

Reverse 10 2025

Overall Results

Plac	Bib	Name	Gend	AG	Club	ChipTim	GunTime
Reverse 10							
1.	1522	Lewis, Simon	M	V40 Men	Pontypridd Roadents AC	56:09	56:10
2.	1476	Hudson, Huw	M	Senior Men	Penarth and Dinas Runners	59:19	59:20
3.	1685	Wile, Emyr	M	Senior Men		1:00:56	1:00:57
4.	1457	Hanley-Crofts, Darragh	M	Senior Men	Les Croupiers RC	1:01:29	1:01:30
5.	1435	Gardiner, Andy	M	Senior Men	San Domenico RC	1:01:31	1:01:32
6.	1680	Wade, Tom	M	Senior Men	Parc Bryn Bach RC	1:01:38	1:01:39
7.	1591	Patterson, Gavin	M	V40 Men	Parc Bryn Bach RC	1:01:44	1:01:45
8.	1499	Jones, Neil	M	V40 Men	Pontyclun Road Runners	1:02:27	1:02:27
9.	1642	Wilks, Gary	M	Senior Men	Islwyn RC	1:02:36	1:02:38
10.	1682	Watts, Ricci	M	Senior Men	Pont-y-pwl & District Runners	1:02:54	1:02:55
11.	1549	Merwood, Ceri	F	Senior Women	CDF Runners	1:02:54	1:02:55
12.	1481	Ivins, Jason	M	Senior Men	Rhondda Valley Runners	1:03:12	1:03:12
13.	1541	May, Daniel	M	U23 Men	Cardiff Athletic	1:03:22	1:03:23
14.	1568	Morton, Paul	M	V40 Men	CDF Runners	1:03:21	1:03:24
15.	1430	Fenton, Rosie	F	Senior Women	CDF Runners	1:03:23	1:03:25
16.	1388	Davies, Mark	M	Senior Men	Parc Bryn Bach RC	1:03:34	1:03:36
17.	1648	Stark, Roddy	M	Senior Men	CDF Runners	1:03:45	1:03:46
18.	1584	Owen, Ross	M	V40 Men	Rhondda Valley Runners	1:03:44	1:03:47
19.	1442	Gould, Chris	M	Senior Men	White Rock Runners	1:03:51	1:03:52
20.	779	Adams, John	M	V50 Men		1:04:46	1:04:46
21.	1519	Lewis, Jason	M	V40 Men	Parc Bryn Bach RC	1:05:36	1:05:38
22.	1311	Chalke, Kevin	M	V60 Men	Penarth and Dinas Runners	1:06:14	1:06:16
23.	1664	Thomas, Gethin	M	Senior Men	Islwyn RC	1:06:24	1:06:26
24.	1592	Pearce, Andy	M	V50 Men	Penarth and Dinas Runners	1:06:38	1:06:40
25.	1610	Price, Darren	M	V40 Men	Ystrad Mynach Runners	1:06:45	1:06:45
26.	1395	Davies, Rob	M	V50 Men		1:06:47	1:06:50
27.	1609	Price, Daniel	M	V40 Men	Parc Bryn Bach RC	1:07:03	1:07:05
28.	1278	Carter, Mark	M	V50 Men	Penarth and Dinas Runners	1:07:43	1:07:48
29.	1398	Davies, Shawn	M	V40 Men	Rhondda Valley Runners	1:08:06	1:08:09
30.	1025	Anstee, Jonathan	M	Senior Men	CDF Runners	1:08:15	1:08:17
31.	1668	Thomas, Philip	M	V40 Men		1:08:32	1:08:33
32.	1497	Jones, Cai	M	Senior Men	White Rock Runners	1:08:34	1:08:37
33.	1521	Lewis, Scott	M	Senior Men	Albany Road Run Club	1:08:34	1:08:38
34.	1600	Plank, Kevin	M	V50 Men	San Domenico RC	1:08:36	1:08:40
35.	1187	Bradfield, Jonathan	M	Senior Men		1:09:03	1:09:08
36.	1437	George, Stephen	M	V40 Men	Parc Bryn Bach RC	1:09:08	1:09:09
37.	1662	Thomas, Adam	M	V40 Men	Albany Road Run Club	1:09:10	1:09:11
38.	1409	Duggan, Steven	M	V40 Men	Parc Bryn Bach RC	1:09:19	1:09:24
39.	1611	Price, Richard	M	Senior Men	Parc Bryn Bach RC	1:09:21	1:09:26
40.	1377	Cox, Amy	F	Senior Women	CDF Runners	1:09:25	1:09:27
41.	1558	Morgan, Lewis	M	Senior Men	Rhondda Valley Runners	1:09:29	1:09:32
42.	1464	Hayman, Alex	M	U23 Men	CDF Runners	1:09:36	1:09:39
43.	1511	Lane, Steven	M	V50 Men	Islwyn RC	1:09:58	1:10:00
44.	1510	Lambert, Kit	M	V40 Men	Penarth and Dinas Runners	1:10:01	1:10:03

