

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time
1	61	Phil Morris	М	Builth & District	Vet 45 Male	1st	07:54	09:34	17:28
2	55	Ryan Lawrence	М	Hereford Couriers	Senior Male	1st	08:00	09:32	17:32
3	62	Zak Mountford	М	Builth & District	Senior Male	2nd	08:01	09:35	17:36
4	104	Matt Yelland	М	Clwb Run Wales	Vet 40 Male	1st	07:52	09:45	17:37
5	51	Gareth Jones	М	Aberdare Valley AAC	Senior Male	3rd	08:00	10:01	18:01
6	5	Gareth Bowden	М		Vet 50 Male	1st	08:12	09:53	18:05
7	72	Lee Price	М	Builth & District	Vet 45 Male	2nd	08:23	09:54	18:17
8	110	Ethan Johnstone	М		Senior Male	4th	07:53	10:24	18:17
9	60	Donna Morris	F	Builth & District	Vet 40 Female	1st	08:32	09:57	18:29
10	88	Ben Skinner	М	Hereford Couriers	Vet 35 Male	1st	08:34	10:02	18:36
11	47	Steve Jones	М	Maldwyn Harriers	Senior Male	5th	08:33	10:25	18:58
12	48	Paul Jones	М	Aberystwyth AC	Vet 45 Male	3rd	08:35	10:25	19:00
13	9	Chris Burton	М	Builth & District	Vet 35 Male	2nd	08:46	10:14	19:00
14	4	Marcus Bayona-Martinez	М	Builth & District	Senior Male	6th	08:58	10:15	19:13
15	112	Carwyn Davies	М	Sarn Helen	Vet 45 Male	4th	09:02	10:16	19:18
16	28	lan Evans	М	Aberystwyth AC	Vet 40 Male	2nd	08:44	10:49	19:33
17	2	David Justin Baird-Murray	М	Rhayader RC	Vet 55 Male	1st	09:02	10:42	19:44
18	46	James Jones	М	Builth & District	Senior Male	7th	09:35	10:19	19:54
19	71	Josh Price	М	Builth & District	Senior Male	8th	09:16	10:40	19:56
20	94	Hannah Thomas	F	Maldwyn Harriers	Vet 35 Female	1st	09:22	11:02	20:24
21	100	Martin Williams	М	Ledbury & District Harriers	Vet 40 Male	3rd	09:13	11:16	20:29
22	17	Kieron Crane	М		Vet 35 Male	3rd	09:30	11:13	20:43
23	8	Daniel Bufton	М	Builth & District	Vet 35 Male	4th	09:38	11:09	20:47
24	34	Kody Green	М		Male Under 20	1st	09:19	11:33	20:52
25	118	Peter Osbourne	М	Llanelli AC	Vet 60 Male	1st	09:37	11:25	21:02
26	57	Paul Millsom	М		Vet 65 Male	1st	09:39	11:36	21:15





