Chocoholics 2024

ALED BREIZEZ Madowyn Harmers 87	PlaceName Team		Bib No	Gender	Gun Time	Cat	Cat Place	
2 GWYNNAT JONES								
3 MATT BENSON	2		-				Overall Male Runner	2
CONNOR MIDDLETON Strewbury AC 60 M 00.1651 Seminor Male 1								
5			Shrewshury AC					
6 HUW MCGRATH			-					•
P HILLIP MORRIS Builth & Deitrict 56 M 0.017.23 Male 45 2 9 STEVE JONES Maldwyn Harriers 31 M 0.018.25 Overall Flemane Runner 1 10 SHELLEY CHILDS Aberystwyll AC 95 M 0.018.27 Male 50 1 11 CALLUM MCRGAN Maldwyn Harriers 93 M 0.018.24 Senior Male 1 2 ADAM JONES 29 M 0.018.27 Senior Male 1 13 JACK COPSON 11 M 0.018.27 Senior Male 5 14 GARRY JONES Maldwyn Harriers 51 M 0.018.27 Senior Male 5 15 MARK GREEN 88 M 0.019.26 Male 55 1 16 MWAN SWOUT 43 M 0.019.26 Male 55 2 17 MARTIN COPUS Male Male Male Male Male Male Male Male			Waldwyll Harriers					· ·
8 MacDisON HUGHES Maldown Hardrens			Builth & District					
9 STEVE JONES Maldwyn Harriers 31 M 0018:35 Senior Male 3 1 Senior Male 3 1 SHELEY CHILDS A Abenyshwith AC 95 M 0018:40 Under 20 male 1 1 ACK COPSON Maldwyn Harriers 93 M 0018:40 Under 20 male 1 1 ACK COPSON Maldwyn Harriers 93 M 0018:42 Senior Male 4 1 3 JACK COPSON 11 M 0018:47 Senior Male 4 1 ACK COPSON 11 M 0018:47 Senior Male 5 1 M 0019:21 Male 35 1 M 0019:21 M 0019:22 M 0019:23 M 0019:24 M 0019:25								
10 SHELLEY CHILDS Aberyshyth AC 95 M 00.18.40 Under 20 male 1			•		· ·			· ·
11 CALLUM MORGAN Maldwyn Harriers 93 M 00.18.40 Senior Male 4			-					
12 ADAM_JONES								•
13 AGCK COPSON			Maldwyn Harriers					•
14 GARRY JONES Maldwyn Harriers 51 M 00148.27 Male 50 2								
15 MARK GREEN								
16 MAN SMOUT			Maldwyn Harriers					
17 MARTIN COPUS Maldwyn Harriers 88 M 00:19:31 Male 35 2								· ·
18 HAYDN JONES Shrewsbury AC 30 M 0.19.35 Male 60 1	16			43			Under 20 male	
19 LUKE EARNSHAW Meirionnydd Running Club 16 M 00.19.40 Under 20 male 3 3 20 CHRIS BENSON Maldwyn Harriers 78 M 00.19.40 Under 20 male 6 22 JONATHAN TURNER 89 M 00.19.54 Under 20 male 4 4 4 4 4 4 4 4 4	17	MARTIN COPUS	Maldwyn Harriers		M	00:19:31	Male 35	2
20 CHRIS BENSON	18	HAYDN JONES	Shrewsbury AC	30	M	00:19:35	Male 60	1
DANNY BEESON Maldwyn Harriers 7 M 00:19-41 Seniior Male 6	19	LUKE EARNSHAW	Meirionnydd Running Club	16	M	00:19:36	Male 45	3
22 JONATHAN TURNER	20	CHRIS BENSON		78	M	00:19:40	Under 20 male	3
HANNAH THOMAS Maldwyn Harriers 46	21	DANNY BEESON	Maldwyn Harriers	7	M	00:19:41	Seniior Male	6
