

Cardiff 20/10 - 10 miles

Sunday 8th March 2026

Pos.	Race No.	Forename	Surname	Gender	Club	Age Cat	Time	
1	102	Lewis	Ryan	M	CDF Runners	MSEN	00:53:47	1st Male
2	101	Ben	Hughes	M	Pontypridd Roadents AC	MU23	00:56:02	2nd Male
3	170	James	Hansell	M	San Domenico RC	MSEN	00:56:16	3rd Male
4	106	Oliver	Williams	M	Les Croupiers	M40	00:56:44	1st M40+
5	103	Anthony	Smets	M	Les Croupiers	MSEN	00:57:50	
6	105	Simon	Lee	M	Les Croupiers	M45	00:59:37	
7	172	Olivia	Tsim	F	Pontypridd Roadents AC	WSEN	01:00:01	1st Female
8	107	Matt	O'Keefe	M	CDF Runners	M40	01:00:09	
9	110	Timothy	Gibbons	M	Les Croupiers	MSEN	01:00:45	
10	108	Keith	James	M	Pontypridd Roadents AC	M50	01:01:18	1st M50+
11	124	Adrian	Jeremiah	M	Pontypridd Roadents AC	M55	01:03:22	
12	109	Richard	Matthews	M	Aberdare Valley AAC	M50	01:03:54	
13	117	Huw	Davies	M	San Domenico RC	M40	01:03:59	
14	111	Adrian	Lewis	M	Aberdare Valley AAC	M50	01:04:58	
15	114	Tracy	Jenkins	F	Porthcawl Runners	W55	01:05:26	2nd Female
16	128	Cassius	Clark	M		MSEN	01:05:55	
17	121	Megan	McBrien	F	Les Croupiers	WSEN	01:06:03	3rd Female
18	115	John	Seaward	M	Caerphilly Runners	M40	01:06:33	
19	119	Michael	Donkin	M		MSEN	01:06:35	
20	112	Julie	Chamberlain	F	Les Croupiers	W40	01:06:56	1st W35+
21	120	Anh Quan	Tran	M	CDF Runners	MSEN	01:08:49	
22	122	Lenny	Sayers	M	Les Croupiers	M45	01:10:07	
23	130	Edward	Green	M	CDF Runners	M40	01:11:16	
24	129	Matthew	Siggins	M	CDF Runners	MSEN	01:11:37	
25	126	Gabriella	Booth	F	Porthcawl Runners	WSEN	01:11:54	

26	127	Ross	Purchase	M	Porthcawl Runners	M40	01:11:54
27	133	Ewan	Osmond	M		MU23	01:12:14
28	123	Beth	Butler-Madden	F	Pontypridd Roadents AC	WSEN	01:13:12
29	125	Megan	Parry	F	San Domenico RC	WSEN	01:13:46
30	171	Catherine	Powell	F	Pontypridd Roadents AC	W45	01:14:50
31	132	Peter	Davies	M		M40	01:15:29
32	134	Joe	Xiberras	M		MSEN	01:15:36
33	136	Hazel	Craven	F	Les Croupiers	W45	01:17:32
34	142	Philip	Tucker	M	Brackla Harriers	M60	01:17:58
35	135	Aileen	Lyons	F	Les Croupiers	WSEN	01:18:01
36	131	Pedro	Mariblanca	M	Les Croupiers	M50	01:19:56
37	148	Paul	Davies	M		M40	01:21:18
38	140	Andrew	Davies	M	Pontypridd Roadents AC	M60	01:23:28
39	138	Jamie	Fraser	M	Lliswerry Runners	M45	01:23:52
40	141	Stuart	Draper	M	Brackla Harriers	M45	01:24:04
41	139	Paul	Tampsett	M	Pontypridd Roadents AC	MSEN	01:26:07
42	147	Philip	Payne	M		M60	01:26:17
43	143	Romana	Maine	F	Porthcawl Runners	W65	01:26:21
44	152	Lisa	Griffiths	F		W45	01:26:39
45	167	Stuart	Felix	M	Pontypridd Roadents AC	M50	01:28:18
46	146	Sandra	Vermaak	F		W45	01:29:48
47	149	Georgia	Jones	F		WSEN	01:31:06
48	166	Jazmine	Owens	F		WSEN	01:31:07
49	144	Mick	McGeoch	M	Les Croupiers	M70	01:32:57
50	158	Hannah	Lloyd	F		WSEN	01:36:06
51	164	Mel	Johns	F		WSEN	01:36:07
52	155	Caitlin	Jones	F	Pontypridd Roadents AC	WU23	01:36:32
53	153	Louise	Muteham	F	Lliswerry Runners	W40	01:39:15
54	160	Beatrice	Roberts	M	Cardiff Harlequins	M45	01:39:33

1st W45+

1st M60+

1st W55+

55	159	Gerard	Crispie	M	Les Croupiers	M60	01:42:43
56	137	Laura	Clarke	F	Brackla Harriers	W40	01:44:45
57	157	Bethan	Slater	F		WSEN	01:45:29
58	161	Lauren	Green	F		W40	01:45:38
59	162	Clare	Ibbs	F		W40	01:49:46
60	165	Sam	Garrick	F		WSEN	01:49:46
61	145	Geraldine	Tucker	F	Brackla Harriers	W55	01:50:51
62	168	Tracey	Breheny	F	Porthcawl Runners	W55	02:06:02
63	163	Eamonn	Breheny	M	Porthcawl Runners	M55	02:06:03

dnf

154	Hananh	Blakemore	F	Pontypridd Roadents AC	WSEN
104	Jamie	Vanstone	M	Pontypridd Roadents AC	M45

dns

113	Carl	Nealon	M	Les Croupiers	MSEN
116	Dominic	Hindson	M	CDF Runners	MSEN
118	Joseph	Mordey	M	Les Croupiers	MSEN
150	Tim	O'Sullivan	M	Les Croupiers	M65
151	Jean	Marchant	F	Pontypridd Roadents AC	W60
156	Asal	Khamidova	F		WU23
169	Clare	Johnson	F	Les Croupiers	W80

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