

Ras Y Faenol 10k Canlyniadau/Results 2006

| Rhif/No | Surname | Enw/Name | Clwb/Club | Category | Position | Amser/Time |
|---------|--------------|--------------|------------------|----------|----------|------------|
| 2 | Vaughan | Alun | Eryri | u/40 | 1 | 31.56 |
| 3 | Owen | Gwyn | Eryri | u/40 | 2 | 32.54 |
| 26 | Jones | Dylan Wynn | Eryri | u/40 | 3 | 34.50 |
| 268 | Dixon | Andy | Calne RC | u/40 | 4 | 36.27 |
| 45 | Wathan | Paul | Cybi Striders | J male | 5 | 36.28 |
| 201 | Williams | Richard Wyn | Eryri | u/40 | 6 | 36.31 |
| 179 | Roberts | Dewi | Bro Dysenni | u/40 | 7 | 36.33 |
| 166 | Nolan | David | NWRR | u/40 | 8 | 36.47 |
| 227 | Blazier | Darren | Abergele H. | u/40 | 9 | 37.13 |
| 252 | Williams | Dafydd | Eryri | u/40 | 10 | 37.22 |
| 20 | Owen | Gwynfor | Eryri | o/50 | 11 | 37.27 |
| 66 | Edwards | Vincent | ua | u/40 | 12 | 37.43 |
| 236 | Cahill | Tim | Abergele H. | o/40 | 13 | 38.14 |
| 285 | Jones | Kelvin | ua | u/40 | 14 | 38.16 |
| 44 | Blinston | Kerry | NWRR | u/40 | 15 | 38.25 |
| 195 | Walmsley | James | ua | u/40 | 16 | 38.30 |
| 229 | Ashton | Matthew | Abergele H. | u/40 | 17 | 38.30 |
| 158 | Pryce | David | Colwyn Bay | o/40 | 18 | 38.54 |
| 276 | Laing | Stewart | UWB | u/40 | 19 | 38.56 |
| 183 | Davies | Emyr | Eryri | o/60 | 20 | 38.56 |
| 174 | Price | Jason | ua | u/40 | 21 | 39.04 |
| 290 | Edgar | Iwan | ua | o/40 | 22 | 39.05 |
| 5 | Owen | Dylan | Eryri | o/40 | 23 | 39.07 |
| 48 | Griffith | John Owen | Cybi Striders | o/50 | 24 | 39.12 |
| 184 | Mcllveen | Justin | Abergele H. | u/40 | 25 | 39.23 |
| 254 | Nicholas | George | Prestatyn RC | u/40 | 26 | 39.26 |
| 85 | Owen | Arfon | Cybi Striders | o/40 | 27 | 39.34 |
| 28 | Mulligan | Ian Thomas | Menai T+F | u/40 | 28 | 39.44 |
| 278 | Fortes | Matthew | UWB | u/40 | 29 | 39.55 |
| 247 | Wood | Ray | ua | o/40 | 30 | 40.22 |
| 198 | Wager | Ashley | Eryri | o/40 | 31 | 40.27 |
| 68 | Hooton | James | Cybi Striders | u/40 | 32 | 40.32 |
| 4 | Williams | Donald | Eryri | o/60 | 33 | 40.34 |
| 79 | Jones | Steffan | Eryri | u/40 | 34 | 40.45 |
| 58 | Laurent | Xavier | ua | u/40 | 35 | 40.53 |
| 71 | Griffith | Aled Wyn | ua LOCAL | J male | 36 | 40.54 |
| 52 | Rothery | Ian M | Cybi Striders | o/50 | 37 | 40.56 |
| 210 | Cawley | Alan W. | NWRR | o/40 | 38 | 40.59 |
| 262 | Craine | Noel | Eryri | o/40 | 39 | 41.07 |
| 42 | Roberts | Konrad | NWRR | u/40 | 40 | 41.13 |
| 17 | Huws | Llion Dwryd | ua | u/40 | 41 | 41.19 |
| 126 | Gloster | Tom | Padarn Tri | u/40 | 42 | 41.25 |
| 283 | Roberts | Caerwyn | ua | u/40 | 43 | 41.28 |
| 266 | Elias | Neil Oliver | ua | o/40 | 44 | 41.30 |
