



# Rhayader 5K Race Series 2014

First Race 14/05/2014

Position	Name	Category	Club	Time
1	jonathan pugh	mS	rhayader running club	16'13
2	tim iveson	mS	builth and district	16'29
3	scott hudspith	mS	aberystwyth uni harriers	16'38
4	philip kendrick	m50	rhayader running club	17'11
5	tim davies	m40	brecon athletic club	17'20
6	rhys thomas	mS	unattached	17'21
7	james whibberlsy	mS	aberystwyth uni harriers	17'24
8	tim hindle	m45	brecon athletic club	17'53
9	william woodcock	mS	aberystwyth uni harriers	18'07
10	george clarke-Hackston	mS	aberystwyth uni harriers	18'21
11	owain morris	mS	aberystwyth uni harriers	18'45
12	haydn o'Reilly	mS	unattached	18'52
13	chris bennett	mS	unattached	18'59
14	peter allen	mS	aberystwyth uni harriers	19'10
15	paul walby	mS	brecon athletic club	19'16
16	sam risby	mS	bexley athletic club	19'26
17	adam runacres	mS	aberystwyth uni harriers	19'30
18	andy harvey	mS	aberystwyth uni harriers	20'02
19	sam parry	mS	aberystwyth uni harriers	20'02
20	justin baird-Murray	m40	rhayader running club	20'37
21	joanne rees	f35	rhayader running club	21'10
22	lloyd power	m40	unattached	21'22
23	cameron pope	m50	aberystwyth athletic club	21'25
24	steve smith	mS	rhayader running club	21'26
25	nicola davies	f35	thornbury running club	21'40
26	jos tomalin	m40	unattached	21'45
27	aby sampson	fS	aberystwyth uni harriers	21'57
28	alan ryland	m60	builth and district	22'00
29	anita worthing	f55	aberystwyth athletic club	22'11
30	john evans	m60	aberystwyth athletic club	22'12
31	ifan jones	m50	maldwyn harriers	22'37
32	tony davies	m40	rhayader running club	22'47
33	andrew jones	m40	unattached	22'52
34	andre hutchinson	f45	maldwyn harriers	22'59
35	mary morton	f35	rhayader running club	23'21
36	suzanne kendrick	f45	rhayader running club	23'26
37	karl davies	m40	unattached	23'41
38	judy mcCosh	f45	rhayader running club	23'56
39	maggie keville	f45	builth and district	24'17
40	jane kerr	f45	builth and district	24'23
41	charlotte ryan-Elliott	fS	aberystwyth uni harriers	24'33
42	jane bailey	f55	aberystwyth athletic club	24'44
43	tony griffiths	m40	unattached	24'57
44	mandy grennie	f45	aberystwyth athletic club	25'03
45	ray sharratt	m70	rhayader running club	25'07
46	nicola kelly	f35	builth and district	25'23
47	steve orrells	m60	maldwyn harriers	25'27
48	carol farrington	f65	rhayader running club	26'07
49	lucas hilliard	mS	unattached	26'12
50	gareth morris	m50	unattached	26'33
51	angela davies	f45	rhayader running club	26'41
52	sarah smith	fS	rhayader running club	27'08



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<b>Position</b>	<b>Name</b>	<b>Category</b>	<b>Club</b>	<b>Time</b>
53	peter hogarth	m60	unattached	27'29
54	diane jones	f35	maldwyn harriers	27'41
55	tracy price	f35	unattached	28'09
56	diane evans	f35	unattached	28'09
57	david james	m40	rhayader running club	28'19
58	emma jones	fS	brecon athletic club	30'00
59	james rees	mS	unattached	30'00
60	grace davies	fS	brecon athletic club	31'35
61	Marjorie griffiths	f65	bro dysynni athletic club	31'42
62	roger bennett	m50	aberystwyth athletic club	33'18
63	jane thorogood	f45	unattached	33'18
64	corrine jones	f35	unattached	36'23
65	sarah pembridge	f35	unattached	37'48
66	keith helliwell	mS	unattached	37'49



