

## Llanfrynach 4 mile 16 May 2023 Results (16/05/2023)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	2161	Sam	Jones	M	V35	Basic	Parc Bryn Bach RC	0:21:19
2	2012	Adam	Brown	M	U23	Basic	Merthyr Triathlon Club	0:21:26
3	2062	Matthew	Jones	M	V40	Basic	Brecon AC	0:21:34
4	2139	Owen	Thomas	M	V35	Basic	Aberdare Valley Amateur AC	0:22:07
5	2149	Chris	Williams	M	V40	Basic	Aberdare Valley Amateur AC	0:22:26
6	2052	Michael	Holloway	M	V35	Basic	Brecon AC	0:23:00
7	2090	Philip	Morris	M	V40	Basic	Builth & District RC	0:23:12
8	2094	Joseph	Murphy	M	U23	Basic	Brecon AC	0:23:20
9	2082	Andrew	May	M	V45	Basic	Brecon AC	0:23:38
10	2048	Chris	Handley	M	V50	Basic	Merthyr Triathlon Club	0:24:16
11	2032	Will	Davies	M	Open	Basic		0:24:28
12	2089	Donna	Morris	F	V35	Basic	Builth & District RC	0:24:30
13	2142	Manny	Traylor	M	V40	Basic		0:24:33
14	2144	Mark	Watts	M	V50	Basic	Parc Bryn Bach RC	0:24:58
15	2076	Bethan	Logan	F	V35	Basic	Mynydd Du	0:25:01
16	2010	Rhodri	Boggust	M	Open	Basic	Brecon AC	0:25:06
17	2096	Kristie	Oconnell-James	F	Open	Basic	Pontypridd Roadents AC	0:25:08
18	2044	Barney	Goodrich	M	V45	Basic	Brecon AC	0:25:18
19	2025	Austin	Davies	M	V55	Basic		0:25:52
20	2014	Matthew	Brushett	M	V35	Basic	Brecon Tri	0:25:54
21	2105	Gethin	Powell	M	V40	Basic	Pontypridd Roadents AC	0:26:01
22	2007	Stephen	Bald	M	V45	Basic	Brecon AC	0:26:07
23	2031	Robbie	Davies	M	Open	Basic		0:26:16
24	2114	Craig	Rees	M	Open	Basic		0:26:19
25	2111	Wendy	Price	F	V45	Basic	Amman Valley Harriers	0:26:28
26	2050	Ruby	Herdman	F	U23	Basic	Brecon AC	0:26:34
27	2055	Katie	Ironside	F	V35	Basic	Mynyddwyr De Cymru (MDC)	0:26:35
28	2018	Martin	Carter	M	V55	Basic	Hereford Couriers	0:26:38
=29	2061	Lili	Jones	F	U23	Basic	Merthyr Triathlon Club	0:26:40
=29	2103	Rhys	Picton	M	V40	Basic	Merthyr Triathlon Club	0:26:40
31	2011	Andrew	Brasington	M	V55	Basic	Ebbw Vale RC	0:26:42
32	2118	Sean	Sanders	M	V55	Basic	Merthyr Running Club	0:27:08
33	2019	Sarah	Christensen	F	V40	Basic		0:27:12
34	2060	James	Jones	M	Open	Basic	Builth & District RC	0:27:16
35	2110	Robert	Price	M	V45	Basic	Aberdare Valley Amateur AC	0:27:35
36	2162	Evan	Price Davies	M	U23	Basic	Brecon AC	0:28:01
37	2108	Joseph	Price	M	Open	Basic	Merthyr Triathlon Club	0:28:03
38	2083	Emma	McWilliams	F	V40	Basic	Builth & District RC	0:28:26
39	2138	Huw	Thomas	M	V45	Basic		0:28:30
40	2065	Naomi	Law	F	V50	Basic	Brecon AC	0:28:31
41	2045	Stephen	Goodridge	M	V60	Basic	Brecon AC	0:28:44
42	2041	Aimee	Ferguson	F	V35	Basic	Aberdare Valley Amateur AC	0:28:49
43	2038	Geraint	Evans	M	V50	Basic		0:29:03
44	2078	Graham	Mack	M	V65	Basic	MERTHYR RUNNING CLUB	0:29:09
45	2024	Andy	Creber	M	V65	Basic		0:29:12
46	2003	James	Ashley	M	V45	Basic	Parc Bryn Bach RC	0:29:27
