

**RACE THE TRAIN CAERNARFON 5K RESULTS - 19TH JULY 2006**

Safle/ Position	Rhif/ Race No	Amser/ Time	Enw/ Name	Clwb/ Club	Dosbarth/ Category	Safle/ Position
1	93	15.01	Gwyn Owen	Eryri Harriers	Senior M	1
2	8	15.30	Andy Walling	Menai T & F	Senior M	2
3	3	15.59	Dylan Jones	Eryri Harriers	Senior M	3
4	97	16.08	Darren Jones	Cowell	Senior M	
5	25	16.23	Paul Wathan	Cybi Striders	Junior M	1
6	98	16.39	Sean McCormack	Abergele H	O/40M	1
7	59	16.49	Rhys ab Elwyn	Eryri Harriers	O/40M	2
8	43	16.56	Gethin Edwards	Eryri Harriers	Junior M	2
9	290	17.03	Dave Nolan	N.W.R.R.C.	Senior M	
10	95	17.05	Paul Taggar	Clayton-le-Moors	O/40M	3
11	15	17.14	Vincent Edwards	U/A	Senior M	
12	168	17.17	Mathew Fortes	Fun		
13	172	17.36	Stewart Laing	Fun		
14	56	17.37	Simeon Fawcett	Menai T & F	Senior M	
15	227	17.40	Peter Jones	U/A	Senior M	
16	293	17.46	Tim Cahill	Abergele H	O/40M	
17	24	17.51	Arfon Owen	Cybi Striders	O/40M	
18	41	17.51	Emyr Davies	Eryri Harriers	O/60M	1
19	291	17.52	Dewi Williams	Eryri Harriers	Senior M	
20	96	17.55	Arwel Lewis	Eryri Harriers	O/40M	
21	52	17.58	James Hooton	Cybi Striders	Senior M	
22	99	17.59	Steven McCormack	Abergele H	Junior M	
23	14	18.09	John Griffith	Cybi Striders	O/50M	1
24	58	18.11	Russ Goodwin	Colwyn Bay	Senior M	
25	73	18.12	Justin McIlveen	Abergele H	Senior M	
26	13	18.31	Konrad Roberts	N.W.R.R.C.	O/40M	
27	70	18.32	Steffan Jones	Eryri Harriers	Senior M	
28	48	18.32	Ashley Wager	Eryri Harriers	O/40M	
29	34	18.37	James McDonald	U.W.B.	Senior M	
30	191	18.38	Huw Percy	Fun		
31	32	18.40	Ian Rothery	Cybi Striders	O/50M	2
32	92	18.42	Trefor Marshall	Colwyn Bay	O/50M	3
33	155	18.47	James Hickey	Fun		
34	214	18.47	Neil Elias	Fun		
35	51	18.48	Lee Evans	Eryri Harriers	Senior M	
36	53	18.53	Desmond Rothery	U/A	Senior M	
37	1	18.58	Jane Lloyd	Eryri Harriers	O/40F	1
38	9	19.02	Steve Livett	Eryri Harriers	O/40M	
39	181	19.06	Guto Roberts	Fun		
40	217	19.07	Stephen Richards	Fun		
41	21	19.11	Geraint Williams	Cybi Striders	O/40M	
42	62	19.14	Charles Enston	U/A	Senior M	
43	67	19.20	Tom Gloster	Padarn Tri	Senior M	
		<b>19.20</b>	<b>TRAIN TIME</b>	<b>DINAS TO CAERNARFON</b>		
44	90	19.23	Colin Jones	Middlesborough & Cleveland H	O/50M	
45	38	19.27	David Frith	Colwyn Bay	O/50M	
46	223	19.28	Emrys W Jones	Fun		
47	74	19.28	Gwydion Evans	U/A	Senior M	
48	206	19.32	Barry Griffith	Fun		
49	83	19.32	Gary Porter Jones	U/A	Senior M	
50	180	19.34	Lodwig P Jones	Fun		
51	224	19.34	Kevin Talbot	Fun		