24 GARRY JERMAN Maldwyn Harriers 24 M 00:19:55 Male 55 1 25 PETER JERVIS Maldwyn Harriers 25 M 00:19:57 Male 35 3 27 GWERN AP RHOBAT 3 M 00:20:05 Senitor Male 8 28 STEVE DAVIES Maldwyn Harriers 14 M 00:20:06 Male 35 4 29 MADDISON GRIFFITHS Maldwyn Harriers 128 F 00:20:11 Overall Female Runner 3 30 DEWI BRADLEY 53 M 00:20:14 Under 20 male 5 31 DONNA MORRIS Builth & District 57 F 00:20:16 Female 40 1 32 TERRY-JOHN HUTCHINSON 180 M 00:20:26 Male 45 4 33 DAVID BAKER 5 M 00:20:26 Male 45 5 34 JOE SOUTHALL Mercia Fell Runners 16f M 00:20:20 Male 35 5	22	JONATHAN TURNER		89	M	00:19:54	Under 20 male	4
24 GARRY JERMAN Maldwyn Harriers 24 M 00:19:55 Male 55 1 25 PETER JERVIS Maldwyn Harriers 25 M 00:19:59 Senlior Male 7 26 HEFIN ROWLANDS 74 M 00:19:59 Senlior Male 7 27 GWERN AP RHOBAT 3 M 00:20:05 Senlior Male 8 28 STEVE DAVIES Maldwyn Harriers 14 M 00:20:10 Overall Fernale Runner 3 30 DEWI BRADLEY 53 M 00:20:11 Overall Fernale Runner 5 31 DONNA MORRIS Builth & District 57 F 00:20:16 Female 40 1 32 TERRY-JOHN HUTCHINSON 180 M 00:20:26 Male 45 4 34 JOE SOUTHALL Mercia Fell Runners 61 M 00:20:26 Male 45 5 35 MAIT MARSTON Maldwyn Harriers 156 M 00:20:53 Male 35 6	23	HANNAH THOMAS	Maldwyn Harriers	46	F	00:19:54	Overall Female Runner	2
PETER JERVIS	24	GARRY JERMAN	-	24	M	00:19:55	Male 55	1
HEFIN ROWLANDS					М			3
STEVE DAVIES Maldwyn Harriers 128 F 00:20:05 Seniior Male 8 8 9 Malco STEVE DAVIES Maldwyn Harriers 128 F 00:20:11 Overall Female Runner 3 3 DEWI BRADLEY 53 M 00:20:14 Under 20 male 5 5 3 M 00:20:14 Under 20 male 5 5 3 M 00:20:14 Under 20 male 5 5 5 M 00:20:14 Under 20 male 5 3 DAVID BAKER SOUTHALL Mercia Fell Runners 61 M 00:20:24 Male 45 4 4 4 4 4 4 4 4 4								
28 STEVE DAVIES Maldwyn Harriers 14 M 00:20:06 Male 35 4 29 MADDISON GRIFFITHS Maldwyn Harriers 128 F 00:20:11 Overall Female Runner 3 30 DEWI BRADLEY 53 M 00:20:14 Under 20 male 5 31 DONNA MORRIS Builth & District 57 F 00:20:16 Female 40 1 32 TERRY-JOHN HUTCHINSON 180 M 00:20:24 Male 45 5 34 JOE SOUTHALL Mercia Fell Runners 61 M 00:20:26 Male 45 5 34 JOE SOUTHALL Mercia Fell Runners 107 M 00:20:49 Male 35 6 34 JOE SOUTHALL Mercia Fell Runners 156 M 00:20:49 Male 35 6 35 MATT MARSTON Male 40 1 7 M 00:20:49 Male 35 6 36 PHILLIP PUGH Male dwyn Harriers 156 M <								
29 MADDISON GRIFFITHS Maldwyn Harriers 128 F 00:20:11 Overall Female Runner 3 30 DEWI BRADLEY 53 M 00:20:14 Under 20 male 5 31 DONNA MORRIS Builth & District 57 F 00:20:24 Male 45 4 32 TERRY-JOHN HUTCHINSON 180 M 00:20:24 Male 45 4 33 DOXID BAKER 5 M 00:20:26 Male 45 5 34 JOE SOUTHALL Mercia Fell Runners 61 M 00:20:40 Senitior Male 9 35 MATT MARSTON 107 M 00:20:49 Male 35 5 36 PHILLIP PUGH Maldwyn Harriers 156 M 00:20:53 Male 35 6 37 IESTYN ROWLANDS Maldwyn Harriers 18 F 00:21:10 Under 20 male 6 38 JENNY EVANS Maldwyn Harriers 170 M 00:21:25 Male 45 4			Maldwyn Harriers					
