

Aberystwyth 10Km Race 10/12/06							Basic results sheet	
Position	Race Number	Time	Name	Group	Category	MF?	Age	Club/Business team
1	199	33.10	Andres Jones	2	Senior men (1st three) (2)	M	29	Cardiff AAC
2	193	33.20	Carwyn Jones	2	Senior men (1st three) (2)	M	27	Cardiff AAC
3	25	34.06	Steven McGuigan	2	Senior men (1st three) (2)	M	29	White Horse Harriers
4	192	34.17	Felipe Jones	2	Senior men (1st three) (2)	M	31	Aberystwyth A.C.
5	115	35.25	Patrick Wallace	2	Senior men (1st three) (2)	M	27	Oxfod Uni. CCC
6	222	35.30	Coryn Thomas	1	Under 20 men (1)	M	18	Sarn Helen
7	114	36.08	Stephen Philip Marshall	2	Senior men (1st three) (2)	M	23	Oxfod Uni. CCC
8	12	36.17	Stuart Reeves	2	Senior men (1st three) (2)	M	38	Les Croupiers
9	116	36.20	Jamie Darling	2	Senior men (1st three) (2)	M	22	Oxfod Uni. CCC
10	229	36.27	Glyn Price	2	Senior men (1st three) (2)	M	39	Sarn Helen
11	228	36.33	Mateusz Grygiel	2	Senior men (1st three) (2)	M	20	Unaffiliated
12	69	36.44	Richard Jones	3	V/40 men (3)	M	43	Telford A.C.
13	83	37.16	Clive Thomas	4	V/45 men (4)	M	47	Trots
14	205	37.39	Michael Davies	2	Senior men (1st three) (2)	M	37	UWA Harriers
15	106	39.12	Stephen Owen	2	Senior men (1st three) (2)	M	33	Maldwyn Harriers
16	6	39.16	David Rose	4	V/45 men (4)	M	45	Sourbridge Running Club
17	90	39.23	James Thomas	2	Senior men (1st three) (2)	M	33	Llyfrgell Gened. Cymru
18	140	39.25	Paul Scullion	3	V/40 men (3)	M	43	Aberystwyth A.C.
19	113	39.31	Jessica Leitch	12	Senior lady (1st three) (12)	F	23	Oxfod Uni. CCC
20	263	39.40	Richard Ellis	2	Senior men (1st three) (2)	M	27	Unaffiliated
21	207	39.42	James Kirkwood	1	Under 20 men (1)	M	19	UWA Harriers
22	87	39.45	Stafford Rees	2	Senior men (1st three) (2)	M	37	Rhayader A.C.
23	166	39.55	Philip Rogers	2	Senior men (1st three) (2)	M	22	UWA Harriers
24	55	40.03	Huw Nicholas Price	3	V/40 men (3)	M	43	Sarn Helen
25	186	40.12	Martin Davies	2	Senior men (1st three) (2)	M	24	Trots
26	259	40.15	Frank Gaupers	2	Senior men (1st three) (2)	M	32	Unaffiliated
27	117	40.17	Rhys Jeffreys	2	Senior men (1st three) (2)	M	32	Unaffiliated
28	208	40.40	Peter Duncan	2	Senior men (1st three) (2)	M	31	UWA Harriers
29	88	40.49	Dewi Wyn Williams	2	Senior men (1st three) (2)	M	26	Unaffiliated

30	217	40.55	Anni Vanhatalo	12	Senior lady (1st three) (12)	F	30	UWA Harriers
31	206	40.59	Malcolm Harvey	2	Senior men (1st three) (2)	M	22	UWA Harriers
32	198	41.22	Richard Anthony	2	Senior men (1st three) (2)	M	30	Unaffiliated
33	247	41.33	Dave Whittey	4	V/45 men (4)	M	49	Meirionnydd Running Club
34	167	41.36	Daniel Burgess	2	Senior men (1st three) (2)	M	30	Aberystwyth A.C.
35	111	41.37	Robert Silcox	2	Senior men (1st three) (2)	M	32	Unaffiliated
36	204	41.46	Kevin Hamilton	3	V/40 men (3)	M	42	Cerist Tri
37	258	42.05	Dylan Davies	2	Senior men (1st three) (2)	M	28	Unaffiliated
38	172	42.12	David Buck	2	Senior men (1st three) (2)	M	38	Cardigan
39	50	42.13	Cyril Walters	6	V/55 men (6)	M	59	T.R.O.T.
