

Cardiff Taff Trail Half Marathon

18th October 2026

Place	Name	Club	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ADAM EDE	ABINGDON AC, GBR	M: 1	RUNNER	2	01:09:03	03:16	18.3kph	Overall Male Runner: 1
Split Description Split Time Pace Speed Cumulative start straight 00:01:15.23 02:59 20.1kph 00:01:15.23 first lap 00:35:10.34 03:24 17.6kph 00:36:25.57 Finish 00:32:36.96 03:09 19.0kph 01:09:02.52									
2	PAUL JOSUA	SAN DOMENICO RC, GBR	M: 2	RUNNER	6	01:16:12	03:36	16.6kph	Overall Male Runner: 2
Split Description Split Time Pace Speed Cumulative start straight 00:01:22.37 03:16 18.4kph 00:01:22.37 first lap 00:37:43.55 03:38 16.4kph 00:39:05.92 Finish 00:37:05.38 03:35 16.7kph 01:16:11.30									
3	GEORGE COLLINSON	LES CROUPIERS, GBR	M: 3	RUNNER	57	01:16:14	03:36	16.6kph	Overall Male Runner: 3
Split Description Split Time Pace Speed Cumulative start straight 00:01:21.58 03:14 18.5kph 00:01:21.58 first lap 00:37:45.02 03:39 16.4kph 00:39:06.60 Finish 00:37:07.26 03:35 16.7kph 01:16:13.85									
4	DANIEL SMITH	PONTYPRIDD ROADENTS AC, GBR	M: 4	RUNNER	5	01:16:45	03:38	16.5kph	:
Split Description Split Time Pace Speed Cumulative start straight 00:01:25.35 03:23 17.7kph 00:01:25.35 first lap 00:37:47.48 03:39 16.4kph 00:39:12.83 Finish 00:37:32.26 03:37 16.5kph 01:16:45.08									
5	TOBY SKELLERN		M: 5	RUNNER	7	01:18:38	03:43	16.1kph	:
Split Description Split Time Pace Speed Cumulative start straight 00:01:18.17 03:06 19.3kph 00:01:18.17 first lap 00:37:52.09 03:39 16.4kph 00:39:10.26 Finish 00:39:26.93 03:48 15.7kph 01:18:37.18									
6	JAMES PROSSER	LES CROUPIERS, GBR	M: 6	RUNNER	12	01:21:14	03:51	15.6kph	:
Split Description Split Time Pace Speed Cumulative start straight 00:01:25.71 03:24 17.6kph 00:01:25.71 first lap 00:40:35.41 03:55 15.3kph 00:42:01.11 Finish 00:39:12.63 03:47 15.8kph 01:21:13.74									
7	DANIEL DRUMMOND	LES CROUPIERS, GBR	M: 7	RUNNER	8	01:21:26	03:51	15.5kph	:
Split Description Split Time Pace Speed Cumulative start straight 00:01:22.20 03:15 18.4kph 00:01:22.20 first lap 00:39:49.70 03:51 15.6kph 00:41:11.89 Finish 00:40:13.36 03:53 15.4kph 01:21:25.25									
8	JESSIE SANZO	BRISTOL & WEST, GBR	F: 1	RUNNER	54	01:22:56	03:55	15.3kph	Overall Female Runner: 1
Split Description Split Time Pace Speed Cumulative start straight 00:01:35.58 03:47 15.8kph 00:01:35.58 first lap 00:40:55.92 03:57 15.2kph 00:42:31.50 Finish 00:40:24.56 03:54 15.4kph 01:22:56.05									
9	RICHARD CARTWRIGHT	PENARTH & DINAS RUNNERS, GBR	M: 8	RUNNER	9	01:23:24	03:57	15.2kph	Male 40 + : 1
Split Description Split Time Pace Speed Cumulative start straight 00:01:26.53 03:26 17.5kph 00:01:26.53 first lap 00:40:35.95 03:55 15.3kph 00:42:02.47 Finish 00:41:20.91 03:59 15.0kph 01:23:23.37									
10	ADAM STAVRAKIS	PENARTH & DINAS, GBR	M: 9	RUNNER	59	01:27:29	04:08	14.5kph	:
Split Description Split Time Pace Speed Cumulative start straight 00:01:33.92 03:43 16.1kph 00:01:33.92 first lap 00:43:04.73 04:09 14.4kph 00:44:38.64 Finish 00:42:50.33 04:08 14.5kph 01:27:28.97									
