

Brecon 3-4-5 series 2009.
Results of 5 Mile Race

Name	Club	Age grp.	Position	Time	
				Minutes	seconds
Austin Davies	Brecon AC	VM 40	1	27	05
Peter Ryder	Cardiff AAC	SM	2	28	18
Tim Hindle	Brecon AC	VM 40	3	29	04
Philip Kendrick	Brecon AC	VM 45	4	29	44
Ken Davies	Unattached	VM 50	5	31	9
Jonathan Barnes	Hereford & County	MU 20	6	31	29
Lyndon Gwilym	Club Bryn Bach	VM 50	7	31	43
Stafford Rees	Rhayader RC	VM 35	8	31	52
Carl Gilmour	Hay Hotfooters	VM 40	9	32	03
Neil Martin	Unattached	SM	10	32	31
Olly Cayless	Brecon AC	MU 20	11	32	30
Satu Haikala	Brecon AC	VF 40	12	32	37
Simon James	Abergavenny Striders	VM 40	13	33	08
Angela Jones	Brecon AC	VF 40	14	33	30
Martin Buck	Builth & District RC	VM 45	15	33	52
Geraint Evans	Llandovery Roadents	VM 35	16	33	56
Gron Davies	Unattached	VM 45	17	33	58
Glyn Sansom	San Domenico	VM45	18	34	34
Derek Osborne	Brecon AC	VM 45	19	34	49
Ian Davies	Builth Wells	VM 55	20	35	14
Dean Birt	Pontypridd Roadents	VM 35	21	35	17
Carl Davies	Unattached	SM	22	35	41
Domininc Shields	San Domenico	VM 40	23	35	54
Gary Waters	Swansea	VM 60	24	36	02
Sue Davies	Unattached	VF 45	25	36	15
Stephen Bendle	Swansea Harriers	VM 45	26	36	16
Paul Evans	Brecon AC	SM	27	36	28
Michael Holloway	Unattached	SM	28	37	10
Naomi Law	Brecon AC	VF 35	29	37	15
Ellie Davies	Brecon AC	FU 20	30	37	16
Emily Gibson	Brecon AC	SF	31	37	17
Bev Davies	Unattached	SF	32	37	23
Kevin Barnes	Hereford couriers	VM 45	33	37	51
Emily Kendrick	Brecon AC	SF	34	38	00
Derek Rainbird	Parc Bryn Bach	VM 55	35	38	03
Stephen Davies	Unattached	SM	36	38	41
Ian Moore	Llandovery Roadents	VM 35	37	39	12
Suzanne Kendrick	Rhayader RC	VF 45	38	40	14
Dawn Davies	Unattached	VF 45	39	40	20
David Thomas	Sarn Helen	VM 45	40	40	21
Anne Marie Evans	Parc Bryn Bach	VF 35	41	40	39
Holly Rees	Brecon AC	FU 20	42	41	23
Emily Januszewski	Unattached	VF 40	43	41	27
Emma Conti	Builth & District RC	VF 35	44	41	31
Pamela Suter	Abergavenny Striders	VF 35	45	42	08
Mike Olivant	Unattached	VM 55	46	42	09
Caroline Jones	Builth & District RC	VF 40	47	42	14

Joanne Williams	Builth & District RC	VF 35	48	42	41
Annette Davies	Builth & District RC	VF40	49	42	50
Jennie Conti	Builth & District RC	VF 50	50	43	37
Hazel Aulsebrook	Builth & District RC	VF 40	51	45	00
Gareth Holyfield	Abergavenny Striders	VM 45	52	45	22
Catrin Hawthorn	UNATTACHED	SF	53	45	23
Jodi Bateman	Unattached	SF	54	45	34
Sarah Rees	Builth & District RC	VF 45	55	45	56
H Davies	Unattached	VM 65	56	46	54
Simon Hudd	Unattached	VF 40	57	47	01
Brenda Morgan	Unattached	VF 55	58	47	26
Jane Kerr	Builth & District RC	VF 40	59	47	42
Beverley Evans	Builth & District RC	SF	60	47	55
Rachel Flew	Unattached	SF	61	48	00
Lynda James	Abergavenny Striders	VF 40	62	48	20
Muriel Thomson	UNATTACHED	VF 55	63	51	27
Tom Forbes	Unattached	VM 60	64	52	46
Andrew Wakely	Unattached	VM 60	65	52	46
Kate Chamberlain	Unattached	VF 45	66	54	13
Tina Morris	Unattached	VF 40	67	54	13