

**5 Mile Road Race 2019**

<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Perf.</b>	<b>Postn</b>	<b>Group Winners</b>
331	Daniel Bodman	Aberdare	SM	0:26:02	1	SM
135	Joe Reardon	Aberdare	U17M	0:27:33	2	U17M
334	Matthew Jones	na	MV35	0:27:49	3	MV35
134	Evan Price-Davies	Brecon AC	U20M	0:28:30	4	U20M
175	Phil Morris	Brecon AC	MV40	0:28:38	5	MV40
133	Brychan Price-Davies	Brecon AC	U20M	0:28:43	6	
336	Mathew Evans	Aberdare	MV35	0:28:46	7	
115	Gareth Lawrence	Brecon AC	SM	0:28:48	8	
174	Austin Davies	Brecon AC	MV50	0:28:56	9	MV50
243	Michael Holloway	Brecon AC	SM	0:29:05	10	
196	Adam Brown	Merthyr	U20M	0:29:25	11	
185	Patrick Morgan	Hay Hotfooters	U20M	0:29:41	12	
132	Liam Griffiths	Aberdare	U20M	0:29:52	13	
200	Adrian Lewis	Aberdare	MV45	0:30:35	14	MV45
316	Chris Handley	Merthyr	MV45	0:31:04	15	
154	Andrew Reddy	Aberdare	MV35	0:31:40	16	
255	Peter Sowerby	Brecon AC	MV55	0:32:03	17	MV55
261	Richard Sheehy	Park Bryn Bach	SM	0:32:10	18	
126	Tim Hindle	Brecon AC	MV50	0:32:14	19	
149	Carl Davies	na	MV35	0:32:56	20	
280	Samuel Jones	Brecon AC	U20M	0:33:03	21	
181	Tom Thoneycroft	Hay Hotfooters	MV45	0:33:28	22	
144	Wendy Price	Carmarthen	FV40	0:33:31	23	FV40
339	Alan Matthews	Dragons	MV55	0:33:46	24	
183	Ian Clark	Aberdare	MV50	0:33:50	25	
187	Brian Morgan	Hay Hotfooters	MV50	0:33:52	26	
190	Donna Morris	Builth & District	FV35	0:33:59	27	FV35
139	Brendan Price	Dragons RC	MV40	0:34:04	28	
249	Darren Stevens	Merthyr	MV45	0:34:14	29	
106	Huw Morgan	na	MV40	0:34:29	30	
128	Stephen Davies	na	SM	0:34:32	31	
120	Aimee Ferguson	Aberdare	SF	0:34:36	32	SF
129	Addy Carter	Hay Hotfooters	U20F	0:34:41	33	U20F
173	Jay Goode	na	SM	0:34:50	34	
108	Mark Roberts	Brecon AC	MV55	0:34:52	35	
252	Richard Simpson	na	MV45	0:34:59	36	
130	Martin Carter	Hay Hotfooters	MV50	0:35:01	37	
238	Graham Mack	Merthyr	MV60	0:35:08	38	MV60
342	Paul R Tucker	Brecon	MV50	0:35:21	39	
201	Robert King	Park Bryn Bach	MV40	0:35:31	40	
326	Andrew Merriman	Hay Hotfooters	MV45	0:35:34	41	
287	Jon Heissig	Brecon Tri	MV45	0:36:00	42	
266	Nicole Johnstone	Brecon AC	FV45	0:36:13	43	FV45
136	Geraint Evans	na	MV45	0:36:19	44	
141	Clare Griffiths	Aberdare	FV45	0:36:41	45	
186	Mike Lewis	na	MV50	0:36:45	46	
333	David George	Les Croupiers	MV50	0:36:46	47	
112	Derek Osborne	Brecon AC	MV55	0:36:57	48	
223	Carys Thomas	Dragons RC	SF	0:37:26	49	
322	Mark Jones	Dragons	MV55	0:37:30	50	
166	Andrew Meadows	na	MV35	0:37:35	51	
205	Sharon Lindesay	Hay Hotfooters	FV45	0:38:06	52	
171	Stephen Goodridge	Hay Hotfooters	MV55	0:38:16	53	
234	Adrian Taylor	Merthyr	MV55	0:38:18	54	
248	Jonathan Rees	Merthyr	MV35	0:38:26	55	
340	Katharine Collins	Park Bryn Bach	FV35	0:38:28	56	
292	Salome Evans	na	FV45	0:39:02	57	
169	Mark Squirrel	Brecon AC	SM	0:39:03	58	
151	Katie Ironside	na	SF	0:39:18	59	

