

RAS MOEL SIABOD RACE

Welsh Fell Runners Association (WFRA) endorsed race conducted in conjunction with the Capel Curig Carnival



2026 Canlyniadau | Results

Senior Race - Overall					
Rhif No	Amser Time	Enw Name	Clwb Club	Categori Category	
116	00:51:19	Harry Kneen	Dark Peak Fell Runners	Men Under 23	
84	00:51:43	Ed Woodhead	Deeside AAC	Men Under 23	
82	00:52:49	Jonathan Morris	Wolverhampton & Bilston AC	Men Senior (23 to 39)	
129	00:53:48	Sion Edwards	Eryri Harriers	Men Senior (23 to 39)	
117	00:54:07	Christopher Mann	Wrexham AAC	Men Senior (23 to 39)	
122	01:00:00	James Legg	Unattached	Men Over 40 (40 to 49)	
90	01:00:46	Lawrence Ramsey	Starfleet Academy	Men Senior (23 to 39)	
89	01:02:18	Mike Frost	Mercia Fell Runners	Men Over 50 (50 to 59)	
110	01:02:41	Nicholas Josh Colburn	Manx Fell Runners	Men Senior (23 to 39)	
109	01:02:49	Owen Jones	Unattached	Men Under 23	
97	01:03:04	Jason Jones	Eryri Harriers	Men Over 40 (40 to 49)	
92	01:03:13	Callum Dixon	Unattached	Men Senior (23 to 39)	
102	01:03:22	Daniel Elias	Unattached	Men Senior (23 to 39)	
132	01:03:32	Craig Jones	GOG Triathlon	Men Over 50 (50 to 59)	
131	01:04:15	Jessica Evans	GOG Triathlon	Women Over 40 (40 to 49)	
128	01:04:52	Findlay Sullivan	Blackburn Harries	Men Senior (23 to 39)	
113	01:05:59	Isabelle Shaw	Menai Track & Field	Women Under 23	
111	01:06:25	Seb Kinsey	Glossopdale Harriers	Men Under 23	
125	01:06:25	Suzie Richards	Eryri Harriers	Women Senior (23 to 39)	
98	01:06:39	Catrin Donnelly	Eryri Harriers	Women Senior (23 to 39)	
124	01:08:13	Marcus Preedy	Rossendale Harriers	Men Senior (23 to 39)	
123	01:08:31	Andy Preedy	Rossendale Harriers	Men Over 50 (50 to 59)	
81	01:09:03	Adam Harper	Eryri Harriers	Men Senior (23 to 39)	
107	01:09:23	Cameron Brown	Unattached	Men Senior (23 to 39)	
106	01:09:33	Joe Symonds	Eryri Harriers	Men Senior (23 to 39)	
99	01:12:38	Tomos Williams	Unattached	Men Senior (23 to 39)	
119	01:15:22	Bryn Humphreys	Unattached	Men Senior (23 to 39)	
88	01:19:14	Bruce Lacey	Buckley Runners	Men Senior (23 to 39)	
85	01:23:58	Lee Murray	Unattached	Men Senior (23 to 39)	
104	01:25:22	Keith Dunham	Pensby Runners	Men Over 40 (40 to 49)	
94	01:26:56	Evy Mansat Gros	Unattached	Women Under 23	
96	01:28:07	Stephanie Cunliffe	Pensby Runners	Women Senior (23 to 39)	
134	01:28:17	Alexandra Fletcher	Eryri	Women Over 40 (40 to 49)	
93	01:30:52	James Harwood	Unattached	Men Over 50 (50 to 59)	
83	01:31:23	Flora Gunner	Croft Ambrey RC	Women Over 60 (60 to 69)	
120	01:33:17	Hannah Kate Gray	Cybi Striders	Women Over 40 (40 to 49)	
133	01:38:12	Jenny Williamson	Eryri Orienteers	Women Over 40 (40 to 49)	
114	01:39:00	Lucy Smith	Unattached	Women Senior (23 to 39)	
108	01:42:27	Brian Robbins	Eryri Harriers	Men Over 75 (75 and older)	
130	01:49:51	Graham McVru	Unattached	Men Over 50 (50 to 59)	
100	01:56:07	Hazel Robbins	Eryri Harriers	Women Over 60 (60 to 69)	

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85	01:23:58	Lee Murray	Unattached	Men Senior (23 to 39)

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122	01:00:00	James Legg	Unattached	Men Over 40 (40 to 49)
97	01:03:04	Jason Jones	Eryri Harriers	Men Over 40 (40 to 49)
104	01:25:22	Keith Dunham	Pensby Runners	Men Over 40 (40 to 49)

No	Time	Name	Club	Category
89	01:02:18	Mike Frost	Mercia Fell Runners	Men Over 50 (50 to 59)
132	01:03:32	Craig Jones	GOG Triathlon	Men Over 50 (50 to 59)
123	01:08:31	Andy Preedy	Rossendale Harriers	Men Over 50 (50 to 59)
118	01:14:53	Andy Jones	GOG Triathlon	Men Over 50 (50 to 59)
95	01:15:41	Peter Hampshire	Pensby runners	Men Over 50 (50 to 59)
103	01:16:52	Nick Denney	Unattached	Men Over 50 (50 to 59)
121	01:17:01	Gwyn Williams	Rhedwyr Hebog	Men Over 50 (50 to 59)
87	01:18:30	Timothy Woodhead	Deeside	Men Over 50 (50 to 59)
115	01:20:07	Gary Howarth	Oldham MRT Runners	Men Over 50 (50 to 59)
93	01:30:52	James Harwood	Unattached	Men Over 50 (50 to 59)
130	01:49:51	Graham McVru	Unattached	Men Over 50 (50 to 59)

No	Time	Name	Club	Category
127	01:13:56	William Greenwood	Eryri Harriers	Men Over 60 (60 to 69)
91	01:24:13	Kevin Hagley	South West Road Runners	Men Over 60 (60 to 69)

No	Time	Name	Club	Category
108	01:42:27	Brian Robbins	Eryri Harriers	Men Over 75 (75 and older)

No	Time	Name	Club	Category
113	01:05:59	Isabelle Shaw	Menai Track & Field	Women Under 23
112	01:09:47	Mabli Baines	Eryri Harriers	Women Under 23
126	01:16:13	Elen Edwards	Eryri Harriers	Women Under 23
94	01:26:56	Evy Mansat Gros	Unattached	Women Under 23

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125	01:06:25	Suzie Richards	Eryri Harriers	Women Senior (23 to 39)
98	01:06:39	Catrin Donnelly	Eryri Harriers	Women Senior (23 to 39)
105	01:09:42	Claire Donnelly	Eryri Harriers	Women Senior (23 to 39)
96	01:28:07	Stephanie Cunliffe	Pensby Runners	Women Senior (23 to 39)
114	01:39:00	Lucy Smith	Unattached	Women Senior (23 to 39)

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131	01:04:15	Jessica Evans	GOG Triathlon	Women Over 40 (40 to 49)
86	01:12:39	Mary Gillie	Eryri Harriers	Women Over 40 (40 to 49)
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Junior Race - Overall					
No	Time	Name	Club	Category	
183	00:16:32	Lewis Dixon	Unattached	Male Under 12	
184	00:18:37	Greta Jones	Eryri Harriers	Female Under 12	