40	98	42.20	Mike Palmer	2	Senior men (1st three) (2)	M	36	Bro Dysynni AC
41	252	42.21	Iwan Edgar	5	V/50 men (5)	M	50	Unaffiliated
42	178	42.27	Lynn Green	15	V/45 lady (15)	F	49	Ingli Runners
43	63	42.31	Gwilym Owen Jones	5	V/50 men (5)	M	51	Aberystwyth A.C.
44	48	42.36	Mathew James Stapley	2	Senior men (1st three) (2)	M	20	UWA Triathlon Club
45	153	42.37	Alan Burt	4	V/45 men (4)	M	48	Chase Harriers
46	183	42.38	Robert Williams	3	V/40 men (3)	M	40	Ingli Runners
47	230	42.40	Benjamin Rushbrooke	2	Senior men (1st three) (2)	M	26	Unaffiliated
48	164	42.41	Marc Recoquille	2	Senior men (1st three) (2)	M	34	Unaffiliated
49	133	42.45	Dylan Lewis	2	Senior men (1st three) (2)	M	24	Unaffiliated
50	109	42.55	John Gwynn Evans	7	V/60 men (7)	M	60	Aberystwyth A.C.
51	119	43.06	Ian Evans	2	Senior men (1st three) (2)	M	27	Aberystwyth A.C.
52	238	43.14	Michael Hodges	5	V/50 men (5)	M	52	Unaffiliated
53	163	43.19	Leonard Hughes	5	V/50 men (5)	M	50	Newtown Harriers
54	179	43.21	Michael Halsall	2	Senior men (1st three) (2)	M	33	Unaffiliated
55	112	43.22	Caroline John	14	V/40 lady (14)	F	42	Sarn Helen
56	14	43.27	Mark Stieler	4	V/45 men (4)	M	45	Aberystwyth A.C.
57	249	43.28	Tony Hodgson	6	V/55 men (6)	M	57	Meirionnydd Running Club
58	219	43.32	Paul Edwards	4	V/45 men (4)	M	47	Pembrokeshire Harriers
59	71	43.35	Gareth Andrew Johns	1	Under 20 men (1)	M	19	Univ.of Wales Aberystwyth
60	64	43.47	David Longford	4	V/45 men (4)	M	47	Unaffiliated
61	223	43.56	Ian Davies	5	V/50 men (5)	M	53	Unaffiliated

62	209	44.02	Matthew Ward	1	Under 20 men (1)	M	18	UWA Harriers
63	127	44.10	Jeff Sacell	2	Senior men (1st three) (2)	M	36	Unaffiliated
64	235	44.18	Edward Fletcher	2	Senior men (1st three) (2)	M	27	Unaffiliated
65	248	44.24	Frankie Vaughan	5	V/50 men (5)	M	52	Meirionnydd Running Club
66	174	44.27	Martyn Saycell	2	Senior men (1st three) (2)	M	33	Aberystwyth A.C.
67	141	44.31	Andreas Filz	3	V/40 men (3)	M	41	Unaffiliated
68	43	44.37	James G Prior	2	Senior men (1st three) (2)	M	25	Unaffiliated
69	227	44.40	Nic Pugh	2	Senior men (1st three) (2)	M	26	Unaffiliated
70	256	44.42	Kristian Bond	1	Under 20 men (1)	M	15	UWA Harriers
71	203	44.45	Arwel Price	4	V/45 men (4)	M	48	Cerist Tri
72	212	44.45	Shelley Childs	2	Senior men (1st three) (2)	M	34	Aberystwyth A.C.
73	224	44.50	Kevin Bryan	2	Senior men (1st three) (2)	M	37	Unaffiliated
74	146	44.52	Paul Alban	2	Senior men (1st three) (2)	M	20	Unaffiliated
75	19	45.06	Tony Wenlock	5	V/50 men (5)	M	52	Aberystwyth A.C.
76	15	45.10	Michael Marshall	2	Senior men (1st three) (2)	M	25	Unaffiliated
77	150	45.14	Chris Birch	4	V/45 men (4)	M	47	Trots
78	181	45.19	Anita Saycell	12	Senior lady (1st three) (12)	F	27	Aberystwyth A.C.
