

Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	268	Adam Whittaker	M	CDF Runners	28:38	Senior Male	1st
2.	201	Eric Apperley	M	Builth & District RC	29:00	Senior Male	2nd
3.	263	Martin Thomas	M	Parc Bryn Bach RC	29:32	Senior Male	3rd
4.	222	Thomas Henry	M	Lliswerry Runners	30:08	Vet 40 Male	1st
5.	241	Ashley Middlewick	M	Thames Hare and Hounds	30:16	Senior Male	4th
6.	208	Eddie Campbell-Adams	M	Lliswerry Runners	30:31	Vet 50 Male	1st
7.	243	Iwan Morton	M	Pont-y-pwl & District Runners	30:51	Vet 40 Male	2nd
8.	269	Thomas Williams	M	Tri Hard Harriers	31:02	Senior Male	5th
9.	258	Jack Rowland	M	Lliswerry Runners	32:25	Senior Male	6th
10.	251	Rhys Powell	M		33:00	Senior Male	7th
11.	254	Daniel Reilly	M	Lliswerry Runners	34:04	Vet 40 Male	3rd
12.	50001	Adrian Murkin	M	Pont-y-pwl & District Runners	34:30	Vet 50 Male	2nd
13.	204	Jullian Bailey-Gard	M	Forest of Dean AC	34:37	Vet 40 Male	4th
14.	252	Jackson Powell	M	Pont-y-pwl & District Runners	35:17	Senior Male	8th
15.	236	Gareth Knight	M	Griffithstown harriers	35:27	Vet 40 Male	5th
16.	212	Robert Davies	M	Lliswerry Runners	35:43	Vet 50 Male	3rd
17.	209	Simon Cawthorn	M	Lliswerry Runners	36:30	Vet 50 Male	4th
18.	233	Randal Jones	M	Lliswerry Runners	36:36	Vet 60 Male	1st
19.	219	Christian Ford	M	Caerleon RC	36:50	Senior Male	9th
20.	210	Jonathan Davey	M	Hereford Couriers	37:17	Vet 60 Male	2nd
21.	224	James Hobson	M	Lliswerry Runners	37:47	Senior Male	10th
22.	244	Jonathan Neville	M	Forest of Dean AC	37:53	Vet 40 Male	6th
23.	255	Liz Richards	F	Caerleon RC	38:10	Vet 50 Female	1st
24.	235	Sarah Kembrey	F	Lliswerry Runners	39:13	Vet 40 Female	1st
25.	257	Fiona Rogers	F	Lliswerry Runners	39:53	Senior Female	1st
26.	231	Ellie Jones	F	Lliswerry Runners	40:28	Senior Female	2nd
27.	240	Shane Matthews	M	Griffithstown Harriers	40:39	Vet 50 Male	5th
28.	239	Emma Maloney	F	Lliswerry Runners	40:42	Senior Female	3rd
29.	207	Fay Bowen	F	Lliswerry Runners	41:20	Vet 40 Female	2nd
30.	238	Lyndon Mac	M	Caerleon RC	42:00	Vet 50 Male	6th
31.	205	Robin Bell	M	Caldicot RC	42:11	Vet 40 Male	7th
32.	203	Tracey Arthur	F	Lliswerry Runners	42:11	Vet 40 Female	3rd
33.	256	Steve Richardson	M		42:38	Vet 50 Male	7th
34.	267	Leanne Westacott	F	Lliswerry Runners	43:03	Vet 50 Female	2nd
35.	226	Gareth Howell	M		43:07	Vet 40 Male	8th
36.	260	Elizabeth Sims	F	Caerleon RC	43:13	Vet 60 Female	1st
37.	230	Michelle Johnston	F	Lliswerry Runners	43:36	Vet 40 Female	4th
38.	262	Abbie Thomas	F	Caerleon RC	44:18	Senior Female	4th
39.	214	Antony Derrick	M	Caerleon RC	44:18	Vet 50 Male	8th
40.	213	Kelly Davies	F		47:32	Senior Female	5th
41.	218	Vicky Fear	F	Lliswerry Runners	47:59	Vet 40 Female	5th
42.	264	Rose Thomas	F	Rhayader Running Club	49:03	Vet 70 Female	1st
43.	253	Andrew Price	M	Runwithus Abergavenny	49:07	Vet 40 Male	9th



Blaenavon Heritage 5 Miler 2025



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
44.	250	Diane Potter	F	Lliswerry Runners	49:30	Vet 50 Female	3rd
45.	206	Andrew Bettridge	M	Lliswerry Runners	49:36	Senior Male	11th
46.	249	Huw Phillips	M	Albany Road Run Club	49:49	Vet 50 Male	9th
47.	237	Suzy Lloyd	F	Albany Road Run club	50:26	Vet 40 Female	6th
48.	227	Amanda Hughes	F	Griffithstown Harriers	50:33	Vet 40 Female	7th
49.	225	Eleanor Howell	F	Lliswerry Runners	50:40	Vet 40 Female	8th
50.	223	David Hill	M	CDF Runners	51:14	Vet 40 Male	10th
51.	247	Jo Paling	F	Griffithstown Harriers	51:54	Vet 40 Female	9th
52.	228	Allison Hughes	F	Griffithstown Harriers	52:22	Vet 50 Female	4th
53.	246	Temi Odurinde	M	Run With Us Abergavenny	52:34	Vet 60 Male	3rd
54.	245	Andrew O'Donnell	M		53:48	Vet 40 Male	11th
55.	221	Lee Harding	M	Albany Road Run Club	54:09	Vet 40 Male	12th
56.	216	Paul Dursley	M	Lliswerry Runners	54:26	Vet 70 Male	1st
57.	215	Lynda Dursley	F	Lliswerry Runners	56:51	Vet 60 Female	2nd
58.	217	Judith Evans	F	Lliswerry Runners	57:45	Vet 50 Female	5th

Number of Records: 58