| 248 | Emlyn | Gwion Ariel | ua | u/40 | 45 | 41.33 |
| 47 | Williams | Geraint | Cybi Striders | o/40 | 46 | 41.39 |
| 117 | Davies | Gareth | ua LOCAL | u/40 | 47 | 41.46 |
| 14 | Williams | Arwyn | ua | u/40 | 48 | 41.47 |
| 288 | Evans | Emyr | Carneddau Triatl | u/40 | 49 | 41.50 |
| 204 | Smith | Nick | ua LOCAL | J male | 50 | 42.04 |
| 212 | Thomas | Rhys | ua | o/40 | 51 | 42.08 |
| 215 | Roberts | Guto Japheth | ua | u/40 | 52 | 42.12 |
| 273 | Cunliffe | Niell | ua LOCAL | u/40 | 53 | 42.13 |
| 89 | Porter-Jones | Gary | ua | u/40 | 54 | 42.21 |
| 197 | Assie | Sebastien | ua | u/40 | 55 | 42.24 |

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| | | | | | | |
|-----|--------------|-------------------|------------------|--------|-----|-------|
| 292 | Roberts | Emlyn | Eryri | o/40 | 56 | 42.27 |
| 182 | Jams | Ifan | ua | J male | 57 | 42.37 |
| 187 | Evans | Maldwyn | Eryri | o/40 | 58 | 42.45 |
| 269 | Jones | Gwynfor | Bro Dysenni | o/40 | 59 | 42.48 |
| 156 | Williams | Alan Wyn | ua | o/40 | 60 | 42.56 |
| 40 | Morris Jones | Ian | ua | o/40 | 61 | 43.10 |
| 293 | Roberts | Joshua Lee | ua | J male | 62 | 43.13 |
| 101 | Taylor | Alan | Abergele H. | o/50 | 63 | 43.16 |
| 277 | MacDonald | Jamie | UWB | u/40 | 64 | 43.20 |
| 118 | John | Gruffudd | ua LOCAL | J male | 65 | 43.25 |
| 161 | Jones | Wyn Trefor | ua | u/40 | 66 | 43.27 |
| 259 | Higgins | Kevin | ua | o/40 | 67 | 43.31 |
| 217 | Bufe | Cornelia | ua | Fu/35 | 68 | 43.36 |
| 60 | Jones | Graham Paul | NWRR | o/40 | 69 | 43.39 |
| 25 | Stretton | David | ua | o/40 | 70 | 43.49 |
| 142 | Mcernon | Joe | ua | o/40 | 71 | 43.51 |
| 175 | Jeffery | Stephan | Abergele H. | o/50 | 72 | 43.52 |
| 46 | Owen | Rhodri Llwyd | ua | u/40 | 73 | 43.53 |
| 232 | Jones | Paula Lloyd | ua | Fo/35 | 74 | 44.00 |
| 88 | Smith | Carolyn | ua | Fu/35 | 75 | 44.01 |
| 271 | Stewart | Garry | RAF Valley | u/40 | 76 | 44.03 |
| 228 | Evans | Gwydion | ua | u/40 | 77 | 44.10 |
| 240 | Griffith | Barry Stuart | ua | u/40 | 78 | 44.27 |
| 289 | Bird | Chris | Carneddau Triath | u/40 | 79 | 44.28 |
| 11 | Withers | Keith | YUB | o/40 | 80 | 44.30 |
| 272 | Pierce | Roger | Menai T+F | o/40 | 81 | 44.32 |
| 256 | Roberts | Ian | North Wales Poli | o/40 | 82 | 44.36 |
| 86 | Jones | Rhion Lloyd | ua | u/40 | 83 | 44.44 |
| 264 | Dentith | Darren | ua | u/40 | 84 | 44.53 |
| 178 | Roberts | Llyr Bryn | ua | u/40 | 85 | 44.54 |
| 294 | Rogers | Graham | ua | o/50 | 86 | 44.54 |
| 258 | Bresnei | John | NWRR | o/40 | 87 | 44.59 |
| 24 | Edmunds | Amanda | ua | Fu/35 | 88 | 45.01 |
| 59 | Taylor | Ian | NWRR | u/40 | 89 | 45.18 |
