



5k Adults 8th May 2019
1st Race

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



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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	Rhayader 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



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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



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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



5k Adults 22nd May 2019
2nd Race

Category winners

Male	Forename	Surname	Club	Time
m1	Joseph	Murray	Maldwyn Harriers	16.3
m2	Jamie	Crawford	Aberystwyth AC	16.38
m3	Tim	Iveson	Builth and District RC	16.4
munde	Edward	Gronbech	Aberystwyth AC	17.3
msenio	Gethin	Holland	Aberystwyth AC	16.54
mv35	Phil	Morris	Brecon AC	17.16
mv45	Lee	Shackleton	Maldwyn Harriers	19.37
mv55	Paul	Thomas	Maldwyn Harriers	20.18
mv65	Chris	Copus	Maldwyn Harriers	25.19
mv75	Ray	Sharratt	Rhayder AC	25.52

Female				
f1	Maddie	Griffiths	Maldwyn Harriers	20.09
f2	Donna	Morris	Builth and District RC	20.38
f3	Joanne	Rees	Builth and District RC	20.51
funder	Martha	Roberts	u/a	25.03
fsenior	Kate	Mills	Builth and District RC	23.4
fv35	Sam	Knill	u/a	23.5
fv45	Mary	Morton	Rhayder AC	24
fv55	Suzanne	Kendrick	Rhayder AC	25.04
fv65	#N/A	#N/A	#N/A	#N/A
fv75	Carol	Farrington	Rhayader AC	32.01

II
Finish

	Forename	Surname	Club	Gender	age	no.	time
1	Joseph	Murray	Maldwyn Harriers	m	senior	183	16.3
2	Jamie	Crawford	Aberystwyth AC	m	senior	219	16.38



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2nd Race

3	Tim	Iveson	Builth and District RC	m	v35	240	16.4
4	Gethin	Holland	Aberystwyth AC	m	senior	200	16.54
5	Phil	Morris	Brecon AC	m	v35	218	17.16
6	Gareth	Lawrence	Brecon AC	m	senior	110	17.28
7	Edward	Gronbech	Aberystwyth AC	m	Under 20	109	17.3
8	Neil	Godsell	Maldwyn Harriers	m	v35	178	17.32
9	Martin	Copus	Maldwyn Harriers	m	senior	141	18.04
10	Callum	Morgan	Maldwyn Harriers	m	Under 20	231	18.25
11	Adam	Hepburn	Aberystwyth University	m	senior	104	18.37
12	Ian	Stevens	Aberystwyth AC	m	senior	103	18.49
13	Michael	Murray	Maldwyn Harriers	m	senior	237	18.56
14	Sion	Parry	Builth and District RC	m	v35	233	19.04
15	Lee	Shackleton	Maldwyn Harriers	m	v45	202	19.37
16	Maddie	Griffiths	Maldwyn Harriers	f	Under 20	137	20.09
17	Joshua	Thomas	Builth and District RC	m	senior	195	20.11
18	Paul	Thomas	Maldwyn Harriers	m	v55	169	20.18
19	Donna	Morris	Builth and District RC	f	v35	189	20.38
21	Mikey	Murray	u/a	m	senior	238	21.42
20	Joanne	Rees	Builth and District RC	f	v45	214	20.51
22	Dave	McCourt	u/a	m	v45	158	21.46
23	Steve	Jones	u/a	m	senior	170	21.5
24	Richard	Davies	Rhayader AC	m	Under 20	227	21.51
25	Ifan	Jones	Maldwyn Harriers	m	v45	160	22.24
26	Shane	Lewis	u/a	m	v45	239	22.29
27	Piotr	Stresak	Presteigne Pacers	m	v55	147	22.33
28	Gareth	Davies	u/a	m	v55	241	22.41
30	Steven	Davies	Rhayader AC	m	v45	102	22.58
29	Tony	Davies	Rhayader AC	m	v45	186	22.54
31	Darren	Fountain	u/a	m	senior	125	23.27
32	Ben	Wood	Maldwyn Harriers	m	v35	181	23.35
33	Kate	Mills	Builth and District RC	f	senior	234	23.4
34	Jack	Knill	u/a	m	Under 20	212	23.5
35	Sam	Knill	u/a	f	v35	211	23.5



