

[Return to index](#)

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	77	Gareth Hughes	Male Open	Mercia fell runners	00:00	01:50	03:04	04:04:32
2	96	George Foster	Male Open	Royal Artillery - British Army	00:00	01:56	03:16	04:13:14
3	112	Gwyn Owen	Male Vet 40	Eryri Harriers	00:00	02:03	03:36	04:47:40
4	105	Stewart Bellamy	Male Vet 40	Mercia fell runners	00:00	02:12	03:41	04:51:51
5	85	Tom Cringle	Male Open	Manx Fell Runners	00:00	02:05	03:38	04:52:22
6	41	Peter Taylor	Male Vet 40	Tattenhall Runners	00:00	02:08	03:41	04:52:48
7	71	Jim O'Hara	Male Open	Helsby RC	00:10	02:04	03:34	04:53:19
8	60	Andy Davies	Male Vet 40	Mercia fell runners	00:00	02:09	03:43	04:55:30
9	84	Jonathan Rhys	Male Open	Harlequins Orienteering club	00:00	02:08	03:41	04:58:03
10	9	Virgil Barton	Male Vet 40	Mercia fell runners	00:00	02:10	03:43	04:58:12
11	11	Mel Price	Female Vet 40	Mercia fell runners	00:00	02:18	03:52	04:58:30
12	81	Lizzie Wraith	Female Open	Team Bath AC	00:00	02:22	03:53	04:59:34
13	32	Paul Jones	Male Vet 40	Eryri	00:00	02:20	03:54	05:08:57
14	108	Matthew Knapp	Male Open	Dartmoor Runners	00:00	02:13	03:58	05:16:56
15	54	Andrea Rowlands	Female Vet 40	WFRA	00:00	02:18	03:52	05:18:07
16	69	Michael Corrales	Male Open	NWRRRC	00:00	02:06	04:05	05:25:29
17	86	Colin Allott	Male Open	Goyt Valley Striders	00:00	02:37	04:13	05:27:53
18	17	Chris Baynham-Hughes	Male Open	Helsby RC	00:00	02:28	04:15	05:30:29
19	8	Phillip Roberts	Male Vet 40	Helsby RC	00:00	02:22	04:06	05:31:11
20	74	Andy Dunn	Male Open	Bristol & West AC (est. 1882)	00:00	02:19	04:03	05:32:11
21	83	Leon Davies	Male Vet 40	NWRRRC	00:00	02:32	04:22	05:39:59
22	111	Charlie McIntosh	Male Vet 40	Pudsey & Bramley AC	00:00	02:29	04:24	05:41:01
23	88	Johann Breytenbach	Male Vet 40	Long Marston Runners	00:00	02:40	04:28	05:41:30
24	44	Ross McLeod	Male Open	Clapham Chasers	00:15	02:40	04:29	05:42:17
25	76	Dave Powell	Male Vet 50	Aberystwyth AC	00:00	02:32	04:26	05:44:01
26	36	James Wan	Male Open	Gog	00:00	02:28	04:20	05:44:22
27	65	Mark Lambell	Male Open	West End Runners	00:00	02:27	04:23	05:46:24
28	28	Saul Taylor	Male Vet 40	Belper Harriers	00:00	02:32	04:21	05:46:59
29	103	Roland Stafford	Male Vet 40	Mercia fell runners	00:00	02:30	04:15	05:49:24
30	93	Lear Robertson	Male Open	Unattached	00:00	02:32	04:31	05:50:00
31	27	Paul Hodges	Male Vet 50	Eryri Harriers	00:00	02:33	04:29	05:50:29
32	100	Iwan Edgar	Male Vet 50	Rhedwyr Eryri	00:00	02:29	04:24	05:51:32
33	75	Liz Barker	Female Open	Ellenborough AC	00:00	02:42	04:36	05:52:45
34	72	Barry John Daniels	Male Vet 40	Army Triathlon Association	00:10	02:31	04:22	05:53:13
35	21	Edward Dixon	Male Open	Gorphwysfa	00:00	02:31	04:31	05:54:12
36	16	Ben Fletcher	Male Vet 40	Helsby RC	00:00	02:35	04:34	05:57:58
37	6	Gwion Williams	Male Vet 40	Eryri Harriers	00:00	02:38	04:34	05:59:32
38	57	Cathy Gill	Female Open	Tunbridge Wells Harriers	00:00	02:39	04:33	05:59:37
39	89	Rob Pullen	Male Vet 40	Bowline Climbing Club	00:00	02:49	04:46	06:01:31
40	64	Edward Steele	Male Open	Tunbridge Wells Harriers	00:00		04:37	06:01:55
41	56	Alexander Jeffreys	Male Open	Tunbridge Wells Harriers	00:00	02:39	04:36	06:04:38
42	19	Steffan Evans	Male Open	Eryri Harriers	00:00	02:51	04:56	06:18:11
43	109	Joe Kimmelman	Male Open	Unattached	00:00	02:40	04:53	06:18:41
44	47	Kirsty Seddon	Female Open	Chester Triathlon Club	00:00	02:47	04:48	06:19:30
45	48	Mr Ken Gofton	Male Vet 60	WFRA	00:00	02:39	04:39	06:21:22
46	34	Sasha Habgood	Female Vet 40	MDC	00:00	02:52	04:56	06:23:33
47	15	Peter Eccleston	Male Open	Dark Peak Fell Runners	00:00	02:48	04:59	06:29:09