| 125 | Scamans | Richard | ua | u/40 | 90 | 45.19 |
| 82 | Howard | Ryan | ua LOCAL | u/40 | 91 | 45.20 |
| 113 | Jones | Alun Wyn | ua | o/40 | 92 | 45.23 |
| 122 | Bowers | Austin | ua | u/40 | 93 | 45.33 |
| 81 | Parry-Jones | Lodwig | ua | o/40 | 94 | 45.39 |
| 188 | Jones | Dei | Eryri | o/50 | 95 | 45.40 |
| 120 | Riddings | Rebecca | Menai T+F | Fu/35 | 96 | 45.42 |
| 286 | Verdin | Dustin Daniel | ua LOCAL | J male | 97 | 45.42 |
| 249 | Davies | Gwilym | ua | o/50 | 98 | 45.47 |
| 282 | Harris | Iestyn Theophilus | ua LOCAL | o/40 | 99 | 45.56 |
| 226 | Williams | Annie | ua | Fo/45 | 100 | 45.59 |
| 12 | Edwards | Stephen | Radio Cymru | u/40 | 101 | 46.02 |
| 6 | Williams | Martin Garth | Eryri | o/50 | 102 | 46.04 |
| 94 | Owen | Emlyn | ua | u/40 | 103 | 46.05 |
| 206 | Owen | Dewi Wyn | ua | o/40 | 104 | 46.07 |
| 162 | Jones | Ian | ua | u/40 | 105 | 46.08 |
| 196 | Gardella | Sebastien | ua | u/40 | 106 | 46.11 |
| 95 | Thomas | Gethin Elis | ua | u/40 | 107 | 46.11 |
| 39 | Roberts | Emlyn | ua | o/40 | 108 | 46.19 |
| 135 | Hatton | Kay | NWRR | Fo/35 | 109 | 46.26 |
| 41 | Oliver | Margaret Ann | Eryri | Fo/50 | 110 | 46.43 |
| 119 | Kelly | Sean | ua | u/40 | 111 | 47.06 |

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| | | | | | | |
|-----|----------------|------------------|---------------|--------|-----|-------|
| 56 | Owens | Huw | ua | u/40 | 112 | 47.06 |
| 279 | Williams | Aled | ua LOCAL | u/40 | 113 | 47.06 |
| 153 | Smith | Peter | ua | u/40 | 114 | 47.25 |
| 53 | Williams | Gareth | ua | o/40 | 115 | 47.30 |
| 216 | Evans | Alun | ua | o/40 | 116 | 47.40 |
| 36 | Jones | Menna | Cybi Striders | Fo/35 | 117 | 47.42 |
| 239 | Roberts | Iorwerth | Eryri | o/60 | 118 | 47.44 |
| 150 | Jones | Owen Eilir | ua | o/40 | 119 | 47.45 |
| 233 | Grant | Pam | Abergele H. | Fo/45 | 120 | 47.45 |
| 62 | Blakemore | Ian | Eryri | o/40 | 121 | 47.46 |
| 295 | Herbert | Peter | ua | u/40 | 122 | 47.48 |
| 237 | Clift | Deborah | Abergele H. | Fo/35 | 123 | 47.58 |
| 275 | Hides | Ed | ua | u/40 | 124 | 48.02 |
| 69 | Ward | Michael Stuart | ua | o/40 | 125 | 48.18 |
| 106 | Roose | Llewelyn John | ua | u/40 | 126 | 48.24 |
| 54 | Owen | Ffion Wyn | ua | Fu/35 | 127 | 48.34 |
| 55 | Rowlands | Richard Glyn | ua | u/40 | 128 | 48.34 |
| 244 | Simpson | Geraint | ua | u/40 | 129 | 48.37 |
| 165 | Elis-Williams | Gwion | ua | u/40 | 130 | 48.49 |
| 13 | Jones | Gareth Wyn | YUB | u/40 | 131 | 48.53 |
| 225 | Owen | Tudur | ua | u/40 | 132 | 49.01 |
| 57 | Ellis-Williams | Stephanie | ua | Fu/35 | 133 | 49.04 |
