

Aber

Rasys Nos Fawrth

Aber

23rd April 2013

0:33:10

| Safle/Pos. | Amser/Time | Enw/Name | Clwb/Club | Cat. | |
|------------|------------|----------------------|-------------|------|--------|
| 1 | 0:32:29 | Nathan Jones | C/Bay | M | -2.07% |
| 2 | 0:32:45 | John Parkinson | Eryri | M40 | -1.27% |
| 3 | 0:33:04 | Aled Edwards | Eryri | M | -0.31% |
| 4 | 0:33:42 | John Rowley | Eryri | M | 1.60% |
| 5 | 0:33:51 | Matt Fortes | Eryri | M | 2.05% |
| 6 | 0:34:16 | Rob Grantham | Chester Tri | M | 3.31% |
| 7 | 0:34:27 | Angus Mackay | BU | M | 3.86% |
| 8 | 0:34:29 | Ben Beechall | Eryri | M40 | 3.96% |
| 9 | 0:34:33 | Paul Jones | Eryri | M40 | 4.16% |
| 10 | 0:34:44 | Jake Griffith | C/Bay | U/18 | 4.71% |
| 11 | 0:36:34 | Noel Crane | Eryri | M40 | 10.24% |
| 12 | 0:37:02 | Steve 'Martin' Jones | U/a | M50 | 11.65% |
| 13 | 0:37:11 | Phil Lynes | U/a | M | 12.10% |
| 14 | 0:37:25 | Paddy Walsh | Bowland | M | 12.80% |
| 15 | 0:37:45 | SPJ | Eryri | M50 | 13.81% |
| 16 | 0:37:52 | Gwion Williams | Eryri | M | 14.16% |
| 17 | 0:38:07 | Mabod Llyr | Eryri | u/18 | 14.91% |
| 18 | 0:38:15 | Huw Owen | Eryri | M | 15.32% |
| 19 | 0:38:26 | Mark Ponford | U/a | M | 15.87% |
| 20 | 0:38:37 | Irfon Rowlands | Cybi | M40 | 16.42% |
| 21 | 0:38:47 | Rick Littlejohn | Eryri | M | 16.92% |
| 22 | 0:38:58 | Andy Jones | NWRRC | M | 17.48% |
| 23 | 0:38:59 | Mike Boissier-Wyles | U/a | M40 | 17.53% |
| 24 | 0:39:01 | Tim Osbourne | U/a | M | 17.63% |
| 25 | 0:39:02 | Sam Green | BU | M | 17.68% |
| 26 | 0:39:07 | Nick Jones | Eryri | M | 17.93% |
| 27 | 0:39:21 | Sean Gavin | NWRRC | M | 18.63% |
| 28 | 0:40:04 | Nick Whitton | U/a | M | 20.79% |
| 29 | 0:40:20 | Lisa Grantham | Chester Tri | F | 21.60% |
| 30 | 0:40:56 | Richard Williams | Eryri | M40 | 23.40% |
| 31 | 0:41:06 | Alastair McLean | U/a | M | 23.91% |
| 32 | 0:41:14 | Jeremy Williams | Eryri | M50 | 24.31% |
| 33 | 0:41:25 | Phil Tan Jones | Eryri | M60 | 24.86% |
| 34 | 0:41:30 | Des Rothery | U/a | M | 25.11% |
| 35 | 0:41:37 | Emlyn Owen | Eryri | M | 25.46% |
| 36 | 0:42:00 | Daffyd T Jones | U/a | M | 26.62% |
| 37 | 0:42:12 | Claire Dalimore | Eryri | F | 27.22% |
| 38 | 0:42:19 | Phil Target | Eryri | M40 | 27.58% |
| 39 | 0:42:24 | Gary Porter Jones | Eryri | M40 | 27.83% |
| 40 | 0:42:25 | Pete Roberts | Buckley | M70 | 27.88% |
| 41 | 0:42:28 | Sean Harlow | U/a | M | 28.03% |
| 42 | 0:42:35 | Helen John | Eryri | F | 28.38% |
| 43 | 0:42:40 | Mathew Bicknell | C/Bay | M | 28.63% |
| 44 | 0:43:11 | Megan Hughes | Eryri | F | 30.19% |
| 45 | 0:43:13 | John Humphries | Mysteruns | M50 | 30.29% |
| 46 | 0:43:29 | Paul Carter | BU | M | 31.09% |
| 47 | 0:43:48 | Barney Broatch | U/a | U/18 | 32.05% |
| 48 | 0:44:07 | Russ Murray | U/a | M40 | 33.00% |
| 49 | 0:44:11 | Hayley Turner | Eryri | F | 33.20% |

