

Reverse 10 2024

Overall Results Reverse 10

Place	Bib	Name	Gen	Category	Gen.P	Cat.P	Club	Gun	Chip
Reverse 10									
1.	1321	Jacob Tasker	M	Senior Men	1	1	Ogmore Phoenix Runners	52:45	52:45
2.	1114	Andy Gardiner	M	Senior Men	2	2	San Domenico Road RC	57:21	57:21
3.	1357	Dane Williams	M	Senior Men	3	3	Parc Bryn Bach RC	58:18	58:17
4.	1243	Martyn Ogrady	M	V40 Men	4	1	Neath Harriers	58:52	58:52
5.	1159	Huw Hudson	M	Senior Men	5	4	Penarth and Dinas Runners	59:46	59:45
6.	1257	Gavin Patterson	M	V40 Men	6	2	Parc Bryn Bach RC	1:01:30	1:01:29
7.	1368	Rhys Williams	M	Senior Men	7	5	The PT Room	1:01:31	1:01:31
8.	1373	Henry Wright	M	V40 Men	8	3	White Rock Runners	1:01:44	1:01:43
9.	1341	Tom Wade	M	Senior Men	9	6	Parc Bryn Bach RC	1:01:50	1:01:49
10.	1251	Jamie Parry	M	Senior Men	10	7		1:02:24	1:02:23
11.	1195	Jamie Lewis	M	Senior Men	11	8	Port Talbot Harriers	1:02:42	1:02:39
12.	1371	Thomas Williams	M	Senior Men	12	9	Tri Hard Harriers	1:03:08	1:03:05
13.	1103	Emily Fell	F	Senior Women	1	1	CDF Runners	1:03:26	1:03:24
14.	1345	Kristian Walters	M	V40 Men	13	4	Merthyr Triathlon Club	1:04:08	1:04:06
15.	1232	Paul Morton	M	V40 Men	14	5	Les Croupiers RC	1:04:33	1:04:32
16.	1276	Daniel Price	M	Senior Men	15	10	Parc Bryn Bach RC	1:04:38	1:04:36
17.	1259	Andy Pearce	M	V50 Men	16	1	Penarth and Dinas Runners	1:05:02	1:05:00
18.	1310	Roddy Stark	M	Senior Men	17	11	CDF Runners	1:05:49	1:05:46
19.	1135	Christopher Handley	M	V50 Men	18	2	Merthyr Triathlon Club	1:05:55	1:05:54
20.	1101	Luigi Federici	M	Senior Men	19	12	Penarth and Dinas Runners	1:06:09	1:06:07
21.	1035	Mark Carter	M	V50 Men	20	3	Penarth and Dinas Runners	1:06:38	1:06:35
22.	1188	Phil Lee	M	V40 Men	21	6	Lliswerry Runners	1:06:43	1:06:42
23.	1248	Ross Owen	M	Senior Men	22	13	Rhondda Valley Runners	1:07:10	1:07:06
24.	633	Stuart Allen	M	V50 Men	23	4	Penarth and Dinas Runners	1:07:13	1:07:10
25.	1299	John Seaward	M	Senior Men	24	14	Caerphilly Runners	1:07:20	1:07:18
26.	1304	Chris Silvester	M	V40 Men	25	7	Vegan Runners UK	1:07:23	1:07:14
27.	767	Jonathan Anstee	M	U23 Men	26	1	CDF Runners	1:08:02	1:07:59
28.	1072	Paul Deaton	M	V50 Men	27	5	Penarth and Dinas Runners	1:08:10	1:08:08
29.	1046	Karl Coughlin	M	V40 Men	28	8	Parc Bryn Bach RC	1:08:15	1:08:14
30.	1105	Jamie Fenaroli	M	Senior Men	29	15	Aberdare Valley Amateur AC	1:08:21	1:08:18
31.	1082	Steven Duggan	M	V40 Men	30	9	Parc Bryn Bach RC	1:08:24	1:08:23
32.	1106	Ross Flanigan	M	V50 Men	31	6	Penarth and Dinas Runners	1:08:25	1:08:23
33.	1090	William Edwards	M	V50 Men	32	7	Porthcawl Runners	1:08:36	1:08:33
34.	1185	Kit Lambert	M	V40 Men	33	10	Penarth and Dinas Runners	1:08:44	1:08:42
35.	1157	Sarah Howard	F	Senior Women	2	2	Port Talbot Harriers	1:09:14	1:09:11
36.	1070	Shawn Davies	M	V40 Men	34	11	Rhondda Valley Runners	1:09:22	1:09:18
37.	1034	Richard Carr	M	V40 Men	35	12	Run Grangetown	1:09:28	1:09:13
38.	1303	Luc Shide	M	Senior Men	36	16	Caerphilly Runners	1:09:57	1:09:55
39.	1189	Sharon Leech	F	V45 Women	3	1	Swansea Harriers AC	1:10:19	1:10:17
40.	1353	Phil White	M	V50 Men	37	8	Vegan Runners UK	1:10:39	1:10:32
