

Overall position	Name	Gender	Age Cat.	Club	Time 3 mile	Time 4 mile	series time after 2 races
1	Matthew Jones Jones	M	V40	Brecon AC	0:15:57	0:21:33	00:37:30
2	Chris Williams	M	V40	Aberdare Valley Amateur AC	0:16:17	0:22:21	00:38:38
3	Phil Morris	M	V40	Builth & District RC	0:16:55	0:22:46	00:39:41
4	Donna Morris	F	V35	Builth and district rc	0:17:25	0:23:46	00:41:11
5	Michael Holloway	M	V35	Brecon AC	0:17:19	0:23:54	00:41:13
6	Justin Phillips	M	V45	Aberdare Valley Amateur Athletic Cluc	0:18:00	0:24:28	00:42:28
7	Chris Handley	M	V45	Merthyr Running Club	0:18:07	0:24:31	00:42:38
8	Richard Bullass	M	Open	Builth and District Running Club	0:18:05	0:25:33	00:43:38
9	Haydn Oreilly	M	V40	Builth & District RC	0:17:45	0:26:20	00:44:05
10	Wendy Price	F	V40	Amman Valley Harriers	0:19:50	0:26:08	00:45:58
11	Will Davies	M	Open		0:19:49	0:26:18	00:46:07
12	Andrew Brasington	M	V55	Ebbw Vale RC	0:19:39	0:26:37	00:46:16
13	Robbie Davies	M	Open		0:19:52	0:27:00	00:46:52
14	Martin Carter	M	V55	Hereford Couriers	0:20:02	0:27:03	00:47:05
15	Brendan Price	M	V45	Aberdare Valley Amateur AC	0:20:10	0:26:59	00:47:09
16	Stephen Goodridge	M	V55	Hay Hotfooters	0:20:26	0:27:39	00:48:05
17	Katie Ironside	F	V35		0:20:30	0:27:35	00:48:05
18	Sian Jones	F	Open	Parc Bryn Bach Running Club	0:20:41	0:27:40	00:48:21
19	Peter Summers	M	V35	Hay Hotfooters	0:20:42	0:27:43	00:48:25
20	Jonathan Ling	M	V45	Christ College	0:21:30	0:27:45	00:49:15
21	Matthew Price	M	U23	Christ College	0:19:58	0:29:29	00:49:27
22	Jon Heissig	M	V50	Brecon Tri	0:21:04	0:28:47	00:49:51
23	Graham Mack	M	V65	Merthyr Running Club	0:21:06	0:28:55	00:50:01
24	Evan Price Davies	M	U23	Brecon Atheltics Club	0:20:25	0:29:52	00:50:17
25	Naomi Law	F	V50	Brecon Atheltics Club	0:21:44	0:29:28	00:51:12
26	Emma Mcwilliams	F	V40	Mynydd Du	0:22:00	0:29:35	00:51:35
27	Darren Owen	M	V45	Aberdare Valley Amateur AC	0:21:45	0:29:59	00:51:44
28	Huw Morgan	M	V45		0:22:26	0:30:00	00:52:26
29	Mike Lewis	M	V55		0:22:17	0:30:15	00:52:32
30	Annabel Harford	F	V55	Brecon AC	0:22:28	0:30:05	00:52:33
31	Geraint Evans	M	V50		0:22:23	0:30:19	00:52:42
32	Darren Grande	M	V50	Merthyr Running Club	0:22:02	0:30:48	00:52:50
33	Stephen Davies	M	V35		0:22:01	0:31:35	00:53:36
34	Derek Osborne	M	V55	Brecon AC	0:22:52	0:30:58	00:53:50
35	Ifan Jones	M	V55	Maldwyn Harriers	0:22:48	0:31:05	00:53:53
36	Mark Roberts	M	V60	Brecon AC	0:24:01	0:30:01	00:54:02
37	Heather Evans	F	V40	Builth and District Running club	0:23:00	0:31:09	00:54:09
38	Nathan Williams	M	V35	Aberdare Valley Amateur AC	0:23:06	0:31:15	00:54:21
39	David Rees	M	V70	Hay Hotfooters	0:22:59	0:31:27	00:54:26
40	Kevin Dunster	M	V60	Hay Hotfooters	0:23:13	0:31:43	00:54:56
41	Dai Lewis	M	Open		0:23:25	0:31:39	00:55:04
42	Debs Martin	F	V40	Brecon Athletic Club	0:23:09	0:32:23	00:55:32
43	Salome Evans	F	V50		0:23:47	0:31:48	00:55:35
