

**Powis Trail 10**  
**15th May 2016**



Position	Race No.	First Name	Surname	Time	Club	Category
1	396	Clive	Morgan	40:48:09		M35
2	150	Andy	Yapp	42:04:58	Mercia Fell Runners	M50
3	159	Alan	Dean	42:19:20	Shrewsbury AC	M40
4	238	Bryan	Arthur	42:25:11	Maldwyn Harriers	M45
5	255	Tom	Roo	42:45:30	Shrewsbury AC	M
6	343	Martin	Copus	42:47:73	Maldwyn Harriers	M
7	394	Chad	Davies	44:17:15		M
8	359	Roland	Stafford	44:25:63	Maldwyn Harriers	M40
9	383	Edward	Davies	44:51:82	Maldwyn Harriers	M60
10	275	Neal	Bailey	45:23:17	Mercia Fell Runners	M45
11	271	Paul	Williams	45:26:95	Shropshire Shufflers	M45
12	300	Haydn	Jones	45:30:94	Maldwyn Harriers	M55
13	384	Christopher	Roberts	45:51:56		M40
14	158	Rebecca	Moseley	45:58:86		F
15	274	Phillip	Bullock	46:04:69	Maldwyn Harriers	M40
16	193	Phillip	Turnbull	46:52:20		M
17	393	Nicola	Davies	47:18:49	Maldwyn Harriers	F
18	254	Mat	Bishop	47:43:66		M45
19	320	Iain	Milne	48:30:48		M35
20	270	Rhys	Jenkins	49:15:42		M
21	303	Paul	Aird	49:16:80	Last Inn Runners	M55
22	183	Jenny	Evans	49:43:36	Maldwyn Harriers	F35
23	284	Paul	Thomas	50:06:31	Maldwyn Harriers	M50
24	344	Shaun	Egan	50:42:47		M
25	216	Leonie	Keeling	51:01:33		F35
26	260	David	Manuel	51:04:76	Maldwyn Harriers	M40
27	220	Carrie	Vaughan	51:13:12	Dolly Mixtures	F
28	204	Penny	Tanner	51:57:99		F35
29	389	Becky	Jones	51:59:64		F45
30	200	Jodie	Tanner	52:07:46		F
31	273	Neil	Pryce	52:17:40		M35
32	251	Kevin	Jones	52:31:90	Maldwyn Harriers	M40
33	286	Nicola	Richards	53:07:80	Mercia Fell Runners	F40
34	210	Andy	Griffiths	53:18:37	SYTri	M35
35	173	Zoe	Edwards	53:21:16	Maldwyn Harriers	F35
36	223	Tracy	Biggs	53:34:79		F40
37	376	Sarah	Edwards	54:19:57		F45
38	169	Aaron	Fowler-Parkes	54:58:57		M
39	192	Melissa	Turnbull	54:59:09	Dolly Mixtures	F
40	170	Steve	Jones	55:04:22		M
41	302	Chelle	Bateson	55:27:23	Dolly Mixtures	F
42	279	Richard	Hankinson	55:43:76		M50
43	363	Caroline	Morgan	55:51:39	Dolly Mixtures	F
44	285	Philip	Adams	55:56:01	Shropshire Shufflers	M50
45	206	Ifan	Jones	56:03:09	Maldwyn Harriers	M50
46	333	Rachel	Butler	56:06:58	Maldwyn Harriers	F50
47	213	Kelly	Griffiths	56:40:03	Dolly Mixtures	F40
48	337	Jacqui	Mellor	57:08:99		F45
49	318	Iain	Day	57:09:32	Shropshire Shufflers	M70
50	156	Michelle	Harris	57:43:67	Dolly Mixtures	F45

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51	229	Helen	Wilkinson	58:12:63	Maldwyn Harriers	F
52	162	Caroline	Farr	58:31:81	Dolly Mixtures	F45
53	382	Mark	Underwood	58:32:54		M55
54	321	Kevin	Heede	58:36:17	Shropshire Shufflers	M50