41.	1102	Carl Feiven	M	V40 Men	38	13	Cornelly Striders	1:10:43	1:10:29
42.	832	Rachael Baralos	F	V35 Women	4	1	Caerphilly Runners	1:11:04	1:10:58
43.	1244	Haydn O'Reilly	M	V40 Men	39	14	Builth & District RC	1:11:25	1:11:24
44.	1178	Randal Jones	M	V60 Men	40	1	Lliswerry Runners	1:11:27	1:11:25
45.	837	Catherine Barker	F	V45 Women	5	2	Penarth and Dinas Runners	1:11:34	1:11:30
46.	1038	Ian Clark	M	V50 Men	41	9	Aberdare Valley Amateur AC	1:11:48	1:11:44
47.	919	Christian Bold	M	Senior Men	42	17	Porthcawl Runners	1:11:54	1:11:40
48.	1196	Jason Lewis	M	V40 Men	43	15	Parc Bryn Bach RC	1:12:05	1:12:04
49.	1193	Elin Lewis	F	Senior Women	6	3	Caerphilly Runners	1:12:08	1:12:01

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50.	1153	Steve Holderness	M	V50 Men	44	10	Rhondda Valley Runners	1:12:16	1:12:11
51.	1326	Craig Thomas	M	V40 Men	45	16	Caerphilly Runners	1:12:24	1:12:20
52.	1226	Edward Morgan	M	V60 Men	46	2	Taff Ely Triathlon Club	1:12:40	1:12:38
53.	1308	Nick Spiller	M	V40 Men	47	17		1:13:02	1:12:57
54.	1031	David Calvert	M	Senior Men	48	18	Rhondda Valley Runners	1:13:13	1:13:09
55.	1109	Roger Freeman	M	V40 Men	49	18	Parc Bryn Bach RC	1:13:19	1:13:18
56.	1354	Anna Williams	F	V35 Women	7	2	Caerphilly Runners	1:13:44	1:13:38
57.	1099	Richard Everett	M	Senior Men	50	19	Aberdare Valley Amateur AC	1:13:56	1:13:52
58.	1203	Cai Llewellyn Jones	M	Senior Men	51	20	White Rock Runners	1:14:05	1:13:42
59.	1154	James Hole	M	Senior Men	52	21	Tri Hard Harriers	1:14:09	1:14:04
60.	1199	Scott Lewis	M	Senior Men	53	22	Albany Road Run Club	1:14:33	1:14:24
61.	1024	Richard Burdett	M	Senior Men	54	23	Merthyr Running Club	1:14:41	1:14:38
62.	1058	Dylan Davies	M	Senior Men	55	24	CDF Runners	1:14:59	1:14:50
63.	969	David Brown	M	V50 Men	56	11		1:15:19	1:15:10
64.	1182	Liam Kelly	M	V40 Men	57	19	Penarth and Dinas Runners	1:15:19	1:15:09
65.	1111	Tammy Fry	F	V35 Women	8	3	Caerleon running club	1:15:20	1:15:13
66.	1186	Kelly Langford	F	V35 Women	9	4		1:15:32	1:15:28
67.	1163	Ceri Samuel Irvine	M	V40 Men	58	20	Caerphilly Runners	1:15:35	1:15:28
68.	1107	Michael Foster	M	V70 Men	59	1	Pontypridd Roadents AC	1:15:39	1:15:36
69.	1295	Pablo Sanz Garcia	M	V40 Men	60	21	Penarth and Dinas Runners	1:15:52	1:15:41
70.	1063	Naomi Davies	F	Senior Women	10	4	Caerphilly Runners	1:15:55	1:15:48
71.	1277	Joe Price	M	Senior Men	61	25	Merthyr Triathlon Club	1:16:03	1:15:57
72.	1273	Megan Poulson	F	Senior Women	11	5	San Domenico Road RC	1:16:10	1:16:04
73.	1365	Neil Williams	M	V60 Men	62	3	Taff Ely Triathlon Club	1:16:21	1:16:18
74.	1129	Mark Griffiths	M	V50 Men	63	12	Rhondda Valley Runners	1:16:22	1:16:17
75.	1314	Darren Stevens	M	V50 Men	64	13	Merthyr Running Club	1:16:24	1:16:21
76.	1327	Gareth Thomas	M	Senior Men	65	26	Merthyr Triathlon Club	1:16:28	1:16:26
77.	1132	Richard Haggerty	M	V50 Men	66	14	Caerphilly Runners	1:16:28	1:16:25
78.	1358	James Williams	M	Senior Men	67	27	Parc Bryn Bach RC	1:16:44	1:16:39
79.	1229	Nicholas Morgan	M	V40 Men	68	22	Penarth and Dinas Runners	1:16:52	1:16:43
80.	813	Paul Bagshaw	M	V50 Men	69	15	Merthyr Triathlon Club	1:17:02	1:16:59
