

Cyfres yr Haf – Sialens y Barcud Coch

RAS HWYRNOS NANT YR ARIAN - 19/04/2023



Ras Uwchradd (3 milltir) / Secondary Race (3 Mile)

POSITION / SAFLE	BIB NO. / RHIF	Enw	Cat	TIME / AMSER
1.	272	Liam Regan	M (14)	21.02
2.	460	Sali Owen	F (13)	22.47
3.	397	Alun Roberts	M (15)	24.48
4.	271	Eva Davies	F (12)	24.49
5.	266	Ben Hall	M (11)	25.14
6.	288	Oli Lerigo	M (13)	25.40
7.	305	Mia Lloyd	F (12)	26.03
8.	273	Leah Regan	F (16)	26.22
9.	311	Owain Lewis	M(12)	27.06
10.	462	Gwen Tompsett	F (12)	27.19
11.	299	Llew Schiavone	M (13)	27.33
12.	261	Anwen Whitehead	F (14)	27.50
13.	378	Lleucu Nest	F (14)	29.30
14.	281	Maddy Eadon	F (12)	32.43

Podiwm Bechgyn / Boys Podium

1. Lian Regan
2. Alun Roberts
3. Ben Hall

Podiwm Merched / Girls Podium

1. Sali Owen
2. Eva Davies
3. Mia Lloyd