

Ras Y Cerrig Glas '22

Pos	Name	Club	Cat	Cat pos	Time
1	Michael WRIGHT	Nblrs	OM	1	00:59:31
2	Ollie MINTON	Nblrs	OM	2	01:00:14
3	Kitty ROBINSON	Nblrs	OF	1	01:02:19
4	Alistair BOWEN	Cardigan RC	M50	1	01:04:36
5	Huw DAVIES	Carmarthen Harriers	M50	2	01:04:43
6	Steve WILLIAMS	St Davids	M50	3	01:06:10
7	Chris WELTON	Rhedwyr Preseli	M50	4	01:06:23
8	Sion JONES	Amman Valley	OM	3	01:07:46
9	Liam PHILLIPS	Rhedwyr Preseli	OM	4	01:08:17
10	Sonia VALLA	Nblrs	F40	1	01:09:03
11	Marc BEASLEY	Nblrs	OM	5	01:10:24
12	Mark HAYWARD	Nblrs	M40	1	01:13:31
13	Martin HARRIS	Team Cenais	M50	5	01:18:55
14	Alun JAMES	Boncath	OM	6	01:20:11
15	Kevin DAVIES	Rhedwyr Preseli	M50	6	01:22:37
16	Oli RILEY	Cardigan RC	OM	7	01:22:40
17	Luke BAINES	Nblrs	M40	2	01:22:43
18	Claire ROUNDING	Cardigan RC	OF	2	01:23:18
19	Nick BURTENSHAW	Nantgaredig	M40	3	01:24:30
20	Chris SEXTON	Pembs Harriers	M50	7	01:28:57
21	Paul LETTINGTON	Cardigan RC	M50	8	01:29:44
22	Amanda LETTINGTON	Cardigan RC	F50	1	01:30:04
23	Paul PADGET	Team Cenais	M60	1	01:34:25
24	Lon MORGAN	Trots	F60	1	01:38:50
25	Louise BOORMAN	Pembs Harriers	F60	2	01:39