Overall Results

Plac	Bib	Name	Gend	AG	Club	ChipTim	GunTime
45.	1674	Truman, Ashley	M	Senior Men	Taff Ely Triathlon	1:10:03	1:10:14
46.	1562	Morgan, Niki	F	V55 Women	Chepstow Harriers	1:10:41	1:10:44
47.	1548	Meredith, Bryan	M	V60 Men	Rhondda Valley Runners	1:10:46	1:10:49
48.	1629	Richardson, David	M	V40 Men	Lliswerry Runners	1:10:59	1:11:04
49.	1608	Price, Brendan	M	V40 Men	Aberdare Valley AAC	1:11:04	1:11:07
50.	1561	Morgan, Nicholas	M	V40 Men	Penarth and Dinas Runners	1:11:10	1:11:13
51.	1691	Williams, Jacob	M	Senior Men	Penarth and Dinas Runners	1:11:11	1:11:13
52.	1069	Barker, Catherine	F	V45 Women	Penarth and Dinas Runners	1:11:41	1:11:45
53.	1593	Pearce, Matthew	M	V40 Men		1:12:12	1:12:16
54.	1261	Calvert, David	M	Senior Men	Rhondda Valley Runners	1:12:25	1:12:30
55.	1418	Entwistle, Lucy	F	V35 Women	Penarth and Dinas Runners	1:12:28	1:12:32
56.	1275	Carr, Richard	M	V40 Men	Run Grangetown	1:12:28	1:12:42
57.	1404	Denness, Peter	M	Senior Men	Penarth and Dinas Runners	1:12:51	1:12:54
58.	1640	Shewring, David	M	V40 Men	Pontyclun Road Runners	1:12:49	1:12:54
59.	1460	Harris, Dale	M	Senior Men	Parc Bryn Bach RC	1:12:50	1:12:55
60.	1612	Price, Robert	M	V40 Men	Aberdare Valley AAC	1:12:55	1:12:58
61.	1242	Burchell, Natalie	F	V35 Women	Lliswerry Runners	1:12:53	1:13:02
62.	1389	Davies, Mike	M	V60 Men	Albany Road Run Club	1:13:00	1:13:03
63.	1537	Marshall, Ian	M	V50 Men	Penarth and Dinas Runners	1:13:42	1:13:50
64.	1688	Williams, Anna	F	V35 Women	Caerphilly Runners	1:13:47	1:13:51
65.	1655	Strange, Gareth	M	V40 Men		1:13:52	1:14:04
66.	1215	Brooks, Sebastian	M	Senior Men	White Rock Runners	1:14:38	1:14:40
