

Foel Lus

Rasys Nos Fawrth

Foel Lus

9th April 2013

0:23:53

Safle/Pos.	Amser/Time	Enw/Name	Clwb/Club		
1	0:22:55	Russell Bentley	Kent	M	-4.05%
2	0:23:15	Nathan Jones	C/Bay	M	-2.65%
3	0:24:17	Math Roberts	Eryri	M	1.67%
4	0:24:23	Gwyn Owen	u/a	M	2.09%
5	0:24:35	Sam Smith	Eryri	M	2.93%
6	0:25:04	John Parkinson	Eryri	M40	4.95%
7	0:25:13	Will Manners	Strathern Harriers	M40	5.58%
8	0:25:51	Hugh O'Donnell	Ambleside	M	8.23%
9	0:25:53	Matt Fortes	Eryri	M	8.37%
10	0:25:58	Jim Bacon	Eryri	M	8.72%
11	0:26:00	John Rowley	Eryri	M	8.86%
12	0:26:02	Craig Jones	Eryri	M40	9.00%
13	0:26:25	Chris Near	Eryri	M	10.61%
14	0:27:00	Jake Griffith	C/Bay	U/18	13.05%
15	0:27:11	Mark Davies	NWRRC	M	13.82%
16	0:27:21	Paul Jones	Eryri	M40	14.52%
17	0:27:24	Paul Jenkinson	Eryri	M40	14.72%
18	0:27:35	Dewi Owen	Eryri	M	15.49%
19	0:28:12	Gwion Williams	Eryri	M	18.07%
20	0:28:19	Gary Porter-Jones	Eryri	M40	18.56%
21	0:28:39	Ali Chant	Eryri	M40	19.96%
22	0:28:47	Chris Jackson	Glossop Dale	M	20.52%
23	0:28:52	Irfon Rowlands	Cybi	M40	20.87%
24	0:28:53	Ollie Halford	u/a	M	20.94%
25	0:28:54	Paddy Walsh	Bowland	M	21.00%
26	0:28:58	Josh Mathews	u/a	M	21.28%
27	0:29:00	Ralph Pawling	u/a	M	21.42%
28	0:29:03	Ed Harmer	Eryri	M40	21.63%
29	0:29:04	Huw Owen	Eryri	M	21.70%
30	0:29:10	Arwel Lewis	Eryri	M50	22.12%
31	0:29:22	Billy Hughes	Hebog	M	22.96%
32	0:29:27	Peter Jones	u/a	M50	23.31%
33	0:29:30	Rob Armstrong	Abergele	M	23.52%
34	0:29:51	Sam Green	BU	M	24.98%
35	0:30:00	Bronwen Jenkinson	Eryri	FU/16	25.61%
36	0:30:12	Steve Toogood	Chelmsford	M50	26.45%
37	0:30:33	Lisa Grantham	Chester Tri	F	27.91%
38	0:30:36	Sean Gavin	NWRRC	M	28.12%
39	0:30:40	Celvin Evans	u/a	M40	28.40%
40	0:30:45	Mike Boissier-Wyles	u/a	M40	28.75%
41	0:30:47	Sion Harlow	u/a	M	28.89%
42	0:30:54	Glyn Griffith	u/a	M50	29.38%
43	0:31:00	Ashley Wager	Eryri	M50	29.80%
44	0:31:04	Joe Cooper	Denbigh	M	30.08%
45	0:31:12	Asabon Llyr	Eryri	U/18	30.64%
46	0:31:17	Jeremy William	Eryri	M50	30.98%
47	0:31:18	Lee Bailey	Prestatyn	M	31.05%
48	0:31:27	Mathew Bicknale	C/Bay	M	31.68%
49	0:31:30	Jason Jones	u/a	M	31.89%

