

# Cardiff 20/10 - 20 miles

Sunday 8th March 2026

| Pos. | Race No. | Forename   | Surname    | Gender | Club                          | Age Cat | Time     |            |
|------|----------|------------|------------|--------|-------------------------------|---------|----------|------------|
| 1    | 3        | Daniel     | Ellam      | M      | Bristol and West AC           | MSEN    | 01:59:04 | 1st Male   |
| 2    | 4        | Ben        | Kennedy    | M      | Les Croupiers                 | MSEN    | 01:59:54 | 2nd Male   |
| 3    | 10       | Alex       | Price      | M      | Les Croupiers                 | MSEN    | 02:01:37 | 3rd Male   |
| 4    | 5        | Owain      | Morris     | M      | Les Croupiers                 | MSEN    | 02:01:39 |            |
| 5    | 7        | Neale      | Denton     | M      | CDF Runners                   | M40     | 02:05:08 | 1st M40+   |
| 6    | 14       | Paul       | Josua      | M      | San Domenico RC               | MSEN    | 02:05:28 |            |
| 7    | 8        | Louise     | Flynn      | F      | Les Croupiers                 | W40     | 02:07:00 | 1st Female |
| 8    | 12       | Craig      | Hopkins    | M      | Pont-y-pwl & District Runners | M45     | 02:09:59 |            |
| 9    | 68       | Andy       | Gardiner   | M      | San Domenico RC               | MSEN    | 02:12:00 |            |
| 10   | 20       | Jonathan   | Parry      | M      | Bridgend Athletics            | M40     | 02:12:45 |            |
| 11   | 11       | Thomas     | Henry      | M      | Lliswerry Runners             | M40     | 02:13:29 |            |
| 12   | 32       | Owen       | Peters     | M      |                               | MSEN    | 02:13:41 |            |
| 13   | 19       | Andrew     | Blair      | M      | Les Croupiers                 | M60     | 02:13:44 | 1st M50+   |
| 14   | 23       | Michael    | David      | M      |                               | MSEN    | 02:15:11 |            |
| 15   | 15       | Sam        | Willson    | M      | Les Croupiers                 | MSEN    | 02:15:15 |            |
| 16   | 27       | Daniel     | Hunt-Earle | M      |                               | MSEN    | 02:15:37 |            |
| 17   | 25       | Ashley     | Powell     | M      | Porthcawl Runners             | MSEN    | 02:16:46 |            |
| 18   | 17       | Antoinette | Rose       | F      | Lliswerry Runners             | WSEN    | 02:17:10 | 2nd Female |
| 19   | 28       | Martin     | Johns      | M      | Lliswerry Runners             | MSEN    | 02:17:42 |            |
| 20   | 21       | James      | Linney     | M      | Penarth & Dinas Runners       | M40     | 02:18:09 |            |
| 21   | 38       | Joanna     | Temple     | F      | Truro RC                      | WSEN    | 02:19:28 | 3rd Female |
| 22   | 22       | Philip     | Williams   | M      | Pontypridd Roadents AC        | M45     | 02:19:36 |            |
| 23   | 29       | Rhys       | Edwards    | M      | Pontypridd Roadents AC        | MSEN    | 02:26:53 |            |
| 24   | 24       | David      | Richardson | M      | Lliswerry Runners             | M40     | 02:27:31 |            |
| 25   | 36       | Aaron      | Rowling    | M      | Pontypridd Roadents AC        | MU23    | 02:28:21 |            |

