

Radyr & Morganstown Trail Races 2023 Results (13/05/2023)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	433	Neale	Denton	M	Open	Trail Half Marathon	CDF Runners	1:54:16
2	436	Sean	Dodington	M	Open	Trail Half Marathon	The Oxwich 4	1:57:59
3	527	George	Tordoff	M	V45	Trail Half Marathon	Cardiff Harlequins RC	2:02:08
4	502	Joseph	Reardon	M	Open	Trail Half Marathon		2:02:36
5	501	Phil	Read	M	V45	Trail Half Marathon	Mynyddwyr De Cymru (MDC)	2:03:24
6	488	Andrew	Mizen	M	Open	Trail Half Marathon		2:06:59
7	432	Paul	Dennison	M	Open	Trail Half Marathon		2:07:05
8	416	Jack	Caunt	M	V45	Trail Half Marathon		2:07:29
9	503	Will	Redmond	M	Open	Trail Half Marathon	Oxwich 4	2:11:35
10	528	Bruan	Treharne	M	V45	Trail Half Marathon	OXWICH 4	2:14:13
11	482	John	Marshall	M	Open	Trail Half Marathon		2:15:05
12	473	Owen	Lewis	M	Open	Trail Half Marathon		2:16:02
13	422	Ben	Coates	M	Open	Trail Half Marathon		2:20:29
14	507	Tim	Revill	M	Open	Trail Half Marathon		2:20:38
15	444	Sam	Fitzpatrick	M	Open	Trail Half Marathon		2:20:40
16	401	Ben	Adams	M	V45	Trail Half Marathon		2:21:14
17	497	Kevin	Perriment	M	Open	Trail Half Marathon		2:21:28
18	469	Samuel	Kidd	M	Open	Trail Half Marathon		2:21:59
19	496	Helen	Passant	F	V45	Trail Half Marathon		2:23:31
20	431	Sion	Davies-Rollinson	M	Open	Trail Half Marathon		2:23:33
21	471	Michael	Launder	M	Open	Trail Half Marathon	Port Talbot Harriers	2:24:43
22	417	Phil	Chadwick	M	V45	Trail Half Marathon	Spirit of Monmouth	2:25:17
=23	476	Cai	Llewellyn Jones	M	Open	Trail Half Marathon	White Rock Runners	2:26:45
=23	466	Kieron	Jones	M	Open	Trail Half Marathon		2:26:45
=25	524	Cassie	Summers	F	Open	Trail Half Marathon	Les Croupiers	2:26:48
=25	472	Henry	Lee	M	Open	Trail Half Marathon	The Oxwich 4	2:26:48
27	548	James	Hutchinson	M	Open	Trail Half Marathon		2:27:01
28	426	Matthew	Cooke	M	Open	Trail Half Marathon		2:27:06
29	494	Thomas	Parker	M	Open	Trail Half Marathon	South Wales Mountaineering	2:27:10

