

# Râs 10k Rhostryfan

03/05/2017

(57 o gystadleuwyr / 57 competitors)

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Dosb Cat	Dynion / Men					Merched / Women			
						MO	M40	M50	M60	M70	FO	F40	F50	
1	192	34.35	Tomos Roberts	Meirionnydd	MO	1								
2	154	35.30	Paul Wathan	Rhedwyr Eryri	MO	2								
3	150	35.57	Gethin Jones	Cybi Striders	MO	3								
4	170	37.48	Darren Blazier	Abergele Harriers	M40		1							
5	179	38.38	Andy Savage	Cybi Striders	M40		2							
6	197	38.51	Shaun Davies	Rhedwyr Eryri	MO	4								
7	374	38.55	Emlyn Owen	Rhedwyr Eryri	M40		3							
8	180	39.35	Andrew Edwards	Cybi Striders	MO	5								
9	188	40.23	Jason Thomas	Cybi Striders	M40		4							
10	163	41.47	Gwion Roberts	Meirionnydd	MO	6								
11	183	42.06	Irfon Rowlands	Cybi Striders	M40		5							
12	165	42.08	Arwel Lewis	Rhedwyr Eryri	M50			1						
13	151	42.21	Steffan Evans	Rhedwyr Eryri	MO	7								
14	305	42.46	Peter Alan Jones	Cybi Striders	MO	8								
15	161	43.10	Iwan Edgar	Rhedwyr Eryri	M60				1					
16	176	43.28	Gary Young	Rhedwyr Eryri	M40		6							
17	191	43.37	Elliw Haf	Rhedwyr Eryri	FO						1			
18	173	43.46	Anthony Davies	Rhedwyr Eryri	M40		7							
19	152	44.15	Iestyn O'Neill	Wrecsam Tri	M40		8							
20	181	44.20	Rhys ab Elwyn	U/A	M50			2						
21	168	44.27	James Hooton	Cybi Striders	M40		9							
22	149	44.52	Gary Porter-Jones	Rhedwyr Eryri	M40		10							
23	157	44.53	Shane Jones	Hebog	MO	9								
24	172	45.07	Rachel Shipley	Abergele Harriers	FO						2			
25	194	45.18	Paul Ellis Owen	U/A	M40		11							
26	158	45.30	Karl Jones	Hebog	MO	10								
27	175	45.42	Megan Hughes	Rhedwyr Eryri	F40							1		
28	196	45.54	Gareth Williams	U/A	M40		12							
29	167	46.41	Nigel Holmes	Cybi Striders	M50			3						
30	156	46.48	Andrew Parker	U/A	M40		13							
31	155	46.50	Dylan Huw Jones	U/A	M40		14							
32	186	48.00	Dyfnallt Huws	Cybi Striders	M40		15							
33	148	48.01	Arwyn Williams	Rhedwyr Eryri	M40		16							
34	169	48.23	Math Llwyd	Rhedwyr Eryri	MO	11								
35	178	48.36	Llio Fflur Evans	Hebog	FO						3			
36	177	48.54	Maldwyn Evans	Rhedwyr Eryri	M50			4						
37	160	49.08	Evan Williams	Rhedwyr Eryri	M50			5						
38	174	49.21	Mari Sulwen Roberts	Rhedwyr Eryri	F40							2		
39	159	49.25	Chris Hughes	U/A	MO	12								
40	162	50.02	Kevin Clark	Cybi Striders	M50			6						

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						MO	M40	M50	M60	M70	FO	F40	F50
41	171	50.15	Phil Tân Jones	U/A	M60				2				
42	190	50.31	Ali Thomas	Rhedwyr Eryri	F50								1
43	146	50.37	Aled Davies	U/A	M40		17						
44	145	50.45	Jane Cooper	U/A	FO						4		
45	199	51.20	John Connolly	Betsi Runaways	MO	13							
46	164	51.58	Graeme Stringer	Meirionnydd	M50			7					
47	187	52.23	Mei Gwilym	U/A	MO	14							
48	182	52.29	Elen Haf Jones	Cybi Striders	FO						5		
49	193	52.52	William Evans	U/A	M40		18						
50	147	52.57	Adrian Angel	U/A	M40		19						
51	166	53.35	Ieuan Davies	Cybi Striders	M50			8					
52	153	55.16	Neil Roberts	U/A	M40		20						
53	184	55.16	Sue Jones	Cybi Striders	F50								2
54	195	55.57	Gwenllian Williams	U/A	FO						6		
55	198	55.51	John Rhys Owen	Betsi Runaways	M40		21						
56	185	61.01	Geraint Williams	Cybi Striders	M50			9					
57	189	68.48	Iorwerth Roberts	Rhedwyr Eryri	M70					1			

### Râs 4 milltir / 4 Mile Race

Safle Position	Rhif No	Amser Time	Enw Name	Oed Age
1	839	31.18	Mathew Davitt	13
2	841	37.42	Kieran Owen	15
3	840	39.00	Fflur Davies	15
4	838	51.43	Ela Mererid Herbert	12