67.	1679	Voyle, Dewi	M	Senior Men	Roberttown Road Runners	1:14:25	1:14:42
68.	1555	Morgan, Edward	M	V60 Men	Taff Ely Triathlon	1:14:45	1:14:49
69.	1532	Mahoney, Robert	M	V50 Men	Penarth and Dinas Runners	1:15:16	1:15:24
70.	1620	Rees, Phil	M	V60 Men	San Domenico RC	1:15:22	1:15:30
71.	1484	James, Jessica	F	U23 Women	Pontypridd Roadents AC	1:15:58	1:16:09
72.	1564	Morgan, Sara	F	V45 Women	Taff Ely Triathlon	1:16:19	1:16:24
73.	1551	Michael, Kayleigh	F	Senior Women	Pontyclun Road Runners	1:16:12	1:16:25
74.	1696	Williams, Sara	F	V45 Women	Caerphilly Runners	1:16:30	1:16:34
75.	1652	Stevens, Darren	M	V50 Men	Merthyr Running Club	1:16:55	1:16:57
76.	1410	Dunn, Christopher	M	V40 Men	Aberdare Valley AAC	1:16:58	1:17:04
77.	1503	Jones, Sarah	F	Senior Women		1:17:19	1:17:23
78.	1292	Cattle, Jamie	M	V50 Men	Taff Ely Triathlon	1:17:31	1:17:45
79.	1502	Jones, Sam	M	Senior Men		1:17:46	1:17:49
80.	1247	Calder, Gideon	M	V50 Men	Penarth and Dinas Runners	1:17:48	1:17:55
81.	1560	Morgan, Melissa	F	V35 Women	Islwyn RC	1:18:06	1:18:11
82.	1601	Portelli, Jon	M	Senior Men	White Rock Runners	1:18:20	1:18:24
83.	1616	Purcell, Christopher	M	Senior Men	Merthyr Running Club	1:18:18	1:18:25
84.	1381	Davies, Alison	F	V45 Women		1:18:23	1:18:41
85.	1475	Howell, Gareth	M	Senior Men	Albany Road Run Club	1:18:32	1:18:45
86.	1390	Davies, Naomi	F	Senior Women	Caerphilly Runners	1:18:41	1:18:45
87.	1470	Hill, Sean	M	Senior Men	Islwyn RC	1:18:52	1:18:55
88.	1628	Richardson, Bethan	F	V35 Women	Lliswerry Runners	1:19:13	1:19:22
89.	1116	Barwick, Zakary	M	U23 Men		1:19:13	1:19:22

