



## Rhayader Running Club social distancing 5k series

### 1st Race results

1st	Name
Under 20 f	Mackenzie Court
Senior f	Ffion Price
v35 f	Donna Morris
v45 f	Julie Knill
v55 f	Maggie Collingborn
v65 f	Rose Thomas
1st Wheelchair	Julie Lawrenson
Under 20 m	Deri McCluskey
Senior m	Robert Nicholls
v35 m	Edward Land
v45 m	Paul Williams
v55 m	Justin Baird Murray
v65 m	Steve Orrells
v75 m	Ray Sharratt

Position	Name	gender	age group	Time
1	Edward Land	m	v35	16.47
2	Owain Schiavone	M	v35	17.01
3	Ffion Price	F	Senior	18.01
4	Deri McCluskey (15)	m	Senior	18.27
5	Paul Williams	m	v45	18.28
6	Robert Nicholls	m	Senior	18.29
7	Gareth Lawrence	M	Senior	18.59
8	Gareth Meardon	m	v35	19
9	Hadyn O'Reilly	M	v35	19.12
10	Justin Baird Murray	M	v55	19.18
11	Carwyn Price	M	Senior	19.31
12	Donna Morris	F	v35	19.33
13	George Bebb	m	Senior	19.38
14	Darren Jarman	m	v35	19.57
15	Al Whitby	m	v55	19.58
16	Alfie Roberts	M	Senior	20.12
17	Rob Saunders	m	v35	20.16
18	Ryan McCluskey	M	v35	20.26
19	Damian Sidnell	M	v55	20.49
20	Mackenzie McCourt (12)	F	Senior	20.54
21	Ivan Courtier	M	v45	21.08
22	Bryan Bebb	m	v45	21.12
23	Pete Haigh	M	v35	21.4
24	Gareth Hughes	m	v35	21.45
25	Shaun Lawry	M	v45	22.08



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### 1st Race results

26	Ifan Jones	M	v45	22.14
27	Julie Knill	F	v45	22.17
28	Maggie Collingborn	F	v55	22.32
29	Steven Mesham	m	v45	22.35
30	Danny Beeson	m	Senior	22.47
31	Steve Davies	M	v45	22.53
32	Nesta McCluskey	F	v35	23.12
33	Tony Davies	M	v45	23.17
34	Amy Greaves	F	v35	23.29
35	Stuart Kinrade	M	v35	23.53
36	Darran Thomas	M	v45	24
37	Christine Dowse	F	Senior	24.18
38	Helen Carter	f	v45	24.2
39	Gunvor Troelsen	F	v55	24.24
40	Karen Davies	f	v45	24.3
41	Cecilia Harman	F	v35	24.35
42	Rob Francis	M	v35	24.52
43	Mel Hopkins	M	v55	24.6
44	Lianne Rollinson	F	Senior	25.02
45	Rose Thomas	F	v65	25.08
46	Margaret Keville	F	v45	25.11
47	Paul Roberts	M	v45	25.15
48	Judy Baird-Murray	f	v55	25.23
49	Mabon McCluskey	m	Senior	25.29
50	Rachel Williams	F	v35	25.34
51	Cath Ealey-Fitzgerald	F	v45	25.42
52	Will Lerigo	M	v35	25.47
53	Kate Haigh	F	v35	26.2
54	Martha Roberts (16)	F	Senior	26.49
55	Steve Orrells	M	v65	26.5
56	Jane Bailey	F	v55	27.1
57	Dee Davies	F	v45	27.32
58	Ray Sharratt	m	v75	27.33
59	Lisa Evans	F	Senior	27.37
60	Janet Shanahan	f	v45	28.1
61	Karen Bebb	f	v45	28.32
62	Angela Davies	F	v45	28.34
63	Tracy Price	f	v45	28.5
64	Sam Pembridge	F	v35	28.51
65	Joshua Bebb (15)	m	Senior	28.53
66	Rachel Evans	F	v45	28.54
67	David Lloyd	M	v45	29.31
68	Jane Mesham	F	v55	29.43
69	Rhiannon Morgan	F	Senior	29.51
70	Tim Wilson	m	v45	30
71	Heather Webster	F	v45	30.13
72	Aly Broome	F		30.35
73	Claire Jones	f	v35	30.52



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### 1st Race results

74	Brian Jardin	M	v55	31.1
75	Tim Hartles	M	v55	31.15
76	Caroline Orrells	f	v55	31.25
77	Hazel Lewis	f	v35	31.27
78	Hayley Jones/Hughes	F		31.33
79	Hayley Jones	f	v35	31.33
80	Laura Roberts	F	v45	31.42
81	Asher Evans	F	Senior	32.07
82	Karen Perry	F	v45	32.18
83	Dilys Roberts (12)	F	Senior	32.21
84	Dave Jones	M	v45	32.51
85	Roy Williams	M	v55	32.51
86	Hayley Heard	f	v55	33
87	Julie Heighway	F	v65	34.06
88	Zoe Mary Wood	F	v35	34.25
89	Steven Evans	M	v55	34.57
90	Sharon Jones	F	v45	35.02
91	Ellie Williams	F	Senior	35.37
92	Mike Turner	m	v65	40.27
93	Rachel Richards	f	v45	41.11
94	Brian Ashton	m	v65	41.43
95	Cath O'Reilly	F	Senior	42.19
96	Julie Lawrenson	F	v45	46.41



