

Gregynog Trail Run

0	Bib No	Name (Team)	Team	Gun Time	Cat	Cat Place
1	102	ALED BREEZE	Maldwyn Harriers	00:28:30	Overall Male Runner	1
2	36	CARL PHILLIPS	Maldwyn Harriers	00:29:03	Overall Male Runner	2
3	10	STEVE JONES	Maldwyn Harriers	00:29:31	Overall Male Runner	3
4	66	GARRY JONES	Maldwyn Harriers	00:30:35	Male 50	1
5	162	BEN GETHIN	Maldwyn Harriers	00:30:46	Under 20 male	1
6	52	MARTIN COPUS	Maldwyn Harriers	00:30:56	Male 35	1
7	29	GARETH BOWDEN		00:31:26	Male 50	2
8	67	DARREN JARMAN	Maldwyn Harriers	00:31:31	Male 45	1
9	56	DANNY BEESON	Maldwyn Harriers	00:32:25	Senior Male	1
10	65	GARRY JERMAN		00:32:44	Male 55	1
11	61	PETER JERVIS	Maldwyn Harriers	00:32:55	Male 35	2
12	48	HANNAH THOMAS	Maldwyn Harriers	00:33:00	Overall Female Runner	1
13	60	XANDER BRANDON -HIGGS		00:33:17	Under 20 male	2
14	55	AMANDA WRIGHT	Shrewsbury AC	00:33:28	Overall Female Runner	2
15	59	TOM ROWLANDS	Maldwyn Harriers	00:34:07	Male 65	1
16	143	PHILLIP PUGH	Maldwyn Harriers	00:34:15	Male 35	3
17	21	DAVID BAKER		00:34:53	Male 45	2
18	69	DAVID MANUEL	Maldwyn Harriers	00:35:00	Male 50	3
19	50	JOHNATHAN TURNER	Maldwyn Harriers	00:35:09	Under 20 male	3
20	151	ROB MARTIN		00:35:28	Male 55	2
21	12	STEVE DAVIES	Maldwyn Harriers	00:35:40	Male 35	4
22	112	RUTH STAFFORD	Maldwyn Harriers	00:35:44	Overall Female Runner	3
23	160	DAVID GETHIN	Rhayader RC	00:35:53	Male 50	4
24	109	OLIVIA MORGAN	Maldwyn Harriers	00:35:55	under 20 female	1
25	158	EDWARD DAVIES	Maldwyn Harriers	00:36:04	Male 65	2
26	58	ROB FRANCIS	Maldwyn Harriers	00:36:12	Male 45	3
27	113	CLAIRE ABEL	Maldwyn Harriers	00:36:27	Female 45	1
28	47	DEAN THOMAS	Maldwyn Harriers	00:36:46	Male 40	1
29	40	MARK PAVIOUR	Maldwyn Harriers	00:37:04	Male 60	1
30	44	CATHERINE BRADLEY	Maldwyn Harriers	00:37:26	Female 40	1
31	150	JENNY EVANS	Maldwyn Harriers	00:38:19	Female 40	2
32	157	JAMIE MAYERS	Maldwyn Harriers	00:38:46	Male 50	5
33	103	JAYNE BREEZE	Maldwyn Harriers	00:39:20	Female 50	1
34	159	KIRSTY GETHIN	Maldwyn Harriers	00:39:41	Female 50	2
35	51	NOAH KOFFER		00:41:10	Under 20 male	4
36	25	TRICIA HIRST	Maldwyn Harriers	00:43:08	Female 65	1
37	62	LIZZE PARK	Oswestry Olympians	00:43:38	Female 50	3
38	27	RACHEL WILLIAMS	Maldwyn Harriers	00:44:19	Female 50	4
39	9	TIM SAUL	Maldwyn Harriers	00:44:21	Male 50	6
40	54	RUBY WRIGHT	Shrewsbury AC	00:44:33	under 20 female	2
41	53	JAYNE JONES	Dolly Mixtures	00:45:48	Female 60	1
42	146	PAUL DEAN		00:46:12	Male 60	2
43	64	LIZZE COCKLE		00:46:15	Senior female	1
44	107	DANIEL THOMAS		00:46:18	Senior Male	2
45	20	SUZANNE KENDRICK	Rhayader running club	00:47:17	Female 60	2

46 41 ROSE THOMAS
47 108 SUE OWEN

Rhayader RC
Sunday striders
Printed: 16/06/2024 19:25:02

00:48:50
00:48:52

Female 70
Female 50

1
5
Page: 1 of 2

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48	104	JAN MANUEL	Maldwyn Harriers	00:48:54	Female 55	1
49	70	GEORGINA FLETCHER		00:49:00	Female 60	3
50	110	DANIELLA HILL		00:52:18	Senior female	2
51	163	LOUISE BOX	Aberystwyth A C	00:52:53	Female 50	6
52	19	RAYMOND SHARRATT	Rhayader RC	00:54:10	Male 80	1
53	68	NIKKI JARMAN	Maldwyn Harriers	00:54:33	Female 45	2
54	45	JILL HILLMAN	Maldwyn Harriers	00:54:35	Female 65	2
55	28	RUTH FRANCIS	Maldwyn Harriers	00:54:39	Female 70	2
56	154	CHANELLE DRAPER		00:58:11	Senior female	3
57	13	KAREN WILLIAMS	Maldwyn Harriers	01:01:16	Female 55	2
58	46	SARAH KOFFER		01:05:12	Female 45	3
59	43	PAUL WHIFFEN		01:05:19	Male 40	2

