

Ras Hwyl Cwrtnewydd 2009 - 3000mtr

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
179	1	Richard Gregory-Smith	Aberystwyth	14	M	11.17
19	2	Sian Downes	Llangeitho	14	F	13.38
2	3	Rhian Jones	Sarn Helen	13	F	14.21
15	4	Sioned Mair Jones	Aberystwyth	14	F	14.45
11	5	Bethan Haf Jones	Aberystwyth	12	F	14.54
10	6	Heulyn Evans	Tregaron	14	M	16.23
163	7	Natalie Jones	Sarn Helen	15	F	19.00
9	8	Anwen Jones	New Inn	15	F	19.33
4	9	Carwyn Davies	Sarn Helen	13	M	19.36
7	9	Meleri Davies	Cwmsychbant	13	F	19.36