## Rhayader Running Club social distancing 5k series

### 2nd Race results

1st	Name	Time m/s
Under 20 f	Mackenzie McCourt	21.09
Senior f	Christine Dowse	24.30
v35 f	Donna Morris	19.44
v45 f	Julie Knill	22.34
v55 f	Anita Worthing	23.49
v65 f	Rose Thomas	24.48
Under 20 m	Deri McCluskey	17.31
Senior m	Robert Nicholls	18.12
v35 m	Edward Land	16.45
v45 m	Paul Williams	18.07
v55 m	Justin Baird-Murray	19.35
v65 m	Steve Orrells	25.11
v75 m	Ray Sharratt	27.37

### Biggest improvers from first race

1st	Name	m/s
Under 20 f	Dilys Roberts	1.39
Senior f	Cath O'Reilly	3.04
v35 f	Aly Broome	1.33
v45 f	Rachel Richards	1.44
v55 f	Judy Baird-Murray	1.33
v65 f	Rose Thomas	0.20
Under 20 m	Deri McCluskey	0.56
Senior m	Danny Beeson	0.22
v35 m	Rob Francis	1.32
v45 m	Dave Jones	5.50
v55 m	Tim Hartles	7.48
v65 m	Brian Ashton	5.25
v75 m		



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### 2nd Race results

Position	Name	gender m or f	Age group	1st race	2nd race	Improvement
1	Edward Land	m	v35	0:16:47	0:16:45	0:00:02
2	Owain Schiavone	M	v35	0:17:01	0:16:51	0:00:10
3	Deri McCluskey	m	Under 20	0:18:27	0:17:31	0:00:56
4	Paul Williams	m	v45	0:18:28	0:18:07	0:00:21
5	Robert Nicholls	m	Senior	0:18:29	0:18:12	0:00:17
6	Hadyn O'Reilly	M	v35	0:19:12	0:19:19	
7	Justin Baird Murray	M	v55	0:19:18	0:19:35	
8	Donna Morris	F	v35	0:19:33	0:19:44	
9	Ryan McCluskey	M	v35	0:20:26	0:20:00	0:00:26
10	Gareth Lawrence	M	Senior	0:18:59	0:20:05	
11	George Bebb	m	Senior	0:19:38	0:20:21	
12	Bryan Bebb	m	v45	0:21:12	0:20:36	0:00:36
13	Alfie Roberts	M	Senior	0:20:12	0:20:43	
14	Damian Sidnell	M	v55	0:20:49	0:20:46	0:00:03
15	Al Whitby	m	v55	0:19:58	0:20:51	
16	Rob Saunders	m	v35	0:20:16	0:20:53	
17	Mackenzie McCourt	F	Under 20	0:20:54	0:21:09	
18	Ivan Courtier	M	v45	0:21:08	0:21:16	
19	Steven Mesham	m	v45	0:22:35	0:21:57	0:00:38
20	Julie Knill	F	v45	0:22:17	0:22:23	
21	Danny Beeson	m	Senior	0:22:47	0:22:25	0:00:22
22	Nesta McCluskey	F	v35	0:23:12	0:22:41	0:00:31
23	Tony Davies	M	v45	0:23:17	0:22:48	0:00:29
24	Amy Greaves	F	v35	0:23:29	0:22:52	0:00:37
25	Helen Carter	f	v45	0:24:20	0:22:58	0:01:22
26	Steve Davies	M	v45	0:22:53	0:23:11	
27	Ifan Jones	M	v45	0:22:14	00:23:13	
28	Rob Francis	M	v35	0:24:52	0:23:20	0:01:32
29	Tim Hartles	M	v55	0:31:15	0:23:27	0:07:48
30	Anita Worthing	F	v55		0:23:49	
31	Judy Baird-Murray	f	v55	0:25:23	0:23:50	0:01:33
32	Mya Bradley	F	Under 20		0:23:50	
33	Mel Hopkins	M	v55	0:24:06	0:23:52	0:00:14
34	Ben Wood	M	v35		0:23:54	
35	Darran Thomas	M	v45	0:24:00	0:23:55	0:00:05
36	Paul Roberts	M	v45	0:25:15	0:24:03	0:01:12
37	Gunvor Troelsen	F	v55	0:24:24	0:24:13	0:00:11
38	Maggie Collingborn	F	v55	0:22:32	0:24:14	
39	Karen Davies	f	v45	0:24:30	0:24:29	0:00:01
40	Christine Dowse	F	Senior	0:24:18	0:24:30	
41	Kevin Jones	M	v45		0:24:43	
42	Rose Thomas	F	v65	0:25:08	0:24:48	0:00:20
43	Margaret Keville	F	v45	0:25:11	0:25:05	0:00:06
44	Lianne Rollinson	F	Senior	0:25:02	0:25:06	



