

Sialens y Barcud Coch 2023 - Canlyniadau 10k Results (Provisional)

Race Position	Number	Time	Name	Sname	Club	Gender	Age	GROUP
1	121	0:53'34.94	Joe	Robson	Aberystwyth Uni	Male	22	SENM
2	113	0:55'31.58	James	Price	Aberystwyth Uni	Male	18	U20M
3	136	0:56'35.08	Mark	Horsman	Pontypridd Roadents	Male	77	MM40-44
4	77	0:57'06.98	Llyr	ab Einion	Aberystwyth Uni	Male	24	SENM
5	115	0:57'37.00	Beth	Rawlinson	Wolverhampton & Bilston	Female	17	U20W
6	80	0:59'27.41	Will	Arnold		0 Male	21	
7	87	1:00'04.84	Oliver	Clegg	Aberystwyth Uni	Male	25	SENM
8	86	1:01'44.44	Jack	Bruce	Carmarthen and District Harriers	Male	18	U20M
9	96	1:03'35.30	Maddison	Griffiths	Maldwyn Harriers	Female	17	U20W
10	83	1:04'05.45	Nicholas	Bartley		0 Male	38	MM35-39
11	140	1:05'29.47	Dee	Jolly	Sarn Helen	Female	36	MW35-39
12	138	1:06'11.78	Caradec	Joel	Trail de Guerledan	Male	60	MM60-64
13	107	1:08'45.72	Nesta	McCluskey	Maldwyn Harriers	Female	47	MW45-49
14	108	1:08'46.56	Ryan	McCluskey	Maldwyn Harriers	Male	47	MM45-49
15	116	1:09'17.17	Nia Teifi	Rees	Aberystwyth Uni	Female	20	SENW
16	93	1:09'38.21	Nanna	Gilleladden	Aberystwyth Uni	Female	24	SENW
17	145	1:10'06.12	Richard	Foy	Lusk A C	Male	47	MM45-49
18	124	1:10'08.09	Alexander	Seaman		0 Male	29	SENM
19	104	1:10'27.50	Sophie	Licence		0 Female	28	SENW
20	111	1:10'45.68	Peter	Osborne	Llanelli A C	Male	62	MM60-64
21	144	1:10'55.17	Gareth	Thomas	Builth & District R C	Male	35	MM35-39
22	90	1:11'41.58	Isobel	Dawson	Llanelli A C	Female	42	MW40-44
23	143	1:13'25.81	Jonathan	Dwson		0 Male	31	SENM
24	85	1:15'50.10	Jayne	Breeze	Maldwyn Harriers	Female	49	MW45-49
25	123	1:16'18.36	Beth	Saunders	Cardiff A A C	Female	29	SENW
26	112	1:16'38.14	Chloe	Piggott	Aberdare Valley A C	Male	19	U20M
27	132	1:17'08.25	Shan	Lawson	Aberystwyth A C	Male	8	U20M
28	139	1:17'22.54	Mitchell	Reradwen	Sarn Helen	Male	40	MM35-39
29	81	1:17'28.90	Emma	Bagshaw	Builth & District R C	Female	54	MW50-54
30	97	1:17'38.00	Matthew	Hawkins		0 Male	28	SENM
31	147	1:18'02.50	Clive	Williams	Aber A C	Male	55	MM50-54
32	127	1:18'10.54	Gavin	Thomas	Builth & District A C	Male	44	MM40-44
33	125	1:18'14.81	Jake	Simmons		0 Male	23	SENM
34	148	1:18'20.91	Arthur	Davis		0 Male	58	MM55-59
35	128	1:18'29.62	Glenn	Thomas	Maldwyn Harriers	Male	39	MM35-39
36	84	1:19'02.81	Christian	Berlin	Aberystwyth Uni	Male	22	SENM
37	117	1:22'56.03	Rob	Rees		0 Male	59	MM55-59
38	114	1:23'02.50	Nigel	Probert		0 Male	59	MM55-59
39	100	1:23'29.27	Dave	Humphreys	Aberystwyth A C	Male	58	MM55-59
40	78	1:24'36.15	Jon	Adams	Sarn Helen	Male	50	MM50-54
41	146	1:26'05.09	Annette	Foy	Lusk A C	Female	47	MW45-49
42	89	1:26'10.66	Deian	Creunant	Aberystwyth A C	Male	55	MM50-54
43	82	1:26'20.21	Peter	Barber	Aberystwyth A C	Male	68	MM65-69
44	130	1:26'30.12	Christine	Zarges	Aberystwyth A C	Female	41	MW40-44
45	92	1:27'32.03	Ruth	Flatman	Aberystwyth A C	Female	46	MW45-49
46	120	1:29'46.66	Louise	Ridden		0 Female	26	SENW
47	141	1:30'59.85	Gwenllan	Hughes-Jones		0 Female	30	SENW
48	142	1:31'01.18	Lauren	Harries		0 Female	29	SENW
49	122	1:32'42.84	Tania	Ryland	Builth & District A C	Female	48	MW45-49
50	102	1:35'29.51	Julia	Jones	Eryri Harriers	Female	46	MW45-49
51	98	1:38'54.22	Jillian	Heywood	Royton R R	Female	52	MW50-54
52	88	1:40'20.41	Mandy	Colbourne		0 Female	66	MW65-69
53	110	1:44'46.56	Richard	Munn	Aberystwyth A C	Male	38	MM35-39
54	91	1:44'49.56	Bethan	Fitz-Griffiths		0 Female	26	SENW
55	137	1:46'16.23	John Gwyn	Evans	Aberystwyth A C	Male	77	MM75-80
56	109	1:47'20.34	Kate	Morris	Builth & District A C	Female	46	MW45-49
57	105	1:51'29.19	Rachel	Lilley		0 Female	56	MW55-59
58	126	1:54'55.49	Gareth	Thomas	Builth & District A C	Male	35	SENM
59	99	2:05'46.64	John	Horsman	Cardigan A C	Male	72	MM70-74
60	79	2:25'12.94	Louise	Amery	Aberystwyth A C	Female	55	MW55-59