

Sialens y Barcud Coch 2023 - Canlyniadau 1/2 Marathon Results (Provisional)

Race Position	Number	Time	Name	Sname	Club	Gender	Age	GROUP
1	239	1:35'13.87	Jacob	Tasker	Ogmore Phoenix Runne	Male	26	SENM
2	179	1:38'25.31	Ollie	George	Sarn Helen	Male	18	U20M
3	162	1:38'49.40	Jake	Collier	Keswick A C	Male	23	SENM
4	244	1:39'59.16	Wyndham	Turner	Builth & District R C	Male	34	SENM
5	231	1:41'26.09	Owain	Schiavone	Cardiff A A C	Male	43	MM40-44
6	180	1:43'13.50	Tony	Golabek	Eryri Harriers	Male	41	MM40-44
7	191	1:45'04.54	Daryl	John	Pembrokeshire Harriers	Male	49	MM45-49
8	165	1:46'47.04	James	Cowan	Aberystwyth Uni	Male	21	SENM
9	252	1:47'10.62	Robin	Woods	Builth & District R C	Male	46	MM45-49
10	257	1:49'11.41	Stephen	Curbishley	Rosendale Harriers	Male	30	SENM
11	243	1:49'27.95	Tom	Turner	Builth & District R C	Male	38	MM35-39
12	171	1:51'31.64	David	Dwyer	0	Male	45	MM45-49
13	259	1:52'09.42	Gancho	Slavov	0	Male	47	MM45-49
14	210	1:52'43.81	Ben	Orton	Cardiff Uni	Male	23	SENM
15	221	1:52'45.60	Ieuan	Pugh-Jones	Meirionnydd	Male	26	SENM
16	153	1:53'21.38	Rhodri	ap Dyfrig	Meirionnydd	Male	45	MM45-49
17	217	1:53'34.21	Ffion	Price	Builth & District R C	Female	27	SENW
18	226	1:55'44.71	Katie	Reynolds	Eryri Harriers	Female	29	SENW
19	224	1:56'37.84	Joseph	Reardon	MDC	Male	20	
20	247	1:57'51.16	David	Warren	Cardigan A C	Male	62	MM60-64
21	203	1:58'13.34	Ollie	Minton	0	Male	35	SENM
22	227	1:58'52.43	Kitty	Robinson	Club Run Wales	Female	33	SENW
23	238	1:59'46.13	Jahan	Swaine	Aberystwyth Uni	Male	23	SENM
24	190	2:00'14.54	Keith	James	Pontypridd Roadents	Male	49	MM45-49
25	152	2:00'23.48	Richard	Anthony	Aberystwyth A C	Male	47	MM45-49
26	218	2:00'25.72	Glyn	Price	Sarn Helen	Male	56	MM55-59
27	175	2:00'35.51	james	farmer	Aberystwyth Uni	Male	22	SENM
28	248	2:00'56.04	Mark	Whitehead	Aberystwyth A C	Male	47	MM45-49
29	202	2:01'42.12	Allan	Mckeown	Deestridders RC	Male	45	MM40-44

30	186	2:03'11.03	Darren	Hesleton	Bro Dysynni A C	Male	46	MM45-49
31	219	2:05'04.84	Wendy	Price	Amman Valley Harriers	Female	45	MW40-44
32	249	2:05'24.29	Alec	Williams	Pembrokeshire Harriers	Male	56	MM55-59
33	214	2:05'45.41	Dave	Powell	Aberystwyth A C	Male	62	MM60-64
34	216	2:06'46.92	Emma	Price	Aberystwyth Uni	Female	21	SENW
35	197	2:07'20.25	Jacqueline	Lee	Eryri Harriers	Female	47	MW45-49
36	258	2:07'52.15	Nivet	Jean-Claude	Trail de Guerledan	Male	53	MM50-54
37	172	2:08'04.62	Philip	England	Amman Valley Harriers	Male	60	MM60-64
38	167	2:08'10.38	Clara	Davies	Amman Valley Harriers	Female	41	MW40-44
39	173	2:08'44.78	Osian	Eryl	0	Male	25	SENM
40	189	2:09'28.90	karl	james	Les Croupiers R C	Male	59	MM55-59
41	177	2:10'50.34	Bob	Foreman	Matlock A C	Male	64	MM60-64
42	187	2:10'52.03	Lynwen	Huxtable	Aberystwyth A C	Female	54	MW50-54
43	184	2:10'53.01	Tim	Hazelwood	0	Male	43	MM40-44
44	212	2:11'52.13	Balázs	Pintér	Aberystwyth A C	Male	54	MM50-54
45	225	2:12'49.27	Joanne	Rees	Builth & District R C	Female	49	MW45-49
46	256	2:12'49.95	Edward	Davies	Maldwyn Harriers	Male	67	MM65-69
47	223	2:13'16.12	Alex	Read	Aberystwyth Uni	Male	19	U20M
48	233	2:15'37.73	Tasha	Sexton	Pembrokeshire Harriers	Female	49	MW45-49
49	196	2:15'45.02	Christopher	Latham	Islwyn R C	Male	38	MM35-39
50	166	2:16'37.06	Alice	Croot	0	Female	27	SENW
51	164	2:17'06.78	Ivan	Courtier	Aberystwyth A C	Male	54	MM50-54
52	194	2:17'29.49	kevin	jones	Sarn Helen Club	Male	51	MM50-54
53	263	2:18'28.25	Rhys	Brassington	Aberystwyth AAC	Male	32	SENM
54	215	2:19'03.54	Rodney	Powell	TROT	Male	51	MM50-54
55	255	2:19'50.51	Lenny	Hughes	Maldwyn Harriers	Male	67	MM65-69
56	245	2:20'51.54	Neil	V-H	GOG Tri Club	Male	53	MM50-54
57	157	2:20'57.28	Rachel	Bowen	Lliswerry Runners	Female	45	MW45-49
58	207	2:21'27.91	Eden	O'Dea	0	Female	20	SENW
59	158	2:21'43.65	Katie	Brazier	Aberystwyth Uni	Female	18	U20W
60	156	2:22'39.20	Louise	Barker	Aberystwyth A C	Female	48	MW45-49
61	182	2:25'09.17	Tony	Hall	Sarn Helen Club	Male	68	MM65-69