DEWI BRADLEY S3 M								
31 DONNA MORRIS Builth & District 57 F 00:20:16 Female 40 1			Maidwyll Harriers		•			
TERRY-JOHN HUTCHINSON			Duilth & District					
33 DAVID BAKER 5 M 00:20:26 Male 45 5 34 JOE SOUTHALL Mercia Fell Runners 61 M 00:20:49 Male 35 5 36 MATT MARSTON 107 M 00:20:49 Male 35 5 36 PHILLIP PUGH Maldwyn Harriers 156 M 00:21:00 Under 20 male 6 37 IESTYN ROWLANDS Maldwyn Harriers 18 F 00:21:13 Fenale 40 2 39 OLLIE JONES Maldwyn Harriers 170 M 00:21:16 Under 20 male 7 40 ALEX HOGG 23 M 00:21:23 Male 40 1 41 RICHARD FLUTTER Meirionnydd Running Club 20 M 00:21:23 Male 65 1 41 RICHARD FLUTTER Meirionnydd Running Club 20 M 00:21:25 Male 55 2 42 TOM ROWLANDS Maldwyn Harriers 67 M 00:21:25 Male 55 1 <td></td> <td></td> <td></td> <td></td> <td>•</td> <td></td> <td></td> <td>•</td>					•			•
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37 IESTYN ROWLANDS Maldwyn Harriers 63 M 00:21:00 Under 20 male 6								
JENNY EVANS Maldwyn Harriers 18 F 00:21:13 Female 40 2			-					
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40 ALEX HOGG 23 M 00:21:23 Male 40 1 41 RICHARD FLUTTER Meirionnydd Running Club 20 M 00:21:25 Male 55 2 42 TOM ROWLANDS Maldwyn Harriers 67 M 00:21:33 Male 65 1 43 CHARLOTTE HEALY Griffithstown Harriers 22 F 00:21:57 Female 35 1 44 CLAIRE ABEL Maldwyn Harriers 97 F 00:22:15 Female 45 1 45 CATHERINE BRADLEY Maldwyn Harriers 54 F 00:22:31 Female 40 3 46 JAMES MILLS Rhayader running club 33 M 00:22:36 Male 45 6 47 LISA BOUCHER Builth & District 70 F 00:22:43 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:46 Under 20 male 8 49 RICHARD ANDREWS Maldwyn Harriers 68 M	38	JENNY EVANS	Maldwyn Harriers	18	F	00:21:13	Female 40	2
41 RICHARD FLUTTER Meirionnydd Running Club 20 M 00:21:25 Male 55 2 42 TOM ROWLANDS Maldwyn Harriers 67 M 00:21:33 Male 65 1 43 CHARLOTTE HEALY Griffithstown Harriers 22 F 00:21:57 Female 35 1 44 CLAIRE ABEL Maldwyn Harriers 97 F 00:22:15 Female 45 1 45 CATHERINE BRADLEY Maldwyn Harriers 54 F 00:22:31 Female 40 3 46 JAMES MILLS Rhayader running club 33 M 00:22:36 Male 45 6 47 LISA BOUCHER Builth & District 70 F 00:22:43 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:46 Under 20 male 8 49 RICHARD ANDREWS 136 M 00:22:53 Male 35 7 50 ROB FRANCIS Maldwyn Harriers 68 M <td>39</td> <td>OLLIE JONES</td> <td>Maldwyn Harriers</td> <td>170</td> <td>M</td> <td>00:21:16</td> <td>Under 20 male</td> <td>7</td>	39	OLLIE JONES	Maldwyn Harriers	170	M	00:21:16	Under 20 male	7
