

Cyfres yr Haf – Sialens y Barcud Coch

Ras yr Hafod - 03/05/2023



Ras Oedolion / Seniors Race

POSITION / SAFLE	BIB NO. / RHIF	Enw / Name	Clwb	Cat	TIME / AMSER
1.	904	Joe Robson	Aberystwyth Uni Harriers	SM	36.13
2.	757	James Price	Aberystwyth Uni Harriers	SM	36.37
3.	880	Andreas Jones	Sarn Helen	M45	37.14
4.	768	Ieuan Pugh-Jones	Meirionnydd	SM	37.44
5.	762	James Farmer	Aberystwyth Uni Harriers	SM	37.45
6.	764	Keelan Thompson	Aberystwyth Uni Harriers	SM	37.49
7.	885	Ffion Price	Builth and District RC	SF	38.16
8.	763	Johan Swaine	Aberystwyth Uni Harriers	SM	38.18
9.	766	Llyr ab Einion	Aberystwyth Uni Harriers	SM	38.46
10.	855	Rhodri ap Dyfrig	Meirionnydd	M45	38.58
11.	852	Dylan Davies	Sarn Helen	M35	39.10
12.	776	Kameron Simmons-Sandy	Cerist Triathlon Club	SM	39.21
13.	850	George Eadon	Sarn Helen	M35	40.05
14.	865	Balázs Pinter	Aberystwyth AC	M45	40.36
15.	758	Billy Jackson	Aberystwyth Uni Harriers	SM	40.46
16.	888	Huw Lewis	Builth and District RC	M45	40.47
17.	767	Oliver Clegg	Aberystwyth ni Harriers	SM	41.14
18.	857	Rich Anthony	Aberystwyth AC	M45	41.44
19.	777	Steve Jones	Maldwyn Harriers	SM	43.35

20.	858	Gareth Owen		M45	43.49
21.	774	Kate Jones	Builth and District RC	SF	44.26
22.	861	Joanne Rees	Builth and District RC	F45	44.38
23.	772	Alexander Seaman		SM	44.56
24.	878	Dee Jolly	Sarn Helen	F35	44.57
25.	775	Rhys Brassington	Aberystwyth AC	SM	45.58
26.	863	Kevin Jones	Sarn Helen	M45	46.03
27.	771	Prysor Lewis	Sarn Helen	SM	46.11
28.	894	Ian Chattun		SM	46.38
29.	871	Mel Hopkins	Aberystwyth AC	M55	46.49
30.	877	Will Lerigo	Aberystwyth AC	M35	47.12
31.	913	Owen McConochie	Sarn Helen	SM	47.17
32.	893	Emyr Thomas		M35	48.10
33.	884	David Harras	Builth and District RC	M35	48.15
34.	854	Raymond Davies	Builth and District RC	M35	48.22
35.	891	Paul Wallby	Builth and District RC	M35	48.28
36.	908	Ben Gaskell	Builth and District RC	M35	48.39
37.	769	Harry Walker		SM	48.54
38.	868	Gunvor Troelsen	Builth and District RC	F55	49.09
39.	873	David Evans		M55	49.13
40.	881	Tomos Jones		SM	49.29
41.	909	Catrin Gaskell	Builth and District RC	SF	49.45
42.	898	Calire Morris		F45	49.56
43.	906	Clive Williams	Aberystwyth AC	M55	50.47
44.	889	Christian Prynne	Builth and District RC	M45	51.02
45.	895	Clive Williams	Aberystwyth AC	M65	51.14
46.	874	Kevin Holland	Aberystwyth AC	M55	51.54
47.	887	Paul Rose	Aberystwyth AC	M55	52.00
48.	910	Melony Gaul		F45	52.08
49.	867	Celia Speake	Builth and District RC	F55	52.39
50.	869	Arthur Dafis		M55	52.45

51.	890	Chris Burton	Builth and District RC	M35	52.51
52.	905	Mick Taylor	Sarn Helen	M55	52.58
53.	912	Rabi Thapa		M45	53.40
54.	903	Chelsea Morris		SF	53.57
55.	870	Dave Humphreys	Aberystwyth AC	M55	53.59
56.	859	Klare Owen		F45	54.07
57.	886	Emma Bagshaw	Builth and District RC	F45	54.36
58.	883	Phill Harras	Builth and District RC	M35	55.30
59.	856	Tom Cosson		M45	55.37
60.	770	Hannah Sefton		SFG	55.44
61.	892	David Newham		M35	55.45
62.	862	Enfys Needham-Jones		F45	55.51
63.	773	Sarah Puetz	Sarn Helen	SF	56.07
64.	876	Cameron Pope	Aberystwyth AC	M65	56.46
65.	851	Christine Zarges	Aberystwyth AC	F35	57.09
66.	902	Cart Ann		SF	58.30
67.	911	Heiddwen Tomos		F45	1.00.44
68.	896	Helen Williams	Aberystwyth AC	F55	1.02.02
69.	882	Avril Hardwick	Builth and District RC	F35	1.02.29
70.	875	Chris Thomas	Builth and District RC	F65	1.02.34
71.	860	Hanna Dee	Aberystwyth AC	F45	1.06.28
72.	897	Heulwen Lloyd		F55	1.09.22
73.	872	Eirlys Evans		F55	1.09.23
74.	900	Calire Hammond		F35	1.21.29
75.	901	Leonie Luff		F35	1.21.30
76.	899	Sian Williams		F35	1.21.50
77.					
78.					
79.					
80.					
81.					

Podiwm Dynion / Mens Podium

1. Joe Robson
2. James Price
3. Andreas Jones

Podiwm Menywod / Womens Podium

1. Ffion Price
2. Kate Jones
3. Joanne Rees

Enillwyr categorïau / Category winners:

MS - Joe Robson
M35 - Dylan DAVies
M45 - Andreas Jones
M55 - Mel Hopkins
M65 - Clive Williams

FS - Ffion Price
F35 - Dee Jolly
F45 - Joanne Rees
F55 - Gunvor Troelsen
F65 - Chris Thomas