

Râs Penmaenmawr
21/11/2015
Rhedwyr Eryri Harriers

Safe Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Class	Dynion / Male:				Merched / Female:				Local
						M	M40	M50	M60	F	F40	F50	F60	
1	181	1.08.38	Matthew Roberts	Calder Valley Fell Runners	M	1								
2	90	1.14.53	Gareth Hughes	Mercia Fell Runners	M	2								
3	203	1.15.19	Lloyd Taggart	Manx Fell Runners	M40		1							
4	26	1.17.44	Jez Brown	Buckley Runners	M40		2							
5	148	1.19.32	Hugh O'Donnell	Eryri Harriers	M	3								
6	169	1.20.23	John Raho	Holcombe Harriers	M	4								
7	66	1.20.45	Matthew Fortes	Eryri Harriers	M	5								
8	50	1.21.06	Mark Davies	Nwrrc	M40		3							
9	82	1.21.11	James Harris	Fell Ponies	M	6								
10	171	1.21.13	Derek Reilly	Darwen Dashers RC	M40		4							
11	167	1.21.50	Andy Raho	GOG Tri	M	7								
12	183	1.22.17	Simon Roberts	Buckley Runners	M40		5							
13	60	1.23.07	Jeremy Fellick	Wallasey AC	M40		6							
14	54	1.23.21	Simon Edwards	Buckley Runners	M40		7							
15	157	1.23.21	Russell Owen	Eryri Harriers	M50			1						
16	81	1.23.22	Sion Harlow	Eryri Harriers	M	8								
17	109	1.23.40	Paul Jones	Eryri	M40		8							
18	179	1.24.04	Gavin Roberts	Dwygi warriors	M	9								Yes
19	189	1.25.24	Irfon Rowlands	Cybi Striders	M40		9							
20	65	1.25.51	Ben Fletcher	Helsby RC	M40		10							
21	164	1.25.52	Stephen Price	Liverpool RC	M50			2						
22	212	1.26.04	Neil Walker	Altrincham	M	10								
23	47	1.26.30	Briony Curtis	Hunters Bog Trotters	F					1				
24	38	1.26.32	Kevin Charleston	Pensby Runners	M	11								
25	224	1.27.05	Gwion Williams	Eryri Harriers	M40		11							
26	144	1.27.07	Megan Mowbray	Hunters Bog Trotters	F40						1			
27	14	1.27.42	Chris Baynham-Hughes	Helsby RC	M	12								
28	57	1.27.43	Mark Ellithorn	Chorley athletic&tri	M50			3						
29	172	1.27.45	Sarah Ridgway	Run Snowdonia	F40						2			
30	153	1.29.06	Sarah Oneil	HBT	F						2			
31	136	1.29.40	James McQueen	Eryri Harriers	M40		12							Yes
32	156	1.29.56	Rhys Owen	Cybi striders	M	13								
33	53	1.30.12	Iwan Edgar	Rhedwyr Eryri	M50			4						
34	100	1.30.16	Paul Jenkinson	Eryri Harriers	M40		13							
35	118	1.30.19	Tim Knight	Unattached	M50			5						
36	7	1.30.34	Gethin Armstrong	Unattached	M	14								
37	214	1.30.35	James Wan	North Wales Road RC	M	15								
38	218	1.30.36	Derek Weaver	Eryri	M60					1				
39	182	1.30.38	Phillip Roberts	Helsby RC	M	16								
40	111	1.31.20	Simon Jones	Pensby Runners	M	17								
41	165	1.31.57	Andrew Pritchard	Buckley Runners	M40		14							
42	195	1.32.06	Ian Shorrock	Pensby Runners	M40		15							
43	220	1.32.15	Chris Wilcox	Clwydian Range Runners	M60					2				
44	119	1.32.19	Andy Lacey	Village Road Runners	M50			6						
45	51	1.32.43	Alan Duncan	Bowland fell runners	M60					3				
46	20	1.33.19	Richard Borne	The Mysterons	M40		16							
47	121	1.33.20	Rebecca Law	Eryri Harriers	F						3			
48	163	1.33.48	Gary Porter-Jones	Eryri Harriers	M40		17							
