

Râs Moel Eilio

14/05/2016

(291 o gystadleuwyr / 291 competitors)

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Inter County	I/C Cat	MU/23	0 FU/23	M	F
1	639	60.31	Ben Mounsey	Calder Valley Fell Runners	Yorkshire	MSnr			1	
2	624	60.51	Simon Bailey	Mercia Fell Runners	Staffordshire	MSnr			2	
3	560	60.54	Chris Smith	Thames Valley Harriers	Middlesex	MSnr			3	
4	533	61.05	Maximilian Nicholls	Tonbridge AC	Kent	MU/23	1			4
5	638	62.15	Tom Adams	Ilkley Harriers	Yorkshire	MSnr				5
6	526	62.27	Chris Farrell	Horwich RMI Harriers	Greater Manchester	MSnr				6
7	646	63.10	Alex Pilcher	Derby AC	Derbyshire	MSnr				7
8	606	63.15	Andy Fallas	Carnethy HRC	Scotland East	MSnr				8
9	569	63.18	Harry Coates	Wallsend Harriers / North East	North East	MSnr				9
10	657	63.29	Tim Davies	Mercia Fell Runners	North Wales	MSnr				10
11	524	63.31	Tom McGuinness	East Cheshire Harriers	Greater Manchester	MU/23	2			11
12	643	63.54	Rob Jebb	0	Yorkshire	MSnr				12
13	173	64.33	Mathew Roberts	Calder Valley Fell Runners	0					13
14	545	64.36	Chris Holdsworth	0	Lancashire	MSnr				13
15	587	64.53	William McKee	Northern Ireland	Northern Ireland	MSnr				14
16	651	64.56	Gareth Wyn Hughes	Mercia Fell Runners	North Wales	MSnr				15
17	637	64.58	Tom Saville	Dark Peak Fell Runners	Yorkshire	MU/23	3			16
18	658	65.12	Gary Priestley	Salford Harriers	Lancashire	MSnr				17
19	618	65.21	Jon Bowie	Mercia Fell Runners	Shropshire	MSnr				18
20	577	65.31	Russell Bentley	Rhedwyr Eryri Harriers	North Wales	MSnr				19
21	608	65.43	Sam Alexander	Westerlands CCC	Scotland West	MSnr				20
22	655	65.45	Jack Wood	Ilkley Harriers	Yorkshire	MSnr				21
23	609	65.51	Kenny Richmond	Shettleston	Scotland West	MSnr				22
24	611	65.56	Mark Sutherland	Westerlands CCC	Scotland West	MSnr				23
25	626	66.03	Rob Little	Dark Peak Fell Runners	Staffordshire	MSnr				24
26	536	66.06	Julian Rendall	Tonbridge AC	Kent	MSnr				25
27	620	66.11	Peter Ryder	Cardiff AAC	South Wales	MSnr				26
28	501	66.21	Felix McGrath	Westbury Harriers	Avon and Somerset	MU/23	4			27
29	504	66.34	George Foster	Dundee Hawkhill Harriers	Central Scotland	MSnr				28
30	584	66.44	Zak Hanna	Northern Ireland	Northern Ireland	MU/23	5			29
31	627	66.47	William Neill	Mercia Fell Runners	Staffordshire	MSnr				30
32	648	66.53	Billy Cartwright	Matlock AC	Derbyshire	MSnr				31
33	578	67.53	Richard Roberts	Rhedwyr Eryri Harriers	North Wales	MSnr				32
34	607	67.58	Alastair Thurlbeck	Glasgow University Hares and Hounds	Scotland West	MU/23	6			33
35	659	68.15	Alistair Murray	Horwich RMI Harriers	Greater Manchester	MSnr				34
36	576	68.17	Owen Roberts	Rhedwyr Eryri Harriers	North Wales	MU/23	7			35
37	515	68.42	Heidi Dent	Howgill Harriers	Cumbria	FSnr				1
38	585	69.11	Shane Donnelly	Northern Ireland	Northern Ireland	MSnr				36
39	119	69.27	Jez Brown	Buckley	0					
