

**Gregynog Trail Race 2015**  
**14<sup>th</sup> June**



**Overall Results**

1M	Luke	Davies	Brecon	30.06
2M	Roger	Farrington	u/a	30.23
3M	Ian	Lowe	Oswestry Olympians	31.20
1F	Heidi	Davies	Brecon	31.05
2F	Nic	Davies	Shropshire Shufflers	34.46
3F	Jacqui	Loxam	Maldwyn Harriers	38.20

**Age Group Results**

MU20	Todd	Tanner	Maldwyn Harriers	32.24
Msenior	Martin	Copus	Maldwyn Harriers	31.41
MV35	Darren	Jarman	Maldwyn Harriers	33.30
MV40	Sean	Clarke	Maldwyn Harriers	32.11
MV45	Andrew	Davies	Thornbury	31.53
MV50	Richard	Jones	Shrewsbury	33.15
MV55	David	Davies	Brecon	34.52
MV60	Stephen	Roberts	Oswestry Olympians	35.01
MV65	John Gwyn	Evans	Aberystwyth AC	42.25
FU20				
Fsenior	Donna	Morris	Builth and Districts	39.47
FV35	Jacqui	Leary	Maldwyn Harriers	47.00
FV40	Tracy	Biggs	u/a	40.57
FV45	Sharon	Lloyd	Maldwyn Harriers	45.40
FV50	Rachel	Butler	Maldwyn Harriers	43.28
FV55				
FV60	Rose	Thomas	Rhayader Running Club	45.04
FV70	Brenda	Jones	Bro Dysynni AC	51.25
FV80	Sheila	Symonds	Bro Dysynni AC	82.33

**Full Results**

Position	Number	Forename	Surname	Club	Gender	Category	Time
1	92	Luke	Davies	Brecon	m	Under 20	30.06
2	125	Roger	Farrington	u/a	m	v50	30.23
3	93	Heidi	Davies	Brecon	f	Under 20	31.05
4	132	Ian	Lowe	Oswestry Olympians	m	v40	31.20
5	99	Martin	Copus	Maldwyn Harriers	m	senior	31.41
6	94	Andrew	Davies	Thornbury	m	v45	31.53
7	135	Sean	Clarke	Maldwyn Harriers	m	v40	32.11
8	498	Todd	Tanner	Maldwyn Harriers	m	Under 20	32.24
9	115	Bryan	Arthur	Mercia Fell runners	m	v45	32.26
10	136	Anthony	Powell	Maldwyn Harriers	m	v40	33.10
11	144	Richard	Jones	Shrewsbury	m	v50	33.15
12	119	Stafford	Rees	Rhayader AC	m	v45	33.24

13	145	Darren	Jarman	Maldwyn Harriers	m	v35	33.30
14	141	Jimmy	Carter	Vegan Runners	m	v35	34.06
15	126	Phillip	Bullock	Maldwyn Harriers	m	v40	34.29
16	390	Dillon	Gill	Maldwyn Harriers	m	Under 20	34.32
17	90	Rob	Martin	Maldwyn Harriers	m	v45	34.33
18	127	Hadyn	Jones	Maldwyn Harriers	m	v50	34.41
19	500	Nic	Davies	Shropshire Shufflers	f	senior	34.46
20	100	David	Davies	Brecon	m	v55	34.52
21	131	Stephen	Roberts	Oswestry Olympians	m	v60	35.01
22	149	Dan	George	Maldwyn Harriers	m	v35	35.36
23	1	Mark	Jones	u/a	m	v45	36.03
24	495	Phil	Byrne	Maldwyn Harriers	m	v35	36.06
25	101	Lee	Shackleton	Maldwyn Harriers	m	v45	36.16
26	133	Rob	Davies	Oswestry Olympians	m	v45	36.20
27	102	Paul	Pritchard	Maldwyn Harriers	m	v45	37.50
28	112	Bernie	Jones	Maldwyn Harriers	m	v55	37.52
29	113	Andrew	Cromie	Rhayader AC	m	v50	37.55
30	138	Jamie	Dumayne	u/a	m	senior	38.10
31	124	Jacqui	Loxam	Maldwyn Harriers	f	v35	38.20
32	497	David	Manuel	Maldwyn Harriers	m	v40	38.23
33	108	Martin	Green	Maldwyn Harriers	m	v55	38.52
34	120	Donna	Morris	Builth and Districts	f	senior	39.47
35	499	Gordon	Manson	Oswestry Olympians	m	v60	40.16
36	153	Tomos	Roberts	u/a	m	senior	40.40
37	104	Jodie	Tanner	u/a	f	senior	40.51
38	105	Tracy	Biggs	u/a	f	v40	40.57
39	139	Reece	Moles	Maldwyn Harriers	m	senior	40.58
40	116	Nikki	Grainger	Maldwyn Harriers	f	senior	41.32
41	98	Chris	Copus	Maldwyn Harriers	m	v60	41.47
42	129	John Gwyn	Evans	Aberystwyth AC	m	v65	42.25
43	137	Mark	Davies	Newport Harriers	m	v40	42.28
44	494	Becky	Latham	Maldwyn Harriers	f	senior	42.36
45	134	Kaya	Saul	Maldwyn Harriers	m	Under 20	42.54
46	142	Simon	Eastwood	u/a	m	v40	43.11
47	146	Helen	Owen	Maldwyn Harriers	f	v40	43.15
48	110	Rachel	Butler	Maldwyn Harriers	f	v50	43.28
49	130	Andre	Hutchinson	Maldwyn Harriers	f	v50	44.47
50	107	Helen	Wilkinson	Maldwyn Harriers	f	senior	45.02
51	128	Rose	Thomas	Rhayader running club	f	v60	45.04
52	106	Sharon	Lloyd	Maldwyn Harriers	f	v45	45.40
53	118	Kevin	Jones	u/a	m	v35	46.50
54	111	Mark	Saunders	Maldwyn Harriers	m	v45	46.51
55	155	Ben	Wood	Maldwyn Harriers	m	senior	46.51
56	154	Rachel	Williams	Maldwyn Harriers	f	senior	46.54
57	150	Jacqui	Leary	Maldwyn Harriers	f	v35	47.00
58	122	Terry	Leah	u/a	m	v40	47.06
59	96	Steve	Orrells	Maldwyn Harriers	m	v60	47.35
60	140	Paul	Hillman	Maldwyn Harriers	m	v55	47.45