|    |    |            |                  |   |                        |      |          |
|----|----|------------|------------------|---|------------------------|------|----------|
| 26 | 35 | Luke       | Sully            | M | Lliswerry Runners      | MSEN | 02:30:14 |
| 27 | 33 | Alice      | Rothwell         | F | Les Croupiers          | W40  | 02:35:33 |
| 28 | 37 | Alex       | Thomas           | M | Porthcawl Runners      | MSEN | 02:36:33 |
| 29 | 34 | Carole     | Goddard          | F | Les Croupiers          | W50  | 02:37:48 |
| 30 | 30 | Zach       | Gleave           | M | Pontypridd Roadents AC | MSEN | 02:39:27 |
| 31 | 39 | Mark       | Herbert          | M | Les Croupiers          | M40  | 02:43:47 |
| 32 | 26 | Susannah   | Bulpin           | F | San Domenico RC        | W50  | 02:44:19 |
| 33 | 40 | Sarah      | Beeching         | F | Les Croupiers          | W40  | 02:45:02 |
| 34 | 41 | Will       | Crosby           | M |                        | MSEN | 02:47:35 |
| 35 | 50 | Joseph     | Scutt            | M | San Domenico RC        | MSEN | 02:48:11 |
| 36 | 43 | Keziah     | Hunt-Earle       | F |                        | WSEN | 02:48:16 |
| 37 | 66 | Aisling    | Pigott           | F | San Domenico RC        | W35  | 02:49:27 |
| 38 | 52 | Alan       | Porter           | M |                        | M55  | 02:49:43 |
| 39 | 44 | Julian     | Maine            | M | Porthcawl Runners      | M65  | 02:50:06 |
| 40 | 45 | Saskia     | Oakley           | F |                        | WSEN | 02:50:18 |
| 41 | 62 | Becca      | Sayers           | F | Les Croupiers          | W45  | 02:50:40 |
| 42 | 49 | Hywel      | Edwards          | M | San Domenico RC        | M50  | 02:52:26 |
| 43 | 51 | Rowena     | White            | F | San Domenico RC        | W50  | 03:01:19 |
| 44 | 69 | Martin     | Green            | M |                        | M50  | 03:03:12 |
| 45 | 31 | Catherine  | Whittle          | F | San Domenico RC        | WSEN | 03:03:20 |
| 46 | 48 | Alison     | Engledew         | F | Erme Valley Harriers   | W65  | 03:04:36 |
| 47 | 47 | Andrea     | Mitchell         | F | Erme Valley Harriers   | W55  | 03:05:54 |
| 48 | 56 | Chrisgeena | Driver           | F |                        | W40  | 03:08:02 |
| 49 | 55 | Nia        | Reddy            | F | Pontypridd Roadents AC | WU23 | 03:11:13 |
| 50 | 54 | Jeremy     | Dickson          | M | Lliswerry Runners      | M60  | 03:12:18 |
| 51 | 58 | Craig      | Skidmore         | M | San Domenico RC        | M40  | 03:12:36 |
| 52 | 61 | Thea       | Crosby           | F |                        | WSEN | 03:15:39 |
| 53 | 60 | Rosie      | Crosby           | F |                        | WSEN | 03:15:39 |
| 54 | 57 | Veronica   | Singleton-Lawley | F | Les Croupiers          | W65  | 03:21:26 |

1st M60+

|           |    |         |           |   |                 |     |          |
|-----------|----|---------|-----------|---|-----------------|-----|----------|
| <b>55</b> | 53 | Matthew | Williams  | M |                 | M45 | 03:27:35 |
| <b>56</b> | 59 | Andrew  | Underhill | M | San Domenico RC | M40 | 03:27:35 |
| <b>57</b> | 63 | Paul    | Chapman   | M | Les Croupiers   | M55 | 03:35:48 |

dnf

|    |        |         |   |  |      |
|----|--------|---------|---|--|------|
| 9  | Oliver | Webb    | M |  | MSEN |
| 46 | Lucy   | Campion | F |  | WSEN |

dns

|    |           |           |   |                           |      |
|----|-----------|-----------|---|---------------------------|------|
| 1  | Tom       | Flitcroft | M | Les Croupiers             | MSEN |
| 2  | Rita      | Barnes    | F |                           | W40  |
| 6  | Tom       | McCarthy  | M | Pontypridd Roadents AC    | MSEN |
| 42 | Elizabeth | Walsh     | F | Fairwater Runners Cwmbran | W50  |
| 64 | Bethan    | Jenkins   | F | Pontypridd Roadents AC    | W45  |
| 65 | Amy       | Anstee    | F |                           | WSEN |