

Ras Foel Fras 2026 14th June

Place	Bib No	Name	Gender	WFRA Age Cat	Club	Early Start	Time
1	98	Sion Edwards	M	Senior	Eryri		1.39.10
2	65	Mark Burley	M	Senior	Macclesfield Harriers &		1.39.21
3	77	Matthew Fortes	M	V40	Eryri Harriers		1.47.27
4	12	Chris Mcalen	M	Senior	Meirionydd		1.47.42
5	81	Owain Williams	M	V40	Eryri		1.50.11
6	86	Stuart Smith	M	V40	Merica		1.53.47
7	60	James Shanahan	M	Senior			1.53.59
8	67	Neal Hockley	M	V40	Rhedwyr Eryri		1.54.29
9	40	Harri Pickering	M	Senior			1.57.13
10	53	Jack Agnew	M	Senior	Merica		1.57.26
11	82	Miranda Grant-Roberts	F	V40	Eryri Harriers		1.57.44
12	80	Emlyn Owen	F	V50	Eryri Harriers		1.57.56
13	83	Tim Higginbottom	M	V50	CRR		1.58.03
14	58	Steve Shanahan	M	Senior			1.58.27
15	84	Chris Near	M	V50	WFRA		1.58.44
16	66	Jackie Lee	F	V50	Eryri Harriers		2.01.58
17	41	Jake Ratcliffe	M	Senior	Eryri		2.02.48
18	42	Delwyn Owen Parry	M	V40	Eryri Harriers		2.02.49
19	70	James Bayford	M	Senior			2.02.50
20	95	Jonthan Moore	M	V50	WFRA		2.02.54
21	72	Chris Smith	M	V40	Eryri Harriers		2.03.22
22	54	Tony Wood	M	Senior	Denbigh Harriers		2.04.53
23	76	Henry Aron	M	V40			2.08.46
24	55	Gethin Jones	M	V40	GOG triathlon		2.08.47
25	13	Craig Riches	M	V40			2.09.11
26	47	Jordan Collins	M	V40	Eryri Harriers		2.09.55
27	73	Darren Hesleton	M	V40	Bro Dysynni AC		2.10.13
28	22	Harry Wilkinson	M	V50	Borrowdale Fell runner		2.10.22
29	68	Andrea Rowlands	F	V50	Eryri Harriers		2.10.50

30	44	John Simpson	M	V60	Pensby Runners		2.14.14
31	96	Alex Wyatt	M	Senior	Preston Harriers		2.14.20
32	85	Shane williams	M	V40	Cybi		2.14.27
33	62	Anwen Hockley	F	U23	Eryri Harriers		2.14.38
34	50	Mel Price	F	V50	Mercia		2.14.45
35	92	Nia Albiston	F	V40	Eryri		2.15.08
36	100	Gruff Arfon	M	Senior			2.15.32
37	75	Owen Hughes	M	Senior			2.15.57
38	48	Russell Owen	M	V60	Eryri		2.16.05
39	59	Rob Duckers	M	V40	Clwydian Range Runn		2.19.08
40	19	Bethan Billington	F	U23	Eryri Harriers		2.19.17
41	91	Neil Upton	M	V40	Pensby Runners		2.19.45
42	63	Robert James Miles	M	V50	Wrexham AC		2.20.01
43	52	John Atyeo	M	V50	Mercia Fell Runners		2.20.07
44	64	Mary Gillie	F	V40	Eryri		2.22.59
45	51	Mark Agnew	M	V50	Merica		2.23.21
46	106	Neil Jones	M	V50	Coastline		2.24.51
47	93	Gareth Rhys Jones	M	Senior	Prestatyn Running Clu		2.24.58
48	94	Trevor lawler	M	V40	Eryri Harriers		2.25.21
49	46	Ian Williams	M	Senior	N/a		2.25.42
50	78	Dean Barbour	M	Senior			2.25.56
51	49	Gwyn Williams	M	V50	Hebog		2.26.55
52	79	William Greenwood	M	V60	Eryri Harriers		2.27.56
53	90	Mike Snell	M	V70	Eryri		2.28.01
54	88	Hannah Tomlinson	F	Senior	Clwydian Range Runn		2.28.55
55	71	Jonathan Cole	M	V50	Ellesmere Port RC		2.28.57
56	87	Mandy Peffers	F	V50	Clwydian Range Runn		2.30.05
57	45	Nic Conner	M	Senior			2.31.07
58	43	Simo	M	V40	Bowland Fell Runners		2.31.08
59	89	Jessica Bibby	F	Senior	Cybi Striders		2.32.00
60	99	Sam Warrenger		Senior			2.33.36
61	69	Guto Brown	M	U23	ERYRI ORIENTEERS		2.34.00

62	105	Hannah Toberman	F	V40			2.36.40
63	103	Patrick Walsh	M	Senior	NWRRC		2.38.38
64	9	Mike Hobday	M	V60	Denbigh Harriers	ES	2.43.03
65	39	Allan Mckeown	M	V40	Buckley Runners		2.45.43
66	102	Carl Mitchell	M	V40	Unattached		2.46.07
67	101	Mel Morris	F	V40	Denbigh Harriers		2.48.48
68	61	Chris Morgan	M	Senior	Denbigh Harriers		2.49.48
69	8	Seghir Messamah	M	V60	Eryri Harriers	ES	2.51.58
70	57	Jim westwood	M	V50	None		2.52.27
71	1	Hamish Healy	M	V50	Betsi Runaways	ES	2.55.10
72	56	Alexandra fletcher	F	V40	Eryri harriers		2.55.28
73	104	Claire Hoolohan	F	Senior			2.55.29
74	97	Nich Bradley	M	V70	Meirionydd RC		2.56.32
75	2	Dwynwen Pennant	F	V50	Hebog	ES	3.00.17
76	74	Emma Runciman	F	Senior			3.00.55
77	7	Paul martin	M	V50	GOGTriathlon	ES	3.07.26
78	4	Brian Robbins	M	V80	Eryri Harriers	ES	3.30.25
79	5	Ellie Salisbury	F	V60	Eryri Harriers	ES	3.41.24
80	6	Edward Iesniak	M	V70	Achille Ratti	ES	3.41.24
81	3	Natasha Fellowes	F	V50	Achille Ratti	ES	3.41.24

