

Llanfrynach 5 Mile Road Race 2022 Results

Position	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	Sam	Jones	M	V35	5 mile	Parc Bryn Bach Running Club	0:27:40
2	Chris	Williams	M	V40	5 mile	Aberdare Valley Amateur AC	0:28:32
3	Phil	Morris	M	V40	5 mile	Builth & District RC	0:29:05
4	Michael	Holloway	M	V35	5 mile	Brecon AC	0:29:50
5	Evan	Davies	M	Open	5 mile		0:30:20
6	Donna	Morris	F	V35	5 mile	Builth and district rc	0:30:58
7	Justin	Phillips	M	V45	5 mile	Aberdare Valley Amateur Athletic Cluc	0:31:09
8	Chris	Handley	M	V45	5 mile	Merthyr Running Club	0:31:25
9	James	Erskine	M	V40	5 mile		0:32:24
10	Richard	Bullass	M	Open	5 mile	Builth and District Running Club	0:32:31
11	Wendy	Price	F	V40	5 mile	Amman Valley Harriers	0:33:15
12	Matthew	Brushett	M	V35	5 mile	Brecon Tri	0:33:17
13	Andrew	Brasington	M	V55	5 mile	Ebbw Vale RC	0:33:27
14	Will	Davies	M	Open	5 mile		0:33:48
15	Rhodri	Boggust	M	Open	5 mile		0:33:53
16	Martin	Carter	M	V55	5 mile	Hereford Couriers	0:34:09
17	Brendan	Price	M	V45	5 mile	Aberdare Valley Amateur AC	0:34:10
18	Katie	Ironside	F	V35	5 mile		0:34:13
19	Robert	Evans	M	V60	5 mile	Ebbw Vale RC	0:34:16
20	Chris	O'Brien	M	V40	5 mile		0:34:54
21	Gethin	Powell	M	V35	5 mile	Pontypridd Roadents AC	0:35:06
22	Jonathan	Ling	M	V45	5 mile	Christ College	0:35:18
23	Robbie	Davies	M	Open	5 mile		0:35:38
24	Sian	Jones	F	Open	5 mile	Parc Bryn Bach Running Club	0:35:50
25	Matthew	Price	M	U23	5 mile	Christ College	0:36:06
26	Stephen	Goodridge	M	V55	5 mile	Hay Hotfooters	0:36:24
27	Graham	Mack	M	V65	5 mile	Merthyr Running Club	0:36:35
28	Matthew	Scanlon	M	V40	5 mile		0:37:09
29	Naomi	Law	F	V50	5 mile	Brecon AC	0:37:15
30	Mick	Collins	M	V55	5 mile	Hay Hotfooters	0:37:16
31	Annabel	Harford	F	V55	5 mile	Brecon AC	0:37:18
32	Sarah	Jeremiah	F	V45	5 mile	Parc Bryn Bach RC	0:37:37
33	Gary	Bartram	M	V45	5 mile		0:37:38
34	Emma	Bald	F	V45	5 mile	Brecon AC	0:37:43
35	Huw	Morgan	M	V45	5 mile		0:37:59

