

Royal Welsh Trail Running Festival 2015



10k results

Pos	Bib	Forename	Surname	Club	Time	Cat
1		72 Ifan	Lloyd	Swansea Harriers	40:53	M50
2		172 Mark	Horsman	Outdoor Fitness	42:57	SEN M
3		83 David	Miller	Builth & District Running Club	44:45	SEN M
4		108 Phil	Read	U/A	45:04	SEN M
5		66 Sharon	Leech	Carmarthen Harriers	45:30	W45
6		28 DAVID	DAVIES	Brecon AC	46:50	M50
7		162 Gareth	Hardman	Bridgend AC	46:58	M40
8		93 Carl	Phillips	U/A	47:02	SEN M
9		182 Ioan	Davies	U/A	47:03	SEN M
10		165 Tim	Davies	U/A	47:14	SEN M
11		174 Elizabeth	Tremlett	Trots	47:24	W35
12		161 Mike	Jones	U/A	47:28	SEN M
13		47 Stuart	James	U/A	48:17	SEN M
14		116 David	Standing	Fairwater Runners	48:35	SEN M
15		34 John	George	U/A	48:40	SEN M
16		91 Haydn	O'Reilly	U/A	48:42	SEN M
17		155 Richard	Edwards	U/A	49:27	SEN M
18		31 Dave	Dickson	Porthcawl Runners	49:45	SEN M
19		130 Colin	Wellstead	U/A	50:05	M50
20		4 Justin	Baird-Murray	Rhayader Running Club	50:20	M50
21		120 Ross	Thomas	U/A	50:36	SEN M
22		154 Ieuan	Williams	U/A	50:37	SEN M
23		159 Paul	Pritchard	Maldwyn Harriers	50:40	M40
24		48 Huw	Jenkins	U/A	50:43	M40
25		74 David	Manuel	Maldwyn Harriers	50:46	M40
26		73 Jacqui	Loxam	Maldwyn Harriers	51:30	W35
27		39 Gina	Hardman	Bridgend AC	51:37	W35
28		129 Darren	Weaving	U/A	52:09	M40
29		176 Kieron	Crane	U/A	52:23	SEN M
30		57 Nerys	Jones	U/A	52:26	SEN W
31		126 Adele	Walker	U/A	52:26	W35
32		1 Scott	Addison-Evans	U/A	52:30	SEN M
33		160 Phil	Byrne	Maldwyn Harriers	52:32	SEN M
34		169 Roseann	Charles	Griffithstown Harriers	52:33	SEN W
35		123 Claire	Thompson	Griffithstown Harriers	52:50	SEN W
36		156 Ifan	Jones	Maldwyn Harriers	52:50	M40
37		170 Susan	Davies	Croft Ambrey	53:21	W45
38		18 Howard	Christley	Builth & District Running Club	53:30	M50
39		288 Steven	Marsh	U/A	53:41	SEN M
40		121 Dylan	Thomas	White Rock Runners	53:43	M40
41		81 Lloyd	Mellens	U/A	54:19	SEN M
42		181 Rebecca	Emmerson	U/A	54:29	SEN W
43		90 Catherine	Olivant	Brecon AC	54:44	W40
44		269 Phillip	Mears	White Rock Runners	54:46	M40
45		106 John	Pryer	U/A	54:57	M40
46		25 Sue	Davies	Brecon AC	55:01	W45
47		109 Ben	Rees	White Rock Runners	55:43	SEN M
48		152 Catherine	Gilbert	Brecon AC	55:44	W35
49		20 Dennis	Collins	rhondda valley runners	56:12	M50
50		76 Kieran	Matthews	Rhondda valley runners	56:12	SEN M
51		158 Helen	Owen	Maldwyn Harriers	56:25	M40
52		94 Jessica	Pointon	U/A	56:27	W35
54		127 Simon	Waller	U/A	56:37	M40
55		5 Chris	Ballard	U/A	57:14	SEN M
56		88 John	Murphy	Maldwyn Harriers	57:15	M50
57		111 Martyn	Rogers	U/A	57:32	SEN M