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### 2nd Race results

45	Steve Orrells	M	v65	0:26:50	0:25:11	0:01:39
46	Cecilia Harman	F	v35	0:24:35	0:25:11	
47	Cath Ealey-Fitzgerald	F	v45	0:25:42	0:25:24	0:00:18
48	Rachel Williams	F	v35	0:25:34	0:25:29	0:00:05
49	Kate Haigh	F	v35	0:26:20	0:25:37	0:00:43
50	Will Lerigo	M	v35	0:25:47	0:25:41	0:00:06
51	Mabon McCluskey	m	Under 20	0:25:29	0:25:43	
52	Catherine Bradley	F	v35		0:25:47	
53	Jane Bailey	F	v55	0:27:10	0:26:58	0:00:12
54	Dave Jones	M	v45	0:32:51	0:27:01	0:05:50
55	Martha Roberts	F	Under 20	0:26:49	0:27:13	
56	Dee Davies	F	v45	0:27:32	0:27:16	0:00:16
57	Ray Sharratt	m	v75	0:27:33	0:27:37	
58	David Lloyd	M	v45	0:29:31	0:28:05	0:01:26
59	Janet Shanahan	f	v45	0:28:10	0:28:06	0:00:04
60	Jane Mesham	F	v55	0:29:43	0:28:26	0:01:17
61	Angela Davies	F	v45	0:28:34	0:28:31	0:00:03
62	Tracy Price	f	v45	0:28:50	0:28:37	0:00:13
63	Rachel Evans	F	v45	0:28:54	0:28:54	0:00:00
64	Aly Broome	F	v35	0:30:35	0:29:02	0:01:33
65	Rhiannon Morgan	F	Senior	0:29:51	0:29:10	0:00:41
66	Sam Pembridge	F	v35	0:28:51	0:29:32	
67	Tim Wilson	m	v45	0:30:00	0:30:10	
68	Heather Webster	F	v45	0:30:13	0:30:21	
69	Claire Jones	f	v35	0:30:52	0:30:37	0:00:15
70	Dilys Roberts	F	Under 20	0:32:21	0:30:42	0:01:39
71	Cathryn Robinson	F	Senior		0:30:45	
72	Karen Perry	F	v45	0:32:18	0:30:48	0:01:30
73	Caroline Orrells	f	v55	0:31:25	0:30:52	0:00:33
74	Hazel Lewis	f	v35	0:31:27	0:31:15	0:00:12
75	Laura Roberts	F	v45	0:31:42	0:31:29	0:00:13
76	Roy Williams	M	v55	0:32:51	0:32:04	0:00:47
77	Zoe Mary Wood	F	v35	0:34:25	0:32:58	0:01:27
78	Ellie Williams	F	Senior	0:35:37	0:34:00	0:01:37
79	Julie Heighway	F	v65	0:34:06	0:34:50	
80	Steven Evans	M	v55	0:34:57	0:35:28	
81	Sharon Jones	F	v45	0:35:02	0:35:38	
82	Brian Ashton	m	v65	0:41:43	0:36:18	0:05:25
83	Derek Price	M	v65		0:39:12	
84	Cath O'Reilly	F	Senior	0:42:19	0:39:15	0:03:04
85	Rachel Richards	f	v45	0:41:11	0:39:27	0:01:44
86	Mike Turner	m	v65	0:40:27	0:39:55	0:00:32
	Ffion Price	F	Senior	0:18:01		
	Gareth Meardon	m	v35	0:19:00		
	Carwyn Price	M	Senior	0:19:31		



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### 2nd Race results

	Darren Jarman	m	v35	0:19:57		
	Pete Haigh	M	v35	0:21:40		
	Gareth Hughes	m	v35	0:21:45		
	Shaun Lawry	M	v45	0:22:08		
	Stuart Kinrade	M	v35	0:23:53		
	Lisa Evans	F	Senior	0:27:37		
	Karen Bebb	f	v45	0:28:32		
	Joshua Bebb	m	Under 20	0:28:53		
	Brian Jardin	M	v55	0:31:10		
	Hayley Jones	f	v35	0:31:33		
	Asher Evans	F	Senior	0:32:07		
	Hayley Heard	f	v55	0:33:00		
	Julie Lawrenson	F	v45	0:46:41		



## Rhyader Running Club social distancing 5k series

### 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 f	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 m	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



## Rhyader Running Club social distancing 5k series

### 3rd Race results

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



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### 3rd Race results

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



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### 3rd Race results

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