36	Evan	Price Davies	M	U23	5 mile	Brecon Atheltics Club	0:38:10
37	Geraint	Evans	M	V50	5 mile		0:38:12
38	Mark	Roberts	M	V60	5 mile	Brecon AC	0:38:14
39	Mike	Lewis	M	V55	5 mile		0:38:22
40	Andrew	Cadmore	M	V50	5 mile		0:38:47
41	Haydn	Oreilly	M	V40	5 mile	Builth & District RC	0:39:08
42	Darren	Grande	M	V50	5 mile	Merthyr Running Club	0:39:29
43	David	Rees	M	V70	5 mile	Hay Hotfooters	0:39:33
44	Stephen	Davies	M	V35	5 mile		0:39:36
45	Dai	Lewis	M	Open	5 mile		0:39:42
46	Phillip	Miles	M	V70	5 mile	Park Brynbach runners	0:39:43
47	Nathan	Williams	M	V35	5 mile	Aberdare Valley Amateur AC	0:40:16
48	Gunvor	Troelsen	F	V55	5 mile	Builth & District RC	0:40:30
49	Kevin	Dunster	M	V60	5 mile	Hay Hotfooters	0:40:35
50	Adrian	Moir	M	V60	5 mile	Mynyddwyr De Cymru (MDC)	0:41:08
51	Delphine	Jones	F	V40	5 mile	Parc Bryn Bach RC	0:41:09
52	Jodie	Charman	F	V40	5 mile		0:41:13
53	Sara	Lake	F	V50	5 mile	Hay Hotfooters	0:41:27
54	Derek	Osborne	M	V55	5 mile	Brecon AC	0:41:29
55	Sarah	Murphy	F	V45	5 mile	Brecon AC	0:42:00
56	Beverley	Tucker	F	V55	5 mile	Brecon AC	0:42:24
=56	Natalie	Williams	F	V40	5 mile	Merthyr Running Club	0:42:24
58	Angela	Price	F	V50	5 mile	Hay Hotfooters	0:42:40
59	Jacky	Miles	F	V70	5 mile	Park Brynbach runners	0:42:49
60	John	Parker	M	V55	5 mile	Crickhowell Running Club	0:42:57
61	Gavin	Fouracre	M	V50	5 mile		0:43:57
62	Marina	Harris	F	V45	5 mile		0:43:59
63	Tony	Holloway	M	V65	5 mile		0:44:27
64	Sue	Hackett	F	V55	5 mile	Hay Hotfooters	0:44:50
65	Barbara	Lilygreen	F	V50	5 mile	Brecon Triathlon Club	0:45:24
66	James	Williams	M	Open	5 mile	Parc Bryn Bach RC	0:45:38
67	Raymond	Sharratt	M	V75	5 mile	Rhayader RC	0:46:00
68	Caryl	Stokes	F	V45	5 mile	Merthyr Running Club	0:46:02
69	Laine	Skinner	M	V45	5 mile	Brecon	0:46:14
70	Kate	Hovers	F	V60	5 mile	Clwb run wales	0:46:24
71	Penny	Maisey	F	V50	5 mile		0:46:27
72	Nicola	Williams	F	V40	5 mile		0:46:28

73	Paul	Evans	M	V45	5 mile	Brecon AC	0:46:52
74	Delyth	Brushett	F	V40	5 mile	Brecon Triathlon Club	0:46:54
75	Sara	Skinner	F	V45	5 mile	Brecon	0:46:56
76	Tina	Lavelle	F	V65	5 mile	Hay Hotfooters	0:47:00
77	Liam	Daly	M	V60	5 mile	Builth & District RC	0:47:01
78	Claire	Evans	F	V40	5 mile		0:47:05
79	Jude	Toasland	F	V55	5 mile		0:47:11
80	Steve	Murchie	M	V45	5 mile		0:47:19
81	Libby	Hyde	F	V40	5 mile		0:47:22
82	Chris	Reeve	M	Open	5 mile		0:47:45
83	Fiona	Lewis	F	V40	5 mile		0:48:29
84	Wendy	Cole	F	V50	5 mile	Builth & District RC	0:49:31
85	Amy	Peltor	F	V40	5 mile	Brecon AC	0:49:42
86	Mandi	Orton	F	V45	5 mile		0:49:53
87	Sarah	Bartram	F	V35	5 mile		0:50:01
88	Rebecca	Williams	F	Open	5 mile		0:51:22
89	Kathryn	Powell	F	V50	5 mile	Brecon Athletic Club	0:51:23
90	David	Roberts	M	V35	5 mile	Brecon Athletic Club	0:52:30
91	Rhys	Lewis	M	V45	5 mile	Parc Bryn Bach	0:54:29
92	Nicola	Lewis	F	V45	5 mile	Parc Bryn Bach	0:54:36
93	Susan	Lawrence	F	V65	5 mile	Pont-y-pwl and District Running Club	0:54:44
94	Glesni	Powell	F	U23	5 mile	Brecon AC	0:55:49
95	Paula	Price	F	V55	5 mile	Crickhowell Running Club	0:56:39
96	Owen	Price Davies	M	U23	5 mile	Brecon AC	0:59:05
97	Hadyn	Davies	M	V75	5 mile		1:02:47