62	168	2:26'08.82	Mari	Davies	0	Female	25	SENW
63	188	2:26'48.03	Cynyr	Ifan	0	Male	47	MM45-49
64	195	2:27'27.44	Matthew	knapper	0	Male	46	MM45-49
65	199	2:27'35.62	Andy	Lockey	0	Male	40	MM35-39
66	170	2:27'59.84	Sarah	Denton	Lonely Goat R C	Female	52	MW50-54
67	228	2:30'54.87	Suzanne	Rowlands	Maldwyn Harriers	Female	48	MW45-49
68	261	2:31'29.72	Kevin	Holland	Aberystwyth AAC	Male	64	MM60-64
69	205	2:33'19.64	Claire	Morris	0	Female	49	MW45-49
70	198	2:33'34.04	Will	Lerigo	Aberystwyth A C	Male	38	MM35-39
71	230	2:34'29.36	Mel	Sadie	Builth & District R C	Female	33	SENW
72	183	2:35'09.43	Kay	Hatton	North Wales R R	Female	60	MW55-59
73	262	2:35'14.96	James	Licence	0	Male	30	SENM
74	240	2:35'45.10	geraint	thomas	0	Male	51	MM50-54
75	236	2:36'34.52	Roelof	Sondaar	AV de Sprinter	Male	63	MM60-64
76	260	2:37'35.59	Ellie	Mannering	Cardiff Uni	Female	20	SENW
77	211	2:39'56.03	Mark	Paviour	Maldwyn Harriers	Male	60	MM60-64
78	232	2:41'50.93	Christopher	Sexton	Pembrokeshire Harriers	Male	59	MM55-59
79	178	2:42'49.06	Cheryl	Frost	North Wales R R	Female	57	MW55-59
80	235	2:44'16.38	Robert Noel	Sharratt	Cardigan A C	Male	65	MM60-64
81	169	2:45'45.90	Raymond	Davies	Builth & District R C	Male	43	MM40-44
82	154	2:46'55.28	Cris	Arnold	3M Gorseinon	Male	57	MM55-59
83	220	2:47'29.48	Sarah	Puetz	Sarn Helen Club	Female	29	SENW
84	264	2:54'14.35	Tina	Harrison	Builth & District R C	Female	58	MW55-59
85	160	2:54'40.74	Ben	Cheeseman	0	Male	21	SENM
86	163	2:57'04.49	Owen	Cooper	0	Male	75	MM70-74
87	204	3:00'37.18	Margaret	Morgan	Trot	Female	65	MW65-69
88	213	3:01'41.31	Cameron	Pope	Aberystwyth A C	Male	67	MM65-69
89	208	3:04'57.00	Llion	O'Callaghan	0	Male	40	MM40-44
90	241	3:06'48.62	Rose	Thomas	Rhayader & District Harriers	Female	71	MW70-74
91	192	3:12'46.81	Ann Claire	Jones	Prestatyn R C	Female	52	MW50-54
92	151	3:13'10.28	Helen	Alefounder	Prestatyn A C	Female	49	MW45-49
93	209	3:15'50.76	Margaret	Oliver	Eryri Harriers	Female	75	MW70-74

94	234	3:17'53.01	Raymond	Sharratt	Rhayader & District Harriers	Male	80	MM75+
95	161	3:30'26.82	Rosanna	Clarke	Spa Striders	Female	28	SENW
96	254	3:41'30.88	A N	Other 2	0	0	123	MW75+