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Plac	Bib	Name	Gend	AG	Club	ChipTim	GunTime
90.	1557	Morgan, Hayley	F	V55 Women	Pontyclun Road Runners	1:19:11	1:19:24
91.	1531	Mack, Graham	M	V60 Men	Merthyr Running Club	1:19:25	1:19:26
92.	1391	Davies, Natalie	F	V35 Women	Rhondda Valley Runners	1:19:29	1:19:33
93.	1542	May, Paul	M	V50 Men	Cornelly Striders	1:19:38	1:19:48
94.	1585	Owen, Stephen	M	V70 Men	Chepstow Harriers	1:20:01	1:20:07
95.	1536	Marks, Simon	M	V50 Men	Merthyr Running Club	1:20:16	1:20:23
96.	1675	Truman, Richard	M	Senior Men		1:20:12	1:20:24
97.	1117	Bates, Liz	F	V35 Women	Merthyr Tri club	1:20:15	1:20:25
98.	1480	Irvine, Ceri	M	V50 Men	Caerphilly Runners	1:20:41	1:20:44
99.	1431	Francis, Lee	M	V50 Men	Ystrad Mynach Runners	1:20:47	1:20:52
100.	1498	Jones, Corinna	F	V45 Women	Aberdare Valley AAC	1:20:58	1:21:02
101.	1639	Sheldon, Jane	F	V45 Women	Penarth and Dinas Runners	1:21:06	1:21:13
102.	1040	Atherton, Frank	M	V60 Men	Penarth and Dinas Runners	1:21:23	1:21:30
103.	1171	Bounds, Kevin	M	V50 Men		1:21:34	1:21:38
104.	1690	Williams, Hywel	M	V40 Men	Caerphilly Runners	1:21:36	1:21:43
105.	1174	Bourn, Alex	M	Senior Men		1:21:45	1:21:56
106.	1614	Profit, Neil	M	V40 Men	Islwyn RC	1:21:42	1:21:56
107.	1500	Jones, Peri	F	Senior Women	CDF Runners	1:21:54	1:22:04
108.	1108	Barwick, Joel	M	V40 Men		1:22:02	1:22:11
109.	1693	Williams, Matthew	M	V40 Men		1:22:05	1:22:18
110.	1165	Bleasdale, Catharine	F	V55 Women	Amman Valley Harriers	1:22:45	1:22:52
111.	1125	Beel, Amanda	F	V35 Women		1:22:43	1:23:00
112.	1643	Sinclair, David	M	V50 Men	Albany Road Run Club	1:22:57	1:23:02
113.	1695	Williams, Nathan	M	V40 Men	Aberdare Valley AAC	1:23:01	1:23:07
114.	1166	Boardman, Niall	M	Senior Men	Islwyn RC	1:23:05	1:23:14
115.	1490	Jenkins, Holly	F	V35 Women	Parc Bryn Bach RC	1:23:11	1:23:17
116.	1636	Scutt, Joseph	M	Senior Men	San Domenico RC	1:23:09	1:23:21
117.	1458	Harding, Tom	M	Senior Men	Pontyclun Road Runners	1:23:15	1:23:23
118.	1270	Caple, Andrew	M	V50 Men	CDF Runners	1:23:18	1:23:25
119.	1677	Twigg, Geoff	M	V70 Men	Penarth and Dinas Runners	1:23:25	1:23:33
120.	1406	Denton, Gareth	M	V50 Men	Rhondda Valley Runners	1:23:46	1:23:51
121.	1697	Williamson, Andrew	M	V50 Men	White Rock Runners	1:23:45	1:23:52
122.	1472	Hockey, Leanne	F	V35 Women	White Rock Runners	1:23:46	1:23:52
123.	1632	Robins, Caitlin	F	Senior Women	Roberttown Road Runners	1:23:40	1:23:59
124.	1492	Johnson, Carl	M	V50 Men	Islwyn RC	1:24:05	1:24:09
125.	1412	Edwards, Carl	M	V50 Men	Rhondda Valley Runners	1:24:19	1:24:22
126.	1651	Stevens, Alun	M	V40 Men	Merthyr Tri club	1:24:19	1:24:29
127.	1540	Matthews, Rachel	F	V45 Women	Caerphilly Runners	1:24:27	1:24:36
128.	1515	Lewis, Benjamin	M	Senior Men	Rhondda Valley Runners	1:24:22	1:24:42
129.	1337	Cleary, Lisa	F	V55 Women	Penarth and Dinas Runners	1:24:36	1:24:44
130.	1666	Thomas, Michael	M	V60 Men		1:25:37	1:25:48
131.	1168	Bond, Tracey	F	V45 Women	Cornelly Striders	1:26:01	1:26:12
132.	1627	Richards, Stephanie	F	V55 Women	Merthyr Running Club	1:26:09	1:26:18
133.	1529	Lucas, Matthew	M	V40 Men		1:26:11	1:26:25
134.	1366	Colton, Lorraine	F	V45 Women	Cornelly Striders	1:26:31	1:26:41

