

# Rhayader Running Club social distancing 5k series 2020

## 3rd Race results

### Category winners

1st	Name	Time
Under 20 f	Mackenzie McCourt	20.46
Senior f	Christine Dowse	24.26
v35 f	Donna Morris	20.01
v45 f	Julie Knill	22.09
v55 f	Maggie Collingborn	22.04
v65 f	Rose Thomas	24.43
Under 20 m	Deri McCluskey	18.53
Senior m	Robert Nicholls	17.54
v35 m	Edward Land	16.21
v45 m	Paul Williams	17.51
v55 m	Justin Baird-Murray	19.37
&	Paul Scullion	19.37
v65 m	Steve Orrells	25.43
v75 m	Ray Sharratt	27.39

### Biggest improvers from first race

1st	Name	Time
Under 20	Mackenzie McCourt	0.08
Senior f	Ellie Williams	3.13
v35 f	Zoe mary Wood	3.15
v45 f	Karen Perry	2.03
v55 f	Judy Baird-Murray	1.50
&	Hayley Heard	1.50
v65 f	Julie Heighway	0.38
Under 20	Deri McCluskey	0.56
Senior m	Danny Beeson	0.22
v35 m	Rob Francis	1.32
v45 m	Dave Jones	8.44
v55 m	Tim Hartles	5.25
v65 m	Brian Ashton	6.42

Full results list on the next pages

Position	Name	gender m or f	Age group	1st race	2nd race	3rd race times	Improvement from first race
1	Edward Land	m	v35	0:16:47	0:16:45	<b>00:16:21</b>	0:00:26
2	Owain Schiavone	M	v35	0:17:01	0:16:51	<b>00:16:58</b>	0:00:03
3	Paul Williams	m	v45	0:18:28	0:18:07	<b>00:17:51</b>	0:00:37
4	Robert Nicholls	m	Senior	0:18:29	0:18:12	<b>00:17:54</b>	0:00:35
5	Deri McCluskey	m	Under 20	0:18:27	0:17:31	<b>00:18:53</b>	
6	Hadyn O'Reilly	M	v35	0:19:12	0:19:19	<b>00:19:10</b>	0:00:02
7	Justin Baird Murray	M	v55	0:19:18	0:19:35	<b>00:19:37</b>	
8	Paul Scullion	m	v55			<b>00:19:37</b>	
9	Al Whitby	m	v55	0:19:58	0:20:51	<b>00:19:45</b>	0:00:13
10	Donna Morris	F	v35	0:19:33	0:19:44	<b>00:20:01</b>	
11	Damian Sidnell	M	v55	0:20:49	0:20:46	<b>00:20:06</b>	0:00:43
12	Ryan McCluskey	M	v35	0:20:26	0:20:00	<b>00:20:18</b>	0:00:08
13	Mackenzie McCourt	F	Under 20	0:20:54	0:21:09	<b>00:20:46</b>	0:00:08
14	Steven Mesham	m	v45	0:22:35	0:21:57	<b>00:20:51</b>	0:01:44
15	Ivan Courtier	M	v45	0:21:08	0:21:16	<b>00:21:08</b>	0:00:00
16	Maggie Collingborn	F	v55	0:22:32	0:24:14	<b>00:22:04</b>	0:00:28
17	Julie Knill	F	v45	0:22:17	0:22:23	<b>00:22:19</b>	
18	Nesta McCluskey	F	v35	0:23:12	0:22:41	<b>00:22:25</b>	0:00:47
19	Danny Beeson	m	Senior	0:22:47	0:22:25	<b>00:22:27</b>	0:00:20
20	Tony Davies	M	v45	0:23:17	0:22:48	<b>00:22:29</b>	0:00:48
21	Ifan Jones	M	v45	0:22:14	00:23:13	<b>00:22:58</b>	
22	Steve Davies	M	v45	0:22:53	0:23:11	<b>00:23:01</b>	
23	Helen Carter	f	v45	0:24:20	0:22:58	<b>00:23:06</b>	0:01:14
24	Rob Francis	M	v35	0:24:52	0:23:20	<b>00:23:20</b>	0:01:32
25	Mya Bradley	F	Under 20		0:23:50	<b>00:23:30</b>	
26	Judy Baird-Murray	f	v55	0:25:23	0:23:50	<b>00:23:33</b>	0:01:50
27	Karen Davies	f	v45	0:24:30	0:24:29	<b>00:23:34</b>	0:00:56

