

## Cyfres yr Haf – Sialens y Barcud Coch

Ras yr Hafod - 03/05/2023



Ras Uwchradd Bl. 10+ / Secodary School Race Yrs. 10+

POSITION / SAFLE	BIB NO. / RHIF	Enw	Clwb	Cat	TIME / AMSER
1.	148	Liam Regan	Carmarthen Harriers	M	19.41
2.	160	Sali Owen	Aberystwyth AC	F	19.43
3.	183	Leah Regan	Carmarthen Harriers	F	25.00
4.	190	Callum Morris	Builth & District RC	M	27.43
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