48	95	Lee Evans	Male Vet 40	Unattached	00:00	02:57	05:08	06:34:26
49	94	Vincent Edwards	Male Vet 40	Unattached	00:00	02:49	05:08	06:34:37
50	12	Nigel Glaze	Male Vet 50	Mercia fell runners	00:00	02:43	04:55	06:38:18
51	61	Mike Staddon	Male Open	Tunbridge Wells Harriers	00:00	02:43	05:14	06:42:03
52	43	David Johnston	Male Vet 50	Mercia fell runners	00:00	02:48	05:16	06:44:29
53	63	Chris Smith	Male Vet 40	Tunbridge Wells Harriers	00:10	02:41	05:14	06:45:04
54	50	Dave Royse	Male Open	Gorphwysfa	00:00	02:42	05:03	06:46:03
55	70	Andrew Joad	Male Vet 50	Tunbridge Wells Harriers	00:00	02:47	05:14	06:46:08
56	79	Andrew Pritchard	Male Vet 40	Buckley Runners	00:10	02:28	04:54	06:47:03
57	24	Noel Hogan	Male Vet 50	Mercia fell runners	00:00	02:44	05:06	06:50:01
58	37	Abel McLinden	Male Junior	Unattached	00:00	02:51	05:17	06:51:21
59	20	Phil Fortun	Male Vet 40	Trentham RC	00:00	03:12	05:37	06:58:03
60	90	Laura Davison	Female Open	West End Runners	00:00	03:06	05:28	07:02:45
61	107	Kate O'Sullivan	Female Vet 50	Aberystwyth AC	00:00	03:08	05:29	07:02:54
62	117	Emlyn Roberts	Male Vet 50	Eryri Harriers	00:10	02:37	05:08	07:04:29
63	116	Edward Lesniak	Male Vet 60	Achille Ratti Climbing Club	00:00	03:14	05:31	07:06:02
64	97	Alwyn Oliver	Male Vet 70	Eryri Harriers	00:00	02:25	05:09	07:06:46
65	52	Clive Edwards	Male Vet 60	WFRA	00:00	03:07	05:37	07:11:18
66	51	Stephen Lysaczenko	Male Vet 50	North Devon RRC	00:00	03:12	05:38	07:18:42
67	73	Simon Curry	Male Vet 40	Unattached	00:00	03:07	05:41	07:19:46
68	114	George Dewhirst	Male Open	West Cheshire AC	00:15	03:05	05:46	07:21:26
69	113	Richard Turner	Male Open	West Cheshire AC	00:15	03:05	05:47	07:21:32
70	104	Peter Lester-Owen	Male Vet 50		00:10	03:12	05:37	07:28:01
71	53	Andrew Cummings	Male Open	Unattached	00:00	03:12	05:49	07:31:18
72	13	Adam Hutchison	Male Open	Wetherby Runners AC	00:00	03:13	05:49	07:33:47
73	106	Hayley Turner	Female Open	Eryri Harriers	00:00	03:22	05:59	07:34:42
74	101	John Humphries	Male Vet 50	Mysteruns off roaders	00:00	03:22	05:59	07:34:51
75	29	John Quayle	Male Vet 40	JOK	00:00	03:22	05:52	07:36:08
76	23	Philippe` Lintern	Male Vet 40	Unattached	00:00	03:22	05:52	07:38:10
77	58	Simon Holford	Male Vet 40	Tunbridge Wells Harriers	00:00	03:05	05:52	07:39:14
78	59	Jillian Holford	Female Vet 40	Tunbridge Wells Harriers	00:00	03:05	05:52	07:39:22
79	30	Tim Bowie	Male Vet 50	Unattached	00:00	03:04	05:56	07:43:09
=	38	Michael Belshaw	Male Vet 50	Eryri Harriers	00:00	02:39	04:27	Rtd
=	99	Ronald Edwards	Male Vet 40	Unattached	00:00	02:36	05:03	Rtd
=	49	Rob Martin	Male Vet 50	Maldwyn	00:00	02:43	06:13	Rtd
=	22	Hugh Rivett	Male Open	Unattached	00:00	03:10	06:13	Rtd
=	33	Cathie Eberlin	Female Vet 50	Unattached	00:00	03:41	06:13	Rtd
=	5	Phil Cloete	Male Vet 40	Unattached/ Ex TA	00:00	03:21	06:13	Rtd
=	87	Chris Cond	Male Vet 40	Long Marston Runners	00:00	02:44		Rtd
=	42	Brian Robbins	Male Vet 70	Eryri Harriers	00:00	02:48		Rtd
=	67	David Marham	Male Vet 50	Leighton Buzzard AC	00:00	02:50		Rtd
=	68	Steven Marham	Male Vet 50	Leighton Buzzard AC	00:00	02:53		Rtd
=	3	Andrew Holt	Male Vet 40	Harborough AC	00:00	02:54		Rtd
=	7	Chris Baker	Male Open	Eryri Harriers	00:00	03:17		Rtd
=	35	Wawa Wang	Male Open	Unattached	00:00	03:18		Rtd
=	78	Mike Hobday	Male Vet 50	WFRA	00:00	03:29		Rtd
=	91	Timothy Osman	Male Vet 50	Crocodiles	00:00	03:37		Rtd
=	115	Andrew Symonds	Male Vet 40	Totley AC	00:00	03:46		Rtd
=	80	Jason Fazekas	Male Vet 40	Unattached	00:00	04:35		Rtd
=	45	Brett Garrett	Male Vet 40	Unattached	00:00	06:05		Rtd



