



CANLYNIADAU/RESULTS

TYMOR / SEASON 2008

CYMUNOD - GWYDDFOR - BODEDERN CIRCUIT - 6.2MILE 11/09/08

1	GARETH BLACKSHAW	15.27
2	PAUL MARTIN	16.05
3	DOM SANDERSON	16.13
4	DELWYN WILLIAMS	18.30
5	BRIAN ENTWISTLE	19.11

LLANFAELOG 8 MILE - 28/08/2008

1	GARETH BLACKSHAW	19.17
2	DEWI JONES - ENERGY C.C.	20.35
3	PAUL MARTIN	20.57
4	DELWYN WILLIAMS	22.45

CRM 2008 TIME TRIAL RESULTS

Mon-Arfon Cycling League (6th & final) Event

Date: 12-08-08 Course: Brynsiencyn 7.5 Mile - Time - Ave Speed

In time order Name hr min sec (mph)

- 1** Gareth McGuinness (ECC) 17 02 26.418
- 2** Thomas Jones (CRM) 18 22 24.500
- 3** Tom Broadbent (ECC) 18 23 24.478
- 4** Meirion Davies (ECC) 18 27 24.390
- 5** Iwan Parry (CRM) 18 31 24.302
- 6** Dave Hughes (CRM) 18 35 24.215
- 7** Mark Malpass (ECC) 18 36 24.193
- 8** Medwyn Williams (HCC) 18 42 24.193

Not in M.A.

League Dave Thomas (RhosCC) 19 34 22.998

- 9 John Williams (ECC) 19 52 22.651
- 10 Derek Sayer □ (ECC) 20 10 22.314
- 11 Paul Martin (HCC) 20 18 22.167
- 12 Huw Parry (CRM) 20 46 21.669
- 13 Mike Jamison □ (CRM) 20 48 21.634
- 14 Delwyn Williams □ (HCC) 21 00 21.428
- 15 Gethyn Hughes (CRM) 23 55 18.815
- 16 □ Sion Williams □ (CRM) 25 01 18.000
- 17 Jason Cordingley □ (CRM) 26 14 17.153

MON-ARFON LEAGUE (5th event) RESULTS

Held on Holyhead CC's Llanfaelog course.

Date: 17-07-08 Course: Llanfaelog 10 Mile - Time - Ave Speed

In time order Name hr min sec (mph)

- 1 Matt Pritchard (CRM) 22 34 26.587
- 2 Gareth McGuinness (ECC) 22 47 26.335
- 3 Tom Broadbent (ECC) 23 34 25.459
- 4 Medwyn Williams (HCC) 24 17 24.708
- 5 Dewi Jones (ECC) 24 58 24.032
- 6 John Williams (ECC) 25 24 23.622
- 7 Paul Martin (HCC) 25 53 23.180
- 8 Delwyn Williams (HCC) 27 36 21.739
- 9 Mark Malpass* (ECC) 28 35 20.991

**CYMDEITHAS SEICLO GWYNEDD CYCLING ASSOCIATION
RESULT OF HOLYHEAD 25 MILE TIME TRIAL ON 3 JULY 2008**

OVERALL RESULT

Name	Club	Time	Vet.	Std.	Club Points	Ave mph
1	Harvey Wharton	Energy	1.02.52	30	23.860	
2	Tom Broadbent	Energy	1.03.04	29	23.784	
3	Arthur Thomas	Holyhead	1.03.58	+14.57	28	23.449
4	Mark Malpass	Energy	1.04.01	27	23.431	
5	Ivor Wild	Rhos	1.05.01	+15.40	26	23.071
6	Medwyn Williams	Holyhead	1.05.29	+3.02	25	22.906
7	Chris Purt	Energy	1.05.48	24	22.796	
8	Jorn Diedrichsen	Energy	1.05.57	23	22.744	
9	Wayne Owen	Energy	1.06.21	22	22.607	
10	Dewi Jones	Energy	1.08.38	-1.38	21	21.855
11	Ruth Metcalfe	Rhos	1.10.52	20	21.166	
12	John Williams	Energy	1.10.53	+5.44	19	21.161
13	Derek Sayer	Energy	1.11.04	+5.33	18	21.106
14	Paul Martin	Holyhead	1.12.09	-4.09	17	20.790
15	Warren McDonough	Holyhead	1.15.01	16	19.995	
16	Tony Lord	Rhos	1.20.48	-0.43	15	18.564
17	Sarah Nayson	Energy	1.23.34	14	17.949	

LLANFAELOG 8 MILE 26/6/2008



EVENT CANCELLED DUE TO ROAD SURFACE WATER ON COURSE.

