

## Trailfest 2016

24/09/2016

(165 o gystadleuwyr / 165 competitors)

Safle Position	Rhif No	Amser Time	Enw Name	Clwb Club	Lleol Local	Dosb Cat	Dynion / Men					Merched / Women						
							M	M40	M50	M60	M70	F	F40	F50	F60			
1	171	1.31.26	Matthew Roberts			M	1											
2	180	1.35.30	Tom Roberts	Meirionnydd RC		M	2											
3	80	1.39.30	Tim Davies	Maldwyn Harriers		M	3											
4	170	1.40.31	Dylan Griffiths	Rhedwyr Hebog Runners	Lleol	M	4											
5	77	1.46.25	Martin Cliffe	Rhedwyr Eryri Harriers		M40		1										
6	159	1.47.30	Andrew Wilson	St. Helens Sutton AC		M40		2										
7	78	1.47.36	Ben Davidson			M	5											
8	74	1.48.09	Jimmy Carter			M	6											
9	79	1.49.41	Malcolm Davies	Rhedwyr Hebog Runners	Lleol	M	7											
10	91	1.50.18	Simon Fletcher			M40		3										
11	168	1.50.37	Mathew Fenwick		Lleol	M	8											
12	75	1.51.29	Ali Chant	Rhedwyr Eryri Harriers		M40		4										
13	85	1.51.48	Dyfan Dwyfor			M	9											
14	115	1.55.21	Mark Liptrot	St. Helens Sutton AC		M50			1									
15	49	1.55.52	Sian Williams	Rhedwyr Hebog Runners	Lleol	F						1						
16	103	1.56.58	Gonks Hughes	Rhedwyr Hebog Runners	Lleol	M40		5										
17	126	1.57.03	Twm Morgan			M	10											
18	56	1.57.09	Rob Alexander	Prestatyn RC		M	11											
19	155	1.58.23	Lawrence Washington	Rhedwyr Hebog Runners	Lleol	M40		6										
20	9	1.58.50	Katie Cole			F						2						
21	109	1.58.52	John Arwel Jones		Lleol	M40		7										
22	167	1.59.24	Richard Jones	Rhedwyr Hebog Runners	Lleol	M	12											
23	149	2.01.35	Lee Thornton	Canicross Clwyd		M	13											
24	138	2.02.47	Emlyn Roberts	Rhedwyr Eryri Harriers		M50			2									
25	93	2.04.33	Marlon Frost			M40		8										
26	66	2.04.36	Andrew Bowen			M40		9										
27	139	2.04.51	Gwyn Roberts	Wrexham AAC		M40		10										
28	101	2.05.34	Paul Hodges	Rhedwyr Eryri Harriers		M50			3									
29	166	2.06.11	Aled Lloyd	Rhedwyr Hebog Runners	Lleol	M	14											
30	90	2.06.54	Henry Fletcher			M	15											
31	97	2.06.51	Malcolm Harris	Barrow Runners		M60				1								
32	161	2.07.02	Steve Wilson	Kings Heath Running Club (Th)		M40		11										
33	147	2.07.13	Anthony Tattum	Kings Heath Running Club (Th)		M40		12										
34	128	2.08.07	Peter O'kane	Darth costal runners		M40		13										
35	73	2.08.10	Greg Carns	St. Helens Sutton AC		M40		14										
36	104	2.08.13	Dylan Huws	Rhedwyr Eryri Harriers		M50			4									
37	177	2.08.37	Dylan Evans	Meirionnydd RC		M50			5									
38	70	2.09.05	Gavin Buckley		Lleol	M	16											
39	84	2.09.52	Paul Drake			M50			6									
40	175	2.10.16	Hazel Maureen Davies	Emlyn Flyers		F60											1	
41	59	2.10.25	William Bailey	Hunters Bog Trotters		M	17											
42	27	2.10.33	Ceri Lane	Rhedwyr Hebog Runners		F40						1						
43	127	2.11.39	James O'kane			M40		15										
44	133	2.13.02	Nathan Price			M	18											
45	130	2.13.07	Kevin Pickett			M	19											

