

Pont-y-Pwl District Runners October Monthly Report



By James

R.C. Burl

October



Cardiff Half (Sold Out)
Best Pontypool Parkrun
Weston Super Mare Half
Blaze the Biblins

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Well done to all who came to our joint session with Fairwater Runners Cwmbran.

Great turnout from us and already planning hosting our next session in November.

Well done to those that ran the final handicap of the year. 1st place went to Josh Maloney 🙌



Firstname	Lastname	Place
Joshua	Maloney	1
Ben	Sinclair	2
Adam	Grey	3
Craig	Hopkins	4
Natalie	Burchell	5
Matthew	Webb	6
James	Arnold	7
Ricci	Watts	8
Joey	Line	9
Ian	Line	10
Louise	Bright	11



With Aberbeeg being this month's club challenge a good club turnout was evident. Especially pleasing in the wake of Storm Amy.

Ben Sinclair took the club spoils by setting his Aberbeeg PB time of 19m 25s.



CARDIFF

MARATHON



HALF

One day someone will organise a full club photograph 📸



<u>Position</u>	<u>Name</u>	<u>Guntime</u>	<u>Chiptime</u>	<u>Catagory</u>	<u>Club</u>
217	Ricci Watts	01:19:44	01:19:27	M35	Pont-y-Pwl & District Runners
1067	Andrei Arcana	01:30:47	01:29:35	MSEN	Pont-y-Pwl & District Runners
1068	Lee Harvey	01:30:47	01:29:35	M55	Pontypool & District Runners
1517	Saul Cooke-black	01:34:38	01:32:42	MSEN	Pont-y-Pwl & District Runners
2715	Toby Wales	01:43:09	01:37:36	M55	Pontypool & District Runners
2774	Bethan Richardson	01:43:34	01:40:46	F40	Pont-y-Pwl & District Runners
3527	Tracy Baker	01:47:51	01:42:19	F55	Pontypool & District Runners
3868	Michelle Gooch	01:49:36	01:43:33	F55	Pont-y-Pwl & District Runners
5562	Karen Southgate	01:58:24	01:51:43	F55	Pontypool & District Runners
7666	Martin Stark	02:08:25	02:02:52	M55	Pont-y-Pwl & District Runners
11774	Mandy Robinson	02:24:24	02:04:58	F55	Pont-y-Pwl & District Runners
12678	Megan Stark	02:28:09	02:02:40	FSEN	Pont-y-Pwl & District Runners
14124	Michele Deal	02:34:42	02:07:25	F60	Pont-y-Pwl & District Runners
14594	Jane Dorrian	02:36:47	02:12:21	F50	Pont-y-Pwl & District Runners
14760	Wendy Morgan	02:37:31	02:10:15	F60	Pont-y-Pwl & District Runners
15260	Lindsay Davies	02:39:38	02:20:10	F40	Pont-y-Pwl & District Runners
16622	Robert Southgate	02:46:14	02:26:43	M60	Pont-y-Pwl & District Runners
17392	Nilima Parry-jones	02:50:03	02:22:47	F55	Pont-y-Pwl & District Runners
18096	Eigen Halpin	02:53:54	02:26:38	F45	Pont-y-Pwl & District Runners
20192	Laura Robertson	03:07:02	02:31:27	F35	Pontypool & District Runners
21639	Susan Lewis	03:17:50	02:38:08	F55	Pontypool & District Runners
23203	Sarah Hirons	03:36:41	03:02:18	F45	Pontypool & District Runners

- If your name doesn't appear here, you never entered the race under the Pontypool banner

The John H Collins Gwent Cross Country League

Match 1 - Margam Park - 11 OCT

The John H Collins Gwent Cross-Country League is one of the largest such leagues in the UK, drawing more than 60 clubs from across the South of Wales and South West England.