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2nd Race

36	Suzanne	Rowlands	Maldwyn Harriers	f	v35	124	23.52
37	Mary	Morton	Rhayder AC	f	v45	140	24
38	Kelly	Griffiths	Maldwyn Harriers	f	v35	138	24.01
39	Amy	Davies	Builth and District RC	f	senior	232	24.17
40	Kate	Haigh	u/a	f	v35	153	24.29
41	Peter	Haigh	u/a	m	v35	154	24.31
42	Catherine	Bradley	Maldwyn Harriers	f	v35	207	24.47
43	Martha	Roberts	u/a	f	Under 20	220	25.03
44	Suzanne	Kendrick	Rhayder AC	f	v55	217	25.04
45	Lianne	Rollinson	Builth and District RC	f	senior	176	25.08
46	Chris	Copus	Maldwyn Harriers	m	v65	142	25.19
47	Lewis	Ward	u/a	m	Under 20	192	25.32
48	Roy	Williams	Rhayder AC	m	v55	236	25.49
49	Ray	Sharratt	Rhayder AC	m	v75	101	25.52
50	Joshua	Frantz-Morgans	u/a	m	Under 20	226	26.03
51	Gareth	Morris	Builth and District RC	m	v55	235	26.32
52	Georgina	Fletcher	Maldwyn Harriers	f	v55	166	26.33
53	John	Gwyn Evans	Aberystwyth AC	m	v65	199	26.34
54	Emma	Jones	Maldwyn Harriers	f	v35	168	26.37
55	Alexandra	Marsh	Brecon AC	f	senior	213	26.45
56	Anna	Georgiou	Builth and District RC	f	v35	191	26.52
57	Nigel	Phillips	Maldwyn Harriers	m	v65	228	27.06
58	Rachel	Williams	Maldwyn Harriers	f	senior	180	27.42
59	Sue	Carroll	Maldwyn Harriers	f	v55	167	27.5
60	Jo	Jones	Builth and District RC	f	v55	215	29.51
61	Katy	Godsell	Maldwyn Harriers	f	senior	230	30
62	Caroline	Orrells	Maldwyn Harriers	f	v55	119	30.22
63	Carol	Farrington	Rhayader AC	f	v75	216	32.01
64	Claire	Jones	u/a	f	v45	224	32.33
65	Laura	Roberts	Rhayder AC	f	v45	222	32.34
66	Cat	Jones	u/a	f	Under 20	225	35



5k Adults 5th June 2019
3rd Race

Category winners				
Male	Forename	Surname	Club	Time
m1	Phil	Morris	Brecon AC	17.13
m2	Neil	Godsell	Maldwyn Harriers	17.29
m3	Aled	Breeze	Maldwyn Harriers	18.1
munder 20	Deri	McCluskey	Maldwyn Harriers	18.51
m senior	Martin	Copus	Maldwyn Harriers	18.24
mv35	Lee	Price	Builth and District RC	19.06
mv45	Steven	Mesham	Presteigne Pacers	20.51
mv55	Paul	Thomas	Maldwyn Harriers	20.2
mv65	Mike	Warrick	Rhayder AC	20.52
mv75	Ray	Sharratt	Rhayder AC	26.47
Female				
f1	Maddie	Griffiths	Maldwyn Harriers	19.2
f2	Heddwen	Daniel	Cardiff Athletics Club	19.57
f3	Jenny	Evans	Maldwyn Harriers	20.3
f under 20	#N/A	#N/A	#N/A	#N/A
f senior	Rachel	Williams	Maldwyn Harriers	24.36
fv35	Donna	Morris	Builth and District RC	20.39
fv45	Helen	Carter	Presteigne Pacers	23.13
fv55	Suzanne	Kendrick	Rhayder AC	24.58
fv65	Stephanie	Warrick	Rhayder AC	26.31
fv75	Carol	Farrington	Rhayader AC	32.08

Overall Finish							
	Forename	Surname	Club	Gender	age	no.	time
1	Phil	Morris	Brecon AC	m	v35	218	17.13
2	Neil	Godsell	Maldwyn Harriers	m	v35	178	17.29
3	Aled	Breeze	Maldwyn Harriers	m	Under 20	148	18.1