79	182	45.31	Jason Williams	2	Senior men (1st three) (2)	M	37	Cardigan
80	216	45.36	Kevin Evans	4	V/45 men (4)	M	45	Meirionnydd Running Club
81	145	45.37	Sion Williams	2	Senior men (1st three) (2)	M	29	Unaffiliated
82	180	45.40	William Drake	6	V/55 men (6)	M	56	Unaffiliated
83	184	45.42	Lindy Eynon	15	V/45 lady (15)	F	46	Trots
84	255	46.13	Clive Williams	2	Senior men (1st three) (2)	M	39	Unaffiliated
85	152	46.15	Andy McGuire	2	Senior men (1st three) (2)	M	28	Unaffiliated
86	175	46.46	Catherine Walkley	12	Senior lady (1st three) (12)	F	28	UWA Harriers
87	221	46.47	Dai Roberts	4	V/45 men (4)	M	46	Aberystwyth A.C.
88	154	46.47	Paul Gillard	4	V/45 men (4)	M	47	Unaffiliated
89	35	46.58	John Geraint Shaw	2	Senior men (1st three) (2)	M	39	UWA Harriers
90	191	47.02	Lisa Delrio	14	V/40 lady (14)	F	41	Trentham RC
91	24	47.05	Colin Lloyd Harvey	2	Senior men (1st three) (2)	M	39	Unaffiliated
92	75	47.08	Paul Jones	4	V/45 men (4)	M	45	Rhayader A.C.
93	46	47.08	Adriano Evola	4	V/45 men (4)	M	48	Aberystwyth A.C.

94	237	47.16	Phil Evans	2	Senior men (1st three) (2)	M	34	Unaffiliated
95	244	47.26	Brian Russell	4	V/45 men (4)	M	47	Unaffiliated
96	242	47.30	Colin Armstrong	4	V/45 men (4)	M	48	Unaffiliated
97	143	47.34	Robert Hatch	2	Senior men (1st three) (2)	M	23	Unaffiliated
98	3	47.40	Steven Higgins	3	V/40 men (3)	M	42	Unaffiliated
99	197	47.48	Malcolm Leitch	5	V/50 men (5)	M	52	Unaffiliated
100	160	47.51	Delor Harvey	13	V/35 lady (13)	F	39	Aberystwyth A.C.
101	120	47.51	Kate O'Sullivan	14	V/40 lady (14)	F	42	Aberystwyth A.C.
102	210	48.10	Daniel Clark	1	Under 20 men (1)	M	19	UWA Harriers
103	49	48.14	Rebecca Youden	12	Senior lady (1st three) (12)	F	21	Unaffiliated
104	155	48.27	Nigel Johnston	3	V/40 men (3)	M	44	Unaffiliated
105	151	48.29	Clive Ellis Williams	5	V/50 men (5)	M	50	Unaffiliated
106	86	48.29	David Jonathan Williams	5	V/50 men (5)	M	51	Regional Mortgage Service
107	132	48.29	Jason Martin	2	Senior men (1st three) (2)	M	31	Unaffiliated
108	159	48.32	Graham Harvey	3	V/40 men (3)	M	42	Unaffiliated
109	161	48.38	Gin Macdonald	12	Senior lady (1st three) (12)	F	27	Unaffiliated
110	176	48.41	Hilary McCarthy	13	V/35 lady (13)	F	39	Cardigan
111	8	48.42	Anita Worthing	16	V/50 lady (16)	F	51	Unaffiliated
112	269	48.48	Edward Farmer	1	Under 20 men (1)	M	19	Unaffiliated
113	201	48.50	Mark Wakeley	2	Senior men (1st three) (2)	M	36	Unaffiliated
114	56	48.51	Bridget Parkinson	12	Senior lady (1st three) (12)	F	23	Aberystwyth A.C.
115	240	49.05	Cameron Mcleod	5	V/50 men (5)	M	51	Unaffiliated
116	60	49.14	Robert Lister	5	V/50 men (5)	M	50	Pewsey Vale R.c.
