

RAS Y CERRIG LAS RESULTS 2023

Race No	Position	Name	Cat	Time	Cat Pos
19	1st	Oliver Minton	OM	57.26	WINNER
5	2nd	Gareth Venables	OM	58.41	
31	3rd	Michael Wright	OM	1.00:29	
18	4th	Stephen Williams	M50	1.01:35	WINNER
28	5th	Heddwyn Evans	M40	1.05:36	WINNER
27	6th	Liam Phillips	M40	1.05:57	
23	7th	Tasha Sexton	F40	1.06:09	WINNER
30	8th	Katie Harrower	OF	1.10:11	WINNER
11	9th	Iain Hendry	M50	1.11:48	
15	10th	Jonathan Williams	OM	1.12:14	
16	11th	Malcolm Clash	M60	1.12:24	WINNER
24	12th	Rik Selwood	M40	1.13:22	
4	13th	Benedict O Leary	M40	1.14:20	
22	14th	Eddy Ball	M50	1.14:54	
35	15th	Carolyn Watkins	OF	1.16:17	
20	16th	Jon Davies	M40	1.16:44	
13	17th	Kevin Davies	M50	1.17:02	
29	18th	Martin Harris	M50	1.19:34	

21	19th	Catherine Hall	OF	1.19:50	
33	20th	Claire Rounding	OF	1.20:32	
32	21st	Rachel Jones	OF	1.20:34	
7	22nd	Katharine Green	F40	1.21:32	
12	23rd	Chris Sexton	M50	1.22:58	
14	24th	David Pepper	OM	1.23:07	
10	25th	Richard Cheney	M40	1.26:20	
8	26th	Tracey Thomas	F50	1.27:58	WINNER
9	26th	Stephanie Waring	F40	1.27:58	
1	28th	Cameron Macmillen	OM	1.31:28	
3	29th	Fraser McMillan	M50	1.32:08	
25	30th	Paul Lettington	M50	1.37:49	
26	31st	Amanda Lettington	F50	1.38:37	
6	32nd	Garry Block	M40	1.49:32	
2	33rd	Rachel Matthews	F50	1.50:27	
17	34th	Arwyn Williams	M40	1.53:36	
34	35th	Karen James	F50	2.08:33	

1.5 Mile JUNIOR RACE: Under 14

430	1st	Tabitha Curtis	U14F	13.23	Winner
------------	-----	----------------	------	--------------	--------

429	2nd	Iestyn Colnet	U14M	13.32	Winner
428	3rd	Ryan Block	U14M	18.01	
431	4th	Tali Wright	U14F	18.18	

0.7 Mile JUNIOR RACE: Under 11					
131	1st	Theo Jones	U11M	7.33	Winner
128	2nd	Deian Watkins	U11M	7.40	
129	3rd	Hari Watkins	U11M	7.48	
130	4th	Beau Curtis	U8M	9.46	Winner
132	5th	Bryn Wright	U11M	9.55	