

## Ras Guto Nyth Bran Results 2018

1.	Peter Ryder	Aberdare Valley AAC	46:30	
2.	Samuel Gregory	Aberdare	47:33	
3.	Matt O'Keefe	MDC	50:00	
4.	Paul Jeggo	Springfield Striders	53:27	50+
5.	Gethin Powel	Pontypridd Rodents	53:47	
6.	Dan Sanford	Forest of Dean AC	54:28	40+
7.	Luke Davies	Swansea Harriers	55:35	under 23
8.	Steve Hepton	Mynydd Du	56:32	40+
9.	Mark Lomorte	Caerphilly Runners	57:13	40+
10.	Sammi Toop	Mynydd Du	58:33	1 <sup>st</sup> lady
11.	Tony Woodbridge	Dursley	59:12	60+
12.	David Crane	Neath Harriers	60:19	50+
13.	Paul Tucker	Mynydd Du	60:35	50+
14.	Gareth Welch	N/A	61:20	40+
15.	Andrew Pollingtine	Dullwich	61:33	50+
16.	Nick Dallimore	MDC	62:20	60+
17.	Victor Bovington	Caerphilly Runners	62:29	50+
18.	Stefan Morfey	N/A	62:36	
19.	Richard Simson	N/A	62:57	40+
20.	Steven Burnett	N/A	63:21	
21.	Glyn Drucker	Caerphilly Runners	64:18	40+
22.	Debbie Stenner	Forest of Dean AC	64:22	2 <sup>nd</sup> lady 40+
23.	Richard Hazel	Caerphilly Runners	66:32	
24.	Glyn Lloyd	Pontypridd Rodents	68:08	60+
25.	Katrina Edmunds	Caerphilly Runners	71:04	3 <sup>rd</sup> lady
26.	William Crane	N/A	71:29	
27.	Peter Morfey	Cardiff Harlequins	73:00	60+
28.	Stuart Thompson	Mynydd Du	73:04	50+
29.	Sharon Woods	Mynydd Du	74:25	50+
30.	Caroline Dallimore	MDC	75:24	60+
31.	David Kift	N/A	79:04	
32.	William John Darby	Mynydd Du	83:07	60+
33.	Alison Morgan	N/A	83:43	50+