| 242 | Jones | G. Alun | ua | o/50 | 134 | 49.12 |
| 138 | Williams | Martin | ua | o/40 | 135 | 49.18 |
| 284 | Hogg | Craig | ua | u/40 | 136 | 49.20 |
| 160 | Dafydd | Carwyn | ua LOCAL | J male | 137 | 49.20 |
| 176 | Eckersley | David | Colwyn Bay | o/60 | 138 | 49.25 |
| 205 | Rooijackers | Adrianu Henricus | ua LOCAL | o/50 | 139 | 49.26 |
| 191 | Richards | Phill | ua | u/40 | 140 | 49.32 |
| 189 | Llewelyn | Owain | ua | u/40 | 141 | 49.32 |
| 192 | Mather | Carl David | ua LOCAL | o/50 | 142 | 49.36 |
| 110 | Roberts | David | ua | u/40 | 143 | 49.41 |
| 218 | Haffenden | Austin | ua | u/40 | 144 | 49.44 |
| 143 | Pownall | Lee | NWRR | u/40 | 145 | 49.46 |
| 170 | ap Glyn | Ifor | ua | o/40 | 146 | 49.59 |
| 280 | Davies | Paul | UWB | u/40 | 147 | 50.02 |
| 243 | Stewart | William John | ua | o/40 | 148 | 50.05 |
| 185 | Heming | Jenny | Eryri | Fo/35 | 149 | 50.05 |
| 145 | Marson | Stuart | ua | o/50 | 150 | 50.08 |
| 72 | Harvey | Ruth Elaine | Cybi Striders | Fo/35 | 151 | 50.10 |
| 22 | Macmillen | Peter | WFRA | o/40 | 152 | 50.11 |
| 209 | Donnelly | Allison | Eryri | Fo/35 | 153 | 50.25 |
| 207 | Jones | Sheila | Bro Dysenni | Fo/45 | 154 | 50.34 |
| 83 | Jones | Geraint | BCFCSA | u/40 | 155 | 50.38 |
| 159 | Jones | Sue | Eryri | Fo/45 | 156 | 50.42 |
| 274 | Williams | Llion | ua | u/40 | 157 | 50.45 |
| 173 | Roberts | Rhys | ua | u/40 | 158 | 50.54 |
| 291 | Edwards | Aled | ua | u/40 | 159 | 51.06 |
| 133 | Robertson | David | ua | o/50 | 160 | 51.12 |
| 298 | Evans | Steffan Rhys | ua LOCAL | u/40 | 161 | 51.14 |
| 234 | Green | Suzanne | ua | Fu/35 | 162 | 51.27 |
| 70 | Ward | Yvonne Ann | ua | Fo/35 | 163 | 51.36 |
| 51 | Owen | Julie | ua | Fo/35 | 164 | 51.37 |
| 251 | Percy | Huw | Padarn Tri | u/40 | 165 | 51.38 |
| 19 | Richardson | Eilizabeth | ua | Fu/35 | 166 | 51.46 |
| 18 | Lewis | Kirsty | Menai T+F | Fu/35 | 167 | 51.46 |

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| | | | | | | |
|-----|------------|------------------|-----------------|--------|-----|-------|
| 263 | Williams | Emyr | ua | u/40 | 168 | 51.54 |
| 75 | Ault | Nigel | ua | o/40 | 169 | 52.00 |
| 200 | Jones | Alun Meirion | ua LOCAL | o/40 | 170 | 52.05 |
| 76 | Bulkeley | Eileen | ua | Fo/35 | 171 | 52.08 |
| 32 | Royle | Jennifer Cwarida | ua | Fu/35 | 172 | 52.14 |
| 168 | Jones | Kirstin T. | ua | Fu/35 | 173 | 52.24 |
| 67 | Edwards | Sharon | ua | Fo/35 | 174 | 52.29 |
| 231 | Jones | Rhian | ua | Fo/35 | 175 | 52.31 |
| 7 | Gruffydd | Carol | YUB | Fo/35 | 176 | 52.37 |
| 181 | Owen | Gwellian D. | ua | Fo/35 | 177 | 52.54 |
| 115 | Jones | Berwyn Parry | Padarn Tri | o/50 | 178 | 52.57 |
