

Llanfrynach 4 mile road race Results (17/05/2022)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	761	Matthew	Jones	M	V40	4 mile	Brecon AC	0:21:33
2	831	Chris	Williams	M	V40	4 mile	Aberdare Valley Amateur AC	0:22:21
3	788	Phil	Morris	M	V40	4 mile	Builth & District RC	0:22:46
4	719	Dominic	Davies	M	Open	4 mile		0:22:56
5	787	Donna	Morris	F	V35	4 mile	Builth and district rc	0:23:46
6	746	Michael	Holloway	M	V35	4 mile	Brecon AC	0:23:54
7	757	Gwynant	Jones	M	Open	4 mile	Maldwyn Harriers	0:24:00
8	798	Justin	Phillips	M	V45	4 mile	Aberdare Valley Amateur Athletic Cluc	0:24:28
9	742	Chris	Handley	M	V45	4 mile	Merthyr Running Club	0:24:31
10	708	Richard	Bullass	M	Open	4 mile	Builth and District Running Club	0:25:33
11	753	Jacob	Iveson	M	Open	4 mile	Builth & District RC	0:25:46
12	806	Wendy	Price	F	V40	4 mile	Amman Valley Harriers	0:26:08
13	727	Will	Davies	M	Open	4 mile		0:26:18
14	792	Haydn	Oreilly	M	V40	4 mile	Builth & District RC	0:26:20
15	704	Andrew	Brasington	M	V55	4 mile	Ebbw Vale RC	0:26:37
16	804	Brendan	Price	M	V45	4 mile	Aberdare Valley Amateur AC	0:26:59
17	725	Robbie	Davies	M	Open	4 mile		0:27:00
18	800	Gethin	Powell	M	V35	4 mile	Pontypridd Roadents AC	0:27:01
19	710	Martin	Carter	M	V55	4 mile	Hereford Couriers	0:27:03
20	701	Stephen	Bald	M	V45	4 mile	Brecon Athletic Club	0:27:04
21	751	Katie	Ironsidge	F	V35	4 mile		0:27:35
22	738	Stephen	Goodridge	M	V55	4 mile	Hay Hotfooters	0:27:39
23	763	Sian	Jones	F	Open	4 mile	Parc Bryn Bach Running Club	0:27:40
24	825	Peter	Summers	M	V35	4 mile	Hay Hotfooters	0:27:43
25	777	Jonathan	Ling	M	V45	4 mile	Christ College	0:27:45
26	745	Jon	Heissig	M	V50	4 mile	Brecon Tri	0:28:47
27	779	Graham	Mack	M	V65	4 mile	Merthyr Running Club	0:28:55
28	768	Naomi	Law	F	V50	4 mile		0:29:28
29	807	Matthew	Price	M	U23	4 mile	Christ College	0:29:29
30	784	Emma	Mcwilliams	F	V40	4 mile	Mynydd Du	0:29:35
31	808	Evan	Price Davies	M	U23	4 mile	Brecon Athletics Club	0:29:52
32	795	Darren	Owen	M	V45	4 mile	Aberdare Valley Amateur AC	0:29:59
33	786	Huw	Morgan	M	V45	4 mile		0:30:00
34	814	Mark	Roberts	M	V60	4 mile	Brecon AC	0:30:01
35	743	Annabel	Harford	F	V55	4 mile	Brecon AC	0:30:05
36	772	Mike	Lewis	M	V55	4 mile		0:30:15
37	731	Geraint	Evans	M	V50	4 mile		0:30:19
38	739	Darren	Grande	M	V50	4 mile	Merthyr Running Club	0:30:48
39	794	Derek	Osborne	M	V55	4 mile	Brecon AC	0:30:58
40	758	Ifan	Jones	M	V55	4 mile	Maldwyn Harriers	0:31:05
41	732	Heather	Evans	F	V40	4 mile	Builth and District Running club	0:31:09
42	834	Nathan	Williams	M	V35	4 mile	Aberdare Valley Amateur AC	0:31:15
43	811	David	Rees	M	V70	4 mile	Hay Hotfooters	0:31:27
44	726	Stephen	Davies	M	V35	4 mile		0:31:35
45	770	Dai	Lewis	M	Open	4 mile		0:31:39
46	728	Kevin	Dunster	M	V60	4 mile	Hay Hotfooters	0:31:43
47	735	Salome	Evans	F	V50	4 mile		0:31:48
48	828	Gunvor	Troelsen	F	V55	4 mile	Builth & District RC	0:32:12
49	711	Jodie	Charman	F	V40	4 mile		0:32:20