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							M	M40	M50	M60	M70	F	F40	F50	F60
46	34	2.13.07	Frances Phillips			F						3			
47	105	2.13.51	Alan Jackson	Thursday night pub runners		M40		16							
48	46	2.14.28	Jane Walsh	Beaumaris Town Road Runne		F40							2		
49	169	2.14.35	Llew Rhys	Rhedwyr Hebog Runners	Lleol	M40		17							
50	120	2.14.51	Nick Matthews	Thursday Night Pub Runners		M50			7						
51	123	2.15.01	David Mellor			M40		18							
52	5	2.15.08	Chelle Bateson			F						4			
53	154	2.15.41	Steven Walker			M40		19							
54	57	2.15.51	Charles Ashley	Wrexham AAC		M50			8						
55	137	2.15.52	Chris Roberts	Black Combe Runners		M60				2					
56	150	2.16.41	Alan Tilly	100 Marathon Club		M50			9						
57	119	2.17.03	Christian Matthews			M40		20							
58	51	2.17.05	Sara Winton			F40							3		
59	121	2.17.05	Stuart Mcnair	Red Rose RRC		M40		21							
60	3	2.17.45	Helen Ashworth	Prestatyn RC		F						5			
61	26	2.19.59	Linda Jones	Wrexham AAC		F50								1	
62	158	2.20.33	Lyndon Williams	Thursday night pub runners		M40		22							
63	60	2.20.43	Darren Baker	Deeside Orienteering Club		M40		23							
64	20	2.21.17	Jo Hoppes	Prestatyn RC		F						6			
65	96	2.21.32	John Hair			M40		24							
66	143	2.23.15	Rowland Sharp	Rhedwyr Hebog Runners		M50			10						
67	71	2.24.58	Russell Burton	Thursday Night Pub Runners		M40		25							
68	17	2.25.11	Alison Frost			F40							4		
69	179	2.25.38	Llio Fflur Evans	Rhedwyr Hebog Runners	Lleol	F						7			
70	178	2.25.38	Maldwyn Evans	Rhedwyr Eryri Harriers		M50			11						
71	141	2.26.11	Wyn Roberts	Prestatyn RC		M40		26							
72	88	2.26.20	David England			M40		27							
73	164	2.27.06	Mark Rigby		Lleol	M50			12						
74	63	2.27.17	Pete Blackburne	Rhedwyr Hebog Runners	Lleol	M50			13						
75	58	2.27.27	Nick Bailey			M	20								
76	140	2.27.41	Harri Roberts	Rhedwyr Eryri Harriers		M50			14						
77	118	2.28.41	Paul Martin			M	21								
78	64	2.28.41	Mark Bloxham			M	22								
79	172	2.28.47	Alwyn Oliver	Rhedwyr Eryri Harriers		M70					1				
80	69	2.29.08	Ian Broadbent	Otley AC		M40		28							
81	41	2.29.21	Anne Scott			F40							5		
82	111	2.29.45	Paul Jones			M	23								
83	55	2.30.06	Harry Adcock			M60				3					
84	100	2.30.29	Simon Hill			M50			15						
85	18	2.30.38	Katie Georgeson			F						8			
86	7	2.30.51	Janet Bywater	East London Runners		F50								2	
87	148	2.30.58	Gari Thomas	Rhedwyr Hebog Runners	Lleol	M	24								
88	92	2.32.15	Tomos Foulkes			M	25								
89	86	2.32.20	Wally Elliott			M60				4					
90	37	2.32.48	Jessica Priest			F						9			
91	81	2.32.48	Chris Dean	Warley Woods Pacers		M40		29							
92	132	2.32.48	Peter Poultney			M60				5					

