

Ras y Gader 2013

Ras y Gader

Saturday 18 May 2013. 12:00 am

Provisional Results for All Competitors in finish order.

Race Race

Place	Time	Name	Team	Race Age Category		
1	01:31:02	RICHARDS, Ifan	Meirionnydd Running Club	Snr Man	63	1
2	1:31:14	CLIFFE, Martin	Eryri	Man 0/40	11	2
3	1:33:02	SLAVOV, Gancho	Aberystwyth AC	Snr Man	163	3
4	1:36:02	WESTON, Rick	Serpentine	Snr Man	33	4
5	1:36:55	GRINDLEY, Ian	MERCIA FELL RUNNERS	Man 0/40	169	5
6	1:37:21	RUSHTON, Daniel	Unattached	Snr Man	132	6
7	1:37:32	NEAR, Chris	Eryri	Man 0/40	182	7
8	1:38:18	EDWARDS, Simon	Buckley Runners	Man 0/40	135	8
9	1:39:02	JONES, Dylan	Eryri	Man 0/40	156	9
10	1:39:24	JOHNSON, Richard	Mynydd Du	Man 0/40	101	10
11	1:39:34	JEFFREY, Craig	STAFFMOORLANDS AC	Snr Man	111	11
12	1:39:42	BARNARD, Jonathon	Mossley hill AC	Snr Man	55	12
13	1:40:38	ATHERTON, Mark	Meirionnydd Running Club	Man 0/40	113	13
14	1:41:26	JONES, Ian	Unattached	Snr Man	179	14
15	1:41:52	HULLEY, Matthew	Dark Peak Fell Runners	Snr Man	105	15
16	1:42:01	JESKA, Lauren	Aberystwyth AC	Snr Woman	153	16
17	1:42:25	YOUNG, Daniel	Telford AC	Snr Man	73	17
18	1:42:43	FOSTER, George	Ambleside AC	Snr Man	190	18
19	1:43:01	ROBERTS, Dafydd	Unattached	Man 0/50	151	19
20	1:43:24	PRICE, Melanie	MERCIA FELL RUNNERS	Woman 0/40	96	20
21	1:43:30	WILLIAMS, Adrian	Eryri	Man 0/40	142	21
22	1:44:03	LEE, Jackie	Eryri	Snr Woman	87	22
23	1:44:09	ATHERTON, Chris	Maldwyn Harriers	Snr Man	143	23
24	1:44:46	FRECHETTE, Benjamin	Calder Valley Fell Runners	Snr Man	139	24
25	1:44:58	DAVIES, Mark	North Wales Road Running Club	Snr Man	83	25
26	1:46:10	BOTHBY, Derek	Wrexham Tri	Snr Man	172	26
27	1:46:32	JACKSON, Chris	Glossopdale	Snr Man	123	27
28	1:47:09	FLEMING, Jonathon	Denbigh Harriers	Snr Man	129	28
29	1:47:59	THOMSON, Rob	Unattached	Snr Man	43	29
30	1:48:05	CLAYTON, Mike	knowsley harriers	Snr Man	178	30
31	1:48:18	JONES, Alan	Meirionnydd Running Club	Snr Man	162	31
32	1:48:39	DUNCAN, ALAN	Bowland FR	Man 0/60	60	32
