

No.	Name	Club	3 MILE RACE TIME			4 MILE RACE TIME		COMBINED		5 MILE RACE TIME			OVERALL	POSN
			Age Gp	Perf.	Posn	Perf.	Posn	3-4 Comb	Posn	No.	Perf.	Posn		
135	Joe Reardon	Aberdare	U17M	0:16:11	2	0:21:16	1	0:37:27	1	135	0:27:33	2	1:05:00	1
133	Brychan Price-Davies	Brecon AC	U20M	0:15:54	1	0:22:06	2	0:38:00	2	133	0:28:43	6	1:06:43	2
134	Evan Price-Davies	Brecon AC	U20M	0:16:24	3	0:22:28	4	0:38:52	3	134	0:28:30	4	1:07:22	3
175	Phil Morris	Brecon AC	MV40	0:16:29	5	0:22:43	5	0:39:12	4	175	0:28:38	5	1:07:50	4
243	Michael Holloway	Brecon AC	SM	0:16:39	7	0:22:36	6	0:39:15	6	243	0:29:05	10	1:08:20	5
115	Gareth Lawrence	Brecon AC	SM	0:16:59	8	0:23:10	8	0:40:09	8	115	0:28:48	8	1:08:57	6
132	Liam Griffiths	Aberdare	U20M	0:16:26	4	0:22:49	7	0:39:15	5	132	0:29:52	13	1:09:07	7
196	Adam Brown	Merthyr	U20M	0:16:33	6	0:23:23	9	0:39:56	7	196	0:29:25	11	1:09:21	8
174	Austin Davies	Brecon AC	MV50	0:17:40	12	0:23:42	11	0:41:22	10	174	0:28:56	9	1:10:18	9
185	Patrick Morgan	Hay Hotfooters	U17M	0:17:33	10	0:23:39	10	0:41:12	9	185	0:29:41	12	1:10:53	10
200	Adrian Lewis	Aberdare	MV45	0:18:13	15	0:23:53	13	0:42:06	11	200	0:30:35	14	1:12:41	11
154	Andrew Reddy	Aberdare	MV35	0:18:06	14	0:24:41	16	0:42:47	12	154	0:31:40	16	1:14:27	12
255	Peter Sowerby	Brecon AC	MV55	0:18:49	19	0:25:31	19	0:44:20	15	255	0:32:03	17	1:16:23	13
126	Tim Hindle	Brecon AC	MV50	0:19:08	21	0:25:39	21	0:44:47	16	126	0:32:14	19	1:17:01	14
149	Carl Davies	na	MV35	0:18:45	17	0:25:21	18	0:44:06	14	149	0:32:56	20	1:17:02	15
261	Richard Sheehy	Park Bryn Bach	SM	0:19:25	25	0:25:37	20	0:45:02	18	261	0:32:10	18	1:17:12	16
181	Tom Thoneycroft	Hay Hotfooters	MV45	0:19:35	27	0:26:27	27	0:46:02	22	181	0:33:28	22	1:19:30	17
144	Wendy Price	Carmarthen	FV40	0:19:51	31	0:26:19	26	0:46:10	23	144	0:33:31	23	1:19:41	18
173	Jay Goode	na	SM	0:19:18	22	0:25:50	22	0:45:08	19	173	0:34:50	34	1:19:58	19
187	Brian Morgan	Hay Hotfooters	MV50	0:19:45	30	0:26:46	30	0:46:31	25	187	0:33:52	26	1:20:23	20
183	Ian Clark	Aberdare	MV50	0:19:56	32	0:27:03	32	0:46:59	26	183	0:33:50	25	1:20:49	21
190	Donna Morris	Builth & District	FV35	0:20:22	38	0:26:57	31	0:47:19	27	190	0:33:59	27	1:21:18	22
201	Robert King	Park Bryn Bach	MV40	0:19:44	29	0:26:43	29	0:46:27	24	201	0:35:31	40	1:21:58	23
106	Huw Morgan	na	MV40	0:20:02	33	0:27:30	36	0:47:32	29	106	0:34:29	30	1:22:01	24
129	Addy Carter	Hay Hotfooters	U20F	0:20:12	37	0:27:13	33	0:47:25	28	129	0:34:41	33	1:22:06	25
139	Brendan Price	Dragons RC	MV40	0:20:32	40	0:27:34	37	0:48:06	33	139	0:34:04	28	1:22:10	26
249	Darren Stevens	Merthyr	MV45	0:20:39	43	0:27:19	34	0:47:58	32	249	0:34:14	29	1:22:12	27