44	Natalie Williams	F	V40	Merthyr Running Club	0:23:06	0:32:39	00:55:45
45	Gunvor Troelsen	F	V55	Builth & District RC	0:23:49	0:32:12	00:56:01
46	Jodie Charman	F	V40		0:23:50	0:32:20	00:56:10
47	Gavin Fouracre	M	V50		0:23:29	0:32:58	00:56:27
48	Sarah Murphy	F	V45	Brecon AC	0:23:38	0:33:10	00:56:48
49	Delphine Jones	F	V40	Parc Bryn Bach RC	0:24:36	0:32:56	00:57:32
50	Dean Thomas	M	V50	Merthyr running club	0:24:13	0:33:58	00:58:11
51	Beverley Tucker	F	V55	Brecon AC	0:23:55	0:34:25	00:58:20
52	Adrian Moir	M	V60	Mynyddwyr De Cymru (MDC)	0:24:30	0:33:54	00:58:24
53	Angela Price	F	V50	Hay Hotfooters	0:24:43	0:33:45	00:58:28
54	Gary Bartram	M	V45		0:23:14	0:35:17	00:58:31
55	John Parker	M	V55	Crickhowell Running Club	0:24:38	0:34:10	00:58:48
56	Steve Murchie	M	V45		0:25:18	0:34:06	00:59:24
57	Ann Davies	F	V55	Brecon Tri	0:25:25	0:34:35	01:00:00
58	Helen Griffiths	F	V50	Merthyr running club	0:25:24	0:34:59	01:00:23
59	Julie Smith	F	V50	Merthyr Running Club	0:25:23	0:35:11	01:00:34
60	Marina Harris	F	V45		0:26:15	0:34:48	01:01:03

61	Barbara Lilygreen	F	V50	Brecon Triathlon Club	0:26:10	0:34:56	01:01:06
62	Tony Holloway	M	V65		0:27:53	0:34:08	01:02:01
63	Caryl Stokes	F	V45	Merthyr Running Club	0:26:18	0:35:51	01:02:09
64	Raymond Sharratt	M	V75	Rhayader RC	0:26:16	0:35:59	01:02:15
65	Mick Collins	M	V55	Hay Hotfooters	0:28:59	0:33:36	01:02:35
66	Liam Daly	M	V60	Builth & District RC	0:26:27	0:36:18	01:02:45
67	Claire Evans	F	V40		0:26:20	0:36:39	01:02:59
68	Kate Hovers	F	V60	Clwb run wales	0:26:45	0:36:17	01:03:02
69	Laine Skinner	M	V45	Brecon	0:26:40	0:36:51	01:03:31
70	Liz Davies	F	V40		0:26:43	0:36:48	01:03:31
71	Jude Toasland	F	V55		0:27:05	0:36:43	01:03:48
72	Tina Lavelle	F	V65	Hay Hotfooters	0:26:54	0:37:05	01:03:59
73	Penny Maisey	F	V50		0:27:19	0:37:07	01:04:26
74	Amy McMillan	F	V35		0:27:51	0:37:24	01:05:15
75	Libby Hyde	F	V40		0:28:08	0:37:10	01:05:18
76	Wendy Cole	F	V50	Builth & District RC	0:27:58	0:37:48	01:05:46
77	Fiona Lewis	F	V40		0:29:01	0:37:23	01:06:24
78	Angela McLellan	F	V40		0:29:02	0:37:51	01:06:53
79	Amy Peltor	F	V40	Brecon AC	0:28:33	0:38:21	01:06:54
80	Diane Jones	F	V50	Maldwyn Harriers	0:28:23	0:38:34	01:06:57
81	Mandi Orton	F	V45		0:28:41	0:38:49	01:07:30
82	Sarah Bartram	F	V35		0:29:18	0:39:20	01:08:38
83	Geraldine Keylock	F	V45		0:28:48	0:39:59	01:08:47
84	Joanne Lord	F	V55	Hay Hotfooters	0:29:29	0:39:30	01:08:59
85	David Roberts	M	V35	Brecon Athletic Club	0:30:03	0:40:41	01:10:44
86	Kathryn Powell	F	V50	Brecon Athletic Club	0:30:53	0:43:18	01:14:11
87	Glesni Powell	F	U23	Brecon AC	0:32:36	0:43:17	01:15:53
88	Rhys Lewis	M	V45	Parc Bryn Bach	0:32:31	0:44:32	01:17:03
89	Nicola Lewis	F	V45	Parc Bryn Bach	0:32:55	0:44:31	01:17:26
90	Clare Davies	F	V50		0:33:37	0:45:14	01:18:51
91	Paula Price	F	V55	Crickhowell Running Club	0:33:57	0:44:59	01:18:56
92	Hadyn Davies	M	V80		0:37:17	0:48:31	01:25:48