33	1:48:45	POWELL, Dave	Aberystwyth AC	Man 0/50	124	33
34	1:49:05	BIGGS, Norman	Aberystwyth AC	Man 0/40	138	34
35	1:49:12	OCONNOR, Mark	Calder Valley Fell Runners	Snr Man	144	35
36	1:49:41	KNIGHT, Tim	Unattached	Man 0/50	155	36
37	1:49:58	PALMER, Glenn	Black knights tri	Man 0/40	120	37
38	1:50:07	O'BOYLE, Tom	Newport & District	Snr Man	47	38
39	1:50:11	POWELL, Anthony	Unattached	Man 0/40	185	39
40	1:50:32	GREW, Adam	trentham rc	Man 0/40	194	40
41	1:50:34	HARRIS, James	Unattached	Snr Man	161	41
42	1:50:43	DAVIES, Glen	MERCIA FELL RUNNERS	Man 0/50	167	42
43	1:51:22	HATCHETT, Simon	Unattached	Snr Man	3	43
44	1:51:33	CHANT, Ali	Eryri	Man 0/40	154	44
45	1:51:41	SMITH, Chris	Wrexham Tri	Man 0/40	173	45
46	1:52:13	EDGAR, Iwan	Eryri	Man 0/50	168	46
47	1:52:48	ADAMS, Bevan	Unattached	Man 0/40	50	47
48	1:52:51	LYDON, Paul	Totley AC	Man 0/40	20	48
49	1:53:28	FOSTER, Tom	MERCIA FELL RUNNERS	Snr Man	53	49
50	1:54:07	HUGHES, Arfon	Meirionnydd Running Club	Man 0/40	74	50
51	1:54:16	DOYLE, Sam	Unattached	Snr Man	46	51
52	1:54:21	LACROUTS, Pierre	Corsham running club	Man 0/40	62	52
53	1:54:22	LARGE, Jason	Unattached	Snr Man	171	53
54	1:54:40	RUCK, Ian	westbury harriers	Man 0/40	90	54
55	1:54:43	PORTER-JONES, Gary	Eryri	Man 0/40	193	55
56	1:54:47	BARKER, Louise	Aberystwyth AC	Snr Woman	122	56
57	1:55:03	DIXON, Clem	Cambridge H	Man 0/50	16	57
58	1:55:08	ROBERTS, Nigel Andrew	North Wales Road Running Club	Snr Man	82	58
59	1:55:10	WESTON, Charlie	Unattached	Jnr Man	23	59
60	1:55:14	JONES, Peter	Unattached	Man 0/50	183	60
61	1:55:33	HUGHES, Lenny	Maldwyn Harriers	Man 0/50	70	61
62	1:55:35	ELLIS, Ian	Unattached	Snr Man	118	62
63	1:55:56	STOKES, John	bitton roadrunners	Man 0/40	91	63
64	1:56:44	LIGHTFOOT, Ruben	Unattached	Snr Man	27	64
65	1:56:46	LAWSON, Thomas	Unattached	Man 0/40	30	65
66	1:57:00	STAFFORD, Ruth	MERCIA FELL RUNNERS	Snr Woman	176	66
67	1:57:15	BARNES, Andrew	Unattached	Snr Man	102	67
68	1:57:50	PRITCHARD, Andy	Unattached	Man 0/40	106	68

