



Rhayader Running Club, Elan Valley 5k. 10th May 2023

Results

	Name		Club	Age group	Gender	time
1	Robin	Woods	BAD	MV45	Male	00:16:38
2	Tim	Iveson	BAD	MV35	Male	00:16:54
3	Phil	Morris	BAD	MV35	Male	00:17:46
4	Lee	Price	BAD	MV45	Male	00:18:10
5	Simon	Hall	Sarn Helen	MV35	Male	00:18:51
6	Paul	Williams	Aber AC	MV55	Male	00:19:08
7	Michael	Davies	Sarn Helen	MV45	Male	00:19:16
8	Emma	Palfrey	Cardiff AAC	FV35	Female	00:19:19
9	Steve	Jones	Maldwyn Harriers	MS	Male	00:19:21
10	Chris	Burton	BAD	MV35	Male	00:19:28
11	Alan	Whitby	Tewkesbury RC	MV65	Male	00:19:30
12	James	Jones	BAD	MS	Male	00:19:35
13	Wayne	Davies	Maldwyn Harriers	MV35	Male	00:19:40
14	Lewis	Price	BAD	MS	Male	00:19:44
15	Sophie	Cook	BAD	FV35	Female	00:19:48
16	Kate	Jones	BAD	FS	Female	00:20:17
17	Daniel	Hunter		0 MS	Male	00:20:42
18	Richard	Flutter	Meirionnydd RC	MV55	Male	00:20:59
19	Colin	Williams	BAD	MV55	Male	00:21:22
20	Raymond	Davies	BAD	MV35	Male	00:21:41
21	Mel	Sadie	BAD	FS	Femae	00:21:42
22	Robert	Price	BAD	MV45	Male	00:21:47
23	Haydn	O'Reilly	BAD	MV45	Male	00:21:48
24	Tony	Davies	Rhayader RC	MV55	Male	00:21:54
25	Christian	Prynne	BAD	MV45	Male	00:22:01
26	Tom	Rowlands		0 MV65	Male	00:22:09
27	Paul	Walby	BAD	MV45	Male	00:22:16
28	Ali	Hardaway	BAD	MV55	Male	00:22:20
29	Gunvor	Troelsen	BAD	FV55	Female	00:22:35
30	Kirsty	Prosser	BAD	FS	Female	00:22:48
31	Mel	Hopkins	Aber AC	MV55	Male	00:22:57
32	Isabelle	Robinson	BAD	FS	Female	00:23:31
33	David	Sutherland	BAD	MV65	Male	00:23:52
34	Scott	Humphrey	BAD	MS	Male	00:24:12
35	Abbie	Davies	BAD	FS	Female	00:24:14
36	Hannah	Wilding	BAD	FS	Female	00:24:45
37	Callum	Morris	BAD	MU20	Male	00:24:47
38	Dave	Humphrey	Aber AC	MV55	Male	00:24:55
39	Alexander	Brown	BAD	MV55	Male	00:25:17
40	Emma	Bagshaw	BAD	FV45	Female	00:25:32
41	Beth	Lloyd	BAD	FS	Female	00:26:07
42	Jamie	Jones-Nay		0 MS	Male	00:26:43
43	Suzanne	Kendrick	Rhayader RC	FV55	Female	00:27:04
44	Owen	Cooper	BAD	MV75	Male	00:27:05
45	Avril	Hardwick	BAD	FV35	Female	00:28:49
46	Raymond	Sharratt	Rhayader RC	MV75	Male	00:29:15
47	Rhiannon	Towns		0 FS	Female	00:29:26
48	Sue	Wilding	BAD	FV45	Female	00:29:28
49	Lizzie	Cannings		0 FV35	Female	00:29:30
50	Stuart	Cripps	BAD	MV45	Male	00:32:48
51	Michael	Turner		0 MV75	Male	00:33:31
52	Carrol	Stocker	Presteigne Pacers	FV65	Female	00:42:11



Rhayader Running Club Elan Valley 5k

24th May 2023

Pos	Name	Club	Age group	Gender	time
1	Gethin Holland	Aber AC	MS	Male	0:17:50
2	Phil Morris	BAD	MV35	Male	0:18:06
3	Lee Price	BAD	MV45	Male	0:18:17
4	Donna Morris	BAD	FV35	Female	0:18:32
5	Paul Williams	Aber AC	MV55	Male	0:19:18
6	Matthew Sullivan	BAD	MS	Male	0:19:20
7	Steve Jones	Maldwyn Harriers	MS	Male	0:19:21
8	Emma Palfrey	Cardiff AAC	FV35	Female	0:19:39
9	James Jones	BAD	MS	Male	0:19:45
10	Lewis Price	BAD	MS	Male	0:19:51
11	Sophie Cook	BAD	FV35	Female	0:20:24
12	Richard Whiting	0	MV55	Male	0:21:15
13	Paul Walby	BAD	MV45	Male	0:21:36
14	Fred Morris	0	MV45	Male	0:21:45
15	Tony Davies	Rhayader RC	MV55	Male	0:22:00
16	Ali Hardaway	BAD	MV55	Male	0:22:02
17	Mel Sadie	BAD	FS	Female	0:22:03
18	Christian Prynne	BAD	MV45	Male	0:22:14
19	Mel Hopkins	Aber AC	MV55	Male	0:22:44
20	Kirsty Prosser	BAD	FS	Female	0:22:46
21	Gunvor Troelsen	BAD	FV55	Female	0:22:52
22	Brian Billington	Hungerford Hares	MV45	Male	0:23:02
23	John Leafe	0	MV35	Male	0:23:03
24	James Chaplin	0	MS	Male	0:23:25
25	Isabelle Robinson	BAD	FS	Female	0:23:41
26	David Sutherland	BAD	MV65	Male	0:23:51
27	Deian Creunant	Aber AC	MV55	Male	0:24:27
28	Alexander Brown	BAD	MV55	Male	0:24:32
29	Callum Morris	BAD	MU20	Male	0:24:37
30	Nicola Kelly	BAD	FV45	Female	0:24:48
31	Dave Humphreys	Aber AC	MV55	Male	0:24:58
32	Tiegan Ward	0	FU20	Female	0:25:21
33	Emma Bagshaw	BAD	FV45	Female	0:25:22
34	Roy Stuart	0	MV65	Male	0:26:38
35	Suzanne Kendrick	Rhayader RC	FV55	Female	0:26:46
36	Gareth Morris	BAD	MV55	Male	0:27:05
37	Owen Cooper	BAD	MV75	Male	0:27:27
38	Hannah Wilding	BAD	FS	Female	0:27:33
39	Raymond Sharratt	Rhayader RC	MV75	Male	0:29:28
40	Edna Stuart	0	FV65	Female	0:29:54
41	Stuart Cripps	BAD	MV45	Male	0:32:58
42	Michael Turner	0	MV75	Male	0:32:58
43	Carrol Stocker	Presteigne Pacers	FV65	Female	0:43:31