

# Râs y Tren, Caernarfon

22/07/2009

Safe	Rhif	Amser	Enw	Clwb	Dosb	Lleol	Dynion / Men							Merched / Women					Hwyl Fun
							B<16	B<18	M	M40	M50	M60	M70	G<16	G<18	F	F35	F45	
Pos	No	Time	Name	Club	Cat	Local													
1	2	14.45	Rob Samuel	Eryri	M				1										
2	1	15.16	Gwyn Owen	Eryri	M				2										
3	22	15.23	Joshua Dixon	Abergele	M				3										
4	48	15.49	Darren Blazier	Abergele	M				4										
5	16	15.55	Andrew Woodcock	Menai T&F	B<18			1											
6	264	16.00	Iain Ridgeway	Eryri	M				5										
7	113	16.07	Jordan Evans	Eryri	M				6										
8	7	16.17	Dean Longley	Prestatyn	M				7										
9	29	16.27	Mike Robbins	Wrexham	M40				1										
10	8	16.42	Matt Sims	Prestatyn	M				8										
11	268	16.47	Tim Lloyd	Menai T&F	M40				2										
12	282	16.48	Chris Taylor	Abras AC	M				9										
13	107	16.53	Tony Woodall	Eryri	M				10										
14	28	16.58	Dewi Roberts	Bro Dysynni	M40				3										
15	39	17.03	Gethin Edwards	Menai T&F	M				11										
16	30	17.05	William Sheridan	Menai T&F	B<16			1											
17	38	17.07	Aled Edwards	Eryri	M				12										
18	67	17.10	Billy Hunter	Colwyn Bay AC	M40				4										
19	290	17.15	Simeon Fawcett	U/A	M				13										
20	64	17.16	Chris Evans	Eryri	M				14										
21	18	17.17	Griffith Owens	Prestatyn	M60						1								
22	265	17.18	Shôn Evans	Menai T&F	M				15										
23	68	17.21	Russ Godwin	Colwyn Bay AC	M40				5										
24	80	17.22	Isabel Redfern	Colwyn Bay AC	F35												1		
25	68	17.23	Russ Godwin	Colwyn Bay AC	M40				6										
26		17.24																	
27	103	17.31	Neil Elias		M40				7										
28	35	17.34	Konrad Roberts	NWRRC	M40				8										
29	84	17.37	Noel Craine	Eryri	M40				9										
30	3	17.38	Arwel Lewis	Eryri	M50						1								
31	14	17.42	Jim Woodcock	Menai T&F	M50						2								
32	82	17.43	Arfon Owen	Cybi Striders	M40				10										
33	17	17.45	Dylan Owen	Eryri	M40				11										
34	257	17.48	Brendan Rothery	Eryri	M				16										
35	206	17.52	Mathew Fortes		Hwyl Fun														1
36	293	17.57	Phillip Lynes		Hwyl Fun														2
37	10	17.58	Huw Trainor	Eryri	M				17										
38	263	18.00	Sarah Ridgeway	Eryri	F												1		
39	246	18.02	John Carson	Eryri	M70						1								
40	259	18.05	Aaron Griffith	Ysg Dyffryn Nantlle	B<16			2											
41	178	18.06	Nick Jones		Hwyl Fun														3
42	72	18.07	Ian Mulligan	Menai T&F	M40				12										
43	213	18.12	Shane Williams		Hwyl Fun														4
44	52	18.13	Martin Green	NWRRC	M				18										
45	128	18.17	Gwion Williams		Hwyl Fun														5
46	56	18.18	Andrea Roberts	Eryri	F35												2		
47	151	18.11	Richard Scammans		Hwyl Fun														6
48	79	18.20	Gary Porter-Jones	Eryri	M40				13										
49	70	18.23	Emma Parry	Wrexham	F35												3		
50	280	18.35	Gwion Llwyd		Hwyl Fun														7
51	63	18.43	James Hooton	Cybi Striders	M				19										
52	195	18.45	Ian Jones		Hwyl Fun														8
53	19	18.48	Sarah Livett	Menai T&F	G<16						1								
54	104	18.49	Gwyn Jones		B<16			3											
55	291	18.51	Trefor Roberts	Eryri	M40				14										
56	278	18.58	Dilwyn Rowlands	Eryri	M				20										
57	110	19.02	Simon Grant		M				21										
58	231	19.03	Emyr Evans	Carneddau Tri	M				22										