81.	1287	Jennifer Roberts	F	V35 Women	12	5	Swansea Harriers AC	1:17:06	1:17:01
82.	1149	David Hills	M	V40 Men	70	23	Swansea Vale Tri	1:17:07	1:17:03
83.	1241	Dean O'Brien	M	V40 Men	71	24	Taff Ely Triathlon Club	1:17:10	1:17:05
84.	1369	Sara Williams	F	V45 Women	13	3	Caerphilly Runners	1:17:11	1:17:03
85.	1230	Sara Morgan	F	V45 Women	14	4	Taff Ely Triathlon Club	1:17:32	1:17:30
86.	1127	Lucy Green	F	Senior Women	15	6	San Domenico Road RC	1:17:32	1:17:27
87.	1218	Peter McDonald	M	Senior Men	72	28	Penarth and Dinas Runners	1:17:58	1:17:49
88.	1227	Greg Morgan	M	V40 Men	73	25	Cornelly Striders	1:18:07	1:17:54
89.	1334	Cory Thompson Leighton	M	U23 Men	74	2	Merthyr Running Club	1:18:08	1:18:02
90.	1329	Kevin Thomas	M	V50 Men	75	16	Neath Harriers	1:18:09	1:18:05
91.	818	Tim Bailey	M	V40 Men	76	26	Risc-A-Tri	1:18:24	1:18:02
92.	1136	Thomas Harding	M	Senior Men	77	29	Pontyclun Road Runners	1:18:31	1:18:20
93.	1208	Graham Mack	M	V60 Men	78	4	Merthyr Running Club	1:18:41	1:18:38
94.	1147	Darren Hill	M	V50 Men	79	17	Taff Ely Triathlon Club	1:18:54	1:18:52
95.	1158	Gareth Howell	M	Senior Men	80	30	Albany Road Run Club	1:18:55	1:18:45
96.	756	Craig Andrews	M	V40 Men	81	27	Risc-A-Tri	1:18:56	1:18:33
97.	1085	Jason Edmonds	M	V50 Men	82	18	Porthcawl Runners	1:19:00	1:18:46
98.	1093	Lucy Entwistle	F	V35 Women	16	6	Penarth and Dinas Runners	1:19:03	1:18:53
99.	1124	Christopher Grant	M	V60 Men	83	5	Caerphilly Runners	1:19:05	1:18:56

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100.	1030	Gideon Calder	M	V50 Men	84	19	Penarth and Dinas Runners	1:19:10	1:18:59
101.	1213	Simon Marks	M	V50 Men	85	20	Merthyr Running Club	1:19:13	1:19:07
102.	901	Catharine Bleasdale	F	V55 Women	17	1	Amman Valley Harriers	1:19:54	1:19:46
103.	1298	Joe Sciortino	M	Senior Men	86	31	CDF Runners	1:20:12	1:20:03
104.	1319	Richard Sullivan	M	V40 Men	87	28	Swansea Harriers AC	1:20:14	1:20:09
105.	1340	Alan Vaughan	M	V40 Men	88	29	White Rock Runners	1:20:16	1:19:53
106.	1355	Chris Williams	M	V40 Men	89	30		1:20:40	1:20:40
107.	1141	Neil Harris	M	V40 Men	90	31		1:20:40	1:20:40
108.	1161	Elysia Humphreys	F	Senior Women	18	7		1:21:17	1:21:02
109.	1079	Jeremy Dickson	M	V60 Men	91	6	Lliswerry Runners	1:21:29	1:21:19
110.	1266	Matthew Pinney	M	U23 Men	92	3		1:21:32	1:21:26
111.	1264	Dylan Pinney	M	Senior Men	93	32		1:21:32	1:21:27
112.	1184	Farah Khan	F	V35 Women	19	7	Run Grangetown	1:21:36	1:21:21
113.	1027	Eoin Butler	M	V40 Men	94	32	White Rock Runners	1:21:41	1:21:27
114.	1083	Claire Dunbar-Bowen	F	V45 Women	20	5	Ogmore Phoenix Runners	1:21:46	1:21:42
115.	1032	Lee Canning	M	V40 Men	95	33	Caerphilly Runners	1:21:48	1:21:39
116.	1301	Richard Sewel	M	V60 Men	96	7	Penarth and Dinas Runners	1:21:54	1:21:43
117.	1115	Andrew Gardner	M	V50 Men	97	21	Penarth and Dinas Runners	1:22:02	1:21:51
118.	926	Tracey Bond	F	V45 Women	21	6	Cornelly Striders	1:22:07	1:21:54
119.	1122	Darren Grande	M	V50 Men	98	22	Merthyr Triathlon Club	1:22:16	1:22:12
120.	793	Craig Ayers	M	V40 Men	99	34	Swansea Vale Tri	1:22:23	1:22:18
121.	1224	Chris Morgan	M	V40 Men	100	35	Cornelly Striders	1:22:37	1:22:23