Overall Results

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135.	1494	Johnston, Ann	F	V45 Women	Penarth and Dinas Runners	1:26:37	1:26:43
136.	1552	Modrzejewska-Baudin,	F	V45 Women	Pontyclun Road Runners	1:26:36	1:26:51
137.	1588	Parry, Mark	M	V40 Men		1:26:51	1:27:07
138.	1571	Murphy, Michael	F	V55 Women		1:26:52	1:27:07
139.	1267	Canning, Lee	M	V40 Men	Caerphilly Runners	1:27:01	1:27:08
140.	1323	Chivers, Emma	F	V45 Women	Rhondda Valley Runners	1:27:11	1:27:16
141.	1559	Morgan, Lucy	F	V45 Women		1:27:01	1:27:17
142.	1075	Barker, Steven	M	V50 Men	Penarth and Dinas Runners	1:27:24	1:27:31
143.	1426	Felix, Stuart	M	V50 Men	Pontypridd Roadents AC	1:27:28	1:27:34
144.	1623	Reimberg, Juliana	F	Senior Women	CDF Runners	1:27:25	1:27:36
145.	1547	Mears, Phillip	M	V50 Men	White Rock Runners	1:27:42	1:27:49
146.	1544	McGeoch, Mick	M	V60 Men	Les Croupiers RC	1:27:46	1:27:52
147.	1698	Williamson, Simon	M	V60 Men	Penarth and Dinas Runners	1:27:48	1:27:56
148.	1590	Patnett, Sarah	F	V45 Women	Penarth and Dinas Runners	1:27:49	1:27:57
149.	1518	Lewis, Iestyn	M	V40 Men	TRG	1:27:56	1:28:05
150.	1146	Blackmore, Hiedi	F	V45 Women	White Rock Runners	1:28:00	1:28:08
151.	1393	Davies, Paul	M	V50 Men	White Rock Runners	1:28:01	1:28:08
152.	1658	Sullivan, Claire	F	V35 Women	Parc Bryn Bach RC	1:28:07	1:28:12
153.	1483	James, Holly	F	U23 Women		1:27:59	1:28:21
154.	1606	Preston, Susan	F	V45 Women	Penarth and Dinas Runners	1:28:07	1:28:24
155.	1068	Barfoot, Katy	F	V35 Women	Pontypridd Roadents AC	1:28:22	1:28:28
156.	1634	Ryan, Joanne	F	V45 Women	Rhondda Valley Runners	1:28:17	1:28:32
157.	1443	Grande, Darren	M	V50 Men	Merthyr Tri club	1:28:23	1:28:34
158.	1322	Chinnock, Emyr	M	Senior Men	Roberttown Road Runners	1:28:37	1:28:58
159.	1657	Stride, Matt	M	V40 Men	Merthyr Running Club	1:28:52	1:29:01
160.	1394	Davies, Rebecca	F	V35 Women	Rhondda Valley Runners	1:28:59	1:29:03
161.	1220	Broome, Steven	M	V40 Men		1:29:15	1:29:20
162.	1625	Richards, Liam	M	Senior Men	Parc Bryn Bach RC	1:29:23	1:29:29
163.	1399	Davis, Charlotte	F	V35 Women	Islwyn RC	1:29:24	1:29:38
164.	1599	Pinney, Lisa	F	V45 Women	Clwb Run Wales	1:30:10	1:30:19
165.	1578	Ogden, Christian	M	V50 Men	Penarth and Dinas Runners	1:30:12	1:30:21
166.	1539	Mason, Laura	F	V35 Women	Pontyclun Road Runners	1:30:12	1:30:28
167.	1684	White, Rebecca	F	V35 Women	Pontyclun Road Runners	1:30:12	1:30:28
168.	1485	James, Nick	M	V50 Men	Dragons	1:30:37	1:30:53
169.	1461	Harris, Emma	F	V35 Women	Run Grangetown	1:30:47	1:31:01
170.	1618	Rahman, Sadequr	M	V50 Men	White Rock Runners	1:30:59	1:31:07
171.	1528	Loughlin, Kieran	M	V40 Men	Ystrad Mynach Runners	1:31:04	1:31:10
172.	1504	Jones Gale, Anthony	M	V60 Men	Penarth and Dinas Runners	1:31:03	1:31:12
173.	1595	Petersen, Kathryn	F	V55 Women	Penarth and Dinas Runners	1:31:31	1:31:40
174.	1598	Pinney, Laura	F	Senior Women	Parc Bryn Bach RC	1:31:31	1:31:41
175.	1419	Esther Sowerby, Esther	F	V35 Women		1:31:34	1:31:51
176.	1474	Howard, Dawn	F	V45 Women	Rhosee Runners	1:31:35	1:31:59
177.	1415	Edwards, Kate	F	V35 Women	Merthyr Tri club	1:31:54	1:32:04
178.	1689	Williams, Craig	M	V40 Men	Merthyr Tri club	1:31:54	1:32:04
179.	1530	Lyle, Sarah	F	V55 Women	Pegasus RC	1:31:59	1:32:12

