

## Llanfrynach 2023 Series Result after 2 races

Series position	First name Surname	Gender	Age Cat.	Club	3 mile time	4 mile Time	series time	age group position
1	Adam Brown	M	U23	Merthyr Triathlon Club	00:15:46	0:21:26	00:37:12	1
2	Matthew Jones	M	V40	Brecon AC	0:16:01	0:21:34	00:37:35	1
3	Owen Thomas	M	V35	Aberdare Valley Amateur AC	0:16:12	0:22:07	00:38:19	1
4	Chris Williams	M	V40	Aberdare Valley Amateur AC	0:16:19	0:22:26	00:38:45	2
5	Michael Holloway	M	V35	Brecon AC	0:16:56	0:23:00	00:39:56	2
6	Philip Morris	M	V40	Builth & District RC	0:17:12	0:23:12	00:40:24	3
7	Joseph Murphy	M	U23	Brecon AC	0:17:25	0:23:20	00:40:45	2
8	Andrew May	M	V45	Brecon AC	0:17:26	0:23:38	00:41:04	1
9	Chris Handley	M	V50	Merthyr Triathlon Club	0:17:47	0:24:16	00:42:03	1
10	Will Davies	M	Open		0:17:50	0:24:28	00:42:18	1
11	Manny Traylor	M	V40		0:18:03	0:24:33	00:42:36	
12	Donna Morris	F	V35	Builth & District RC	0:18:07	0:24:30	00:42:37	1
13	Rhodri Boggust	M	Open	Brecon AC	0:18:25	0:25:06	00:43:31	2
14	Bethan Logan	F	V35	Mynydd Du	0:18:38	0:25:01	00:43:39	2
15	Barney Goodrich	M	V45	Brecon AC	0:18:37	0:25:18	00:43:55	2
16	Gethin Powell	M	V40	Pontypridd Roadents AC	0:19:17	0:26:01	00:45:18	
17	Craig Rees	M	Open		0:19:08	0:26:19	00:45:27	3
18	Robbie Davies	M	Open		0:19:42	0:26:16	00:45:58	
19	Katie Ironside	F	V35	Mynyddwyr De Cymru (MDC)	0:19:25	0:26:35	00:46:00	3
20	Lili Jones	F	U23	Merthyr Triathlon Club	0:19:22	0:26:40	00:46:02	1
21	Wendy Price	F	V45	Amman Valley Harriers	0:19:53	0:26:28	00:46:21	1
22	Martin Carter	M	V55	Hereford Couriers	0:19:43	0:26:38	00:46:21	1
23	Ruby Herdman	F	U23	Brecon AC	0:19:52	0:26:34	00:46:26	2
24	Andrew Brasington	M	V55	Ebbw Vale RC	0:19:46	0:26:42	00:46:28	2
25	James Jones	M	Open	Builth & District RC	0:19:15	0:27:16	00:46:31	
26	Rhys Picton	M	V40	Merthyr Triathlon Club	0:20:01	0:26:40	00:46:41	
27	Sean Sanders	M	V55	Merthyr Running Club	0:20:36	0:27:08	00:47:44	3
28	Evan Price Davies	M	U23	Brecon AC	0:20:03	0:28:01	00:48:04	3
29	Joseph Price	M	Open	Merthyr Triathlon Club	0:20:32	0:28:03	00:48:35	
30	Huw Thomas	M	V45		0:20:38	0:28:30	00:49:08	3
31	Stephen Goodridge	M	V60	Brecon AC	0:20:39	0:28:44	00:49:23	1
32	Naomi Law	F	V50	Brecon AC	0:20:53	0:28:31	00:49:24	1
33	Aimee Ferguson	F	V35	Aberdare Valley Amateur AC	0:21:00	0:28:49	00:49:49	
34	Geraint Evans	M	V50		0:21:15	0:29:03	00:50:18	2
35	Andy Creber	M	V65		0:21:17	0:29:12	00:50:29	1
