

Machen Trail Races 2023 Results (25/11/2023)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	648	Dan	Lavis	M	Open	Half Marathon		1:45:57
2	655	Tom	McCarthy	M	Open	Half Marathon	Pontypridd Roadents AC	1:46:00
3	645	Alex	Lambert	M	Open	Half Marathon	Bristol & District Triathletes (Bad Tri)	1:55:21
4	697	Callum	Richards	M	Open	Half Marathon		2:00:51
5	735	John	Tierney	M	Open	Half Marathon	Stroud & District AC	2:01:57
6	602	James	Farrant	M	Open	Half Marathon	Dragon Tri	2:03:17
7	608	Calum	Forster	M	Open	Half Marathon		2:03:25
8	586	Katie	Beecher	F	Open	Half Marathon		2:03:52
9	694	Phil	Read	M	V45	Half Marathon	Mynyddwyr De Cymru (MDC)	2:09:10
10	50	Rosie	McKissock	F	Open	Half Marathon	Caerphilly Triers	2:09:30
11	592	Rhos	Davies	M	Open	Half Marathon		2:13:25
12	734	Stuart	Banks	M	Open	Half Marathon		2:15:50
13	615	Blair	Gordan	M	Open	Half Marathon		2:15:52
14	636	Dafydd	Jones	M	Open	Half Marathon		2:16:02
15	642	Joel	Knott	M	Open	Half Marathon		2:16:04
16	651	Owen	Lewis	M	Open	Half Marathon		2:16:18
17	634	Rob	Joles	M	Open	Half Marathon		2:17:10
18	673	Robert	Neville	M	V45	Half Marathon		2:17:12
19	617	Tom	Greenslade	M	Open	Half Marathon		2:17:39
20	670	Lucy leworthy	Muton-phillips	F	Open	Half Marathon		2:17:50
21	609	Conor	Forster	M	Open	Half Marathon		2:20:22
22	630	Jon	Byford	M	V45	Half Marathon		2:21:02
23	733	Adrian	Thomas	M	Open	Half Marathon	Caerphilly Triers	2:22:27
24	588	David	Davies	M	Open	Half Marathon		2:22:28
25	610	Darren	Forster	M	V45	Half Marathon		2:22:57
26	686	Rhiannon	Perryment	F	V45	Half Marathon	Basingstoke & Mid Hants AC	2:23:18
27	671	Fraser	Neal	M	Open	Half Marathon		2:23:21
28	553	Edward	Andrews	M	Open	Half Marathon		2:23:32
29	582	Chris	Cook	M	V45	Half Marathon		2:25:49

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
30	612	Barney	Frost	M	Open	Half Marathon		2:25:59
31	744	Wilf	Ward	M	Open	Half Marathon		2:26:03
32	707	Alice	Saltmarsh	F	Open	Half Marathon	Stroud & District AC	2:26:59
33	554	Charlotte	Arnold	F	V45	Half Marathon	Stroud & District AC	2:27:02
34	738	Rachael	Tyers	F	V45	Half Marathon		2:27:56
35	747	Chris	Webb	M	Open	Half Marathon		2:28:04
36	657	Andy	McIntyre	M	V45	Half Marathon	Hengoed Harriers	2:28:13
37	626	Charles	Holden	M	Open	Half Marathon		2:28:42
38	577	John	Carroll	M	V45	Half Marathon	Pontypridd Roadents AC	2:29:23
39	591	Luke	Davies	M	Open	Half Marathon		2:30:19
40	569	Ryan	Brain	M	Open	Half Marathon		2:30:22
41	683	Helen	Passant	F	V45	Half Marathon		2:30:33
42	628	Hugh	Irwin	M	V45	Half Marathon		2:30:55
43	676	Charles	Noblet	M	V45	Half Marathon		2:31:27
44	563	Huw	Morgan	M	Open	Half Marathon		2:31:29
45	625	Barney	Hodgson	M	Open	Half Marathon		2:31:39
46	604	Alex	Fisher	M	Open	Half Marathon		2:32:05
47	662	Gavin	Morgan	M	Open	Half Marathon	Lliswerry Runners	2:32:50
48	654	Chris	Matthews	M	Open	Half Marathon	N/A	2:34:26
49	729	David	Tanner	M	Open	Half Marathon		2:34:47
50	590	Liam	Davies	M	Open	Half Marathon		2:34:48
51	605	Mike	Fletcher	M	Open	Half Marathon		2:34:50
52	632	Lloyd	Jenkins	M	Open	Half Marathon		2:35:28
53	666	Jack	Muldoon	M	Open	Half Marathon		2:35:39
54	597	Rachel	Eales	F	Open	Half Marathon		2:38:17
55	614	Leon	Gleed	M	Open	Half Marathon	None	2:38:21
56	668	Hannah	Murch	F	Open	Half Marathon		2:39:02
57	700	Ffion	Roberts	F	Open	Half Marathon	CDF Runners	2:39:18
58	730	Beccy	Tarling	F	Open	Half Marathon		2:39:31
59	731	Megan	Tarling	F	Open	Half Marathon		2:39:33
60	688	Rebecca	Playle	F	V45	Half Marathon	Cardiff Harlequins Trail RC	2:39:43