122.	1250	Chris Panes	M	V50 Men	101	23	Merthyr Triathlon Club	1:22:56	1:22:50
123.	1372	Andrew Williamson	M	V40 Men	102	36	White Rock Runners	1:23:05	1:22:43
124.	1043	Lorraine Colton	F	V45 Women	22	7	Cornelly Striders	1:23:14	1:23:00
125.	1285	Simon Rex	M	V40 Men	103	37	Merthyr Triathlon Club	1:23:17	1:23:13
126.	1172	Beth Jones	F	V55 Women	23	2		1:23:26	1:23:17
127.	1167	Thomas Jefford	M	Senior Men	104	33	Run4all Neath	1:23:28	1:23:20
128.	1347	Deb Warburton	F	V55 Women	24	3	Penarth and Dinas Runners	1:23:32	1:23:22
129.	1361	Matthew Williams	M	V40 Men	105	38		1:23:52	1:23:43
130.	1076	Clive Denton	M	V50 Men	106	24	Rhondda Valley Runners	1:24:10	1:24:04
131.	956	Kevin Bradfield	M	V50 Men	107	25	Parc Bryn Bach RC	1:24:22	1:24:15
132.	1126	Scott Greaves	M	Senior Men	108	34		1:24:23	1:24:15
133.	1335	Emma Tovey	F	V35 Women	25	8	Merthyr Running Club	1:24:27	1:24:10
134.	1293	Joanne Ryan	F	V45 Women	26	8	Rhondda Valley Runners	1:24:30	1:24:26
135.	1162	Sophie Hutchings	F	Senior Women	27	8	Caerphilly Runners	1:24:39	1:24:31
136.	995	James Buckingham	M	V60 Men	109	8	Penarth and Dinas Runners	1:24:50	1:24:46
137.	1309	David Stallard	M	V40 Men	110	39	Merthyr Running Club	1:25:05	1:24:57
138.	1363	Mo Williams	M	V50 Men	111	26	RunNewport	1:25:29	1:25:24
139.	1269	Mike Pobjoy	M	V50 Men	112	27	Lliswerry Runners	1:25:32	1:25:22
140.	1253	Matt Parry	M	Senior Men	113	35		1:25:50	1:25:32
141.	1364	Natalie Williams	F	V35 Women	28	9	Merthyr Running Club	1:25:50	1:25:38
142.	1089	Kate Edwards	F	V35 Women	29	10	Merthyr Triathlon Club	1:25:53	1:25:48
143.	1086	Carl Edwards	F	V45 Women	30	9	Rhondda Valley Runners	1:25:53	1:25:48
144.	1205	Kieran Loughlin	M	Senior Men	114	36	Ystrad Mynach Running Club	1:25:55	1:25:43
145.	1302	David Shewring	M	V40 Men	115	40	Pontyclun Road Runners	1:26:02	1:25:49
146.	1359	Jen Williams	F	V35 Women	31	11	Caerphilly Runners	1:26:15	1:26:08
147.	1081	Darren Driscoll	M	V50 Men	116	28	Merthyr Triathlon Club	1:26:18	1:26:12
148.	1263	Nathan Piddock	M	Senior Men	117	37	Penarth and Dinas Runners	1:26:22	1:26:11
149.	1100	Steve Fairhurst	M	V40 Men	118	41	White Rock Runners	1:26:22	1:26:07

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150.	1200	Stephen Little	M	V40 Men	119	42	Merthyr Triathlon Club	1:26:28	1:26:25
151.	1305	Craig Skidmore	M	V40 Men	120	43	San Domenico Road RC	1:26:39	1:26:22
152.	1235	Michael Murphy	M	V50 Men	121	29		1:26:52	1:26:41
153.	1252	Mark Parry	M	V40 Men	122	44		1:26:53	1:26:41
154.	1265	Lisa Pinney	F	V45 Women	32	10	Clwb Run Wales	1:26:58	1:26:52
155.	1338	Ashley Truman	M	Senior Men	123	38	Taff Ely Triathlon Club	1:27:08	1:26:51
156.	1339	Richard Truman	M	Senior Men	124	39		1:27:08	1:26:51
157.	784	Frank Atherton	M	V60 Men	125	9	Penarth and Dinas Runners	1:27:16	1:27:05
158.	1169	Ann Johnston	F	V45 Women	33	11	Penarth and Dinas Runners	1:27:16	1:27:06
159.	843	Steven Barker	M	V50 Men	126	30	Penarth and Dinas Runners	1:27:18	1:27:09
160.	1077	Gareth Denton	M	V50 Men	127	31	Rhondda Valley Runners	1:27:25	1:27:20
161.	1206	Matthew Lucas	M	Senior Men	128	40		1:27:33	1:27:23
