

BBQ Results 5k 2016

Category winners

| Male | Forename | Surname | Club | Time |
|-------------|----------|------------|-------------------|-------|
| m1 | Roger | Farrington | Maldwyn Harriers | 17.15 |
| m2 | Martin | Copus | Maldwyn Harriers | 17.54 |
| m3 | Clive | Morgan | Maldwyn Harriers | 18.02 |
| mu20 | Todd | Tanner | Maldwyn Harriers | 18.28 |
| msen | Craig | Griffiths | u/a | 18.49 |
| mv35 | Steven | Smith | Rhayader AC | 21.15 |
| mv40 | Anthony | Powell | Maldwyn Harriers | 19.15 |
| mv45 | Andrew | Davies | Thornbury | 18.33 |
| mv50 | Hadyn | Jones | Maldwyn Harriers | 19.31 |
| mv55 | Bryan | Lloyd | Presteigne Pacers | 24.14 |
| mv60 | Martin | Green | Maldwyn Harriers | 22.22 |
| mv65 | no | runner | | |
| mv70 | Ray | Sharratt | Rhayader Ac | 26.52 |
| mv75 | no | runner | | |
| mv80 | no | runner | | |

Female

| | | | | |
|-------------|-----------|------------|-----------------------|-------|
| f1 | Ffion | Price | Cardiff | 17.22 |
| f2 | Rhianwedd | Price | Cardiff | 17.49 |
| f3 | Rebecca | Mosley | u/a | 20.04 |
| fu20 | Shana | Stewardson | Bridgnorth | 22.46 |
| fsen | Nicola | Davies | Maldwyn Harriers | 20.24 |
| fv35 | Jenny | Evans | Maldwyn Harriers | 21.20 |
| fv40 | Joanne | Rees | Rhayader | 21.46 |
| fv45 | Nicola | Davies | Thornbury | 23.42 |
| fv50 | Judith | Townsley | u/a | 27.14 |
| fv55 | Jill | Hillman | Maldwyn Harriers | 26.24 |
| fv60 | Rose | Thomas | Rhayader running club | 26.20 |
| fv65 | no | runner | | |
| fv70 | Carol | Farrington | Rhayader AC | 28.05 |
| fv75 | no | runner | | |
| fv80 | Sheila | Symonds | Bro Dysynni AC | 46.20 |

Overall Finish

| | Forename | Surname | Club | Gender | age | no. | time |
|-----------|-----------|------------|------------------|--------|----------|-----|-------|
| 1 | Roger | Farrington | Maldwyn Harriers | m | v50 | 305 | 17.15 |
| 2 | Ffion | Price | Cardiff | f | senior | 331 | 17.22 |
| 3 | Rhianwedd | Price | Cardiff | f | senior | 330 | 17.49 |
| 4 | Martin | Copus | Maldwyn Harriers | m | senior | 312 | 17.54 |
| 5 | Clive | Morgan | Maldwyn Harriers | m | v35 | 326 | 18.02 |
| 6 | Todd | Tanner | Maldwyn Harriers | m | Under 20 | 336 | 18.28 |
| 7 | Andrew | Davies | Thornbury | m | v45 | 324 | 18.33 |
| 8 | Kaya | Saul | Maldwyn Harriers | m | Under 20 | 335 | 18.42 |
| 9 | Craig | Griffiths | u/a | m | senior | 341 | 18.49 |
| 10 | Bryan | Arthur | Maldwyn Harriers | m | v45 | 314 | 18.50 |
| 11 | Anthony | Powell | Maldwyn Harriers | m | v40 | 334 | 19.15 |

