

### Llanfrynach 3-4-5 2022 Series Results

| Series position | Name              | Gender | Age Class | Club                                  | Cumulative Series Time | Llanfrynach 5 Mile Road Race (07/06/2022) | Llanfrynach 4 Mile Road Race (17/05/2022) | Llanfrynach 3 Mile Road Race (03/05/2022) |
|-----------------|-------------------|--------|-----------|---------------------------------------|------------------------|---|---|---|
| 1               | Chris Williams    | M      | V40       | Aberdare Valley Amateur AC            | 01:07:10               | 00:28:32                                  | 00:22:21                                  | 00:16:17                                  |
| 2               | Phil Morris       | M      | V40       | Builth & District RC                  | 01:08:46               | 00:29:05                                  | 00:22:46                                  | 00:16:55                                  |
| 3               | Michael Holloway  | M      | V35       | Brecon AC                             | 01:11:03               | 00:29:50                                  | 00:23:54                                  | 00:17:19                                  |
| 4               | Donna Morris      | F      | V35       | Builth and district rc                | 01:12:09               | 00:30:58                                  | 00:23:46                                  | 00:17:25                                  |
| 5               | Justin Phillips   | M      | V45       | Aberdare Valley Amateur Athletic Cluc | 01:13:37               | 00:31:09                                  | 00:24:28                                  | 00:18:00                                  |
| 6               | Chris Handley     | M      | V45       | Merthyr Running Club                  | 01:14:03               | 00:31:25                                  | 00:24:31                                  | 00:18:07                                  |
| 7               | Richard Bullass   | M      | Open      | Builth and District Running Club      | 01:16:09               | 00:32:31                                  | 00:25:33                                  | 00:18:05                                  |
| 8               | Wendy Price       | F      | V40       | Amman Valley Harriers                 | 01:19:13               | 00:33:15                                  | 00:26:08                                  | 00:19:50                                  |
| 9               | Andrew Brasington | M      | V55       | Ebbw Vale RC                          | 01:19:43               | 00:33:27                                  | 00:26:37                                  | 00:19:39                                  |
| 10              | Will Davies       | M      | Open      |                                       | 01:19:55               | 00:33:48                                  | 00:26:18                                  | 00:19:49                                  |
| 11              | Martin Carter     | M      | V55       | Hereford Couriers                     | 01:21:14               | 00:34:09                                  | 00:27:03                                  | 00:20:02                                  |
| 12              | Brendan Price     | M      | V45       | Aberdare Valley Amateur AC            | 01:21:19               | 00:34:10                                  | 00:26:59                                  | 00:20:10                                  |
| 13              | Katie Ironside    | F      | V35       |                                       | 01:22:18               | 00:34:13                                  | 00:27:35                                  | 00:20:30                                  |
| 14              | Robbie Davies     | M      | Open      |                                       | 01:22:30               | 00:35:38                                  | 00:27:00                                  | 00:19:52                                  |
| 15              | Haydn Oreilly     | M      | V40       | Builth & District RC                  | 01:23:13               | 00:39:08                                  | 00:26:20                                  | 00:17:45                                  |
| 16              | Sian Jones        | F      | Open      | Parc Bryn Bach Running Club           | 01:24:11               | 00:35:50                                  | 00:27:40                                  | 00:20:41                                  |
| 17              | Stephen Goodridge | M      | V55       | Hay Hotfooters                        | 01:24:29               | 00:36:24                                  | 00:27:39                                  | 00:20:26                                  |
| 18              | Jonathan Ling     | M      | V45       | Christ College                        | 01:24:33               | 00:35:18                                  | 00:27:45                                  | 00:21:30                                  |
| 19              | Matthew Price     | M      | U23       | Christ College                        | 01:25:33               | 00:36:06                                  | 00:29:29                                  | 00:19:58                                  |
| 20              | Graham Mack       | M      | V65       | Merthyr Running Club                  | 01:26:36               | 00:36:35                                  | 00:28:55                                  | 00:21:06                                  |
| 21              | Evan Price Davies | M      | U23       | Brecon Atheltics Club                 | 01:28:27               | 00:38:10                                  | 00:29:52                                  | 00:20:25                                  |
| 22              | Naomi Law         | F      | V50       | Brecon AC                             | 01:28:27               | 00:37:15                                  | 00:29:28                                  | 00:21:44                                  |
| 23              | Annabel Harford   | F      | V55       | Brecon AC                             | 01:29:51               | 00:37:18                                  | 00:30:05                                  | 00:22:28                                  |
| 24              | Huw Morgan        | M      | V45       |                                       | 01:30:25               | 00:37:59                                  | 00:30:00                                  | 00:22:26                                  |
| 25              | Geraint Evans     | M      | V50       |                                       | 01:30:54               | 00:38:12                                  | 00:30:19                                  | 00:22:23                                  |
| 26              | Mike Lewis        | M      | V55       |                                       | 01:30:54               | 00:38:22                                  | 00:30:15                                  | 00:22:17                                  |
| 27              | Mark Roberts      | M      | V60       | Brecon AC                             | 01:32:16               | 00:38:14                                  | 00:30:01                                  | 00:24:01                                  |

