

Pont-y-Pwl District Runners November Monthly Report



By James

R.C. Birt

November



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

Contents:

Twmbarlwm Terror

Weekly Training

Parkruns

Severn Bridge Night Races

Cardiff XC Challenge

Cardiff MoRun Half

Lliswerry XC

Benidorm Half & 10k

Fairwater Mixed Training

AGM

East Wales Inter-Regionals

FreeWheelers

Top Tips

December Training Plan

Font Vella Lanzarote Marathon

Looking Ahead to December



Well done all 174 runners who completed Twmbarlwm Terror 2025; and congratulations to the overall and category winners. Pont-Y-Pwl District Runners managed to place 4 runners in the top 20. 🏃



7 mile multi-terrain race
Sunday 2nd November 2025

PROVISIONAL RESULTS

10:57 02/11/2025

PLACE	NUMBER	FIRST NAME	SURNAME	CLUB	CATEGORY	GENDER	gender place	category place	TIME hh:mm:ss
1	8	Jon	FORD	Fairwater Runners Cwmbran	SM	Male	1	1	0:50:06
2	182	Wyndham	TURNER	Mynydd Du	SM	Male	2	2	0:52:17
3	198	Ryan	JONES	Neath Harriers	SM	Male	3	3	0:52:57
4	105	Laurence	HUMPHREYS	Wycombe Phoenix Harriers & AC	MV	Male	4	1	0:53:10
5	124	Tom	MCCARTHY	Pontypridd Roadents AC	SM	Male	5	4	0:53:38
6	84	Adam	GREY	Pont-Y-Pwl & District Runners	SM	Male	6	5	0:53:51
7	135	Iwan	MORTON	Pont-Y-Pwl & District Runners	MV	Male	7	2	0:54:33
8	51	Dave	CLEERE	(none)	SM	Male	8	6	0:54:48
9	60	Lewis	DANIELS	Parc Bryn Bach Running Club	SM	Male	9	7	0:55:12
10	49	Tom	CHINNICK	Spirit Of Monmouth	MV	Male	10	3	0:56:06
11	112	Gavin	JONES	Monross Trailblazers	SM	Male	11	8	0:56:49
12	173	Ben	SINCLAIR	Pont-Y-Pwl & District Runners	MV	Male	12	4	0:57:12
13	146	Tomos	PHILLIPS	CDF Runners	SM	Male	13	9	0:57:24
14	185	Ricci	WATTS	Pont-Y-Pwl & District Runners	SM	Male	14	10	0:57:37
15	177	Shaun	STYLE S	Griffithstown Harriers	SM	Male	15	11	0:57:39
16	168	Ben	SAUNDERS	Spirit Of Monmouth	MV	Male	16	5	0:58:12
17	151	Laura	CAMERON	Llswerry Runners	SF	Female	1	1	0:58:41
18	7	Rae	ELIAS	Fairwater Runners Cwmbran	SM	Male	17	12	0:59:10
19	181	Tom	TURNER	Mynydd Du	MV	Male	18	6	0:59:23
20	127	Chris	MEDCALF	San Domenico Running Club	MSV	Male	19	1	0:59:59







Lee Harvey
22 November 2025 at 09:04 · Garmin Forerunner 955 · Manhattan, USA

Brooklyn Bridge Parkrun

Distance	Pace	Time	Achievements
5.01 km	5:44 /km	28m 46s	2

Pier 1 Slope PR (1:00)



Quick Quiz

What Parkrun is this?





Training & Raining

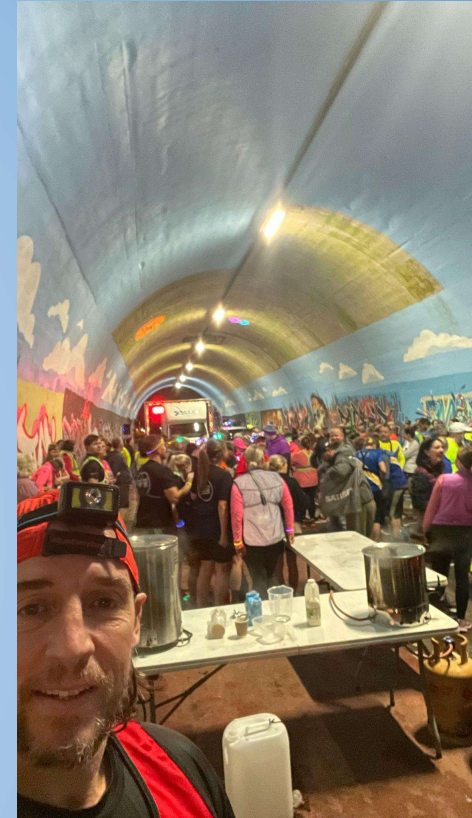


5 mile 06/11/2025 (2)