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180.	1678	Underhill, Andrew	M	V40 Men	San Domenico RC	1:32:07	1:32:19
181.	1646	Smith, Julie	F	V55 Women	Merthyr Tri club	1:32:22	1:32:34
182.	1615	Prosser, Gail	F	V45 Women	Lliswerry Runners	1:32:53	1:33:12
183.	1512	Langford, Kelly	F	V35 Women	Merthyr Running Club	1:33:11	1:33:14
184.	1700	Winter, Kelli	F	V35 Women	TRG	1:32:59	1:33:15
185.	1175	Bowen, Fay	F	V35 Women	Albany Road Run Club	1:33:27	1:33:40
186.	1191	Bradley, Malcolm	M	V70 Men	Penarth and Dinas Runners	1:33:31	1:33:41
187.	1416	Edwards, Tracy	F	V55 Women		1:33:30	1:33:41
188.	1596	Phillips, Huw	M	V50 Men	Albany Road Run Club	1:34:09	1:34:15
189.	1687	Williams, Andrew	M	Senior Men		1:34:09	1:34:21
190.	1622	Reeves, Jessica	F	V35 Women	Rhondda Valley Runners	1:34:19	1:34:33
191.	1383	Davies, Claire	F	V45 Women	Merthyr Running Club	1:34:25	1:34:34
192.	1211	Brookes, Eden	F	U23 Women	Islwyn RC	1:34:20	1:34:36
193.	1214	Brookes, Paul	M	V50 Men	Islwyn RC	1:34:21	1:34:37
194.	1403	Denness, Esther	F	V35 Women	Penarth and Dinas Runners	1:34:28	1:34:40
195.	1463	Harrison, Mark	M	V60 Men		1:34:35	1:34:53
196.	1617	Quinlan, Gareth	M	V40 Men	Merthyr Running Club	1:34:57	1:35:06
197.	1362	Colley, Helen	F	V45 Women	Taff Ely Triathlon	1:35:16	1:35:31
198.	1694	Williams, Natalie	F	V45 Women	Merthyr Running Club	1:35:37	1:35:51
199.	1669	Thomas, Richard	M	V50 Men	Caerphilly Runners	1:35:41	1:35:58
200.	1670	Thomas, Samantha	F	V45 Women	Caerphilly Runners	1:35:59	1:35:59
201.	1380	Davey, Kate	M	Senior Men	Rhondda Valley Runners	1:35:55	1:36:09
202.	1417	Elliott, Clare	F	V55 Women	Caerphilly Runners	1:35:58	1:36:13
203.	1509	Kiernan, John	M	V50 Men	Merthyr Running Club	1:36:16	1:36:24
204.	1254	Calder, Arabella	F	V45 Women	Penarth and Dinas Runners	1:36:39	1:36:47
205.	1450	Groves, Abby	F	Senior Women	Pegasus RC	1:36:52	1:37:05
206.	1577	Norton, Joanne	F	V45 Women	Caerphilly Runners	1:36:45	1:37:06
207.	1020	Angel, Sarah	F	V55 Women	Caerphilly Runners	1:36:44	1:37:06
208.	1402	Demellweek, Rachel	F	V45 Women	Caerphilly Runners	1:36:45	1:37:06
209.	1054	Bailyes, Dave	M	V60 Men	Roberttown Road Runners	1:36:46	1:37:07
210.	1447	Griffiths, Helen	F	V45 Women	Merthyr Tri club	1:37:00	1:37:11
211.	1621	Rees-van Wolferen,	F	V45 Women	San Domenico RC	1:37:08	1:37:17
212.	1440	Gonzaga De Oliveira,	F	V45 Women	Albany Road Run Club	1:37:25	1:37:43
213.	1654	Stone, Jennifer	F	V55 Women	Albany Road Run Club	1:37:36	1:37:47
214.	1520	Lewis, Robert	M	V70 Men	Caerphilly Runners	1:37:53	1:38:05
215.	1650	Stephens, Jayne	F	V45 Women	Caerphilly Runners	1:37:54	1:38:05
216.	1574	Nicholls, Tracy	F	V55 Women		1:38:16	1:38:34
217.	1448	Griffiths, Kayley	F	V35 Women		1:38:18	1:38:35
218.	1546	Mclaughlin, James	M	V40 Men		1:38:18	1:38:38
219.	1452	Gurner, Cherie	F	V35 Women	Pontypridd Roadents AC	1:38:31	1:38:45
220.	1581	Osborne, Gail	F	V45 Women	Pontypridd Roadents AC	1:38:39	1:38:54
221.	1283	Cattle, Cathrine	F	V45 Women	Taff Ely Triathlon	1:38:38	1:38:54
222.	1686	Wile, Ian	M	V60 Men		1:38:44	1:39:03
223.	1506	Joslin, Robert	M	V50 Men	Rhondda Valley Runners	1:38:58	1:39:08
224.	1466	Healy, Emma	F	V45 Women	Penarth and Dinas Runners	1:39:20	1:39:29