117	162	49.16	Ian Lloyd Harvey	2	Senior men (1st three) (2)	M	35	Unaffiliated
118	211	49.16	Morfwydd Myfanwy	14	V/40 lady (14)	F	41	Unaffiliated
119	165	49.16	Anthony Cowdy	3	V/40 men (3)	M	44	Unaffiliated
120	17	49.57	Paul Hopkins	2	Senior men (1st three) (2)	M	30	Unaffiliated
121	23	50.05	Adam Stockwell	2	Senior men (1st three) (2)	M	26	Shrewsbury A.C.
122	72	50.05	Philip Mulroney	4	V/45 men (4)	M	47	Unaffiliated
123	79	50.10	Alan Johnstone	6	V/55 men (6)	M	58	Ingli Runners
124	213	50.20	Alyn Jenkins	3	V/40 men (3)	M	43	Rhayader A.C.
125	147	50.28	David Hopper	7	V/60 men (7)	M	64	Unaffiliated

126	89	50.29	Jan Davies	14	V/40 lady (14)	F	43	Rhayader A.C.
127	190	50.32	Michael Griffiths	6	V/55 men (6)	M	59	Unaffiliated
128	265	50.41	Thomas Hathaway	2	Senior men (1st three) (2)	M	29	Unaffiliated
129	84	50.50	Cliff Thomas	7	V/60 men (7)	M	61	Aberystwyth A.C.
130	234	50.50	Richard Kipling	2	Senior men (1st three) (2)	M	29	Unaffiliated
131	82	50.55	Mervyn Ian Newton	5	V/50 men (5)	M	50	Rhayader A.C.
132	239	50.57	Chris Canning	2	Senior men (1st three) (2)	M	35	Unaffiliated
133	92	50.58	Kevin Ashford	4	V/45 men (4)	M	45	Unaffiliated
134	136	50.59	Tom Chase	2	Senior men (1st three) (2)	M	26	Unaffiliated
135	91	51.00	Glenda Roberts	16	V/50 lady (16)	F	53	Aberystwyth A.C.
136	214	51.07	Rhian Griffiths	12	Senior lady (1st three) (12)	F	24	Unaffiliated
137	34	51.17	Helen Elisabeth Williams	15	V/45 lady (15)	F	45	Aberystwyth A.C.
138	149	51.29	David Dowsett	6	V/55 men (6)	M	56	Unaffiliated
139	177	51.30	Mair Gwenllian	13	V/35 lady (13)	F	36	Aberystwyth A.C.
140	73	51.35	Dilwyn Williams	3	V/40 men (3)	M	40	Llyfrgell Gened. Cymru
141	7	51.59	Steven Alan Guilbert	2	Senior men (1st three) (2)	M	32	Jeoggers
142	267	52.00	Alec Reece	1	Under 20 men (1)	M	19	Unaffiliated
143	173	52.05	Owen Morgan	3	V/40 men (3)	M	40	Unaffiliated
144	194	52.13	Frances Cooke	12	Senior lady (1st three) (12)	F	23	Ingli Runners
145	262	52.17	Jenny Williamson	14	V/40 lady (14)	F	44	Unaffiliated
146	251	52.18	John Williams	3	V/40 men (3)	M	41	Unaffiliated
147	42	52.20	James I Prior	12	Senior lady (1st three) (12)	F	26	Unaffiliated
148	241	52.24	Nia Wyn	12	Senior lady (1st three) (12)	F	26	Penweddig
149	68	52.29	Goronwy Evans	5	V/50 men (5)	M	50	Unaffiliated
150	128	52.43	Annwen Mair James	14	V/40 lady (14)	F	41	Aberystwyth A.C.
151	218	52.45	David Connelly	7	V/60 men (7)	M	63	Rhayader A.C.
152	93	52.54	Geraint Evans	3	V/40 men (3)	M	42	Unaffiliated
153	245	52.59	Rhian Jones	12	Senior lady (1st three) (12)	F	27	Unaffiliated
154	21	53.03	Robert Allen Harding	5	V/50 men (5)	M	55	Telford Harrier
155	27	53.12	David Selby	5	V/50 men (5)	M	53	Unaffiliated
156	148	53.15	Peter Trudgill	9	V/70 men (9)	M	70	Unaffiliated
157	188	53.44	Margret Roberts	14	V/40 lady (14)	F	43	Meirionnydd Running Club

158	97	53.46	Ben Davies	2	Senior men (1st three) (2)	M	31	Unaffiliated
159	61	53.47	Rebecca Edwards	12	Senior lady (1st three) (12)	F	29	Unaffiliated
160	200	53.47	Richard ???	2	Senior men (1st three) (2)	M	20	Aberystwyth A.C.
