

## Llanfrynach 3 miler Results (03/05/2022)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
	1	262 Sam	Jones	M	V35	3 mile	Parc Bryn Bach Running Club	0:15:42
	2	261 Matthew Jones	Jones	M	V40	3 mile	Brecon AC	0:15:57
	3	206 Adam	Brown	M	U23	3 mile	Merthyr Running Club	0:15:59
	4	223 Rob	Davies	M	V35	3 mile	Amman Valley Harriers	0:16:02
	5	336 Chris	Williams	M	V40	3 mile	Aberdare Valley Amateur AC	0:16:17
	6	290 Phil	Morris	M	V40	3 mile	Builth & District RC	0:16:55
	7	247 Michael	Holloway	M	V35	3 mile	Brecon AC	0:17:19
	8	293 Joseph	Murphy	M	U23	3 mile	Brecon AC	0:17:21
	9	289 Donna	Morris	F	V35	3 mile	Builth and district rc	0:17:25
	10	229 Joe	Edwards	M	U23	3 mile	Brecon ac	0:17:33
	11	297 Haydn	Oreilly	M	V40	3 mile	Builth & District RC	0:17:45
	12	305 Justin	Phillips	M	V45	3 mile	Aberdare Valley Amateur Athletic Cluc	0:18:00
	13	208 Richard	Bullass	M	Open	3 mile	Builth and District Running Club	0:18:05
	14	242 Chris	Handley	M	V45	3 mile	Merthyr Running Club	0:18:07
	15	316 Owen	Price Davies	M	U23	3 mile	Brecon AC	0:19:30
	16	214 Ned	Collins	M	U23	3 mile	Brecon AC	0:19:31
	17	246 Ruby	Herdman	F	U23	3 mile	Brecon AC	0:19:33
=18		204 Andrew	Brasington	M	V55	3 mile	Ebbw Vale RC	0:19:39
=18		203 Rhodri	Boggust	M	Open	3 mile		0:19:39
	20	226 Will	Davies	M	Open	3 mile		0:19:49
	21	313 Wendy	Price	F	V40	3 mile	Amman Valley Harriers	0:19:50
	22	224 Robbie	Davies	M	Open	3 mile		0:19:52
	23	314 Matthew	Price	M	U23	3 mile	Christ College	0:19:58
	24	302 Alex	Peltor	M	U23	3 mile	Brecon AC	0:20:00
	25	210 Martin	Carter	M	V55	3 mile	Hereford Couriers	0:20:02
	26	310 Brendan	Price	M	V45	3 mile	Aberdare Valley Amateur AC	0:20:10
	27	252 Steve	Ironside	M	V40	3 mile		0:20:24
	28	315 Evan	Price Davies	M	U23	3 mile	Brecon Atheltics Club	0:20:25
	29	237 Stephen	Goodridge	M	V55	3 mile	Hay Hotfooters	0:20:26
	30	251 Katie	Ironside	F	V35	3 mile		0:20:30
	31	233 Iwan	Evans	M	V45	3 mile		0:20:31
	32	312 Robert	Price	M	V45	3 mile	Aberdare Valley Amateur AC	0:20:34
	33	263 Sian	Jones	F	Open	3 mile	Parc Bryn Bach Running Club	0:20:41
	34	331 Peter	Summers	M	V35	3 mile	Hay Hotfooters	0:20:42
	35	245 Jon	Heissig	M	V50	3 mile	Brecon Tri	0:21:04
	36	279 Graham	Mack	M	V65	3 mile	Merthyr Running Club	0:21:06
	37	276 Harry	Ling	M	U23	3 mile	Christ College	0:21:29
	38	277 Jonathan	Ling	M	V45	3 mile	Christ College	0:21:30
	39	268 Naomi	Law	F	V50	3 mile		0:21:44