| | | | | | | | |
|----|-----------|--------------|-----------------------|---|----------|-----|-------|
| 12 | Hadyn | Jones | Maldwyn Harriers | m | v50 | 337 | 19.31 |
| 13 | Sean | Clarke | Maldwyn Harriers | m | v45 | 340 | 19.42 |
| 14 | Gareth | Lloyd | Presteigne Pacers | m | senior | 344 | 19.49 |
| 15 | Rebecca | Mosley | u/a | f | senior | 367 | 20.04 |
| 16 | Lee | Shackleton | Maldwyn Harriers | m | v45 | 307 | 20.20 |
| 17 | Nicola | Davies | Maldwyn Harriers | f | senior | 363 | 20.24 |
| 18 | Paul | Thomas | Maldwyn Harriers | m | v50 | 342 | 20.29 |
| 19 | Liam | Fletcher | u/a | m | Under 20 | 321 | 20.40 |
| 20 | Paul | Beeson | Maldwyn Harriers | m | v50 | 308 | 20.46 |
| 21 | Steven | Smith | Rhayader AC | m | v35 | 301 | 21.15 |
| 22 | Jenny | Evans | Maldwyn Harriers | f | v35 | 368 | 21.20 |
| 23 | David | Manuel | Maldwyn Harriers | m | v40 | 354 | 21.24 |
| 24 | Steven | Mesham | Presteigne Pacers | m | v40 | 310 | 21.31 |
| 25 | Joanne | Rees | Rhayader | f | v40 | 317 | 21.46 |
| 26 | Francisco | Sanchez | u/a | m | senior | 320 | 22.05 |
| 27 | Carwyn | Price | Rhayader running club | m | senior | 329 | 22.08 |
| 28 | Martin | Green | Maldwyn Harriers | m | v60 | 319 | 22.22 |
| 29 | Jaqui | Loxam | Maldwyn Harriers | f | v35 | 315 | 22.29 |
| 30 | Mark | Saunders | Maldwyn Harriers | m | v45 | 360 | 22.43 |
| 31 | Kevin | Jones | Maldwyn Harriers | m | v40 | 345 | 22.45 |
| 32 | Shana | Stewardson | Bridgnorth | f | Under 20 | 328 | 22.46 |
| 33 | Nicola | Davies | Thornbury | f | v45 | 325 | 23.42 |
| 34 | Andrew | Sherlock | Maldwyn Harriers | m | v45 | 306 | 23.56 |
| 35 | Bryan | Lloyd | Presteigne Pacers | m | v55 | 343 | 24.14 |
| 36 | Ifan | Jones | Maldwyn Harriers | m | v45 | 356 | 24.25 |
| 37 | James | Lowe | u/a | m | v35 | 311 | 24.51 |
| 38 | Sahrah | Wilding | Presteigne Pacers | f | v45 | 338 | 25.09 |
| 39 | Hannah | Edwards | u/a | f | senior | 362 | 25.34 |
| 40 | Ben | Wood | u/a | m | senior | 304 | 26.01 |
| 41 | Emma | Stewardson | Ludlow Runners | f | v35 | 327 | 26.02 |
| 42 | Amren | Stephenson | Maldwyn Harriers | m | Under 20 | 365 | 26.13 |
| 43 | Rachel | Williams | Maldwyn Harriers | f | senior | 303 | 26.14 |
| 44 | Rose | Thomas | Rhayader running club | f | v60 | 313 | 26.20 |
| 45 | Arina | Nagy-Vizitiu | u/a | f | senior | 332 | 26.23 |
| 46 | Jill | Hillman | Maldwyn Harriers | f | v55 | 302 | 26.24 |
| 47 | Frank | Szablewski | u/a | m | v60 | 358 | 26.46 |
| 48 | Ray | Sharratt | Rhayader Ac | m | v70 | 316 | 26.52 |
| 49 | Sharon | Lloyd | Maldwyn Harriers | f | v45 | 318 | 27.00 |
| 50 | Judith | Townsley | u/a | f | v50 | 357 | 27.14 |
| 51 | Jane | Mesham | Presteigne Pacers | f | v50 | 309 | 27.18 |
| 52 | Karen | Jones | Maldwyn Harriers | f | v40 | 351 | 27.34 |
| 53 | Donna | Griffiths | Maldwyn Harriers | f | v45 | 361 | 27.47 |
| 54 | Carol | Farrington | Rhayader AC | f | v70 | 349 | 28.05 |
| 55 | Janet | Shanahan | Maldwyn Harriers | f | v50 | 353 | 28.28 |
| 56 | Kathryn | Davies | u/a | f | senior | 364 | 30.24 |
| 57 | Rosie | Teesdale | u/a | f | v40 | 333 | 31.51 |
| 58 | Marjorie | Griffiths | Bro Dysynni AC | f | v70 | 323 | 33.22 |
| 59 | Judith | Roberts | Dolly Mixtures | f | v50 | 350 | 34.35 |
| 60 | Jayne | Jones | Dolly Mixtures | f | v50 | 348 | 34.35 |
| 61 | Shan | Breeze | Aberystwyth | f | v55 | 322 | 35.28 |

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|----|--------|----------|-------------------|---|--------|-----|-------|
| 62 | Karen | Jones | Dolly Mixtures | f | v45 | 346 | 35.57 |
| 63 | Laura | Hill | u/a | f | v35 | 355 | 35.59 |
| 64 | Carol | Stocker | Presteigne Pacers | f | v60 | 339 | 42.24 |
| 65 | Zoe | Betts | Dolly Mixtures | F | V40 | 352 | 43.03 |
| 66 | Lianne | Manuel | Dolly Mixtures | f | senior | 347 | 43.03 |
| 67 | Cath | Sherlock | u/a | f | v35 | 359 | 43.38 |
| 68 | Sue | Carroll | Maldwyn Harriers | f | v55 | 366 | 43.38 |
| 69 | Glyn | Fletcher | Maldwyn Harriers | m | v50 | 2 | 43.38 |
| 70 | Sheila | Symonds | Bro Dysynni AC | f | v80 | 1 | 46.20 |

BBQ fun run

| No | | | | | Time | |
|----|-----|------------|--------|---|------|------|
| 1 | 188 | Callum | Morgan | m | u11 | 4.16 |
| 2 | 187 | Aled | Breeze | m | u11 | 4.34 |
| 3 | 181 | Piper | Lloyd | f | u11 | 4.50 |
| 4 | 180 | Phoebe | Carter | f | u11 | 4.56 |
| 5 | 186 | Gwen | Rees | f | u13 | 5.03 |
| 6 | 182 | Libby | Loxam | f | u11 | 5.23 |
| 7 | 185 | Elenid | Rees | f | u11 | 5.55 |
| 8 | 184 | Mervyn | Rees | m | u11 | 5.59 |
| 9 | 189 | Chardonnay | Morgan | f | u11 | 6.16 |
| 10 | 183 | Seb | Loxam | m | u11 | 6.35 |
| 11 | 179 | Rochelle | Plumb | f | u11 | 6.50 |
| 12 | 178 | Caitlin | Brunt | f | u11 | 7.35 |