

Canlyniadau Ras Tri Chopa'r Eifl Results					
Rhif / No.	Enw / Name	Tre'r Ceiri / 1st peak	Garn Ganol / 2nd peak	Mynydd Gwaith / 3rd peak	Gorffen / Finish
1	Gethin Griffiths	29.30	51.10	1.11.41	1.33.59
2	Mareg Grug Llywelyn	23.37	39.30	54.35	1.09.28
3	Toni Jones	21.10	36.15	50.56	1.05.08
4	Eilian Jones	23.15	39.20	54.10	1.09.06
5	Gethin Temple-Morgan	22.15	38.02	53.10	1.08.50
6	Iwan Edgar	19.18	31.51	44.32	57.57
7	Tom Albiston	27.21	34.56	50.04	1.04.23
8	Emyr Davies	24.05	40.35	57.58	1.13.23
9	Rhys Jones	16.15	26.46	37.25	49.17
10	Hugo Thomas	26.11	44.03	1.01.15	1.18.19
11	Roger Thompson	18.19	31.10	43.35	56.31
12	Sion Edwards	16.38	27.56	38.25	49.38
13	Llŷr Bryn Roberts	22.25	37.50	52.50	1.08.09
14	Nia Gwynn	21.15	34.58	39.10	1.02.46
15	Dafydd Gwynn	17.36	29.35	41.52	54.04
16	Llŷr Williams	21.20	35.54	49.49	1.03.37
17	Deio McGowan	23.24	39.36	54.30	1.13.28
18	Ross Roberts	16.10	27.54	39.17	50.37
19	Gwyn Williams	17.20	39.04	39.39	50.51
20	Becky Law	18.31	30.57	43.00	56.15
21	Mathew Fortes	16.18	26.48	36.46	47.26
22	Owain Hunt Williams	14.55	24.58	34.21	44.32
23	Sean Michael Hughes	17.26	28.55	39.55	50.59
24	Gwydion ap Wynn	18.38	31.13	42.80	54.54
25	Martin Toole	17.31	29.11	40.39	52.19
26	Derfel Owen	22.50	33.22	45.31	58.30
27	Gareth Davies	23.50	42.54	1.03.10	1.21.15
28	Sophie Horrocks	18.02	30.00	41.40	53.58
29	Steven Andrews	23.00	40.30	1.00.15	1.20.07
30	Catrin Glyn	24.00	39.46	55.57	1.13.35
31	Math Roberts	13.45	22.37	31.00	40.22
32	Eilir Evans	21.45	35.00	47.19	1.01.18