162.	1067	Rebecca Davies	F	V35 Women	34	12	Rhondda Valley Runners	1:27:36	1:27:31
163.	941	Fay Bowen	F	V35 Women	35	13		1:27:37	1:27:23
164.	1219	Phillip Mears	M	V50 Men	129	32	White Rock Runners	1:27:46	1:27:40
165.	1318	Claire Sullivan	F	V35 Women	36	14	Parc Bryn Bach RC	1:28:01	1:27:54
166.	1331	Rhys Thomas	M	V50 Men	130	33	DC Tri	1:28:03	1:27:50
167.	1348	Ian Warburton	M	V50 Men	131	34	Penarth and Dinas Runners	1:28:05	1:27:55
168.	1207	Sarah Lyle	F	V45 Women	37	12	Pegasus RC	1:28:32	1:28:17
169.	848	Joel Barwick	M	Senior Men	132	41		1:28:55	1:28:31
170.	1225	Datren Morgan	M	V50 Men	133	35	Penarth and Dinas Runners	1:29:07	1:29:01
171.	1028	Sean Cahill	M	Senior Men	134	42	Clwb Rhedeg Maesteg	1:29:09	1:29:00
172.	1155	Rachel Hopkins	F	V35 Women	38	15	Clwb Rhedeg Maesteg	1:29:09	1:29:00
173.	1094	Esther Sowerby	F	V35 Women	39	16		1:29:20	1:29:12
174.	1173	Cheryl Jones	F	V35 Women	40	17	Lliswerry Runners	1:29:36	1:29:25
175.	1039	Lisa Cleary	F	V55 Women	41	4	Penarth and Dinas Runners	1:29:48	1:29:36
176.	808	Leigh Ayers	M	V40 Men	135	45	Swansea Vale Tri	1:29:53	1:29:48
177.	1349	Michael Waters	M	V50 Men	136	36	RunNewport	1:30:00	1:29:52
178.	1140	Martin Harris	M	V50 Men	137	37	Parc Bryn Bach RC	1:30:48	1:30:41
179.	1284	Juliana Reimberg	F	Senior Women	42	9	CDF Runners	1:31:13	1:31:04
180.	963	Zoe Brooks	F	Senior Women	43	10	Pontypridd Roadents AC	1:31:19	1:31:08
181.	1156	Vicki Hopkins	F	V55 Women	44	5	Clwb Rhedeg Maesteg	1:31:35	1:31:26
182.	1332	Richard Thomas	M	V50 Men	138	38	Caerphilly Runners	1:31:47	1:31:41
183.	1120	Silvia Goss	F	V35 Women	45	18	Vegan Runners UK	1:31:54	1:31:39
184.	859	Darryl Beaver	M	V60 Men	139	10	Penarth and Dinas Runners	1:32:01	1:31:48
185.	1233	Louise Munkley	F	V45 Women	46	13	Merthyr Running Club	1:32:01	1:31:44
186.	898	Hiedi Blackmore	F	V35 Women	47	19	White Rock Runners	1:32:11	1:31:55
187.	827	George Baker	M	V40 Men	140	46	Risc-A-Tri	1:32:15	1:31:51
188.	1249	Alexandra Palmer	F	V45 Women	48	14	Rhondda Valley Runners	1:32:19	1:32:13
189.	1279	Stephen Quin	M	V50 Men	141	39	Les Croupiers RC	1:32:22	1:32:12
190.	1128	Helen Griffiths	F	V45 Women	49	15	Merthyr Triathlon Club	1:32:39	1:32:31
191.	1164	Cath James	F	V45 Women	50	16	Caerphilly Runners	1:32:44	1:32:27
192.	1198	Robert Lewis	M	V70 Men	142	2	Caerphilly Runners	1:32:59	1:32:44
193.	1312	Jayne Stephens	F	V45 Women	51	17	Caerphilly Runners	1:32:59	1:32:44
194.	1098	Stephen Evans	M	V40 Men	143	47	Ystrad Runners	1:33:06	1:32:53
195.	1139	Emma Harris	F	V35 Women	52	20	Run Grangetown	1:33:08	1:32:52
196.	1256	Sarah Patnett	F	V45 Women	53	18	Penarth and Dinas Runners	1:33:14	1:33:01
197.	1333	Samantha Thomas	F	V45 Women	54	19	Caerphilly Runners	1:33:14	1:33:00
198.	1209	Danielle Maidment	F	V35 Women	55	21	Heath Massive Run Club	1:33:28	1:33:13
199.	1280	Tovey Rachel	F	V35 Women	56	22	Parc Bryn Bach RC	1:33:35	1:33:19

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200.	849	Sarah Bayton	F	V45 Women	57	20	Parc Bryn Bach RC	1:33:35	1:33:19
201.	1110	Jan Frost	F	V55 Women	58	6	Penarth and Dinas Runners	1:33:37	1:33:25
