

**BBQ 5k 2013**  
**5<sup>th</sup> July**



**Overall Results**

1M	Ian	Lowe	Oswestry Olympians	17.35
2M	Gethin	Holland	Aberystwyth AC	17.43
3M	Paul	Bowes	Shropshire Shufflers	18.22
1F	Lauren	Davies	Oswestry Olympians	20.53
2F	Rachel	Butler	Maldwyn Harriers	23.41
3F	Sharon	Lloyd	Maldwyn Harriers	24.37

**Age Group Results**

Msenior	Martin	Copus	Maldwyn Harriers	18.47
MU20	Kaya	Saul	Maldwyn Harriers	23.51
MV35	Ed	Perry	u/a	22.21
MV40	Norman	Biggs	Aberystwyth AC	18.36
MV45	Ifan	Jones	Maldwyn Harriers	25.20
MV50	Haydn	Jones	Shrewsbury Athletic Club	18.51
MV55	Ed	Davies	Maldwyn Harriers	18.52
MV65	John Gwynn	Evans	Aberystwyth AC	23.36
Fsenior	Rachel	Williams	u/a	27.31
FU20	Chloe	Foster	Maldwyn Harriers	34.37
FV35	Claire	Abel	Maldwyn Harriers	26.23
FV40	June	Jones	Maldwyn Harriers	26.30
FV45	Caroline	Mumbay	u/a	32.11
FV50	Georgina	Fletcher	Maldwyn Harriers	26.41
FV55	Jill	Hillman	Maldwyn Harriers	26.29
FV60	Jacqui	Lloyd	Maldwyn Harriers	28.04
FV65	Marjorie	Griffiths	Bro Dysynni	32.05
FV70	Brenda	Jones	Bro Dysynni	29.05
FV75	Sheila	Symonds	Bro Dysynni	44.21

**Full Results**

Number	Pos	Forename	Surname	Club	Gender	Category	Time
217	1	Ian	Lowe	Oswestry Olympians	M	v40	17.35
206	2	Gethin	Holland	Aberystwyth AC	M	senior	17.43
213	3	Paul	Bowes	Shropshire Shufflers	M	v40	18.22
209	4	Norman	Biggs	Aberystwyth AC	M	v40	18.36
204	5	Martin	Copus	Maldwyn Harriers	M	senior	18.47
229	6	Haydn	Jones	Shrewsbury Athletic Club	M	v50	18.51
239	7	Ed	Davies	Maldwyn Harriers	M	v55	18.52
207	8	Chris	Atherton	Maldwyn Harriers	M	senior	19.04
208	9	Lenny	Hughes	Maldwyn Harriers	M	v55	20.39
227	10	John	Lyden	Ludlow Runners	M	v50	20.48
216	11	Lauren	Davies	Oswestry Olympians	F	senior	20.53
224	12	Mark	Saunders	Maldwyn Harriers	M	v40	22.15
236	13	Ed	Perry	u/a	M	v35	22.21
220	14	David	Manuel	Maldwyn Harriers	M	v40	22.23
205	15	Chris	Copus	Maldwyn Harriers	M	v55	22.53
214	16	Mark	Davies	Mercia	M	v40	23.14
211	17	John Gwynn	Evans	Aberystwyth AC	M	v65	23.36
202	18	Rachel	Butler	Maldwyn Harriers	F	v50	23.41
210	19	Kaya	Saul	Maldwyn Harriers	M	u20	23.51
238	20	Reece	Moles	Maldwyn Harriers	M	senior	23.54
231	21	Sharon	Lloyd	Maldwyn Harriers	F	v40	24.37
226	22	Ifan	Jones	Maldwyn Harriers	M	v45	25.20
222	23	Claire	Abel	Maldwyn Harriers	F	v35	26.23
230	24	Jill	Hillman	Maldwyn Harriers	F	v55	26.29
233	25	June	Jones	Maldwyn Harriers	F	v40	26.30

228	26	Georgina	Fletcher	Maldwyn Harriers	F	v50	26.41
235	27	Helen	Owen	u/a	F	v40	27.10
234	28	Rachel	Williams	u/a	F	senior	27.31
233	29	Jacqui	Lloyd	Maldwyn Harriers	F	v60	28.04
232	30	Hugh	Harrison	Bro Dysynni	M	v55	28.05
201	31	Michelle	Beeson	Maldwyn Harriers	F	v40	28.39
200	32	Brenda	Jones	Bro Dysynni	F	v70	29.05
225	33	Diane	Jones	Maldwyn Harriers	F	v40	29.28
203	34	Andy	Unwin	Bro Dysynni	M	v45	29.34
221	35	Belinda	Bryant	Maldwyn Harriers	F	v35	30.39
212	36	Susan	Bowes	Shropshire Shufflers	F	v40	31.07
237	37	Marjorie	Griffiths	Bro Dysynni	F	v65	32.05
240	38	Caroline	Mumbay	u/a	F	v45	32.11
219	39	Chloe	Foster	Maldwyn Harriers	F	u20	34.37
218	40	Stephanie	Foster	Maldwyn Harriers	F	v45	34.42
215	41	Cathy	Davies	u/a	F	v40	37.02
801	42	Sheila	Symonds	Bro Dysynni	F	v75	44.21

### Fun Run Results

Number	Pos					Time
171	1	Jake	Beeson	Maldwyn Harriers	M	4.55
180	2	Mary	SAul		F	5.03
177	3	Cerys	Brown		F	5.28
173	4	Aurora	Carter	Maldwyn Harriers	F	5.40
172	5	Phoebe	Carter	Maldwyn Harriers	F	6.09
181	6	Lillie	Bryant		F	6.24
174	7	Sian-Ellesse	Davey		F	6.44
178	8	Heledd	Richards		F	6.50
179	9	Mared	Richards		F	8.35
175	10	Caroline	Orrells	Maldwyn Harriers	F	9.10
176	11	Rochelle	Plumb		F	9.10

