

Ras Hwyrnos Nant Yr Arian

17/04/2024

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	100	Ben Porter	Cerist Triathlon Club	MOPEN	1	00:31:45
2	9	Joe Robson		MOPEN	2	00:32:03
3	53	Dylan Lewis	Sarn Helen	M35	1	00:32:08
4	41	Robin Woods	Builth & District	M45	1	00:32:45
5	88	Gruffudd Lewis	Aberystwyth	M35	2	00:33:20
6	105	Phil Morris	Builth and district	M45	2	00:33:49
7	107	James Price		MOPEN	3	00:34:19
8	59	Simon Hall	Sarn Helen	M35	3	00:34:36
9	83	Morgan Roberts-Young		MOPEN	4	00:34:56
10	43	Llyr ab Einion	Aberystwyth University Harriers	MOPEN	5	00:35:15
11	11	Ieuan Pugh-Jones		MOPEN	6	00:36:27
12	15	Kameron Simmons-Sandy	Cerist Triathlon Club	MOPEN	7	00:36:34
13	54	Huw Lewis	Builth	M45	3	00:36:51
14	48	David Dwyer		M45	4	00:37:03
15	85	Glyn Price	Sarnhelen	M55	1	00:37:08
16	157	Jimmy Carter		M45	5	00:37:16
17	80	Tomos Roberts	Cardiff AC	MOPEN	8	00:37:18
18	44	Shane Nelson		MOPEN	9	00:37:21
19	62	George Eadon	Sarn Helen	M35	4	00:37:29
20	72	Alex Simmons		M35	5	00:37:49
21	55	Rhys Davies	Builth & District Running Club	MOPEN	10	00:38:02
22	154	Michael Davies	Sarn Helen	M55	2	00:38:34
23	39	James Shepherd		MOPEN	11	00:38:39
24	60	Dee Jolly		F35	1	00:38:40
25	159	Becky Atkinson	Sarn Helen	F45	1	00:38:51
26	49	Huw Jones	Cerist	MOPEN	12	00:39:33
27	35	Richard Anthony	Aberystwyth AC	M45	6	00:39:46
28	29	Callum Jones		MOPEN	13	00:40:11
29	103	Gareth Thomas	Builth and district	M35	6	00:40:13
30	65	Ant Behan	Cerist	M45	7	00:40:15
31	32	Saul Ashton		MOPEN	14	00:40:18
32	109	Ben Gaskell	Builth and District	M35	7	00:40:57
33	37	Beth Saunders	Cardiff	FOPEN	1	00:41:11
34	87	Tomos Jones		MOPEN	15	00:41:47

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
35	42	Isabel Edwards		FOPEN	2	00:41:58
36	8	Stephen Thomas		M45	8	00:42:05
37	33	Joanne Rees	Builth & District	F45	2	00:42:19
38	158	Stuart Atkinson		M45	9	00:42:30
39	36	Gareth Price	Builth Wells Running Club	M35	8	00:43:08
40	13	Will Lerigo	Aberystwyth AC	M35	9	00:43:17
41	22	Dwynwen Davies		FOPEN	3	00:43:38
42	38	Chloe Piggott	Aberdare Valley	FOPEN	4	00:44:10
43	108	Catrin Gaskell	Builth Wells & District	FOPEN	5	00:44:22
44	56	Isabelle Walker		FOPEN	6	00:44:38
45	77	Shan Lawson	Aberystwyth AC	F45	3	00:44:56
46	71	Dylan Garner		M35	10	00:45:00
47	21	Iain Barber	Aberystwyth AC	M45	10	00:45:01
48	68	Garmon Nutting		MOPEN	16	00:45:37
49	153	Christian Pryne		M45	11	00:46:10
50	18	Mark Paviour	Maldwyn Harriers	M55	3	00:47:06
51	104	Karen Kemish	Aber AC	F55	1	00:47:10
52	45	Nick Thompson	Aberystwyth	M35	11	00:47:20
53	57	Jonathan Davies		M35	12	00:47:22
54	58	Isobel Conibear		FOPEN	7	00:47:38
55	31	Kira L		FOPEN	8	00:47:48
56	28	Michael Harris	Aberystwyth Athletic Club	M35	13	00:48:52
57	102	Liz Pugh	Sarn Helen	F55	2	00:49:58
58	99	Bethan Rees	Aberystwyth AC	F35	2	00:50:03
59	46	Paul Wise		M65	1	00:50:06
60	20	Colin Davies	Builth Wells	M55	4	00:50:11
61	26	Cameron Pope	Aberystwyth AC	M65	2	00:50:44
62	5	David Humphreys	Aberystwyth Athletic Club	M55	5	00:50:44
63	17	Michael Williams		M45	12	00:51:00
64	160	Mick Taylor	Sarn Helen	M55	6	00:51:05
65	69	ROBERT SHARRATT	CARDIGAN RUNNING CLUB	M65	3	00:51:17
66	86	Hannah Sefton		FOPEN	9	00:51:19

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
67	106	Andy Starr		M45	13	00:52:09
68	19	Emma Bagshaw	Builth Wells	F55	3	00:52:57
69	34	Michelle Totterdell	Aberystwyth AC	F35	3	00:53:36
70	61	Tony Hall		M65	4	00:56:40
71	10	Chris Thomas	Builth & District Running Club	F65	1	00:57:33
72	50	Anwen McConochie		F45	4	00:59:04
73	14	Hannah Dee	Aberystwyth AC	F45	5	01:00:03
74	74	Katharine Lawrence		FOPEN	10	01:01:23
75	84	John Evans	Aberystwyth A C	M65	5	01:02:22
76	30	Avril Hardwick	Builth & District Running Club	F35	4	01:02:51
77	6	Jennie Thomas		FOPEN	11	01:03:12
78	7	Bethan Fitz-Griffiths		FOPEN	11	01:03:12

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17 April 2024

Award Winners

Overall Female					Overall Male				
1	60	Dee Jolly	Female	00:38:40	1	100	Ben Porter	Male	00:31:45
FOPEN Open Female					MOPEN Open Male				
1	37	Beth Saunders	Female	00:41:11	1	100	Ben Porter	Male	00:31:45
2	42	Isabel Edwards	Female	00:41:58	2	9	Joe Robson	Male	00:32:03
3	22	Dwynwen Davies	Female	00:43:38	3	107	James Price	Male	00:34:19
F35 Female 35					M45 Male 45				
1	60	Dee Jolly	Female	00:38:40	1	41	Robin Woods	Male	00:32:45
2	99	Bethan Rees	Female	00:50:03	2	105	Phil Morris	Male	00:33:49
3	34	Michelle Totterdell	Female	00:53:36	3	54	Huw Lewis	Male	00:36:51
F45 Female 45					M55 Male 55				
1	159	Becky Atkinson	Female	00:38:51	1	85	Glyn Price	Male	00:37:08
2	33	Joanne Rees	Female	00:42:19	2	154	Michael Davies	Male	00:38:34
3	77	Shan Lawson	Female	00:44:56	3	18	Mark Paviour	Male	00:47:06
F55 Female 55					M65 Male 65				
1	104	Karen Kemish	Female	00:47:10	1	46	Paul Wise	Male	00:50:06
2	102	Liz Pugh	Female	00:49:58	2	26	Cameron Pope	Male	00:50:44
3	19	Emma Bagshaw	Female	00:52:57	3	69	ROBERT SHARRATT	Male	00:51:17