28	Mel Hopkins	M	v55	0:24:06	0:23:52	<b>00:23:37</b>	0:00:29
29	Gunvor Troelsen	F	v55	0:24:24	0:24:13	<b>00:23:47</b>	0:00:37
30	Dave Jones	M	v45	0:32:51	0:27:01	<b>00:24:07</b>	0:08:44
31	Christine Dowse	F	Senior	0:24:18	0:24:30	<b>00:24:26</b>	
32	Paul Roberts	M	v45	0:25:15	0:24:03	<b>00:24:34</b>	0:00:41
33	Rose Thomas	F	v65	0:25:08	0:24:48	<b>00:24:43</b>	0:00:25
34	Catherine Bradley	F	v35		0:25:47	<b>00:25:11</b>	
35	Will Lerigo	M	v35	0:25:47	0:25:41	<b>00:25:14</b>	0:00:33
36	Cath Ealey-Fitzgerald	F	v45	0:25:42	0:25:24	<b>00:25:23</b>	0:00:19
37	Steve Orrells	M	v65	0:26:50	0:25:11	<b>00:25:43</b>	0:01:07
38	Cecilia Harman	F	v35	0:24:35	0:25:11	<b>00:25:45</b>	
39	Mabon McCluskey	m	Under 20	0:25:29	0:25:43	<b>00:25:48</b>	
40	Tim Hartles	M	v55	0:31:15	0:23:27	<b>00:25:50</b>	0:05:25
41	Brian Jardin	M	v55	0:31:10		<b>00:26:22</b>	0:04:48
42	Lianne Rollinson	F	Senior	0:25:02	0:25:06	<b>00:26:42</b>	
43	Jane Bailey	F	v55	0:27:10	0:26:58	<b>00:26:47</b>	0:00:23
44	David Lloyd	M	v45	0:29:31	0:28:05	<b>00:27:12</b>	0:02:19
45	Dee Davies	F	v45	0:27:32	0:27:16	<b>00:27:29</b>	0:00:03
46	Ray Sharratt	m	v75	0:27:33	0:27:37	<b>00:27:39</b>	
47	Christine Zarges	f	v35			<b>00:27:39</b>	
48	Angela Davies	F	v45	0:28:34	0:28:31	<b>00:27:58</b>	0:00:36
49	Janet Shanahan	f	v45	0:28:10	0:28:06	<b>00:28:22</b>	
50	Jane Mesham	F	v55	0:29:43	0:28:26	<b>00:28:44</b>	0:00:59
51	Sam Pembridge	F	v35	0:28:51	0:29:32	<b>00:28:51</b>	0:00:00
52	Rachel Evans	F	v45	0:28:54	0:28:54	<b>00:28:52</b>	0:00:02
53	Aly Broome	F	v35	0:30:35	0:29:02	<b>00:29:05</b>	0:01:30
54	Tim Wilson	m	v45	0:30:00	0:30:10	<b>00:29:26</b>	0:00:34
55	Tracy Price	f	v45	0:28:50	0:28:37	<b>00:29:34</b>	
56	Karen Perry	F	v45	0:32:18	0:30:48	<b>00:30:15</b>	0:02:03
57	Hazel Lewis	f	v35	0:31:27	0:31:15	<b>00:30:16</b>	0:01:11
58	Caroline Orrells	f	v55	0:31:25	0:30:52	<b>00:30:42</b>	0:00:43

59	Heather Webster	F	v45	0:30:13	0:30:21	<b>00:30:53</b>	
60	Zoe Mary Wood	F	v35	0:34:25	0:32:58	<b>00:31:10</b>	0:03:15
61	Hayley Heard	f	v55	0:33:00		<b>00:31:10</b>	0:01:50
62	Roy Williams	M	v55	0:32:51	0:32:04	<b>00:31:26</b>	0:01:25
63	Rhiannon Morgan	F	Senior	0:29:51	0:29:10	<b>00:32:01</b>	
64	Ellie Williams	F	Senior	0:35:37	0:34:00	<b>00:32:24</b>	0:03:13
65	Sharon Jones	F	v45	0:35:02	0:35:38	<b>00:33:06</b>	0:01:56
66	Julie Heighway	F	v65	0:34:06	0:34:50	<b>00:33:28</b>	0:00:38
67	Derek Price	M	v65		0:39:12	<b>00:34:03</b>	
68	Steven Evans	M	v55	0:34:57	0:35:28	<b>00:34:06</b>	0:00:51
69	Brian Ashton	m	v65	0:41:43	0:36:18	<b>00:35:01</b>	0:06:42
70	Mike Turner	m	v65	0:40:27	0:39:55	<b>00:36:23</b>	0:04:04
71	Rachel Richards	f	v45	0:41:11	0:39:27	<b>00:39:22</b>	0:01:49