Aber

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|----|---------|-------------------------|-----------|------|--------|
| 50 | 0:44:14 | David Lewis | U/a | M40 | 33.35% |
| 51 | 0:44:16 | Sian Ellis | Cybi | F | 33.45% |
| 52 | 0:44:20 | Ellie Salisbury | Eryri | F50 | 33.65% |
| 53 | 0:44:28 | Dave Broatch | U/a | M50 | 34.06% |
| 54 | 0:44:29 | Meirion Jones | U/a | M | 34.11% |
| 55 | 0:44:32 | Richard Bourne | Mysteruns | M40 | 34.26% |
| 56 | 0:44:38 | Graham McVie | U/a | M40 | 34.56% |
| 57 | 0:44:41 | Dan Wood | U/a | M | 34.71% |
| 58 | 0:44:44 | Ian Rothery | Cybi | M50 | 34.86% |
| 59 | 0:44:47 | Nicky Maesmore | U/a | F | 35.01% |
| 60 | 0:44:59 | Lucy O'Donnell | Ambleside | F | 35.61% |
| 61 | 0:45:12 | Richard Davies | U/a | M50 | 36.27% |
| 62 | 0:45:14 | David Owen | U/a | M40 | 36.37% |
| 63 | 0:45:19 | Geraint Williames | Cybi | M40 | 36.62% |
| 64 | 0:45:32 | Ieuan Evans | U/a | U/18 | 37.27% |
| 65 | 0:45:34 | Harry Robert | Eryri | M40 | 37.37% |
| 66 | 0:45:36 | Robin Owen | U/a | U/18 | 37.47% |
| 67 | 0:45:42 | Brian Robbins | Eryri | M60 | 37.78% |
| 68 | 0:45:43 | Ross Powell | WFRA | M50 | 37.83% |
| 69 | 0:45:49 | Andy Brazier | U/a | M40 | 38.13% |
| 70 | 0:45:57 | Bleddyn Jones | U/a | M | 38.53% |
| 71 | 0:46:04 | John Morris | Buckley | M60 | 38.88% |
| 72 | 0:46:10 | Martin Crossley | U/a | M | 39.18% |
| 73 | 0:46:25 | Ian Blakemore | Eryri | M50 | 39.94% |
| 74 | 0:46:35 | Helen Morgan | Eryri | F | 40.44% |
| 75 | 0:46:38 | Stephen 'Moelfre' Jones | Eryri | M50 | 40.59% |
| 76 | 0:46:50 | Emyr Davies | Eryri | M70 | 41.19% |
| 77 | 0:47:10 | Jane Penrhyn-Jones | Prestatyn | F50 | 42.20% |
| 78 | 0:47:39 | Sam Jones | U/a | M | 43.65% |
| 79 | 0:47:47 | Lesley Lawson | Eryri | F | 44.06% |
| 80 | 0:47:57 | Jill Riley | U/a | F40 | 44.56% |
| 81 | 0:48:04 | Michelle Fildes | Eryri | F | 44.91% |
| 82 | 0:48:57 | Tamsin Fretwell | Eryri | F | 47.57% |
| 83 | 0:48:59 | Gwyn Evans | Eryri | M50 | 47.67% |
| 84 | 0:49:12 | Anna Jackson | U/a | F | 48.33% |
| 85 | 0:49:19 | Louise Beetlestone | U/a | F | 48.68% |
| 86 | 0:49:50 | Maxine Brockley | U/a | F40 | 50.24% |
| 87 | 0:50:27 | Anna Auchterlonie | U/a | F | 52.10% |
| 88 | 0:50:31 | Ali Donnelly | Eryri | F40 | 52.30% |
| 89 | 0:50:43 | Mel Hooper | Prestatyn | F | 52.90% |
| 90 | 0:51:16 | David Owen | Prestatyn | M60 | 54.56% |
| 91 | 0:51:44 | Phil Jones | Prestatyn | M60 | 55.96% |
| 92 | 0:51:52 | Lowri Griffith | C/Bay | F40 | 56.37% |
| 93 | 0:51:57 | Helen Ashworth | Prestatyn | F | 56.62% |
| 94 | 0:52:20 | Paul Gregson | U/a | M40 | 57.77% |
| 95 | 0:52:21 | Tania Scotland | U/a | F40 | 57.82% |
| 96 | 0:53:41 | Claire Gadsby | Prestatyn | F40 | 61.84% |
| 97 | 0:54:58 | Maggie Oliver | Eryri | F60 | 65.71% |
| 98 | 0:59:00 | Alex Fletcher | Eryri | F | 77.87% |