40	634	69.28	Connor Carson	Kenilworth Runners	Warwickshire	MSnr				37
41	543	69.31	Callum Davidson	0	Lancashire	MU/23	8			38
42	593	70.04	Andrew Stuart	Beeston AC	Nottinghamshire	MSnr				39
43	604	70.11	Liam Braby	Carnethy HRC	Scotland East	MU/23	9			40
44	549	70.25	Jason Williams	Hermitage Harriers rc	Leicestershire	MSnr				41
45	590	70.36	Bradley Gram-Hansen	Redhill road runners	Nottinghamshire	MSnr				42
46	586	70.45	David Hicks	Northern Ireland	Northern Ireland	MSnr				43
47	528	70.48	Simon Pymm	Horwich RMI Harriers	Greater Manchester	MSnr				44
48	509	71.08	Martin Cliffe	Rhedwyr Eryri Harriers	Cheshire	MSnr				45
49	548	71.13	Adam Taylor	Dark Peak Fell Runners	Leicestershire	MSnr				46
50	132	71.29	Dyfed Whiteside Thomas	Rhedwyr Eryri Harriers	0					
51	640	71.43	Nicholas Barber	Pennine Fell Runners	Derbyshire	MSnr				47
52	633	71.48	Lloyd Biddell	Mercia Fell Runners	Warwickshire	MSnr				48
53	28	71.51	Tim Budd	Glossopdale Harriers	0					
54	557	71.55	Victor Mound	Highgate Harriers	Middlesex	MU/23	10			49

55	17	71.57	Dylan Griffiths	Rhedwyr Hebog	0				
56	556	72.05	John Hunt	Wirral AC	Merseyside	MSnr		50	
57	517	72.18	Lou Roberts	Ambleside AC	Cumbria	FSnr			2
58	514	72.26	Annie Conway	Ambleside AC	Cumbria	FSnr			3
59	647	72.32	Gary Bailey	Northern Ireland	Northern Ireland	MSnr		51	
60	512	72.37	Karl Steinegger	Cheshire	Cheshire	MSnr		52	
61	42	72.38	Mark Davies	North Wales Road Runners	0				
62	147	72.39	Chris Jackson	Glossopdale Harriers	0				
63	567	72.40	William Robson	North Shields Polytechnic	North East	MU/23	11	53	
64	617	72.44	Simon Adney	Mercia Fell Runners	Shropshire	MSnr		54	
65	601	72.45	Scout Adkin	Moorfoot Runners	Scotland East	FU/23			1
66	592	72.52	Anthony Squire	Holme Pierrepont Running Club	Nottinghamshire	MSnr		55	
67	503	72.58	Graeme Campbell	Ochil Hill Runners	Central Scotland	MSnr		56	
68	61	73.03	John Parkinson	Rhedwyr Eryri Harriers	0				
69	554	73.23	Phil Robertson	Wirral AC	Merseyside	MU/23	12	57	
70	518	73.30	John Yells	Edinburgh University Hare and Hounds	Devon	MSnr		58	
71	129	73.31	Dewi Owen	Rhedwyr Eryri Harriers	0				
72	642	73.39	Holly Page	Calder Valley Fell Runners	Yorkshire	FSnr			5
73	120	73.44	Shaun Davies	Rhedwyr Eryri Harriers	0				
74	555	73.48	Lawrence Eccles	Penny Lane Striders	Merseyside	MSnr		59	
75	636	74.03	Richard Simkiss	mcarikissendurance	Warwickshire	MSnr		60	
76	19	74.07	Richard Williams	0	0				
77	535	74.09	Christian Poulton	Cambridge Harriers	Kent	MSnr		61	
78	158	74.40	Craig Jones	Rhedwyr Eryri Harriers	0				
79	645	74.46	Tim Shieff	Derby AC	Derbyshire	MSnr		62	
80	516	74.58	Sarah McCormack	Ambleside AC	Cumbria	FSnr			6
81	175	75.01	Michael Corrales	NWRRC	0				
82	625	75.05	David Bethell	City of Stoke	Staffordshire	MSnr		63	
83	162	75.10	Neil Ashcroft	Ambleside AC	0				
84	568	75.16	Scott Ellis	0	North East	MSnr		64	