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4	Martin	Copus	Maldwyn Harriers	m	senior	141	18.24
5	Deri	McCluskey	Maldwyn Harriers	m	Under 20	248	18.51
6	Lee	Price	Builth and District RC	m	v35	277	19.06
7	Maddie	Griffiths	Maldwyn Harriers	f	Under 20	137	19.2
8	Carwyn	Price	Rhayder AC	m	senior	279	19.53
9	Heddwen	Daniel	Cardiff Athletics Club	f	senior	244	19.57
10	Joshua	Thomas	Builth and District RC	m	senior	195	20.14
11	Paul	Thomas	Maldwyn Harriers	m	v55	169	20.2
12	Jenny	Evans	Maldwyn Harriers	f	v35	193	20.3
13	Donna	Morris	Builth and District RC	f	v35	189	20.39
14	Steven	Mesham	Presteigne Pacers	m	v45	243	20.51
15	Mike	Warrick	Rhayder AC	m	v65	185	20.52
16	Dave	McCourt	u/a	m	v45	158	21.15
17	Peter	Haigh	u/a	m	v35	154	21.22
18	Danny	Beeson	Maldwyn Harriers	m	senior	251	21.31
19	Ifan	Jones	Maldwyn Harriers	m	v45	160	21.34
21	Steve	Jones	u/a	m	senior	170	21.48
20	Nesta	McCluskey	u/a	f	v35	249	21.39
22	Steven	Smith	Rhayder AC	m	v35	276	22.2
23	Piotr	Stresak	Presteigne Pacers	m	v55	147	22.32
24	Charlie	Williams	u/a	m	Under 20	255	22.42
25	Richard	Davies	Rhayader AC	m	Under 20	258	22.47
26	Ben	Wood	Maldwyn Harriers	m	v35	181	22.5
27	Steven	Davies	Rhayader AC	m	v45	102	23.03
28	Helen	Carter	Presteigne Pacers	f	v45	260	23.13
30	Kelly	Griffiths	Maldwyn Harriers	f	v35	138	23.43
29	Harry	Wheeldon	u/a	m	senior	253	23.33
31	Mary	Morton	Rhayder AC	f	v45	140	24.16
32	Jayne	Breeze	Maldwyn Harriers	f	v45	266	24.32
33	Rachel	Williams	Maldwyn Harriers	f	senior	180	24.36
34	Kate	Haigh	u/a	f	v35	153	24.52
35	Suzanne	Kendrick	Rhayder AC	f	v55	217	24.58
36	Chris	Copus	Maldwyn Harriers	m	v65	142	25.03



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37	Catherine	Bradley	Maldwyn Harriers	f	v35	242	25.19
38	Lewis	Ward	u/a	m	Under 20	192	25.23
39	Steve	Orrells	Maldwyn Harriers	m	v65	118	25.37
40	Jo	Lewis	Maldwyn Harriers	f	v45	165	25.43
41	Sarah	Wilding	Presteigne Pacers	f	v45	261	25.48
42	Anna	Georgiou	Builth and District RC	f	v35	191	25.56
43	John	Gwyn Evans	Aberystwyth AC	m	v65	264	26.02
44	Clive	Evans	Emlyn Athletics	m	v65	278	26.11
45	Georgina	Fletcher	Maldwyn Harriers	f	v55	166	26.14
46	Stephanie	Warrick	Rhayder AC	f	v65	275	26.31
47	Ray	Sharratt	Rhayder AC	m	v75	101	26.47
48	Emma	Jones	Maldwyn Harriers	f	v35	168	26.58
49	Jan	Manuel	Maldwyn Harriers	f	v45	274	27.2
50	Sue	Carroll	Maldwyn Harriers	f	v55	273	28.03
51	Peter	Hogarth	u/a	m	v65	256	29.36
52	Caroline	Orrells	Maldwyn Harriers	f	v55	119	29.51
53	Katy	Godsell	Maldwyn Harriers	f	v35	263	29.51
54	Becky	Price	Maldwyn Harriers	f	v35	265	31.02
55	Carol	Farrington	Rhayader AC	f	v75	272	32.08
56	Chloe	Foster	Maldwyn Harriers	f	senior	252	33.15
57	Claire	Jones	u/a	f	v45	269	33.18
58	Marjorie	Griffiths	Bro Dysynni	f	v65	139	33.34
59	Carrol	Stocker	Presteigne Pacers	f	v65	262	40.15