23/04/2005

Râs Moel Eilio

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club		M	v40	v50	v60	v70	L	LV40	LV50	LV60
1	**63**	**62.58**	**Ben Bardsley**	**Borrowdale**	**M**	1	0	0	0	0	0	0	0	0
2	**53**	**63.42**	**Alun Vaughan**	**Eryri**	**M**	2	0	0	0	0	0	0	0	0
3	**61**	**65.46**	**Phil Davies**	**Borrowdale**	**M**	3	0	0	0	0	0	0	0	0
4	60	70.12	Jim Davies	Borrowdale	M	4	0	0	0	0	0	0	0	0
5	116	70.18	James McQueen	Eryri	M	5	0	0	0	0	0	0	0	0
6	78	73.28	Stephen Peers Jones	Eryri	V50	0	0	1	0	0	0	0	0	0
7	66	74.31	Geran Hughes	Abergele Harriers	M	6	0	0	0	0	0	0	0	0
8	55	74.36	Kevin Hagley	SWRR	V40	0	1	0	0	0	0	0	0	0
9	102	76.32	Dyfed Whiteside Thomas	Eryri	M	7	0	0	0	0	0	0	0	0
10	106	76.51	Paul Evans	UA	V40	0	2	0	0	0	0	0	0	0
11	90	77.03	Arwel Lewis	Eryri	V40	0	3	0	0	0	0	0	0	0
12	62	78.07	Graham McAra	Cheshire Hill Racers	V50	0	0	2	0	0	0	0	0	0
13	103	78.28	Peter O'Brien	Eryri	M	8	0	0	0	0	0	0	0	0
14	109	78.49	Bryn Williams	Eryri	M	9	0	0	0	0	0	0	0	0
15	81	78.53	Stephen Jones	Wrexham AC	M	10	0	0	0	0	0	0	0	0
16	113	79.07	Craig Jones	Eryri	M	11	0	0	0	0	0	0	0	0
17	73	79.24	Ben Beachell	Eryri	M	12	0	0	0	0	0	0	0	0
18	91	79.38	Gareth Williams	UA	M	13	0	0	0	0	0	0	0	0
19	59	79.54	Nicola Davies	Borrowdale	LV40	0	0	0	0	0	0	1	0	0
20	104	80.43	Ruth Metcalfe	Eryri	L	0	0	0	0	0	1	0	0	0
21	88	81.31	Simon Cash	UA	M	14	0	0	0	0	0	0	0	0
22	117	82.15	Ben Amesbury	Clwydian Range Runners	M	15	0	0	0	0	0	0	0	0
23	67	82.21	Adie Greenwood	Keighley & Craven AC	V40	0	4	0	0	0	0	0	0	0
24	79	82.23	Richard Roberts	Eryri	M	16	0	0	0	0	0	0	0	0
25	86	82.34	Dylan Owen	Eryri	V40	0	5	0	0	0	0	0	0	0
26	129	82.48	Dafydd Williams	Eryri	V40	0	6	0	0	0	0	0	0	0
27	76	82.59	Richard Wilson	MDC	V50	0	0	3	0	0	0	0	0	0
28	114	83.38	Ian Richard Cooke	UA	M	17	0	0	0	0	0	0	0	0
29	56	83.59	Stevie Llan Jones	Eryri	V40	0	7	0	0	0	0	0	0	0
30	101	84.14	Simon Blease	Brycheiniog	V40	0	8	0	0	0	0	0	0	0
31	85	84.20	Huw Lewis	Buckley Runners	V40	0	9	0	0	0	0	0	0	0
32	126	84.36	Richard Jones	Eryri	V40	0	10	0	0	0	0	0	0	0
33	110	84.57	Jeremy Williams	Eryri	V40	0	11	0	0	0	0	0	0	0
34	105	85.03	Clive Hartfall	Eryri	V50	0	0	4	0	0	0	0	0	0
35	68	85.34	Amy Green	Keighley & Craven AC	L	0	0	0	0	0	2	0	0	0
36	89	85.44	John Morris	Buckley Runners	V60	0	0	0	1	0	0	0	0	0
37	121	86.50	Roy Hughes	Eryri	V50	0	0	5	0	0	0	0	0	0
38	112	87.49	Nick Peplow	UA	M	18	0	0	0	0	0	0	0	0
39	57	88.11	Jenny Heming	UA	L	0	0	0	0	0	3	0	0	0
40	51	89.29	Peter Williams	UA	M	19	0	0	0	0	0	0	0	0
41	130	89.30	Huw Percy	Eryri	M	20	0	0	0	0	0	0	0	0
42	58	89.53	Noel Crane	UA	V40	0	12	0	0	0	0	0	0	0
43	119	90.20	Mike Blake	Eryri	V50	0	0	6	0	0	0	0	0	0
44	94	90.28	Iwan Morton	Eryri	M	21	0	0	0	0	0	0	0	0
45	87	91.02	Steve Sinfield	Eryri	M	22	0	0	0	0	0	0	0	0
46	54	91.18	Natasha Fellowes	Eryri	L	0	0	0	0	0	4	0	0	0
47	92	92.55	Malcolm R. Jones	Eryri	V50	0	0	7	0	0	0	0	0	0
48	107	94.10	Martin Garth Williams	Eryri	V50	0	0	8	0	0	0	0	0	0
49	120	94.10	Victoria Musgrove	Eryri	LV40	0	0	0	0	0	0	2	0	0
50	95	95.01	Dilwyn Rowlands	Eryri	M	23	0	0	0	0	0	0	0	0
51	125	95.04	Emlyn Roberts	Eryri	V40	0	13	0	0	0	0	0	0	0
52	118	95.20	Andrea Goode	Bro Dysynni AC	L	0	0	0	0	0	5	0	0	0
53	72	96.07	Scott Butterworth	UA	M	24	0	0	0	0	0	0	0	0
54	69	96.58	Paul Oldfield	UA	V40	0	14	0	0	0	0	0	0	0
55	127	97.50	Mike Hale	Eryri	V50	0	0	9	0	0	0	0	0	0
56	97	98.09	Dewi Sinclair	Eryri	V50	0	0	10	0	0	0	0	0	0
57	128	98.33	Jenny Wells	NWRRC	L	0	0	0	0	0	6	0	0	0
58	98	98.58	Maggie Oliver	Eryri	LV50	0	0	0	0	0	0	0	1	0