Mynyddwyr: Dosbarth C / Mountaineers: Class C

Amser Cychwyn / Start Time: 08:09:10

[Return to index](#)

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	122	Roy Silver	Male Vet 60	Les Croupiers	00:00	03:29	06:05	07:56:49
2	118	Russell Kent	Male Vet 40	Unattached	00:00	04:11	07:02	08:33:04
3	128	Ben Fry	Male Open	Unattached	00:00	04:14	06:56	08:51:39
4	127	Rory Laing	Male Open	Unattached	00:00	04:14	06:56	08:53:24
5	119	Michael Munnely	Male Open	Unattached	00:00	04:11	07:02	08:53:53
=	129	Daniel Crookes	Male Vet 50	3 Royal Welsh	00:00	03:45	07:09	Rtd
=	121	Ken Pudney	Male Vet 50	Unattached	00:00	04:38	07:44	Rtd
=	126	Philip Hardy	Male Vet 60	BEAUMARIS TOWN ROAD RUNNER	00:00	05:05	08:24	Rtd
=	123	Steve Harris	Male Vet 50	Unattached	00:00	04:27		Rtd
=	131	David Robinson	Male Vet 50	Unattached	00:00	04:45		Rtd
=	124	Liam Mitchell	Male Open	Unattached	00:00	05:42		Rtd
=	125	Simon Bottomley	Male Vet 40	Unattached	00:00	05:42		Rtd

Tim: Dosbarth D / Team: Class D

Amser Cychwyn / Start Time: 08:09:10

[Return to index](#)

