

AbeRAStwyth Race 2

30/07/2025

Overall Results

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
1	345	Janoš Vranek	Aberystwyth AC	MOPEN	1	00:15:07
2	303	Dylan Lewis	Sarn helen	M35	1	00:16:45
3	270	David Dwyer	Aberystwyth AC	M45	1	00:16:49
4	305	Jamie Lloyd	Aberystwyth	MOPEN	2	00:16:56
5	337	Rhys Stevens		MOPEN	3	00:17:03
6	311	Phil Morris	Builth and district	M45	2	00:17:10
7	347	Rhodri Williams	Sarn Helen	MOPEN	4	00:17:15
8	255	Jack Copson		MOPEN	5	00:17:30
9	339	Wyn Thomas	Sarn Helen	M35	2	00:17:32
10	312	Donna Morris	Builth and district	F35	1	00:17:32
11	323	Nathan Robertshaw	Striders of Croydon	MOPEN	6	00:17:38
12	301	Callum Jones		MOPEN	7	00:17:42
13	243	Gwern Ap Rhobat		MOPEN	8	00:17:45
14	279	Shaun Gopalan		MOPEN	9	00:17:51
15	251	Shelley Childs	Aberystwyth Athletic Club	M45	3	00:17:55
16	315	Ieuan Pugh-Jones	Meirionnydd	MOPEN	10	00:18:09
17	283	Dylan Harcombe	Sarn Helen	MOPEN	11	00:18:15
18	294	Paul Jones	Aberystwyth	M45	4	00:18:22
19	249	Osian Burrell		MOPEN	12	00:18:24
20	352	Osian Wyn		MOPEN	13	00:18:29
21	276	Ian Evans	Aberystwyth AC	M45	5	00:18:34
22	349	Paul Williams	Aberystwyth AC	M55	1	00:18:41
23	263	Wayne Davies	Western Tempo	M35	3	00:18:44
24	313	Layla Omar-Davies	Saffron AC	FOPEN	1	00:19:18
25	290	Macs Hughes		MJUN	1	00:19:24
26	291	Rhys Jeremiah	Aberystwyth Athletics Club	M35	4	00:19:24
27	275	Eilir Evans		M45	6	00:19:30
28	304	Dave Lewis		M35	5	00:19:35
29	296	Chris Jones		M35	6	00:20:17
30	306	Roger Matthews	Aberystwyth Athletics Club	M55	2	00:20:20
31	348	Nicola Williams	Sarn Helen	FOPEN	2	00:20:43
32	336	Richard Steele		M45	7	00:20:47

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
33	299	Max Jones		MOPEN	14	00:20:49
34	295	Isaac Jones		MJUN	2	00:21:05
35	302	Chris Jones		MOPEN	15	00:21:09
36	281	Sophie Griffiths		F35	2	00:21:12
37	341	Llyr Thomas		MOPEN	16	00:21:18
38	260	Aled Davies	Aberystwyth AC	MJUN	3	00:21:31
39	297	Lynette Jones		F35	3	00:21:31
40	282	Huw Griffiths	Aberystwyth AC	M45	8	00:21:32
41	354	Osian B Jones		MJUN	4	00:21:34
42	261	Dafydd Davies		M45	9	00:21:35
43	333	Damian Sidnell	Aberystwyth A.C.	M65	1	00:21:35
44	267	Steffan Davies		M35	7	00:21:37
45	271	Andrew Ellis	Cerist triathlon	M55	3	00:21:37
46	292	James Johnston		MOPEN	17	00:21:48
47	331	Matthew Shaw	ASRC	MOPEN	18	00:21:49
48	360	Bari Morgan		M45	10	00:21:50
49	327	Beth Saunders		FOPEN	3	00:21:51
50	256	Ivan Courtier	Aberystwyth AC	M55	4	00:21:51
51	324	Ivan Rukov		MOPEN	19	00:21:59
52	316	Lisa Redgrave		FOPEN	4	00:22:02
53	287	Catrin Hughes		FOPEN	5	00:22:03
54	265	Hannah Davies		FOPEN	6	00:22:06
55	259	Steffan Davies		MOPEN	20	00:22:08
56	280	Paul Gough		M45	11	00:22:13
57	355	Luke Jones		M35	8	00:22:28
58	288	Kirsten Hughes	Aberystwyth	F45	1	00:22:39
59	277	Jamie Farmery		MOPEN	21	00:22:51
60	346	Lyndsey Wheeler	Aberystwyth AC	F35	4	00:23:00
61	269	Toby Driver	Aberystwyth AC	M45	12	00:23:08
62	332	John Shaw	ASRC	M55	5	00:23:09
63	298	Neil Jones	Aberystwyth Athletics Club	M45	13	00:23:14