50	781	Debs	Martin	F	V40	4 mile	Brecon Athletic Club	0:32:23
51	833	Natalie	Williams	F	V40	4 mile	Merthyr Running Club	0:32:39
52	755	Delphine	Jones	F	V40	4 mile	Parc Bryn Bach RC	0:32:56
53	736	Gavin	Fouracre	M	V50	4 mile		0:32:58
54	791	Sarah	Murphy	F	V45	4 mile	Brecon AC	0:33:10
55	713	Mick	Collins	M	V55	4 mile	Hay Hotfooters	0:33:36
56	803	Angela	Price	F	V50	4 mile	Hay Hotfooters	0:33:45
57	785	Adrian	Moir	M	V60	4 mile	Mynyddwyr De Cymru (MDC)	0:33:54
58	826	Dean	Thomas	M	V50	4 mile	Merthyr running club	0:33:58
59	789	Steve	Murchie	M	V45	4 mile		0:34:06
60	747	Tony	Holloway	M	V65	4 mile		0:34:08
61	796	John	Parker	M	V55	4 mile	Crickhowell Running Club	0:34:10
62	829	Beverley	Tucker	F	V55	4 mile	Brecon AC	0:34:25
63	717	Ann	Davies	F	V55	4 mile	Brecon Tri	0:34:35
64	744	Marina	Harris	F	V45	4 mile		0:34:48
65	775	Barbara	Lilygreen	F	V50	4 mile	Brecon Triathlon Club	0:34:56
66	740	Helen	Griffiths	F	V50	4 mile	Merthyr running club	0:34:59
67	823	Julie	Smith	F	V50	4 mile	Merthyr Running Club	0:35:11
68	702	Gary	Bartram	M	V45	4 mile		0:35:17
69	824	Caryl	Stokes	F	V45	4 mile	Merthyr Running Club	0:35:51
70	818	Raymond	Sharratt	M	V75	4 mile	Rhayader RC	0:35:59
71	748	Kate	Hovers	F	V60	4 mile	Clwb run wales	0:36:17
72	716	Liam	Daly	M	V60	4 mile	Builth & District RC	0:36:18
73	760	Matt	Jones	M	V35	4 mile	Builth and district running club	0:36:30
74	730	Claire	Evans	F	V40	4 mile		0:36:39
75	827	Jude	Toasland	F	V55	4 mile		0:36:43
76	721	Liz	Davies	F	V40	4 mile		0:36:48
77	819	Laine	Skinner	M	V45	4 mile	Brecon	0:36:51
78	767	Tina	Lavelle	F	V65	4 mile	Hay Hotfooters	0:37:05
79	780	Penny	Maisey	F	V50	4 mile		0:37:07
80	750	Libby	Hyde	F	V40	4 mile		0:37:10
81	835	Nicola	Williams	F	V40	4 mile		0:37:20

82	771 Fiona	Lewis	F	V40	4 mile		0:37:23
83	783 Amy	McMillan	F	V35	4 mile		0:37:24
84	712 Wendy	Cole	F	V50	4 mile	Builth & District RC	0:37:48
85	782 Angela	McLellan	F	V40	4 mile		0:37:51
86	820 Sara	Skinner	F	V45	4 mile	Brecon	0:38:10
87	764 Nicola	Kelly	F	V50	4 mile	Builth and District Running Club	0:38:15
88	797 Amy	Peltor	F	V40	4 mile	Brecon AC	0:38:21
89	756 Diane	Jones	F	V50	4 mile	Maldwyn Harriers	0:38:34
90	793 Mandi	Orton	F	V45	4 mile		0:38:49
91	703 Sarah	Bartram	F	V35	4 mile		0:39:20
92	778 Joanne	Lord	F	V55	4 mile	Hay Hotfooters	0:39:30
93	836 Rebecca	Williams	F	Open	4 mile		0:39:45
94	765 Geraldine	Keylock	F	V45	4 mile		0:39:59
95	813 David	Roberts	M	V35	4 mile	Brecon Athletic Club	0:40:41
96	801 Glesni	Powell	F	U23	4 mile	Brecon AC	0:43:17
97	802 Kathryn	Powell	F	V50	4 mile	Brecon Athletic Club	0:43:18
98	773 Nicola	Lewis	F	V45	4 mile	Parc Bryn Bach	0:44:31
99	774 Rhys	Lewis	M	V45	4 mile	Parc Bryn Bach	0:44:32
100	805 Paula	Price	F	V55	4 mile	Crickhowell Running Club	0:44:59
101	718 Clare	Davies	F	V50	4 mile		0:45:14
102	720 Hadyn	Davies	M	V75	4 mile		0:48:31
#	809 Owen	Price Davies	M	U23	4 mile	Brecon AC	rtd at Finish