

2009 – 3mile race

Pos.	Number	Name	Club	Age Group	Perf.
1	47	Austin Davies	Brecon AC	VM 40	15.26
2	110	Paul Richards	Neath Harriers	VM 40	15.31
3	120	Peter Ryder	Cardiff AC	SM	16.05
4	6	Tim Hindle	Brecon AC	VM 40	16.21
5	118	Mark Davies	Swansea Harriers	SM	16.33
6	35	Philip Kendrick	Brecon AC	VM 45	16.37
7	9	David Davies	Brecon AC	VM 50	16.56
8	3	Jonathan Barnes	Hereford & County	MU20	17.16
9	105	Tim Iveson	Builth & District RC	SM	17.18
10	117	Andrew Cleverly	Swansea Harriers	SM	17.32
11	11	Ken Davies	unattended	VM 50	17.37
12	29	Stafford Rees	Rhayader RC	VM 35	17.42
13	37	Lyndon Gwilym	Club Bryn Bach	VM 50	17.49
14	30	Olly Cayless	Brecon AC	MU20	17.55
15	55	Tom Lewis	Brecon AC	MU20	18.26
16	7	Satu Haikala	Brecon AC	VF 40	18.27
17	123	Neil Lewis	Hereford & County	VM 40	18.33
18	115	John Parry	Builth & District RC	VM 50	18.39
19	14	Paul Tucker	unattended	VM 40	18.40
20	4	Angela Jones	Brecon AC	VF 40	18.44
21	44	Simon James	Abergavenny Striders	VM 40	18.47
22	113	Annette Davies	Builth & District RC	VF 40	18.56
23	27	Martin Buck	Brecon AC	VM 45	18.59
24	50	Carl Davies	unattended	SM	19.01
25	102	Chris Prothero	Cwmbran Harriers	MU20	19.03
26	20	Darren Hughes	Builth & District RC	VM 40	19.06
27	12	Bethan Woods	UWIC	FU20	19.23
28	5	Derek Osborne	Brecon AC	VM 45	19.30
29	52	David Thomas	Gorseinon 3M	VM 35	19.33
30	49	Michael Holloway	unattended	SM	19.36
31	51	Stephen Davies	unattended	SM	19.49
32	28	Gron Davies	unattended	VM 45	19.50
33	39	Geraint Evans	Llandovery Roadents	VM 35	19.54
34	131	Carl Lewis	Hills Plymouth	VM 45	20.11
35	130	Adrian Taylor	Hills Plymouth	VM 45	20.16
36	126	Rhodri Boggust	Brecon AC	MU20	20.21
37	111	David Garlick	unattended	VM 55	20.23
38	36	Sue Davies	unattended	VF 45	20.34
39	121	Ellie Davies	Brecon AC	FU20	20.36
40	53	Paul Lewis	Gorseinon 3M	VM 40	20.38
41	1	Paul Evans	Brecon AC	SM	20.49
42	119	Emily Kendrick	Brecon AC	SF	21.06
43	124	Derek Rainbird	Park Bryn Bach	VM 55	21.13
44	38	Ian Moore	Llandovery Roadents	VM 35	21.22
45	109	Naomi Law	Brecon AC	VF 35	21.38
46	54	Stephen Bendle	Swansea Harriers	VM 45	21.39
47	2	Gary Waters	Swansea	Vet 60	22.05
48	41	Gill Aldworth	unattended	VF 35	22.14
49	10	Holly Rees	Brecon AC	FU20	22.38
50	122	Noel Williams	Llandovery Roadents	VM 40	22.54
51	23	David Lowles	unattended	VM 45	22.55
52	31	Emma Conti	Builth & District RC	VF 35	22.56
53	34	Suzanne Kendrick	Rhayader RC	VF 45	23.10

54	48	Sarah Rees	Builth & District RC	VF 45	23.27
55	16	Mike Olivant	unattended	VM 55	23.31
56	8	Joanne Williams	Builth & District RC	VF 35	23.42
57	128	Emily James	unattended	FU20	23.45
58	22	Caroline Jones	Builth & District RC	VF 40	23.54
59	125	Elsbeth Jarman	Abergavenny Striders	VF 45	23.55
60	43	Pamela Suter	Abergavenny Striders	VF 35	23.56
61	101	Laura Grey	Fairwater Runners	VF 40	24.08
62	129	Michelle Payne	Builth & District RC	SF	24.14
63	113	Annette Davies	Builth & District RC	VF 40	24.21
64	45	Gareth Holyfield	Abergavenny Striders	VM 45	24.27
65	32	Jennie Conti	Builth & District RC	VF 50	24.34
66	112	Hazel Aulsebrook	Builth & District RC	VF 40	24.51
67	127	David James	unattended	VM 50	25.18
68	107	Marie Davies	unattended	FU20	25.23
69	116	Joanna Davies	unattended	SF	25.28
70	108	Agnes Davies	unattended	VF 40	25.39
71	17	Jane Kerr	Builth & District RC	VF 40	26.17
72	24	Beverley Evans	Builth & District RC	SF	26.21
73	114	Rachel Flew	unattended	SF	26.27
74	21	Heather Evans	Builth & District RC	SF	27.09
75	19	H Davies	unattended	VM 65	27.14
76	40	Lynda James	Abergavenny Striders	VF 40	27.26
77	104	Helen Jones	Builth & District RC	VF 40	27.42
78	33	Brenda Morgan	unattended	VF 55	27.53
79	18	Claire Roynon	unattended	VF 45	28.30
80	42	Tina Morris	unattended	VF 40	28.43
81	106	Muriel Thomson	unattended	VF 50	29.14
82	46	Caroline Frampton	unattended	VF 45	29.34
83	13	Kate Chamberlain	unattended	VF 45	29.34
84	25	Samantha Morris	Builth & District RC	SF	30.07
85	132	Melanie Saunders	unattended	VF 35	30.58
86	26	Sara Davies	Builth & District RC	SF	31.06
87	103	Nicola Davies	Builth & District RC	VF 45	31.33
88	15	Sarah Blake	Brecon AC	VF 55	32.55