

Chocoholics 2016
25th March



Overall Results

M1	Gabe	Morris	Shrewsbury ac	16.45	
M2	James	Hickinbottom	Shrewsbury ac	16.51	
M3	Roger	Farrington	Maldwyn Harriers	16.59	m50 course record
F1	Heidi	Davies	Brecon	17.34	under 20 course record
F2	Sara	Willholt	Shrewsbury ac	19.22	
F3	Nicola	Davies	Maldwyn Harriers	19.28	

Age Group Results

Male	Forename	Surname	Club	Time
munder 20	Dillon	Gill	Maldwyn Harriers	18.08
msenior	Matt	Hall	Shrewsbury ac	17.00
mv35	Ifan	Rhys Richards	Rhedwyr Hebog	17.25
mv40	Simon	Barkley	Oswestry Olympians	17.54
mv45	Andrew	Davies	Thornbury	18.03
mv50	Richard	Jones	Shrewsbury ac	18.49
mv55	Mike	Jarman		26.57
mv60	Peter	Crowther	Aberystwyth AC	20.11
mv65	Ashley	Redbury	Croft Ambrey	21.55
mv70	Ray	Sharratt	Rhayader Ac	26.07

Female

funder 20	Elise	Turner	Blaenau Gwent	21.07
fsenior	Heddwen	Daniel	Cardiff AC	20.16
fv35	Jenny	Evans	Maldwyn Harriers	21.15
fv40	Mary	Morton	Rhayader	23.43
fv45	Nicola	Davies	Thornbury	24.34
fv50	Janet	Shanahon	Maldwyn Harriers	27.47
fv55	Jill	Hillman	Maldwyn Harriers	26.15
fv60	Jacqui	Lloyd	Maldwyn Harriers	28.33
fv65	Grace	Hough	Shrewsbury ac	33.57

Overall Finish

	Forename	Surname	Club	Gender	age	time
1	Gabe	Morris	Shrewsbury AC	m	senior	16.45
2	James	Hickinbottom	Shrewsbury AC	m	senior	16.51
3	Roger	Farrington	Maldwyn Harriers	m	V50	16.59
4	Matt	Hall	Shrewsbury AC	m	senior	17.00
5	Tom	Roberts	Meirionydd RC	m	senior	17.11
6	Ifan	Rhys Richards	Rhedwyr Hebog	m	V35	17.25
7	Rob	Kerr	SY Tri	m	V35	17.27
8	Steve	Waters	Shrewsbury AC	m	senior	17.30
9	Heidi	Davies	Brecon	f	U20	17.34
10	Martin	Copus	Maldwyn Harriers	m	senior	17.37
11	Simon	Barkley	Oswestry Olympians	m	V40	17.54

12	Andrew	Davies	Thornbury	m	V45	18.03
13	Dillon	Gill	Maldwyn Harriers	m	U20	18.08
14	Todd	Tanner	Maldwyn Harriers	m	U20	18.41
15	Richard	Jones	Shrewsbury AC	m	V50	18.49
16	Darren	Jarman	Maldwyn Harriers	m	V35	19.06
17	Haydn	Jones	Maldwyn Harriers	m	V50	19.09
18	Adam	Jones	Oswestry Olympians	m	senior	19.20
19	Sara	Willholt	Shrewsbury AC	f	senior	19.22
20	Nicola	Davies	Maldwyn Harriers	f	senior	19.28
21	David	Crowther	Cardiff Uni	m	senior	19.30
22	Paul	Beeson	Maldwyn Harriers	m	V50	19.42
23	Dan	Stones	Maldwyn Harriers	m	U20	19.59
24	Jasper	Robinson	Hereford	m	U20	20.05
25	Peter	Crowther	Aberystwyth AC	m	V60	20.11
26	Adam	Thomas	u/a	m	senior	20.14
27	Heddwen	Daniel	Cardiff AC	f	senior	20.16
28	Paul	Thomas	Maldwyn Harriers	m	V50	20.19
29	Stephen	Owen	u/a	m	V40	20.20
30	Kaya	Saul	Maldwyn Harriers	m	U20	20.27
31	Mark	Jones	Oswestry Olympians	m	V40	20.33
32	Andrew	Yates	Meirionydd RC	m	V50	20.34
33	Jamie	Dumayne	Maldwyn Harriers	m	senior	20.39
34	Lauren	Morley	Shrewsbury AC	f	senior	20.47
35	Graham	Watkins	u/a	m	senior	20.49
36	Arfon	Hughes	Meirionydd RC	m	V45	21.00
37	Ed	Davies	Maldwyn Harriers	m	V60	21.05
38	Elise	Turner	Blaenau Gwent	f	U20	21.07
39	Katie	Pugh	Oswestry Olympians	f	U20	21.10
40	Jenny	Evans	Maldwyn Harriers	f	V35	21.15
41	Martin	Green	u/a	m	V60	21.20
42	Thomas	Frenzell	u/a	m	V35	21.24
43	Gywnant	Jones	Maldwyn Harriers	m	senior	21.36
44	Jacqui	Loxam	Maldwyn Harriers	f	V35	21.39
45	Shana	Stewardson	Bridgnorth	f	U20	21.50
46	Jo	Dean	Shrewsbury AC	f	V35	21.52
47	Ashley	Redbury	Croft Ambrey	m	V65	21.55
48	Dean	Turner	Blaenau Gwent	m	V35	21.59
49	Emma	Serjeant	Holmfirth	f	V35	22.29
50	Carrie	Vaughan	u/a	f	senior	22.34
51	Kevin	Jones	Maldwyn Harriers	m	V40	22.37
52	Nicki	Grainger	Maldwyn Harriers	f	senior	23.12
53	Mary	Morton	Rhayader	f	V40	23.43
54	Jim	Wilde	u/a	m	V45	23.57
55	Lauren	Teesdale	u/a	f	U20	23.59
56	John G	Evans	Aberystwyth AC	m	V65	24.09
57	Graeme	Stringer	Meirionydd RC	m	V50	24.11
58	Andrew	Sherlock	u/a	m	V45	24.20
59	Jacqui	Leary	Maldwyn Harriers	f	V35	24.21
60	Reece	Moles	Maldwyn Harriers	m	senior	24.29
61	Kevin	Jakeway	u/a	m	V50	24.30
62	Nicola	Davies	Thornbury	f	V45	24.34
63	Claire	Abel	Maldwyn Harriers	f	V40	25.06
64	Tayla	Trigg	Maldwyn Harriers	f	U20	25.08
65	Carys	Breeze	Maldwyn Harriers	f	U20	25.08