Reverse 10 2025

Overall Results

Plac	Bib	Name	Gend	AG	Club	ChipTim	GunTime
225.	949	Anderson, Kat	F	V35 Women	White Rock Runners	1:40:30	1:40:38
226.	1501	Jones, Philip	M	V70 Men		1:40:26	1:40:38
227.	1604	Power, Nikki	F	V55 Women	Cornelly Striders	1:40:27	1:40:38
228.	1619	Rees, Debbie	F	V55 Women	Penarth and Dinas Runners	1:40:49	1:40:56
229.	1702	Worthington, Paul	M	V60 Men		1:41:12	1:41:28
230.	1465	Hazell, Ruth	F	V35 Women	Caerphilly Runners	1:41:14	1:41:34
231.	1282	Cartlidge, Natalie	F	V45 Women	San Domenico RC	1:41:52	1:42:02
232.	1375	Cook, Emma	F	V45 Women	Caerphilly Runners	1:41:45	1:42:05
233.	1603	Powell, Jonathan	M	V50 Men		1:41:48	1:42:11
234.	1384	Davies, Eleri	F	V55 Women		1:42:04	1:42:22
235.	1479	Hussey, Jon	M	V40 Men	Rhose Runners	1:42:16	1:42:41
236.	1433	Gaffney, Hannah	F	V35 Women	Rhose Runners	1:42:16	1:42:41
237.	1671	Thomas, Wyn	M	V40 Men		1:42:43	1:43:09
238.	1385	Davies, Helen	F	V45 Women	Taff Ely Triathlon	1:42:56	1:43:11
239.	1045	Attwood, Howard	M	V70 Men	Lliswerry Runners	1:42:53	1:43:11
240.	1438	Gibbon, Gemma	F	V45 Women	Taff Ely Triathlon	1:42:55	1:43:11
241.	845	Addis, Emma	F	V45 Women		1:42:46	1:43:12
242.	1545	Mcintosh, Libby	F	V35 Women	Caerphilly Runners	1:42:59	1:43:20
243.	1587	Parfitt, Mark	M	V50 Men		1:43:27	1:43:51
244.	1351	Colley, Adrian	M	V60 Men	Taff Ely Triathlon	1:43:47	1:44:03
245.	1692	Williams, Kathryn	F	V35 Women	Aberdare Valley AAC	1:44:06	1:44:16
246.	1663	Thomas, Amanda	F	V45 Women	Caerphilly Runners	1:44:14	1:44:30
247.	867	Allen, Lindsay	F	V45 Women		1:44:17	1:44:36
248.	1579	Ogden, Margaret	F	V45 Women	Penarth and Dinas Runners	1:44:56	1:45:17
249.	1534	Manning, Elise	F	V35 Women	Rhondda Valley Runners	1:45:10	1:45:25
250.	1631	Roberts, Simon	M	V40 Men	Caerphilly Runners	1:45:10	1:45:32
251.	1653	Stokes, Caryl	F	V45 Women	Merthyr Running Club	1:45:20	1:45:36
252.	1413	Edwards, Glenda	F	V55 Women	Les Croupiers RC	1:45:33	1:45:53
253.	1647	Smith, Karen	F	V45 Women	Merthyr Running Club	1:45:57	1:46:14
254.	1553	Morgan, Alison'	F	V55 Women	Caerphilly Runners	1:46:05	1:46:26
255.	1459	Harhy, Caitlin	F	Senior Women	Merthyr Running Club	1:46:10	1:46:29
256.	1525	Llewellyn, Catherine	F	V55 Women	Merthyr Running Club	1:46:33	1:46:42
257.	1681	Walsh, Kelly	F	V45 Women	Rhondda Valley Runners	1:46:30	1:46:44
258.	1533	Mal, Firouz	M	V60 Men		1:46:41	1:47:10
259.	1441	Williams, Jenny	F	V55 Women		1:47:04	1:47:21
260.	1471	Hiscox, Elaine	F	V45 Women		1:47:41	1:48:01
261.	1478	Hunkin, Donna	F	V45 Women	Taff Ely Triathlon	1:47:41	1:48:01
262.	1449	Griffiths, Siobhan	F	V45 Women	Merthyr Running Club	1:48:11	1:48:29
263.	1037	Anthony, Adam	M	V40 Men	Roberttown Road Runners	1:49:10	1:49:33
264.	1527	Lloyd, Ceri-Ann	F	V35 Women		1:49:26	1:49:44
265.	1495	Jones, Alun	M	V50 Men		1:49:57	1:50:16
266.	1451	Groves, Sally	F	V55 Women	Pegasus RC	1:50:35	1:50:49
267.	1667	Thomas, Michelle	F	V45 Women	Pegasus RC	1:50:36	1:50:49
268.	1400	Davis, Darren	M	V50 Men	Albany Road Run Club	1:51:43	1:52:04
269.	1673	Tinsley, Caroline	F	V45 Women	Albany Road Run Club	1:51:43	1:52:04