128	Stephen Davies	na	SM	0:20:03	34	0:27:42	39	0:47:45	30	128	0:34:32	31	1:22:17	28
120	Aimee Ferguson	Aberdare	SF	0:20:09	36	0:27:43	40	0:47:52	31	120	0:34:36	32	1:22:28	29
130	Martin Carter	Hay Hotfooters	MV50	0:19:42	28	0:28:31	46	0:48:13	34	130	0:35:01	37	1:23:14	30
238	Graham Mack	Merthyr	MV60	0:20:42	44	0:27:36	38	0:48:18	35	238	0:35:08	38	1:23:26	31
108	Mark Roberts	Brecon AC	MV55	0:20:51	45	0:27:54	42	0:48:45	36	108	0:34:52	35	1:23:37	32
252	Richard Simpson	na	MV45	0:21:13	49	0:28:24	45	0:49:37	41	252	0:34:59	36	1:24:36	33
287	Jon Heissig	Brecon Tri	MV45	0:21:07	47	0:27:52	41	0:48:59	37	287	0:36:00	42	1:24:59	34
136	Geraint Evans	na	MV45	0:21:06	46	0:28:09	43	0:49:15	39	136	0:36:19	44	1:25:34	35
141	Clare Griffiths	Aberdare	FV45	0:21:13	48	0:28:20	44	0:49:33	40	141	0:36:41	45	1:26:14	36
186	Mike Lewis	na	MV50	0:21:16	51	0:28:54	48	0:50:10	42	186	0:36:45	46	1:26:55	37
266	Nicole Johnstone	Brecon AC	FV45	0:22:30	59	0:29:11	51	0:51:41	46	266	0:36:13	43	1:27:54	38
112	Derek Osborne	Brecon AC	MV55	0:21:14	50	0:29:51	54	0:51:05	45	112	0:36:57	48	1:28:02	39
248	Jonathan Rees	Merthyr	MV35	0:21:35	54	0:29:09	50	0:50:44	44	248	0:38:26	55	1:29:10	40
166	Andrew Meadows	na	MV35	0:21:52	56	0:29:59	59	0:51:51	48	166	0:37:35	51	1:29:26	41
223	Carys Thomas	Dragons RC	SF	0:22:15	58	0:29:55	57	0:52:10	49	223	0:37:26	49	1:29:36	42
171	Stephen Goodridge	Hay Hotfooters	MV55	0:22:03	57	0:29:44	53	0:51:47	47	171	0:38:16	53	1:30:03	43
205	Sharon Lindesay	Hay Hotfooters	FV45	0:22:54	62	0:30:32	63	0:53:26	53	205	0:38:06	52	1:31:32	44
292	Saloue Evans	na	FV45	0:23:06	64	0:30:13	60	0:53:19	51	292	0:39:02	57	1:32:21	45
142	Robert Price	Dragons RC	MV40	0:22:59	63	0:30:25	61	0:53:24	52	142	0:39:25	60	1:32:49	46
169	Mark Squirrel	Brecon AC	SM	0:23:25	67	0:31:12	66	0:54:37	56	169	0:39:03	58	1:33:40	48
152	Kevin Dunster	na	MV55	0:22:46	61	0:31:18	67	0:54:04	55	152	0:39:50	61	1:33:54	49
177	Tiegan Ward	Brecon AC	U17F	0:20:30	39	0:33:22	83	0:53:52	54	177	0:42:13	75	1:36:05	50
258	Stacey Jones	na	FV35	0:23:41	69	0:32:31	75	0:56:12	58	258	0:40:49	65	1:37:01	51
222	Nigel Owen	Hay Hotfooters	MV60	0:24:40	78	0:31:55	71	0:56:35	59	222	0:41:08	69	1:37:43	52
215	Steven Murche	na	MV40	0:25:07	85	0:32:22	72	0:57:29	62	215	0:40:21	62	1:37:50	53
207	Bob Smith	Builth & District	MV60	0:24:39	76	0:32:27	73	0:57:06	61	207	0:40:54	66	1:38:00	54
103	Sarah Murphy	Brecon AC	FV40	0:23:40	68	0:33:11	80	0:56:51	60	103	0:42:17	77	1:39:08	55
138	Rose Thomas	Rhayader	FV60	0:24:50	81	0:33:27	85	0:58:17	67	138	0:41:05	67	1:39:22	56