66	Emma	Wilde	u/a	f	V40	25.27
67	Jake	Beeson	Maldwyn Harriers	m	U20	25.54
68	Ray	Sharratt	Rhayader Ac	m	V70	26.07
69	Frank	Szwabelski	u/a	m	V60	26.13
70	Jill	Hillman	Maldwyn Harriers	f	V55	26.15
71	Sharon	Lloyd	Maldwyn Harriers	f	V45	26.20
72	Emma	Stewardson	Ludlow Runners	f	V35	26.24
73	Julie	Frost	Rigorous	f	senior	26.36
74	Mike	Jarman	u/a	m	V55	26.57
75	Rachel	Williams	Maldwyn Harriers	f	senior	27.04
76	Francesca	Crowther	Aberystwyth AC	f	senior	27.07
77	Donna	Griffiths	Maldwyn Harriers	f	V45	27.09
78	Karen	Jones	Maldwyn Harriers	f	V40	27.20
79	Rachel	Edwards	u/a	f	senior	27.29
80	Amber	Shanahon	u/a	f	senior	27.46
81	Janet	Shanahon	Maldwyn Harriers	f	V50	27.47
82	Rebecca	Morgan	u/a	f	senior	27.47
83	Leo	Smith	Maldwyn Harriers	m	U20	27.49
84	Jacqui	Lloyd	Maldwyn Harriers	f	V60	28.33
85	Michelle	Beeson	Maldwyn Harriers	f	V45	29.09
86	Janet	Hamer	u/a	f	senior	29.34
87	Diane	Jones	Maldwyn Harriers	f	V45	29.49
88	Stacey	Owen	u/a	f	V40	30.36
89	Kathy	Jenkins	u/a	f	V35	30.48
90	Charlotte	Bloor	Maldwyn Harriers	f	V50	31.07
91	Rosie	Teesdale	u/a	f	V40	31.18
92	Nicola	Jarman	Maldwyn Harriers	f	V40	31.24
93	Emily	Pastfield	Dolly Mixtures	f	senior	33.02
94	Louise	Evans	Rigorous	f	V35	33.02
95	Grace	Hough	Shrewsbury AC	f	V65	33.57
96	Danica	Clallery	u/a	f	senior	35.55
97	Jane	Jones	u/a	f	V50	37.06
98	Rachel	Butler	Maldwyn Harriers	f	V50	37.07
99	Jessica	Barclay	u/a	f	senior	38.13



Fun Run Results

Position	Number	Forename	Surname	Gender	Race	Time
1	46	Harvey	Gill	m	U11	6.27
2	87	Aled	Breeze	m	U11	6.29
3	50	William	Stead	m	U11	6.31
4	48	Alfie	Dean	m	U11	6.36
5	51	Oliver	Jones	m	U11	6.55
6	53	Tom	Morton	m	U11	6.59
7	79	William	Owen	m	U11	7.00
8	80	Caitlyn	Bloor	f	U11	7.04
9	54	Archie	Morton	m	U11	7.17
10	58	Joe	Morgan	m	U11	7.40

11	60	Owain	Jones	m	U11	7.44
12	64	Piper	Lloyd	f	U11	7.44
13	82	Eden	Grigg	f	U11	7.45
14	74	Charlie		m	U11	7.46
15	81	Ruby	Grigg	f	U11	7.48
16	52	Scott	Edwards-Jones	m	U11	8.00
17	47	Lillie	Dean	f	U11	8.15
18	75	Libby	Loxam	f	U11	8.16
19	65	Lucy	Powell	f	U11	8.19
20	61	Rhys	Jones	m	U11	8.20
21	77	Aaron	Molloy	m	U11	8.23
22	55	Gethin	Serjeant	m	U11	8.53
23	63	Samuel	Lloyd	m	U11	9.25
24	59	Connie	Lewis	f	U11	9.31
25	57	Max	Lewis	m	U11	9.35
26	67	Halle	Trigg	m	U11	9.56
27	84	Megan	Jenkins	f	U11	10.23
28	83	Sian	Jenkins	f	U11	10.32
29	44	Heledd	Richards	f	U11	10.33
30	86	Chloe	Johnson	f	U11	10.34
31	73	Freya	Williams	f	U11	10.35
32	66	Solomon	Lloyd	m	U11	10.41
33	69	Eleri	Price	f	U11	11.06
34	72	George	Bromley	m	U11	11.09
35	71	Arwen	Pryce	m	U11	11.41
36	45	Mared	Richards	f	U11	11.44
37	78	Cameron	Molloy	m	U11	11.48
38	70	Cerys	Pryce	f	U11	12.15
39	68	Huw	Pryce	m	U11	12.28
40	85	Lucy	Butler	f	U11	12.34
41	76	Seb	Loxam	f	U11	13.22
42	56	Seren	Serjeant	f	U11	13.40
43						