

## Rhayader Running Club Elan Valley 5K 24th May

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