85	656	75.17	Katie Walshaw	Holmfirth	Yorkshire	FSnr			7
86	169	75.20	Johnny Moore	Rhedwyr Eryri Harriers	0				
87	602	75.26	Louise Mercer	Edinburgh University Hare and Hounds	Scotland East	FU/23			2
88	654	75.27	Virgil Barton	Mercia Fell Runners	Shropshire	MSnr		65	
89	511	75.34	Jim O'Hara	Helsby Running Club	Cheshire	MSnr		66	
90	121	75.37	Simon Edwards	Buckley	0				
91	574	75.40	Miranda Grant	Rhedwyr Eryri Harriers	North Wales	FSnr		9	
92	632	75.41	Mel Price	Mercia Fell Runners	Warwickshire	FSnr		10	
93	619	76.05	Glen Speake	Shropshire	Shropshire	MSnr		67	
94	630	76.12	Emma Gould	Mercia Fell Runners	Warwickshire	FSnr		11	
95	644	76.16	Sharon Taylor	0	Yorkshire	FSnr		12	
96	115	76.17	Phil Lynes	Hebog	0				
97	605	76.18	Lucas Cheskin	Moorfoot Runners	Scotland East	MU/23	13	68	
98	649	76.25	Claire Green	Pudsey & Bramley	Yorkshire	FSnr			13
99	181	76.45	Arthur Livesey	0	0				
100	599	76.49	Henry Hart	0	Oxfordshire	MU/23	14	69	
101	598	76.57	Jonty de la Harpe	0	Oxfordshire	MU/23	15	70	
102	13	76.06	Ifan Jones	Rhedwyr Eryri Harriers	0				
103	45	76.14	Emlyn Owen	Rhedwyr Eryri Harriers	0				
104	570	76.18	David Moir	Tyne Bridge Harriers	North East	MSnr		71	
105	151	76.27	Malcolm Davies	Hebog	0				
106	65	77.48	Llion Iwan	Rhedwyr Eryri Harriers	0				
107	99	78.13	Russell Owen	Rhedwyr Eryri Harriers	0				
108	603	78.42	Jill Stephen	Hunters Bog Trotters	Scotland East	FSnr		14	
109	575	78.46	Sian Williams	Rhedwyr Hebog	North Wales	FSnr		15	
110	539	79.01	Nichola Jackson	0	Lancashire	FSnr		16	
111	86	79.08	Paul Jeggo	Springfield	0				
112	615	79.13	Sara Willhoit	Mercia & Shrewsbury AC	Shropshire	FSnr			17

113	583	79.14	Megan Wilson	Northern Ireland	Northern Ireland	FSnr			18
114	25	79.38	Ross Roberts	Rhedwyr Eryri Harriers	0				
115	171	80.01	Gary House	Runstrong	0				
116	37	80.26	Phillip Roberts	Helsby Running Club	0				
117	150	80.51	Goronwy Hughes	Hebog	0				
118	30	80.53	Katie Beecher	Mynydd Du	0				
119	141	81.09	Kirsty Hall	Wharfedale	0				
120	542	81.10	Danny Collinge	0	Lancashire	MU/23	16		72
121	128	81.20	Huw Owen	Rhedwyr Eryri Harriers	0				
122	148	81.39	Christian Russel-Pollock	0	0				
123	41	81.54	Ben Fletcher	Helsby Running Club	0				
124	113	82.03	John Aggleton	MDC	0				
125	122	82.21	Andy Pritchard	Buckley	0				
126	616	82.26	Jack Agnew	Mercia Fell Runners	Shropshire	MU/23	17		73
127	600	82.33	Roger Thetford	Oxfordshire	Oxfordshire	MSnr			74
128	571	82.35	John Tollitt	Northumberland Fell Runners	North East	MSnr			75
129	34	82.47	Chris Baynham-Hughes	Helsby Running Club	0				
130	513	82.51	Hannah Russell	Helm Hill	Cumbria	FU/23		3	19
131	534	82.53	Stephen Hodges	Cambridge Harriers	Kent	MSnr			76
132	47	82.56	Gwion Williams	Rhedwyr Eryri Harriers	0				
133	91	83.01	Vic Belshaw	Denbigh Harriers	0				
134	116	83.04	Ed Harmer	Rhedwyr Eryri Harriers	0				