55	203	Kathleen	Clifford	58:43:25		F50
56	264	Sian	Hulme	59:01:05	Shropshire Shufflers	F
57	342	Suzanne	Thompson	59:10:16	SYTri	F45
58	202	Angela	Lee	59:22:72		F50
59	224	Christabel	Davies	59:29:47		F
60	152	Daniel	Bull	60:10:48		M
61	324	Julie	Lloyd-Evans	60:11:21		F40
62	315	Alison	Stokes	60:57:93		F
63	177	Helen	Wheeler	61:15:99		F35
64	190	Vicki	Stelfox	61:18:89		F35
65	391	Kathy-Jo	Barnes	61:23:71	Dolly Mixtures	F
66	198	Jules	Morgan	61:27:95		F
67	373	Noemi	Gal	61:49:30	Builth And District Running Club	F40
68	309	Stephen	Russell	62:08:78		M35
69	306	Alison	Staples	62:14:74		F
70	294	Rebecca	Breakwell	62:16:93	Dolly Mixtures	F40
71	243	Jacqui	Leary	62:36:36	Maldwyn Harriers	F35
72	252	Karen	Jones	62:36:58	Maldwyn Harriers	F40
73	234	Jo	Lewis	62:40:78		F40
74	176	Lesley	Spencer	63:18:84		F45
75	395	Janet	Davies	63:39:67		F40
76	196	Rachel	Williams	63:41:17	Maldwyn Harriers	F
77	380	Sally	Brown	63:45:73		F45
78	163	Jill	Hillman	63:50:34	Maldwyn Harriers	F55
79	323	Katie	Roberts	63:55:02		F
80	232	Jill	Sillitoe	63:58:92		F40
81	375	Naomi	Atkin	64:01:09		F
82	172	Donna	Griffiths	64:32:71	Maldwyn Harriers	F45
83	358	Emily	Pastfield	64:47:54	Dolly Mixtures	F
84	352	Elizabeth	Patterson	64:47:91		F45
85	265	Fiona	Carmichael	64:50:87		F45
86	283	Diane	Hudson	64:55:46	Dolly Mixtures	F35
87	212	Sian	Danford	64:59:15	Dolly Mixtures	F
88	262	Heledd	Owen	65:06:18		F
89	195	Kelly	Evans	65:06:43		F
90	385	Mel	Speake	65:24:65	Dolly Mixtures	F
91	259	Rachel	Morrison	65:26:01		F
92	236	Helen	Wood	65:28:32	Dolly Mixtures	F40
93	194	Sarah	Evans	65:28:67	Dolly Mixtures	F40
94	345	Tracy	Higgins	65:29:98		F
95	272	Sharon	Lloyd	65:40:22	Maldwyn Harriers	F45
96	217	Ann	Morris	65:41:70		F55
97	365	Neo	Parr	66:07:66		M
98	282	James	Hall	66:10:04		M35
99	187	Emma	Morris	66:17:04	Dolly Mixtures	F
100	402	Shonah	Dowler-Joyce	66:29:86		F40

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Position	Race No.	First Name	Surname	Time	Club	Category
101	401	John	Gough	66:36:21		M45
102	400	Ruby	Twigg	66:39:96		F
103	377	Liz	Tobin	67:02:06	Run4All Neath	F40
104	388	Andy	Pryce	67:04:42		M40
105	397	Carol	Morgan-Thomas	67:06:73		F45
106	367	Melissa	Thomas	67:13:08	Bayston Hill Salad Dodgers	F45
107	174	Nicholas	Williams	67:26:58		M45
108	244	Kate	Orehawa	67:54:52		F35
109	157	Julia	Gilbert-Davies	67:59:70	Dolly Mixtures	F45
110	189	Gemma	Brett	68:00:68		F
111	269	Gina	Lewis	68:19:47	Dolly Mixtures	F45
112	319	Janet	Shanahan	68:23:78	Maldwyn Harriers	F50
113	178	Rachel	King	68:40:28	Dolly Mixtures	F40