42 TOM ROWLANDS Maldwyn Harriers 67 M 00:21:33 Male 65 1 43 CHARLOTTE HEALY Griffithstown Harriers 22 F 00:21:57 Female 35 1 44 CLAIRE ABEL Maldwyn Harriers 97 F 00:22:15 Female 45 1 45 CATHERINE BRADLEY Maldwyn Harriers 54 F 00:22:31 Female 40 3 46 JAMES MILLS Rhayader running club 33 M 00:22:36 Male 45 6 47 LISA BOUCHER Builth & District 70 F 00:22:48 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:46 Under 20 male 8 49 RICHARD ANDREWS 136 M 00:22:53 Male 35 7 50 ROB FRANCIS Maldwyn Harriers 68 M 00:22:54 Male 45 7 51 SIMON COOPER Fylde Coast Runners 10 M	40	ALEX HOGG		23	M	00:21:23	Male 40	1
43 CHARLOTTE HEALY Griffithstown Harriers 22 F 00:21:57 Female 35 1 44 CLAIRE ABEL Maldwyn Harriers 97 F 00:22:15 Female 45 1 45 CATHERINE BRADLEY Maldwyn Harriers 54 F 00:22:31 Female 40 3 46 JAMES MILLS Rhayader running club 33 M 00:22:36 Male 45 6 47 LISA BOUCHER Builth & District 70 F 00:22:43 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:43 Female 35 2 49 RICHARD ANDREWS 136 M 00:22:53 Male 35 7 50 ROB FRANCIS Maldwyn Harriers 68 M 00:22:53 Male 45 7 51 SIMON COOPER Fylde Coast Runners 10 M 00:22:58 Male 40 2 52 DEAN THOMAS 98 M 00:23:18 Under	41	RICHARD FLUTTER	Meirionnydd Running Club	20	M	00:21:25	Male 55	2
44 CLAIRE ABEL Maldwyn Harriers 97 F 00:22:15 Female 45 1 45 CATHERINE BRADLEY Maldwyn Harriers 54 F 00:22:31 Female 40 3 46 JAMES MILLS Rhayader running club 33 M 00:22:36 Male 45 6 47 LISA BOUCHER Builth & District 70 F 00:22:43 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:46 Under 20 male 8 49 RICHARD ANDREWS 136 M 00:22:53 Male 35 7 50 ROB FRANCIS Maldwyn Harriers 68 M 00:22:54 Male 45 7 51 SIMON COOPER Fylde Coast Runners 10 M 00:22:58 Male 40 2 52 DEAN THOMAS 98 M 00:23:18 Under 20 male 9 53 PETER JOHNSON Mercia Fell Runners 27 M 00:23:18 Und	42	TOM ROWLANDS	Maldwyn Harriers	67	M	00:21:33	Male 65	1
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46 JAMES MILLS Rhayader running club 33 M 00:22:36 Male 45 6 47 LISA BOUCHER Builth & District 70 F 00:22:43 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:46 Under 20 male 8 49 RICHARD ANDREWS 136 M 00:22:53 Male 35 7 50 ROB FRANCIS Maldwyn Harriers 68 M 00:22:54 Male 45 7 51 SIMON COOPER Fylde Coast Runners 10 M 00:22:58 Male 40 2 52 DEAN THOMAS 98 M 00:23:18 Under 20 male 9 53 PETER JOHNSON Mercia Fell Runners 27 M 00:23:18 Under 20 male 9 53 PETER JOHNSON Mercia Fell Runners 13 M 00:23:21 Male 70 1 54 RHODRI DAVIES Maldwyn Harriers 130 M 00:23:30 <td< td=""><td>45</td><td>CATHERINE BRADLEY</td><td>Maldwyn Harriers</td><td>54</td><td>F</td><td>00:22:31</td><td>Female 40</td><td>3</td></td<>	45	CATHERINE BRADLEY	Maldwyn Harriers	54	F	00:22:31	Female 40	3