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27	84	Lee Shackleton	М	Hereford Couriers	Vet 55 Male	2nd	09:42	11:47	21:29
28	35	Barry Griffiths	М	Brecon AC	Vet 55 Male	3rd	09:46	11:47	21:33
29	70	Gareth Price	Μ	Builth & District	Vet 40 Male	4th	09:51	11:51	21:42
30	122	Phillip Pugh	М	Maldwyn Harriers	Vet 35 Male	5th	09:54	12:03	21:57
31	77	Joanne Rees	F	Builth & District	Vet 50 Female	1st	10:11	11:51	22:02
32	37	Ali Hardaway	Μ	Builth & District	Vet 60 Male	2nd	10:08	12:01	22:09
33	29	Jenny Farrow	F	Builth & District	Vet 45 Female	1st	10:10	12:00	22:10
34	80	Mark Roberts	М	Brecon AC	Vet 60 Male	3rd	10:15	12:06	22:21
35	32	Malc Gonnella	Μ	Builth & District	Vet 65 Male	2nd	10:15	12:07	22:22
36	65	Marcio Paixao	Μ		Senior Male	9th	10:17	12:22	22:39
37	10	Andrew Cadmore	Μ	Brecon AC	Vet 50 Male	2nd	10:36	12:24	23:00
38	22	Raymond Davies	М	Builth & District	Vet 40 Male	5th	10:28	12:35	23:03
39	119	Isobel Dawson	F	Llanelli AC	Vet 40 Female	2nd	10:31	12:33	23:04
40	63	Catherine Olivant	F	Brecon AC	Vet 50 Female	2nd	10:38	12:31	23:09
41	96	Wayne Turnbull	Μ		Vet 40 Male	6th	10:34	12:44	23:18
42	93	David Sutherland	М	Builth & District	Vet 65 Male	3rd	10:25	12:58	23:23
43	83	Sian Samuel	F	Builth & District	Vet 40 Female	3rd	10:40	12:48	23:28
44	7	Alexander Brown	Μ	Builth & District	Vet 55 Male	4th	10:44	12:55	23:39
45	31	Catherine Gilbert	F	Brecon AC	Vet 50 Female	3rd	10:51	12:53	23:44
46	121	Haydn O'reilly	Μ	Builth & District	Vet 45 Male	5th	10:58	12:49	23:47
47	109	Erin Lois Coyle	F	Builth & District	Female Under 17	1st	10:55	12:56	23:51
48	106	Jake Williams	М		Male Under 17	1st	10:04	13:50	23:54
49	113	Steven Anderson	Μ		Senior Male	10th	11:21	12:37	23:58
50	12	Helen Carter	F	Builth & District	Vet 55 Female	1st	11:01	13:00	24:01
51	98	Gary Watts	Μ	Builth & District	Vet 60 Male	4th	10:55	13:10	24:05
52	75	Robert Price	М	Builth & District	Vet 50 Male	3rd	11:07	13:12	24:19





Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time
53	18	Deian Creunant	М	Aberystwyth AC	Vet 55 Male	5th	10:58	13:28	24:26
54	120	David Evans	М		Vet 35 Male	6th	11:21	13:15	24:36
55	78	Saffi Reid	F	Hereford & County AC	Female Under 17	2nd	11:16	13:28	24:44
56	89	Dean Smythe	М	Vegan Runners UK	Vet 50 Male	4th	11:25	13:25	24:50
57	30	Jim Garner	М		Vet 45 Male	6th	11:53	13:05	24:58
58	116	Mary Morton	F	Rhayader RC	Vet 50 Female	4th	11:36	13:55	25:31
59	36	Liam Griffiths	М		Senior Male	11th	11:10	14:25	25:35
60	54	Maggie Keville	F	Builth & District	Vet 55 Female	2nd	11:40	13:56	25:36
61	41	Ben Holvey	М	Builth & District	Vet 45 Male	7th	11:53	13:49	25:42
62	49	Andrew Jones	М	Builth & District	Vet 55 Male	6th	11:41	14:08	25:49
63	38	Keith Helliwell	М	Builth & District	Vet 45 Male	8th	11:41	14:16	25:57
64	16	Nerys Coyle	F	Builth & District	Vet 50 Female	5th	12:07	14:36	26:43
65	15	Charlie Coleman	М	Hereford & County AC	Male Under 17	2nd	11:46	14:58	26:44
66	73	Robert Price	М		Vet 35 Male	7th	11:20	15:35	26:55
67	27	Paul Evans	М	Brecon AC	Vet 45 Male	9th	12:57	14:03	27:00
68	44	Steve Hughson	М	Builth & District	Vet 60 Male	5th	12:09	14:57	27:06
69	33	Melanie Graham	F	Builth & District	Vet 60 Female	1st	12:12	14:59	27:11
70	101	Holly Williams	F		Senior Female	1st	12:13	15:11	27:24
71	97	Toby Turner	М		Male Under 17	3rd	12:20	15:08	27:28
72	1	Lesley Ashton	F	Vegan Runners UK	Vet 60 Female	2nd	12:34	15:10	27:44
73	24	Catherine Ealey-Fitzgerald	F	Rhayader RC	Vet 50 Female	6th	12:51	15:00	27:51
74	21	Melissa Davies	F		Vet 45 Female	2nd	12:45	15:08	27:53
75	74	Hayley Price	F		Vet 55 Female	3rd	12:33	15:29	28:02
76	108	Jane Mesham	F		Vet 55 Female	4th	13:03	15:00	28:03
77	107	Laura Powell	F		Vet 35 Female	2nd	13:06	15:14	28:20
78	76	Steven Mesham	М	Hereford Couriers	Vet 50 Male	5th	13:06	15:16	28:22





Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time
79	86	Raymond Sharratt	М	Rhayader RC	Vet 80 Male	1st	13:03	15:35	28:38
80	111	Adam Johnstone	М	Builth & District	Vet 50 Male	6th	12:56	15:59	28:55
81	25	Simon Ealey-Fitzgerald	Μ	Rhayader RC	Vet 50 Male	7th	13:22	15:39	29:01
82	117	Matt Jones	М	Builth & District	Vet 40 Male	7th	13:02	16:08	29:10
83	123	Mike Prior	М		Vet 40 Male	8th	12:53	16:23	29:16
84	52	Luned Jones	F		Senior Female	2nd	14:27	15:55	30:22
85	45	Samantha Jane	F	Hereford Couriers	Vet 40 Female	4th	13:54	16:29	30:23
86	85	Laura Sharpe	F		Senior Female	3rd	14:23	16:05	30:28
87	99	Hannah Wilding	F	Builth & District	Senior Female	4th	13:20	17:11	30:31
88	59	Lois Morris	F		Vet 35 Female	3rd	14:10	16:21	30:31
89	14	Deborah Clee	F	Brecon AC	Vet 50 Female	7th	13:44	16:49	30:33
90	82	Chris Ruck	М	Hereford Couriers	Vet 55 Male	7th	13:26	17:09	30:35
91	23	Gina Deering	F		Vet 55 Female	5th	14:15	16:34	30:49
92	87	Katherine Shaw	F	Builth & District	Vet 45 Female	3rd	14:14	16:38	30:52
93	43	Sarah-Jane Hughes	F		Vet 45 Female	4th	13:55	17:07	31:02
94	69	Paul Price	М	Builth & District	Vet 55 Male	8th	13:56	17:24	31:20
95	58	Stephanie Morgan	F	Builth & District	Vet 65 Female	1st	14:28	16:55	31:23
96	56	Helen McCarthy	F	Builth & District	Vet 60 Female	3rd	14:21	17:05	31:26
97	95	Donna Thomas	F		Vet 40 Female	5th	14:09	17:35	31:44
98	11	Fiona Carmichael	F		Vet 50 Female	8th	14:28	17:54	32:22
99	92	Suzanne Stephens	F		Vet 55 Female	6th	14:54	17:36	32:30
100	91	Rosie Stephens	F		Senior Female	5th	14:54	17:36	32:30
101	13	Claire Claridge	F		Vet 35 Female	4th	14:23	18:15	32:38
102	3	Dior Barton	F		Vet 35 Female	5th	14:24	18:15	32:39
103	40	Tracy Higgins	F	Brecon AC	Vet 50 Female	9th	15:31	17:30	33:01
104	53	Jane Kerr	F	Builth & District	Vet 55 Female	7th	15:07	18:24	33:31



Overall Results

Pos.	Bib	Name	Gender	Club	Age Cat	Age Cat Rank	LAP1	LAP2	Time
105	50	Menai Jones	F		Vet 60 Female	4th	15:05	18:34	33:39
106	115	James Rees	М	Builth & District	Vet 40 Male	9th	14:43	18:56	33:39
107	6	Alan Bridson	Μ	Builth & District	Vet 40 Male	10th	14:43	18:57	33:40
108	68	Derek Price	М	Rhayader RC	Vet 65 Male	4th	15:35	18:41	34:16
109	20	Sarah Cuthbertson	F	Builth & District	Vet 35 Female	6th	15:07	19:12	34:19
110	79	Caroline Reid-smith	F	Builth & District	Vet 55 Female	8th	15:58	19:34	35:32
111	42	Heather Hughes	F	Brecon AC	Vet 40 Female	6th	16:04	19:45	35:49
112	105	David Adby	М		Vet 50 Male	8th	16:02	20:20	36:22
113	39	Sarah Helliwell	F	Builth & District	Vet 50 Female	10th	17:35	20:52	38:27
114	103	Cheryl Wrigley	F	Brecon AC	Vet 50 Female	11th	17:16	21:50	39:06
115	67	Ele Power	F		Senior Female	6th	17:17	21:49	39:06
116	124	Jenna Prior	F		Female Under 17	1st			21:23

Number of Records: 116