114	281	Alison	Roberts	68:40:48		F50
115	338	Sophia	Ward	68:44:96	Dolly Mixtures	F
116	287	Sue	Murphy	68:46:99	Dolly Mixtures	F50
117	290	Gareth	Evans	69:02:31		M45
118	299	Tracey	Hughes	69:02:52		F45
119	250	Vanessa	Richardson	69:05:92	Dolly Mixtures	F45
120	297	Angela	Salter	69:09:91		F40
121	164	Sian	Knowles	69:40:50		F40
122	165	Suzanne	Rowlands	69:40:75		F40
123	317	Nicola	Kelly	70:21:85	Builth & District Running Club	F45
124	161	Faith	Hill	70:28:45	Dolly Mixtures	F45
125	398	Karen	Rodenburg	70:34:01	Dolly Mixtures	F50
126	218	Janice	Oakes	70:44:36	Dolly Mixtures	F50
127	171	Sarah	Ogilvie	70:54:68	Dolly Mixtures	F40
128	371	Clare	Lim	70:54:89	Dolly Mixtures	F
129	336	Ben	Wood	71:05:64		M
130	370	Elly	Downing	71:07:12	Meirionnydd RC	F40
131	340	Louise	Poyner	71:15:24	Dolly Mixtures	F40
132	341	David	Poyner	71:15:42		M45
133	293	Angela	Smith	71:29:93	Dolly Mixtures	F
134	360	Jenny	Ashton	71:49:56		F35
135	310	Andrew	Milne	72:04:94		M50
136	237	Mandy	Cooke	72:16:26	Dolly Mixtures	F40
137	253	Holly	Davies	72:16:44	Dolly Mixtures	F
138	381	Justine	Mcewan	72:19:52	Shewsbury Road Runners	F40
139	184	Rachel	Jerman	72:21:56	Dolly Mixtures	F
140	289	Amanda	Jones	72:24:55		F35
141	296	Rob	Mills	72:26:48		M40
142	295	Sioned	Jones	72:26:67		F35
143	160	Lisa	Evans	72:36:90	Dolly Mixtures	F40
144	154	Emma	Waldron	72:39:90		F35
145	153	Vicky	Watkins	72:40:11	Dolly Mixtures	F35
146	288	Shona	Jerman	72:54:01		F40
147	214	Rebecca	Lloyd	72:59:63		F
148	349	Daniel	Wilson	73:21:66		M40
149	191	Jess	Wilson	73:24:64		F35
150	364	Nicholas	Parr	74:36:12		F40

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151	357	Lisa	Brown	74:36:99	Dolly Mixtures	F40
152	354	Jenny	Wildman	74:43:19		F35
153	219	Mandy	Pilcher	74:43:62		F45
154	311	Nick	Blakeway	74:55:01		M45
155	312	Nicola	Blakeway	74:55:23		F45
156	350	Angharad	Lewis	75:05:85	Dolly Mixtures	F
157	263	Mair	Jones	75:06:07	Dolly Mixtures	F35
158	348	Nicola	Jarman	75:16:26	Maldwyn Harriers	F40
159	316	Darren	Jarman	75:16:47	Maldwyn Harriers	M35
160	239	Beth	King	75:35:02		F40
161	335	Kathy	Jenkins	75:51:72		F35
162	325	Debbie	Jones	76:13:84		F40
163	231	Sally	Hanmer	76:18:42	Ford Fitties	F35
164	230	Bonnie	Humphreys	76:20:03	Dolly Mixtures	F35
165	301	Elaine	Lewis	76:27:40	Dolly Mixtures	F50
166	208	Helen	Diack	76:40:04	Dolly Mixtures	F45
167	235	Melanie	Cooke	76:59:04	Dolly Mixtures	F40
168	392	Jodie	Morris	76:59:40	Dolly Mixtures	F
169	199	Michelle	Jones	76:59:68	Dolly Mixtures	F35