Safle	Rhif	Amser	Enw	Clwb	Dosb	Leol	Dynion / Men							Merched / Women					Hwyl Fun
							B<16	B<18	M	M40	M50	M60	M70	G<16	G<18	F	F35	F45	
Pos	No	Time	Name	Club	Cat	Local													
119	155	21.17	Tim Downes		Hwyl Fun													29	
120	167	21.19	Claire Jamison		Hwyl Fun													30	
121	275	21.20	Peter Hardy	Abergele	M50						11								
122	135	21.25	Adam Salvin	Ffions ASAP	Hwyl Fun													31	
123	254	21.28	Lee Michael Baynes		Hwyl Fun													32	
124	33	21.29	Alan Davies	NWRRC	M50						12								
125	92	21.35	Rhion Jones	Cybi Striders	M				27										
126	281	21.36	Sioned Taylor	Dubai RR	F35												5		
127	269	21.39	Megan Lloyd	Menai T&F	G<16								2						
128	5	21.40	Paul Day	Prestatyn	M40					25									
129	277	21.43	Esyllt		Hwyl Fun													33	
130	239	21.46	Adam Pollitt		Hwyl Fun													34	
131	112	21.46	Mair Eluned		F										10				
132	119	21.52	Rachel Oliver		Hwyl Fun													35	
133	34	21.53	Lee Pownall	NWRRC	M40					26									
134	209	21.55	Aled Hughes		Hwyl Fun													36	
135	105	21.57	Sharon Edwards		F35											6			
136	26	22.01	Louise Evans	U/A	F										11				
137	95	22.02	Paul Dundee	Duki Rhinos	M40					27									
138	83	22.07	Ali Thomas	Eryri	F35											7			
139	284	22.07	Andrew Joyce		Hwyl Fun													37	
140	208	22.08	Mathew Armstrong		Hwyl Fun													38	
141	267	22.12	Jonathan Hughes		M40					28									
142	241	22.14	Haf ap Glyn	Cwmni Da	Hwyl Fun													39	
143	169	22.14	Janet Bultitude		Hwyl Fun													40	
144	181	22.15	William Stewart		Hwyl Fun													41	
145	249	22.22	Robert Spotswood	Abergele	M50						13								
146	122	22.24	Tom Quaeck	Travis Trotters	Hwyl Fun													42	
147	247	22.35	Pilar Phillips	Eryri	F35											8			
148	123	22.37	Ben Lauder	Travis Trotters	Hwyl Fun													43	
149	288	22.47	Neil Thomas		Hwyl Fun													44	
150	201	22.50	James Innes	U/A	Hwyl Fun													45	
151	194	22.50	James Nesfield	Fiona's Flyers	Hwyl Fun													46	
152	31	22.50	Mark Sheridan	Menai T&F	M40					29									
153	49	22.57	Sue Jones	Cybi Striders	F45												3		
154	161	22.58	Sonia Prictahrd		Hwyl Fun													47	
155	109	23.02	Pam Grant		F45												4		
156	154	23.03	Tim Radford		Hwyl Fun													48	
157	99	23.04	Ian Hague	Duki Rhinos	M				28										
158	251	23.11	Anthony Cruz	U/A	B<16		10												
159	144	23.12	Jane Prosser		Hwyl Fun													49	
160	23	23.14	Leonard Jackson	NWRRC	M50						14								
161	199	23.19	D. Robertson		Hwyl Fun													50	
162	179	23.25	Gwen Owens		Hwyl Fun													51	
163	202	23.27	Idris Jones		Hwyl Fun													52	
164	134	23.28	Peter Parsonage	Ffions ASAP	Hwyl Fun													53	
165	190	23.30	Emma Nesfield	Fiona's Flyers	Hwyl Fun													54	
166	162	23.30	Nell Hall		Hwyl Fun													55	
167	193	23.31	Fiona Nesfield	Fiona's Flyers	Hwyl Fun													56	
168	94	23.37	Ruth Harvey	Cybi Striders	F35											9			
169	78	23.39	Helen Baxendale	Prestatyn	F45												5		
170	260	23.41	Steven Inch		Hwyl Fun													57	
171	215	23.54	Tilly Stephens		Hwyl Fun													58	
172	253	23.55	Sian Mai Jones		Hwyl Fun													59	
173	40	24.09	Eleanor Edwards	Mornington Chasers	F										12				
174	273	24.12	Iorwerth Roberts	Eryri	M60						3								
175	60	24.17	Pascale Eichenmuller	Eryri	F35											10			
176	98	24.18	David Robinson	Duki Rhinos	M				29										
177	244	24.24	Bethan Leung	Cwmni Da	Hwyl Fun													60	
178	203	24.27	Russell Murray	Rochdale	M40					30									

