

Rhayader 2 5k adults 22nd May 2019

Category winners

Male	Forename	Surname	Club	Time
m1	Joseph	Murray	Maldwyn Harriers	16.3
m2	Jamie	Crawford	Aberystwyth AC	16.38
m3	Tim	Iveson	Builth and District RC	16.4
mund	Edward	Gronbech	Aberystwyth AC	17.3
msenior	Gethin	Holland	Aberystwyth AC	16.54
mv35	Phil	Morris	Brecon AC	17.16
mv45	Lee	Shackleton	Maldwyn Harriers	19.37
mv55	Paul	Thomas	Maldwyn Harriers	20.18
mv65	Chris	Copus	Maldwyn Harriers	25.19
mv75	Ray	Sharratt	Rhayder AC	25.52

Female				
f1	Maddie	Griffiths	Maldwyn Harriers	20.09
f2	Donna	Morris	Builth and District RC	20.38
f3	Joanne	Rees	Builth and District RC	20.51
funder	Martha	Roberts	u/a	25.03
fsenior	Kate	Mills	Builth and District RC	23.4
fv35	Sam	Knill	u/a	23.5
fv45	Mary	Morton	Rhayder AC	24
fv55	Suzanne	Kendrick	Rhayder AC	25.04
fv65	#N/A	#N/A	#N/A	#N/A
fv75	Carol	Farrington	Rhayader AC	32.01

II

Finish

	Forename	Surname	Club	Gender	age	no.	time
1	Joseph	Murray	Maldwyn Harriers	m	senior	183	16.3
2	Jamie	Crawford	Aberystwyth AC	m	senior	219	16.38

3	Tim	Iveson	Builth and District RC	m	v35	240	16.4
4	Gethin	Holland	Aberystwyth AC	m	senior	200	16.54
5	Phil	Morris	Brecon AC	m	v35	218	17.16
6	Gareth	Lawrence	Brecon AC	m	senior	110	17.28
7	Edward	Gronbech	Aberystwyth AC	m	Under 20	109	17.3
8	Neil	Godsell	Maldwyn Harriers	m	v35	178	17.32
9	Martin	Copus	Maldwyn Harriers	m	senior	141	18.04
10	Callum	Morgan	Maldwyn Harriers	m	Under 20	231	18.25
11	Adam	Hepburn	Aberystwyth University	m	senior	104	18.37
12	Ian	Stevens	Aberystwyth AC	m	senior	103	18.49
13	Michael	Murray	Maldwyn Harriers	m	senior	237	18.56
14	Sion	Parry	Builth and District RC	m	v35	233	19.04
15	Lee	Shackleton	Maldwyn Harriers	m	v45	202	19.37
16	Maddie	Griffiths	Maldwyn Harriers	f	Under 20	137	20.09
17	Joshua	Thomas	Builth and District RC	m	senior	195	20.11
18	Paul	Thomas	Maldwyn Harriers	m	v55	169	20.18
19	Donna	Morris	Builth and District RC	f	v35	189	20.38
21	Mikey	Murray	u/a	m	senior	238	21.42
20	Joanne	Rees	Builth and District RC	f	v45	214	20.51
22	Dave	McCourt	u/a	m	v45	158	21.46
23	Steve	Jones	u/a	m	senior	170	21.5
24	Richard	Davies	Rhayader AC	m	Under 20	227	21.51
25	Ifan	Jones	Maldwyn Harriers	m	v45	160	22.24
26	Shane	Lewis	u/a	m	v45	239	22.29
27	Piotr	Stresak	Presteigne Pacers	m	v55	147	22.33
28	Gareth	Davies	u/a	m	v55	241	22.41
30	Steven	Davies	Rhayader AC	m	v45	102	22.58
29	Tony	Davies	Rhayader AC	m	v45	186	22.54
31	Darren	Fountain	u/a	m	senior	125	23.27
32	Ben	Wood	Maldwyn Harriers	m	v35	181	23.35
33	Kate	Mills	Builth and District RC	f	senior	234	23.4
34	Jack	Knill	u/a	m	Under 20	212	23.5
35	Sam	Knill	u/a	f	v35	211	23.5

36	Suzanne	Rowlands	Maldwyn Harriers	f	v35	124	23.52
37	Mary	Morton	Rhayder AC	f	v45	140	24
38	Kelly	Griffiths	Maldwyn Harriers	f	v35	138	24.01
39	Amy	Davies	Builth and District RC	f	senior	232	24.17
40	Kate	Haigh	u/a	f	v35	153	24.29
41	Peter	Haigh	u/a	m	v35	154	24.31
42	Catherine	Bradley	Maldwyn Harriers	f	v35	207	24.47
43	Martha	Roberts	u/a	f	Under 20	220	25.03
44	Suzanne	Kendrick	Rhayder AC	f	v55	217	25.04
45	Lianne	Rollinson	Builth and District RC	f	senior	176	25.08
46	Chris	Copus	Maldwyn Harriers	m	v65	142	25.19
47	Lewis	Ward	u/a	m	Under 20	192	25.32
48	Roy	Williams	Rhayder AC	m	v55	236	25.49
49	Ray	Sharratt	Rhayder AC	m	v75	101	25.52
50	Joshua	Frantz-Morgans	u/a	m	Under 20	226	26.03
51	Gareth	Morris	Builth and District RC	m	v55	235	26.32
52	Georgina	Fletcher	Maldwyn Harriers	f	v55	166	26.33
53	John	Gwyn Evans	Aberystwyth AC	m	v65	199	26.34
54	Emma	Jones	Maldwyn Harriers	f	v35	168	26.37
55	Alexandra	Marsh	Brecon AC	f	senior	213	26.45
56	Anna	Georgiou	Builth and District RC	f	v35	191	26.52
57	Nigel	Phillips	Maldwyn Harriers	m	v65	228	27.06
58	Rachel	Williams	Maldwyn Harriers	f	senior	180	27.42
59	Sue	Carroll	Maldwyn Harriers	f	v55	167	27.5
60	Jo	Jones	Builth and District RC	f	v55	215	29.51
61	Katy	Godsell	Maldwyn Harriers	f	senior	230	30
62	Caroline	Orrells	Maldwyn Harriers	f	v55	119	30.22
63	Carol	Farrington	Rhayader AC	f	v75	216	32.01
64	Claire	Jones	u/a	f	v45	224	32.33
65	Laura	Roberts	Rhayder AC	f	v45	222	32.34
66	Cat	Jones	u/a	f	Under 20	225	35