

## Ras Cwmcerwyn 2018

Pos	Name	Surname	Cat	Club	Time
1	Andrew	HUGHES	M40	Rhedwyr Preseli	39.39
2	Tomos	MORGANS	OM	Sarn Helen	40.07
3	Alec	WILLIAMS	M50	Pembs Harriers	42.13
4	Shan	JONES	F50	Rhedwyr Preseli	42.31 NR
5	Chris	WELTON	M40	Rhedwyr Preseli	43.13
6	Marc	BEASLEY	OM	Narberth Nobblers/RP	44.09
7	Martin	HARRIS	M50	Team Cemais	47.30
8	James	GREENHALGH	M40	Maenclochog	47.44
9	Barry	OWEN	M40	Emlyn Flyers	50.19
10	Kyra	KIRKHAM	F40	Emlyn Flyers	50.19
11	Daniel	JESSE	OM	Rosebush	50.22
12	Rob	CRAIG	M40	Crymych	51.37
13	Paul	PADGETT	M60	Team Cemais	51.43
14	Megan	JUDGE	OF	Black Pear Joggers	52.02
15	Ryan	LYTTLE	OM	Black Pear Joggers	52.02
16	Kevin	DAVIES	M50	Rhedwyr Preseli	52.49
17	Louise	BOORMAN	F50	Pembs Harriers	56.21
Records: Male-Andrew HUGHES 2017 - 38.35      Female- Shan JONES 2018- 42.31					