135	149	83.10	Derek Weaver	Rhedwyr Eryri Harriers	0				
136	78	83.12	Jeremy Randell	Meirionnydd Running Club	0				
137	562	83.26	Anna Hoogkamer	City of Norwich	Norfolk	FU/23	4		20
138	523	83.41	Victoria Mousley	Blackburn Harriers	Greater Manchester	FSnr			21
139	566	83.44	Emma Holt	Morpeth	North East	FSnr			22
140	165	84.09	Iwan Edgar	Rhedwyr Eryri Harriers	0				
141	139	84.14	Gary Williams	Rhedwyr Eryri Harriers	0				
142	563	84.23	Gemma Bradley	Saltwell Harriers	North East	FSnr			23
143	530	84.34	Michael Burgess	Tring Running Club	Hertfordshire	MSnr			77
144	11	84.41	Kieran Lewis	0	0				
145	20	84.46	Barnaby Crawshaw	Pennine Fell Runners	0				
146	124	84.52	Michael Reynolds	Mercia Fell Runners	0				
147	16	84.58	Ralph Pawling	Pensby Runners	0				
148	70	84.59	Mark Agnew	Mercia Fell Runners	0				
149	653	85.03	Georgia Malir	Leeds City AC	Yorkshire	FU/23	5		24
150	98	85.15	Arwel Lewis	Rhedwyr Eryri Harriers	0				
151	154	85.21	Chris Wilcox	Clwydian Range Runners	0				
152	537	85.23	Carmen Byrne	0	Lancashire	FSnr			25
153	176	85.24	Gary Porter-Jones	Rhedwyr Eryri Harriers	0				
154	650	85.27	Clem Dixon	Cambridge Harriers	Kent	MSnr			78
155	547	85.40	Thomas Snowden	OWLS Ac	Leicestershire	MSnr			79
156	153	85.52	Alan Duncan	Bowland FR	0				
157	621	85.54	Rebecca Neill	Staffs Moorlands	Staffordshire	FU/23	6		26
158	641	85.57	Paul Woolhouse	Southwell RC	Nottinghamshire	MSnr			80
159	508	86.07	Victoria Walls	Cheshire	Cheshire	FSnr			27
160	660	86.21	Jennifer Charlton	Rhedwyr Eryri Harriers	North Wales	FSnr			28
161	66	86.26	Rob Crane	0	0				
162	177	86.38	Glen Davies	Mercia Fell Runners	0				
163	164	86.56	Leon Davzes	NWRRC	0				
164	559	87.09	Andrew Owen	London Heathside	Middlesex	MSnr			81
165	529	87.15	Simon Barnett	Tring Running Club	Hertfordshire	MSnr			82
166	538	87.19	Deborah Gowans	0	Lancashire	FSnr			29
167	31	87.20	Elfyn Hughes	Rhedwyr Hebog	0				
168	33	87.26	Kate Worthington	Rhedwyr Eryri Harriers	0				
169	90	87.34	Aled Owen	0	0				
170	594	87.36	Minna Jones-Walters	Didcot Runners	Oxfordshire	FSnr			30

171	137	88.20	Steven Toogood	Buckley	0			
172	156	88.23	Eilir Evans	0	0			
173	522	88.30	Kirsty Johnson	Glossopdale Harriers	Greater Manchester	FSnr		31
174	596	88.43	Rachel Masser	Woodstock Harriers	Oxfordshire	FSnr		32
175	80	88.46	Stephen Emanuel	0	0			
176	130	88.48	Guto Edwards	Rhedwyr Eryri Harriers	0			
177	111	88.48	Megan Hughes	Rhedwyr Eryri Harriers	0			
178	631	89.03	Marie Matthews	Mercia Fell Runners	Warwickshire	FSnr		33
179	551	89.03	Lisa Grantham	Pensby Runners	Merseyside	FSnr		34
180	180	89.04	David Livesey	0	0			
181	507	89.05	Rachael Lawrence	Cheshire	Cheshire	FSnr		35
182	64	89.07	Ben Beachell	Rhedwyr Eryri Harriers	0			
183	107	89.08	Michael Kelly	Leighton Buzzard Athletic	0			
184	106	89.28	David Marham	Leighton Buzzard Athletic	0			
