



Rhayader 5k Race results May 22nd 2024

Prize Winners	Name	Club	Time
1st Female	Donna Morris	Builth and District	00:18:36
2nd Female	Sophie Cook	Builth and District	00:21:53
3rd Female	Rosalie Verrin	Unattached	00:22:09
FU20	Esmerelda Wilson	Unattached	00:30:21
SF	Catrin Gaskell	Builth and District	00:22:03
F35	Tiffany Holland	Rhayader	00:27:56
F45	Kirsty Gethin	Unattached	00:23:44
F55	Diana Berriman	Rhayader	00:25:33
F65	Carrol Stocker	Presteigne Pacers	00:42:11
F75	N/A	N/A	N/A
Spot Prize 10th Finisher	Suzanne Kendrick	Rhayader	00:26:28
1st Male	Mathew Jones	Unattached	00:17:23
		Aberystwyth Athletic Club	
2nd Male	Edward Land		00:17:44
3rd Male	Steve Jones	Maldwyn Harriers	00:18:11
MU20	Ben Gethin	Maldwyn Harriers	00:18:38
SM	Gwern ap Rhobat	Unattached	00:19:52
M35	Ben Gaskell	Builth and District	00:20:04
M45	Paul Jones	Aberystwyth Athletic Club	00:18:57
M55	Paul Williams	Aberystwyth Athletic Club	00:18:35
M65	Mike Warrick	Rhayader	00:23:09
M75	Owen Cooper	Builth and District	00:29:18
Spot Prize 10th Finisher	Wayne Davies	Maldwyn Harriers	00:20:10

Full results

Pos	No.	Surname	Forename	Club	Age group	Gender	Time
1	140	Jones	Mathew	Unattached	SM	Male	00:17:23
2	146	Land	Edward	Aberystwyth Athletic Club	M45	Male	00:17:44
3	139	Jones	steve	Maldwyn Harriers	SM	Male	00:18:11
4	173	Williams	Paul	Aberystwyth Athletic Club	M55	Male	00:18:35
5	148	Morris	Donna	Builth & District	F35	Female	00:18:36
6	129	Gethin	Ben	Maldwyn Harriers	MU20	Male	00:18:38
7	141	Jones	Paul	Aberystwyth AC	M45	Male	00:18:57
8	149	OReilly	Haydn	Builth & District Running Club	M45	Male	00:19:21
9	100	ap Rhobat	Gwern	Unattached	SM	Male	00:19:52
10	126	Gaskell	Ben	Builth & District	M35	Male	00:20:04
11	120	Davies	Wayne	Maldwyn Harriers	M35	Male	00:20:10
12	125	Gamble	Neil	Aberystwyth Athletic Club	M45	Male	00:20:18
13	111	Clarke	Sean	Maldwyn Harriers	M45	Male	00:20:34
14	154	Price	Matthew	Unattached	SM	Male	00:20:37
15	101	Barber	Iain	Aberystwyth AC	M45	Male	00:21:10



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16	181	Cook	Sophie	Builth & District Running Club	F35	Female	00:21:53
17	182	Jones	James	Builth & District Running Club	SM	Male	00:21:53
18	102	Barrett	Adam	Rhayader Running Club	M35	Male	00:21:57
19	151	Paviour	Mark	Maldwyn Harriers	M55	Male	00:21:57
20	167	Verrin	Rosalie	Unattached	SF	Female	00:22:09
21	156	Pryne	Christian	Builth & District Running Club	M45	Male	00:22:17
22	131	Hardaway	Ali	Builth & District	M55	Male	00:22:34
23	116	Davies	Tom	Rhayader RC	M35	Male	00:22:38
24	127	Gaskell	Catrin	Builth & District	SF	Female	00:22:43
25	118	Davies	Tony	Rhayader Running Club	M55	Male	00:23:00
26	169	Warrick	Michael	Rhayader Running Club	M65	Male	00:23:09
27	110	clarke	Alex	Rhayader RC	SM	Male	00:23:22
28	106	Bonsall	Stephen	Rhayader RC	M45	Male	00:23:26
29	132	Hillier	Richard	Rhayader RC	M35	Male	00:23:32
30	179	Hopkins	Mel	Aberystwyth Athletic Club	M55	Male	00:23:33
31	121	Davies	Abbie	Builth & District	SF	Female	00:23:39
32	128	Gethin	Kirsty	Unattached	F45	Female	00:23:44
33	176	Gonnella	Malc	Builth & District Running Club	M65	Male	00:23:49
34	142	jones-naylor	jamie	Unattached	SM	Male	00:24:21
35	161	Smith	Steven	Rhayader RC	M35	Male	00:25:04
36	137	Humphreys	Dave	Aberystwyth AC	M55	Male	00:25:26
37	104	Berriman	Diana	Rhayader Running Club	F55	Female	00:25:33
38	130	Hancock	Olivia	Builth & District	SF	Female	00:25:36
39	171	Watts	Gary	Builth & District	M55	Male	00:25:37
40	143	Kelly	Nicola	Builth & District Running Club	F45	Female	00:26:03
41	105	Berriman	Jake	Unattached	M55	Male	00:26:19
42	136	Hughson	Steve	Builth & District	M55	Male	00:26:25
43	144	Kendrick	Suzanne	Rhayader running club	F55	Female	00:26:28
44	166	Tyrer Clarke	Gwyneth	Maldwyn Harriers	F45	Female	00:26:34
45	168	Verrin	Matthew	Unattached	SM	Male	00:27:26
46	124	Edwards	Eira	Rhayader	F55	Female	00:27:34
47	122	Ealey-Fitzgerald	Catherine	Rhayader Running Club	F45	Female	00:27:39
48	180	Morris	Callum	Builth & District Running Club	MU20	Male	00:27:46
49	134	Holland	Tiffany	Rhayader RC	F35	Female	00:27:56
50	170	Watts	Izzy	Builth & District Running Club	F45	Female	00:28:00
51	175	Wilson	Kirsty	Unattached	SF	Female	00:28:20
52	177	Morris	Gareth	Builth & District Running Club	M55	Male	00:28:22
53	112	Cooper	Owen	Builth & District Running Club	M75	Male	00:29:18
54	108	Bright	Hayley	Unattached	F45	Female	00:29:44
55	107	Bonsall	Sharon	Rhayader RC	F55	Female	00:29:49
56	158	Sharratt	Raymond	Rhayader RC	M75	Male	00:29:54
57	113	Corfield	Ffion	Unattached	SF	Female	00:30:10
58	183	Wilson	Esmerelda	Unattached	FU20	Female	00:30:21
59	123	Ealey-Fitzgerald	Simon	Rhayader RC	M45	Male	00:30:22
60	155	Price	Paul	Builth & District	M55	Male	00:30:24
61	159	Shaw	Katherine	Builth and District Running Club	F45	Female	00:31:59
62	160	Smalley	Rachel	Unattached	F55	Female	00:32:25
63	152	Preece	Kim	Trefy	F35	Female	00:32:42
64	135	Hughes	Kayleigh	Unattached	SF	Female	00:33:08
65	145	Kenny	Reachel	Unattached	F55	Female	00:33:24
66	162	Stead	Carol	Unattached	F45	Female	00:34:00
67	138	Humphries	Tracy	Unattached	F45	Female	00:34:01
68	109	Burnside	Ceinwen	Unattached	F55	Female	00:34:16
69	163	Stocker	Carrol	Presteigne Pacers	F65	Female	00:42:11
70	150	Patt	Gemma	Rhayader running club	F35	Female	00:42:58