

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

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
1	235	Stuart	Lewis	M	Open	10K Trail		0:51:58
2	338	Harvey	White	M	Open	10K Trail		0:52:12
3	318	Owen	Thomas	M	Open	10K Trail	Aberdare Valley Amateur AC	0:52:24
4	205	Jonathan	James	M	V45	10K Trail	Run4All Neath	0:57:39
5	173	Sam	Davies	M	Open	10K Trail	Cardiff Triathlon Club	0:57:42
6	211	Andrew	Jones	M	Open	10K Trail		0:57:48
7	285	Phil	Read	M	V45	10K Trail	Mynyddwyr De Cymru (MDC)	0:57:59
8	88	Jonathan	Barnes	M	Open	10K Trail	Pontypridd Roadents AC	0:58:36
9	298	John	Seaward	M	Open	10K Trail	Caerphilly Runners	0:58:48
10	192	Ted	Harding-Brown	M	Open	10K Trail		1:00:04
11	345	Jack	Wilson	M	Open	10K Trail		1:01:09
12	204	Kieran	Hydes	M	Open	10K Trail		1:02:19
13	150	Jonathan	Campbell	M	Open	10K Trail		1:02:53
14	313	Cheryl	Tanner	F	Open	10K Trail	Run4all	1:03:48
15	245	Andy	McIntyre	M	V45	10K Trail	Hengoed Harriers	1:03:50
16	320	Bryan	Tonkin	M	V45	10K Trail		1:04:21
17	288	Mattia	Reiniger	M	Open	10K Trail		1:07:18
18	203	Vaughan	Hughes	M	Open	10K Trail	Run4AllNeath	1:07:21
19	218	Sam	Jones	M	Open	10K Trail		1:07:41
20	334	Alex	Wedlake	M	Open	10K Trail		1:07:51
21	311	Naomi	Sutton	F	Open	10K Trail	Run4All Neath	1:07:57
22	304	Derek	Spear	M	V45	10K Trail	Run4All Neath	1:08:04
23	346	Marnie	Winter-Burke	F	Open	10K Trail		1:08:30
24	142	Joanna	Bryan-Smith	F	Open	10K Trail		1:08:46
25	265	Thomas	Parker	M	Open	10K Trail	South Wales Mountaineering	1:08:55
26	312	Ruth	Sutton	F	V45	10K Trail	Pontypridd Roadents AC	1:09:14
27	316	Stephen	Teague	M	V45	10K Trail		1:09:26
28	340	Gary	Williams	M	V45	10K Trail	Caerphilly Triers	1:10:26
29	171	Adrian	Davies	M	Open	10K Trail	Hard Lines	1:10:31

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
30	131	Camilla	Brueton	F	V45	10K Trail	SWOC	1:10:40
31	227	Rob	Kinsey	M	V45	10K Trail		1:11:18
32	328	Shaun	Walker	M	Open	10K Trail		1:11:36
33	308	Duncan	Stuart	M	V45	10K Trail		1:11:47
34	182	Cerys	Evans	F	Open	10K Trail		1:11:58
35	220	Tiffany	Jones	F	Open	10K Trail	Run4all Neath	1:12:03
36	247	Rachel	Millar	F	Open	10K Trail		1:12:13
37	326	Alan	Vaughan	M	Open	10K Trail		1:12:28
38	226	Joe	Kinsey	M	Open	10K Trail		1:12:47
39	166	Elaine	Cooper	F	V45	10K Trail		1:13:00
40	262	Alp	Notghi	M	Open	10K Trail		1:13:05
41	238	Hugh	Mackenzie	M	Open	10K Trail		1:13:09
42	196	Robert	Hartshorn	M	V45	10K Trail		1:13:10
=43	190	Jason	Garrahan	M	V45	10K Trail		1:13:28
=43	243	Simon	Marks	M	V45	10K Trail	Merthyr Running Club	1:13:28
45	229	Kwok	Lee	M	V45	10K Trail	Run4All Neath	1:13:32
46	206	Edward	Jenkins	M	V45	10K Trail		1:13:35
47	210	Andrew	Jones	M	Open	10K Trail		1:13:37
48	281	Rebecca	Playle	F	V45	10K Trail	Cardiff Harlequins	1:14:22
49	248	Rodríguez	Mónica	F	Open	10K Trail	Run4Allneath	1:14:37
50	64	Marnee	Baker	F	V45	10K Trail		1:14:44
51	322	Chris	Tucker	M	V45	10K Trail		1:14:45
52	266	Sarah	Parry	F	V45	10K Trail	She Runs Cardiff	1:15:19
53	233	Cai	Llewellyn Jones	M	Open	10K Trail	White Rock Runners	1:17:13
54	306	Luke	Stephens	M	Open	10K Trail	CDF Runners	1:17:23
55	325	Jenny	Tyler	F	Open	10K Trail		1:17:28
=56	187	David	Franklin	M	Open	10K Trail		1:17:29
=56	239	Simon	Maksimovic	M	Open	10K Trail		1:17:29
58	303	Neil	Smith	M	Open	10K Trail		1:17:36
59	161	Stephen	Casburn	M	Open	10K Trail		1:17:53
60	282	Tom	Potter	M	Open	10K Trail		1:17:58