| 141 | Lyon | John | Cybi Striders | o/50 | 179 | 53.01 |
| 267 | Bradley | James | ua | o/40 | 180 | 53.04 |
| 164 | Houghton | Natalie | ua | Fu/35 | 181 | 53.06 |
| 132 | Wills | Lesley | ua | Fo/50 | 182 | 53.12 |
| 10 | Jones | Susan Kara | YUB | Fu/35 | 183 | 53.19 |
| 30 | Oliver | Rachel | ua | Fu/35 | 184 | 53.22 |
| 129 | Humpherys | Brian | ua | o/40 | 185 | 53.33 |
| 235 | Brookshaw | Nikki | ua | Fu/35 | 186 | 53.35 |
| 281 | Roberts | Emlyn | ua (Caernarfon) | o/40 | 187 | 53.37 |
| 253 | Evans | Wendy | ua | Fu/35 | 188 | 53.55 |
| 190 | Somerville | Tracey | ua | Fu/35 | 189 | 53.59 |
| 102 | Jones | William | ua | u/40 | 190 | 54.08 |
| 114 | Guillemin | Alison | Abergele H. | Fo/35 | 191 | 54.09 |
| 245 | Eluned | Mair | ua | Fu/35 | 192 | 54.13 |
| 121 | Jones | Marc Wyn | ua LOCAL | J male | 193 | 54.15 |
| 29 | Williams | Melanie | ua LOCAL | Fu/35 | 194 | 54.15 |
| 193 | Thomas | Alan | ua | u/40 | 195 | 54.17 |
| 104 | Griffiths | Keith | Padarn Tri | o/50 | 196 | 54.17 |
| 177 | Beard | David | Eryri | o/50 | 197 | 54.20 |
| 246 | Thomas | Angharad | ua LOCAL | Fo/35 | 198 | 54.23 |
| 151 | Evans | John Gareth | ua | o/40 | 199 | 54.23 |
| 223 | Thomas | Elfed Wyn | ua LOCAL | o/50 | 200 | 54.33 |
| 49 | Eaglestone | Susan C | ua LOCAL | Fo/35 | 201 | 54.34 |
| 222 | Nowak | Pawel | ua LOCAL | u/40 | 202 | 54.43 |
| 38 | Owen | Alan | ua | u/40 | 203 | 54.47 |
| 300 | Roberts | Gareth | ua | u/40 | 204 | 54.48 |
| 136 | Roberts | Enid Charles | ua | Fo/35 | 205 | 54.58 |
| 80 | Shambrook | Tony | ua | o/40 | 206 | 55.16 |
| 250 | Peacock | Karen | ua | Fu/35 | 207 | 55.49 |
| 257 | Roberts | Katie | ua | Fu/35 | 208 | 55.50 |
| 124 | Williams | Bernadette | ua LOCAL | Fo/35 | 209 | 55.51 |
| 23 | Edwards | Chris | ua LOCAL | u/40 | 210 | 56.13 |
| 255 | Wennell | Elizabeth | ua | Fo/50 | 211 | 56.22 |
| 27 | Edwards | Viv | ua | Fo/45 | 212 | 56.28 |
| 130 | Humpherys | Kath | ua | Fo/45 | 213 | 56.29 |
| 109 | Jones | Meleri Glyn | ua | Fu/35 | 214 | 56.31 |
| 287 | Tomos | Neil | ua | o/40 | 215 | 56.34 |
| 78 | Owen | Dawn Pierce | ua | Fo/35 | 216 | 56.37 |
| 63 | Blakemore | Jennifer | ua | Fo/35 | 217 | 56.44 |
| 61 | Jones | Kathryn | ua LOCAL | Fu/35 | 218 | 57.01 |
| 172 | Nixon | Walker | ua E142 | u/40 | 219 | 57.01 |
| 299 | Carson | John | Eryri | o/70 | 220 | 57.14 |
| 15 | Hughes | Alwyn Samuel | YUB | J male | 221 | 57.22 |
| 238 | Trewyn | Hywel | ua | o/40 | 222 | 57.22 |
| 296 | Jeavons | Linda | ua | Fo/50 | 223 | 57.56 |

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| | | | | | | |