47	2029	Raymond	Davies	M	V40	Basic	Builth & District RC	0:29:34
48	2016	Andrew	Cadmores	M	V50	Basic	Brecon AC	0:29:55
49	2049	Annabel	Harford	F	V55	Basic	Brecon AC	0:30:04
50	2072	Mike	Lewis	M	V55	Basic		0:30:10
51	2143	Gunvor	Troelsen	F	V55	Basic	Builth & District RC	0:30:11
=52	2116	Mark	Roberts	M	V60	Basic	Brecon AC	0:30:12
=52	2080	Simon	Marks	M	V55	Basic	Merthyr Running Club	0:30:12
54	2132	David	Stallard	M	V45	Basic	Merthyr running club	0:30:34
55	2085	Ryan	Minard	M	V40	Basic	Aberdare Valley Amateur AC	0:30:39
56	2046	Darren	Grande	M	V50	Basic	Merthyr Triathlon Club	0:31:03
57	2039	Jon	Evans	M	V35	Basic		0:31:15
58	2087	Adrian	Moir	M	V60	Basic	Mynyddwyr De Cymru (MDC)	0:31:19
59	2131	Kenneth	Speirs	M	V40	Basic	Aberdare Valley Amateur AC	0:31:21
60	2115	David	Rees	M	V70	Basic	Hay Hotfooters	0:31:23
61	2028	Ray	Davies	M	V60	Basic	Aberdare Valley Amateur AC	0:31:25
62	2077	Stephen	Lummis	M	V45	Basic	Aberdare Valley Amateur AC	0:31:46
63	2117	Tommy	Rutherford	M	V50	Basic	Brecon AC	0:31:50
64	2156	Sophie	Williams	F	V35	Basic	Monross Trailblazers	0:31:54
65	2102	Cara	Perfremment	F	V45	Basic	Brecon AC	0:32:00
66	2145	Angharad	Whittall	F	Open	Basic		0:32:02
67	2098	Derek	Osborne	M	V60	Basic	Brecon AC	0:32:08
68	2059	Andrew	Jones	M	V40	Basic	Aberdare Valley Amateur AC	0:32:11
69	2034	Kevin	Dunster	M	V60	Basic	Hay Hotfooters	0:32:15
70	2070	Jordan Liam	Lewis	M	Open	Basic		0:32:30
71	2037	Deborah	Evans	F	V60	Basic	Aberdare Valley Amateur AC	0:32:35
72	2033	Rhys	Dempsey	M	Open	Basic	Parc Bryn Bach RC	0:32:36
73	2124	Nick	Sloper	M	V50	Basic	Spirit of Monmouth	0:32:37
74	2153	Nathan	Williams	M	V40	Basic	Aberdare Valley Amateur AC	0:32:40
75	2130	Molly	Smith	F	U23	Basic	Merthyr Triathlon Club	0:32:43
76	2022	Sharon	Collins	F	V55	Basic	Hay Hotfooters	0:32:45

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Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
77	2137	Dylan	Thomas	M	V35	Basic	Merthyr Triathlon Club	0:32:46
78	2127	Carol	Smith	F	V50	Basic	Merthyr Running Club	0:32:52
79	2063	Nicola	Kelly	F	V50	Basic	Builth & District RC	0:32:54
80	2047	Helen	Griffiths	F	V50	Basic	Merthyr Triathlon Club	0:33:07
81	2128	Julie	Smith	F	V50	Basic	Merthyr Triathlon Club	0:33:17
82	2095	Sarah	Murphy	F	V45	Basic	Brecon AC	0:33:24
=83	2122	Laine	Skinner	M	V45	Basic	Brecon AC	0:33:51
=83	2146	Sian	Wigley	F	V60	Basic	Aberdare Valley Amateur AC	0:33:51
85	2107	Baz	Price	M	V40	Basic		0:34:14
86	2042	Gavin	Fouracre	M	V50	Basic		0:34:18
87	2135	Matt	Stride	M	V40	Basic	Merthyr running club	0:34:25
88	2158	Bridget	Woodward	F	V50	Basic	Brecon AC	0:34:36
89	2015	Richard	Burdett	M	Open	Basic	Merthyr running club	0:34:48
=90	2099	John	Parker	M	V55	Basic	Tenby Aces	0:34:51
