

**Newtown Chocoholics 5k**  
**19th April 2019**



**Category winners**

<b>Male</b>	<b>Forename</b>	<b>Surname</b>	<b>Club</b>	<b>Time</b>
<b>m1</b>	Matt	Hall	Shrewsbury AC	15.47
<b>m2</b>	Paul	Jones	Shrewsbury AC	16.13
<b>m3</b>	Peter	Butler-Davies	Oswestry Olympians	16.27
<b>munder 20</b>	Aled	Breeze	Maldwyn Harriers	18.16
<b>msenior</b>	Gethin	Holland	Aberystwyth AC	17.35
<b>mv35</b>	Mark	Wade	Aycliffe Running Club	17.40
<b>mv40</b>	Tom	Heard	Oswestry Olympians	16.55
<b>mv45</b>	Tim	Tansley	Oswestry Olympians	18.26
<b>mv50</b>	Andrew	Sherlock	Maldwyn Harriers	21.42
<b>mv55</b>	Haydn	Jones	Shrewsbury AC	19.42
<b>mv60</b>	Eddie	Davies	Maldwyn Harriers	19.45
<b>mv65</b>	Steve	Roberts	Oswestry Olympians	21.11
<b>mv70</b>	John	Evans	Aberystwyth AC	27.26
<b>mv75</b>	no athlete			
<b>mv80</b>	no athlete			

**Female**

<b>f1</b>	Maddie	Griffiths	Maldwyn Harriers	19.30
<b>f2</b>	Sarah	Livett	Menai T&F	19.50
<b>f3</b>	Donna	Morris	Builth and District RC	20.18
<b>funder 20</b>	Shana	Stewardson	Kidderminster and Stourport	21.56
<b>fsenior</b>	Rachel	Williams	Maldwyn Harriers	24.23
<b>fv35</b>	Jenny	Evans	Maldwyn Harriers	20.30
<b>fv40</b>	Jacqui	Loxam	Maldwyn Harriers	20.59
<b>fv45</b>	Viv	Denpsey	Ludlow Runners	23.06
<b>fv50</b>	Tania	Brandon	Oswestry Olympians	24.13
<b>fv55</b>	Yvonne	Hill	Oswestry Olympians	23.17
<b>fv60</b>	Jill	Hillman	Maldwyn Harriers	27.00
<b>fv65</b>	Liz	Bowers	Worcester AC	23.15
<b>fv70</b>	Sybil	Marsh	Ludlow Runners	34.18
<b>fv75</b>	no athlete			
<b>fv80</b>	Sheila	Symonds	u/a	52.26

**Overall Finish**

	<b>Forename</b>	<b>Surname</b>	<b>Club</b>	<b>Gender</b>	<b>Age</b>	<b>No.</b>	<b>Time</b>
<b>1</b>	Matt	Hall	Shrewsbury AC	m	senior	423	15.47
<b>2</b>	Paul	Jones	Shrewsbury AC	m	v45	402	16.13
<b>3</b>	Peter	Butler-Davies	Oswestry Olympians	m	senior	126	16.27
<b>4</b>	Tom	Heard	Oswestry Olympians	m	v40	457	16.55
<b>5</b>	Phil	Morris	Brecon AC	m	v40	444	17.26
<b>6</b>	Gethin	Holland	Aberystwyth AC	m	senior	481	17.35
<b>7</b>	Mark	Wade	Aycliffe Running Club	m	v35	412	17.40
<b>8</b>	Martin	Copus	Maldwyn Harriers	m	senior	431	17.46
<b>9</b>	Rob	Hughes	Telford AC	m	v40	416	17.56