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
64	343	Nathan Topham	Sarn Helen	MOPEN	22	00:23:20
65	285	George Higginson	ASRC	MOPEN	23	00:23:20
66	319	Kiri Reynolds	ASRC	F35	5	00:23:35
67	268	Euros Davies		M55	6	00:23:36
68	329	Hannah Sefton	ASRC	FOPEN	7	00:23:37
69	309	Andrew Milne		M55	7	00:23:43
70	253	Morgan Commins		M45	14	00:23:45
71	310	Chelsey Morris	Aberystwyth	FOPEN	8	00:23:47
72	362	Molly Harvey	Aberystwyth AC	FOPEN	8	00:23:47
73	252	Clara Combin		FOPEN	10	00:23:53
74	274	Anna Evans		F35	6	00:24:00
75	286	Mel Hopkins	Aberystwyth AC	M55	8	00:24:08
76	322	Bethan Roberts		FOPEN	11	00:24:32
77	340	Kelly Thomas		FOPEN	11	00:24:32
78	351	Meinir Williams		F45	2	00:24:37
79	335	Noah Smith		MJUN	5	00:24:39
80	314	Sian Owen	Aberystwyth Athletic Club	F45	3	00:24:47
81	350	Michael Williams		M45	15	00:24:55
82	245	Fabio Banks		M35	9	00:25:12
83	272	Shelley Enders	Sarn Helen	F55	1	00:25:26
84	289	Gwennan Hughes	Aberystwyth	FJUN	1	00:25:29
85	361	Linda Hughes		F35	7	00:25:32
86	353	Peter Hinxman	Aberystwyth AC	M55	9	00:25:40
87	258	William Darby		MJUN	6	00:25:43
88	257	Martin Darby	Sarn Helen	M45	16	00:25:45
89	248	Kim Broom		F35	8	00:25:46
90	244	Gareth Baker		M35	10	00:26:07
91	242	Rowan Agate	ASRC	F45	4	00:26:12
92	334	Veronica Singleton-Lawley	Les Croupiers/Bedford Harriers	F65	1	00:26:14
93	318	Angharad Rennie-Davies		F35	9	00:26:19
94	278	Maldwyn Francis		M35	11	00:26:34

O/A Pos	Race #	Name	Club	Category	Cat Pos	Result
95	250	Laura Chapman		FOPEN	13	00:26:51
96	356	Now Schiavone	Aberystwyth	MJUN	7	00:26:53
97	342	Paul Tonkin	Aberystwyth athletics	M55	10	00:27:08
98	328	Moi Schiavone	Aberystwyth AC	MJUN	8	00:27:21
99	317	Andrew Rees		M45	17	00:28:07
100	325	Louise Russell	Aberystwyth Athletic Club	F55	2	00:29:04
101	359	Bleddyn Thomas		MOPEN	24	00:29:19
102	307	Dani Mawle		FOPEN	14	00:29:25
103	358	Sioned Jones		FOPEN	15	00:29:25
104	357	Llew Schiavone	Aberystwyth	MJUN	9	00:29:59
105	262	Sonia Davies		F45	5	00:30:30
106	273	Sara Evans		FOPEN	16	00:31:11
107	284	Nicky Herriot		F55	3	00:32:12
108	326	Danielle Ruston		F35	10	00:33:48
109	321	Nicola Roberts		F55	4	00:39:23

AbeRAStwyth Race 2

30 July 2025

Award Winners

Overall Female				Overall Male			
1	312	Donna Morris	00:17:32	1	345	Janoš Vranek	00:15:07
2	313	Layla Omar-Davies	00:19:18	2	303	Dylan Lewis	00:16:45
3	348	Nicola Williams	00:20:43	3	270	David Dwyer	00:16:49
FJUN Junior Female				MJUN Junior Male			
1	289	Gwennan Hughes	00:25:29	1	290	Macs Hughes	00:19:24
2		NONE		2	295	Isaac Jones	00:21:05
3		NONE		3	260	Aled Davies	00:21:31
FOPEN Open Female				MOPEN Open Male			
1	327	Beth Saunders	00:21:51	1	305	Jamie Lloyd	00:16:56
2	316	Lisa Redgrave	00:22:02	2	337	Rhys Stevens	00:17:03
3	287	Catrin Hughes	00:22:03	3	347	Rhodri Williams	00:17:15
F35 Female 35				M35 Male 35			
1	281	Sophie Griffiths	00:21:12	1	339	Wyn Thomas	00:17:32
2	297	Lynette Jones	00:21:31	2	263	Wayne Davies	00:18:44
3	346	Lyndsey Wheeler	00:23:00	3	263	Rhys Jeremiah	00:19:24
F45 Female 45				M45 Male 45			
1	288	Kirsten Hughes	00:22:39	1	311	Phil Morris	00:17:10
2	351	Meinir Williams	00:24:37	2	251	Shelley Childs	00:17:55

3	314	Sian Owen	00:24:47	3	294	Paul Jones	00:18:22
F55 Female 55				M55 Male 55			
1	272	Shelley Enders	00:25:26	1	349	Paul Williams	00:18:41
2	325	Louise Russell	00:29:04	2	306	Roger Matthews	00:20:20
3	284	Nicky Herriot	00:32:12	3	271	Andrew Ellis	00:21:37
F65 Female 65				M65 Male 65			
1	334	Veronica Singleton-Lawley	00:26:14	1	333	Damian Sidnall	00:21:35
2		NONE		2		NONE	
3		NONE		3		NONE	
Team Prize							
	345	Janoš Vranek	Aberystwyth AC				
	270	David Dwyer	Aberystwyth AC				
	305	Jamie Lloyd	Aberystwyth AC				
	251	Shelley Childs	Aberystwyth AC				