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
61	589	Hannah	Davies	F	Open	Half Marathon	Cardiff Harlequins RC	2:40:19
62	585	Ben	Cottam	M	V45	Half Marathon	Caerphilly Runners	2:40:59
63	658	Cat	McKenna	F	Open	Half Marathon		2:41:26
64	637	Norman	Jones	M	V45	Half Marathon	Mynddwyr De Cymru	2:41:51
65	580	Michael	Clarke	M	Open	Half Marathon		2:42:02
66	652	Cai	Llewellyn Jones	M	Open	Half Marathon	White Rock Runners	2:44:27
67	741	Alan	Vaughan	M	V45	Half Marathon	White rock runners	2:44:28
68	557	Andy	Baker	M	V45	Half Marathon	Fairwater Runners	2:44:43
69	732	James	Taylor	M	Open	Half Marathon		2:44:59
70	558	Nicola	Baker	F	Open	Half Marathon		2:46:02
71	188	Rebecca	Wilson	F	V45	Half Marathon		2:46:04
72	660	Rita	Barnes	F	Open	Half Marathon		2:46:06
73	721	Ryan	Spencer	M	V45	Half Marathon		2:46:25
74	664	Paul	Morris	M	V45	Half Marathon	Pont-y-pwl & District Runners	2:46:33
75	736	Andrew	Toone	M	Open	Half Marathon		2:46:54
76	647	Christopher	Latham	M	Open	Half Marathon	Islwyn Runners	2:46:59
77	575	George	Butler	M	Open	Half Marathon		2:47:04
78	712	Katie	Single	F	Open	Half Marathon		2:49:13
79	698	Rhodri	Rickard	M	Open	Half Marathon		2:50:08
=80	682	Christopher	Parsons	M	Open	Half Marathon		2:50:22
=80	174	Laura	Williams	F	Open	Half Marathon	Pen y Bont Tri	2:50:22
82	635	Andrew	Jones	M	V45	Half Marathon		2:50:43
83	593	Rob	Davies	M	Open	Half Marathon		2:51:10
84	559	Jamie	Ellison	M	Open	Half Marathon		2:52:55
85	737	Chris	Tucker	M	V45	Half Marathon	Run4All Neath	2:54:49
86	185	Surinder	Williams	F	V45	Half Marathon	Run4all neath	2:54:53
87	607	Gavin	Forrest	M	Open	Half Marathon		2:56:13
88	717	Laurie	Smith	M	Open	Half Marathon		2:56:31
89	714	Hal	Smith	M	Open	Half Marathon		2:56:35
90	690	Nic	Pow	M	V45	Half Marathon	Rhiwbina Runners	2:57:58
91	650	Mark	Lewis	M	V45	Half Marathon	Cardiff Triathletes	2:58:05