47 LISA BOUCHER Builth & District 70 F 00:22:43 Female 35 2 48 CADEN DAVIES Rhayader RC 12 M 00:22:46 Under 20 male 8 49 RICHARD ANDREWS 136 M 00:22:53 Male 35 7 50 ROB FRANCIS Maldwyn Harriers 68 M 00:22:54 Male 45 7 51 SIMON COOPER Fylde Coast Runners 10 M 00:22:58 Male 40 2 52 DEAN THOMAS 98 M 00:23:18 Under 20 male 9 53 PETER JOHNSON Mercia Fell Runners 27 M 00:23:18 Under 20 male 9 54 RHODRI DAVIES Maldwyn Harriers 13 M 00:23:21 Male 70 1 55 JAMIE MAYERS Maldwyn Harriers 130 M 00:23:30 Seniior Male 10 56 JAMIE SIRCOM 148 M 00:23:40 Male 50 4	46	JAMES MILLS	-	33	М	00:22:36	Male 45	6
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57 TOM DAVIES Rhayader RC 15 M 00:23:51 Male 35 8 58 JAYNE BREEZE Maldwyn Harriers 86 F 00:24:03 Female 50 1 59 DEBBIE CATTERMOLE Meirionnydd Running Club 9 F 00:24:04 Female 60 1 60 SUZANNE ROWLANDS Maldwyn Harriers 38 F 00:24:08 Female 45 2 61 RUTH STAFFORD Maldwyn Harriers 73 F 00:24:11 Female 45 3			waruwyn паттегs					
58 JAYNE BREEZE Maldwyn Harriers 86 F 00:24:03 Female 50 1 59 DEBBIE CATTERMOLE Meirionnydd Running Club 9 F 00:24:04 Female 60 1 60 SUZANNE ROWLANDS Maldwyn Harriers 38 F 00:24:08 Female 45 2 61 RUTH STAFFORD Maldwyn Harriers 73 F 00:24:11 Female 45 3			Dhawadan DO					
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60 SUZANNE ROWLANDS Maldwyn Harriers 38 F 00:24:08 Female 45 2 61 RUTH STAFFORD Maldwyn Harriers 73 F 00:24:11 Female 45 3			•					1
61 RUTH STAFFORD Maldwyn Harriers 73 F 00:24:11 Female 45 3								1
			-					
62 COLE MOORE 59 M 00:24:31 Under 20 male 10			Maldwyn Harriers					
	62	COLE MOORE		59	M	00:24:31	Under 20 male	10

Chocoholics 2024

Placel	Name	Team	Bib No	Gender	Gun Time	Cat	Cat Place
63	SOPHIA SPENCER-BURNS		45	F	00:24:38	under 20 female	1
64	IFAN JONES	Maldwyn Harriers	81	Μ	00:24:52	Male 55	3
65	OLIVIA SPENCER-BURNS		44	F	00:24:56	under 20 female	2
66	PAUL MCCULLOUGH	Maldwyn Harriers	32	М	00:25:19	Male 45	8
67	TELERI ROWLANDS	Maldwyn Harriers	65	F	00:25:26	under 20 female	3
68	IAN TOMLEY		48	М	00:25:28	Male 55	4
69	DAVID JOHNSON		50	М	00:25:31	Seniior Male	11
70	ANDREW SHERLOCK	Maldwyn Harriers	42	М	00:25:35	Male 55	5
