

Rhayader 1

5k Adults 8th May 2019

Category winners

Male	Forename	Surname	Club	Time
m1	Joseph	Murray	Maldwyn Harriers	17.05
m2	Ollie	Jones	Maldwyn Harriers	17.22
m3	Gareth	Lawrence	Brecon AC	17.40
munder 20	Edward	Gronbech	Aberystwyth AC	17.52
msenior	Ben	Lee	Cardiff	18.17
mv35	Neil	Godsell	Maldwyn Harriers	17.44
mv45	Martin	Shaw	Brecon AC	19.24
mv55	Edward	Davies	Maldwyn Harriers	19.53
mv65	Mike	Warrick	Rhayder AC	20.30
mv75	Ray	Sharratt	Rhayder AC	25.55

Female

f1	Maddie	Griffiths	Maldwyn Harriers	19.26
f2	Rhiannon	Kamink	Aberystwyth AC	19.54
f3	Donna	Morris	Builth and District RC	20.19
funder 20	Kezia	Barnard	Aberystwyth University	22.36
fsenior	Sophie	Dobedoe	Aberystwyth University	21.38
fv35	Jenny	Evans	Maldwyn Harriers	20.29
fv45	Joanne	Rees	Builth and District RC	20.35
fv55	Judy	McCosh	Rhayader AC	24.33
fv65	Marjorie	Griffiths	Bro Dysynni	34.13
fv75	#N/A	#N/A	#N/A	#N/A

Overall Finish

	Forename	Surname	Club	Gender	age	no.	time
1	Joseph	Murray	Maldwyn Harriers	m	senior	183	17.05
2	Ollie	Jones	Maldwyn Harriers	m	Under 20	164	17.22
3	Gareth	Lawrence	Brecon AC	m	senior	110	17.4
4	Neil	Godsell	Maldwyn Harriers	m	v35	178	17.44

5	Edward	Gronbech	Aberystwyth AC	m	Under 20	109	17.52
6	Aled	Breeze	Maldwyn Harriers	m	Under 20	148	17.55
7	Iwan	Coyle	Brecon AC	m	Under 20	149	18.02
8	Ben	Lee	Cardiff	m	senior	116	18.17
9	Jack	Westwood	Aberystwyth AC	m	senior	126	18.21
10	Martin	Copus	Maldwyn Harriers	m	senior	141	18.40
11	Ian	Stevens	Aberystwyth AC	m	senior	103	18.45
12	Adam	Hepburn	Aberystwyth University	m	senior	104	19.00
13	Michael	Murray	Maldwyn Harriers	m	senior	184	19.02
14	Martin	Shaw	Brecon AC	m	v45	190	19.24
15	Maddie	Griffiths	Maldwyn Harriers	f	Under 20	137	19.26
16	Lee	Price	Builth and District RC	m	v35	182	19.26
17	Justin	Baird-Murray	Rhayader AC	m	v45	146	19.39
18	Edward	Davies	Maldwyn Harriers	m	v55	187	19.53
19	Rhiannon	Kamink	Aberystwyth AC	f	senior	127	19.54
21	Joshua	Thomas	Builth and District RC	m	senior	195	20.07
20	Paul	Thomas	Maldwyn Harriers	m	v55	169	20.00
22	Ashford	Davies	u/a	m	senior	144	20.17
23	Donna	Morris	Builth and District RC	f	v35	189	20.19
24	David	Manuel	Maldwyn Harriers	m	v45	161	20.22
25	Jenny	Evans	Maldwyn Harriers	f	v35	193	20.29
26	Mike	Warrick	Rhayder AC	m	v65	185	20.30
27	Phillip	Pugh	Maldwyn Harriers	m	senior	194	20.31
28	Joanne	Rees	Builth and District RC	f	v45	179	20.35
30	Kevin	Jones	Maldwyn Harriers	m	v35	163	20.49
29	Ewan	Lewis	u/a	m	Under 20	173	20.47
31	James	Craske	Aberystwyth University	m	senior	120	20.50
32	Rhys	Lewis	u/a	m	Under 20	174	21.28
33	Sophie	Dobedoe	Aberystwyth University	f	senior	115	21.38
34	Shane	Lewis	u/a	m	v45	172	21.58
35	Steve	Jones	u/a	m	senior	170	22.01
36	Dave	McCourt	u/a	m	v45	158	22.01
37	Bryn	Roberts	Croft Ambrey	m	v45	131	22.10

38	Ifan	Jones	Maldwyn Harriers	m	v45	160	22.13
39	Kezia	Barnard	Aberystwyth University	f	Under 20	128	22.36
40	Steph	Main	Croft Ambrey	f	v45	171	22.57
41	Ben	Wood	Maldwyn Harriers	m	v35	181	22.58
42	Piotr	Stresak	Presteigne Pacers	m	v55	147	22.59
43	Darren	Fountain	u/a	m	senior	125	23.06
44	James	Mills	u/a	m	v35	162	23.10
45	Suzanne	Rowlands	Maldwyn Harriers	f	v35	124	23.41
46	Steven	Davies	Rhayader AC	m	v45	102	23.45
47	Charlie	Williams	u/a	m	Under 20	159	24.01
48	Tony	Davies	Rhayader AC	m	v45	186	24.17
49	Brian	Lloyd	Presteigne Pacers	m	v55	188	24.19
50	Kelly	Griffiths	Maldwyn Harriers	f	v35	138	24.22
51	Rachel	Williams	Maldwyn Harriers	f	senior	180	24.24
52	Dan	Forrester	Brecon Tri Club	m	v35	156	24.28
53	Judy	McCosh	Rhayader AC	f	v55	145	24.33
54	Mary	Morton	Rhayader AC	f	v45	140	24.42
55	Lianne	Rollinson	Builth and District RC	f	senior	176	25.04
56	Steve	Orrells	Maldwyn Harriers	m	v65	118	25.09
57	Catherine	Bradley	Maldwyn Harriers	f	v35	113	25.17
58	Rebecca	Howarth	Aberystwyth AC	f	senior	129	25.24
59	Chris	Copus	Maldwyn Harriers	m	v65	142	25.27
60	Kate	Haigh	u/a	f	v35	153	25.31
61	Ray	Sharratt	Rhayader AC	m	v75	101	25.55
62	Lewis	Ward	u/a	m	Under 20	192	26.21
63	Anna	Georgiou	Builth and District RC	f	v35	191	26.24
64	Jo	Lewis	Maldwyn Harriers	f	v45	165	26.25
65	Gareth	Morris	Builth and District RC	m	v55	175	26.38
66	Terri	Jones	Maldwyn Harriers	m	v55	130	27.10
67	Georgina	Fletcher	Maldwyn Harriers	f	v55	166	27.22
68	Emma	Jones	Maldwyn Harriers	f	v35	168	27.43
69	Sue	Carroll	Maldwyn Harriers	f	v55	167	27.57
70	Rachel	Evans	Rhayader AC	f	v45	177	28.13

71	Eira	Edwards	Rhayader AC	f	v55	117	28.40
72	Claire	Scally	Aberystwyth University	f	senior	123	29.47
73	Caroline	Orrells	Maldwyn Harriers	f	v55	119	31.00
74	Shan	Breese	Aberystwyth AC	f	v55	135	32.53
75	Claire	Jones	u/a	f	v45	134	33.09
76	Marjorie	Griffiths	Bro Dysynni	f	v65	139	34.13