=90	2163	Rodgers	Wanga	M	V35	Basic		0:34:51
92	2035	Kate	Edwards	F	V35	Basic	Merthyr Triathlon Club	0:34:52
93	2069	Caroline	Lewis	F	V45	Basic	Merthyr Triathlon Club	0:35:07
94	2092	Steven	Murchie	M	V45	Basic		0:35:11
95	2140	Elizabeth	Tindle	F	V60	Basic	Halesowen ACC	0:35:14
96	2023	Owen	Cooper	M	V75	Basic	Builth & District RC	0:35:23
97	2017	Claire	Carro	F	V55	Basic		0:35:37
98	2026	Claire	Davies	F	V45	Basic	Merthyr Running Club	0:35:49
99	2148	Bleddyn	Williams	M	V35	Basic		0:36:09
100	2147	Sian	Williams	F	V60	Basic	Brecon AC	0:36:55
101	2004	Lesley	Ashton	F	V60	Basic	Vegan Runners UK	0:37:06
=102	2133	Alun	Stevens	M	V45	Basic	MTC	0:37:21
=102	2008	Kay	Bedford	F	V55	Basic	Merthyr Triathlon Club	0:37:21
104	2123	Sara	Skinner	F	V45	Basic		0:37:25
105	2054	Libby	Hyde	F	V45	Basic		0:37:32
106	2104	Bev	Powell	F	V50	Basic		0:37:35
107	2121	Richard	Simpson	M	V50	Basic		0:37:36
108	2154	Nicola	Williams	F	V40	Basic		0:37:42
109	2064	Tina	Lavelle	F	V65	Basic	Hay Hotfooters	0:37:59
110	2067	Maya	Lawrie-Jessop	F	Open	Basic	Crickhowell running club	0:38:06
111	2120	Raymond	Sharratt	M	V80	Basic	Rhayader RC	0:38:07
112	2134	Caryl	Stokes	F	V45	Basic	Merthyr Running Club	0:38:10
113	2009	Rebecca	Blake	F	V35	Basic	Merthyr Running Club	0:38:17
114	2013	Delyth	Brushett	F	V40	Basic	Mynydd Du	0:38:22
115	2079	Penny	Maisey	F	V50	Basic		0:38:25
=116	2058	Keely	Jarvis	F	V35	Basic	Aberdare Valley Amateur AC	0:38:26
=116	2057	Mark	James	M	V55	Basic	Brecon AC	0:38:26
118	2151	Kathryn	Williams	F	V40	Basic	Aberdare Valley Amateur AC	0:38:28
119	2020	Caroline	Cleaver	F	V40	Basic	Merthyr running club	0:38:31
120	2021	Wendy	Cole	F	V50	Basic	Builth & District RC	0:38:43
=121	2040	Paul	Evans	M	V45	Basic	Brecon AC	0:39:25
=121	2155	Rebecca	Williams	F	Open	Basic	Crickhowell running club	0:39:25
123	2002	Sophie	Arnold	F	Open	Basic	Brecon AC	0:39:40
124	2068	Janet	Leigh	F	V50	Basic	Brecon AC	0:39:55
125	2106	Kathryn	Powell	F	V50	Basic	Brecon AC	0:39:58
126	2157	Cilla	Withers	F	V55	Basic		0:40:08
127	2159	Cheryl	Wrigley	F	V50	Basic	Brecon Multisport Club	0:40:30
128	2136	Debbie	Taylor	F	V45	Basic		0:40:33
129	2086	Danielle	Mitchell	F	Open	Basic		0:40:34
130	2160	Zoe	Zimmer	F	Open	Basic		0:40:46
131	2126	Helen	Smart	F	V45	Basic		0:41:18
132	2066	Susan	Lawrence	F	V65	Basic	Pont-y-pwl & District Runners	0:42:01
133	2129	Karen	Smith	F	V50	Basic	Merthyr Running Club	0:42:14
134	2088	Paula	Morgan	F	V50	Basic	Merthyr Triathlon Club	0:42:17
135	2109	Paula	Price	F	V55	Basic	Crickhowell Running Club	0:42:37
136	2036	Joanna	England	F	V45	Basic	Merthyr Running Club	0:44:19
137	2043	Caroline	Frampton	F	V60	Basic		0:45:11
138	2056	Helen	James	F	V55	Basic	Brecon AC	0:45:16
139	2113	Carol	Redman	F	V50	Basic	Brecon AC	0:47:23