185	531	89.30	Ian Gower	Tring Running Club	Hertfordshire	MSnr		83
186	101	89.32	Martin Green	Maldwyn Harriers	0			
187	134	89.39	Richard Borne	Mysteruns Off-Roaders	0			
188	84	90.04	Hayley Evans	Buckley	0			
189	77	90.06	Emlyn Roberts	Rhedwyr Eryri Harriers	0			
190	2	90.08	Nathan Price	0	0			
191	22	90.28	Tom Albiston	0	0			
192	565	90.32	Katherine Davis	North Shields Polytechnic	North East	FSnr		36
193	505	90.43	Laura Baynham-Hughes	Cheshire	Cheshire	FSnr		37
194	532	90.44	Jon Salmon	Tring Running Club	Hertfordshire	MSnr		84
195	183	90.46	Rob Barber	Wrexham	0			
196	157	91.10	Graham David	Mysteruns Off-Roaders	0			
197	519	91.16	Sheridan McWilliam	Lincoln Wellington AC	Greater Manchester	FU/23	7	38
198	170	91.17	Rhys Tudur	0	0			
199	168	91.23	Rhian Probert	Mynydd Du	0			
200	652	91.32	Rowen Ratcliffe	Saddleworth	Greater Manchester	FSnr		39
201	102	91.35	Nich Bradley	Meirionnydd Running Club	0			
202	573	91.40	Louise Beetlestone	Rhedwyr Eryri Harriers	North Wales	FSnr		40
203	540	91.44	Lisa Parker	0	Lancashire	FSnr		41
204	32	91.46	Nia Albiston	Rhedwyr Eryri Harriers	0			
205	97	91.55	Dylan Huws	0	0			
206	581	91.58	Hazel McLaughlin	Northern Ireland	Northern Ireland	FSnr		42
207	163	92.07	Saul Cluer	0	0			
208	109	92.33	Paul Tucker	0	0			
209	580	92.34	Paula Mcallister	Northern Ireland	Northern Ireland	FSnr		43
210	582	92.50	Marie Troeng	Northern Ireland	Northern Ireland	FSnr		44
211	108	92.52	Steven Marham	Leighton Buzzard Athletic	0			
212	552	92.55	Anne Rosbottom	Wirral AC	Merseyside	FSnr		45
213	138	92.58	Peter Roberts	Buckley	0			
214	6	93.05	Oliver Rowe	Mercia Fell Runners	0			
215	9	93.08	Sarah Harley	Rhedwyr Eryri Harriers	0			
216	553	93.16	Liz Whitfield	Spectrum Striders	Merseyside	FSnr		46
217	40	93.21	Nick Jones	Rhedwyr Eryri Harriers	0			
218	103	93.37	David Gould	Mercia Fell Runners	0			
219	39	93.59	Janet Ashbrook	Helsby Running Club	0			
220	114	94.10	Bev Tucker	Brecon AC	0			
221	96	94.26	Rona Davies	Mynydd Du	0			
222	142	94.30	Ann-Marie Jones	Altrincham & District	0			
223	100	95.05	Kean Rowlands	Rhedwyr Eryri Harriers	0			
224	629	95.14	Rosie Davies	BRAT	Warwickshire	FSnr		47
225	87	95.15	Sue Howarth	Mercia Fell Runners	0			
226	60	95.30	Joanne Cliffe	0	0			
227	123	95.40	Emyr Gibson	Rhedwyr Eryri Harriers	0			
228	127	96.10	Matthew Larmour	Southville RC	0			

229	56	96.25	Sasha Habgood	M.D.C.	0			
230	79	96.28	Emma Collins	Denbigh Harriers	0			
231	68	97.06	Sandra Rowlands	0	0			
232	622	97.24	Debbie Hope	Staffs Moorlands	Staffordshire	FSnr		48
233	117	97.38	Emily Wood	Rhedwyr Eryri Harriers	0			
234	613	98.02	Kirsty Briggs	Telford Harriers	Shropshire	FSnr		49
235	614	98.17	Helen Stokes	Mercia Fell Runners	Shropshire	FSnr		50
236	74	98.38	Tim Palmer	Helsby Running Club	0			
237	26	99.42	Helen Morgan	Rhedwyr Eryri Harriers	0			