Fixtures regularly attract more than 1000 runners spread across 10 races, and the 5 matches over the winter feature conditions ranging from sunny grassy parkland to wet and windy moors. The other fixtures are -

Match 2 - Sat 8th Nov, Llandaff Fields, Cardiff

Match 3 - Sat 6th Dec, Blaise Castle, Bristol

Match 4 - Sat 7th Feb, Chepstow Race Course

Match 5 - Sat 28th Feb, Parc Bryn Bach (new course)



John H Collins Gwent Cross Country League 2025-2026

11th October 2025 - Margam Park, Port Talbot

Team Results

Senior Men Division 2

Pos	Team	Pts
1	Bridgend Athletic Club	2013
2	Builth and District	1850
3	Clevedon AC	1730
4	Aberdare Valley A.A.C	1705
5	Chepstow Harriers	1399
6	Lliswerry Runners	1337
7	Brecon Athletic Club	1137
8	Penarth and Dinas Runners	1131
9	Forest of Dean Athletic Club	1088
10	Port Talbot Harriers & A. C.	1000
11	Pont-y-Pwl & District Runners	975
12	Pembrokeshire Harriers	542

Senior Women Division 2

Pos	Team	Pts
1	Bridgend Athletic Club	1318
2	Taf Running & Orienteering Teams	1152
3	San Domenico Road Runners Club	1078
4	Bristol University	999
5	North Somerset	996
6	Pont-y-Pwl & District Runners	995
7	Neath Harriers	963
8	Spirit of Monmouth	958
9	Pontypridd Roadents Athletic Club	850
10	University of Swansea	411
11	Llanelli Amateur Athletic Club	351
12	Cardiff Amateur Athletic Club	319

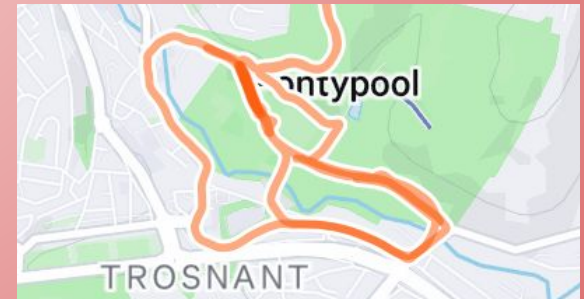




Great to see safety is always in mind with the Hi-Viz gear in these dark nights during the Kenyan Hills session led by Nicola.

By his own admission, Ben apologises for ruining the picture with his use of the ultimate Hi-Viz accessory... his head 🦄

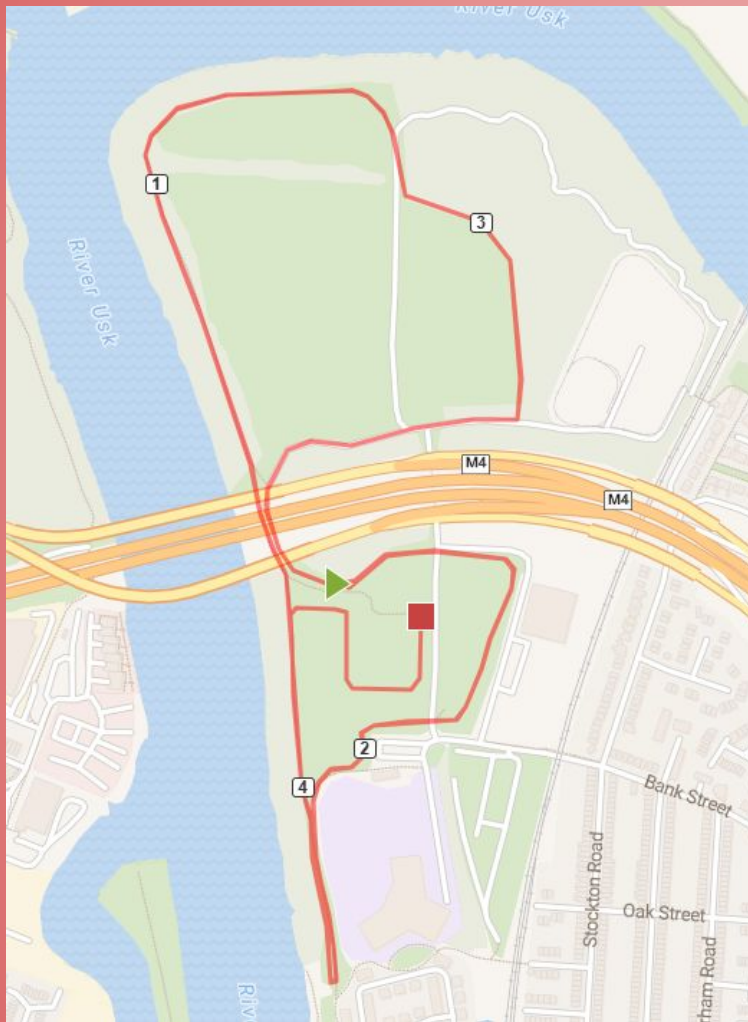
14th October - Kenyan Hills



GLCL Cross Country @ Glebelands

HOST - Caerleon Running Club

The course is approximately 4.30 miles long, with negligible climbing. It is a fast, flat, open course. The race is composed of two big loops (1.75 miles each), and one small loop (0.8 mile).