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
92	720	Emma	Spears	F	Open	Half Marathon	Girls That Jeff	2:58:08
93	638	Chris	Joseph	M	V45	Half Marathon	Mynyddwyr De Cymru (MDC)	2:58:13
94	639	Sharon	Joseph	F	V45	Half Marathon	Mynyddwyr De Cymru (MDC)	2:58:15
95	631	Lloyd	Jenkins	M	Open	Half Marathon		2:58:22
96	703	Grant	Rogers	M	Open	Half Marathon		2:58:25
97	667	Jim	Mullholland	M	Open	Half Marathon		2:58:29
98	702	Christopher	Rogers	M	Open	Half Marathon		2:58:30
99	555	Mark	Ashton	M	Open	Half Marathon		2:58:32
100	552	Steven	Aicheler	M	V45	Half Marathon		2:59:05
101	571	Zoe	Brocklehurst	F	Open	Half Marathon		2:59:26
102	656	Emily	McElhinney	F	Open	Half Marathon		3:00:49
103	679	Gwyn	Palfrey	M	V45	Half Marathon	Crickhowell running club	3:00:53
104	691	Don	Powell	M	V45	Half Marathon	Basingstoke & Mid Hants AC	3:00:54
105	624	Laura	Hillier	F	Open	Half Marathon		3:01:16
106	565	Alexa	Bishop	F	Open	Half Marathon	Caldicot Running Club	3:02:25
107	699	Beatrice	Roberts	F	Open	Half Marathon		3:03:40
108	723	Will	Spragg	M	Open	Half Marathon		3:03:58
109	561	Will	Beacon	M	Open	Half Marathon		3:04:00
110	727	Alastair	Stewart	M	Open	Half Marathon		3:04:04
111	620	Ryan	Harris	M	Open	Half Marathon		3:04:13
112	711	Jamie	Seekings	M	V45	Half Marathon	Penarth and Dinas Runners	3:07:06
113	621	Robert	Hassell	M	V45	Half Marathon		3:07:07
114	627	Naomi	Hughes	F	Open	Half Marathon		3:08:22
115	618	Zoe	Hall	F	Open	Half Marathon		3:08:23
116	633	Rachel	Johnson	F	Open	Half Marathon		3:09:55
117	689	Emma	Poole	F	V45	Half Marathon	Newent Runners	3:10:38
118	598	Jo	Ellis	F	V45	Half Marathon	Wye Valley Runners	3:10:39
119	740	Liz	Usedon	F	V45	Half Marathon		3:10:41
120	726	Bethan	Stephens	F	Open	Half Marathon		3:11:27
121	613	Tim	Gibson	M	Open	Half Marathon		3:12:57
122	724	Denise	Steer	F	V45	Half Marathon		3:14:15

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
123	675	Diana	Nimcuka	F	Open	Half Marathon		3:14:20
124	669	Shauna	Murphy Collins	F	Open	Half Marathon		3:15:26
125	623	Cailey	Herridge	F	Open	Half Marathon	Llantwit Fardre Ladies Running Club	3:15:43
126	678	Robert	Ollerton	M	V45	Half Marathon	Clwb RunWales	3:15:44
127	739	David	Upton	M	Open	Half Marathon	N/A	3:15:55
128	595	Lucy	Dickson	F	Open	Half Marathon		3:16:20
129	659	Terina	McKenna	F	Open	Half Marathon		3:16:53
130	573	Robin	Bruce	M	V45	Half Marathon	BMHAC	3:17:55
131	587	Charlotte	Croome	F	Open	Half Marathon		3:20:17
132	746	Gudrun	Waters	F	V45	Half Marathon	Sheruns Cardiff	3:21:42
133	596	Natalie	Doherty	F	Open	Half Marathon	Cowbridge Moovers	3:22:13
134	570	Daniel	Brewin	M	Open	Half Marathon		3:22:50
135	722	Amy	Spillane	F	V45	Half Marathon		3:23:28
136	745	Jeni	Warren	F	Open	Half Marathon		3:24:23
137	584	James	Copley	M	Open	Half Marathon		3:28:32
138	725	Gary	Steer	M	V45	Half Marathon		3:31:58
139	197	Matthew	Winter	M	Open	Half Marathon		3:32:25
140	551	Rebecca	Adams-Smith	F	Open	Half Marathon		3:32:49
141	603	Jennifer	Fergus	F	Open	Half Marathon	Team Rees Gym	3:32:56
142	706	Rebecca	Sage	F	V45	Half Marathon		3:33:25
143	674	Claire	Newell	F	V45	Half Marathon	Parc Bryn Bach	3:35:28
144	113	Ian	Wang	M	V45	Half Marathon		3:36:39
145	562	Keren	Beard	F	V45	Half Marathon	Griffithstown Harriers	3:37:26
146	640	Dan	Keen	M	Open	Half Marathon		3:40:26
147	661	Sam	McMahon	M	Open	Half Marathon		3:42:04
148	718	Maddie	Smith	F	Open	Half Marathon	Team Rees Gym	3:44:21
149	629	Andrew	James	M	Open	Half Marathon	RuNNewport	3:44:23
150	594	Joanne	Dendle	F	V45	Half Marathon	Pontyclun Road Runners	3:50:07
151	701	Caroline	Robson	F	Open	Half Marathon	Presteigne Pacers	3:55:02
152	743	Nick	Walshe	F	V45	Half Marathon	BMHAC	3:57:29
153	646	Menna	Langfod	F	V45	Half Marathon	Clwb Run wales	3:57:49