238	94	99.44	Duncan Jones	Denbigh Harriers	0			
239	612	100.04	Anna Bartlett	Mercia Fell Runners	Shropshire	FSnr		51
240	63	100.05	Jim Tinnion	Mercia Fell Runners	0			
241	179	100.06	David Ellis	Cybi Striders	0			
242	506	100.10	Louisa Harrison	Cheshire	Cheshire	FSnr		52
243	133	100.14	John Humphries	Mysteruns Off-Roaders	0			
244	564	100.24	Georgia Campbell	Jarrow and Hebburn	North East	FSnr		53
245	71	100.34	Janet Robertson	Helsby Running Club	0			
246	144	100.42	Kevin Lane	Rhedwyr Eryri Harriers	0			
247	58	100.44	Gareth Ellis	0	0			
248	93	100.45	Kenny Forster	Spectrum Striders	0			
249	73	101.03	Jim Jones	Helsby Running Club	0			
250	5	101.08	Jeanine Lewis	Rhedwyr Eryri Harriers	0			
251	145	101.16	Ceri Lane	Hebog	0			
252	7	101.20	Thomas Mollekin	Mynydd Du	0			
253	59	102.22	Steven Allport	0	0			
254	81	102.37	David York	Tattenhall Runners	0			
255	588	102.39	Gina Granger	Holme Pierrepont Running Club	Nottinghamshire	FSnr		54
256	140	102.56	John Morris	Buckley	0			
257	76	103.16	Claire Williams	Rhedwyr Eryri Harriers	0			
258	136	104.29	Dawn Urquhart	Buckley	0			
259	159	104.49	Hayley Turner	Rhedwyr Eryri Harriers	0			
260	178	104.56	Graham McVey	0	0			
261	126	105.02	Jeremy H Williams	Rhedwyr Eryri Harriers	0			
262	550	105.04	Emily Kearney	Wirral AC	Merseyside	FU/23	8	55
263	51	105.16	Victoria Whitehead	Denbigh Harriers	0			
264	160	105.28	William Evans	0	0			
265	118	105.43	Harri Roberts	Rhedwyr Eryri Harriers	0			
266	146	105.51	Pete Hill	Altrincham & District	0			
267	105	106.05	Ian Marshall	Cambridge Harriers	0			
268	161	106.26	Gary Gunner	Croft Ambrey	0			
269	166	106.34	Jenny Williamson	Rhedwyr Eryri Harriers	0			
270	125	106.45	Claire Liversage	0	0			
271	36	106.54	Gary Clarke	Oswestry Olympians	0			
272	38	106.57	Stuart Elliott	0	0			
273	72	107.31	Richard Taylor	Blackburn Harriers	0			
274	172	108.52	Alexander Fletcher	Rhedwyr Eryri Harriers	0			
275	89	109.01	Virginia Bird	Garden City Runners	0			
276	152	109.08	Val Edwards	0	0			
277	83	109.59	Rachel Arnold	Helsby Running Club	0			
278	143	110.10	Laura Portway	Cambridge Harriers	0			
279	502	110.53	Alan Roberts	Vale of Aylesbury	Buckinghamshire	MSnr		85
280	167	110.58	Jenny Ewels	Clwydian Range Runners	0			
281	15	112.26	John Whitehead	Helsby Running Club	0			
282	135	114.07	David Wright	Bangor University	0			
283	69	116.26	Sue Buck	Helsby Running Club	0			
284	174	116.28	Eddie Lesniak	Achille Ratti CC	0			
285	112	116.29	Alwyn Oliver	Rhedwyr Eryri Harriers	0			
286	155	116.30	Ellie Salisbury	Rhedwyr Eryri Harriers	0			

287	589	117.17	Amanda Hibbert	Holme Pierrepont Running Club		Nottinghamshire	FSnr		56
288	110	122.58	Maggie Oliver	Rhedwyr Eryri Harriers		0			
289	182		Stel Farrar			0			
290	541	DNF	Jacob Boyle						
291	525	DNF	Michael Cayton	Horwich RMI Harriers					