142	Robert Price	Dragons RC	MV40	0:39:25	60	
152	Kevin Dunster	na	MV55	0:39:50	61	
215	Steven Murche	na	MV40	0:40:21	62	
124	Laine skinner	Brecon AC	MV40	0:40:30	63	
335	Oliver Hughes	Lliswerry	MV35	0:40:35	64	
258	Stacey Jones	na	FV35	0:40:49	65	
207	Bob Smith	Builth & District	MV60	0:40:54	66	
138	Rose Thomas	Rhayader	FV60	0:41:05	67	<b>FV60</b>
341	Peter Bridgewater	na	MV55	0:41:05	68	
222	Nigel Owen	Hay Hotfooters	MV60	0:41:08	69	
	Wrong Runner - disqualified		0	0	70	
199	Sara Lake	Hay Hotfooters	FV45	0:41:34	71	
338	Sharon Collins	Hay Hotfooters	FV55	0:41:37	72	<b>FV55</b>
332	Paul Tucker	Les Croupiers	MV40	0:41:42	73	
250	Julie Toy	Merthyr	FV50	0:41:48	74	<b>FV50</b>
177	Tiegan Ward	Brecon AC	U17F	0:42:13	75	<b>U17F</b>
178	Emma Bagshaw	na	FV50	0:42:15	76	
103	Sarah Murphy	Brecon AC	FV40	0:42:17	77	
265	Adam Johnstone	na	MV50	0:42:33	78	
156	Di Mogg	na	FV50	0:42:33	79	
158	John Parker	Brecon Tri	MV55	0:42:47	80	
246	Tim Sheppard	na	MV40	0:42:59	81	
122	Paul Evans	Brecon AC	MV40	0:43:07	82	
321	Sian Thomas	na	FV45	0:43:16	83	
114	Deborah Martin	na	FV35	0:43:30	84	
216	Anne-Marie Montoto	Merthyr	FV50	0:43:32	85	
231	Liz Davies	na	FV40	0:43:39	86	
228	Ceri East	Merthyr	FV45	0:43:41	87	
286	Alan Davies	na	MV60	0:43:47	88	
209	Neil Stone	na	MV60	0:43:49	89	
192	Andrew Ritchie	Hay Hotfooters	MV45	0:43:51	90	
116	Alexandra Marsh	Brecon AC	SF	0:43:55	91	
328	Bev Tucker	Brecon AC	FV50	0:44:15	92	
113	David Roberts	na	MV35	0:44:18	93	
251	Bev Powell	na	FV50	0:44:25	94	
227	Julie Lewis-John	Merthyr	FV45	0:44:31	95	
155	Kate Hovers	Brecon Tri	FV55	0:45:05	96	
188	Mandi Orton	na	FV45	0:45:07	97	
247	Penny Maisey	na	FV45	0:45:10	98	
189	Jodie Charman	na	FV40	0:45:12	99	
143	Julia Burgess	Dragons RC	FV45	0:45:13	100	
127	John Price	Hay Hotfooters	MV60	0:45:24	101	
167	Louise Cole	na	FV35	0:45:26	102	
102	Libby Hyde	Brecon Running Buddies	FV45	0:45:29	103	
254	Julie Smith	Merthyr	FV45	0:45:32	104	
131	Lucy Jones	na	SF	0:45:36	105	
150	Neil Lewis	Hereford	MV50	0:45:51	106	
218	Lloyd Crawley	na	SM	0:45:56	107	
198	Gareth Holyfield	na	MV55	0:45:58	108	
117	Anita James	na	FV50	0:46:05	109	
279	Dyfed-Parry Thomas	na	MV45	0:46:09	110	
226	Catherine Llewellyn	Merthyr	FV55	0:46:12	111	
241	Helen Griffiths	Merthyr	FV45	0:46:17	112	
137	Claire Gould	na	FV45	0:46:25	113	
180	Claire Evans	na	FV40	0:46:47	114	
278	Nicola Kelly	Builth & District	FV45	0:46:49	115	
195	Caryl Stokes	Merthyr	FV45	0:47:00	116	
233	Sandra Stephens	Merthyr	FV70	0:47:12	117	<b>FV70</b>
264	Julie Lewis	Christ Col	FV45	0:47:17	118	
245	Ellena Farnham	na	SF	0:47:30	119	
291	Sandra Hale	na	FV50	0:47:30	120	

262	John Eyre	na	MV55	0:47:43	121
297	Fiona Lewis	na	FV35	0:47:47	122
298	Angela McLellan	na	FV35	0:47:47	123
277	Rachel Abbott	Brecon AC	FV35	0:48:08	124
197	Carole Jones	Brecon AC	FV60	0:48:12	125
210	Nicola Davies	Hay Hotfooters	FV45	0:48:59	126
329	Sarah Price	na	Fv45	0:50:42	127
229	Graham Singer	Merthyr	MV60	0:51:03	128
123	Sara Skinner	na	FV40	0:51:26	129
176	Jacqueline Wilding	na	FV60	0:52:00	130
212	Liz Rijnenberg	Brecon AC	FV60	0:52:12	131
203	Liz Steed	Brecon AC	FV55	0:52:12	132
244	Paula Morgan	Merthyr	FV45	0:53:06	133
140	Clare Davies	Brecon AC	FV50	0:53:36	134
119	Clara Stephens	na	SF	0:53:50	135
230	Bronwyn Lally	na	SF	0:54:05	136
170	Geraint Davies	na	MV50	0:54:59	137
204	Jackie West	na	FV50	0:55:12	138
191	Marissa Childs	na	FV45	0:55:12	139
182	Paula Price	Brecon AC	FV55	0:55:59	140
256	Hattie Watkins	na	FV40	0:56:12	141
283	Jo Lord	Hay Hotfooters	FV55	0:56:13	142
337	Maria Davies	na	FV40	0:56:13	143
110	Hadyn Davies	na	MV75	0:56:25	144
184	Ceinwen Davies	na	FV45	0:57:41	145
232	Carol Redman	na	FV45	0:59:06	146
290	Gary Williams	na	MV50	0:59:47	147

**MV75**