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154	693	Kelly	Proud	F	V45	Half Marathon		3:57:50
155	687	Ella	Phillips	F	Open	Half Marathon		4:06:08
156	653	Anna	Madeley	F	Open	Half Marathon		4:46:54
157	100	Lucy	Rees	F	Open	Half Marathon		5:07:11
158	208	HsiaoYun	Yang	F	Open	Half Marathon	She Runs Cardiff	5:27:21
#	568	Jane	Bradbury	F	V45	Half Marathon	BMHAC	rtd at Check Point 1
#	574	Ali	Burnett	F	Open	Half Marathon		DNS
#	576	Andrew	Carmichael	M	V45	Half Marathon		DNS
#	600	Anna	Evans	F	Open	Half Marathon		DNS
#	622	Benjamin	Hemmings	M	Open	Half Marathon	Podium Addict	DNS
#	684	Bretti	Paxton	F	Open	Half Marathon	Pontypridd Roadents AC	DNS
#	643	Cem	Kosaner	M	Open	Half Marathon	White Rock Triathletes	DNS
#	708	Chad	Scallan	M	Open	Half Marathon		DNS
#	677	David	O'Brien	M	Open	Half Marathon	Hereford Courieres	DNS
#	583	Elaine	Cooper	F	V45	Half Marathon		DNS
#	685	Emily	Payne	F	V45	Half Marathon		DNS
#	742	Emma	Viant	F	Open	Half Marathon		DNS
#	641	Florence	King	F	Open	Half Marathon	Cardiff Harlequins RC	DNS
#	601	Georgina	Ewer	F	Open	Half Marathon	White Rock	DNS
#	611	Harry	French	M	Open	Half Marathon		DNS
#	572	Harvey	Brown	M	Open	Half Marathon		DNS
#	665	Hugo	Moxley	M	Open	Half Marathon		DNS
#	748	Jacob	White	M	Open	Half Marathon		DNS
#	619	Jane	Hardacre	F	V45	Half Marathon	South West Veterans AC	DNS
#	695	Jane	Rees	F	V45	Half Marathon	Monday movers	DNS
#	566	Jason	Blackmore	M	V45	Half Marathon		DNS
#	749	Jason	Williams	M	V45	Half Marathon		DNS
#	715	John	Smith	M	V45	Half Marathon		DNS
#	616	Jonathan	Graham	M	V45	Half Marathon	Pegasus RC	DNS
#	716	Joshua	Smith	M	Open	Half Marathon	Pontypridd Roadents AC	DNS
#	750	Juli	Williams	F	V45	Half Marathon		DNS

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
#	567	Keran	Boyd	F	Open	Half Marathon		DNS
#	672	Kieran	Needle	M	Open	Half Marathon		DNS
#	709	Kilbey	Scott	M	Open	Half Marathon	Rhiwbina runners	DNS
#	704	Lisa	Rundle	F	V45	Half Marathon	She runs Cardiff	DNS
#	719	Martin	Smith	M	V45	Half Marathon		DNS
#	705	Matthew	Rush	M	V45	Half Marathon		DNS
#	579	Megan	Chick	F	Open	Half Marathon	3M	DNS
#	179	Melanie	Williams	F	Open	Half Marathon		DNS
#	692	Nathan	Priest	M	V45	Half Marathon		DNS
#	696	Nessie	Reid	F	Open	Half Marathon		DNS
#	713	Nick	Sloper	M	V45	Half Marathon	Spirit of Monmouth	DNS
#	578	Philip	Chadwick	M	V45	Half Marathon	Spirit of Monmouth	DNS
#	606	Rachel	Flint	F	Open	Half Marathon	Rhiwbina runners	DNS
#	581	Rebecca	Clements	F	Open	Half Marathon		DNS
#	649	Rebecca	Lees	F	V45	Half Marathon	Hengoed Harriers	DNS
#	556	Robert	Attrill	M	Open	Half Marathon		DNS
#	550	Rupert	A French	M	Open	Half Marathon		DNS
#	564	Russell	Bennett	M	V45	Half Marathon		DNS
#	681	Sarah	Parry	F	V45	Half Marathon		DNS
#	644	Simon	Lamb	M	V45	Half Marathon	San Dom RC	DNS
#	728	Tom	Stone	M	Open	Half Marathon		DNS
#	710	Tricia	Searle	F	V45	Half Marathon		DNS