

## Rhayader 5k Series results 2020

Only runners who participated in the three races are included  
Places are calculated from the average time over the three races.

### Series winners

	Female	Average time
1st	Donna Morris	19.46
2nd	Mackenzie McCourt	20.56
3rd	Julie Knill	22.20

	Male	Average Time
1st	Edward Land	16.38
2nd	Owain Schiavone	16.57
3rd	Paul Williams	18.09

### Category winners

Female		Time
Under 20	Mackenzie McCourt	20.56
Senior	Christine Dowse	24.25
v35	Donna Morris	19.46
v45	Julie Knill	22.20
v55	Maggie Collingborn	22.55
v65	Rose Thomas	24.53

Male		Time
Under 20	Deri McCluskey	18.17
Senior	Robert Nicholls	18.12
v35	Edward Land	16.38
v45	Paul Williams	18.09
v55	Justin Baird Murray	19.30
v65	Steve Orrells	25.25
v75	Ray Sharratt	27.36

Results list on next pages

Position	Name	gender m or f	Age group	1st race	2nd race	3rd race	Average time for 3 races
1	Edward Land	m	v35	0:16:47	0:16:45	00:16:21	<b>0:16:38</b>
2	Owain Schiavone	M	v35	0:17:01	0:16:51	00:16:58	<b>0:16:57</b>
3	Paul Williams	m	v45	0:18:28	0:18:07	00:17:51	<b>0:18:09</b>
4	Robert Nicholls	m	Senior	0:18:29	0:18:12	00:17:54	<b>0:18:12</b>
5	Deri McCluskey	m	Under 20	0:18:27	0:17:31	00:18:53	<b>0:18:17</b>
6	Hadyn O'Reilly	M	v35	0:19:12	0:19:19	00:19:10	<b>0:19:14</b>
7	Justin Baird Murray	M	v55	0:19:18	0:19:35	00:19:37	<b>0:19:30</b>
9	Donna Morris	F	v35	0:19:33	0:19:44	00:20:01	<b>0:19:46</b>
8	Al Whitby	m	v55	0:19:58	0:20:51	00:19:45	<b>0:20:11</b>
11	Ryan McCluskey	M	v35	0:20:26	0:20:00	00:20:18	<b>0:20:15</b>
10	Damian Sidnell	M	v55	0:20:49	0:20:46	00:20:06	<b>0:20:34</b>
12	Mackenzie McCourt	F	Under 20	0:20:54	0:21:09	00:20:46	<b>0:20:56</b>
14	Ivan Courtier	M	v45	0:21:08	0:21:16	00:21:08	<b>0:21:11</b>
13	Steven Mesham	m	v45	0:22:35	0:21:57	00:20:51	<b>0:21:48</b>
16	Julie Knill	F	v45	0:22:17	0:22:23	00:22:19	<b>0:22:20</b>
18	Danny Beeson	m	Senior	0:22:47	0:22:25	00:22:27	<b>0:22:33</b>
17	Nesta McCluskey	F	v35	0:23:12	0:22:41	00:22:25	<b>0:22:46</b>
20	Ifan Jones	M	v45	0:22:14	00:23:13	00:22:58	<b>0:22:48</b>
19	Tony Davies	M	v45	0:23:17	0:22:48	00:22:29	<b>0:22:51</b>
15	Maggie Collingborn	F	v55	0:22:32	0:24:14	00:22:04	<b>0:22:57</b>
21	Steve Davies	M	v45	0:22:53	0:23:11	00:23:01	<b>0:23:02</b>
22	Helen Carter	f	v45	0:24:20	0:22:58	00:23:06	<b>0:23:28</b>
23	Rob Francis	M	v35	0:24:52	0:23:20	00:23:20	<b>0:23:51</b>
26	Mel Hopkins	M	v55	0:24:06	0:23:52	00:23:37	<b>0:23:52</b>
27	Gunvor Troelsen	F	v55	0:24:24	0:24:13	00:23:47	<b>0:24:08</b>
25	Karen Davies	f	v45	0:24:30	0:24:29	00:23:34	<b>0:24:11</b>
24	Judy Baird-Murray	f	v55	0:25:23	0:23:50	00:23:33	<b>0:24:15</b>
29	Christine Dowse	F	Senior	0:24:18	0:24:30	00:24:26	<b>0:24:25</b>
30	Paul Roberts	M	v45	0:25:15	0:24:03	00:24:34	<b>0:24:37</b>
31	Rose Thomas	F	v65	0:25:08	0:24:48	00:24:43	<b>0:24:53</b>
35	Cecilia Harman	F	v35	0:24:35	0:25:11	00:25:45	<b>0:25:10</b>
33	Cath Ealey-Fitzgerald	F	v45	0:25:42	0:25:24	00:25:23	<b>0:25:30</b>
32	Will Lerigo	M	v35	0:25:47	0:25:41	00:25:14	<b>0:25:34</b>
38	Lianne Rollinson	F	Senior	0:25:02	0:25:06	00:26:42	<b>0:25:37</b>
36	Mabon McCluskey	m	Under 20	0:25:29	0:25:43	00:25:48	<b>0:25:40</b>
34	Steve Orrells	M	v65	0:26:50	0:25:11	00:25:43	<b>0:25:55</b>
37	Tim Hartles	M	v55	0:31:15	0:23:27	00:25:50	<b>0:26:51</b>
39	Jane Bailey	F	v55	0:27:10	0:26:58	00:26:47	<b>0:26:58</b>
41	Dee Davies	F	v45	0:27:32	0:27:16	00:27:29	<b>0:27:26</b>
42	Ray Sharratt	m	v75	0:27:33	0:27:37	00:27:39	<b>0:27:36</b>
28	Dave Jones	M	v45	0:32:51	0:27:01	00:24:07	<b>0:28:00</b>
44	Janet Shanahan	f	v45	0:28:10	0:28:06	00:28:22	<b>0:28:13</b>
40	David Lloyd	M	v45	0:29:31	0:28:05	00:27:12	<b>0:28:16</b>
43	Angela Davies	F	v45	0:28:34	0:28:31	00:27:58	<b>0:28:21</b>

