

**Ras Beca 2024**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Cat pos</b>
1	Owen Lewis	OM	40.53	1
2	Steffan Davies	OM	42.49	2
3	Wyn Thomas	OM	45.14	3
4	Ollie Minton	OM	46.22	4
5	James Greenhalgh	M50	48.12	1
6	Mathew Collins	OM	49.31	5
7	Stuart Penny	M60	50.15	1
8	Huw Davies	M50	51.06	2
9	Arwyn Rees	M50	51.52	3
10	Stephen Williams	OM	52.05	6
11	Steve Noyce	M40	53.48	1
12	Adam Carlice	OM	53.49	7
13	Matt Small	OM	54.07	8
14	Rhydian Williams	OM	54.13	9
15	Elliot Russell	OM	54.13	10
16	John Birkett	M40	55.01	2
17	Glen Davies	M60	55.29	2
18	Jack Loveday	OM	55.29	11
19	Ailnor Evans	F50	56.01	1
20	Thomas Birkett	OM	56.09	12
21	Mark Wyer	M50	56.55	4
22	Kevin Davies	M50	57.35	5
23	Vincent Bailey	M50	58.14	6
24	Paul Colman	M60	58.31	3
25	Julian Lewis	M40	58.39	3
26	Mathew Watkinson	M40	59.29	4
27	James Harris	M40	1.00.03	5
28	Lenny Hughes	M60	1.00.48	4
29	Chris Sexton	M50	1.01.27	7
30	Fraser McMillan	M50	1.01.36	8
31	Kat Green	F40	1.01.51	1
32	Paul Padget	M60	1.02.06	5
33	Paul Rose	M60	1.02.14	6
34	Luke Palmer	OM	1.02.32	13
35	Ian Harries	M60	1.03.10`	7
36	Jacob Birkett	OM	1.04.28	14
37	Joanne Collins	F50	1.05.52	2
38	Peter Collins`	M60	1.05.52	8
39	Corissa Smith	OF	1.07.02	1
40	Robert Sharratt	M60	1.10.03	9
41	Lindsey Buck	F60	1.10.06	1
42	Lon Morgan	F60	1.10.23	2
43	Martin Andrew	M70	1.10.44	1
44	David Williams	M60	1.13.48	1
45	Louise Boorman	F60	1.16.48	3
46	Richard Brown	M70	1.26.21	2

47	Nicola Sherwood	F50	1.29.55	3
48	Rachel Mathews	F60	1.30.07	4
49	Jo Hughes	F50	1.34.39	4
50	Lindsey Roberts	F60	1.41.34	5
51	Karen Dobson	F60	1.41.40	6
52	Rachel Holt	OF	1.41.40	2

### Juniors u/8s

Pos	Name	Time
1	Samuel McLavenna	Sorry, no times taken!
2	Bethany Harries	
3	Samuel Harris	
4	Billy Watkinson	
5	Deian Williams	
6	Lara Emllyn-Williams	

### Juniors u/11s

Pos	Name	Time
1	Tomos Sandbrook	Sorry, no times taken!
2	Lydia Williams	
3	Deian Watkins	
4	Molly Rose	
5	Macs Williams	
6	Jac Evans	
7	Freya Green	
8	Hazel Green	
9	Jac Williams	
10	Rosie Hussell	
11	Elsa Watkinson	
12	Lili Williams	

### Juniors u/14s

Pos	Name	Time
1	Nia Rees	4.29
2	Ollie Plumb	5.18
3	Tommy Barton	5.19
4	Enlli Harries	5.28
5	Sion Evans	6.06

### Juniors u/16s

Pos	Name	Time
1	Dafydd Evans	4.07
2	Iestyn Colnet	4.09