Safle	Rhif	Amser	Enw	Clwb	Dosb	Leol	Dynion / Men							Merched / Women					Hwyl Fun
							B<16	B<18	M	M40	M50	M60	M70	G<16	G<18	F	F35	F45	
Pos	No	Time	Name	Club	Cat	Local													
179	15	24.30	Sarah Woodcock	Menai T&F	F														
180	93	24.30	David Kirkham	Cybi Striders	M50					15									
181	242	24.31	Richard Williams	Cwmni Da	Hwyl Fun														61
182	149	24.32	Nicky Brodie		Hwyl Fun														62
183	200	24.36	L. Wills		Hwyl Fun														63
184	131	24.37	Ffion Jones	Ffions ASAP	Hwyl Fun														64
185	182	24.38	Brian Humphreys		Hwyl Fun														65
186	152	24.38	Meirion Jones		Hwyl Fun														66
187	225	24.42	Stephen Lewis	Fantastic 4	Hwyl Fun														67
188	129	24.43	Dennis Smith		Hwyl Fun														68
189	130	24.45	Marissa Duggan		Hwyl Fun														69
190	279	24.49	Caren Williams	Eryri	F35													11	
191	126	25.00	Isabelle Rees		Hwyl Fun														70
192	223	25.01	Mark Jones	Fantastic 4	Hwyl Fun														71
193	235	25.01	Samuel Hill		Hwyl Fun														72
194	236	25.01	Martin Hill		Hwyl Fun														73
195	24	25.04	Daniel Jackson	NWRRC	B<16		11												
196	41	25.09	Viv Edwards	Menai T&F	F45														6
197	11	25.17	Iolo Roberts	Eryri	M40				31										
198	266	25.17	Caroline Buckland		Hwyl Fun														74
199	189	25.19	Steven Roberts		Hwyl Fun														75
200	32	25.24	Erika Dawson	NWRRC	F35													12	
201	183	25.25	Ben Tagger		Hwyl Fun														76
202	234	25.26	Glain Thomas		Hwyl Fun														77
203	27	25.31	Corina Modderman	U/A	F35													13	
204	90	25.50	Malcolm Taylor	Bro Dysynni	M60					4									
205	210	25.56	Kieran Whitworth		Hwyl Fun														78
206	245	25.59	Nigel Evans	Bro Dysynni	M50					16									
207	55	26.03	Judy Roberts	Padarn Tri	F45														7
208	283	26.06	Indeg Wyn		Hwyl Fun														79
209	100	26.13	Dewi R Owen	Duki Rhinos	M				30										
210	137	26.16	Iona Williams		Hwyl Fun														80
211	136	26.16	Sarah Williams		Hwyl Fun														81
212	243	26.22	Bethan Thomas	Cwmni Da	Hwyl Fun														82
213	212	26.22	Dan Heafey		Hwyl Fun														83
214	172	26.27	Ann Hughes		Hwyl Fun														84
215	171	26.28	William A Hughes		Hwyl Fun														85
216	232	26.29	Lissie Smith		Hwyl Fun														86
217	233	26.29	Rachel Taylor		Hwyl Fun														87
218	217	26.32	Alun Davies		Hwyl Fun														88
219	240	26.34	Noah Cameron		Hwyl Fun														89
220	114	26.38	Taliesin Cai		B<16		12												
221	106	26.38	Dominique Jones		F													14	
222	220	26.41	Meinir Huws	Abergele	F45														8
223	61	26.43	John Willacy	Eryri	M40					32									
224	108	26.47	Andy Unwin		M40					33									
225	77	26.48	Gillian Brandrick	Prestatyn	F45														9
226		26.51	<b>Elfyn</b>																
227	121	26.51	Andrew Craig	Travis Trotters	Hwyl Fun														90
228	133	26.52	Sioned Jones	Ffions ASAP	Hwyl Fun														91
229	118	26.56	Carla Lauder	Travis Trotters	Hwyl Fun														92
230	132	27.04	Albi Jones	Ffions ASAP	Hwyl Fun														93
231	184	27.05	Rowena Edwards		Hwyl Fun														94
232	120	27.21	Megan Hughes		Hwyl Fun														95
233	191	27.22	Marion Coplin	Fiona's Flyers	Hwyl Fun														96
234	25	27.28	Rebecca Evans	U/A	F													15	
235	115	27.46	Emily Wood		F35													14	
236	20	27.57	Carol Livett	Menai T&F	F35													15	
237	117	28.00	Esther Owen		Hwyl Fun														97
238	146	28.11	Nia Haf Jones		Hwyl Fun														98

Safle	Rhif	Amser	Enw	Clwb	Dosb	Leol	Dynion / Men							Merched / Women					Hwyl Fun
							B<16	B<18	M	M40	M50	M60	M70	G<16	G<18	F	F35	F45	
Pos	No	Time	Name	Club	Cat	Local													
239	148	28.17	Maggie Blyth		Hwyl Fun													99	
240	180	28.57	Ann Hill		Hwyl Fun													100	
241	173	29.07	Diane Jones		Hwyl Fun													101	
242	211	29.10	Liz York		Hwyl Fun													102	
243	187	29.31	Sally Longman		Hwyl Fun													103	
244	226	29.46	Angharad Lewis		Hwyl Fun													104	
245	192	29.47	Keith Coplin	Fiona's Flyers	Hwyl Fun													105	
246	168	30.08	Colleen Williams		Hwyl Fun													106	
247	185	30.26	Colin Endres		Hwyl Fun													107	
248	224	30.57	Nicola Lewis	Fantastic 4	Hwyl Fun													108	
249	237	31.16	Lucy Fox		Hwyl Fun													109	
250	153	31.41	Bethan Jones		Hwyl Fun													110	
251	140	32.05	Narbelle Jones		Hwyl Fun													111	
252	246	32.22	John Carson	Eryri	M70							2							
253	198	32.32	Pauline Winder		Hwyl Fun													112	
254	294	36.35	Debbie Heywood		Hwyl Fun													113	
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