202.	1268	Katie Plimmer	F	Senior Women	59	11	Ogmore Phoenix Runners	1:33:38	1:33:32
203.	1057	Claire Davies	F	V45 Women	60	21	Merthyr Running Club	1:33:41	1:33:23
204.	1271	Samantha Potter	F	V35 Women	61	23	Lliswerry Runners	1:33:58	1:33:37
205.	1370	Sian Williams	F	V35 Women	62	24		1:33:58	1:33:37
206.	1346	Beverley Warburton	F	V55 Women	63	7	Penarth and Dinas Runners	1:34:04	1:33:52
207.	1179	Rob Jones	M	V50 Men	144	40	Pegasus RC	1:34:04	1:33:48
208.	1245	Gail Osborne	F	V45 Women	64	22	Taff Ely Triathlon Club	1:34:09	1:34:05
209.	1336	Julie Toy	F	V55 Women	65	8	Merthyr Running Club	1:34:17	1:34:00
210.	1288	Caitlin Robins	F	Senior Women	66	12		1:34:28	1:34:12
211.	1044	Shaun Cotter	M	V50 Men	145	41		1:34:37	1:34:19
212.	1356	Craig Williams	M	Senior Men	146	43	Merthyr Triathlon Club	1:34:40	1:34:37
213.	1042	Helen Colley	F	V45 Women	67	23	Taff Ely Triathlon Club	1:35:45	1:35:42
214.	1053	Kate Davey	F	V35 Women	68	25	Rhondda Valley Runners	1:35:46	1:35:40
215.	1029	Arabella Calder	F	V45 Women	69	24	Penarth and Dinas Runners	1:36:10	1:35:57
216.	547	Lindsey Allan	F	V45 Women	70	25	Les Croupiers RC	1:36:24	1:36:10
217.	1260	Kathryn Petersen	F	V45 Women	71	26	Penarth and Dinas Runners	1:36:30	1:36:19
218.	1236	Glen Neal	M	V50 Men	147	42		1:36:33	1:36:18
219.	1036	Cathrine Cattle	F	V45 Women	72	27	Taff Ely Triathlon Club	1:36:44	1:36:31
220.	1084	Lee Dunbar-Bowen	M	V40 Men	148	48	Ogmore Phoenix Runners	1:36:45	1:36:37
221.	1183	Nicola Kelly	F	V45 Women	73	28	Builth & District RC	1:37:39	1:37:31
222.	1048	Kelly Crofts	F	V35 Women	74	26	Les Croupiers RC	1:37:44	1:37:30
223.	1313	Alun Stevens	M	V40 Men	149	49	Merthyr Triathlon Club	1:37:53	1:37:44
224.	1052	Tony Dally	M	V50 Men	150	43	Dragons Running Club Aberdare	1:37:53	1:37:41
225.	1123	Tony Grandon	M	V70 Men	151	3		1:38:12	1:37:51
226.	965	Julie Broughton	F	V55 Women	75	9	Penarth and Dinas Runners	1:38:15	1:38:04
227.	1222	Anne-Marie Montoto	F	V55 Women	76	10	Merthyr Running Club	1:38:31	1:38:14
228.	1330	Michelle Thomas	F	V45 Women	77	29	Pegasus RC	1:38:41	1:38:24
229.	1064	Neil Davies	M	V60 Men	152	11	Pegasus RC	1:38:45	1:38:28
230.	1131	Sally Groves	F	V55 Women	78	11	Pegasus RC	1:38:45	1:38:29
231.	1080	Curtis Dowse	M	Senior Men	153	44		1:38:50	1:38:29
232.	1087	Diane Edwards	F	V45 Women	79	30	Hengoed Harriers	1:39:11	1:38:51
233.	743	Alyn Tomkinson	F	V45 Women	80	31	Hengoed Harriers	1:39:13	1:38:52
234.	1078	Catherine Dickenson	F	V55 Women	81	12	Caerphilly Runners	1:39:20	1:39:05
235.	1306	Julie Smith	F	V45 Women	82	32	Merthyr Triathlon Club	1:39:46	1:39:38
236.	1176	Lisa Jones	F	V45 Women	83	33	Merthyr Running Club	1:39:50	1:39:31
237.	1328	Gemma Thomas	F	V45 Women	84	34		1:40:07	1:39:48
238.	1181	Suzanne Jovetic	F	V35 Women	85	27	Ystrad Mynach Running Club	1:40:25	1:40:14
239.	1228	Laurie Morgan	F	V35 Women	86	28		1:40:37	1:40:27
240.	847	Natalie Bartlett	F	V35 Women	87	29	Rhondda Valley Runners	1:40:52	1:40:47
241.	1316	Caryl Stokes	F	V45 Women	88	35	Merthyr Running Club	1:41:06	1:40:48
242.	979	Edward Brown	M	V40 Men	154	50	White Rock Runners	1:41:38	1:41:19