11	JAMES THOMAS	PENARTH & DINAS RUNNERS, GBR	M: 10	RUNNER	14	01:29:23	04:14	14.2kph	:
Split Description Split Time Pace Speed Cumulative start straight 00:01:29.77 03:33 16.8kph 00:01:29.77 first lap 00:43:44.10 04:13 14.2kph 00:45:13.87 Finish 00:44:08.43 04:16 14.1kph 01:29:22.30									

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Place	Name	Club	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
12	ANDY PEARCE	PENARTH & DINAS RUNNERS, GBR	M: 11	RUNNER	11	01:32:30	04:23	13.7kph	Male 50 + : 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:33.72	03:43	16.1kph	00:01:33.72
						first lap	00:45:03.70	04:21	13.8kph	00:46:37.41
						Finish	00:45:51.92	04:26	13.5kph	01:32:29.32
13	CARL NEALON	LES CROUPIERS, GBR	M: 12	RUNNER	55	01:33:05	04:24	13.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:34.29	03:44	16.0kph	00:01:34.29
						first lap	00:45:32.20	04:24	13.6kph	00:47:06.49
						Finish	00:45:57.98	04:26	13.5kph	01:33:04.46
14	CATHERINE BARKER	PENARTH & DINAS RUNNERS, GBR	F: 2	RUNNER	16	01:34:58	04:30	13.3kph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:34.47	03:44	16.0kph	00:01:34.47
						first lap	00:46:25.17	04:29	13.4kph	00:47:59.64
						Finish	00:46:57.55	04:32	13.2kph	01:34:57.18
15	HESHAM ZAWWI	PENARTH & DINAS RUNNERS, GBR	M: 13	RUNNER	23	01:37:09	04:36	13.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:37.21	03:51	15.6kph	00:01:37.21
						first lap	00:47:40.71	04:36	13.0kph	00:49:17.92
						Finish	00:47:51.17	04:37	13.0kph	01:37:09.08
16	TERRY O'BRIEN		M: 14	RUNNER	21	01:38:08	04:39	12.9kph	Male 60 + : 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:38.03	03:53	15.4kph	00:01:38.03
						first lap	00:48:11.53	04:39	12.9kph	00:49:49.56
						Finish	00:48:17.79	04:40	12.8kph	01:38:07.34
17	GWENTER MATTHEW	PENARTH & DINAS, GBR	M: 15	RUNNER	53	01:38:30	04:40	12.9kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:46.46	04:13	14.2kph	00:01:46.46
						first lap	00:49:10.80	04:45	12.6kph	00:50:57.26
						Finish	00:47:31.96	04:35	13.1kph	01:38:29.22
18	LISA PINNELL	PENARTH & DINAS RUNNERS, GBR	F: 3	RUNNER	28	01:39:07	04:41	12.8kph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:46.83	04:14	14.2kph	00:01:46.83
						first lap	00:49:12.73	04:45	12.6kph	00:50:59.56
						Finish	00:48:07.08	04:39	12.9kph	01:39:06.63
19	LAURA JEFFERS		F: 4	RUNNER	29	01:40:30	04:45	12.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:39.70	03:57	15.2kph	00:01:39.70
						first lap	00:50:20.83	04:52	12.3kph	00:52:00.53
						Finish	00:48:28.59	04:41	12.8kph	01:40:29.12
20	MALC GONNELLA	BUILT & DISTRICT RC, GBR	M: 16	RUNNER	17	01:40:39	04:46	12.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:38.84	03:55	15.3kph	00:01:38.84
						first lap	00:48:58.84	04:44	12.7kph	00:50:37.68
						Finish	00:50:00.81	04:50	12.4kph	01:40:38.48
21	ELAINE WHARMBY	BRACKLA HARRIERS, GBR	F: 5	RUNNER	20	01:42:25	04:51	12.4kph	Female 55 + : 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:54.11	04:31	13.3kph	00:01:54.11
						first lap	00:50:22.31	04:52	12.3kph	00:52:16.41