69	1:58:00	WHITE, Richard	Glossopdale	Snr Man	174	69
70	1:58:01	MARTIN, Rob	Maldwyn Harriers	Man 0/40	109	70
71	1:58:07	BARKLEY, Simon	Oswestry Olympians	Man 0/40	94	71
72	1:59:24	PRESTON, Adam	Meirionnydd Running Club	Man 0/40	84	72
73	1:59:49	HOLLOWAY, Guy	Bayston hill salad dodgers	Man 0/40	57	73
74	2:00:07	TARGETT, Phil	Eryri	Man 0/40	192	74
75	2:00:08	PINCH, Jonathan	Unattached	Man 0/40	157	75
76	2:00:16	ROBINSON, Andy	Helsby	Man 0/50	136	76
77	2:00:22	MYLES, Chris	Shropshire Shufflers	Man 0/50	186	77
78	2:01:18	GARSON, Peter	Aberystwyth AC	Man 0/40	160	78
79	2:01:24	JONES, Bernie	Maldwyn Harriers	Man 0/50	117	79
80	2:01:30	PAUL, Stephen	Unattached	Snr Man	95	80
81	2:01:42	WESTON, John	ipswich jafa	Man 0/50	32	81
82	2:01:47	WANLESS, Christopher	Unattached	Snr Man	26	82
83	2:01:58	MORGAN, Phil	Cerist Triathlon Club	Man 0/50	181	83
84	2:02:16	WATTS, Meredydd	Unattached	Snr Man	67	84
85	2:02:45	LITTLEJOHN, Rick	Eryri	Snr Man	130	85
86	2:02:53	INGRAM, Richard	Calder Valley Fell Runners	Man 0/40	146	86
87	2:03:05	MARTIN, Daniel	Unattached	Jnr Man	110	87
88	2:03:23	CONGRAVE, Neil	Unattached	Snr Man	65	88
89	2:03:25	ROWLANDS, Kean	Clwydian Range runners	Man 0/50	85	89
90	2:03:47	GAVIN, Sean	North Wales Road Running Club	Snr Man	51	90
91	2:03:50	MOORE, Joanne	Eryri	Woman 0/40	10	91
92	2:03:54	HICKS, Tim	haywards heath harriers	Man 0/50	13	92
93	2:04:19	HIGSON, Jonathon	Telford Harriers	Snr Man	1	93
94	2:04:46	MOSLEY, Jim	Calder Valley Fell Runners	Man 0/40	137	94
95	2:04:50	ARNOLD, Paul	Unattached	Snr Man	38	95
96	2:05:27	ASHLEY, Charles	Wrexham	Man 0/50	81	96
97	2:05:39	HART, Julian	MERCIA FELL RUNNERS	Man 0/40	35	97
98	2:05:52	BAJIC, Stephen	MERCIA FELL RUNNERS	Man 0/50	133	98
99	2:06:11	YEOMANS, Allan	Rosendale	Man 0/50	25	99
100	2:06:15	MAYHO, Ben	MERCIA FELL RUNNERS	Snr Man	180	100
101	2:06:21	ROWLANDS, Sandra	Clwydian Range runners	Woman 0/40	86	101
102	2:06:25	DAWSON, Nigel	Unattached	Man 0/40	145	102
103	2:06:26	MORGAN-JONES, Hugh	Fell Running Association	Man 0/50	75	103
104	2:06:40	CRAGG, Dave	Unattached	Man 0/40	116	104
105	2:06:52	LEWIS, David	Unattached	Man 0/40	134	105
106	2:07:10	KENNAUGH, Nathan	Calder Valley Fell Runners	Snr Man	140	106
107	2:07:12	OSULLIVAN, Kate	Aberystwyth AC	Woman 0/40	159	107
108	2:07:15	BROWN, Stephen	Cambridge H	Man 0/50	12	108
109	2:07:24	SHEILDS, Dominic	sandominico	Man 0/40	19	109
110	2:07:36	NESBITT, Peter	Oswestry Olympians	Man 0/50	119	110
111	2:07:40	ADAMSON, James	Unattached	Snr Man	149	111
112	2:07:41	MURPHY, James	Unattached	Man 0/40	93	112
113	2:07:42	HABGOOD, Sasha	Mynydd Du	Woman 0/40	97	113
114	2:07:44	PROBERT, Rhian	Unattached	Woman 0/40	114	114
115	2:07:51	CARTER, Tim	Wrekin road runners	Snr Man	48	115
116	2:08:07	HUMPHREYS, Bedwyr	Unattached	Man 0/40	103	116
117	2:08:08	RILEY, James	Todmorden Harriers	Man 0/40	72	117
118	2:08:14	SQUIRE, Roger	Wrexham Tri	Man 0/40	64	118
119	2:08:35	WILLIAMS, Simon	Unattached	Man 0/40	92	119