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50	0:31:38	Graham Davies	Mysteruns	M40	32.45%
51	0:31:47	Phil Tan jones	Eryri	M60	33.08%
52	0:31:56	Ali Thomas	Eryri	F40	33.71%
53	0:32:00	Des Rothery	u/a	M	33.98%
54	0:32:02	Kath Broatch	u/a	F40	34.12%
55	0:32:04	Richard Bourne	Mysteruns	M40	34.26%
56	0:32:07	Helen john	Eryri	F	34.47%
57	0:32:27	Rebecca Newstead	u/a	F	35.87%
58	0:32:37	Sarah Barnwell	Eryri	F40	36.57%
59	0:32:46	Rob Butler	u/a	M	37.19%
60	0:33:06	Phil Targett	Eryri	M40	38.59%
61	0:33:21	Ellie Salisbury	Eryri	F50	39.64%
62	0:33:30	Sean Banning	u/a	M40	40.27%
63	0:33:36	John Humphries	Mysteruns	M50	40.68%
64	0:33:41	David Lewis	u/a	M40	41.03%
65	0:33:41	Will Blackwell	u/a	M	41.03%
66	0:33:56	Helen Morgan	Eryri	F	42.08%
67	0:34:08	Russ Murray	u/a	M40	42.92%
68	0:34:13	Ian Rothery	Cybi	M50	43.27%
69	0:34:21	Emily Wood	Eryri	F40	43.82%
70	0:34:26	Dave Broatch	u/a	M50	44.17%
71	0:34:27	Tony Davies	u/a	M40	44.24%
72	0:34:41	Richard Davies	u/a	M50	45.22%
73	0:34:43	Robin Owen	u/a	U/18	45.36%
74	0:34:46	Geraint Williams	Cybi	M40	45.57%
75	0:34:48	Bleddyn Jones	u/a	M	45.71%
76	0:34:49	Lesley Lanson	u/a	F	45.78%
77	0:34:54	Tracey Llewelyn	Cybi	F	46.13%
78	0:35:01	Nicky Maysmor	u/a	F	46.62%
79	0:35:07	David Hughes	u/a	M40	47.03%
80	0:34:40	Hayley Turner	Eryri	F	45.15%
81	0:34:46	Brian Robbins	Eryri	M60	45.57%
82	0:34:51	Ieuan Evans	u/a	U/18	45.92%
83	0:36:01	Matt Wells	u/a	M40	50.80%
84	0:36:23	Lucy O'Donnell	Ambleside	F	52.34%
85	0:36:24	Arfon Bebb	Eryri	M	52.41%
86	0:36:25	Lauren Massett	u/a	F	52.48%
87	0:36:44	Graham M'Vie	u/a	M40	53.80%
88	0:36:48	Keith Williams	u/a	M40	54.08%
89	0:36:55	Maxinr Brockley	u/a	F40	54.57%
90	0:37:05	Gwyn Evans	Eryri	M50	55.27%
91	0:37:13	Mel Hooper	Prestatyn	F	55.83%
92	0:37:40	Mark Dakeyne	u/a	M50	57.71%
93	0:37:41	Karl Morris	NWRRC	M	57.78%
94	0:37:47	Tamsin Fretwell	Eryri	F40	58.20%
95	0:38:04	Mark Jatt	u/a	M	59.39%
96	0:38:17	Bridget Ripley	u/a	F40	60.29%
97	0:38:31	Michelle Fields	Eryri	F	61.27%
98	0:39:02	David Owen	Prestatyn	M60	63.43%
99	0:39:05	Helen Ashworth	Prestatyn	F	63.64%
10	0:39:06	Barry Griffith	u/a	M40	63.71%
101	0:39:17	Clair Gadsby	Prestatyn	F	64.48%
102	0:39:19	Jill Riley	u/a	F40	64.62%

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103	0:39:23 Stuart McDonald	Eryri	M	64.90%
104	0:39:24 Jayne Penrhyn-Jones	u/a	F50	64.97%
105	0:39:31 Alex Fletcher	Eryri	F	65.46%
106	0:39:32 Lara Cain	Menai	FU/16	65.53%
107	0:39:32 Pat Cain	Menai	M50	65.53%
108	0:39:43 Dan Wood	u/a	M	66.29%
109	0:40:13 Ali Donnelly	Eryri	F50	68.39%
110	0:40:17 Anton Rogers	Eryri	M50	68.67%
111	0:40:30 Maggie Oliver	Eryri	F60	69.57%
112	0:40:51 Sian ellis	Cybi	F	71.04%
113	0:42:34 George Thomas-Parr	u/a	F	78.23%
114	0:42:44 Laurie Griffith	C/Bay	F40	78.93%
115	0:44:02 Paul Gregson	u/a	M50	84.37%
116	0:44:33 Samuel Wright	BU	M	86.53%
117	0:45:56 Julie Logan	Prestatyn	F40	92.32%
118	0:49:03 Iorwerth roberts	Eryri	M60	105.37%
119	0:50:03 Helen Baxendale	u/a	F50	109.56%
120 --				

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<u>UNDER 8</u>	<u>B</u>	<u>G</u>
Twm Owen		1
Ben Grantham		2
Olivia Jones		1
Jasmine Rothery		2
Beth Whiteside Thomas		3
Amy Vaughan		4
Merin Land	3	
Haf Land		5
Kyla Cain		6
Maned Evans		7

<u>UNDER 10</u>		
Eden Potter	1	
Connor Roberts	2	
Guto Whiteside Thom	3	
Jack Cain	4	
Caitlin Forrest		1
Erin Williams		2
Cai Geyther	5	

<u>UNDER 12</u>		
Tomos Land	1	
Ceri Vaughan		1
Jodie Cain		2
Deio Jones	2	
Gwion Evans	3	
Anna Whiteside Thomas		3

<u>UNDER 14</u>		
Sion Jones	1	
Kieran Forrest	2	
Mathew Vaughan	3	
Ryan Cain	4	
Deian Williams	5	
Lewis Rowlands	6	
Catrin Donnelly		1
Zoe Wood		2
Gethin Jones	7	

RECORD

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