

**Source of the Severn 2013  
1<sup>st</sup> September**



**Overall Results**

1M	Felipe	Jones	Aberystwyth AC	54.41
2M	Gwynant	Jones	Cardiff AC	58.52
3M	Dylan	Lewis	Sarn Helen	59.02
1F	Helen	Marshall	Swansea Harriers	68.08
2F	Dee	Jolly	Sarn Helen	68.29
3F	Naomi	Watson	Mercia Fellrunners	82.48

**Age Group Results**

Msenior	Roland	Stafford	Maldwyn Harriers	61.00
MU23	Llewellyn	Lloyd	Sarn Helen	62.43
MV40	Anthony	Powell	u/a	63.36
MV50	David	Powell	Aberystwyth AC	64.26
MV60	Graham	Spencer	Mercia Fellrunners	71.57
FV40	Sharon	Lloyd	Maldwyn Harriers	93.33
FV50	Rachel	Butler	Maldwyn Harriers	83.47
FV60	Rose	Thomas	Rhayader	93.02

**Full Results**

Number	Pos	Forename	Surname	Club	Gender	Category	Time
	1	Felipe	Jones	Aberystwyth AC	M	M	54.41
	2	Gwynant	Jones	Cardiff AC	M	M	58.52
	3	Dylan	Lewis	Sarn Helen	M	M	59.02
	4	Roland	Stafford	Maldwyn Harriers	M	senior	61.00
	5	Llewellyn	Lloyd	Sarn Helen	M	MU23	62.43
	6	Dave	Powell	Aberystwyth AC	M	MV50	64.26
	7	Simon	Hall	Sarn Helen	M		65.02
	8	Anthony	Powell	u/a	M	MV40	65.36
	9	Chris	Atherton	Maldwyn Harriers	M	senior	65.48
	10	Rich	Anthony	Aberystwyth AC	M	senior	67.30
	11	Helen	Marshall	Swansea Harriers	F	F	68.08
	12	Dee	Jolly	Sarn Helen	F	F	68.29
	13	Bryan	Arthur	Mercia Fellrunners	M	senior	68.35
	14	Ian	Ellis	Mercia Fellrunners	M	MV40	69.01
	15	Calvin	Williams	Sarn Helen	M	MV50	69.09
	16	Sean	Clarke	u/a	M	MV40	70.07
	17	Tony	Hull	Sarn Helen	M	MV50	70.36
	18	Graham	Spencer	Mercia Fellrunners	M	MV60	71.57
	19	Gordon	Orme	Sarn Helen	M	MV70	73.54
	20	Hugh	Morgan-Jones	FRA	M	MV50	76.07
	21	Steve	Lloyd	u/a	M	MV40	76.21
	22	Michael	Boston	Oswestry Olympians	M	MV40	77.02
	23	Dan	George	u/a	M	senior	77.04
	24	Steve	Atherton	FRA	M	MV50	77.17
	25	Bernie	Jones	Maldwyn Harriers	M	MV50	77.59
	26	Paul	Hadley	Wrekin Road Runners	M	MV40	78.28
	27	Richard	Griffiths	Dysynni	M	MV60	80.55
	28	Richard	Paddock	Shropshire Shufflers	M	MV50	82.05
	29	Naomi	Watson	Mercia Fellrunners	F	F	82.48
	30	Bryan	Bridges	u/a	M	MV50	83.22
	31	Bryan	Clee	Presteigne Pacers	M	MV40	83.35
	32	Rachel	Butler	Maldwyn Harriers	M	FV50	83.47
	33	Alan	Jones	Dysynni	M	MV50	83.50
	34	Bill	Heath	Mercia Fellrunners	M	MV60	91.37
	35	Rose	Thomas	Rhayader	F	FV60	93.02
	36	Ray	Sharratt	Rhayader	M	MV70	93.02

37	Georgina	Fletcher	Maldwyn Harriers	F	FV50	93.12
38	Sharon	Lloyd	Maldwyn Harriers	F	FV40	93.33
39	Diane	Spencer	Mercia Fellrunners	F	FV50	94.46
40	Deb	Clee	Presteigne Pacers	F	FV40	96.20
41	June	Jones	Maldwyn Harriers	F	FV40	97.23
42	Jill	Hillman	Maldwyn Harriers	F	FV50	100.29
43	Diane	Jones	Maldwyn Harriers	F	FV50	DNF