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							M	M40	M50	M60	M70	F	F40	F50	F60		
93	99	2.23.00	Robert Helm			M60				6							
94	122	2.33.15	Graham Mcvey			M40		30									
95	165	2.33.41	Iwan ap Trefor			M	26										
96	72	2.34.22	Steve Bywater	East London Runners		M50			16								
97	24	2.35.48	Dwynwen Jones		Lleol	F40						6					
98	135	2.36.13	James Rainbow	Whitchurch Whippets		M40		31									
99	4	2.37.21	Joyce Atherden			F50									3		
100	108	2.37.37	Gareth Jones	East London Runners		M40		32									
101	83	2.38.10	Colin Downey	Mercia Fell Runners		M50			17								
102	61	2.39.00	Kathy-Jo Barnes			F					10						
103	33	2.39.05	Clare Millington			F					11						
104	14	2.39.05	Claire Ferguson			F					12						
105	95	2.39.38	Stephen Gleave	Prestatyn RC		M40		33									
106	28	2.39.40	Carla Lauder	Rhedwyr Hebog Runners	Lleol	F					13						
107	76	2.40.07	Mark Chapman			M	27										
108	110	2.41.59	Llyr Jones	Denbigh Harriers		M	28										
109	82	2.42.38	Mark Doudican	Bournville Harriers		M40		34									
110	157	2.42.44	Mike Wheildon			M70				2							
111	112	2.44.38	Robert Laing			M	29										
112	146	2.45.05	Simon Stringer			M40		35									
113	142	2.45.13	Stephen Shakespeare	Rhedwyr Hebog Runners		M40		36									
114	131	2.45.39	Christopher Pickup			M	30										
115	117	2.46.54	Darren Maggs	Knowle & Dorridge RC		M40		37									
116	29	2.48.16	Jacinta MacDermot			F40						7					
117	11	2.48.34	Angie Edwards	Cerist Tri		F60										2	
118	106	2.48.39	Paul Jolliffe	Kings Heath Running Club (Th		M	31										
119	144	2.49.40	Roger Snaith	Denbigh Harriers		M40		38									
120	48	2.50.46	Lona Williams		Lleol	F40						8					
121	16	2.50.57	Becky Fletcher			F40						9					
122	174	2.51.53	Lee Shaul			M	32										
123	22	2.52.51	Donna Howells	Wrekin Road Runners		F40						10					
124	52	2.52.51	Sally Withington	Wrekin Road Runners		F40						11					
125	15	2.53.16	Laura Fleming	Falkland Trail Runners		F						14					
126	162	2.56.01	Andrew Wooderson			M50			18								
127	145	2.57.58	David Snelson			M50			19								
128	6	2.58.53	Verity Brown	Trawden AC		F						15					
129	107	3.01.17	Eryl Jones	Run4All RC		M40		39									
130	173	3.03.39	Maggie Oliver	Rhedwyr Eryri Harriers		F60										3	
131	176	3.03.56	Jude Evans	Meirionnydd RC		F50								4			
132	30	3.04.43	Claire Maggs	Knowle & Dorridge RC		F40						12					
133	42	3.10.24	Suzanne Sheppard	Dolly Mixtures		F40						13					
134	23	3.10.24	Rachel Jerman	Dolly mixtures welshpool		F						16					
135	89	3.12.29	Peter Evans	Kings Heath Running Club (Th		M50			20								
136	12	3.12.29	Julie Evans	Kings Heath Running Club (Th		F50								5			
137	65	3.13.11	Michael Boon			M60				7							
138	39	3.14.00	Lesley Pymm	Bournville Harriers		F60										4	
139	124	3.15.40	Wayne Miller			M40		40									

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							M	M40	M50	M60	M70	F	F40	F50	F60		
140	160	3.19.59	Andy Wilson			M	33										
141	50	3.19.59	Lucy Wilson			F					17						
142	25	3.21.53	Kirsty Jones			F					18						
143	163	3.21.53	Ruth Hector			F					19						
144	181	3.22.19	Iorwerth Roberts	Rhedwyr Eryri Harriers		M70				3							
145	54	3.28.15	Natasha Wooderson			F					20						
146	43	3.31.15	Dianne Spencer	Mercia Fell RC		F50							6				
147	36	3.31.15	Emily Powell	Dolly Mixtures		F					21						
148	10	3.31.15	Sharon Davies	Mercia Fell RC		F					22						
149	53	3.35.09	Naomi Wooderson			F40						14					
150	32	3.36.40	Rachel Miller			F40						15					
151	68	3.42.22	Paul Brierton	Wigan District Harriers AC		M	34										
152	45	3.44.34	Katie Timms			F					23						
153	129	3.44.34	Thomas Padgett			M	35										
154	44	3.44.34	Jackie Timms	Sphinx AC		F40						16					
155	1	3.55.17	Mary Abel			F60										5	