|-----|-------------|------------------|-------------|----------|-----|--------|
| 93 | Dafis | Iona | ua | Fo/35 | 224 | 57.56 |
| 270 | Wilson | Sally | ua | Fu/35 | 225 | 58.15 |
| 73 | Davies | John Eirian | ua | o/40 | 226 | 58.35 |
| 100 | Jones | Carol Ann | ua | Fo/50 | 227 | 59.13 |
| 105 | Griffiths | Sue | Padarn Tri | Fo/50 | 228 | 59.15 |
| 97 | Gibbs | Mark Ashley | ua | o/40 | 229 | 59.17 |
| 107 | Parry | David | ua | u/40 | 230 | 59.30 |
| 1 | Griffiths | Bryan | YUB | u/40 | 231 | 59.41 |
| 180 | Jones | Alun | ua | o/50 | 232 | 59.42 |
| 213 | Jones | Carol | ua | Fo/35 | 233 | 59.45 |
| 220 | Williams | Irfon John | ua LOCAL | o/50 | 234 | 59.45 |
| 186 | Last | Tom | ua | o/40 | 235 | 59.52 |
| 99 | Kay | Lucy | ua | Fo/35 | 236 | 59.56 |
| 297 | Jones | Peter | ua LOCAL | o/50 | 237 | 60.03 |
| 261 | Roberts | Oriana | ua LOCAL | J female | 238 | 60.18 |
| 149 | Parry | Fiona Wynne | ua | Fu/35 | 239 | 61.19 |
| 148 | Parry | Richard | Padarn Tri | u/40 | 240 | 61.19 |
| 87 | Jacobs | Jayne | ua | Fo/35 | 241 | 61.58 |
| 77 | Livett | Carol | Menai T+F | Fo/35 | 242 | 61.58 |
| 8 | Spear | Morwenna | ua | Fu/35 | 243 | 62.20 |
| 96 | Anderson | Vanessa | Padarn Tri | Fo/35 | 244 | 63.43 |
| 65 | Burns | Shan Elin | ua | Fu/35 | 245 | 63.44 |
| 208 | Donsbach | Sinead | ua | Fo/35 | 246 | 63.50 |
| 219 | Jones | Rhiannon | ua LOCAL | Fo/35 | 247 | 63.51 |
| 137 | Hughes | Hefina Wyn | ua | Fo/35 | 248 | 64.08 |
| 211 | Jones | Gwynfor | ua | o/50 | 249 | 64.22 |
| 90 | Williams | Lisa Jen | ua | Fu/35 | 250 | 64.37 |
| 214 | Bailey | Elaine | ua | Fo/35 | 251 | 65.50 |
| 167 | Roberts | Judy | ua | Fo/45 | 252 | 66.04 |
| 116 | Jones | Pat | Padarn Tri | Fo/50 | 253 | 66.24 |
| 260 | Roberts | Iwan | ua LOCAL | o/50 | 254 | 66.54 |
| 224 | Sayer | Sue | ua | Fo/35 | 255 | 67.02 |
| 152 | Wilkinson | Cliff | NWRR | o/70 | 256 | 67.41 |
| 103 | Leung | Derran Jane | Padarn Tri | Fo/50 | 257 | 67.59 |
| 169 | Jones | Hywel | ua | u/40 | 258 | 68.20 |
| 163 | Winder | Pauline | ua | Fo/60 | 259 | 69.07 |
| 194 | Jones | Lesley | ua | Fo/35 | 260 | 70.08 |
| 112 | Smith | Sharron | ua | Fu/35 | 261 | 70.10 |
| 134 | Jones | Louise | ua | Fu/35 | 262 | 70.10 |
| 265 | Griffith | Ceri Wyn | ua LOCAL | J female | 263 | 70.35 |
| 155 | Humpherys | Sally Annette | ua | Fo/35 | 264 | 71.00 |
| 221 | Williams | Sian Mair | ua LOCAL | Fo/45 | 265 | 73.39 |
| 84 | Jones | Rhiannon (C'fon) | ua | Fo/50 | 266 | 73.39 |
| 230 | Ashton | Jaime | Abergele H. | Fu/35 | 267 | 74.24 |
| 16 | Lee | Catherine Jane | ua | Fu/35 | 268 | 111.17 |
| 50 | Jones-Evans | Dyfed | ua | u/40 | 269 | 111.17 |