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30	531	Alan	Vaughan	M	V45	Trail Half Marathon	White rock runners	2:27:20
31	456	Samuel	Harmer	M	Open	Trail Half Marathon	Islwyn RC	2:28:24
32	480	Aileen	Lyons	F	Open	Trail Half Marathon	Les Croupiers	2:30:14
33	451	Rob	Gruijters	M	Open	Trail Half Marathon		2:30:15
34	434	Jeremy	Dickson	M	V45	Trail Half Marathon	Lliswerry Runners	2:30:18
35	423	Robert	Coles	M	V45	Trail Half Marathon		2:30:51
36	487	Michael	Miller	M	Open	Trail Half Marathon		2:32:29
37	464	Sam	Jones	M	Open	Trail Half Marathon		2:36:14
38	510	Ffion	Roberts	F	Open	Trail Half Marathon	CDF Runners	2:37:10
39	484	Alan	Matthews	M	V45	Trail Half Marathon	Dragons	2:37:17
40	450	Ellie	Greenwood	F	Open	Trail Half Marathon		2:37:28
41	429	Tomos	Crosse	M	Open	Trail Half Marathon		2:37:34
42	522	James	Stanyer	M	Open	Trail Half Marathon		2:40:22
43	483	Sophia	Mashadi	F	Open	Trail Half Marathon		2:40:27
44	453	David	Hamer	M	V45	Trail Half Marathon	None	2:40:31
45	477	Jonathan	Lloyd Jones	M	Open	Trail Half Marathon	No Club	2:40:32
46	520	Ryan	Spencer	M	V45	Trail Half Marathon		2:42:23
47	515	Nick	Sloper	M	V45	Trail Half Marathon	Spirit of Monmouth	2:42:38
48	409	Andy	Baker	M	V45	Trail Half Marathon	Fairwater Runners Cwmbran	2:44:03
49	455	Hollie	Harmer	F	Open	Trail Half Marathon	Islwyn RC	2:44:06
50	412	Rosie	Bristow	F	V45	Trail Half Marathon		2:49:29
51	424	Joe	Cook	M	Open	Trail Half Marathon	Cardiff Harlequins RC	2:49:48
52	544	Martin Allen	Williams	M	V45	Trail Half Marathon		2:51:38
53	514	Steven	Sleep	M	V45	Trail Half Marathon	Porthcawl Runners	2:57:26
54	405	Elizabeth	Arnold	F	Open	Trail Half Marathon		2:57:54
55	545	Christopher	Woods	M	Open	Trail Half Marathon		2:58:03
56	404	Teresa	Apra Morgan	F	Open	Trail Half Marathon	NA	2:58:11
57	542	Surinder	Williams	F	V45	Trail Half Marathon	Run4all	2:58:14
58	529	Chris	Tucker	M	V45	Trail Half Marathon		2:58:16
59	458	Rhodd	Hughes	F	Open	Trail Half Marathon		2:58:19
60	459	Elin	Hughes	F	Open	Trail Half Marathon		2:58:21

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61	519	Ruth	Spencer	F	V45	Trail Half Marathon		2:58:23
62	419	Emily	Chinn	F	V45	Trail Half Marathon	Lliswerry Runners	2:58:28
63	467	Jo	Jones	F	Open	Trail Half Marathon		3:03:20
64	523	Ellen	Sugden	F	V45	Trail Half Marathon	Pegasus RC	3:03:24
65	491	Lauren	Old	F	Open	Trail Half Marathon	Pegasus RC	3:03:25
66	462	Kate	Jenkins	F	Open	Trail Half Marathon	She runs Cardiff	3:03:32
67	437	Natalie	Doherty	F	Open	Trail Half Marathon	Cowbridge Moovers	3:03:40
68	420	Joseph	Clarke	M	Open	Trail Half Marathon		3:06:50
69	539	Owen	Williams	M	V45	Trail Half Marathon		3:07:02
70	402	Martha	Aldridge	F	Open	Trail Half Marathon		3:07:05
71	446	Peter	Gillibrand	M	Open	Trail Half Marathon	Les Croupiers RC	3:07:07
72	470	Robert	Krzeminski	M	V45	Trail Half Marathon		3:07:09
73	511	Krista	Robinson	F	V45	Trail Half Marathon		3:07:18
74	536	Andy	Weltch	M	V45	Trail Half Marathon		3:07:19
75	403	Juliet	Amner	F	V45	Trail Half Marathon		3:07:22
76	465	Matthew	Jones	M	Open	Trail Half Marathon		3:07:46
77	413	Stephen	Brown	M	Open	Trail Half Marathon		3:07:47
78	517	Rob	Smithson	M	Open	Trail Half Marathon		3:07:49
79	518	Kat	Spencer	F	V45	Trail Half Marathon		3:08:10
80	493	Lydia	Osborne	F	Open	Trail Half Marathon		3:08:16
81	445	Rebecca	Fitzpatrick	F	Open	Trail Half Marathon		3:08:20
82	505	Sam	Redmond	M	Open	Trail Half Marathon		3:10:03
83	474	Cameron	Linney	M	Open	Trail Half Marathon		3:13:54
84	475	Annabel	Linney	F	Open	Trail Half Marathon		3:14:06
85	441	Tony	Evans	M	V45	Trail Half Marathon	N/A	3:15:36
86	509	Chris	Rice	M	V45	Trail Half Marathon	Running Punks	3:16:27
87	508	Nita	Rice	F	V45	Trail Half Marathon	Running Punks	3:16:31
88	443	Catrin	Fenton	F	Open	Trail Half Marathon	Running Punks	3:18:50
89	442	Nicola	Evans	F	V45	Trail Half Marathon		3:18:52
90	460	Niall	Hughes	M	V45	Trail Half Marathon	San Domenico Road RC	3:19:39
91	448	Terri	Gough	F	V45	Trail Half Marathon	Emersons Green Running Club	3:22:22