10	Richard	Davies	Oswestry Olympians	m	senior	127	18.11
11	Aled	Breeze	Maldwyn Harriers	m	under 20	479	18.16
12	Tim	Tansley	Oswestry Olympians	m	v45	122	18.26
13	Phillip	Turnball	Maldwyn Harriers	m	v35	150	18.34
14	Maddie	Griffiths	Maldwyn Harriers	f	under 20	404	19.30
15	Darren	Jarman	Maldwyn Harriers	m	v40	427	19.36
16	Michael	Murray	Maldwyn Harriers	m	senior	138	19.38
17	Andrew	Dempsey	Ludlow Runners	m	v45	447	19.39
18	Haydn	Jones	Shrewsbury AC	m	v55	148	19.42
19	Eddie	Davies	Maldwyn Harriers	m	v60	474	19.45
21	Sarah	Livett	Menai T&F	f	senior	413	19.50
20	Garry	Jones	Maldwyn Harriers	m	v45	403	19.48
22	David	Manuel	Maldwyn Harriers	m	v45	470	19.53
23	Stephen	Owen	u/a	m	v45	421	19.54
24	Rees	Mclvor	Shropshire Shufflers	m	senior	129	19.57
25	Neil	Pryce	Maldwyn Harriers	m	v35	125	20.09
26	Donna	Morris	Builth and District RC	f	v35	445	20.18
27	Jake	Beeson	Maldwyn Harriers	m	under 20	406	20.21
28	Rhys	Jenkins	u/a	m	v35	136	20.21
30	Jenny	Evans	Maldwyn Harriers	f	v35	432	20.30
29	Paul	Thomas	Maldwyn Harriers	m	v55	448	20.25
31	Kevin	Jones	Maldwyn Harriers	m	v40	426	20.33
32	George	Bebb	u/a	m	under 20	144	20.39
33	Bryan	Bebb	Maldwyn Harriers	m	v45	141	20.40
34	Danny	Beeson	Maldwyn Harriers	m	senior	414	20.50
35	Dan	Spear	Ludlow Runners	m	senior	451	20.54
36	Harvey	Morgan	Oswestry Olympians	m	v55	409	20.57
37	Phil	Pugh	Maldwyn Harriers	m	senior	495	20.57
38	Jacqui	Loxam	Maldwyn Harriers	f	v40	475	20.59
39	Melissa	Turnball	Maldwyn Harriers	f	v35	149	21.08
40	Steve	Roberts	Oswestry Olympians	m	v65	401	21.11
41	Peter	Hough	Shropshire Shufflers	m	v65	458	21.20
42	Hefin	Rowlands	Maldwyn Harriers	m	senior	434	21.29
43	Ollie	Jones	Maldwyn Harriers	m	under 20	425	21.29
44	Lucas	Fussneggar	u/a	m	senior	469	21.36
45	Andrew	Sherlock	Maldwyn Harriers	m	v50	439	21.42
46	Martin	Green	Maldwyn Harriers	m	v60	473	21.44
47	Jamie	Sircom	Halesowen A&CC	m	v45	488	21.51
48	Shana	Stewardson	Kidderminster and Stourport	f	under 20	459	21.56
49	Owen	Chesher	Brecon AC	m	v35	490	22.01
50	Dave	McCourt	u/a	m	v45	408	22.18
51	Mikey	Murray	u/a	m	senior	146	22.24
52	Richard	Perry	u/a	m	v45	151	22.30
53	David	Johnson	u/a	m	senior	118	22.44
54	Sarah	Cordingley	Maldwyn Harriers	f	v35	489	22.55
55	Liam	Lees	u/a	f	under 20	443	22.57
56	Richard	Titcombe	Maldwyn Harriers	m	v50	124	23.01
57	Viv	Denpsey	Ludlow Runners	f	v45	446	23.06
58	Alun	Jenkins	Rhayder AC	m	v55	492	23.13
59	Liz	Bowers	Worcester AC	f	v65	424	23.15
60	Yvonne	Hill	Oswestry Olympians	f	v55	418	23.17
61	Gwynant	Jones	Maldwyn Harriers	m	senior	464	23.20