LLANFAELOG 8 MILE 29/05/2008

1	GARETH BLACKSHAW	18.45
2	JOHN PAUL OWEN	21.00
3	WARREN MCDONAGH	21.21
4	PAUL MARTIN	21.25
5	DELWYN WILLIAMS	22.20

Mon-Arfon Cycling League (4th event)

Date: 24-06-08 Course: Star 25 Mile - Time - Ave Speed

In time order Name hr min sec (mph)

- 1** Gareth McGuinness (ECC) 1 00 47 24.677
 - 2** Tom Broadbent (ECC) 1 01 21 24.449
 - 3** Harvey Wharton (ECC) 1 02 01 24.187
 - 4** Luigi Baccarini (ECC) 1 03 29 23.628
 - 5** Rob Mansell (CRM) 1 04 03 23.419
 - 6** Thomas Jones (CRM) 1 04 40 23.195
 - 7** Mark Malpass (ECC) 1 05 01 23.071
 - 8** Medwyn Williams (HCC) 1 05 03 23.059
 - 9** Simon Neill (CRM) 1 05 46 22.807
 - 10** Gareth Blackshaw (HCC) 1 07 21 22.271
 - 11** John Williams (ECC) 1 08 00 22.058
 - 12** Dewi Jones (ECC) 1 09 44 21.510
 - 13** Paul Martin (HCC) 1 10 36 21.246
 - 14** Dave Hughes (CRM) 1 11 35 20.954
 - 15** Warren McDonough (HCC) 1 11 46 20.901
 - 16** Jamie Holding (ECC) 1 13 03 20.533
 - 17** Delwyn Williams (HCC) 1 16 14 19.676
 - 18** Gethyn Hughes (CRM) 1 22 50 18.108
- Derek Sayer (ECC) - DNF - -

MON-ARFON LEAGUE (3rd event) RESULTS

Held on Holyhead CC's Llanfaelog course.

Date: 12-06-08 Course: Llanfaelog 10* Mile - Time - Ave Speed

In time order Name hr min sec (mph)

- 1 Gareth McGuinness (ECC) 22 31 26.646
- 2 Gareth Jones (CRM) 22 36 26.548
- 3 Matt Pritchard (CRM) 23 01 26.068
- 4 Tom Broadbent (ECC) 23 09 25.917
- 5 Gareth Blackshaw (HCC) 23 17 25.769
- 6 Mark Malpass (ECC) 23 22 25.677
- 7 Harvey Wharton (ECC) 23 53 25.122
- 8 Medwyn Williams (HCC) 24 04 24.930
- 9 Wayne Owen (ECC) 24 07 24.879
- 10 Iwan Parry (CRM) 24 13 24.776
- 11 Dewi Jones (ECC) 24 15 24.742
- 12 Thomas Jones (CRM) 24 17 24.708
- 13 Vince Edwards (CRM) 24 30 24.489
- 14 Dave Hughes (CRM) 24 43 24.275
- 15 Derek Sayer (ECC) 25 37 23.422
- 16 Ron Clayton (HCC) 26 24 22.727
- 17 Paul Martin (HCC) 27 12 22.058
- 18 Delwyn Williams (HCC) 27 17 21.991
- 19 Cecily Hindley (CRM) 27 21 21.937
- 20 John Lloyd (ECC) 28 47 20.845