61	121	Hannah	Jones	Maldwyn Harriers	f	senior	49.04
62	493	Nicola	Kelly	Builth and Districts	f	v45	49.37
63	496	Janet	Shanahan	Maldwyn Harriers	f	v50	49.48
64	151	Karen	Jones	Maldwyn Harriers	f	v35	50.36
65	148	Jody	Hawksworth	Maldwyn Harriers	f	v35	50.48
66	117	Sam	Marshall	u/a	f	v35	51.14
67	143	Amanda	Eastwood	u/a	f	v40	51.24
68	95	Brenda	Jones	Bro Dysynni AC	f	v70	51.25
69	91	Jake	Beeson	Maldwyn Harriers	m	Under 20	52.43
70	152	Donna	Griffiths	u/a	f	v45	53.27
71	103	Mel	Saul	u/a	m	Under 20	53.44
72	123	Donna	Leah	u/a	f	v35	54.04
73	147	Julia	Gorman	Maldwyn Harriers	f	v40	54.04
74	109	Marilyn	Hunt	SYTri	f	v45	57.52
75	97	Andy	Unwin	Bro Dysynni AC	m	v50	59.22
76	114	Marit	Evans	Bro Dysynni AC	f	v50	82.33
77	342	Sheila	Symonds	Bro Dysynni AC	f	v80	82.33



### Fun Run Results

Position	Number	Forename	Surname	Club	Gender	Race	Time
1	389	Harvey	Gill	Maldwyn Harriers	m	fun	2.54
2	399	Arwyn	Walby		m	fun	3.00
3	397	Oliver	Jones		m	fun	3.03
4	379	Mary	Saul	Maldwyn Harriers	f	fun	3.13
5	387	Gwen	Rees		f	fun	3.16
6	396	Piper	Lloyd	Maldwyn Harriers	f	fun	3.23
7	380	Lilli	Bryant		f	fun	3.26
8	398	Conor	Walby		m	fun	3.39
9	392	Alfie	Betton		m	fun	3.45
10	394	Sioned	Northeast		f	fun	3.47
11	383	Libby	Loxam		f	fun	3.48
12	395	Eleri	Northeast		f	fun	3.49
13	388	Elenid	Rees		f	fun	3.58
14	391	Blake	Donaway		m	fun	4.28
15	386	Mervyn	Rees		m	fun	4.30
16	393	Lois	Donaway		f	fun	4.34
17	400	Rochelle	Plumb		f	fun	4.41
18	385	Florence	Jones		f	fun	5.21
19	384	Seb	Loxam	Maldwyn Tots	m	fun	7.30
20	382	William	Roberts		m	fun	8.50

21

381

Ben

Roberts

m

fun

9.14