24	James Arnold	M50	Pont-y-pwl & District Runners	GBR
14	Louise Bright	W45	Pont-y-pwl & District Runners	GBR
52	Catherine Price	W45	Pontypool and district runners	GBR



Severn Bridge Night Race 1



Three members proudly represented the club at the Wales / England border - 06/11/26



Severn Bridge Night Race
Rogue Runs



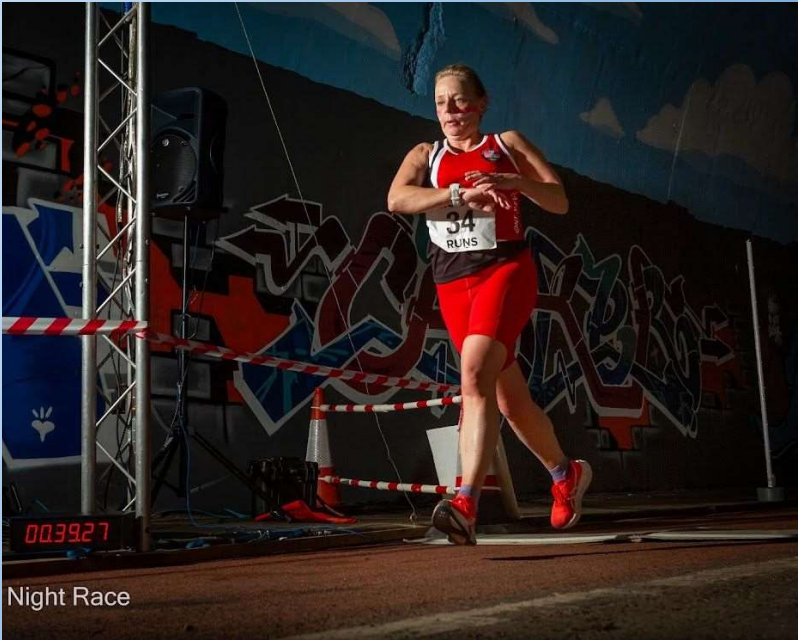
Severn Bridge Night Race
Rogue Runs



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Severn Bridge Night Race
Rogue Runs



Night Race



Cardiff Cross Challenge inc World Athletics Cross Country Tour (Gold Label), UK Athletics Cross Challenge Series Fixture 1 & John H Collins Gwent Cross Country League Fixture 2

Saturday 8th November, Llandaff Fields, Cardiff

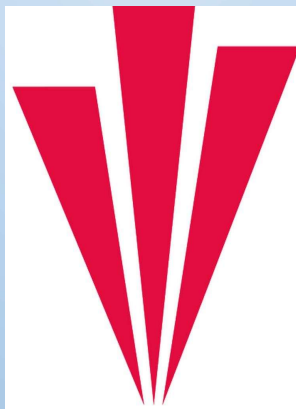
Please read the below information carefully, this will help you to have a more enjoyable day.

General Event Information:

The Cardiff Cross Challenge takes place in Llandaff Fields in Cardiff, one mile from the city centre and includes a 12 race programme. The event will again host the first fixture in the UK Athletics Cross Challenge Series and the first fixture in the John H Collins Gwent Cross Country League.

CARDIFF XC CHALLENGE

08/11/25





In my opinion, this was the hardest run of the year so far. The psychology of the course, running towards the finish line then running away from the finish line etc etc was incredibly difficult. The ground was unforgiving with no energy return from underfoot. On the plus side, it was amazing to see the lead athletes in their full stride as they lapped us lol. A good day out but a definite leveller for club runners.



Lee Harvey

Meanwhile...

These two club legends are clearly having the time of their lives..!

All the hard work and hours of training is paying off.