	40	300 Darren	Owen	M	V45	3 mile	Aberdare Valley Amateur AC	0:21:45
	41	253 Sarah	Jeremiah	F	V45	3 mile	Parc Bryn Bach RC	0:21:49
	42	296 Charlie	Northey	M	V55	3 mile	Brecon AC	0:21:52
	43	284 Emma	Mcwilliams	F	V40	3 mile	Mynydd Du	0:22:00
	44	225 Stephen	Davies	M	V35	3 mile		0:22:01
	45	238 Darren	Grande	M	V50	3 mile	Merthyr Running Club	0:22:02
	46	215 Andy	Creber	M	V60	3 mile	Chepstow Harriers	0:22:05
	47	240 Eleanor	Guyon	F	V35	3 mile		0:22:12
	48	272 Mike	Lewis	M	V55	3 mile		0:22:17
	49	231 Geraint	Evans	M	V50	3 mile		0:22:23
	50	288 Huw	Morgan	M	V45	3 mile		0:22:26
	51	243 Annabel	Harford	F	V55	3 mile	Brecon AC	0:22:28
	52	205 Lucy	Brasington	F	U23	3 mile		0:22:37
	53	304 Emily	Peltor	F	U23	3 mile	Brecon AC	0:22:42
	54	286 Phillip	Miles	M	V70	3 mile	Parc Bryn Bach	0:22:44
	55	258 Ifan	Jones	M	V55	3 mile	Maldwyn Harriers	0:22:48
	56	299 Derek	Osborne	M	V55	3 mile	Brecon AC	0:22:52
	57	326 Andrew	Smart	M	V45	3 mile		0:22:56
	58	318 David	Rees	M	V70	3 mile	Hay Hotfooters	0:22:59
	59	232 Heather	Evans	F	V40	3 mile	Builth and District Running club	0:23:00
=60		338 Natalie	Williams	F	V40	3 mile	Merthyr Running Club	0:23:06
=60		339 Nathan	Williams	M	V35	3 mile	Aberdare Valley Amateur AC	0:23:06
	62	222 Ray	Davies	M	V60	3 mile	Aberdare Valley AAC	0:23:07
	63	281 Debs	Martin	F	V40	3 mile	Brecon Athletic Club	0:23:09
	64	227 Kevin	Dunster	M	V60	3 mile	Hay Hotfooters	0:23:13
	65	201 Gary	Bartram	M	V45	3 mile		0:23:14
	66	209 Andrew	Cadmore	M	V50	3 mile		0:23:15
	67	270 Dai	Lewis	M	Open	3 mile		0:23:25
	68	236 Gavin	Fouracre	M	V50	3 mile		0:23:29
	69	294 Sarah	Murphy	F	V45	3 mile	Brecon AC	0:23:38
	70	235 Salome	Evans	F	V50	3 mile		0:23:47
	71	334 Gunvor	Troelsen	F	V55	3 mile	Builth & District RC	0:23:49
	72	211 Jodie	Charman	F	V40	3 mile		0:23:50
	73	335 Beverley	Tucker	F	V55	3 mile	Brecon AC	0:23:55
	74	321 Mark	Roberts	M	V60	3 mile	Brecon AC	0:24:01
	75	337 James	Williams	M	Open	3 mile	Parc Bryn Bach RC	0:24:08
	76	332 Dean	Thomas	M	V50	3 mile	Merthyr running club	0:24:13
	77	287 Adrian	Moir	M	V60	3 mile	Mynyddwyr De Cymru (MDC)	0:24:30
	78	285 Jacky	Miles	F	V70	3 mile	Parc Bryn Bach	0:24:35

79	255	Delphine	Jones	F	V40	3 mile	Parc Bryn Bach RC	0:24:36
80	301	John	Parker	M	V55	3 mile	Crickhowell Running Club	0:24:38
81	309	Angela	Price	F	V50	3 mile	Hay Hotfooters	0:24:43
82	266	Sara	Lake	F	V50	3 mile	Hay Hotfooters	0:24:45
83	291	Steve	Murchie	M	V45	3 mile		0:25:18