250	Julie Toy	Merthyr	FV50	0:24:32	75	0:33:14	81	0:57:46	64	250	0:41:48	74	1:39:34	57
178	Emma Bagshaw	na	FV50	0:24:26	74	0:33:22	84	0:57:48	65	178	0:42:15	76	1:40:03	58
231	Liz Davies	na	FV40	0:24:26	73	0:33:17	82	0:57:43	63	231	0:43:39	86	1:41:22	59
265	Adam Johnstone	na	MV50	0:26:11	109	0:32:56	79	0:59:07	69	265	0:42:33	78	1:41:40	60
158	John Parker	Brecon Tri	MV55	0:24:51	82	0:35:10	100	1:00:01	71	158	0:42:47	80	1:42:48	61
156	Di Mogg	na	FV50	0:25:33	93	0:34:58	97	1:00:31	75	156	0:42:33	79	1:43:04	62
228	Ceri East	Merthyr	FV45	0:25:33	94	0:34:27	91	1:00:00	70	228	0:43:41	87	1:43:41	63
114	Deborah Martin	na	FV35	0:25:43	97	0:34:42	92	1:00:25	74	114	0:43:30	84	1:43:55	64
286	Alan Davies	na	MV60	0:25:23	89	0:34:56	95	1:00:19	73	286	0:43:47	88	1:44:06	65
246	Tim Sheppard	na	MV40	0:26:57	121	0:34:13	88	1:01:10	80	246	0:42:59	81	1:44:09	66
122	Paul Evans	Brecon AC	MV40	0:26:11	108	0:34:56	96	1:01:07	79	122	0:43:07	82	1:44:14	67
209	Neil Stone	na	MV60	0:25:23	90	0:35:10	98	1:00:33	76	209	0:43:49	89	1:44:22	68
124	Laine Skinner	Brecon AC	MV40	0:23:46	71	0:40:08	145	1:03:54	99	124	0:40:30	63	1:44:24	69
116	Alexandra Marsh	Brecon AC	SF	0:25:33	92	0:35:32	105	1:01:05	78	116	0:43:55	91	1:45:00	70
113	David Roberts	na	MV35	0:25:56	100	0:34:47	93	1:00:43	77	113	0:44:18	93	1:45:01	71
127	John Price	Hay Hotfooters	MV60	0:26:00	103	0:34:18	90	1:00:18	72	127	0:45:24	101	1:45:42	72
192	Andrew Ritchie	Hay Hotfooters	MV45	0:26:53	120	0:35:10	99	1:02:03	85	192	0:43:51	90	1:45:54	73
155	Kate Hovers	Brecon Tri	FV55	0:26:11	107	0:35:17	104	1:01:28	82	155	0:45:05	96	1:46:33	74
189	Jodie Charman	na	FV40	0:26:07	104	0:35:40	107	1:01:47	83	189	0:45:12	99	1:46:59	75
198	Gareth Holyfield	na	MV55	0:25:38	98	0:35:34	106	1:01:12	81	198	0:45:58	108	1:47:10	76
188	Mandi Orton	na	FV45	0:26:20	111	0:35:54	108	1:02:14	87	188	0:45:07	97	1:47:21	77
254	Julie Smith	Merthyr	FV45	0:26:38	115	0:35:12	102	1:01:50	84	254	0:45:32	104	1:47:22	78
251	Bev Powell	na	FV50	0:26:58	123	0:36:18	114	1:03:16	94	251	0:44:25	94	1:47:41	79
143	Julia Burgess	Dragons RC	FV45	0:26:51	119	0:36:06	110	1:02:57	89	143	0:45:13	100	1:48:10	80
247	Penny Maisey	na	FV45	0:26:45	117	0:36:23	115	1:03:08	92	247	0:45:10	98	1:48:18	81
218	Lloyd Crawley	na	SM	0:27:01	124	0:35:59	109	1:03:00	90	218	0:45:56	107	1:48:56	82
117	Anita James	na	FV50	0:26:48	118	0:36:15	112	1:03:03	91	117	0:46:05	109	1:49:08	83
195	Caryl Stokes	Merthyr	FV45	0:26:57	122	0:35:15	103	1:02:12	86	195	0:47:00	116	1:49:12	84
226	Catherine Llewellyn	Merthyr	FV55	0:27:22	130	0:36:09	111	1:03:31	95	226	0:46:12	111	1:49:43	85
241	Helen Griffiths	Merthyr	FV45	0:25:57	101	0:37:36	129	1:03:33	96	241	0:46:17	112	1:49:50	86
