

5K Series 2022 Overall Result and Category Winners

MALE

1 st Owain Schiavone	Aberystwyth AC
2 nd Charlie Edwards	Maldwyn Harriers
3 rd Phil Morris	Builth & District

FEMALE

1 ST Donna Morris	Builth & District
2 nd Sophie Cook	Builth & District
3 rd Kate Jones	Builth & District

MALE SENIOR

Tomos Roberts	Cardiff AC
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MALE 35

Martin Copus	Maldwyn Harriers
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MALE 45

Lee Price	
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MALE 55

Paul Williams	Aberystwyth AC
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MALE 65

Chris Copus	Maldwyn Harriers
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MALE 75

Ray Sharratt	Rhayader RC
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FEMALE SENIOR

Caryl Davies	Sarn Helen
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FEMALE 35

Emma Jones	Maldwyn Harriers
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FEMALE 45

Jo Rees	Builth & District
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FEMALE 55

Helen Carter	Builth & District
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FEMALE 65

Liz Slater	
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5K Series 2022 Race 1**Overall Male**

1 st Owain Schiavone	Aberystwyth AC	16:43
2 nd Phil Morris	Builth & District	17:15
3 rd Charlie Edwards	Maldwyn Harriers	17:19

Overall Female

1 st Donna Morris	Builth & District	18:08
2 nd Kate Jones	Builth & District	20:55
3 rd Sophie Cook	Builth & District	21:17

5k Series 2022 Race 2**Overall Male**

1 st Owain Schiavone	Aberystwyth AC	16:38
2 nd Charlie Edwards	Maldwyn Harriers	17:03
3 rd Phil Morris	Builth & District	17:22

Overall Female

1 st Donna Morris	Builth & District	18:02
2 nd Sophie Cook	Builth & District	20:14
3 rd Kate Jones	Builth & District	20:34

5K Series 2022 Race 3

Overall Male

1 st Owain Schiavone	Aberystwyth AC	16:43
2 nd Charlie Edwards	Maldwyn Harriers	17:12
3 rd Phil Morris	Builth & District	17:24

Overall Female

1 st Donna Morris	Builth & District	18:00
2 nd Sophie Cook	Builth & District	20:15
3 rd Kate Jones	Builth & District	20:51