Well done Poolers, lovely to see new members joining in the 'fun'



Various Parkruns 18/10/25





Tracy Baker - Welsh Masters at Abingdon Marathon

Incredible achievement by Tracy representing the Welsh Masters Team 🏴󠁧󠁢󠁥󠁮󠁧󠁿 in the marathon against England at Abingdon Marathon.

Tracy added, 'It was a pretty good course, although there was traffic to negotiate as not all of it was on closed roads'.

Tracy went on to place 2nd in the F55 for Wales 🏴󠁧󠁢󠁥󠁮󠁧󠁿

The Abingdon Marathon was first held in 1982 and will celebrate its 41st edition in 2025. The course is flat and fast, almost all on roads, and is a great race to go for a personal best time.

The Abingdon Marathon remains an entirely not-for-profit event. It is still organised by a volunteer committee committed to providing the best marathon running experience it can and constantly looking at ways to improve the event.

Throughout its history, the Abingdon Marathon has retained its reputation as one of the UK's best marshalled and organised marathons.

Jamie Edwards - Weston Super Mare Half Marathon



Well Done 🙌 Jamie Edwards on completing WSM Half in a time of 1.47:38 in wet, cold and tricky conditions. Enjoy your post race recovery meal and not too much cheesecakes.!!!!



Formally known as the Snowdonia Marathon, Marathon Eryri on 25 October 2025 is on a demanding and spectacular route which encircles Yr Wyddfa – the highest peak in Wales.

The race start and finishes just outside Llanberis. The route follows the A4086 and climbs to the top of the Llanberis Pass (Pen y Pass 1,100ft). Dropping down to the Pen Y Cwryrd junction, the race then follows the old road along to the campsite until it joins the A498. This 2km section is farm track, downhill, then the surface returns to the tarmac. There is a short, sharp uphill back up to the main road at the campsite. The route then continues to the Beddgelert (200ft) and then continues along the A4085 to Waunfawr. From here it is a rapid climb to about 1,200ft at Bwlch y Groes (a short length is unmetalled) and then downhill to the finish in Llanberis.



Superb effort to all involved with Eryri Marathon. The great pictures say it all 🙌



Simon Fish
 Yesterday at 10:30 AM · Eryri National Park, Wales

Marathon Eryri 2025

Distance
42.28 km

Pace
6:12 /km

Time
4h 22m

Achievements
🏆 30

A4085 Climb **PR** (22:29)
 A4085 Climb **PR** (30:52)

Rank	Name	Time
1st	106th Place	4:22:34
66th Place	106th Place	4:22:34
81st Place	106th Place	4:22:34

Matthew Fish
 Yesterday at 10:30 AM · Eryri National Park, Wales

Marathon Eryri 2025

Really enjoyed that, aimed for sub 3:45 was unsure at the end with the cramps but just about smashed it 🙌
 Last hill at the end was just brutal + the hail stones down the first hill were not great either 🙄 Other than that and splitting my knee down the last hill, everything was great! 🙌