84	328	Julie	Smith	F	V50	3 mile	Merthyr Running Club	0:25:23
85	239	Helen	Griffiths	F	V50	3 mile	Merthyr running club	0:25:24
86	217	Ann	Davies	F	V55	3 mile	Brecon Tri	0:25:25
87	264	Stacy	Jones	F	V40	3 mile	Brecon	0:25:43
88	275	Barbara	Lilygreen	F	V50	3 mile	Brecon Triathlon Club	0:26:10
89	244	Marina	Harris	F	V45	3 mile		0:26:15
90	323	Raymond	Sharratt	M	V75	3 mile	Rhayader RC	0:26:16
91	330	Caryl	Stokes	F	V45	3 mile	Merthyr Running Club	0:26:18
92	230	Claire	Evans	F	V40	3 mile		0:26:20
93	234	Paul	Evans	M	V45	3 mile	Brecon AC	0:26:25
94	216	Liam	Daly	M	V60	3 mile	Builth & District RC	0:26:27
95	324	Laine	Skinner	M	V45	3 mile	Brecon	0:26:40
96	220	Liz	Davies	F	V40	3 mile		0:26:43
97	249	Kate	Hovers	F	V60	3 mile	Clwb run wales	0:26:45
98	267	Tina	Lavelle	F	V65	3 mile	Hay Hotfooters	0:26:54
99	207	Delyth	Brushett	F	V40	3 mile	Brecon Triathlon Club	0:27:04
100	333	Jude	Toasland	F	V55	3 mile		0:27:05
101	280	Penny	Maisey	F	V50	3 mile		0:27:19
102	283	Amy	McMillan	F	V35	3 mile		0:27:51
103	248	Tony	Holloway	M	V65	3 mile		0:27:53
104	212	Wendy	Cole	F	V50	3 mile	Builth & District RC	0:27:58
105	319	Sue	Richards	F	V65	3 mile	Hay hotfooters	0:28:01
106	250	Libby	Hyde	F	V40	3 mile		0:28:08
107	295	Alan	Nicholls	M	V70	3 mile	Hay Hotfooters	0:28:13
108	256	Diane	Jones	F	V50	3 mile	Maldwyn Harriers	0:28:23
109	303	Amy	Peltor	F	V40	3 mile	Brecon AC	0:28:33
110	298	Mandi	Orton	F	V45	3 mile		0:28:41
111	265	Geraldine	Keylock	F	V45	3 mile		0:28:48
112	213	Mick	Collins	M	V55	3 mile	Hay Hotfooters	0:28:59
113	271	Fiona	Lewis	F	V40	3 mile		0:29:01
114	282	Angela	McLellan	F	V40	3 mile		0:29:02
115	202	Sarah	Bartram	F	V35	3 mile		0:29:18
116	278	Joanne	Lord	F	V55	3 mile	Hay Hotfooters	0:29:29
117	320	David	Roberts	M	V35	3 mile	Brecon Athletic Club	0:30:03
118	269	Susan	Lawrence	F	V65	3 mile	Pont-y-pwl and District Running Club	0:30:46
119	308	Kathryn	Powell	F	V50	3 mile	Brecon Athletic Club	0:30:53
120	241	Sue	Hackett	F	V55	3 mile	Hay Hotfooters	0:31:47
121	327	Helen	Smart	F	V45	3 mile		0:32:10
122	259	Jo	Jones	F	V60	3 mile	Builth Wells and District Running Club	0:32:20
123	274	Rhys	Lewis	M	V45	3 mile	Parc Bryn Bach	0:32:31
124	307	Glesni	Powell	F	U23	3 mile	Brecon AC	0:32:36
125	273	Nicola	Lewis	F	V45	3 mile	Parc Bryn Bach	0:32:55
126	218	Clare	Davies	F	V50	3 mile		0:33:37
127	311	Paula	Price	F	V55	3 mile	Crickhowell Running Club	0:33:57
128	219	Hadyn	Davies	M	V75	3 mile		0:37:17