49	89	1.33.56	Paul Hodges	Eryri Harriers	M40		18							
50	120	1.34.18	Ian Landucci	Helsby RC	M50			7						
51	194	1.34.44	Kirsty Seddon	Chester Triathlon Club	F						4			
52	58	1.34.45	Hayley Evans	Buckley Runners	F						5			
53	202	1.35.25	Richard Sumner	Unattached	M40		19							
54	125	1.35.27	David Lewis	Dwygyfylchi Rebels Mounta	M40		20							Yes
55	110	1.35.31	Phil Dabner	Wallasey AC	M40		21							
56	55	1.36.02	Stuart Elliott	Unattached	M40		22							
57	131	1.36.05	Morag McClelland	Hunters Bog Trotters	F						6			
58	32	1.36.37	Tim Cahill	Abergele Harriers	M50			8						
59	173	1.36.48	Steve Riley	Helsby RC	M50			9						
60	4	1.36.50	Nicholas Allen	Unattached	M40		23							
61	211	1.36.52	Corri Twist	Unattached	M	18								
62	43	1.36.53	Carrie Craig	Hunters Bog Trotters	F						7			
63	93	1.37.00	Megan Hughes	Eryri Harriers	F						8			
64	107	1.37.12	Martin Jones	Unattached	M50			10						
65	6	1.37.39	Owen Arman	Clwydian Range Runners	M	19								
66	16	1.37.42	Bill Beckett	Chorley Athletic And Triathl	M50			11						
67	75	1.38.13	David Green	Pensby Runners	M	20								
68	221	1.38.19	Carwyn Williams	Hoplites	M	21								Yes
69	25	1.38.42	Gemma Brown	North Wales Road RC	F						9			
70	74	1.39.08	Miranda Grant	HBT	F						10			
71	150	1.39.46	Shaun O'Keefe	Wrecsam Tri Club	M40		24							
72	160	1.39.53	Tim Palmer	Helsby RC	M50			12						
73	15	1.39.53	Laura Baynham-Hughes	Helsby RC	F						11			
74	168	1.40.12	Claire Raho	Holcombe Harriers	F						12			
75	178	1.40.16	Emlyn Roberts	Eryri Harriers	M50			13						
76	31	1.40.17	Carol Butterworth	Darwen Dashers RC	F40							3		

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						M	M40	M50	M60	F	F40	F50	F60	
77	225	1.40.22	Max Williams	Wrecsam Tri Club	M40		25							
78	146	1.40.28	Linda Norman	Steyning AC	F40					4				
79	87	1.40.43	Neil Hindle	WFRA	M60			4						
80	80	1.40.47	Sarah Harley	Eryri Harriers	F				13					
81	127	1.40.54	Kate Lightfoot	Tattenhall Runners	F40					5				Yes
82	196	1.41.11	Tony Sinnett	Wrecsam Tri Club	M50			14						
83	133	1.41.13	Ian McConnell	Village RR	M40	26								
84	24	1.41.13	Nic Brook	Eryri Harriers	M40	27								Yes
85	86	1.41.31	Robert Hind	Beumaris Town Road Run	M60			5						
86	128	1.41.44	John Mainwaring	Eryri Harriers	M60			6						
87	2	1.42.03	Nia Albiston	Eryri	F				14					
88	1	1.42.27	Jeff Adams	Pensby Runners	M50			15						
89	115	1.42.34	Jonathan Kempster	Unattached	M50			16						
90	10	1.42.44	Chris Baker	Eryri Harriers	M	22								
91	88	1.42.45	Mike Hobday	Unattached	M50			17						
92	37	1.42.49	Paul Challender	Pensby Runners	M	23								
93	71	1.43.05	Sally Gilliver	Wilmslow RC	F50						1			
94	184	1.43.12	Andy Robinson	Helsby RC	M60			7						
95	56	1.43.16	Jacqueline Ellithorn	Chorley athletic&tri	F40					6				
96	139	1.43.26	Adam Mitchell	Unattached	M	24								
97	176	1.43.42	Dylan Roberts	Unattached	M40	28								