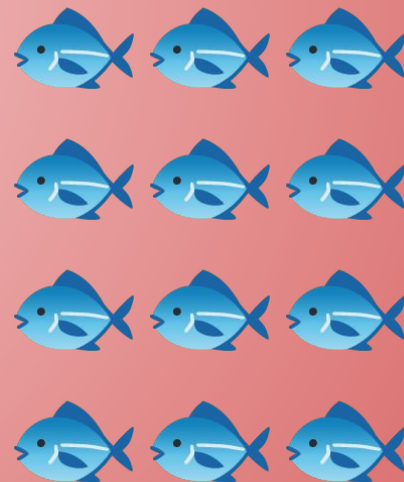
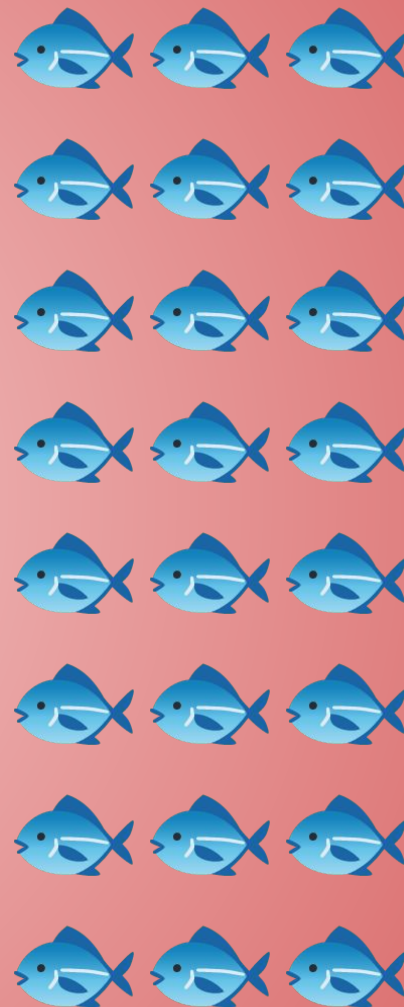
Distance
42.23 km

Elev Gain
841 m

Time
3h 44m

Achievements
🏆 6

This was Matthew's 2nd fastest time in the Marathon!





25/10/2025 | Llanberis, United Kingdom

2025 Marathon Eryri

Info

Registration

Participants

Results

Reviews

Contact

Live Update active

Complete Results as PDF

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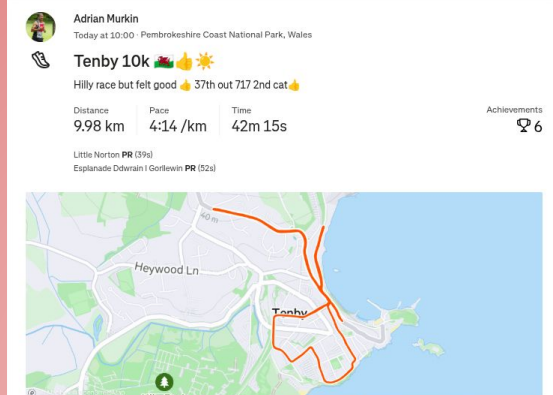
Star icon

Overall Results

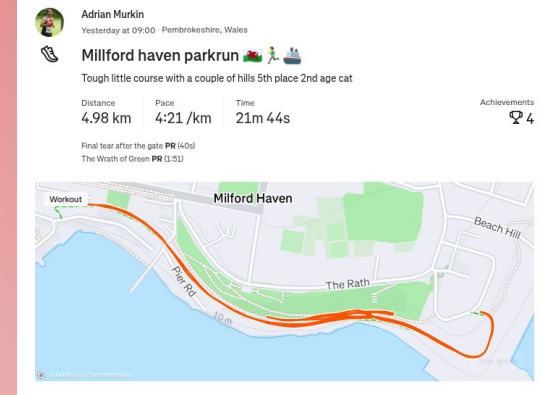
Place	Bib	Name	Gender	AG	Club	Pen y Pass	Beddgelert	Groeslon	ChipTime	GunTime	Gap	
Marathon												
20.	3689	Ricci Watts	20/1453(M)	16/433(MOPEN)	Pontypool	31:41	1:26:44	2:32:09	2:57:10	2:57:42	+23:46	★
1394.	3522	Martin Stark	1018/1453(M)	55/100(M60+)	Pontypool and District	51:37	2:22:06	4:24:16	5:06:24	5:07:42	+2:33:46	★
944.	380	Michelle Gooch	192/827(F)	13/95(F55+)	Pontypool and District	45:01	2:06:19	3:44:33	4:31:39	4:32:18	+1:33:31	★
299.	346	Lubica Ford	34/827(F)	28/242(FOPEN)	Pontypool and District	39:37	1:41:32	3:14:25	3:45:53	3:46:38	+47:51	★
281.	2502	Matthew Fish	251/1453(M)	114/433(MOPEN)	Pontypool and District	40:13	1:39:53	3:09:23	3:43:57	3:44:36	+1:10:40	★
246.	2648	Lee Harvey	221/1453(M)	5/155(M55+)	Pontypool and District	36:54	1:36:14	3:05:13	3:41:44	3:41:51	+1:07:55	★