161	202	53.53	Paul Arnold	5	V/50 men (5)	M	50	Aberystwyth A.C.
162	30	53.56	Ross Mathew Jones	2	Senior men (1st three) (2)	M	24	Unaffiliated
163	264	54.25	Russell Morphew	2	Senior men (1st three) (2)	M	27	Unaffiliated
164	231	54.31	Graham Rogers	2	Senior men (1st three) (2)	M	28	Ingli Runners
165	257	54.59	Ryan Price	1	Under 20 men (1)	M	15	Unaffiliated
166	110	55.10	Cassandra Belcher	12	Senior lady (1st three) (12)	F	20	Amazing Feet
167	236	55.10	Jenny Pitchford	12	Senior lady (1st three) (12)	F	29	Cardigan
168	226	55.16	Richard Layton	2	Senior men (1st three) (2)	M	33	Unaffiliated
169	36	55.17	Peter Williams	3	V/40 men (3)	M	41	Unaffiliated
170	220	55.29	John Williams	5	V/50 men (5)	M	54	Cerist Tri
171	139	55.41	John Hollingdale	3	V/40 men (3)	M	41	Unaffiliated
172	137	55.51	Carys Prytherch	13	V/35 lady (13)	F	38	Aberystwyth A.C.
173	196	55.55	Megan Williams	14	V/40 lady (14)	F	40	Aberystwyth A.C.
174	103	55.59	Alun Samuel	3	V/40 men (3)	M	41	Unaffiliated
175	225	56.24	Shari James	12	Senior lady (1st three) (12)	F	20	Aberystwyth A.C.
176	105	56.24	John Mark Williams	2	Senior men (1st three) (2)	M	37	Unaffiliated
177	104	56.31	Emlyn Mainwaring	2	Senior men (1st three) (2)	M	21	Unaffiliated
178	271	56.36	Tim Morew	2	Senior men (1st three) (2)	M	30	Unaffiliated
179	95	56.36	Heather Pitcher	13	V/35 lady (13)	F	38	Unaffiliated
180	261	57.08	Anthony Broome	5	V/50 men (5)	M	54	Unaffiliated
181	58	57.27	Ruth Morris	16	V/50 lady (16)	F	54	Unaffiliated
182	59	57.27	Huw Morris	4	V/45 men (4)	M	46	Unaffiliated
183	126	57.51	David Haydn Jones	2	Senior men (1st three) (2)	M	35	Unaffiliated
184	125	57.51	Caroline Jones	13	V/35 lady (13)	F	38	Unaffiliated
185	94	58.00	Marion Garson	14	V/40 lady (14)	F	42	Aberystwyth A.C.
186	168	58.02	Adrian Redbury	4	V/45 men (4)	M	47	Rhayader A.C.
187	250	58.11	Fay Williams	15	V/45 lady (15)	F	48	Unaffiliated
188	156	58.38	Jaspa Wynne-Williams	12	Senior lady (1st three) (12)	F	34	Meirionnydd Running Club
189	65	58.50	Julie Sutherland	15	V/45 lady (15)	F	48	Unaffiliated

190	169	59.07	Christina Santos	14	V/40 lady (14)	F	44	Rhayader A.C.
191	67	59.13	Caroline Delph	13	V/35 lady (13)	F	38	Unaffiliated
192	85	59.28	Elisabeth Ann Styles	15	V/45 lady (15)	F	49	Meirionnydd Running Club
193	96	59.31	Rosemary Rhys	16	V/50 lady (16)	F	52	Aberystwyth A.C.
194	232	59.52	Laura Upton	12	Senior lady (1st three) (12)	F	27	Unaffiliated
195	233	59.52	Fraser Egerton	2	Senior men (1st three) (2)	M	29	Unaffiliated
196	185	59.53	Caron McVee-Hands	14	V/40 lady (14)	F	42	Unaffiliated
197	20	60.53	Marjorie Griffiths	18	V/60 lady (18)	F	61	Bro Dysynni AC
198	243	61.16	Angharad Morgan-Jones	11	Under 20 lady (11)	F	16	Penweddig
199	2	61.26	William Richard Williams	7	V/60 men (7)	M	63	Unaffiliated
200	54	61.33	Sue Ginley	14	V/40 lady (14)	F	44	Aberystwyth A.C.