52	175	19.37	Joe McKernon	Fun		
53	78	19.40	Paula L Jones	U/A	O/35F	1
54	207	19.42	Ian Jones	Fun		
55	211	19.50	Emlyn Owen	Fun		
56	231	19.54	Llyr Roberts	Fun		
57	156	19.55	Alexandria Hickey	Fun		
58	10	19.55	Graham Jones	N.W.R.R.C.	O/40M	
59	45	19.56	Dave Stretton	Eryri Harriers	O/40M	
60	102	19.58	Roger Pierce	Fun		
61	12	20.04	Andrea Roberts	Eryri Harriers	Senior F	1
62	221	20.08	Ian Whitehead	Fun		
63	226	20.08	Kevin Higgins	Fun		
64	235	20.11	R Scamans	N.W.R.R.C.	Senior M	
65	33	20.22	Rebecca Ridding	Menai T & F	Senior F	2
66	66	20.25	Chas Muskett	Menai T & F	O/50M	
67	6	20.26	Tony Gibson	N.W.R.R.C.	O/40M	
68	170	20.27	Gareth Williams	Fun		
69	65	20.28	Annie Williams	Eryri Harriers	O/45F	1
70	23	20.33	Rhion Jones	Cybi Striders	Senior M	
71	233	20.35	Austin Bowers	Fun		
72	61	20.41	Martyn Fairlamp	Denbigh Harriers	Senior M	
73	111	20.42	Mark Dowthwaite	Fun - Calon Lan		
74	80	20.43	Gareth Dobson	Eryri Harriers	Senior M	
75	232	20.44	Gareth Ellis	Fun		
76	185	20.49	Aled Edwards	Fun		
77	189	20.49	Glyn Rowlands	Fun		
78	184	20.55	Alun Evans	Fun		
79	103	21.01	Barry Edwards	Fun		
80	110	21.02	Becca Owen	Fun - Calon Lan		
81	87	21.02	Bob Chilton	Bro Dysynni	O/50M	
82	162	21.10	Sean Kelly	Fun		
83	190	21.12	Ffion Owen	Fun		
84	104	21.16	Ioz Jones	Fun - Calon Lan		
85	225	21.18	John Bresue	Fun		
86	149	21.27	Llewelyn Roose	Fun		
87	151	21.34	Owen E Jones	Fun		
88	44	21.34	Jason Burton	Prestatyn	Senior M	
89	169	21.40	Rachael McHugh	Fun		
90	50	21.43	Maggie Oliver	Eryri Harriers	O/55F	1
91	212	21.44	Benjamin Taylor	Fun		
92	150	21.47	Dave Roberts	Fun		
93	57	21.55	Vicky Ronald	Colwyn Bay	O/35F	2
94	222	22.00	Delme Davies	Fun		
95	27	22.00	Iorwerth Roberts	Eryri Harriers	O/60M	2
96	204	22.00	Emyr Williams	Fun		
97	88	22.14	Esyllt Roberts	U/A	Senior F	3
98	236	22.17	Bruce Keefe	Fun		
99	182	22.23	Berwyn Jones	Fun		
100	229	22.23	H ap Glyn	Fun		
101	79	22.26	Ali Thomas	Eryri Harriers	O/35F	3
102	157	22.31	Barry Humphreys	Fun		
103	76	22.34	Cornelia Bufet	U.W.B.	Senior F	
104	54	22.36	Tony Lister	N.W.R.R.C.	O/50M	
105	146	22.40	David Evans	Fun		
106	237	22.43	Robert Giles	Fun		