# Rhayader 5K Race Series 2014

Second Race 28/05/2014

Position	Name	Category	Club	Time
1	gethin holland	mS	aber	15'58
2	johnathon pugh	mS	rhayader running club	16'05
4	scott hudsphith	mS	aberystwyth uni harriers	16'31
4	tim iveson	mS	builth and district	16'38
5	tim davies	m40	brecon athletic club	17'09
6	james whibberlsy	mS	aberystwyth uni harriers	17'13
7	edward land	mS	aberystwyth athletic club	17'34
8	philip kendrick	m50	rhayader running club	17'46
9	william woodcock	mS	aberystwyth uni harriers	17'51
10	hedi davies	fS	brecon athletic club	18'02
11	paul ross	m50	aberystwyth athletic club	19'27
12	dafydd chausner	mS	aberystwyth uni harriers	19'29
13	peter allen	mS	aberystwyth uni harriers	19'32
14	samuel powell	mS	aberystwyth uni harriers	19'59
15	adam runacres	mS	aberystwyth uni harriers	20'00
16	justin baird-Murray	m40	rhayader running club	20'50
17	joanne rees	f35	rhayader running club	20'50
18	steve smith	mS	rhayader running club	21'23
19	james phillips	mS	aberystwyth uni harriers	21'24
20	nicola davies	f35	thornbury running club	21'31
21	jos tomalin	m40	unattached	21'36
22	james adamson	ms	aberystwyth athletic club	21'40
23	lloyd power	m40	unattached	21'44
24	aby sampson	fS	aberystwyth uni harriers	21'46
25	alan ryland	m60	builth and district	21'47
26	john gwyn evans	m60	aberystwyth athletic club	21'54
27	kristian clarke	mS	builth and district	21'57
28	stephen loat	mS	unattached	21'59
29	steffan rees	mS	aberystwyth uni harriers	22'21
30	anita worthing	f55	aberystwyth athletic club	22'34
31	tony davies	m40	rhayader running club	22'45
32	andrew jones	m40	unattached	22'47
33	karl davies	m40	unattached	23'10
34	mary morton	f35	rhayader running club	23'19
35	andes hutchinson	f45	maldwyn harriers	23'20
36	tony griffiths	m40	unattached	23'32
37	maggie keville	f45	builth and district	23'47
38	suzanne kendrick	f45	rhayader running club	23'48
39	judy evans mccosh	f45	unattached	23'55
40	jane kerr	f45	builth and district	24'21
41	emma price	f35	rhayader running club	24'30
42	elizabeth lester	fS	aberystwyth uni harriers	24'46
43	elaine rowlands	f45	aberystwyth athletic club	24'52
44	mandy grennie	f45	aberystwyth athletic club	24'57
45	sarah power	f35	unattached	25'08
46	rosie james	fS	Brecon athletic club	25'10
47	ray sharratt	m70	rhayader running club	25'17
48	carol farrington	f65	rhayader running club	25'22
49	amanda edwards	f45	unattached	25'27
50	emma jones	fS	Brecon athletic club	25'47
51	steve orrells	m60	maldwyn harriers	25'53
52	nicola kelly	f35	builth and district	25'57



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Second Race 28/05/2014

<b>Position</b>	<b>Name</b>	<b>Category</b>	<b>Club</b>	<b>Time</b>
53	gareth morris	m50	unattached	26'03
54	tracy price	f35	unattached	26'22
55	angela davies	f45	rhayader running club	26'35
56	heather pugh	f35	unattached	27'06
57	peter hogarth	m60	unattached	27'15
58	kate summers	fS	aberystwyth uni harriers	27'34
59	diane evans	f35	unattached	27'50
60	diane jones	f35	maldwyn harriers	28'28
61	david james	m40	rhayader running club	29'13
62	Marjorie griffiths	f65	bro dysynni athletic club	31'06
63	laura bates	fS	unattached	31'31
64	jackie hedley	f45	unattached	31'31
65	roger bennett	m50	aberystwyth athletic club	32'59
66	corrine jones	f35	unattached	36'38
67	sarah pembridge	f35	unattached	39'20
68	keith helliwell	mS	unattached	39'20



