

Llanfrynach 3 mile 2nd May 2023 Results (02/05/2023)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time	
	82	2950	Angharad	Whittall	F	Open	Basic	0:24:04	
	118	2879	Maria	Martins	F	Open	Basic	Merthyr Running Club	0:28:21
	126	2957	Rebecca	Williams	F	Open	Basic	Crickhowell running club	0:29:20
	130	2802	Sophie	Arnold	F	Open	Basic	Brecon AC	0:29:40
	135	2884	Danielle	Mitchell	F	Open	Basic		0:30:32
	142	2961	Zoe	Zimmer	F	Open	Basic		0:32:23
	24	2862	Lili	Jones	F	U23	Basic	Merthyr Triathlon Club	0:19:22
	30	2850	Ruby	Herdman	F	U23	Basic	Brecon AC	0:19:52
	37	2918	Nia	Reddy	F	U23	Basic	Aberdare VAAC	0:20:33
	46	2849	Pippa	Harris	F	U23	Basic	Brecon AC	0:21:01
	54	2903	Emily	Peltor	F	U23	Basic	Brecon AC	0:21:38
	76	2934	Molly	Smith	F	U23	Basic	Merthyr Triathlon Club	0:23:28
	79	2889	Elizabeth	Morris	F	U23	Basic	Brecon AC	0:23:42
	117	2838	Rosie	Evans	F	U23	Basic	Brecon AC	0:28:15
	14	2888	Donna	Morris	F	V35	Basic	Builth & District RC	0:18:07
	19	2875	Bethan	Logan	F	V35	Basic	Mynydd Du	0:18:38
	25	2856	Katie	Ironside	F	V35	Basic	Mynyddwyr De Cymru (MDC)	0:19:25
	45	2840	Aimee	Ferguson	F	V35	Basic	Brecon AC	0:21:00
	59	2917	Lyndsey	Reddy	F	V35	Basic	Aberdare VAAC	0:22:10
=111		2809	Rebecca	Blake	F	V35	Basic	Merthyr Running Club	0:27:38
	122	2859	Keely	Jarvis	F	V35	Basic	Aberdare Valley Amateur AC	0:28:30
	86	2886	Freya	Morgan	F	V40	Basic		0:24:23
	93	2864	Stacy	Jones	F	V40	Basic	Brecon AC	0:25:20
	110	2827	Rhian	Davies	F	V40	Basic		0:27:35
	121	2954	Kathryn	Williams	F	V40	Basic	Aberdare Valley Amateur AC	0:28:29
	123	2956	Nicola	Williams	F	V40	Basic		0:28:45
	124	2801	Rachel	Abbott	F	V40	Basic		0:28:46
=132		2955	Natalie	Williams	F	V40	Basic	Merthyr Running Club	0:29:54
	31	2912	Wendy	Price	F	V45	Basic	Amman Valley Harriers	0:19:53
=61		2806	Emma	Bald	F	V45	Basic	Brecon AC	0:22:25
=66		2899	Catherine	Olivant	F	V45	Basic	Brecon AC	0:22:43
	81	2904	Cara	Perfremant	F	V45	Basic	Brecon AC	0:23:55

	87	2897	Sarah	Murphy	F	V45	Basic	Brecon AC	0:24:24
	94	2891	Louise	Munkley	F	V45	Basic	Merthyr running club	0:25:23
	95	2822	Claire	Davies	F	V45	Basic	Merthyr Running Club	0:25:26
	104	2937	Caryl	Stokes	F	V45	Basic	Merthyr Running Club	0:26:33
	109	2855	Libby	Hyde	F	V45	Basic		0:27:21
	120	2929	Sara	Skinner	F	V45	Basic		0:28:26
	134	2931	Helen	Smart	F	V45	Basic		0:30:29
	136	2939	Debbie	Taylor	F	V45	Basic		0:30:33
	143	2873	Nicola	Lewis	F	V45	Basic	Parc Bryn Bach RC	0:32:40
	44	2867	Naomi	Law	F	V50	Basic	Brecon AC	0:20:53
	52	2853	Jane	Horler	F	V50	Basic	Brecon AC	0:21:30
	88	2932	Julie	Smith	F	V50	Basic	Merthyr Triathlon Club	0:24:36
	98	2846	Helen	Griffiths	F	V50	Basic	Merthyr Triathlon Club	0:25:40
	101	2959	Bridget	Woodward	F	V50	Basic	Brecon AC	0:25:49
=115		2906	Bev	Powell	F	V50	Basic		0:28:12
	125	2908	Kathryn	Powell	F	V50	Basic	Brecon Athletic Club	0:28:49
	128	2819	Wendy	Cole	F	V50	Basic	Builth & District RC	0:29:25
	129	2877	Penny	Maisey	F	V50	Basic		0:29:39
	131	2960	Cheryl	Wrigley	F	V50	Basic	Brecon Multisport Club	0:29:49
	137	2868	Janet	Leigh	F	V50	Basic	Brecon AC	0:30:59
	138	2887	Paula	Morgan	F	V50	Basic	Merthyr Tri Club	0:31:15
	139	2818	Deb	Clee	F	V50	Basic	Brecon AC	0:31:21
	140	2933	Karen	Smith	F	V50	Basic	Merthyr Running Club	0:31:38
	144	2914	Sharon	Punter	F	V50	Basic	Brecon AC	0:32:46
	146	2851	Tracy	Higgins	F	V50	Basic	Brecon AC	0:33:18
	150	2919	Carol	Redman	F	V50	Basic	Brecon AC	0:35:56
	57	2947	Gunvor	Troelsen	F	V55	Basic	Builth & District RC	0:21:58
=61		2848	Annabel	Harford	F	V55	Basic	Brecon AC	0:22:25
	84	2820	Sharon	Collins	F	V55	Basic	Hay Hotfooters	0:24:09
	91	2945	Julie	Toy	F	V55	Basic	Merthyr Running Club	0:25:13
	96	2816	Claire	Carro	F	V55	Basic		0:25:28
	103	2808	Kay	Bedford	F	V55	Basic	Merthyr Triathlon Club	0:26:32
	141	2857	Helen	James	F	V55	Basic	Brecon AC	0:31:44
	147	2911	Paula	Price	F	V55	Basic	Crickhowell Running Club	0:33:39

