

43 runners completed all the races in the Brecon 3-4-5 mile series in May/June 2009, although each race attracted significantly more entrants.

**Brecon 3-4-5 mile series.
Series Result 2009**

Name	Club	Age grp.	Overall time	Overall Position
Austin Davies	Brecon AC	VM 40	63.17	1
Peter Ryder	Cardiff AAC	sm	66.09	2
Tim Hindle	Brecon AC	VM 40	67.43	3
Philip Kendrick	Brecon AC	VM 45	69.12	4
Ken Davies	unattached	VM 50	72.17	5
Jonathan Barnes	Hereford & County	MU20	72.22	6
Stafford Rees	Rhayader RC	VM 35	73.25	7
Lyndon Gwilym	Club Bryn Bach	VM 50	74.11	8
Olly Cayless	Brecon AC	MU20	75.21	9
Satu Haikala	Brecon AC	VF 40	76.23	10
Angela Jones	Brecon AC	VF 40	77.52	11
Simon James	Abergavenny Striders	VM 40	77.58	12
Martin Buck	Builth & District RC	VM 45	78.37	13
Geraint Evans	Llandovery Roadents	VM 35	80.29	14
Gron Davies	unattached	VM 45	80.46	15
Derek Osborne	Brecon AC	VM 45	80.47	16
Carl Davies	Unattached	SM	81.01	17
Michael Holloway	Unattached	SM	83.28	18
Sue Davies	Unattached	VF 45	84.43	19
Paul Evans	Brecon AC	SM	84.59	20
Stephen Davies	Unattached	SM	85.39	21
Ellie Davies	Brecon AC	FU20	85.42	22
Stephen Bendle	Swansea Harriers	VM 45	85.56	23
Gary Waters	Swansea	VM 60	85.59	24
Derek Rainbird	Parc Bryn Bach	VM55	87.42	25
Emily Kendrick	Brecon AC	Sf	88.02	26
Ian Moore	Llandovery Roadents	VM 35	89.17	27
Suzanne Kendrick	Rhayader RC	VF 45	95.18	28
Holly Rees	Brecon AC	FU20	96.05	29
Emma Conti	Builth & District RC	VF 35	96.10	30
Mike Olivant	Unattached	VM 55	97.38	31
Joanne Williams	Builth & District RC	VF 35	98.38	32
Caroline Jones	Builth & District RC	VF 40	98.48	33
Pamela Suter	Abergavenny Striders	VF 35	98.53	34
Sarah Rees	Builth & District RC	VF 45	99.44	35
Annette Davies	Builth & District RC	VF40	100.48	36
Jennie Conti	Builth & District RC	VF 50	101.31	37
Gareth Holyfield	Abergavenny Striders	VM 45	103.34	38
Hazel Aulsebrook	Builth & District RC	VF40	103.54	39
Beverley Evans	Builth & District RC	SF	109.48	40
Rachel Flew	Unattached	SF	110.59	41
H Davies	Unattached	VM 65	111.00	42
Kate Chamberlain	Unattached	VF 45	123.20	43