62	Ben	Wood	Maldwyn Harriers	m	v35	498	23.25
63	Andre	Hutchinson	Maldwyn Harriers	f	v55	415	23.32
64	Cai	Van Hill	u/a	m	under 20	142	23.33
65	Gill	Evans	Shrewsbury AC	f	v55	477	23.34
66	Andy	Jarman	u/a	m	v35	487	23.39
67	Suzanne	Rowlands	Maldwyn Harriers	f	v40	435	23.48
68	Kelly	Griffiths	Maldwyn Harriers	f	v40	405	23.50
69	Harry	Wheeldon	u/a	m	senior	117	24.06
70	Bryan	Lloyd	Presteigne Pacers	m	v55	482	24.08
71	Peter	Nicholls	Meirionydd Running Club	m	v65	429	24.10
72	Tania	Brandon	Oswestry Olympians	f	v50	410	24.13
73	Kevin	Holland	Aberystwyth AC	m	v60	465	24.15
74	Rachel	Butler	Maldwyn Harriers	f	v55	476	24.18
75	Rachel	Williams	Maldwyn Harriers	f	senior	497	24.23
76	Carys	Breeze	Maldwyn Harriers	f	under 20	478	24.47
77	Jayne	Breeze	Maldwyn Harriers	f	v45	480	24.50
78	Ifan	Jones	Maldwyn Harriers	m	v50	422	24.52
79	Catherine	Bradley	u/a	f	v35	450	24.54
80	Emma	Stewardson	Kidderminster and Stourport	f	v40	460	25.09
81	Tracy	Biggs	Monty Movers	f	v45	436	25.12
82	Rob	Francis	Maldwyn Harriers	m	v40	467	25.18
83	Chris	Copus	Maldwyn Harriers	m	v65	428	25.21
84	Jo	Lewis	Maldwyn Harriers	f	v45	119	25.27
85	Rhiannon	Tansley	Oswestry Olympians	f	under 20	121	25.39
86	Jamie	Dumayne	u/a	m	senior	466	25.45
87	Liz	Park	Oswestry Olympians	f	v45	411	25.45
88	Liam	Daly	Builth and District RC	m	v55	430	25.46
89	Alison	Roberts	Monty Movers	f	v50	437	26.05
90	Rose	Thomas	Rhayder AC	f	v65	433	26.15
91	Piper	Lloyd	Maldwyn Harriers	f	under 20	453	26.16
92	Reece	Moles	Maldwyn Harriers	m	senior	134	26.17
94	Harriet	Mann	u/a	f	senior	137	26.30
95	Kevin	Woods	u/a	m	v35	468	26.42
96	Jill	Hillman	Maldwyn Harriers	f	v60	493	27.00
97	Gwyneth	Tyrer	Maldwyn Harriers	f	v45	438	27.21
98	Nigel	Phillips	Maldwyn Harriers	m	v65	145	27.24
99	John	Evans	Aberystwyth AC	m	v70	442	27.26
100	Nicola	Kelly	Builth and District RC	f	v45	417	27.31
101	Jan	Shanahan	Maldwyn Harriers	f	v50	471	27.39
102	Georgina	Fletcher	Maldwyn Harriers	f	v55	491	28.01
103	Sarah	Wilding	Presteigne Pacers	f	v50	449	28.11
104	Judith	Townsley	u/a	f	v55	139	28.19
106	Anwen	Rees	u/a	f	senior	486	28.25
105	Steve	Orrells	Maldwyn Harriers	m	v65	472	28.23
107	Joe	Murray	u/a	m	senior	147	29.08
108	Joshua	Bebb	u/a	m	under 20	140	29.22
109	Hayley	Tanner	Monty Movers	f	senior	440	29.26
110	Peter	Hogarth	u/a	m	v65	128	29.28
111	Karen	Bebb	Maldwyn Harriers	f	v45	143	29.29
93	Samuel	Titcombe	u/a	m	under 20	123	26.29
112	Michelle	Parker	Ludlow Runners	f	v50	455	29.30
113	PAul	Parker	Ludlow Runners	m	v45	456	29.31

<b>114</b>	Caroline	Orrells	Maldwyn Harriers	f	v60	499	30.01
<b>115</b>	Shona	Jerman	Monty Movers	f	v45	441	30.04
<b>116</b>	Rahel	Wardell	u/a	f	v35	132	30.35
<b>117</b>	Sophia	Evans	u/a	f	under 20	131	30.37
<b>118</b>	Karen	Perry	Maldwyn Harriers	f	v50	135	30.42
<b>119</b>	Lisa	Hawkins	u/a	f	v40	454	31.48
<b>120</b>	Sharon	Rees	u/a	f	v55	485	32.06
<b>121</b>	Angela	Francis	Maldwyn Harriers	f	v40	494	32.45
<b>122</b>	Mark	Stephens	u/a	m	v50	462	32.46
<b>123</b>	Marilyn	Hunt	Shropshire Shufflers	f	v50	500	33.11
<b>124</b>	Sybil	Marsh	Ludlow Runners	f	v70	461	34.18
<b>125</b>	Shan	Breese	Aberystwyth AC	f	v55	483	34.42
<b>126</b>	Sandra	Banfield	Dolly Mixtures	f	v55	130	34.48
<b>127</b>	Chloe	Foster	Maldwyn Harriers	f	senior	419	35.31
<b>128</b>	Karen	Davies	Maldwyn Harriers	f	v45	120	35.44
<b>129</b>	Ann	Stephens	u/a	f	v45	463	35.44
<b>130</b>	Rhiannon	Vernon	u/a	f	senior	133	36.11
<b>131</b>	Grace	Hough	Shrewsbury AC	f	v65	420	36.29
<b>132</b>	Marjorie	Griffiths	Bro Dysynni	f	v70	496	37.40
<b>133</b>	Carrol	Stocker	Presteigne Pacers	f	v60	452	44.20
<b>134</b>	Sheila	Symonds	u/a	f	v80	407	52.26
<b>135</b>	Helen	Stretch	Aberystwyth AC	f	v65	484	52.26