59	99	98.58	Alwyn Oliver	Eryri	V60	0	0	0	**2**	0	0	0	0	0
60	74	99.51	Ian Blakemore	Eryri	V40	0	15	0	0	0	0	0	0	0
61	124	100.19	John Ashley	UA	M	25	0	0	0	0	0	0	0	0
62	77	100.57	Robert Griffiths	UA	V50	0	0	11	0	0	0	0	0	0
63	71	101.03	Ellie Salisbury	Eryri	LV40	0	0	0	0	0	0	**3**	0	0
64	122	101.48	Sue Hughes	Eryri	LV50	0	0	0	0	0	0	0	**2**	0
65	82	102.04	Michael H. Edwards	Wrexham AC	V60	0	0	0	**3**	0	0	0	0	0
66	100	103.34	Jacky Boutet	Eryri	V40	0	16	0	0	0	0	0	0	0
67	70	104.19	Darren Thomas	UA	M	26	0	0	0	0	0	0	0	0
68	84	105.09	Trevallyan Cumming	UA	M	27	0	0	0	0	0	0	0	0
69	108	105.16	Iorwerth Roberts	Eryri	V60	0	0	0	4	0	0	0	0	0
70	52	105.32	Roderick Rogers	Eryri	V40	0	17	0	0	0	0	0	0	0
71	83	107.51	Suzanne Cumming	UA	L	0	0	0	0	0	7	0	0	0
72	115	115.56	John Carson	Eryri	V60	0	0	0	5	0	0	0	0	0
73	111	119.22	Sheila Bennell	Eryri	LV50	0	0	0	0	0	0	0	**3**	0
74	123	121.34	Stel Farrar	Eryri	LV40	0	0	0	0	0	0	4	0	0
75	80	124.50	?? Gretton	Henfield Joggers	LV60	0	0	0	0	0	0	0	0	**1**
76	93	124.50	Gary Porter-Jones	UA	M	28	0	0	0	0	0	0	0	0
77	65	126.41	Angella Davidson	Abergele Harriers	L	0	0	0	0	0	8	0	0	0
78	96	126.41	Hilary Jaques	Abergele Harriers	LV50	0	0	0	0	0	0	0	4	0