DALAR-TREBAN-A55 10 - 15/5/2008

1	GARETH BLACKSHAW	23.18
2	ARTHUR THOMAS	23.49
3	DEWI JONES - ENERGY CC	24.41
4	JOHN PAUL OWEN	26.16
5	RON CLAYTON	26.32*P.B*

LLANFAELOG 8 MILE - 01/05/2008

1	GARETH BLACKSHAW	19.04
2	DEWI JONES - ENERGY CYCLES	20.04
3	MARK MALPASS - ENERGY CYCLES	20.22
4	MEDWYN WILLIAMS	21.42
5	RON CLAYTON	21.46
6	WARREN MCDONOUGH	22.50
7	PAUL MARTIN	23.11

8	DELWYN WILLIAMS	24.09
9	STEPH FELL	27.34

DALAR-TREBAN-A55 10 - 17/04/2008

1	GARETH BLACKSHAW	24.53
2	DEWI JONES - ENERGY CYCLES	25.52
3	STEVE FARRAR	27.22
4	MEDWYN WILLIAMS	27.29
5	RON CLAYTON	27.49
6	PAUL MARTIN	28.41
7	WARREN MCDONOUGH	29.07
8	DELWYN WILLIAMS	30.19

Mon-Arfon Cycling League (1st event)

Date: 15-04-08 Course: Llanfairpwll 10 Mile - Time - Ave Speed

In time order Name hr min sec (mph)

- 1** Gareth McGuinness (ECC) 23 23 25.659
- 2** Harvey Wharton (ECC) 24 49 24.177
- 3** Gareth Blackshaw (HCC) 25 09 23.856
- 4** Tom Broadbent (ECC) 25 23 23.637
- 5** Iwan Parry (CRM) 25 25 23.606
- 6** Dewi Jones (ECC) 25 28 23.560
- 7** Jörn Diedrichsen (ECC) 25 39 23.391
- 8** Arthur Thomas (HCC) 25 44 23.316
- 9** Matt Pritchard (CRM) 25 47 23.270
- 10** Medwyn Williams (HCC) 26 09 22.944
- 11** Luigi Baccarini (ECC) 26 15 22.857
- 12** Steven Farrar (HCC) 26 27 22.684
- 13** Mark Malpass (ECC) 26 33 22.598
- 14** Vince Edwards (CRM) 26 42 22.471
- 15** Wayne Owen (ECC) 26 59 22.235

Not in M.A.

League Dave Thomas (RhosCC) 27 17 21.991

- 16** John Williams (ECC) 27 40 21.686
- 17** Dave Hughes (CRM) 27 47 21.595
- 18** Geraint Roberts (CRM) 28 24 21.126
- 19** Ron Clayton (HCC) 28 26 21.101
- 20** Paul Martin (HCC) 28 38 20.954
- 21** Warren McDonagh (HCC) 28 58 20.713
- 22** Jamie Holding (ECC) 28 59 20.701
- 23** Delwyn Williams (HCC) 29 42 20.202
- 24** Debbie Jones (ECC) 29 44 20.179
- 25** Brian Jones (CRM) 30 52 19.438
- 26** Huw Parry (CRM) 31 33 19.017
- 27** Gethyn Hughes (CRM) 32 44 18.329
- 28** Nick Stuart (CRM) 34 02 17.629
- 29** Lynne Stuart (CRM) 37 25 16.035

LLANFAELOG 8 MILE - 03/04/2008

1	ARTHUR THOMAS	19.23
2	DEWI JONES - ENERGY CYCLES	19.27
3	STEVE FARRAR	19.53
4	RON CLAYTON	21.26
5	PAUL MARTIN	22.28
6	DELWYN WILLIAMS	22.50
7	WARREN MCDONAGH	22.50

BOXING DAY 10 2007 - DALAR A55

1	GARETH BLACKSHAW	26.27
2	GARETH WILLIAMS	26.46
3	RONNIE CLAYTON	27.30
4	ARWEL JONES	28.40
5	JOHN PAUL OWEN	28.44
6	MEDWYN WILLIAMS	29.01
7	MARK BOWMAN	29.56
8	WARREN MCDONAGH	31.40