

Cyfres yr Haf – Sialens y Barcud Coch

**RAS HWYRNOS NANT YR ARIAN -
19/04/2023**



Ras Oedolion (5 Milltir) / Senior Race (5 Mile)

POSITION / SAFLE	BIB NO. / RHIF	Enw	Cat	TIME / AMSER
1.	403	Ben Porter	SM	31.48
2.	256	Owain Schiavone	M35	31.57
3.	257	James Cowan	SM	33.11
4.	286	Dylan Lewis	M35	33.34
5.	348	James Price	SM	33.35
6.	306	Sam Harrison-Paul	SM	34.04
7.	363	Llyr Ab Einion	SM	34.31
8.	313	Ffion Price	SF	34.52
9.	294	Dylan Davies	M35	35.05
10.	314	Ieuan Pugh Jones	SM	35.06
11.	351	Johan Swaine	SM	35.07
12.	751	Rhodri ap Dyfrig	M45	35.18
13.	373	Martin Young	SM	35.35
14.	295	Rory Fairhurst	SM	36.09
15.	399	Kameron Simmons-Sandy	SM	36.19
16.	386	Rhys Davies	SM	36.30
17.	267	Simon Hall	M35	36.43
18.	349	Oliver Clegg	SM	36.47
19.	355	Emma Price	SF	37.13
20.	279	George Eadon	M35	37.27
21.	321	Huw Lewis	M45	37.38
22.	459	Rob Smith	M35	38.07
23.	320	Morgan Thompson	SM	38.08
24.	395	Jimmy Carter	M45	38.12
25.	268	Dee Jolly	F35	38.23
26.	255	Emma Palfrey	F35	39.58
27.	372	Jade Phillips	SF	40.50
28.	465	Gareth Owen		40.58
29.	387	Joanne Rees	F45	41.21
30.	384	Gareth Price	M40	41.26
31.	753			41.54
32.	296	Kevin Jones	M45	41.55
33.	456	Eilir Evans	M45	42.06
34.	371	Ruby Bye	SF	42.11
35.	370	Phil Jennings	SM	42.12
36.	466	Rhys Brassington		42.26.76

37.	398	Alice C	SF	42.27.70
38.		Nia		42.28.00
39.	354	Chloe Piggott	SF	42.28.18
40.	315	Emyr Thomas	M35	42.35.64
41.	754			42.36.64
42.	307	Mel Hopkins	M55	42.44.88
43.				43.22.92
44.				43.48.70
45.	353	Beth Saunders	SF	43.53.94
46.	357	Nanna Gilleladen	SF	44.20.89
47.	400	Raymond Davies	M40	44.24.42
48.	290	Will Lerigo	M35	45.05.76
49.	317	David Evans	M55	45.14.95
50.	394	Polly Summers	SF	45.29.83
51.	356	Gavin Thomas	M40	45.36.42
52.	389	Gunvor Troelsen	F55	45.49.20
53.	347	Ben Gaskell	M35	45.59.23
54.	393	Lou Summers	F55	46.07.63
55.	350	Catrin Gaskell	SF	46.18.80
56.	383	Christian Prynne	M50	46.32.10
57.	312	Shân Lawson	F45	46.49.96
58.	304	Paul Rose	M55	47.15.91
59.	352	Kira L	SF	47.24.52
60.	310	Celia Speake	F55	47.39.74
61.	316	Claire Morris	F45	48.06.12
62.	362	Berian Elias	M35	48.09.04
63.	371			48.27.12
64.	463	Hannah Rees	SF	48.51.64
65.	391	Sophie Cave	SF	49.26.02
66.	298	Sarah Puetz	SF	49.30.70
67.	308	Emma Bagshaw	F45	49.33.28
68.	374	Maggie Collingborn	F55	49.35.69
69.	381	Karen Davis	F40	49.39.19
70.	377	Melanie Gaul	F50	49.48.44
71.	458	Gemma Kelly	F40	50.00.92
72.	457	Mike Indeka	M55	50.09.66
73.	401	Alexander Brown	M55	50.13.86
74.	402	Mick Taylor	M60	50.17.20
75.	303	Dave Humphys	M55	50.41.08
76.	464	Nicola Kelly	F50	50.45.01
77.	461	Hannah Sefton	SF	50.57.01
78.	385	Phillip Harris	M40	51.20.39
79.	366	Cameron Pope	M65	51.42.62
80.	752			51.46.15
81.	369	Enfys Needham-Jones	F50	51.58.89
82.	309	Callum Morris	SM	52.19.92
83.	376	Christine Zarges	F40	52.29.20
84.	293	John Adams	M45	53.22.85

85.	297	Elin Jones	SF	53.49.35
86.	379	Maggie Keville	F55	53.53.16
87.	322	Heulwen Lloyd	F55	54.01.01
88.	367	Megan Glover	SF	55.11.29
89.	368	Heiddwen Tomos	F45	56.01.06
90.	380	Carianne Jones	FS	56.55.86
91.	392	A H	F35	56.59.11
92.	390	Tina Harrison	F55	57.02.66
93.	361	Chris Thomas	F65	57.10.94
94.	318	Hannah	F54	58.19.98
95.	375	Hannah Dee	F45	59.14.65
96.	364	Gail Creed	F50	1.02.00.05
97.	365	Eirlys Evans	F60	1.02.14.04
98.	396	Catrin Roberts	F45	1.11.57.57
99.	382	Sian Williams	F35	1.12.09.67
100.				
101.				

Podiwm Dynion / Mens Podium:

1. Ben Porter
2. Owain Schiavone (M35)
3. James Cowan

Podiwm Merched / Ladies Podium:

1. Ffion Price
2. Emma Price
3. Dee Jolly (F35)

Enillwyr categorïau / Category winners:

M5 - Ben Porter
M35 - Owain Schiavone
M45 - Rhodri ap Dyfrig
M55 - Mel Hopkins
M65 - Cameron Pope

FS - Ffion Price
F35 - Dee Jolly
F45 - Joanne Rees
F55 - Lou Summers
F65 - Chris Thomas