71	HELEDD ROWLANDS	Maldwyn Harriers	64	F	00:25:42	under 20 female	4
72	CHRIS COPUS	Maldwyn Harriers	55	М	00:25:43	Male 70	2
73	LIZZE PARK	Oswestry Olympians	66	F	00:25:48	Female 50	2
74	CARYS BREEZE	Maldwyn Harriers	85	F	00:25:52	Senior female	1
75	MACSEN JONES		83	М	00:26:08	Under 20 male	11
76	DAVID SEYMOUR	felixstone road runners	99	М	00:26:18	Male 60	2
77	ALAN BRIDSON	Builth & District	8	М	00:26:47	Male 40	3
78	THERESA SHARLAND	Aberystwyth AC	96	F	00:27:02	Female 35	3
79	LIZZE COCKLE		100	F	00:27:06	Senior female	2
80	TIM SAUL	Maldwyn Harriers	39	М	00:27:09	Male 50	5
81	SUE JOHNSON	Mercia Fell Runners	28	F	00:27:15	Female 70	1
82	CAROLINE ORRELLS	Maldwyn Harriers	35	F	00:27:34	Female 65	1
83	REECE MOLES	Maldwyn Harriers	34	М	00:27:40	Seniior Male	12
84	KATIE ROWLANDS	•	75	F	00:27:41	Senior female	3
85	ROSE THOMAS	Rhayader RC	47	F	00:28:13	Female 70	2
86	GEORGINA FLETCHER	•	110	F	00:28:26	Female 60	2
87	ELERI EDWARDS	Lonely Goat RC	17	F	00:28:36	Female 40	4
88	RAYMOND SHARRATT	Rhayader RC	41	М	00:28:53	Male 80	1
89	SUE OWEN	Sunday striders	80	F	00:29:05	Female 50	3
90	EMMA JONES	Maldwyn Harriers	72	F	00:29:16	Female 40	5
91	CLAIRE BROOME	Ludlow Runners	84	F	00:29:20	Female 45	4
92	JAN RICHARDS	Dollies	120	F	00:30:03	Female 50	4
93	FFION HENERY		125	F	00:30:08	Senior female	4
94	MAISE LOVE	Maldwyn Harriers	77	F	00:31:28	under 20 female	5
95	JAMIE LOVE	•	76	М	00:31:30	Male 45	9
96	BRYAN WATERS		162	М	00:31:44	Under 20 male	12
97	HARRISON BRIDGEWATER		164	М	00:31:54	Under 20 male	13
98	JOHN EVANS	Aberystwyth A C	19	М	00:32:16	Male 75	1
99	DEREK PRICE	Rhayader RC	37	М	00:32:44	Male 65	2
100	STEVE ORRELLS	Maldwyn Harriers	36	М	00:33:26	Male 70	3
101	SANDRA BANFIELD	Dollies	94	F	00:33:34	Female 60	3
102	SHIRLEY GREEN		188	М	00:33:51	Male 65	3
103	RUTH FRANCIS	Maldwyn Harriers	21	F	00:33:56	Female 70	3
104	PAUL ARMES	Maldwyn Harriers	4	М	00:34:19	Male 55	6
105	NIA NEWSON	•	91	F	00:34:30	Senior female	5
106	MICHELLE PRICE		62	F	00:35:15	Female 35	4
107	BETH SAUNDERS		40	F	00:35:45	Female 35	5
108	TURNBULL JOHANNAH		26	F	00:35:46	Female 35	6
109	ANTHEA FRANCIS	Maldwyn Harriers	69	F	00:36:07	Female 45	5
110	KAREN WILLIAMS	Maldwyn Harriers	49	F	00:36:52	Female 55	1
111	KATY GODFELL	•	126	F	00:37:01	Female 40	6
112	CHLOE BEESON	Maldwyn Harriers	6	F	00:37:02	Senior female	6
113	PAUL WHIFFEN	•	90	M	00:39:15	Male 40	4
114	VAL STERN		129	F	00:53:47	Female 85	1
115	JILL HILLMAN	Maldwyn Harriers	52	F	00:53:53	Female 65	2
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Printed: 29/03/2024 18:36:28

Page: 2 of 2