Well done both 👍



Adrian Murkin



The Robert Gale Gallery. Such a good photographer 📸

The Robert Gale Gallery



Amelia & Ash







Paul D Stillman
SPORTS PHOTOGRAPHY

150	3140	Iwan	Morton	M45	Pont-y-Pwl &...	00:36:29
266	3125	Craig	Hopkins	M45	Pont-y-Pwl &...	00:39:15
319	3127	Ashley	Cole	M23	Pont-y-Pwl &...	00:40:33
400	3134	Adrian	Murkin	M55	Pont-y-Pwl &...	00:42:19
419	3126	Lee	Harvey	M55	Pont-y-Pwl &...	00:42:53
530	3122	James	Arnold	M50	Pont-y-Pwl &...	00:47:29
542	3130	Simon	Fish	M45	Pont-y-Pwl &...	00:48:05

157	3113	Amelia	Davies	W23	Pont-y-Pwl &...	00:29:39
320	3105	Marisa	Benjamin	W40	Pont-y-Pwl &...	00:33:47
385	3108	Michelle	Gooch	W55	Pont-y-Pwl &...	00:35:45

63	4145	Joey	Line	Pont-y-Pwl &...	00:11:54
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GXCL Llandaff Fields

Results





Also in Cardiff on 08/11/25 was the annual November Mo (Moustache) Run. Jamie & Ieuan were the two Poolers to represent on the day and Jamie went on to say -

First time running the Cardiff MoRun Half 2025 🏆 🏃 🥰 ❤️

Such a great event, The atmosphere and support was amazing,

The four laps was a bit daunting but really enjoyed the route, and it's for such a great cause, Well pleased with my run, Getting the miles back in 💪

Would definitely like to run it again.



141	1863	Ieuan Walker	Pontypool & district runners	Male	130	Senior	99	11.2 km/h	01:52:35	01:52:31
47	2198	Jamie Edwards	Pont-y-Pwl & District Runners	Male	46	Senior	36	12.9 km/h	01:38:03	01:37:59



Pontypool Parkrun post Storm Claudia



**With the
Southgates**





Well needed sports results for the Principality this weekend (15/11/25).

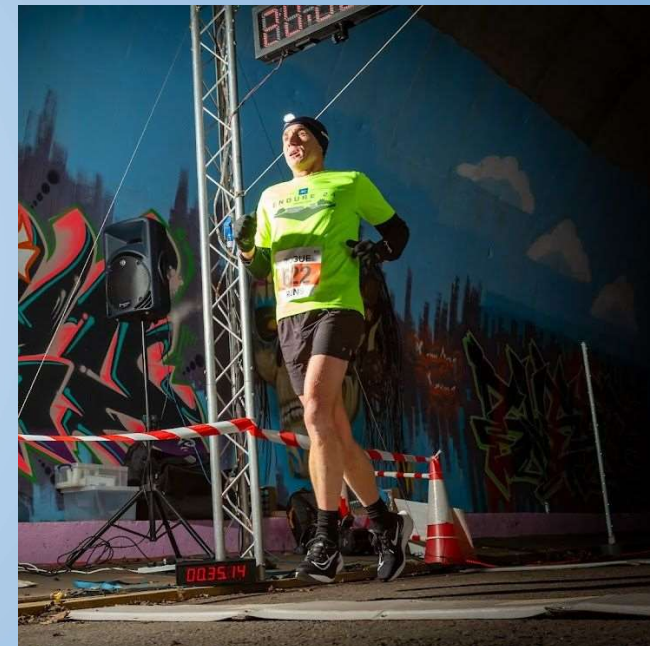
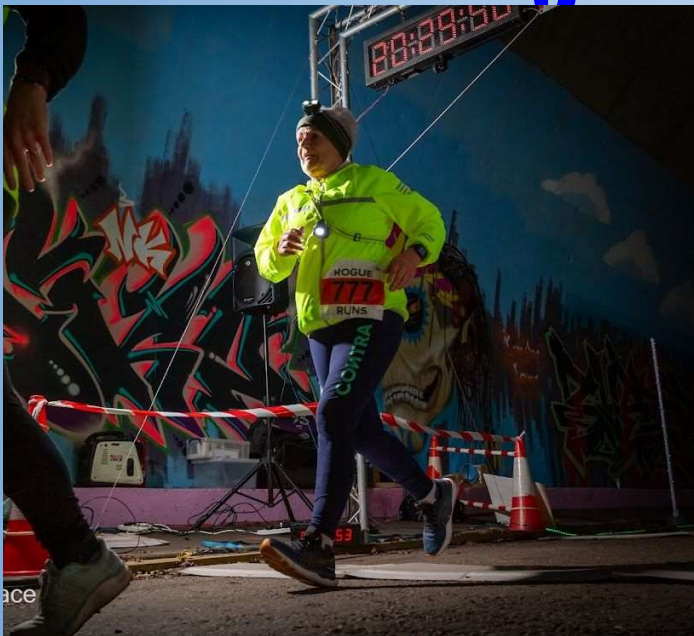
Japan and Liechtenstein falling to the might of the Dragon. Oh, and of course the ProAm golfers who took to the stage in the capital.



