

Caerphilly Trail Races 2023 Results (19/02/2023)

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	365	Tracey	Creedon	F	V45	5K Trail		0:39:43
2	368	Christine	Farr	F	V45	5K Trail	Mynyddwyr De Cymru (MDC)	0:40:21
3	375	Neil	Harrison	M	Open	5K Trail		0:40:44
4	377	Gavin	Holmes	M	Open	5K Trail		0:43:01
5	390	Joshua	Stevenson-Hoare	M	Open	5K Trail		0:43:14
6	356	Dave	Bratley	M	V45	5K Trail		0:44:01
7	374	Iago	Harris	M	Open	5K Trail		0:44:59
8	376	Cailey	Herridge	F	Open	5K Trail		0:45:10
9	379	Chris	James	M	V45	5K Trail		0:45:32
10	372	Paul julian	Gray	M	V45	5K Trail		0:46:04
11	371	Alice	Lovett	F	Open	5K Trail		0:46:08
12	357	Lisa	Brinkworth-Tandy	F	Open	5K Trail	Clwb run wales	0:46:44
13	352	Martha	Aldridge	F	Open	5K Trail		0:47:16
14	293	Wendy	Salter	F	V45	5K Trail	Cardiff Harlequins RC	0:51:22
15	391	Natalie	Vicary	F	V45	5K Trail	Sherunscardiff	0:56:19
16	354	Stephen	Blake	M	V45	5K Trail	Pegasus RC	0:56:24
17	361	Michelle	Carolan	F	Open	5K Trail	Clwb Run Wales	0:56:31
18	358	Nadia	Brown	F	Open	5K Trail		0:56:35
19	339	Carys	Williams	F	Open	5K Trail		0:56:55
20	362	Sandra	Caveney	F	V45	5K Trail	Les Croupiers	0:59:58
=21	385	Mal	Rowson	F	V45	5K Trail	Les Croupiers	1:00:24
=21	373	Susie	Gurner	F	Open	5K Trail	Les Croupiers	1:00:24
23	366	Rebecca	Davies	F	Open	5K Trail	She Runs Cardiff	1:00:56
24	370	Mairead	Gallagher Morgan	M	Open	5K Trail		1:03:33
25	367	Emily	Evans	F	Open	5K Trail		1:03:34
26	351	Mandy	Adams	F	V45	5K Trail	Sherunscardiff	1:04:31
27	384	Ruth	Roberts	F	Open	5K Trail	CDF runners	1:12:35
=28	388	Charlotte	Simpson	F	V45	5K Trail	CDF Runners	1:12:36
=28	387	Tricia	Searle	F	V45	5K Trail	Cardiff Harlequins RC	1:12:36

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
30	386	Louise	Searle	F	Open	5K Trail	She runs Cardiff	1:12:54