						Finish	00:50:08.01	04:50	12.4kph	01:42:24.41
22	SAM CLARKSTONE	PONTYPRIDD ROADENTS AC, GBR	F: 6	RUNNER	25	01:45:16	04:59	12.0kph	Female 35 + : 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:49.06	04:19	13.9kph	00:01:49.06
						first lap	00:50:46.35	04:54	12.2kph	00:52:35.40
						Finish	00:52:39.70	05:05	11.8kph	01:45:15.10

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Place	Name	Club	Gender	Type	Bib #	Time	Pace	Speed	Division	Rank
23	MICHAEL PINKERTON	PENARTH & DINAS RUNNERS, GBR	M: 17	RUNNER	38	01:45:30	04:59	12.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:48.68	04:18	13.9kph	00:01:48.68
						first lap	00:51:20.30	04:57	12.1kph	00:53:08.98
						Finish	00:52:20.18	05:03	11.9kph	01:45:29.16
24	STUART FELIX	PONTYPRIDD ROADENTS AC, GBR	M: 18	RUNNER	35	01:47:26	05:05	11.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:49.86	04:21	13.8kph	00:01:49.86
						first lap	00:52:22.48	05:03	11.8kph	00:54:12.33
						Finish	00:53:46.78	05:08	11.7kph	01:47:25.86
25	NAIM ALWAN		M: 19	RUNNER	24	01:48:33	05:08	11.7kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:47.99	04:17	14.0kph	00:01:47.99
						first lap	00:52:58.19	05:07	11.7kph	00:54:46.17
						Finish	00:53:46.78	05:12	11.5kph	01:48:32.95
26	ALISON ENGLEDEW	ERME VALLEY, GBR	F: 7	RUNNER	58	01:49:14	05:10	11.6kph	Female 45 + : 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:49.35	04:20	13.8kph	00:01:49.35
						first lap	00:52:46.26	05:06	11.8kph	00:54:35.61
						Finish	00:54:38.01	05:17	11.4kph	01:49:13.61
27	PHILIP PAYME		M: 20	RUNNER	49	01:50:25	05:14	11.5kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:04.40	04:56	12.2kph	00:02:04.40
						first lap	00:52:42.63	05:05	11.8kph	00:54:47.03
						Finish	00:55:37.93	05:22	11.2kph	01:50:24.95
28	CHRIS PRESTON	PENARTH & DINAS RUNNERS, GBR	M: 21	RUNNER	31	01:50:29	05:14	11.5kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:57.73	04:40	12.8kph	00:01:57.73
						first lap	00:53:02.94	05:07	11.7kph	00:55:00.67
						Finish	00:55:28.01	05:21	11.2kph	01:50:28.68
29	NIALL HUGHES	SAN DOMENICO RC, GBR	M: 22	RUNNER	27	01:52:08	05:18	11.3kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:01:47.43	04:15	14.1kph	00:01:47.43
						first lap	00:53:06.45	05:08	11.7kph	00:54:53.87
						Finish	00:57:13.88	05:32	10.8kph	01:52:07.75
30	RICHARD ROUSE	CAERPHILLY RUNNERS, GBR	M: 23	RUNNER	43	01:53:22	05:22	11.2kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:07.32	05:03	11.9kph	00:02:07.32
						first lap	00:55:34.32	05:22	11.2kph	00:57:41.64
						Finish	00:55:39.57	05:23	11.1kph	01:53:21.20
31	JOHN MAGEE		M: 24	RUNNER	41	01:53:23	05:22	11.2kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:07.63	05:03	11.8kph	00:02:07.63
						first lap	00:55:37.14	05:22	11.2kph	00:57:44.77
						Finish	00:55:38.03	05:22	11.2kph	01:53:22.79
32	MALCOLM BRADLEY	PENARTH & DINAS RUNNERS, GBR	M: 25	RUNNER	30	01:54:45	05:26	11.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:06.06	05:00	12.0kph	00:02:06.06
						first lap	00:56:57.43	05:30	10.9kph	00:59:03.48