98	5	1.44.06	Eilidh Anthony	Hunters Bog Trotters	F				15					
99	159	1.44.35	Clare Page	Chester Tri Club	F				16					
100	94	1.44.41	Mike Hughes	Denbigh Harriers	M50			18						
101	73	1.45.02	Andie Gow	Pensby Runners	M60			8						
102	170	1.45.15	Sandra Rathjen	Hunters Bog Trotters	F40					7				
103	149	1.45.16	Lucy O'Donnell	Eryri Harriers	F				17					
104	222	1.45.17	Christopher Williams	Colwyn Bay AC	M50			19						
105	12	1.45.42	Andrew Barnwell	Unattached	M50			20						
106	77	1.45.44	Chloe Haines	HBT	F				18					
107	96	1.45.54	John Humphries	Mysteruns off road running	M50			21						
108	145	1.45.55	Steve Nicholls	Wrexams Tri Club	M40	29								Yes
109	44	1.46.19	Bill Crawshaw	Wrecsam Tri Club	M50			22						
110	130	1.46.22	Ian Ginger Marshall	Saddleworth Runners Club	M40	30								
111	166	1.46.48	Louise Provan	Hunters Bog Trotters	F				19					
112	207	1.46.53	Michael Thelwell	NWRRC	M40	31								
113	40	1.47.28	Gregorian Collins	Unattached	M60			9						
114	124	1.47.32	Peter Lester-Owen	Mysteruns of Abergele	M50			23						
115	186	1.47.51	Jan Rogers	City of Chester Triathlon Club	F50						2			
116	162	1.47.54	Trudie Philpott	Village RR	F40				8					
117	18	1.48.06	Hazel Berrett	Buckley	F50						3			
118	187	1.48.10	Simon Rogers	RAF Tri	M40	32								
119	141	1.48.59	Iwan Morgan	Arfon Swimming Club	M	25								
120	204	1.49.27	Lucy Taylor	Hunters Bog Trotters	F				20					
121	174	1.49.55	Bridget Ripley	Unattached	F50						4			
122	116	1.50.01	Duncan Kennedy	Liverpool RC	M	26								
123	11	1.50.13	Lance Ball	Wrecsam Tri Club	M40	33								
124	61	1.50.40	Carrie Ferrier	Unattached	F				21					
125	21	1.50.42	Jason Bowie	Unattached	M40	34								
126	13	1.50.50	Blaster Bates	Saddleworth	M50			24						
127	106	1.51.10	Iorwerth Jones	Wrecsam Tri Club	M60			10						
128	210	1.51.28	Hayley Turner	Eryri Harriers	F				22					
129	67	1.51.42	Tamsin Fretwell	Eryri Harriers	F40					9				
130	123	1.51.54	Jackie Lee	Eryri Harriers	F				23					
131	33	1.52.09	Naomi Cane	Prestatyn RC	F				24					
132	45	1.52.13	Nigel Crompton	Pensby Runners	M50			25						
133	78	1.52.15	Mary Hancock	GOG Triathlon	F				25					
134	154	1.52.22	Iestyn Oneill	Wrecsamtri	M40	35								
135	199	1.52.39	Tony Stimpson	Unattached	M40	36								
136	192	1.52.40	Ellie Salisbury	Eryri Harriers	F50						5			Yes
137	147	1.53.28	Sian Ellis	Cybi Striders	F				26					
138	185	1.53.31	Graham Rogers	Unattached	M50			26						
139	201	1.54.14	Zoe Strong	HBT	F				27					
140	180	1.54.15	Harri Roberts	Eryri	M50			27						
141	135	1.54.16	Gordon McLeod	Pensby Runners	M50			28						
142	223	1.54.17	Eddie Williams	Unattached	M40	37								
143	101	1.55.37	Amy Jennings	Hunters Bog Trotters	F				28					
144	72	1.55.55	Jonathan Goddard	Unattached	M40	38								
145	62	1.56.09	Leslie Fisher	Pensby Runners	M60			11						
146	137	1.56.11	Graham McVey	Unattached	M40	39								