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
61	193	Stephen	Hardisty	M	Open	10K Trail		1:18:50
62	350	Richard	Wyatt	M	V45	10K Trail	Emersons Green	1:19:15
63	168	Matthew	Curtis	M	Open	10K Trail		1:19:22
64	216	Luned	Jones	F	Open	10K Trail		1:19:30
65	202	Matthew	Hudson	M	Open	10K Trail		1:19:34
=66	321	Amber	Try	F	Open	10K Trail		1:19:55
=66	329	Sophie	Walpole	F	Open	10K Trail		1:19:55
68	158	Dean	Carter	M	Open	10K Trail	Team Rees runners	1:20:10
69	331	Michael	Walters	M	Open	10K Trail		1:20:24
70	56	Anya	Baker	F	Open	10K Trail		1:21:00
71	333	Emily	Webb	F	Open	10K Trail	Pontyclun road runners	1:21:01
72	181	Robert	Ellis	M	V45	10K Trail	Caerphilly Runners	1:21:05
73	242	Henrik	Mansfield	M	Open	10K Trail		1:21:12
74	270	Jon	Pearn	M	V45	10K Trail	RUN4ALL NEATH	1:21:35
75	289	Beatrice	Roberts	F	Open	10K Trail	Cardiff Harlequins	1:21:43
76	264	Grace	Packard	F	Open	10K Trail		1:21:45
77	93	Sean	Barry	M	Open	10K Trail		1:21:46
78	319	Si♦n	Thomas	F	V45	10K Trail		1:21:50
79	268	Grace	Patterson	F	Open	10K Trail		1:22:01
80	300	Nicholas	Sloper	M	V45	10K Trail	Spirit of Monmouth	1:22:16
81	307	Dave	Street	M	V45	10K Trail		1:22:26
82	194	Natalie	Harper	F	Open	10K Trail	Chorlton runners	1:23:14
83	224	Daniel	Kellar	M	Open	10K Trail		1:23:46
84	180	Cheryl	Eldridge	F	Open	10K Trail		1:23:54
85	130	Daniel	Brooks	M	Open	10K Trail		1:24:00
=86	295	Laura	Scale	M	V45	10K Trail		1:25:52
=86	186	Rebecca	Fitzpatrick	F	Open	10K Trail		1:25:52
88	299	Amanda	Sharp	F	V45	10K Trail	Lliswerry Runners	1:26:03
89	271	Cari	Pellard	F	Open	10K Trail		1:26:11
=90	178	Lauren	Eales	F	Open	10K Trail		1:26:25
=90	292	Thomas	Rutter	M	Open	10K Trail		1:26:25

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
92	189	Annabel	Gammampila	F	Open	10K Trail		1:26:32
93	237	Lucy	Lupton	F	Open	10K Trail		1:26:47
94	269	Christopher	Pearce-Webb	M	V45	10K Trail	None	1:27:40
=95	309	Ellen	Sugden	F	V45	10K Trail	Pegasus RC	1:27:41
=95	263	Lauren	Old	F	Open	10K Trail	Pegasus RC	1:27:41
97	214	Jason	Jones	M	V45	10K Trail		1:27:56
98	207	Katherine	Jenkins	F	Open	10K Trail		1:28:36
99	81	Hilary	Barnes	F	Open	10K Trail		1:28:55
100	253	Helen	Morton	F	Open	10K Trail		1:29:16
101	330	Lyndsey	Walsh	F	Open	10K Trail		1:29:36
=102	97	Dave	Bingham	M	Open	10K Trail		1:29:48
=102	305	Kelly	Stansbury	F	Open	10K Trail		1:29:48
104	291	Krista	Robinson	F	V45	10K Trail		1:29:58
105	336	Andy	Weltch	M	V45	10K Trail		1:29:59
106	240	Donna	Mallett	F	Open	10K Trail		1:30:31
107	332	Amy	Watkins	F	Open	10K Trail		1:30:50
108	252	Sian	Morgan	F	Open	10K Trail	She Runs Cardiff	1:31:14
109	348	Lorna	Wood	F	Open	10K Trail	SheRuns Cardiff	1:31:15
110	349	Ellen	Wood-White	F	V45	10K Trail		1:31:16
111	177	Fiona	Eagle	F	V45	10K Trail	Run4all Neath	1:32:56
112	274	Katherine	Penny	F	V45	10K Trail		1:32:58
113	251	Jon	Morgan	M	V45	10K Trail	Les Croupiers	1:33:21
114	335	Tim	Weigold	M	Open	10K Trail		1:33:57
115	347	Anna	Wood	F	V45	10K Trail		1:34:09
116	165	Chris	Cooper	M	V45	10K Trail		1:34:22
=117	191	Gabriella	Green	F	V45	10K Trail	Les croupiers	1:34:34
=117	201	Joanna	Hopkins	F	Open	10K Trail		1:34:34
119	23	Jodie	Ashdown	F	Open	10K Trail		1:35:07
120	230	Lisa	Lee	F	V45	10K Trail	Sheruns	1:35:08
121	183	Lucy	Evans	F	Open	10K Trail		1:35:47
122	310	Mcmail	Susan	F	V45	10K Trail		1:36:00