243.	1151	Tracey Hinton	F	V45 Women	89	36	Lliswerry Runners	1:41:53	1:41:39
244.	1051	John Dally	M	V50 Men	155	44	Lliswerry Runners	1:41:53	1:41:39
245.	1143	Victoria Hawkins	F	Senior Women	90	13	Tri Hard Harriers	1:42:09	1:41:57
246.	782	Rhian Astley	F	V55 Women	91	13	Merthyr Triathlon Club	1:42:11	1:42:03
247.	1317	Jennifer Stone	F	V55 Women	92	14	CDF Runners	1:42:29	1:42:12
248.	1059	Eleri Davies	F	V55 Women	93	15		1:43:13	1:42:59
249.	1073	Rachel Demellweek	F	V45 Women	94	37	Caerphilly Runners	1:43:19	1:42:59

Reverse 10 2024

Overall Results Reverse 10

Place	Bib	Name	Gen	Category	Gen.P	Cat.P	Club	Gun	Chip
250.	1239	Joanne Norton	F	V45 Women	95	38	Caerphilly Runners	1:43:21	1:43:00
251.	1145	Emma Healy	F	V45 Women	96	39	Penarth and Dinas Runners	1:43:31	1:43:19
252.	1202	Catherine Llewellyn	F	V55 Women	97	16	Merthyr Running Club	1:43:32	1:43:24
253.	1134	Nigel Hammersley	M	V40 Men	156	51	Pegasus RC	1:43:36	1:43:22
254.	1021	Katie Burden	F	V35 Women	98	30	Caerphilly Runners	1:43:43	1:43:23
255.	1012	Lisa Budd	F	V35 Women	99	31		1:44:07	1:43:48
256.	1170	Rhion Johnston	F	V45 Women	100	40	Merthyr Running Club	1:44:16	1:43:58
257.	1055	Alex Davies	M	Senior Men	157	45	Pontyclun Road Runners	1:44:42	1:44:31
258.	1060	Helen Davies	F	V45 Women	101	41	Taff Ely Triathlon Club	1:44:52	1:44:39
259.	1065	Nicola Davies	F	V45 Women	102	42	Albany Road Run Club	1:45:01	1:44:41
260.	1212	Sascha Marks	F	U23 Women	103	1	Merthyr Running Club	1:45:03	1:44:44
261.	1074	Joanne Dendle	F	V45 Women	104	43	Pontyclun Road Runners	1:45:10	1:44:58
262.	1005	Paul Buckley	M	V50 Men	158	45	Risc-A-Tri	1:45:41	1:45:18
263.	824	Claire Baker	F	V35 Women	105	32	Risc-A-Tri	1:45:42	1:45:17
264.	1091	Clare Elliott	F	V55 Women	106	17	Caerphilly Runners	1:45:48	1:45:31
265.	1180	Rob Joslin	M	V50 Men	159	46	Rhondda Valley Runners	1:45:52	1:45:45
266.	864	Kay Bedford	F	V55 Women	107	18	Merthyr Triathlon Club	1:45:57	1:45:48
267.	1237	Steve New	M	V50 Men	160	47	Penarth and Dinas Runners	1:45:58	1:45:36
268.	1374	Hannah Wyatt	F	Senior Women	108	14	Caerphilly Runners	1:46:07	1:45:49
269.	1223	Alison Morgan	F	V55 Women	109	19	Caerphilly Runners	1:46:08	1:45:48
270.	1097	Lisanne Evans	F	V35 Women	110	33	Islwyn RC	1:46:09	1:45:46
271.	1096	Jodie Evans	F	Senior Women	111	15	Merthyr Triathlon Club	1:46:50	1:46:41
272.	1352	Kate White	F	V45 Women	112	44	Paul Popham Running Club	1:47:04	1:46:47
273.	1300	Mairi Sen	F	V55 Women	113	20	Pontyclun Road Runners	1:47:12	1:47:01
274.	1088	Glenda Edwards	F	V55 Women	114	21	Les Croupiers RC	1:47:33	1:47:15
275.	1033	Lisa Carey	F	V35 Women	115	34		1:47:51	1:47:37
276.	1324	Amanda Thomas	F	V45 Women	116	45	Caerphilly Runners	1:47:52	1:47:36
277.	1262	Huw Phillips	M	V50 Men	161	48	Albany Road Run Club	1:48:16	1:48:00
278.	951	Karen Bracegirdle	F	V55 Women	117	22	Merthyr Running Club	1:48:16	1:47:58
279.	1095	Carwyn Evans	M	V50 Men	162	49	Dragons Running Club Aberdare	1:48:16	1:48:02
280.	1286	Ceriann Robbins	F	V45 Women	118	46	Caerphilly Runners	1:49:18	1:49:01
281.	1144	Ruth Hazell	F	V35 Women	119	35	Caerphilly Runners	1:49:19	1:49:01