	102	2944	Elizabeth	Tindle	F	V60	Basic	Halesowen ACC	0:26:07
	106	2804	Lesley	Ashton	F	V60	Basic	Vegan Runners UK	0:26:50
	107	2854	Kate	Hovers	F	V60	Basic	Clwb Run Wales	0:27:04
	145	2842	Caroline	Frampton	F	V60	Basic		0:33:14
	113	2866	Tina	Lavelle	F	V65	Basic	Hay Hotfooters	0:28:06
	12	2829	Will	Davies	M	Open	Basic		0:17:50
	16	2810	Rhodri	Boggust	M	Open	Basic	Brecon AC	0:18:25
	21	2920	Craig	Rees	M	Open	Basic		0:19:08
	22	2861	James	Jones	M	Open	Basic	Builth & District RC	0:19:15
	26	2828	Robbie	Davies	M	Open	Basic		0:19:42
	36	2910	Joseph	Price	M	Open	Basic	Merthyr Triathlon Club	0:20:32
	72	2814	Richard	Burdett	M	Open	Basic	Merthyr running club	0:23:11
	74	2830	Rhys	Dempsey	M	Open	Basic	Parc Bryn Bach RC	0:23:24
	83	2870	Jordan Liam	Lewis	M	Open	Basic		0:24:05
	1	2811	Adam	Brown	M	U23	Basic	Merthyr Triathlon Club	0:15:46
	5	2832	Joe	Edwards	M	U23	Basic	Brecon ac	0:16:47
	9	2895	Joseph	Murphy	M	U23	Basic	Brecon AC	0:17:25
	29	2902	Alex	Peltor	M	U23	Basic	Brecon AC	0:19:50
	33	2913	Evan	Price Davies	M	U23	Basic	Brecon athletic club	0:20:03
	34	2916	Jack	Reddy	M	U23	Basic	Aberdare Valley Amateur AC	0:20:06
=48		2896	Peter	Murphy	M	U23	Basic	Brecon AC	0:21:15
	3	2943	Owen	Thomas	M	V35	Basic	Aberdare Valley Amateur AC	0:16:12
	7	2852	Michael	Holloway	M	V35	Basic	Brecon AC	0:16:56
	17	2925	James	Scott	M	V35	Basic	Mynydd Du	0:18:30
	43	2813	Daniel	Bufton	M	V35	Basic	Builth & District RC	0:20:48
	63	2836	Jon	Evans	M	V35	Basic		0:22:36
	89	2941	Dylan	Thomas	M	V35	Basic	Merthyr Triathlon Club	0:24:41
	108	2951	Bleddyn	Williams	M	V35	Basic		0:27:14
	2	2863	Matthew	Jones	M	V40	Basic	Brecon AC	0:16:01
	4	2952	Chris	Williams	M	V40	Basic	Aberdare Valley Amateur AC	0:16:19
	6	2915	Andrew	Reddy	M	V40	Basic	Aberdare VAAC	0:16:49
	8	2890	Philip	Morris	M	V40	Basic	Builth & District RC	0:17:12
	13	2946	Manny	Trailor	M	V40	Basic		0:18:03
	23	2907	Gethin	Powell	M	V40	Basic	Pontypridd Roadents AC	0:19:17