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	163	Ssgt Tinker	Male Open	101 Bn REME Team B	00:00	03:26	05:37	07:23:33
2	165	Cfn Gibbins	Male Open	101 Bn REME Team B	00:00	03:27	05:38	07:23:39
3	164	Lcpl Leah	Male Open	101 Bn REME Team B	00:00	03:27	05:38	07:24:00
4	166	Lt Foster-Hall	Male Open	101 Bn REME Team A	00:00	03:26	05:55	07:51:47
5	167	Ocdt Raven	Male Open	101 Bn REME Team A	00:00	03:27	05:55	07:51:59
6	169	Cfn Aspinall	Male Open	101 Bn REME Team A	00:00	03:27	05:55	07:52:06
7	168	Cpl Finnigan	Male Open	101 Bn REME Team A	00:00	03:27	05:56	07:52:17
8	152	Lee Cutting	Male Open	9 Regiment RLC A	00:00	03:38	06:29	08:21:08
9	153	Cpl Gerrard	Male Open	9 Regiment RLC A	00:00	03:38	06:29	08:22:03
10	154	Lcpl Nicholas	Male Open	9 Regiment RLC A	00:00	03:41	06:29	08:27:43
11	136	Lt. Henry Mosey	Male Open	265 Battery, 106 Royal Artillery	00:00	04:33	06:48	08:30:04
12	139	Gnr. Heidi Foord-Dass	Female Open	265 Battery, 106 Royal Artillery	00:00	04:33	06:48	08:30:10
13	140	Bdr Carroll	Female Open	"106 Reg RA 457 Team A "	00:00		06:50	08:39:05
14	143	Lbdr Winchester	Male Open	"106 Reg RA 457 Team A "	00:00	04:13	06:50	08:39:17
15	141	Gnr Collar	Male Open	"106 Reg RA 457 Team A "	00:00	04:13	06:50	08:40:19
16	160	Sgt Volavola	Male Vet 40	9 Regiment RLC C	00:00	04:22	07:06	09:12:58
=	156	Guy Wealthall	Male Open	9 Regiment RLC B	00:00	04:00	06:59	Rtd
=	158	Pte Borrow	Male Open	9 Regiment RLC B	00:00	04:00	06:59	Rtd
=	157	Cpl Garside	Male Open	9 Regiment RLC B	00:00	04:01	06:59	Rtd
=	145	Rct Diaper-Wells	Female Open	106 Reg RA 457 Team B	00:00		07:02	Rtd
=	146	Sgt Dale	Male Vet 50	106 Reg RA 457 Team B	00:00		07:02	Rtd
=	144	Bdr Hayward	Male Vet 40	106 Reg RA 457 Team B	00:00		07:02	Rtd
=	159	Andy Richardson	Male Open	9 Regiment RLC C	00:00	04:23	07:03	Rtd
=	161	Pte Barnes	Female Open	9 Regiment RLC C	00:00	04:23	07:03	Rtd
=	149	Ssgt John Davies	Male Open	N Battery, 3rd Regiment Royal horse	00:00	04:37	07:08	Rtd
=	148	Sgt Robert Leonard	Male Open	N Battery, 3rd Regiment Royal horse	00:00	04:38	07:08	Rtd
=	151	Bdr James Berry	Male Open	N Battery, 3rd Regiment Royal horse	00:00	04:38	07:08	Rtd
=	150	Capt Edward Denton	Male Open	N Battery, 3rd Regiment Royal horse	00:00	04:38	07:08	Rtd
=	132	Peter Fearn	Male Vet 50	ABCers	00:00	04:31	07:19	Rtd
=	133	Mathew Morris	Male Open	ABCers	00:00	04:31	07:19	Rtd
=	134	Gavin Collins	Male Open	ABCers	00:00	04:31	07:19	Rtd
=	162	Pte Chou	Female Open	9 Regiment RLC C	00:00	04:23		Rtd
=	142	Gnr Iliopoulos	Male Open	"106 Reg RA 457 Team A "	00:00	04:26		Rtd
=	138	Gnr. Xiaoran Li	Male Open	265 Battery, 106 Royal Artillery	00:00	04:33		Rtd
=	137	Lbdr. Richard Dellow	Male Vet 40	265 Battery, 106 Royal Artillery	00:00	05:13		Rtd

Rhedwyr Mynydd: Dosbarth E / Fell Runners: Class E

Amser Cychwyn / Start Time: 10:31:59

[Return to index](#)