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92	449	Dan	Gough	M	V45	Trail Half Marathon		3:22:24
93	532	Lee	Vollero	M	V45	Trail Half Marathon		3:22:28
94	457	Matt	Howells	M	V45	Trail Half Marathon		3:24:37
95	485	Simon	McCann	M	V45	Trail Half Marathon	Village Vipers	3:27:21
96	447	Barbara	Gomes	F	Open	Trail Half Marathon	Paul Popham Running Club	3:27:35
97	435	Rowena	Dinham	F	V45	Trail Half Marathon	Llantwit Fardre Ladies RC	3:27:38
98	407	Cathy	Bailey	F	Open	Trail Half Marathon		3:27:40
99	410	Leigh	Besley	M	Open	Trail Half Marathon	Paul popham running club	3:27:50
100	500	Rachael	Williams	F	V45	Trail Half Marathon	Llantwit Ladies Running Club	3:27:57
101	549	George	Wright	M	Open	Trail Half Marathon		3:29:54
102	481	Beckie	Maher	F	Open	Trail Half Marathon		3:30:48
103	479	Bethan	Long	F	V45	Trail Half Marathon		3:30:51
104	538	Kate	White	F	V45	Trail Half Marathon	Paul Popham Running Club	3:35:07
105	546	Angharad	Woozley	F	Open	Trail Half Marathon	Paul Popham running club	3:35:16
106	492	Jodie	Olson	F	Open	Trail Half Marathon	She Runs: Cardiff	3:36:40
107	530	Rita	Vassallo	F	V45	Trail Half Marathon	Les Croupiers RC	3:36:46
108	438	Camilla	Edlin	F	V45	Trail Half Marathon	Cardiff canicross	3:38:45
109	499	Claire	Pilcher	F	Open	Trail Half Marathon	She runs	3:46:58
110	543	Karen	Williams	F	V45	Trail Half Marathon	She Runs Cardiff	3:47:00
111	411	Lisa	Brinkworth-Tandy	F	Open	Trail Half Marathon		3:47:03
112	537	Alex	Wendland	M	Open	Trail Half Marathon		3:47:07
113	547	Ji Hyung	Yi	F	Open	Trail Half Marathon		3:47:09
114	461	Andrew	James	M	Open	Trail Half Marathon	RuNNewport	3:56:04
115	421	Lisa	Clayton	F	V45	Trail Half Marathon		3:59:24
116	454	Jeni	Hamilton	F	Open	Trail Half Marathon		3:59:26
117	439	Katja	Empson	F	V45	Trail Half Marathon		3:59:47
118	489	Eve	Montgomerie	F	Open	Trail Half Marathon		4:05:21
119	440	Carly	Evans	F	Open	Trail Half Marathon		4:13:32
120	408	Lisa	Baker	F	V45	Trail Half Marathon		4:13:35
121	490	Tracey	Newman	F	V45	Trail Half Marathon	Clwb Run Wales	4:25:16
122	452	Jo	Gwynne	F	V45	Trail Half Marathon	Pontypridd Roadents AC	4:33:56

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123	415	Fiona	Campbell	F	V45	Trail Half Marathon	Pontypridd Roadents AC	4:33:59
124	512	Ross A	Scott	M	Open	Trail Half Marathon		5:20:44
125	534	Kelly	Walker	F	Open	Trail Half Marathon		5:23:27
126	533	Michael	Walker	M	V45	Trail Half Marathon		5:23:29
#	521	Arathi	Sriprakash	F	Open	Trail Half Marathon		rtd at Finish