Place	Bib	Name	Gender	AG	Club	Pen y Pass	Beddgelert	Groeslon	ChipTime	GunTime	Gap	
Marathon												
66.	2707	Craig Hopkins	61/1453(M)	11/218(M45+)	Pont-Y-Pwl & District Runners	34:20	1:25:56	2:43:20	3:14:27	3:14:46	+40:50	★
803.	2503	Simon Fish	656/1453(M)	105/218(M45+)	Pont-Y-Pwl & District Runners	43:56	1:54:49	3:41:08	4:22:34	4:23:13	+1:49:17	★
1019.	106	Marisa Benjamin	220/827(F)	40/146(F40+)	Pont-Y-Pwl & District Runners	47:29	2:11:30	3:52:14	4:37:27	4:38:19	+1:39:32	★

show more show all 3101 participants



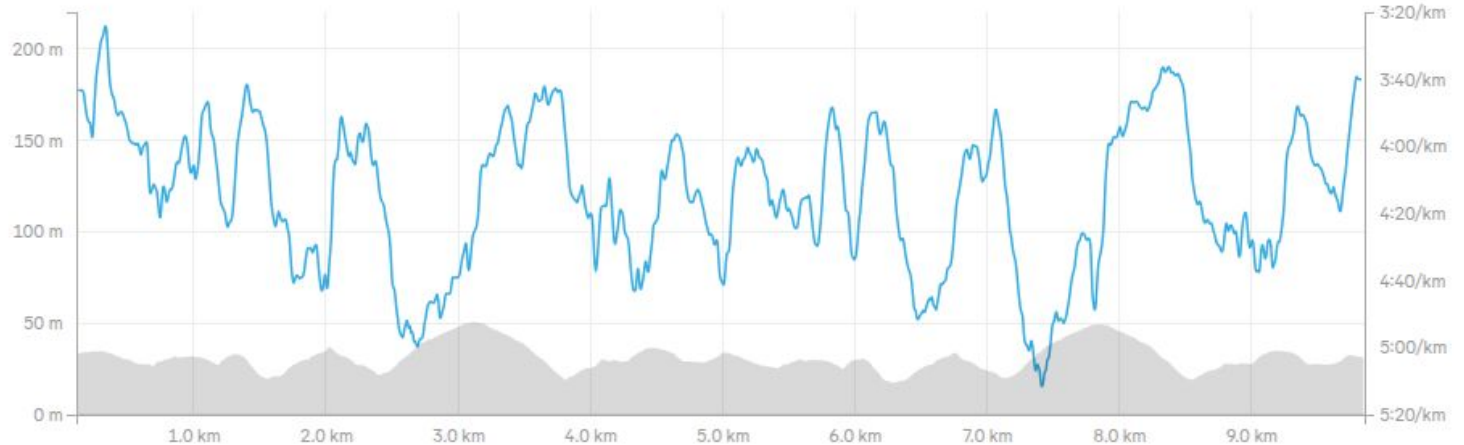
Adrian Murkin

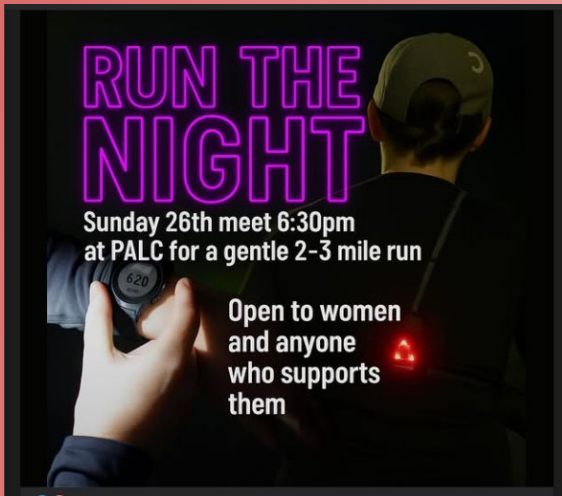


Well done Adrian on a full weekend of running down West. Milford Waterfront Parkrun and Tenby 10k. Both Hilly events 🏔️🏃