						Finish	00:55:41.53	05:23	11.1kph	01:54:45.01
33	KELLY MORGAN		F: 8	RUNNER	32	01:55:55	05:29	10.9kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:03.21	04:53	12.3kph	00:02:03.21
						first lap	00:56:10.07	05:25	11.0kph	00:58:13.28
						Finish	00:57:40.91	05:34	10.8kph	01:55:54.19
34	LISA CLEARY	PENARTH & DINAS RUNNERS, GBR	F: 9	RUNNER	34	01:56:58	05:32	10.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:05.17	04:58	12.1kph	00:02:05.17
						first lap	00:58:33.51	05:39	10.6kph	01:00:38.68
						Finish	00:56:19.31	05:26	11.0kph	01:56:57.99

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35	SIMON WILLIAMSON	PENARTH & DINAS RUNNERS, GBR	M: 26	RUNNER	33	01:57:14	05:33	10.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:06.80	05:01	11.9kph	00:02:06.80
						first lap	00:59:37.22	05:45	10.4kph	01:01:44.02
						Finish	00:55:29.11	05:21	11.2kph	01:57:13.13
36	SUSAN PRESTON	PENARTH & DINAS RUNNERS, GBR	F: 10	RUNNER	40	01:59:10	05:38	10.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:05.95	04:59	12.0kph	00:02:05.95
						first lap	00:58:14.62	05:38	10.7kph	01:00:20.57
						Finish	00:58:48.80	05:41	10.5kph	01:59:09.36
37	CHARLES BARNETT	PONTYPRIDD ROADENTS AC, GBR	M: 27	RUNNER	39	01:59:22	05:39	10.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:08.05	05:04	11.8kph	00:02:08.05
						first lap	00:58:00.83	05:36	10.7kph	01:00:08.87
						Finish	00:59:13.01	05:43	10.5kph	01:59:21.87
38	JAMES PETERSEN		M: 28	RUNNER	22	01:59:23	05:39	10.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:07.57	05:03	11.9kph	00:02:07.57
						first lap	00:59:21.44	05:44	10.5kph	01:01:29.01
						Finish	00:57:53.56	05:35	10.7kph	01:59:22.57
39	KATHRYN PETERSEN	PENARTH & DINAS RUNNERS, GBR	F: 11	RUNNER	36	01:59:48	05:40	10.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:07.07	05:02	11.9kph	00:02:07.07
						first lap	00:59:21.88	05:44	10.4kph	01:01:28.94
						Finish	00:58:18.25	05:38	10.6kph	01:59:47.18
40	ADRIAN BRAGGER	PONTYPRIDD ROADENTS AC, GBR	M: 29	RUNNER	46	02:06:04	05:58	10.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:01.98	04:50	12.4kph	00:02:01.98
						first lap	01:00:40.26	05:52	10.2kph	01:02:42.24
						Finish	01:03:21.24	06:07	9.8kph	02:06:03.47
41	SARAH DUNMORE		F: 12	RUNNER	47	02:11:36	06:14	9.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:10.45	05:10	11.6kph	00:02:10.45
						first lap	01:03:24.40	06:07	9.8kph	01:05:34.85
						Finish	01:06:00.34	06:23	9.4kph	02:11:35.18
42	EMMA HEALY	PENARTH & DINAS RUNNERS, GBR	F: 13	RUNNER	37	02:13:22	06:19	9.5kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:11.79	05:13	11.5kph	00:02:11.79
						first lap	01:04:56.19	06:16	9.6kph	01:07:07.98
						Finish	01:06:13.21	06:24	9.4kph	02:13:21.18
43	ARABELLA CALDER	PENARTH & DINAS RUNNERS, GBR	F: 14	RUNNER	45	02:17:45	06:31	9.2kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						start straight	00:02:28.44	05:53	10.2kph	00:02:28.44
						first lap	01:07:11.39	06:29	9.2kph	01:09:39.82
						Finish	01:08:05.01	06:35	9.1kph	02:17:44.82