

Blaenavon Heritage 5 Miler 2024



Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	26	Patrick Jarvis	M	Parc Bryn Bach RC	29:22	Senior Male	1st
2.	90	Lucy Williamson	F	Mynydd Du	30:01	Senior Female	1st
3.	87	Emyr Wile	M	Albany Road Run Club	30:23	Senior Male	2nd
4.	54	Thomas Newman	M	Caerleon RC	30:42	Vet 40 Male	1st
5.	33	Gavin Jones	M	MonRoss Trailblazers	30:48	Senior Male	3rd
6.	86	Liam Widdrington	M		31:10	Senior Male	4th
7.	40	Alastair Masterton	M		31:27	Senior Male	5th
8.	89	John Williams	M	Griffithstown Harriers	32:30	Vet 40 Male	2nd
9.	88	Thomas Williams	M	Tri Hard Harriers	33:18	Senior Male	6th
10.	23	Kani Hinshelwood	F	Parc Bryn Bach RC	33:40	Senior Female	2nd
11.	35	Scott Lewis	M	Albany Road Run Club	33:49	Senior Male	7th
12.	72	Robert Stephens	M	Brecon AC	34:00	Vet 40 Male	3rd
13.	20	Paul Hayward	M	Islwyn RC	34:25	Vet 40 Male	4th
14.	76	Adam Thomas	M	Albany Road Run Club	34:48	Vet 40 Male	5th
15.	70	Peter Sowerby	M	Brecon AC	35:18	Vet 60 Male	1st
16.	62	Evan Price Davies	M	Brecon AC	35:53	Senior Male	8th
17.	91	Andy Wilton	M	San Domenico RC	35:55	Vet 40 Male	6th
18.	9	Mike Davies	M	Albany Road Run Club	35:58	Vet 60 Male	2nd
19.	64	Liz Richards	F	Caerleon RC	37:16	Vet 50 Female	1st
20.	66	Gavin Rose	M		37:29	Vet 40 Male	7th
21.	6	Marc Cross	M	Griffithstown Harriers	38:15	Vet 40 Male	8th
22.	53	Liam Neale	M		38:26	Senior Male	9th
23.	10	George Denning	M	Albany Road Run Club	38:31	Senior Male	10th
24.	61	John Poole	M	Albany Road Run Club	38:37	Senior Male	11th
25.	39	Emma Maloney	F	Lliswerry Runners	38:56	Senior Female	3rd
26.	13	Sian George	F		39:27	Senior Female	4th
27.	19	Bethan Hawksley	F		39:27	Senior Female	5th
28.	34	Kelly Langford	F	Merthyr Running Club	39:55	Vet 40 Female	1st
29.	69	David Sinclair	M	Albany Road Run Club	40:02	Vet 50 Male	1st
30.	47	Nicholas Morgan	M	Parc Bryn Bach RC	40:09	Vet 50 Male	2nd
31.	36	Kieran Loughlin	M	Ystrad Mynach Running Club	41:13	Senior Male	12th
32.	14	Michelle Gooch	F	Pont-y-pwll & District Runners	41:45	Vet 50 Female	2nd
33.	38	Lyn Mac	M	Caerleon RC	41:57	Vet 50 Male	3rd
34.	7	Martin Croucher	M	Caerleon RC	42:08	Vet 50 Male	4th
35.	41	Shane Matthews	M	Griffithstown Harriers	42:27	Vet 50 Male	5th
36.	3	Fay Bowen	F	Albany Road Run Club	43:13	Vet 40 Female	2nd
37.	80	Richard Wall	M		43:17	Vet 60 Male	3rd
38.	45	Roger McPherson	M	Albany Road Run Club	43:26	Vet 60 Male	4th
39.	15	Peter Gregory	M	Albany Road Run Club	43:33	Vet 50 Male	6th
40.	58	Daniel Pearce	M	Parc Bryn Bach RC	43:41	Vet 40 Male	9th
41.	32	Desmond Jones	M	Lliswerry Runners	45:06	Vet 50 Male	7th
42.	56	Tanya Oneill	F	Albany Road Run Club	45:25	Vet 40 Female	3rd
43.	92	Kelli Winter	F	TRG Runners	45:27	Senior Female	6th



