61.11	Craig Rockliff	U/A	67	24								

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						M	M40	M50	M60	F	F40	F50	F60
68	116	62.05	Michael Edwards	Wrexham AC	68				3				
69	162	62.34	Rhian Jones	Eryri	69					7			
70	110	63.56	Cornelia Bufe	Eryri	70					8			
71	118	64.30	Iorwerth Roberts	Eryri	71				4				
72	174	64.40	Samantha Dicken	U/A	72						9		
73	115	65.07	Jenny Williamson	Eryri	73					9			
74	123	66.05	Sheila Bennell	Eryri	74							3	
75	136	69.00	John Carson	Eryri	75				5				
76	177	70.13	Michael Boardman	Stockport H	76			7					
77	167	73.08	Deborah Clark	U/A	77					10			
78	168	74.20	Emily Wood	U/A	78					11			
79	140	74.33	Sid Bailey	Dee Striders	79		20						