47	Rachel Evans	F	v45	0:28:54	0:28:54	00:28:52	<b>0:28:53</b>
45	Jane Mesham	F	v55	0:29:43	0:28:26	00:28:44	<b>0:28:58</b>
50	Tracy Price	f	v45	0:28:50	0:28:37	00:29:34	<b>0:29:00</b>
46	Sam Pembridge	F	v35	0:28:51	0:29:32	00:28:51	<b>0:29:05</b>
48	Aly Broome	F	v35	0:30:35	0:29:02	00:29:05	<b>0:29:34</b>
49	Tim Wilson	m	v45	0:30:00	0:30:10	00:29:26	<b>0:29:52</b>
57	Rhiannon Morgan	F	Senior	0:29:51	0:29:10	00:32:01	<b>0:30:21</b>
54	Heather Webster	F	v45	0:30:13	0:30:21	00:30:53	<b>0:30:29</b>
52	Hazel Lewis	f	v35	0:31:27	0:31:15	00:30:16	<b>0:30:59</b>
53	Caroline Orrells	f	v55	0:31:25	0:30:52	00:30:42	<b>0:31:00</b>
51	Karen Perry	F	v45	0:32:18	0:30:48	00:30:15	<b>0:31:07</b>
56	Roy Williams	M	v55	0:32:51	0:32:04	00:31:26	<b>0:32:07</b>
55	Zoe Mary Wood	F	v35	0:34:25	0:32:58	00:31:10	<b>0:32:51</b>
58	Ellie Williams	F	Senior	0:35:37	0:34:00	00:32:24	<b>0:34:00</b>
60	Julie Heighway	F	v65	0:34:06	0:34:50	00:33:28	<b>0:34:08</b>
59	Sharon Jones	F	v45	0:35:02	0:35:38	00:33:06	<b>0:34:35</b>
61	Steven Evans	M	v55	0:34:57	0:35:28	00:34:06	<b>0:34:50</b>
62	Brian Ashton	m	v65	0:41:43	0:36:18	00:35:01	<b>0:37:41</b>
63	Mike Turner	m	v65	0:40:27	0:39:55	00:36:23	<b>0:38:55</b>
64	Rachel Richards	f	v45	0:41:11	0:39:27	00:39:22	<b>0:40:00</b>