58	175 Clare	Evans	U/A	57:36	SEN W
59	112 Alan	Ryland	Builth & District Running Club	57:49	M60
60	118 Elizabeth	Stokes	Griffithstown Harriers	57:54	W35
61	21 Sarah	Crawley	U/A	58:13	W35
62	29 Tony	Davies	U/A	58:27	SEN M
63	179 Elin	Morris	U/A	58:44	W45
64	86 Pippa	Morgan	U/A	58:56	W35
65	35 David	Griffiths	U/A	59:19	SEN M
66	87 Adrian	Morris	U/A	59:27	SEN M
67	180 Mathew	Lloyd-Jones	U/A	59:31	M40
68	2 Juliet	Amner	U/A	59:55	W55
69	6 Dean	Bartlett	U/A	60:06	M40
70	89 Simon	Oakley	U/A	60:07	SEN M
71	105 Natasha	Pryce	U/A	60:07	SEN W
72	46 Anwen	James	U/A	60:09	SEN W
73	107 Stuart	Quest	U/A	60:21	SEN M
74	153 Bryony	Hope	Brecon AC	60:46	W35
75	49 Sadie	Jenkins	U/A	61:16	W35
76	92 Carrie	Perry	Robertown Road Runners	61:37	W35
77	104 Chris	Powell	U/A	61:54	M40
78	177 Aled	Jones	U/A	62:15	SEN M
79	173 Craig	Ranft	U/A	62:22	SEN M
80	14 Simon	Caddy	Pontypridd Roadents	62:41	SEN M
81	171 Ashley	Williams	Hay Hotfooters	62:43	M50
82	135 Sue	Williams	Hay Hotfooters	62:43	W45
83	63 Jane	Kerr	Builth & District Running Club	62:57	W45
84	45 Jon	Hussey	U/A	61:16	SEN M
85	124 Gunvor	Troelsen	U/A	63:15	W45
86	150 Claire	Edmonds	U/A	63:46	W45
87	58 Shaw	Jones	Pontypool Runners	63:48	SEN M
88	24 James	Davies	U/A	63:53	SEN M
89	134 Rachel	Williams	Maldwyn Harriers	64:30	SEN W
90	230 Sian	Lawrence	U/A	64:34	SEN W
91	99 Tracey	Powell	U/A	65:04	SEN W
92	133 Helen	Williams	U/A	65:40	W35
93	26 Garey	Davies	U/A	65:42	M40
94	12 Wayne	Brenchley	U/A	66:02	SEN M
96	68 Sian	Lewis	Builth & District Running Club	66:08	SEN W
97	13 Lynsey	Brenchley	U/A	66:10	SEN W
98	132 Sian	Wigley	U/A	66:16	W45
99	168 Carwyn	Price	U/A	66:39	SEN M
100	60 Diane	Jones	Maldwyn Harriers	66:45	W45
101	42 Leanne	Howells	U/A	66:57	W35
102	178 Steve	Hughson	U/A	66:57	M50
103	32 Non	Edwards	U/A	67:07	SEN W
104	54 Nanette	John	U/A	67:25	W55
105	115 Becky	Smith	Builth & District Running Club	67:27	SEN W
106	50 Lisa	Jenkins	U/A	67:27	SEN W
107	22 Paul	Cunningham	U/A	67:59	M50
108	7 Belinda	Bateson	U/A	68:35	W35
109	137 Ben	Wood	U/A	68:49	SEN M
110	113 Jan	Shanahan	Maldwyn Harriers	68:56	W45
111	62 Nicola	Kelly	Builth & District Running Club	69:07	W45
112	36 Niki	Griffiths	U/A	69:08	SEN W
113	136 Alison	Wood	U/A	69:38	W45
114	41 Peter	Hewitt	U/A	70:16	SEN M
115	114 Donna	Sheen	U/A	70:16	SEN W
116	117 Katie	Stevens	U/A	71:11	SEN W
117	3 Amie	Andrews	U/A	71:32	W35
118	17 Sarah	Childs	U/A	71:32	W35
119	23 Sophie	Dark	U/A	72:13	SEN W
120	38 Mike	Gwynne	Pontypridd Roadents	73:17	M40

121	52 Dennis richard	Johansen	U/A	72:26	M50
122	131 Steve	Whyte	U/A	72:28	M50
123	51 Sarah	Jenkins	Pont-y-pŵl and District	72:31	W35
124	78 Jamie	Mccoy	U/A	72:41	SEN W
125	44 Sara	Hull	U/A	72:41	SEN W
126	157 Julia	Gorman	Maldwyn	72:44	W35
127	101 Adrienne	Powell	U/A	72:46	SEN W
128	30 Helen	Dawson	Nike+ Run Club Cardiff	73:32	W35
129	166 Alison	Jones	Lliswerry Runners	73:37	W45
130	102 Jessie	Powell	U/A	73:39	SEN W
131	71 CATHERINE	LLEWELLYN	Merthyr Running Club	73:41	W45
132	164 Joanne	Bowes	U/A	73:55	W45
133	103 Grace	Powell	U/A	74:41	W35
134	84 Rhian	Mitchell	U/A	74:41	W35
135	16 Kelly	Davies	Maldwyn Harriers	74:59	SEN W
136	79 Andrew	Meadows	U/A	75:38	SEN M
137	163 Dylan	Griffiths	U/A	75:46	SEN M
138	97 Robert	Portman	U/A	76:13	M40
139	98 Alice	Portman	U/A	76:13	SEN W
140	167 Denise	Wood	Lliswerry Runners	76:54	W45
141	183 Eirian	Davies	U/A	77:12	M60
142	19 Ania	Ciolek	U/A	78:54	W35
143	184 Blanka	Winnicka-Dyba	U/A	78:54	W45
144	10 Colleen	Blayney	U/A	79:10	SEN W
145	27 Jo lee	Davies	U/A	79:10	SEN W
146	53 Ruth	Johansen	U/A	79:18	W45
147	61 Rachel	Joseph	U/A	79:24	SEN W
148	82 Dawne	Meynell-Western	U/A	80:06	W35
149	8 Rosie	Beaman	U/A	81:59	SEN W
150	9 James	Beaman	U/A	81:59	SEN M
151	15 Jennifer	Carroll	Run4All Neath	85:04	W45
152	151 Sarah	Millington	Bridgenorth Running Club	85:23	SEN W
153	96 Rhian	Pole	U/A	86:05	W35
154	95 David	Pole	U/A	86:07	M40
155	65 Kelly	Lee	U/A	89:30	SEN W
156	110 Kim	Rennick	U/A	89:30	SEN W
157	125 Leanne	Voisey	U/A	89:43	SEN W
158	11 Rhiannon	Bowen	Pontypridd Roadents	90:52	W45