

Ras Yr Hafod

08/05/2024

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	179	Dylan Lewis	Sarn Helen	M35	1	00:34:41
2	199	Joe Robson		MOPEN	1	00:35:41
3	185	Phil Morris		M45	1	00:35:53
4	217	James Cowan		MOPEN	2	00:36:01
5	195	Morgan Roberts-Young		MOPEN	3	00:36:49
6	1	Ieuan Pugh-Jones	CR Meirionnydd	MOPEN	4	00:37:54
7	4	James Price		MOPEN	5	00:37:56
8	118	Simon Hall	Sarn Helen	M35	2	00:38:08
9	188	Llyr ab Einion	Aberystwyth University Harriers	MOPEN	6	00:38:46
10	189	Billy Jackson		MOPEN	7	00:39:14
11	214	Shane Nelson		MOPEN	8	00:39:22
12	194	Glyn Price	Sarn Helen	M55	1	00:39:26
13	207	Gancho Slavov		M45	2	00:40:02
14	167	Julien Brun		MOPEN	9	00:40:11
15	182	Ian Evans	Aberystwyth AC	M45	3	00:40:38
16	180	Dafydd Davies		M35	3	00:41:03
17	140	George Eadon	Sarn Helen	M35	4	00:41:06
18	212	Alex Simmons		M35	5	00:41:39
19	120	Dee Jolly	Sarn Helen	F35	1	00:42:18
20	168	Gareth Thomas	Builth & District	M35	6	00:44:02
21	197	Tomos Jones		MOPEN	10	00:44:13
22	192	Gareth Price	Builth Wells Running Club	M35	7	00:44:37
23	208	Stephen Thomas	Aberystwyth athletics club	M45	4	00:45:14
24	177	Damian Sidnall		M55	2	00:45:15
25	67	Beth Saunders		FOPEN	1	00:45:34
26	203	Ivan Courtier		M55	3	00:45:41
27	175	Ian Chatton		M35	8	00:45:56
28	176	Emyr Thomas		M35	9	00:45:58
29	187	Matilda Wolstenholms		FOPEN	2	00:46:31
30	170	Iain Barber	Aberystwyth AC	M45	5	00:46:51
31	196	Raymond Davies		M35	10	00:46:58
32	216	Dylan Garner		M35	11	00:46:58
33	200	Christian Prynne		M45	6	00:47:12
34	191	Will Lerigo	Aberystwyth AC	M35	12	00:47:23

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
35	181	Mel Hopkins	Aberystwyth AC	M55	4	00:47:31
36	163	Toby Driver	Aberystwyth AC	M45	7	00:48:04
37	137	Lesley Lewis		F45	1	00:50:02
38	110	Callum Jones		MOPEN	11	00:50:44
39	111	Dwynwen Davies		FOPEN	3	00:50:48
40	213	Clive Williams		M55	5	00:50:51
41	201	Michael Harris	Aberystwyth Athletic Club	M35	13	00:50:52
42	186	Kira L		FOPEN	4	00:51:01
43	205	Paul Wise		M65	1	00:53:20
44	198	Hannah Sefton		FOPEN	5	00:53:43
45	172	Liz Pugh	Sarn Helen	F55	1	00:53:49
46	193	ROBERT SHARRATT	CARDIGAN RUNNING CLUB	M65	2	00:53:50
47	206	Meinir Williams		F45	2	00:54:17
48	134	Cameron Pope	Aberystwyth AC	M65	3	00:54:24
49	164	Andy Starr		M45	8	00:54:55
50	174	Colin Davies	Builth Wells	M55	6	00:55:17
51	211	David Humphreys	Aberystwyth AC	M55	7	00:56:09
52	173	Emma Bagshaw	Builth Wells	F55	2	00:56:37
53	204	Michelle Totterdell	Aberystwyth AC	M35	14	00:57:38
54	202	Hannah Dee	Aberystwyth AC	F45	3	00:58:33
55	119	Tony Hall	Sarn Helen	M65	4	01:01:08
56	215	Stephen McPhee		M35	15	01:01:11
57	169	Chris Thomas	Builth & District Running Club	F65	1	01:01:40
58	112	Katharine Lawrence		FOPEN	6	01:02:26
59	16	Saul Ashton		MOPEN	12	01:03:02
60	209	Jennie Thomas	Aberystwyth athletics club	FOPEN	7	01:06:37
61	184	John Evans	Aberystwyth A C	M65	5	01:10:42
62	210	Bethan Fitz-Griffiths		FOPEN	8	01:13:14

Ras Yr Hafod

08 May 2024

Award Winners

Overall Female					Overall Male				
1	120	Dee Jolly	Female	00:42:18	1	179	Dylan Lewis	Male	00:34:41
FOPEN Open Female					MOPEN Open Male				
1	67	Beth Saunders	Female	00:45:34	1	199	Joe Robson	Male	00:35:41
2	187	Matilda Wolstenholms	Female	00:46:31	2	217	James Cowan	Male	00:36:01
3	111	Dwynwen Davies	Female	00:50:48	3	195	Morgan Roberts-Young	Male	00:36:49
F35 Female 35					M45 Male 45				
1	120	Dee Jolly	Female	00:42:18	1	185	Phil Morris	Male	00:35:53
2		NONE			2	207	Gancho Slavov	Male	00:40:02
3		NONE			3	182	Ian Evans	Male	00:40:38
F45 Female 45					M55 Male 55				
1	137	Lesley Lewis	Female	00:50:02	1	194	Glyn Price	Male	00:39:26
2	206	Meinir Williams	Female	00:54:17	2	177	Damian Sidnall	Male	00:45:15
3	202	Hannah Dee	Female	00:58:33	3	203	Ivan Courtier	Male	00:45:41
F55 Female 55					M65 Male 65				
1	172	Liz Pugh	Female	00:53:49	1	205	Paul Wise	Male	00:53:20
2	173	Emma Bagshaw	Female	00:56:37	2	193	ROBERT SHARRATT	Male	00:53:50
3		NONE			3	134	Cameron Pope	Male	00:54:24