

Rhayader Running Club social distancing 5k series 2020

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		

Full results on next page

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	

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		

	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		