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	217	Joseph Taggart	Male Vet 40	Manx Fell Runners	00:00	00:53	01:47:09
2	205	Russell Owen	Male Vet 50	Eryri Harriers	00:00	01:04	02:03:39
3	218	Jackie Lee	Female Vet 40	Eryri Harriers	00:00	01:05	02:08:01
4	208	James McQueen	Male Vet 40	Eryri Harriers	00:00	01:06	02:16:52
5	231	Chris Atherton	Male Vet 40	Ambleside AC	00:10	01:00	02:22:29
6	221	Megan Hughes	Female Vet 40	Eryri Harriers	00:00	01:09	02:25:22
7	215	Richard Borne	Male Vet 40	Mysterons	00:00	01:15	02:31:21
8	223	Stel Farrar	Female Vet 50	Unattached	00:00	01:22	02:33:51
9	210	Sandra Rowlands	Female Vet 40	Eryri Harriers	00:00	01:19	02:37:58
10	233	Louise Emery	Female Vet 40	Eryri	00:00	01:19	02:38:05
11	232	Andrew Mcpherson	Male Vet 40	Brabond A.C.	00:00	01:19	02:44:19
12	219	Haydn Williams	Male Open	Barrow Runners	00:00	01:11	02:46:47
13	216	Mike Blake	Male Vet 60	Eryri Harriers	00:10	01:20	02:58:40
14	220	Alan Jones	Male Vet 40	Mersey Tri	00:00	01:35	03:06:22
15	222	Stephen Atherton	Male Vet 60	Ambelside a.c	00:00	01:24	03:10:11
16	204	Mike Leeson	Male Vet 50	Dursley & District AC	00:00	01:39	03:17:27
17	200	Jan Rogers	Female Vet 50	Chester Triathlon Club	00:00	01:44	03:21:30
18	212	Maggie Oliver	Female Vet 60	Eryri Harriers	00:00	01:46	03:31:52
19	230	Jack Norton	Male Open	Gorphwysfa	00:00	01:58	03:37:18
20	201	Nienke van den Berg	Female Open	Unattached	00:00	01:58	03:37:23
21	202	James Lillington	Male Open	Unattached	00:00	01:58	03:37:29
22	214	Harry Wilsdon	Male Open	Unattached	00:00	01:58	03:38:19
23	206	Nikki Russell	Female Open	Gorphwysfa	00:00	01:58	03:39:02
=	211	Kean Rowlands	Male Vet 50	Eryri Harriers	00:00	01:19	Rtd

Ras Copaon 1000m Cymru



Welsh 1000m Peaks Race

4 Mehefin 2016/ 4 June 2016

Mynyddwyr: Class F / Mountaineers: Class F

Amser Cychwyn / Start Time: 10:31:59

[Return to index](#)

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	225	Gethin Davies	Male Junior	Menai Track & Field	00:00	02:08	03:53:23
2	224	Barry Davies	Male Vet 40	Unattached	00:00	02:08	03:53:35
3	226	Duncan Ralph	Male Vet 50	Unattached	00:00	02:09	04:13:38
4	227	Scott Gordon	Male Open	Unattached	00:00	02:10	04:19:27
5	229	Kieran Wusthoff	Male Junior	None	00:00	02:31	04:28:14
6	228	Mark Wusthoff	Male Vet 40	None	00:00	02:31	04:28:18

Welsh 1000 Metre Peaks Race

Ras Copaon 1000m Cymru



Welsh 1000m Peaks Race

4 Mehefin 2016/ 4 June 2016

Course

Rhedwyr Mynydd: Dosbarth A	Fell Runners: Class A	Results
Mynyddwyr: Dosbarth C	Mountaineers: Class C	Results
Tim: Dosbarth D	Team: Class D	Results
Rhedwyr Mynydd: Dosbarth E	Fell Runners: Class E	Results
Mynyddwyr: Class F	Mountaineers: Class F	Results
Tim	Team	Results
Pair	Pair	Results

Welsh 1000 Metre Peaks Race

Canlyniadau Tim / Team Results

[Return to index](#)

Team	Count	Amser /Aggregate Time			22:11:12
	Rhif / No	Enw / Name			Amser / Time
101 Bn REME Team B	163	Ssgt	Tinker		07:23:33
	165	Cfn	Gibbins		07:23:39
	164	Lcpl	Leah		07:24:00
101 Bn REME Team A	166	Lt	Foster-Hall		07:51:47
	167	Ocdt	Raven		07:51:59
	169	Cfn	Aspinall		07:52:06
	168	Cpl	Finnigan		07:52:17
9 Regiment RLC A	155	Pte	Howells		
	152	Lee	Cutting		08:21:08
	153	Cpl	Gerrard		08:22:03
	154	Lcpl	Nicholas		08:27:43
"106 Reg RA 457 Team A "	142	Gnr	Iliopoulos		
	140	Bdr	Carroll		08:39:05
	143	Lbdr	Winchester		08:39:17
	141	Gnr	Collar		08:40:19