

## Rhayader 5k Adults 5th June 2019

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

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	Heddwyn	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

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