	32	2905	Rhys	Picton	M	V40	Basic	Merthyr Triathlon Club	0:20:01
	53	2826	Raymond	Davies	M	V40	Basic	Builth & District RC	0:21:32
	69	2883	Ryan	Minard	M	V40	Basic	ABERDARE VALLEY AAC	0:22:52
	73	2935	Kenneth	Speirs	M	V40	Basic	Aberdare Valley AAC	0:23:18
	80	2860	Andrew	Jones	M	V40	Basic	Aberdare Valley Amateur AC	0:23:54
	90	2938	Matt	Stride	M	V40	Basic	Merthyr running club	0:24:51
	92	2898	Nathan	Williams	M	V40	Basic	Aberdare Valley Amateur AC	0:25:15
	10	2880	Andrew	May	M	V45	Basic	Brecon AC	0:17:26
	15	2909	Brendan	Price	M	V45	Basic	Aberdare Valley Amateur AC	0:18:19
	18	2843	Barney	Goodrich	M	V45	Basic	Brecon AC	0:18:37
	20	2948	Kristian	Walters	M	V45	Basic	Merthyr triathlon club	0:19:01
	35	2835	Iwan	Evans	M	V45	Basic		0:20:21
	40	2942	Huw	Thomas	M	V45	Basic		0:20:38
	55	2803	James	Ashley	M	V45	Basic	Parc Bryn Bach RC	0:21:44
=66		2936	David	Stallard	M	V45	Basic	Merthyr running club	0:22:43
	68	2930	Andrew	Smart	M	V45	Basic		0:22:44
	97	2928	Laine	Skinner	M	V45	Basic	Brecon	0:25:36
=111		2894	Jason	Murphy	M	V45	Basic	Merthyr Triathlon Club	0:27:38
	127	2837	Paul	Evans	M	V45	Basic	Brecon AC	0:29:21
	149	2874	Rhys	Lewis	M	V45	Basic	Parc Bryn Bach RC	0:34:26
	11	2847	Chris	Handley	M	V50	Basic	Merthyr Triathlon Club	0:17:47
=48		2833	Geraint	Evans	M	V50	Basic		0:21:15
	51	2893	Ged	Murphy	M	V50	Basic	Brecon AC	0:21:18
	56	2845	Darren	Grande	M	V50	Basic	Merthyr Triathlon Club	0:21:56
	60	2815	Andrew	Cadmore	M	V50	Basic	Brecon AC	0:22:22
	100	2923	Tommy	Rutherford	M	V50	Basic	Brecon AC	0:25:42
	105	2841	Gavin	Fouracre	M	V50	Basic		0:26:45
=115		2927	Richard	Simpson	M	V50	Basic		0:28:12
	27	2817	Martin	Carter	M	V55	Basic	Hereford Couriers	0:19:43
	28	1	Andrew	Brasington	M	V55	Basic		0:19:46
	38	2953	Colin	Williams	M	V55	Basic	Builth & District RC	0:20:35
	39	2924	Sean	Sanders	M	V55	Basic	Merthyr Running Club	0:20:36
	47	2805	Desmond	Astley	M	V55	Basic	Merthyr Triathlon	0:21:11
	58	2878	Simon	Marks	M	V55	Basic	Merthyr Running Club	0:22:05

	64	2872	Mike	Lewis	M	V55	Basic		0:22:39
	70	2900	Derek	Osborne	M	V55	Basic	Brecon AC	0:22:58
	99	2901	John	Parker	M	V55	Basic	Tenby Aces	0:25:41
	114	2858	Mark	James	M	V55	Basic	Brecon AC	0:28:08
=132		2824	Garnet	Davies	M	V55	Basic	Brecon AC	0:29:54
	41	2844	Stephen	Goodridge	M	V60	Basic	Brecon AC	0:20:39
	65	2922	Mark	Roberts	M	V60	Basic	Brecon AC	0:22:40
	75	2831	Kevin	Dunster	M	V60	Basic	Hay Hotfooters	0:23:27
	77	2825	Ray	Davies	M	V60	Basic	Aberdare Valley Amateur AC	0:23:29
	85	2885	Adrian	Moir	M	V60	Basic	Mynyddwyr De Cymru (MDC)	0:24:17
	42	2882	Paul	Millsom	M	V65	Basic	Vegan Runners UK	0:20:43
	50	2821	Andy	Creber	M	V65	Basic		0:21:17
	71	2876	Graham	Mack	M	V65	Basic	MERTHYR RUNNING CLUB	0:23:04
	78	2921	David	Rees	M	V70	Basic	Hay Hotfooters	0:23:33
	119	2926	Raymond	Sharratt	M	V80	Basic	Rhayader RC	0:28:25
	148	2871	Michael	Lewis	M	V80	Basic	Parc Bryn Bach RC	0:34:25