147	22	1.56.25	Jess Bowie	Liverpool RC	M40	40								
148	177	1.56.45	Emlyn Roberts	Unattached	M50			29						Yes
149	134	1.57.00	Bill McDonnell	Pensby Runners	M60			12						
150	64	1.57.19	Alexandra Fletcher	Eryri Harriers	F				29					Yes
151	83	1.57.20	Malcolm Harrison	GOG Triathlon	M60			13						
152	30	1.57.22	David Buse	Eryri Harriers	M	27								Yes
153	102	1.57.26	Alan Jones	Mersey Tri	M40	41								
154	9	1.57.47	Ceri Baker	Pensby Runners	F50						6			
155	193	1.58.25	Brian Seal	Village Road Runners	M	28								
156	3	1.58.32	Paul Alexander	Pensby	M50			30						
157	219	1.58.41	Anna Weston	HBT	F				30					

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						M	M40	M50	M60	F	F40	F50	F60	
158	97	1.59.17	Colin Hunt	Wreccsam Tri Club	M60			14						
159	59	1.59.19	Jim Fedigan	Pensby Runners	M50		31							
160	197	1.59.54	Karen Smith	Liverpool RC	F50						7			
161	48	2.00.27	Mark Dakeyne	Unattached	M50		32							
162	92	2.00.30	Kenny Hughes	Wreccsam Tri Club	M60			15						
163	217	2.00.35	Louise Waywell	Pensby Runners	F50						8			
164	84	2.00.53	Chris Hatton	Helsby RC	M60			16						
165	152	2.03.05	Margaret Oliver	Eryri Harriers	F60								1	
166	151	2.03.15	Alwyn Oliver	Eryri Harriers	M60			17						
167	114	2.04.11	Jackie Keasley	Helsby RC	F50						9			
168	95	2.04.14	Owen Williams		M50		33							
169	188	2.04.24	Yvonne Rogers	Unattached	F50						10			
170	206	2.05.59	William Taylor	TBA	M50		34							
171	91	2.06.58	Jonathan Hughes	Berserkers	M50		35							
172	27	2.07.04	F/Lt D.C. Bruce	Saddleworth Runners Club	M50		36							
173	8	2.08.04	Douglas Bader	Saddleworth Runners Club	M50		37							
174	158	2.08.34	Jennifer Owens	Prestatyn RC	F				31					
175	117	2.08.54	John Keyworth	Pensby Runners	M50		38							
176	49	2.10.22	Docker Davies	3rd Prestatyn	M50		39							
177	213	2.11.46	Tony Walne	Unattached	M60			18						
178	39	2.12.17	Katie Clubb	Unattached	F				32					
179	129	2.12.50	Lucy Marriott	Mysteruns of Abergele	F				33					
180	104	2.12.52	Elen Jones	Cybi Striders	F				34					
181	76	2.12.54	Francis Green	Liverpool RC	M60			19						
182	112	2.16.21	Sue Jones	Cybi Striders	F50						11			
183	132	2.16.24	Francis Mccombs	Liverpool RC	M50		40							
184	35	2.16.59	Kevin Caselton	NWRR	M50		41							
185	200	2.16.59	Mike Storry	Village Road Runners	M60			20						
186	105	2.26.58	Gary Jones	The Meadows RC	M50		42							Yes
187	216	2.30.10	Sandra Riley	Village Road Runners	F40					10				
188	28	2.32.12	Rachel Burke	Liverpool RC	F				35					
189	29	2.32.13	Robert Burke	Liverpool RC	M50		43							
190	228	2.40.43	Ed Wright	Unattached	M	29								Yes
191	23	2.43.03	Janice Bradford	Unattached	F40					11				
192	126	2.46.02	Iona Lewis	Dwygyfylchi Rebels Mounta	F50						12			Yes
193	68	2.46.02	Helen Frost	Dwygyfylchi Rebels Mounta	F40					12				Yes
194	138	2.54.43	Sharon Sullivan	DDMT	F				36					
195	215	2.54.44	Maxine Rhodes	DDMT	F				37					