

BBQ 5km Race 2014
4th July



Overall Results

1M	Tom	Roberts	Meirionydd	16.14
2M	Richard	Roberts	Eryri Harriers	16.16
3M	Jonathan	Morgan	Newport Harriers	16.59
1F	Rhianwedd	Price	Cardiff	17.49
2F	Jacqui	Loxam	Maldwyn Harriers	21.23
3F	Sarah	Hamer	u/a	22.36

Age Group Results

Msenior	Martin	Copus	Maldwyn Harriers	18.23
MU20	Chris	Ainscow	u/a	19.21
MV35	Dan	George		20.08
MV40	Ian	Lowe	Oswestry Olympians	18.14
MV45	Paul	Pritchard	u/a	21.50
MV50	Haydn	Jones	Shrewsbury	19.16
MV55	Tony	Wenlock	Aberystwyth AC	23.18
MV60	Chris	Copus	Maldwyn Harriers	22.40
MV65	John E	Evans	Aberystwyth AC	22.56
MV70	Ray	Sharratt	Rhayader Running Club	26.23
Fsenior	Hannah	Owen	Maldwyn Harriers	24.30
FU20	Vicky	Gittins	Maldwyn Harriers	23.26
FV35	Claire	Abel	Maldwyn Harriers	24.22
FV40	Jan	Preston	Meirionydd	26.30
FV45	Stephanie	Foster	Maldwyn Harriers	36.54
FV50	Rachel	Butler	Maldwyn Harriers	24.43
FV55				
FV60	Rose	Thomas	Rhayader Running Club	25.02
FV65				
FV70	Carol	Farrington	Rhayader AC	26.59
FV80	Sheila	Symonds	Bro Dysynni AC	42.44

Full Results

Position	Number	Forename	Surname	Club	Gender	Category	Time
1	85	Tom	Roberts	Meirionydd	M	senior	16.14
2	183	Richard	Roberts	Eryri Harriers	M	v35	16.16
3	64	Jonathan	Morgan	Newport Harriers	M	senior	16.59
4	63	Rhianwedd	Price	Cardiff	F	under 20	17.49
5	70	Ian	Lowe	Oswestry Olympians	M	v40	18.14
6	90	Martin	Copus	Maldwyn Harriers	M	senior	18.23
7	269	Haydn	Jones	Maldwyn Harriers	M	v50	19.16
8	268	Sean	Clarke	Maldwyn Harriers	M	v40	19.19
9	188	Chris	Ainscow	u/a	M	under 20	19.21
10	66	Harvey	Morgan	u/a	M	v50	20.02
11	287	Dan	George		M	senior	20.08
12	270	Mark	Saunders	Maldwyn Harriers	M	v40	20.54
13	231	Jacqui	Loxam	Maldwyn Harriers	F	v35	21.23
14	281	John	Murphy	Maldwyn Harriers	M	v50	21.35
15	279	David	Johnson	Maldwyn Harriers	M	senior	21.42

16	94	Paul	Pritchard	u/a	M	v45	21.50
17	98	Steve	Smith	Rhayader AC	M	senior	21.51
18	61	Jamie	Dumayne		M	senior	21.59
19	184	Alun	Jenkins	Rhayader Running Club	M	v50	21.59
20	299	Jason	Gittins	u/a	M	v50	22.06
21	62	Graham	Watkins	u/a	M	senior	22.18
22	93	Sarah	Hamer	u/a	F	v35	22.36
23	91	Chris	Copus	Maldwyn Harriers	M	v60	22.40
24	297	Reece	Moles	Maldwyn Harriers	M	senior	22.42
25	65	Graeme	Stringer	Meirionydd	M	v45	22.49
26	92	John E	Evans	Aberystwyth AC	M	v65	22.56
27	275	Benjamin	Jones	u/a	M	senior	22.58
28	99	Tony	Wenlock	Aberystwyth AC	M	v55	23.18
29	298	Vicky	Gittins	Maldwyn Harriers	F	under 20	23.26
30	73	Peter	Nicholls	Meirionydd	M	v60	23.28
31	277	Ifan	Jones	Maldwyn Harriers	M	v45	23.32
32	286	Ben	Wood	u/a	M	senior	24.18
33	60	David	Jones	Denbigh Harriers	M	v60	24.19
34	95	Claire	Abel	Maldwyn Harriers	F	v35	24.22
35	282	Hannah	Owen	Maldwyn Harriers	F	senior	24.30
36	75	Kevin	Evans	Meirionydd	M	v50	24.34
37	274	Rachel	Butler	Maldwyn Harriers	F	v50	24.43
38	71	Rose	Thomas	Rhayader running club	F	v60	25.02
39	285	Rachel	Williams	Maldwyn Harriers	F	senior	25.37
40	272	Hannah	Jones	Maldwyn Harriers	F	senior	25.57
41	273	Georgina	Fletcher	Maldwyn Harriers	F	v50	26.07
42	284	Wendy	Langford		F	senior	26.11
43	96	Ray	Sharratt	Rhayader running club	M	v70	26.23
44	82	Jan	Preston	Meirionydd	F	v40	26.30
45	271	Elly	Downing	Meirionydd	F	v40	26.52
46	89	Carol	Farrington	Rhayader AC	F	v70	26.59
47	79	Katie	Woods	u/a	F	senior	27.25
48	278	Diane	Jones	Maldwyn Harriers	F	v40	28.14
49	276	Kirsty	Jones	Maldwyn Harriers	F	senior	30.51
50	283	Cheryl	Ball	u/a	F	senior	30.52
51	280	Stephanie	Foster	Maldwyn Harriers	F	v45	36.54
52	100	Chloe	Foster	Maldwyn Harriers	F	under 20	36.54
53	97	Kathy	Ling	Wrekin R.R	F	v70	40.20
54	1	Sheila	Symonds	Bro Dysynni AC	F	v80	42.44