Splits

KM	Pace	Elev
1	3:56 /km	-2 m
2	4:14 /km	4 m
3	4:29 /km	13 m
4	4:03 /km	-23 m
5	4:21 /km	8 m
6	4:14 /km	-4 m
7	4:20 /km	-6 m
8	4:34 /km	21 m
9	4:03 /km	-18 m
0.85	4:10 /km	3 m



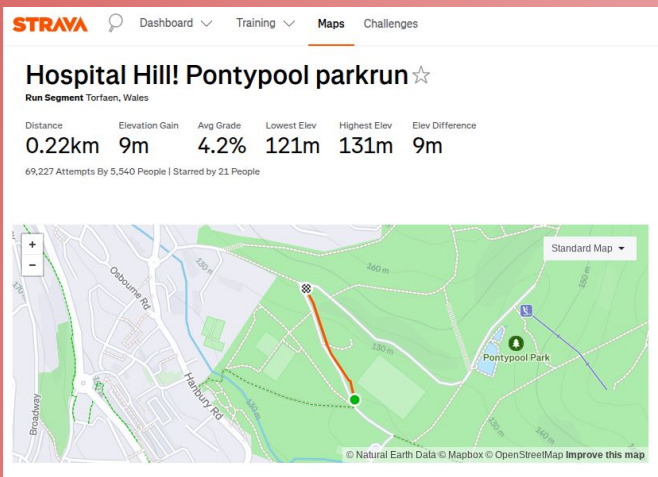


WELL DONE, TEAM! 💜✨

A huge thank you to the 8 runners (including Andy on the camera 📷) who braved the drizzle and puddles for Run the Night from PALC!

Together, you all showed a real sense of community and support for fellow runners, highlighting the importance of women's safety when running 🏃💜

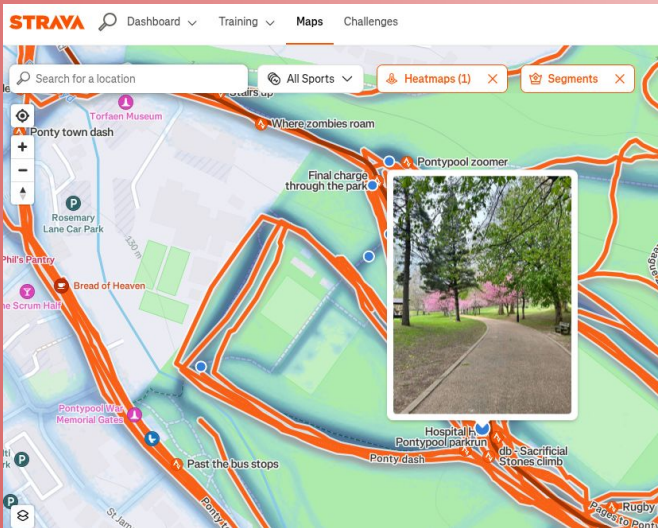




Hospital Hill is the local name for the high ground in Pontypool Park where the former Pontypool and District Hospital once stood. The hospital was demolished in 2001, but the area remains significant to the local community.

A people's hospital: The Pontypool and District Hospital was built in the early 20th century, with financial contributions from local workers, including miners and railway workers. This gave the community a strong sense of ownership and connection to the building.

Closure and demolition: The hospital was closed in 1994, and planning permission for its demolition and the building of new homes was approved in 2001. Despite local opposition and an appeal to heritage body CADW, the hospital was torn down in July 2001.



Leaderboard					All Time	This V
	Rank	Name	Date	Time		
x	1	Terry Watkins	Tuesday, 30 June 2015	33s		
+	2	Emma Gunter	Saturday, 27 April 2019	36s		
+	2	Martin Clayton	Tuesday, 8 February 2022	36s		
+	2	Nathan Maloney 🏆 1	Tuesday, 22 February 2022	36s		
+	5	Iestyn Rhodes	Tuesday, 1 March 2016	37s		
+	5	Adrian Murkin	Tuesday, 16 January 2018	37s		
+	7	Alun wood	Tuesday, 19 January 2016	38s		
+	7	James Kemp	Tuesday, 27 February 2018	38s		
+	7	Euan Edwards	Tuesday, 4 October 2022	38s		
+	7	Tommy Francombe	Tuesday, 20 February 2024	38s		
+	7	Colin Williams	Sunday, 13 October 2024	38s		
+	7	Andrius Narvicius	Tuesday, 30 September 2025	38s		
+	13	Adam Grey	Tuesday, 11 March 2025	39s		
+	14	Paul White	Tuesday, 22 February 2022	40s		
+	14	johnny Boy 🏆	Tuesday, 5 September 2023	40s		
+	14	Andrei Arcana	Tuesday, 22 April 2025	40s		
+	17	Ray Morgan	Tuesday, 12 November 2013	41s		
+	17	Jamie Edwards	Tuesday, 24 November 2020	41s		
+	17	Matthew Aherne	Saturday, 3 December 2022	41s		
+	17	craig hopkins	Tuesday, 17 October 2023	41s		