201	31	61.34	Jamie Campbell	2	Senior men (1st three) (2)	M	33	Unaffiliated
202	26	61.35	Elin Horgan	12	Senior lady (1st three) (12)	F	30	Unaffiliated
203	118	62.00	Carol Farrington	18	V/60 lady (18)	F	63	Rhayader A.C.
204	18	62.08	Anwen Mai Pierce	13	V/35 lady (13)	F	38	Unaffiliated
205	189	62.18	Nadine Griffiths	13	V/35 lady (13)	F	35	Unaffiliated
206	171	62.21	Gudrun Jones	15	V/45 lady (15)	F	49	Sarn Helen
207	51	62.33	Emma Bethan LL. Pugh	13	V/35 lady (13)	F	38	Unaffiliated
208	66	62.34	Lizzie Pugh	12	Senior lady (1st three) (12)	F	25	Unaffiliated
209	170	62.40	Dee Price	12	Senior lady (1st three) (12)	F	31	Rhayader A.C.
210	215	62.40	Mr Everton	6	V/55 men (6)	M	59	Rhayader A.C.
211	158	62.44	Daryl Cavill	2	Senior men (1st three) (2)	M	39	Unaffiliated
212	157	62.44	Amanda Cavill	14	V/40 lady (14)	F	42	Unaffiliated
213	270	62.49	Marcus Serrini	3	V/40 men (3)	M	41	Unaffiliated
214	254	63.14	Carolyn Griffiths	12	Senior lady (1st three) (12)	F	28	Unaffiliated
215	253	63.14	Mari Stevens	12	Senior lady (1st three) (12)	F	28	Unaffiliated
216	266	63.16	Cora McKeon	12	Senior lady (1st three) (12)	F	29	Unaffiliated
217	138	63.47	Catherine Smith	12	Senior lady (1st three) (12)	F	22	Unaffiliated
218	40	63.55	Ian Prior	7	V/60 men (7)	M	62	Unaffiliated
219	268	63.55	Luke Robinson	1	Under 20 men (1)	M	19	Unaffiliated
220	41	64.32	Sue Prior	17	V/55 lady (17)	F	57	Unaffiliated
221	57	64.35	Annmarie Pitt	16	V/50 lady (16)	F	51	Unaffiliated

222	102	65.14	Mark Picken	5	V/50 men (5)	M	52	Unaffiliated
223	246	66.43	Hywel Cynwyd	2	Senior men (1st three) (2)	M	37	Unaffiliated
224	77	67.03	Helen Elisabeth Jones	14	V/40 lady (14)	F	41	Unaffiliated
225	123	67.20	Gwyndaf Aeron Evans	2	Senior men (1st three) (2)	M	34	Llyfrgell Gened. Cymru
226	187	69.10	Nicola Lovell	12	Senior lady (1st three) (12)	F	26	Unaffiliated
227	28	69.24	Teresa Ann	16	V/50 lady (16)	F	53	Aberystwyth A.C.
228	78	69.42	Jina Hawkes	15	V/45 lady (15)	F	45	Unaffiliated
229	107	72.02	Alison Jones	16	V/50 lady (16)	F	54	Aberystwyth A.C.
230	142	72.12	Jennifer Fern	12	Senior lady (1st three) (12)	F	20	Unaffiliated
231	62	76.11	Sheila Symonds	8	V/70 lady (19)	F	73	Bro Dysynni AC
232	9	77.04	Mostafa H El-Abbadi	3	V/40 men (3)	M	40	Unaffiliated
233	33	79.05	Carol Anne Davies	13	V/35 lady (13)	F	38	Unaffiliated
234	39	79.08	Maureen Darlington	17	V/55 lady (17)	F	57	Unaffiliated
235	32	79.45	Allen Watts	9	V/70 men (9)	M	78	Sarn Helen
236	38	80.48	Christine Bromage	17	V/55 lady (17)	F	56	Unaffiliated
237	4	83.20	Simon Cook	2	Senior men (1st three) (2)	M	39	Meirionnydd Running Club
238	124	83.35	Rhodri Morgan	3	V/40 men (3)	M	40	Llyfrgell Gened. Cymru