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44.	46	Mikiko Minty	F	Griffithstown Harriers	45:56	Vet 40 Female	4th
45.	57	Gwyn Palfrey	M	Islwyn RC	46:08	Vet 60 Male	5th
46.	94	Jacqui Wynds	F	Forest of Dean AC	46:38	Vet 70 Female	1st
47.	51	Anne Neale	F		46:44	Vet 40 Female	5th
48.	29	Cheryl Jones	F	Lliswerry Runners	46:48	Vet 40 Female	6th
49.	17	Claire Harris	F	Runnewport	47:00	Senior Female	7th
50.	79	Lorna Thurston	F	Caerleon RC	47:01	Vet 50 Female	3rd
51.	18	Mark Harrison	M		47:18	Vet 60 Male	6th
52.	30	Ellie Jones	F	Lliswerry Runners	47:43	Senior Female	8th
53.	52	Daniel Neale	M		47:59	Vet 40 Male	10th
54.	28	Keri Jones	F	Lliswerry Runners	48:18	Vet 50 Female	4th
55.	50	Delyth Murray-Lines	F	Albany Road Run Club	48:52	Vet 40 Female	7th
56.	43	Angela Maynard	F		49:04	Vet 40 Female	8th
57.	83	John Weatherbed	M	Lliswerry Runners	49:31	Vet 60 Male	7th
58.	60	Huw Phillips	M	Albany Road Run Club	49:39	Vet 50 Male	8th
59.	85	Hayley Westwood	F	Albany Road Run Club	50:42	Senior Female	9th
60.	16	Lee Harding	M	Albany Road Run Club	50:49	Vet 40 Male	11th
61.	74	Jennifer Stone	F	Albany Road Run Club	51:20	Vet 50 Female	5th
62.	93	Lorna Wood	F	She Runs Cardiff	52:22	Senior Female	10th
63.	68	Lisa Rundle	F	Clwb Run Wales	52:22	Vet 50 Female	6th
64.	12	Cathryn Ferris	F	Beyond Running Fitness	52:38	Vet 50 Female	7th
65.	37	Hannah Loughlin	F	Ystrad Mynach Running Club	55:39	Vet 40 Female	9th
66.	95	Steven HARRY	M		55:42	Vet 60 Male	8th
67.	8	Debbie Cumming	F	Albany Road Run Club	55:52	Vet 60 Female	1st
68.	48	Zoe Morgan	F	Clwb Run Wales	56:27	Senior Female	11th
69.	4	Gemma Brimble	F	Clwb Run Wales	56:28	Senior Female	12th
70.	65	Kay Rogers	F	BRF Running Club	56:45	Vet 50 Female	8th
71.	24	Stephen Hoare	M	Islwyn RC	57:23	Vet 70 Male	1st
72.	25	Lara Hopkinson	F	Rainbow Ninja Runners	59:12	Vet 50 Female	9th
73.	22	Caryn Hicks	F	Ogmore Phoenix Runners	59:57	Senior Female	13th
74.	81	Hazel Wall	F		1:00:40	Vet 60 Female	2nd
75.	63	Ian Ranby	M		1:01:09	Vet 50 Male	9th
76.	59	Lucia Pearce	F	Albany Road Run Club	1:01:09	Senior Female	14th
77.	11	Judith Evans	F	Lliswerry Runners	1:01:41	Vet 50 Female	10th
78.	78	Lisa Thomas	F	Islwyn RC	1:02:41	Vet 40 Female	10th
79.	67	Ria Ross	F	Ogmore Phoenix Runners	1:04:09	Vet 40 Female	11th
80.	42	Beth May	F	Albany Road Run Club	1:07:39	Vet 50 Female	11th
81.	27	Florence Jillett	F	Albany Road Run Club	1:07:40	Senior Female	15th
82.	1	Shaun Aubrey	M	Islwyn RC	1:09:00	Vet 50 Male	10th

Number of Records: 82

