

Ras Y Cerrig Glas 2024				
Pos	Name	Age Cat	Time	Cat pos
1	Dave Ryan	OM	57.16	1
2	Kitty Robinson	OF	1.00.17`	1
3	Jack Turner	OM	1.04.03	2
4	Mike Munroe	OM	1.05.43	3
5	James Greenhalgh	M50	1.06.02	1
6	Richard Cheney	OM	1.06.24	4
7	Steve Noice	M40	1.11.13	1
8	Mark Aston	M50	1.11.28	2
9	Henry Bourton	OM	1.11.44	5
10	Carolyn Watkins	OF	1.14.09	2
11	Marin Harris	M50	1.14.12	3
12	Dan Swift	M40	1.16.12	2
13	Jack Loveday	OM	1.16.23	6
14	Lenny Hughes	M60	1.16.40	1
15	Ailnor Evans	F50	1.16.46	1
16	Rodney Powell	M50	1.18.24	5
17	Paul Colman	M60	1.18.44	2
18	Luke Baines	M40	1.18.59	3
19	Kevin Davies	M50	1.21.45	6
20	Mark Underhill	M60	1.22.20	3
21	Rachel Holland	F50	1.23.46	2
22	Mathew Watkinson	M40	1.23.52	4
23	Fraser McMillan	M50	1.24.59	7
24	Paul Padget	M60	1.25.03	4
25	Roger Lewis	M60	1.28.17	5
26	Rachel Jones	F40	1.29.12	1
27	Chris Sexton	M60	1.32.22	6
28	Corissa Smith	OF	1.33.25	3
29	Richard Thomas	M50	1.35.16	8
30	Dyfan Evans	M40	1.35.43	5
31	George Elwin	M50	1.36.56	9
32	Arwyn Williams	M40	1.46.50	6
33	Richard Turner	M50	1.55.24	10
34	Rachel Mathews	F60	1.59.53	1

Under 14s - 1.3 mile race.			
Pos	Name	Cat	Time
1	Tali H-Wright		16m 30s
2	Hari Watkins		17m 07s

Under 11s - 0.5mile race			
Pos	Name		Time
1	Deian Watkins		7m 41s
2	Elsa Watkinson		9m 47s
3	Anwen Harris		10m 06s
Under 8s - 0.5mile race			
1	Billy Watkinson		10m 19s