107	210	22.47	Ian Williams	Fun		
108	220	22.52	Andrew Joyce	Fun		
109	101	22.55	Sain Mai Jones	Fun		
110	69	22.57	Mark Wade	U/A	Senior M	
111	69	22.57	Caroline Wade	U/A	Senior F	
112	63	23.06	Lee Pownall	N.W.R.R.C.	Senior M	
113	16	23.07	Sharon Edwards	U/A	O/35F	
114	167	23.10	David Robertson	Fun		
115	202	23.12	Rhian Jones	Fun		
116	163	23.12	Robin Jones	Fun		
117	174	23.14	D Smith	Fun		
118	108	23.21	Ian Wayne	Fun - Calon Lan		
119	192	23.27	Julie Owen	Fun		
120	26	23.29	Lisa Roberts	Menai T & F	Junior F	1
121	22	23.33	Ruth Harvey	Cybi Striders	O/35F	
122	81	23.34	Brenda Jones	Bro Dysynni	O/65F	1
123	216	23.35	John Ellis	Fun		
124	234	23.49	Kristie Billing	Fun		
125	165	23.55	Leigh Roberts	Fun		
126	85	24.06	Gwynfor James	Menai T & F	O/40M	
127	46	24.30	John Lyon	Cybi Striders	O/50M	
128	86	24.33	Malcolm Taylor	Bro Dysynni	O/60M	3
129	166	24.37	Lesley Wills	Fun		
130	112	24.39	David Mali	Fun - Calon Lan		
131	215	24.41	Deborah Clark	Fun		
132	193	24.43	Michael Hooton	Fun		
133	91	24.48	Sally Jones	Middlesborough & Cleveland H	Junior F	2
134	213	24.57	Karen Jenkins	Fun		
135	75	25.01	Jenny Williamson	Eryri Harriers	Senior F	
136	4	25.02	Emma Gibson	U/A	Junior F	3
137	196	25.14	Erica Ashton	Fun		
138	29	25.18	Dave Beard	Eryri Harriers	O/50M	
139	159	25.18	Rachel Oliver	Fun		
140	160	25.21	Melanie Williams	Fun		
141	188	25.21	Keith Griffith	Fun		
142	164	25.31	Christopher Jones	Fun		
143	292	25.42	Linda Jeavons	Eryri Harriers	O/45F	2
144	28	25.45	Eurwyn Edwards	U/A	O/50M	
145	89	25.47	Sandra Volkot	U/A	O/35F	
146	84	25.53	Wendy James	Menai T & F	O/35F	
147	209	25.58	Iona Dafis	Fun		
148	158	25.58	Kath Humphreys	Fun		
149	39	25.59	John Carson	Eryri Harriers	O/70M	1
150	177	26.04	Viv Edwards	Fun		
151	187	26.39	Sue Griffith	Fun		
152	72	26.43	Sara Cassidy McIlveen	Abergele Harriers	Senior F	
153	141	26.45	Sally Wilson	Fun		
154	173	26.47	Alison Lawther	Fun		
155	178	26.51	Rowena Edwards	Fun		
156	100	26.52	Sharon Pierce	Fun		
157	82	26.55	Marit Evans	Bro Dysynni	O/35F	
158	198	27.04	Jayne Jacobs	Fun		
159	7	27.05	Carol Livett	Menai T & F	O/35F	
160	228	27.34	Amanda Jones	Fun		
161	106	28.11	Rachel James-Owen	Fun - Calon Lan		

162	20	29.47	Cliff Wilkinson	N.W.R.R.C.	O/70M	2
163	183	30.22	Pat Jones	Fun		
164	203	31.12	Paula Jones	Fun		
165	218	31.54	Wendy Marchant	Fun		
166	94	31.54	Chris Purt	Menai T & F	Senior M	
167	109	31.56	Bethan Williams	Fun - Calon Lan		
168	154	31.57	Collen Williams	Fun		
169	5	32.01	Joanne Gibson	U/A	O/45F	3
170	186	32.04	Sara O'Hara	Fun		
171	30	32.12	Lorraine Roberts	U/A		
172	31	32.14	Brendan Rothery	Eryri Harriers	Senior M	
173	197	32.15	Anne Jones	Fun		
174	47	32.17	Rose Mary Collier	U/A	O/45F	
175	200	32.18	Robin Jacobs	Fun		
176	144	32.44	Rhian W Jones	Fun		
177	230	33.16	Paul Jones	Fun		
178	114	33.25	Kevin Williams	Fun - Calon Lan		
179	205	33.58	Karen Davies	Fun		
180	145	34.20	Wenna Morris	Fun		
181	176	35.46	Donna Curley	Fun		
182	219	48.56	Tony Cope	Fun		
183	115	49.10	Zoe Williams	Fun - Calon Lan		
184	107	49.11	Nerys Smits	Fun - Calon Lan		