

Ras y Dyffryn - 31 / 3 / 1996
Canlyniadau

	Enw	Amser	Clwb	Categori
1	Dewi Evans Jones	33:03	TROTS	FG
2	Stephen Griffiths	33:23		G
3	Dave Griffiths	33:45	Preseli Harriers	G
4	Felipe Jones	34:10	Bristol	G
5	Malcolm Adams	34:24	TROTS	FG
6	Paul Rose	34:36	Cardigan	G
7	Martin Reed	34:44	Sospan	G
8	Nicholas Gwynne	34:46	TROTS	G
9	Koen Van Parijs	35:09	Preseli Harriers	G
10	Clifford Evans	35:57		G
11	Ian Kirkpatrick	36:20		FG
12	Richard Morris	36:27		FG
13	Andrew Abbott	36:49	Sarn Helen	G
14	Rupert Pepper	36:58	Poole Runners	G
15	Eric Rees	37:28	Sarn Helen	G
16	Lyn Rees	37:38	Sarn Helen	G
17	Richard Phillips	37:43	TROTS	G
18	Jonathan Ackerman Martin	37:51	Cardigan	FG
19	Jonathan Phillips	38:06	Preseli Harriers	G
20	Euros Davies	38:50	Carmarthen Harriers	G
21	Debbie Phillips	38:52	Preseli Harriers	B
22	John James	39:04	Gorseinon	FG
23	Wayne Brown	39:12		G
24	Mike Hodges	39:18		FG
25	Martin Dyde	39:23	Preseli Harriers	G
26	Michael Halsall	39:27	Sospan	G
27	Alan Spencer Smith	39:28		FG
28	Dorian Rees	40:05	Sarn Helen	G
29	Stewart Gibbs	41:05		FG
30	Tim Hawkes	41:33	Cardigan	G
31	Jamie Biggs	42:07		G
32	Andrew James	43:07	Sarn Helen	G
33	Andrew Rockley	43:31	Cardigan	G
34	Joel Williams	43:51	Spartans	G
35	Carol Kuhlmann	44:35		FB
36	Steffan Hughes	44:48		G
37	Max Morris	46:03		FG
38	Eddie Warren	46:30	Cardigan	FG
39	Gert Van Parijs	47:01		G
40	Nigel Jones	48:08		FG
41	Maugan Trethowan	48:38		G
42=	Dominic Brown	49:08		G
42=	Michael Brown	49:08		G

44	Meirion Jones	51:00		FG
45	Jill Phillips	51:36	Cardigan	B
46	Brian Moffett	51:37	Cardigan	FG
47	Fred Cooper	53:05	Cardigan	FG
48	Allen Watts	53:53	Sarn Helen	FG
49	Patricia Sherwood	55:40		FB
50	Roland Sherwood	55:41		FG
51	Gina Hawkes	58:03	Cardigan	B
52	Helen Jones	58:49	Cardigan	B
53=	Angela Morgan	62:05		FB
53=	Nerys Llewelyn Davies	62:05		FB

G = Gwryw / Male

B = Benyw / Female

FG = Feteran Gwryw / Male Veteran

FB = Feteran Benyw / Female Veteran