

Ras y Cerrig Las 2016

Pos	Name	Club/place	Cat	Time
1	Alex LEWIS	Neath Harriers	OM	0:59:21
2	Darren THOMAS	Merlins Bridge Boxing	M40	01:01:30
3	Johnathon SABLE	Rhedwyr Preseli	OM	01:03:30
4	Malcolm CLASH	Rhedwyr Preseli	M60	01:04:59
5	Tasha SEXTON	Pembs Harriers	F40	01:06:19
6	Dic EVANS	C.A.A Caerdydd	M60	01:10:38
7	Alec SHOWELL	Cornwall	M40	01:13:11
8	Lee ROBERTS	Efailwen	M40	01:16:13
9	Paul PADGETT	Team Cemais	M60	01:17:53
10	Jane WILKINS	Cardigan RC	F50	01:19:56
11	Chris SEXTON	Pembs Harriers	M50	01:25:06
#12	Kevin WHEELER	Pembs Tri	M50	01:30:16
#12	Judith NICHOLS	Haverfordwest	OF	01:30:16
#14	Jo RAYMOND	Pembs Harriers	OF	01:34:32
#14	Louise BOORMAN	Pembs Harriers	F50	01:34:32