170	298	Joanne	Breeze	77:13:04	Dolly Mixtures	F45
171	308	Tina-camilla	Beauchamp	77:23:09	Shrewsbury Road Runners	F45
172	242	Janet	Morris	77:30:30	Dolly Mixtures	F50
173	330	Laura	Pugh	77:34:97	Jolly Joggers	F
174	331	Sharron	Page	77:35:15		F40
175	201	Jennifer	Arthur	77:41:47	Dolly Mixtures	F50
176	268	Natasha	Hird	77:48:17	Dolly Mixtures	F40
177	386	Jude	Rew	77:48:41	Dolly Mixtures	F45
178	248	Michelle	Beeson	77:59:72	Maldwyn Harriers	F45
179	249	Rebecca	Caswell	78:02:82		F45
180	390	Julia	Lloyd	78:17:43	Dolly Mixtures	F45
181	180	Emily	Williams	79:01:96		F
182	179	Christopher	Williams	79:02:14		M35
183	366	Gemma	Beddoes	79:31:42	Dolly Mixtures	F35
184	207	Sarah	Kaye	79:36:56	Dolly Mixtures	F35
185	339	Donna	Jones	79:36:74		F
186	387	Sam	Slater	79:37:31		F45
187	221	Katherine	Miller	79:37:54		F45
188	188	Falke	Tatiana	80:04:07		F
189	228	Sophie	Humphreys	80:35:42		F
190	227	Julie	Humphreys	80:38:81		F50
191	276	Katie	Walker	82:35:75	The Jolly Joggers	F
192	226	Sharon	Hughes	82:52:20		F40
193	215	Emily	Powell	83:04:51	Dolly Mixtures	F
194	186	Vanessa	Morris	83:04:72	Dolly Mixtures	F40
195	379	Kathryn	Taylor	83:07:48	Dolly Mixtures	F35
196	277	Samantha	Davies	83:14:06		F
197	313	Lorraine	Duncan	83:16:79	Oswestry Olympians	F50
198	355	Sara	Walsh	83:24:47		F40
199	280	Jayne	Manning	84:09:45		F
200	329	Susan	Davies	84:57:28	Dolly Mixtures	F40

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201	241	Jayne	Jones	85:14:06	Dolly Mixtures	F50
202	256	Judith	Roberts	85:14:32	Dolly Mixtures	F50
203	258	Erika	Stelfox	85:17:34		F
204	168	Teresa	Edwards	85:21:54	Dolly Mixtures	F40
205	332	Heather	Morgan	85:21:72		F50
206	304	Caroline	Orrells	85:45:74	Maldwyn Harriers	F55
207	307	Mandy	Mullett	85:45:97	Maldwyn Harriers	F55
208	353	Catherine	James	86:03:55	The Jolly Joggers	F40
209	372	Tracy	Jones	86:10:75		F40
210	261	Bryony	Ridge	86:54:97	Dolly Mixtures	F
211	182	Elizabeth	Lowe	86:55:26	Dolly Mixtures	F55
212	246	Fflur	Roberts	87:27:25		F35
213	181	Susanna	Lindsey	87:56:96	Dolly Mixtures	F45
214	334	Charlotte	Whitley	87:57:24	Dolly Mixtures	F35
215	240	Karen	Jones	88:11:47	Dolly Mixtures	F45
216	278	Zoe	Betts	88:13:47	Dolly Mixtures	F40
217	175	Shell	Roberts	88:13:69	Dolly Mixtures	F
218	361	Clare	Stafford	89:36:26		F35
219	362	Kate	Bronner	89:36:47		F40
220	356	Elizabeth	Williams	90:12:72		F60
221	185	Lorraine	Lloyd	94:34:72		F55
222	247	Lianne	Manuel	109:03:86	Dolly Mixtures	F
223	347	Penny	Roach	109:04:07	Dolly Mixtures	F40
224	399	Sharon	Clarke	113:14:53	Dolly Mixtures	F45