278	Nicola Kelly	Builth & District	FV45	0:26:40	116	0:36:31	119	1:03:11	93	278	0:46:49	115	1:50:00	87
102	Libby Hyde	Brecon Running Buddies	FV45	0:27:30	132	0:37:22	125	1:04:52	105	102	0:45:29	103	1:50:21	88
180	C													

264	Julie Lewis	Christ Col	FV45	0:27:42	135	0:37:17	123	1:04:59	106	264	0:47:17	118	1:52:16	95
233	Sandra Stephens	Merthyr	FV70	0:28:17	140	0:37:21	124	1:05:38	110	233	0:47:12	117	1:52:50	96
277	Rachel Abbott	Brecon AC	FV35	0:27:05	126	0:37:45	131	1:04:50	104	277	0:48:08	124	1:52:58	97
297	Fiona Lewis	na	FV35	0:28:03	137	0:37:27	126	1:05:30	108	297	0:47:47	122	1:53:17	98
298	Angela McLellan	na	FV35	0:28:03	138	0:37:27	127	1:05:30	109	298	0:47:47	123	1:53:17	99
262	John Eyre	na	MV55	0:27:36	133	0:38:47	135	1:06:23	111	262	0:47:43	121	1:54:06	100
197	Carole Jones	Brecon AC	FV60	0:29:28	151	0:38:51	137	1:08:19	118	197	0:48:12	125	1:56:31	101
210	Nicola Davies	Hay Hotfooters	FV45	0:29:08	149	0:39:27	140	1:08:35	119	210	0:48:59	126	1:57:34	102
229	Graham Singer	Merthyr	MV60	0:29:17	150	0:38:32	133	1:07:49	116	229	0:51:03	128	1:58:52	103
123	Sara Skinner	na	FV40	0:29:41	153	0:40:06	142	1:09:47	120	123	0:51:26	129	2:01:13	104
212	Liz Rijnbergen	Brecon AC	FV60	0:30:19	158	0:41:10	150	1:11:29	124	212	0:52:12	131	2:03:41	105
140	Clare Davies	Brecon AC	FV50	0:30:46	160	0:41:08	149	1:11:54	125	140	0:53:36	134	2:05:30	106
170	Geraint Davies	na	MV50	0:27:19	129	0:43:40	160	1:10:59	122	170	0:54:59	137	2:05:58	107
291	Sandra Hale	na	FV50	0:36:26	184	0:42:09	154	1:18:35	136	291	0:47:30	120	2:06:05	108
204	Jackie West	na	FV50	0:30:14	156	0:42:20	155	1:12:34	127	204	0:55:12	138	2:07:46	109
244	Paula Morgan	Merthyr	FV45	0:32:50	170	0:42:03	153	1:14:53	129	244	0:53:06	133	2:07:59	110
191	Marissa Childs	na	FV45	0:31:36	165	0:43:22	159	1:14:58	130	191	0:55:12	139	2:10:10	111
283	Jo Lord	Hay Hotfooters	FV55	0:32:04	167	0:42:21	156	1:14:25	128	283	0:56:13	142	2:10:38	112
230	Bronwyn Lally	na	SF	0:33:03	172	0:43:45	161	1:16:48	131	230	0:54:05	136	2:10:53	113
119	Clara Stephens	na	SF	0:33:14	173	0:44:33	165	1:17:47	135	119	0:53:50	135	2:11:37	114
182	Paula Price	Brecon AC	FV55	0:33:29	175	0:44:06	163	1:17:35	134	182	0:55:59	140	2:13:34	115
110	Hadyn Davies	na	MV75	0:32:58	171	0:44:16	164	1:17:14	133	110	0:56:25	144	2:13:39	116
184	Ceinwen Davies	na	FV45	0:33:18	174	0:43:52	162	1:17:10	132	184	0:57:41	145	2:14:51	117
232	Carol Redman	na	FV45	0:35:58	180	0:48:32	167	1:24:30	137	232	0:59:06	146	2:23:36	118
290	Gary Williams	na	MV50	0:36:27	185	0:48:46	168	1:25:13	139	290	0:59:47	147	2:25:00	119