Reverse 10 2025

Overall Results

Plac	Bib	Name	Gend	AG	Club	ChipTim	GunTime
270.	1325	Churton, Julia	F	V55 Women	Caerphilly Runners	1:52:10	1:52:32
271.	1423	Evans, Paula	F	V55 Women	Caerphilly Runners	1:52:09	1:52:32
272.	1594	Pemberton, Julie	F	V55 Women		1:52:24	1:52:43
273.	1432	Frost, Jan	F	V55 Women	Penarth and Dinas Runners	1:52:42	1:53:03
274.	1645	Smith, Joanne	F	V45 Women	RunNewport	1:53:28	1:53:40
275.	1676	Turner, Moli	F	U23 Women		1:53:18	1:53:42
276.	1508	Kear, Samantha	F	V45 Women		1:53:20	1:53:45
277.	1660	Taylor, Michelle	F	V45 Women	Ystrad Mynach Runners	1:53:27	1:53:51
278.	1468	Herbert, Nigel	M	V40 Men	Ystrad runners	1:53:48	1:54:13
279.	1496	Ellis, Julie	F	V45 Women		1:54:45	1:55:06
280.	1469	Hill, Patricia	F	V55 Women	Hengoed Harriers	1:54:51	1:55:18
281.	1602	Poulsom, Tracey	F	V45 Women		1:55:20	1:55:39
282.	1543	Mazurczak, Yvette	F	V45 Women		1:55:37	1:55:52
283.	1379	Cunnane, John	M	V70 Men	Pontyclun Road Runners	1:56:16	1:56:36
284.	1566	Morris, Kate	F	V35 Women		1:57:02	1:57:24
285.	1482	James, Angharad	F	V35 Women		1:57:02	1:57:24
286.	1607	Price, Alyson	F	V45 Women	Merthyr Running Club	1:57:44	1:58:00
287.	1565	Morris, Jordan	F	V35 Women	Ystrad runners	2:00:03	2:00:27
288.	1439	Gibbon, Phillip	M	V70 Men	Taff Ely Triathlon	2:01:27	2:01:50
289.	1597	Phillips, Katie	F	V35 Women	Merthyr Running Club	2:02:13	2:02:32
290.	1517	Lewis, Gemma	F	V35 Women		2:02:29	2:02:41
291.	1550	Meyrick, Karen	F	V55 Women	Merthyr Running Club	2:02:35	2:02:52
292.	1635	Sams, Kimberley	F	Senior Women	Caerphilly Runners	2:03:28	2:03:52
293.	1538	Martin, Karl	M	V50 Men	Roberttown Road Runners	2:05:50	2:06:10
294.	1455	Haigh, Julie	F	V65 Women	Caerphilly Runners	2:09:53	2:10:23
295.	1150	Blake, Stephen	M	V50 Men		2:11:16	2:11:37
296.	1573	New, Stephen	M	V50 Men	100 Marathon Club	2:19:57	2:20:24
297.	1661	Taylor, Suzanne	F	V35 Women	Lliswerry Runners	2:19:57	2:20:24
298.	1659	Swallow Edwards, Julia	F	V35 Women	Caerphilly Runners	2:20:37	2:21:02
299.	1401	Demellweek, Chris	M	V50 Men	Caerphilly Runners	2:20:38	2:21:02
300.	1420	Evans, Branwen	F	V35 Women	Caerphilly Runners	2:21:17	2:21:41
301.	1580	Oliver, Amanda-Jane	F	V45 Women	Caerphilly Runners	2:21:16	2:21:41
302.	1344	Clifford, Lindsey	F	V45 Women	Weston Athletic Club	2:23:52	2:24:05

Number of records: 302