15	622	Gareth DAVIES	M V45	Pont-Y-Pwl & District Runners	00:34:26	14	3
122	821	Andy MILLARD	M V60	Pont-Y-Pwl & District Runners	00:46:54	62	4
306	777	Susan LAWRENCE	F V70	Pont-Y-Pwl & District Runners	00:56:21	191	2

Severn Bridge Night Race

9



Three members proudly represented the club at the Wales / England border - 20/11/26



2025 GLCL XC Series: Fixture 2 of 5 Lliswerry

4	Pont-Y-Pwl & District Runners A	02:39:20	106
	Adam GREY	00:30:17	8
	Iwan MORTON	00:30:22	12
	Ben SINCLAIR	00:32:35	26
	Andrei ARCANA	00:32:40	27
	Ricci WATTS	00:33:26	33

9	Pont-Y-Pwl & District Runners B	02:53:33	219
	Ashley COLE	00:34:15	39
	Iestyn RHODES	00:34:17	40
	Saul COOKE-BLACK	00:34:36	44
	Craig HOPKINS	00:35:04	46
	Adrian MURKIN	00:35:21	50

6	Pont-Y-Pwl & District Runners A	03:30:49	146
	Lubica FORD	00:38:15	13
	Amelia DAVIES	00:41:34	27
	Bethan RICHARDSON	00:41:40	28
	Tracy BAKER	00:43:28	33
	Marisa BENJAMIN	00:45:52	45

17	Pont-Y-Pwl & District Runners B	01:41:50	122
	Michelle GOOCH	00:48:34	56
	Michele DEAL	00:53:16	66



The race started on the football pitches above Rogerstone Primary School and were clearly marked by flags.

From the start runners headed East, upon reaching the footpath, runners were directed uphill through the trees, the route then headed out onto open fields where runners followed a zig-zag track uphill.

Runners then followed the boundary of the fields before heading downhill and into Cefn Woods.

The course followed a technical single track through the woodland before emerging on the lower playing fields. The route then hugged the treeline to complete the first lap.

Distance
7.45 km

Elev Gain
147 m

Time
41m 35s

Achievements
🏆 3

Descent through woods - plus a bit both ends ! PR (1:30)



Amelia





Marisa



Marisa Benjamin

Today at 11:00 · Garmin Forerunner 55 · Newport, Wales



Lunch Run

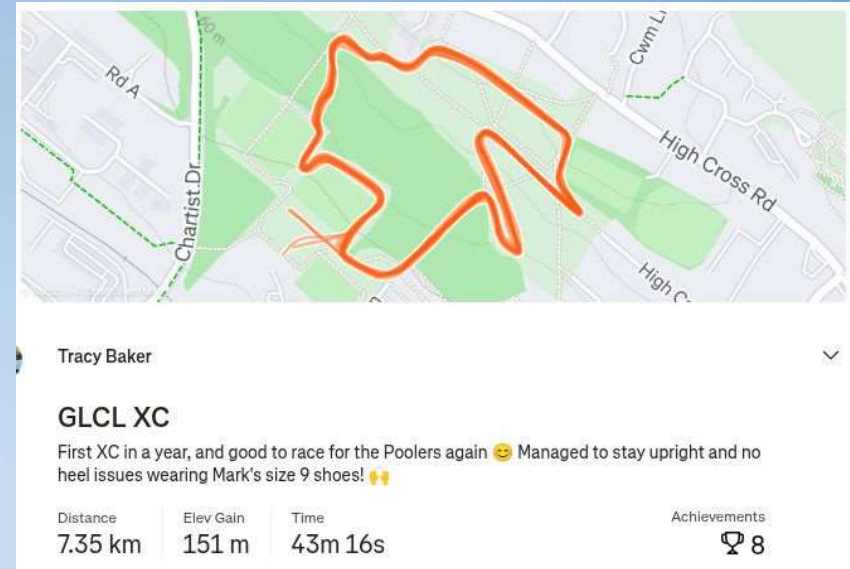
Distance
7.32 km

Elev Gain
149 m

Time
45m 46s

Achievements
🏆 1





Tracy