Fun Trivia

EAST WALES CLUBS ROAD RACE
CHAMPIONSHIP 2025

FEMALE CHAMPIONSHIP

1 GRIFFITHSTOWN HARRIERS

2 LLISWERRY RUNNERS

3 PONT-Y-PWL AND DISTRICT RUNNERS



www.eastwalesathletics.co.uk



EAST WALES CLUBS ROAD RACE
CHAMPIONSHIP 2025

MALE CHAMPIONSHIP

1 PONT-Y-PWL AND DISTRICT RUNNERS

2 GRIFFITHSTOWN HARRIERS

3 LLISWERRY RUNNERS



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EAST WALES CLUBS ROAD RACE
CHAMPIONSHIP 2025

OVERALL CHAMPIONSHIP

1 GRIFFITHSTOWN HARRIERS

2 PONT-Y-PWL AND DISTRICT RUNNERS

3 LLISWERRY RUNNERS



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The East Wales Clubs Road Race Championship 2025 was held over 5 races, Llanfrynach 3 Mile, Blade Runner 6.6 Mile, Mic Morris 10k, Sorbrook Tough 10k and Blaenavon Heritage 5 Mile.

A huge congratulations to the 2025 overall champions, Griffithstown Harriers, who also topped the podium in the Female championship. **Pont-y-Pwl and District Runners** took the honours in the Male championship, while Lliswerry Runners put in a characteristically strong performance across all three competitions.



W/C	Tuesday Workout	Thursday Run	Races / Events
3/11/25	Track Intervals 7:30pm Newport Stadium, Velodrome Way, Newport, NP19 4RA - £5 on the door. 8-12 x 400m / 60 sec recovery With Maria Alternative session in the park Paarlauf relays - using a lap and working in pairs, one person runs while the other recovers. With Toby	6-8 miles flat Following the track on Tuesday and ahead of the Gwent League on Saturday, an easy flat run to start the month.	6/11 Severn bridge Night Race 1 8/11 Gwent League - Cardiff * 8/11 - Mo Run 5k/10k/Half Marathon - Cardiff.
10/11/25	Tempo intervals 6 x 5 min / 90 sec recovery Reps at threshold effort (HM to 10k), static recovery. With Nic	6-8 miles undulating Push hard up the hills, using the downhill to recover.	
17/11/25	Train Station Hill Pyramid 3x (15,30,45,60,45,30,15 sec) Jog down rec between reps 3min rest between sets Pace this carefully. With Toby	7 miles easy or progression Choice between an easy run or running the middle 5 miles as a progression using first and last as a warm up and cool down.	20/11 Severn bridge Night Race 2 * 22/11 Elan Valley 10 mile 23/11 GLCL XC - Lliswerry
24/11/25	30 min Fartlek - with Fairwater runners - Hosted by Pontypool at PALC. 15 x 1 min on / 1 min off Ons at 5k effort, offs at your normal running pace. With Maria	5-6 mile social run Easy run starting and finishing at PALC with the club AGM taking place afterwards.	

November Training Plan

Please note, on the 25th, we are hosting Fairwater Runners for another joint session.

The social run this month will be from PALC with the clubs AGM taking place afterwards.

As always, all sessions are designed for all abilities. All the coaches can answer any questions you may have.

November



Cardiff Cross Challenge
Severn Bridge Night Race (20/11)

Looking Forward 🧐

The Club Challenge races are -

Cardiff X Challenge 8th November
Severn Bridge Night Race 6th & 20th November

Parkrun Challenge - Rogeit

Fairwater training session 25/11/25

For all information regarding the Club please follow this link - <https://pontypoolrunners.co.uk/>

Note - Both Severn Bridge night races count towards the championship