282.	1216	Lesley Matthews	F	V55 Women	120	23	Rhondda Valley Runners	1:50:02	1:49:55
283.	1192	Debra Lewis	F	V45 Women	121	47	Rhondda Valley Runners	1:50:02	1:49:55
284.	1130	Abby Groves	F	Senior Women	122	16	Pegasus RC	1:50:43	1:50:28
285.	1291	Emma Roche	F	V35 Women	123	36	Pegasus RC	1:50:43	1:50:28
286.	1142	Katie Hawdon	F	Senior Women	124	17	Rhondda Valley Runners	1:50:44	1:50:38
287.	1343	Kelly Walsh	F	V45 Women	125	48	Rhondda Valley Runners	1:51:32	1:51:25
288.	1360	Maria Williams	F	V55 Women	126	24	Rhondda Valley Runners	1:51:33	1:51:26
289.	1201	Bianca Llewellyn	F	V45 Women	127	49	Caerphilly Runners	1:52:34	1:52:13
290.	1255	Ruth Partridge	F	V45 Women	128	50	Caerphilly Runners	1:52:34	1:52:13
291.	1204	Hannah Loughlin	F	V35 Women	129	37	Ystrad Mynach Running Club	1:53:16	1:53:03
292.	260	Nigel Adams	M	V60 Men	163	12	Penarth and Dinas Runners	1:53:27	1:53:14
293.	1217	Andrew May	M	V50 Men	164	50	Penarth and Dinas Runners	1:53:57	1:53:45
294.	1297	Kay Saunders	F	V65 Women	130	1	Clwb Run Wales	1:54:12	1:54:01
295.	1350	Tim Webb	M	V70 Men	165	4	Pegasus RC	1:54:13	1:53:58
296.	1290	Lee Robins	M	V50 Men	166	51		1:54:55	1:54:32
297.	930	Kevin Bounds	M	V40 Men	167	52		1:55:43	1:55:24
298.	1272	Tracey Poulson	F	V45 Women	131	51		1:55:43	1:55:32
299.	1152	Lizzie Hoare	F	V45 Women	132	52		1:55:46	1:55:26

Reverse 10 2024

Overall Results Reverse 10

Place	Bib	Name	Gen	Category	Gen.P	Cat.P	Club	Gun	Chip
300.	1071	Vicky Davies	F	V45 Women	133	53	Lliswerry Runners	1:56:19	1:56:03
301.	1137	Caitlin Harthy	M	Senior Men	168	46	Merthyr Running Club	1:56:27	1:56:09
302.	1049	Angharad Cummings	F	V45 Women	134	54	Merthyr Running Club	1:56:27	1:56:10
303.	1050	John Cunnane	M	V70 Men	169	5	Pontyclun Road Runners	1:57:00	1:56:47
304.	1133	Julie Haigh	F	V65 Women	135	2	Caerphilly Runners	1:57:03	1:56:32
305.	1092	Joanna England	F	V45 Women	136	55	Merthyr Running Club	1:58:20	1:58:02
306.	1112	Alisha Galea	F	U23 Women	137	2	Robertown runners	1:59:18	1:58:55
307.	1113	Paul Galea	M	V50 Men	170	52	Robertown runners	1:59:19	1:58:56
308.	1294	Kimberley Sams	F	Senior Women	138	18	Caerphilly Runners	2:01:09	2:00:50
309.	1258	Carl Peacock	M	V50 Men	171	53		2:03:15	2:02:55
310.	1026	Ceri Bush	F	V45 Women	139	56		2:03:40	2:03:27
311.	1118	Lisa Giles	F	V35 Women	140	38		2:03:40	2:03:27
312.	1289	Jeanette Robins	F	V55 Women	141	25		2:04:42	2:04:18
313.	1041	Stuart Coates	M	V50 Men	172	54	Caerphilly Runners	2:04:59	2:04:37
314.	961	Gemma Brimble	F	Senior Women	142	19	Clwb Run Wales	2:05:50	2:05:31
315.	1221	Emma Mitchell-Williams	F	V45 Women	143	57	Albany Road Run Club	2:05:50	2:05:30
316.	1194	Gemma Lewis	F	V35 Women	144	39	RunNewport	2:07:33	2:07:22
317.	1062	Lisa Davies	F	V45 Women	145	58	Clwb Run Wales	2:07:33	2:07:22
318.	1238	Sian Newton	F	V45 Women	146	59	Hengoed Harriers	2:11:00	2:10:38
319.	1148	Patricia Hill	F	V55 Women	147	26	Hengoed Harriers	2:11:02	2:10:40
320.	1281	Victoria Ramsey	F	V35 Women	148	40	Winging.it.	2:11:21	2:10:59
321.	1307	Karen Smith	F	V45 Women	149	60	Merthyr Running Club	2:19:44	2:19:21

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