36	Raymond Davies	M	V40	Builth & District RC	0:21:32	0:29:34	00:51:06	
37	James Ashley	M	V45	Parc Bryn Bach RC	0:21:44	0:29:27	00:51:11	
38	Gunvor Troelsen	F	V55	Builth & District RC	0:21:58	0:30:11	00:52:09	1
39	Graham Mack	M	V65	MERTHYR RUNNING CLUB	0:23:04	0:29:09	00:52:13	2
40	Simon Marks	M	V55	Merthyr Running Club	0:22:05	0:30:12	00:52:17	
41	Andrew Cadmore	M	V50	Brecon AC	0:22:22	0:29:55	00:52:17	3
42	Annabel Harford	F	V55	Brecon AC	0:22:25	0:30:04	00:52:29	2
43	Mike Lewis	M	V55		0:22:39	0:30:10	00:52:49	
44	Mark Roberts	M	V60	Brecon AC	0:22:40	0:30:12	00:52:52	2
45	Darren Grande	M	V50	Merthyr Triathlon Club	0:21:56	0:31:03	00:52:59	
46	David Stallard	M	V45	Merthyr running club	0:22:43	0:30:34	00:53:17	
47	Ryan Minard	M	V40	Aberdare Valley Amateur AC	0:22:52	0:30:39	00:53:31	
48	Jon Evans	M	V35		0:22:36	0:31:15	00:53:51	3
49	Kenneth Speirs	M	V40	Aberdare Valley Amateur AC	0:23:18	0:31:21	00:54:39	
50	Ray Davies	M	V60	Aberdare Valley Amateur AC	0:23:29	0:31:25	00:54:54	3
51	David Rees	M	V70	Hay Hotfooters	0:23:33	0:31:23	00:54:56	1
52	Derek Osborne	M	V60	Brecon AC	0:22:58	0:32:08	00:55:06	
53	Adrian Moir	M	V60	Mynyddwyr De Cymru (MDC)	0:24:17	0:31:19	00:55:36	
54	Kevin Dunster	M	V60	Hay Hotfooters	0:23:27	0:32:15	00:55:42	
55	Cara Perfrement	F	V45	Brecon AC	0:23:55	0:32:00	00:55:55	2
56	Rhys Dempsey	M	Open	Parc Bryn Bach RC	0:23:24	0:32:36	00:56:00	
57	Andrew Jones	M	V40	Aberdare Valley Amateur AC	0:23:54	0:32:11	00:56:05	
58	Angharad Whittall	F	Open		0:24:04	0:32:02	00:56:06	1
59	Molly Smith	F	U23	Merthyr Triathlon Club	0:23:28	0:32:43	00:56:11	3
60	Jordan Liam Lewis	M	Open		0:24:05	0:32:30	00:56:35	
61	Sharon Collins	F	V55	Hay Hotfooters	0:24:09	0:32:45	00:56:54	3
62	Dylan Thomas	M	V35	Merthyr Triathlon Club	0:24:41	0:32:46	00:57:27	

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Series position	First name Surname	Gender	Age Cat.	Club	3 mile time	4 mile Time	series time	age group position
63	Tommy Rutherford	M	V50	Brecon AC	0:25:42	0:31:50	00:57:32	
64	Sarah Murphy	F	V45	Brecon AC	0:24:24	0:33:24	00:57:48	3
65	Julie Smith	F	V50	Merthyr Triathlon Club	0:24:36	0:33:17	00:57:53	2
66	Nathan Williams	M	V40	Aberdare Valley Amateur AC	0:25:15	0:32:40	00:57:55	
67	Richard Burdett	M	Open	Merthyr running club	0:23:11	0:34:48	00:57:59	
68	Helen Griffiths	F	V50	Merthyr Triathlon Club	0:25:40	0:33:07	00:58:47	3
69	Matt Stride	M	V40	Merthyr running club	0:24:51	0:34:25	00:59:16	