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
=123	327	Emma	Viant	F	Open	10K Trail		1:36:03
=123	236	John	Lowe	M	V45	10K Trail	Merthyr tri club	1:36:03
125	148	Alex	Burgoyne	F	Open	10K Trail		1:36:14
126	257	Katie	Navoa	F	Open	10K Trail		1:36:28
127	167	Cheryl	Cross	F	V45	10K Trail	Parc Bryn Bach RC	1:36:35
128	249	Carwyn	Morgan	M	Open	10K Trail		1:36:36
129	259	Nathan	Nicholls	M	Open	10K Trail		1:37:01
130	213	Hannah	Jones	F	Open	10K Trail		1:37:02
131	241	Sheree	Mann	F	V45	10K Trail	Fairwater runners Cwmbran	1:37:05
132	244	Kali	Mason	F	Open	10K Trail		1:37:16
133	147	Ted	Bumford	M	V45	10K Trail		1:37:19
134	225	Jess	Kingston	F	Open	10K Trail		1:37:33
135	164	Richard	Coombs	M	V45	10K Trail	Chargers	1:38:01
136	175	Rowena	Dinham	F	V45	10K Trail	Llantwit Fardre Ladies RC	1:38:08
137	344	Rachael	Williams	F	V45	10K Trail	Llantwit Fardre Ladies	1:38:16
138	317	Gemma	Thomas	F	Open	10K Trail		1:38:20
139	200	Connor	Holyday	M	Open	10K Trail		1:38:23
140	246	Christina	McMullen	F	V45	10K Trail		1:38:30
141	260	Victoria	Nicholls	F	Open	10K Trail	Lonely Goat RC	1:38:37
142	302	Maddie	Smith	F	Open	10K Trail	Team Rees Gym	1:38:38
=143	184	Jennifer	Fergus-Burns	F	Open	10K Trail		1:38:39
=143	283	Rachel	Poulson	F	V45	10K Trail		1:38:39
145	212	Debbie	Jones	F	V45	10K Trail	Merthyr Tri Club	1:38:45
146	324	Louise	Tuson	F	V45	10K Trail		1:39:02
=147	301	Karen	Smith	F	V45	10K Trail	Merthyr Running Club	1:39:56
=147	296	Matthew	Scarratt	M	V45	10K Trail		1:39:56
149	105	Lily	Blank	F	Open	10K Trail	She Runs Cardiff	1:40:47
150	287	Aivi	Reimets	F	Open	10K Trail	She Runs	1:41:01
151	275	Rhys	Phillips	M	Open	10K Trail		1:41:05
152	343	Lynne	Williams	F	V45	10K Trail		1:41:15
153	223	Evans	Julie	F	Open	10K Trail	Merthyr tri club	1:41:53

Position	No.	First name	Surname	Gender	Age Cat.	Course	Club	Time
154	198	Anita	Herbert	F	V45	10K Trail		1:41:54
155	28	Yasmin	Bailey	F	Open	10K Trail		1:41:55
156	68	Bruce	Barnes	M	Open	10K Trail		1:42:10
157	337	Louise	Wharton	F	V45	10K Trail		1:43:25
158	286	Allan	Rees	M	Open	10K Trail		1:48:32
159	258	Stephen	New	M	V45	10K Trail	Hengoed Harriers	1:48:38
160	172	Gareth	Davies	M	Open	10K Trail		1:48:49
161	323	Arthur	Turner	M	V45	10K Trail		1:50:01
=162	297	Amy	Sealey	F	Open	10K Trail		1:50:28
=162	290	Eleanor	Roberts	F	Open	10K Trail		1:50:28
164	217	Mandy	Jones	F	V45	10K Trail		1:51:27
165	228	Jackie	Layton	F	V45	10K Trail		1:51:34
166	95	Darren	Bellamy	M	V45	10K Trail		1:51:41
167	162	Becci	Clements	F	Open	10K Trail	CDF Runners	1:52:16
168	342	Kat	Williams	F	Open	10K Trail	She Runs Cardiff	1:52:29
169	261	Hayley	Norris	F	V45	10K Trail		1:52:53
170	176	Ele	Drewett	F	Open	10K Trail	She runs Cardiff	1:53:07
171	278	Claire	Pilcher	F	Open	10K Trail		1:53:25
172	341	Karen	Williams	F	V45	10K Trail	She runs Cardiff	2:20:41
173	46	Catherine	Bain	F	V45	10K Trail		2:20:42
174	199	David	Hill	M	Open	10K Trail		2:20:44
175	209	Alison	Jones	F	V45	10K Trail		2:20:51
176	195	Anita	Harris	F	V45	10K Trail	Moti Albany Road	2:22:50
#	272	Heather	Pells	F	V45	10K Trail	CDF	rtd at Finish