120	2:08:38	ATHERTON, Stephen	Fell Running Association	Man 0/60	147	120
121	2:09:00	TOZER, David	Bayston hill salad dodgers	Man 0/40	58	121
122	2:09:06	CUMMINS, Fran	Dark Peak Fell Runners	Snr Woman	104	122
123	2:09:29	WESTON, Martin	Unattached	Man 0/40	22	123
124	2:09:30	COE, Stephani	Dark Peak Fell Runners	Snr Woman	36	124
125	2:10:07	CASON, Mark Anthony	Unattached	Man 0/40	100	125
126	2:11:25	DAVIES, Mark	MERCIA FELL RUNNERS	Man 0/40	45	126
127	2:11:42	ROBERTS, Harri	Eryri	Man 0/40	107	127
128	2:11:47	CHANDLER, Richard	Cobra AC	Snr Man	54	128
129	2:11:54	MCCARTNEY, James	Unattached	Man 0/40	76	129
130	2:12:25	CANNONS, Stephen	Unattached	Man 0/40	40	130
131	2:13:04	IFAN, Cynyr	Unattached	Snr Man	89	131
132	2:13:37	HUMPREYS, Martin	Unattached	Snr Man	66	132
133	2:14:02	HARMES, Paul	lliswerry runners	Man 0/40	5	133
134	2:14:23	JONES, Paul Grainger	Mynydd Ddu	Man 0/40	4	134
135	2:14:37	CROSSLEY, Tony	Unattached	Snr Man	188	135
136	2:15:28	HEYWARD, Sam	barefoot forward	Jnr Man	184	136
137	2:15:29	WATSON, Naomi	MERCIA FELL RUNNERS	Snr Woman	131	137
138	2:16:00	MARKS, Roessa	Unattached	Woman 0/40	61	138
139	2:16:05	FRENCH, Alan	Wrexham	Man 0/60	79	139
140	2:16:37	EVANS, Clive	Cardigan Running Club	Man 0/40	164	140
141	2:16:48	YOU, Arthur	Aberystwyth AC	Jnr Man	191	141
142	2:18:09	LLOYD, Stephen	Unattached	Snr Man	99	142
143	2:18:45	HARRIS, Kelly	Unattached	Snr Woman	88	143
144	2:18:52	BURT, Stephen	Unattached	Man 0/40	34	144
145	2:19:26	SATCHELL, Paul	Unattached	Man 0/50	128	145
146	2:19:56	HILDER, Andy	Unattached	Man 0/40	108	146
147	2:20:29	SPRIGGS, Paul	Wrekin road runners	Man 0/40	7	147
148	2:21:00	JONES, Stephen Lloyd	Eryri	Man 0/50	98	148
149	2:22:01	JONES, Linda	Wrexham	Woman 0/40	80	149
150	2:22:20	AUCHTERLONIE, Anna	Unattached	Snr Woman	127	150
151	2:22:29	NIGHTINGALE, JOHN	Unattached	Man 0/40	150	151
152	2:23:30	WILFINSON, Jordan	Unattached	Jnr Man	166	152
153	2:23:38	NEWELL, Mark	Cambridge H	Man 0/50	115	153
154	2:23:56	WALSH, Paul	Bowland FR	Man 0/60	17	154
155	2:24:19	ADAMS-LEWIS, Iwan	Unattached	Man 0/40	165	155
156	2:24:44	POPE, Cameron	Aberystwyth AC	Man 0/50	125	156
157	2:25:45	MARSHALL, Ian	Cambridge H	Man 0/60	14	157
158	2:26:02	MCVEY, Graham	Unattached	Man 0/40	177	158
159	2:26:43	ZAWADZKI, Matthew	steel city striders	Man 0/40	9	159
160	2:27:49	JONES, Rodney	Newport & District	Man 0/60	59	160
161	2:28:48	TREITL, Richard	BARLICK FELL RUNNERS	Man 0/60	49	161
162	2:28:51	ROLFE, Louise	Unattached	Snr Woman	170	162
163	2:29:13	SAMUELS, Vincent	Unattached	Snr Man	141	163
164	2:29:26	SHELDRAKE, Sarah	Unattached	Woman 0/40	121	164
165	2:32:09	JONES, Philip	Prestatyn	Man 0/70	42	165
166	2:32:34	SCOTLAND, Tania	Unattached	Woman 0/50	126	166
167	2:33:15	WALSH, Gabriella	Aberystwyth AC	Woman 0/40	158	167
168	2:33:53	HOOPER, Mladenka	Prestatyn	Snr Woman	189	168
169	2:34:05	ASHWORTH, Helen	Prestatyn	Snr Woman	187	169
170	2:35:18	SCROOP, Dick	MERCIA FELL RUNNERS	Man 0/60	21	170
171	2:36:06	DAVIES, Eurwyn	Cardigan Running Club	Man 0/40	152	171

172	2:36:24 REES, Nicola	Unattached	Woman 0/40	175	172
173	2:39:10 MAY, Terry	Unattached	Man 0/50	2	173
174	2:40:09 WRIGHT, Melnie	MERCIA FELL RUNNERS	Woman 0/40	148	174
175	2:46:25 SMEDDLE, Jeremy	White Horse Harriers	Man 0/50	52	175
176	2:47:00 CURTIS, Janice	MERCIA FELL RUNNERS	Woman 0/40	69	176
177	2:56:59 YEOMANS, Helen	Rosendale	Woman 0/40	24	177
178	3:00:19 DAVIES, Emma	Unattached	Snr Woman	68	178
179	3:01:18 HUGHES, Kerry Marie	Unattached	Snr Woman	71	179
180	3:03:45 HODGES, Michael	Trot St Clears	Man 0/60	112	180
181	3:06:18 BALLESTEROS, Jose Edward	Unattached	Man 0/50	78	181
182	3:08:40 OWEN, Christine	Meirionnydd Running Club	Woman 0/40	39	182