70	Laine Skinner	M	V45	Brecon AC	0:25:36	0:33:51	00:59:27	
71	Bridget Woodward	F	V50	Brecon AC	0:25:49	0:34:36	01:00:25	
72	John Parker	M	V55	Tenby Aces	0:25:41	0:34:51	01:00:32	
73	Gavin Fouracre	M	V50		0:26:45	0:34:18	01:01:03	
74	Claire Carro	F	V55		0:25:28	0:35:37	01:01:05	
75	Claire Davies	F	V45	Merthyr Running Club	0:25:26	0:35:49	01:01:15	
76	Elizabeth Tindle	F	V60	Halesowen ACC	0:26:07	0:35:14	01:01:21	1
77	Bleddyn Williams	M	V35		0:27:14	0:36:09	01:03:23	
78	Kay Bedford	F	V55	Merthyr Triathlon Club	0:26:32	0:37:21	01:03:53	
79	Lesley Ashton	F	V60	Vegan Runners UK	0:26:50	0:37:06	01:03:56	2
80	Caryl Stokes	F	V45	Merthyr Running Club	0:26:33	0:38:10	01:04:43	
81	Libby Hyde	F	V45		0:27:21	0:37:32	01:04:53	
82	Bev Powell	F	V50		0:28:12	0:37:35	01:05:47	
83	Richard Simpson	M	V50		0:28:12	0:37:36	01:05:48	
84	Sara Skinner	F	V45		0:28:26	0:37:25	01:05:51	
85	Rebecca Blake	F	V35	Merthyr Running Club	0:27:38	0:38:17	01:05:55	
86	Tina Lavelle	F	V65	Hay Hotfooters	0:28:06	0:37:59	01:06:05	1
87	Nicola Williams	F	V40		0:28:45	0:37:42	01:06:27	1
88	Raymond Sharratt	M	V80	Rhayader RC	0:28:25	0:38:07	01:06:32	1
89	Mark James	M	V55	Brecon AC	0:28:08	0:38:26	01:06:34	
90	Keely Jarvis	F	V35	Aberdare Valley Amateur AC	0:28:30	0:38:26	01:06:56	
91	Kathryn Williams	F	V40	Aberdare Valley Amateur AC	0:28:29	0:38:28	01:06:57	2
92	Penny Maisey	F	V50		0:29:39	0:38:25	01:08:04	
93	Wendy Cole	F	V50	Builth & District RC	0:29:25	0:38:43	01:08:08	
94	Rebecca Williams	F	Open	Crickhowell running club	0:29:20	0:39:25	01:08:45	2
95	Paul Evans	M	V45	Brecon AC	0:29:21	0:39:25	01:08:46	
96	Kathryn Powell	F	V50	Brecon AC	0:28:49	0:39:58	01:08:47	
97	Sophie Arnold	F	Open	Brecon AC	0:29:40	0:39:40	01:09:20	3
98	Cheryl Wrigley	F	V50	Brecon Multisport Club	0:29:49	0:40:30	01:10:19	
99	Janet Leigh	F	V50	Brecon AC	0:30:59	0:39:55	01:10:54	
100	Debbie Taylor	F	V45		0:30:33	0:40:33	01:11:06	
101	Danielle Mitchell	F	Open		0:30:32	0:40:34	01:11:06	
102	Helen Smart	F	V45		0:30:29	0:41:18	01:11:47	
103	Zoe Zimmer	F	Open		0:32:23	0:40:46	01:13:09	
104	Paula Morgan	F	V50	Merthyr Triathlon Club	0:31:15	0:42:17	01:13:32	
105	Karen Smith	F	V50	Merthyr Running Club	0:31:38	0:42:14	01:13:52	
106	Paula Price	F	V55	Crickhowell Running Club	0:33:39	0:42:37	01:16:16	
107	Helen James	F	V55	Brecon AC	0:31:44	0:45:16	01:17:00	
108	Caroline Frampton	F	V60		0:33:14	0:45:11	01:18:25	3
109	Carol Redman	F	V50	Brecon AC	0:35:56	0:47:23	01:23:19	