


Caerphilly Trail Races 2024 Results (18/02/2024)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	424	Adam	Johnson	M	Open	5K		0:38:59
2	420	Gavin	Holmes	M	Open	5K		0:39:32
3	416	Sarah	Davies	F	V45	5K	Ogmore Phoenix Runners	0:40:59
4	432	Melanie	Mancino	F	V45	5K		0:43:40
5	422	Lisa	James	F	V45	5K		0:46:28
6	436	Tyrone	Pettit	M	V45	5K	Pontypridd Roadents AC	0:47:06
7	413	Dennis	Collins	M	V45	5K	Rhondda valley runners	0:48:23
8	402	Martha	Aldridge	F	Open	5K		0:48:49
9	407	Gareth	Bishop	M	Open	5K		0:49:38
10	443	Sara	Shiel	F	Open	5K		0:50:11
11	433	Angela	Maynard	F	Open	5K		0:50:19
12	442	Beverley	Sheard	F	V45	5K	Ogmore Phoenix Runners	0:51:05
13	403	Katie	Alexander	F	Open	5K		0:51:44
14	409	Alex	Buday	M	Open	5K		0:51:54
15	451	Natalie	Vicary	F	V45	5K		0:52:17
16	408	Lisa	Brinkworth-Tandy	F	Open	5K	She Runs Cardiff	0:53:19
17	447	Lorna	Thurston	F	V45	5K	Run Newport	0:53:49
18	452	Sue	Wiltshire	F	V45	5K	Newport Female Runners  Network	0:53:58
19	426	Leah	Jones	F	Open	5K		0:54:28
20	448	Emma	Tonner	F	V45	5K	NFRN	0:54:37
21	423	Ffion	John	F	Open	5K		0:55:31
22	412	Fay	Church	F	Open	5K		0:55:39
23	419	Rachel	Haigh	F	V45	5K	She Runs Cardiff	0:57:28
24	440	Martyn	Carey	M	Open	5K		0:58:26
25	411	Helen	Carey	F	Open	5K		0:58:34
26	444	Charlotte	Smith	F	V45	5K		0:59:51
27	401	Mandy	Adams	F	V45	5K	She runs cardiff	1:00:47
28	418	Sarah	Garland	F	V45	5K		1:03:31
29	414	Wendy	Cotter	F	V45	5K		1:03:32

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
30	431	Kathryn	Lusty	F	Open	5K		1:03:35
31	421	Tina	Hughes	F	V45	5K	Llantwit Fardre Ladies Running pub	1:04:09
=32	439	Katrina	Powell	F	V45	5K	Llantwit Fardre Ladies running club	1:04:11
=32	410	Lynfa	Caddy	F	V45	5K	Llantwit Fardre Ladies Running Club	1:04:11
34	427	Alysha	Kaler	F	Open	5K		1:06:46
35	417	Emily	Dingley	F	Open	5K		1:07:47
36	425	Debbie	Jones	F	V45	5K	Llantwit Fardre Ladies Running Club	1:08:03
37	449	Helen	Underwood	F	V45	5K		1:08:05
38	404	Catherine	Bain	F	V45	5K	Pencoed Panthers	1:09:21
39	438	Jonathan	Powell	M	Open	5K		1:10:42
40	437	Georgia	Powell	F	Open	5K		1:11:09
41	415	Rebecca	Davies	F	Open	5K	She Runs:Cardiff	1:13:10
42	400	Kathryn	Adams	F	V45	5K		1:13:27
43	429	Ceri	Lloyd	F	V45	5K	Llantwit Fardre Ladies Running Club	1:13:37
44	405	Christine	Binding	F	V45	5K	Llantwit Fardre Ladies Running Club	1:18:17
45	441	Mandy	Sharp	F	V45	5K		1:18:56
#	406	Paul	Bird	M	V45	5K		rtd at Finish
#	450	Richard	Veale	M	Open	5K		rtd at Finish