

Ras y Cerrig Glas 2018

Pos	Name	Surname	Cat	Club	Time
1	Andrew	Hughes	M40	Rhedwyr Preseli	58.11
2	Tomos	Morgans	OM	Sarn Helen	1.00.26
3	Heddwyn	Evans	M40	Cardigan RC	1.03.36
4	Steve	Williams	M50	St Davids	1.06.04
5	Marc	Beasley	OM	Narberth Nobblers	1.08.50
6	Jason	Belton	M40	Ambleston	1.12.29
7	Martin	Harris	M50	Team Cemais	1.14.44
8	Diane	H-Bruckner	F40	Aberystwyth AC	1.15.07
9	Chris	Sexton	M50	Pembs harriers	1.17.06
10	Hazel	Davies	F60	Emlyn Flyers	1.19.33
11	Steffan	Davies	OM	Carmarthen Harriers	1.20.39
12	Huw	Davies	M40	Carmarthen Harriers	1.20.39
13	Kevin	Davies	M40	Rhedwyr Preseli	1.21.18
14	Gwen	Morris	F40	Maenclochog	1.29.46
15	Jonathon	Tebbutt	M40	Rhosfach	1.39.37
16	Erian	Davies	M60	Llanwrda	1.50.30
Records: Male – James THOMAS 2017- 54.24. Tasha SEXTON 2016 – 1.06.19					