|    |                   |   |      |                            |          |          |          |          |
|----|-------------------|---|------|----------------------------|----------|----------|----------|----------|
| 28 | Darren Grande     | M | V50  | Merthyr Running Club       | 01:32:19 | 00:39:29 | 00:30:48 | 00:22:02 |
| 29 | Stephen Davies    | M | V35  |                            | 01:33:12 | 00:39:36 | 00:31:35 | 00:22:01 |
| 30 | David Rees        | M | V70  | Hay Hotfooters             | 01:33:59 | 00:39:33 | 00:31:27 | 00:22:59 |
| 31 | Nathan Williams   | M | V35  | Aberdare Valley Amateur AC | 01:34:37 | 00:40:16 | 00:31:15 | 00:23:06 |
| 32 | Dai Lewis         | M | Open |                            | 01:34:46 | 00:39:42 | 00:31:39 | 00:23:25 |
| 33 | Derek Osborne     | M | V55  | Brecon AC                  | 01:35:19 | 00:41:29 | 00:30:58 | 00:22:52 |
| 34 | Kevin Dunster     | M | V60  | Hay Hotfooters             | 01:35:31 | 00:40:35 | 00:31:43 | 00:23:13 |
| 35 | Gary Bartram      | M | V45  |                            | 01:36:09 | 00:37:38 | 00:35:17 | 00:23:14 |
| 36 | Gunvor Troelsen   | F | V55  | Builth & District RC       | 01:36:31 | 00:40:30 | 00:32:12 | 00:23:49 |
| 37 | Jodie Charman     | F | V40  |                            | 01:37:23 | 00:41:13 | 00:32:20 | 00:23:50 |
| 38 | Natalie Williams  | F | V40  | Merthyr Running Club       | 01:38:09 | 00:42:24 | 00:32:39 | 00:23:06 |
| 39 | Delphine Jones    | F | V40  | Parc Bryn Bach RC          | 01:38:41 | 00:41:09 | 00:32:56 | 00:24:36 |
| 40 | Sarah Murphy      | F | V45  | Brecon AC                  | 01:38:48 | 00:42:00 | 00:33:10 | 00:23:38 |
| 41 | Adrian Moir       | M | V60  | Mynyddwyr De Cymru (MDC)   | 01:39:32 | 00:41:08 | 00:33:54 | 00:24:30 |
| 42 | Mick Collins      | M | V55  | Hay Hotfooters             | 01:39:51 | 00:37:16 | 00:33:36 | 00:28:59 |
| 43 | Gavin Fouracre    | M | V50  |                            | 01:40:24 | 00:43:57 | 00:32:58 | 00:23:29 |
| 44 | Beverley Tucker   | F | V55  | Brecon AC                  | 01:40:44 | 00:42:24 | 00:34:25 | 00:23:55 |
| 45 | Angela Price      | F | V50  | Hay Hotfooters             | 01:41:08 | 00:42:40 | 00:33:45 | 00:24:43 |
| 46 | John Parker       | M | V55  | Crickhowell Running Club   | 01:41:45 | 00:42:57 | 00:34:10 | 00:24:38 |
| 47 | Marina Harris     | F | V45  |                            | 01:45:02 | 00:43:59 | 00:34:48 | 00:26:15 |
| 48 | Tony Holloway     | M | V65  |                            | 01:46:28 | 00:44:27 | 00:34:08 | 00:27:53 |
| 49 | Barbara Lilygreen | F | V50  | Brecon Triathlon Club      | 01:46:30 | 00:45:24 | 00:34:56 | 00:26:10 |
| 50 | Steve Murchie     | M | V45  |                            | 01:46:43 | 00:47:19 | 00:34:06 | 00:25:18 |
| 51 | Caryl Stokes      | F | V45  | Merthyr Running Club       | 01:48:11 | 00:46:02 | 00:35:51 | 00:26:18 |
| 52 | Raymond Sharratt  | M | V75  | Rhayader RC                | 01:48:15 | 00:46:00 | 00:35:59 | 00:26:16 |
| 53 | Kate Hovers       | F | V60  | Clwb run wales             | 01:49:26 | 00:46:24 | 00:36:17 | 00:26:45 |
| 54 | Laine Skinner     | M | V45  | Brecon                     | 01:49:45 | 00:46:14 | 00:36:51 | 00:26:40 |
| 55 | Liam Daly         | M | V60  | Builth & District RC       | 01:49:46 | 00:47:01 | 00:36:18 | 00:26:27 |
| 56 | Claire Evans      | F | V40  |                            | 01:50:04 | 00:47:05 | 00:36:39 | 00:26:20 |
| 57 | Penny Maisey      | F | V50  |                            | 01:50:53 | 00:46:27 | 00:37:07 | 00:27:19 |
| 58 | Jude Toasland     | F | V55  |                            | 01:50:59 | 00:47:11 | 00:36:43 | 00:27:05 |
| 59 | Tina Lavelle      | F | V65  | Hay Hotfooters             | 01:50:59 | 00:47:00 | 00:37:05 | 00:26:54 |
| 60 | Libby Hyde        | F | V40  |                            | 01:52:40 | 00:47:22 | 00:37:10 | 00:28:08 |
| 61 | Fiona Lewis       | F | V40  |                            | 01:54:53 | 00:48:29 | 00:37:23 | 00:29:01 |