# Rhayader 5K Race Series 2014

Third Race 11/06/2014

<b>Position</b>	<b>Name</b>	<b>Category</b>	<b>Club</b>	<b>Time</b>
1	rhys thomas	mS	unattached	17'05
2	tim davies	m40	brecon athletic club	17'09
3	phill kendrick	m50	brecon athletic club	17'18
4	edward land	mS	aberystwyth athletic club	17'29
5	hedi davies	fS	brecon athletic club	17'46
6	ian evans	mS	aberystwyth athletic club	17'58
7	tim hindle	m40	brecon athletic club	18'05
8	paul walby	mS	brecon athletic club	18'22
9	chris bennett	mS	unattached	18'54
10	george clarks-Hackston	mS	aberystwyth uni harriers	19'06
11	ben gaskell	mS	unattached	20'15
12	goerge eadon	mS	sarn helen	20'31
13	james phillips	mS	aberystwyth uni harriers	20'48
14	joanne rees	f35	rhayader running club	20'49
15	steve smith	mS	rhayader running club	21'09
16	justin walton	m40	brecon athletic club	21'23
17	lloyd power	m40	unattached	21'27
18	stephen loat	mS	unattached	21'41
19	nicola davies	f35	thornbury running club	21'43
20	alan ryland	m60	builth and district	21'51
21	jenny evans	fS	maldwyn harriers	21'53
22	ifan jones	m50	maldwyn harriers	22'12
23	anita worthing	f55	aberystwyth athletic club	22'23
24	andre hutchinson	f45	maldwyn harriers	22'26
25	amanda evans	f45	rhayader running club	22'26
26	andrew jones	m40	unattached	22'32
27	phillip lowther	m40	aberystwyth athletic club	22'36
28	karl davies	m40	unattached	22'43
29	tony davies	m40	rhayader running club	22'46
30	mary morton	f35	rhayader running club	22'58
31	suzanne kendrick	f45	rhayader running club	23'36
32	maggie keville	f45	builth and district	24'06
33	jane kerr	f45	builth and district	24'21
34	jane bailey	f55	aberystwyth athletic club	24'32
35	sarah power	f35	unattached	24'44
36	mandy grennie	f45	aberystwyth athletic club	24'45
37	emma price	f35	rhayader running club	24'50
38	steve orrells	m40	maldwyn harriers	24'58
39	ray sharratt	m70	rhayader running club	25'10
40	elaine rowlands	f45	aberystwyth athletic club	25'11
41	karla price	f35	rhayader running club	25'13
42	tracy price	f35	unattached	25'15
43	nicola kelly	f35	builth and district	25'45
44	carol farrington	f65	rhayader running club	25'51
45	michelle beeson	f45	maldwyn harriers	26'45
46	peter hogarth	m40	unattached	26'59
47	diane jones	f35	maldwyn harriers	27'08
48	emma jones	fS	Brecon athletic club	27'12
49	heather pugh	f35	unattached	27'14
50	diane evans	f35	unattached	27'50
51	sarah smith	fS	rhayader running club	29'43
52	laura bates	fS	unattached	30'59



# Rhayader 5K Race Series 2014

Third Race 11/06/2014

<b>Position</b>	<b>Name</b>	<b>Category</b>	<b>Club</b>	<b>Time</b>
53	kayleigh hughes	fS	unattached	31'06
54	jackie hedley	f45	unattached	31'07
55	iona seymore	f65	rhayader running club	33'08
56	Marjorie griffiths	f65	bro dysynni athletic club	34'11
57	lesley price	f45	unattached	34'32
58	vitoria perciva	fS	unattached	35'42
59	keith helliwell	mS	unattached	36'34
60	sarah pembridge	f35	unattached	36'34