

Pen Y Fan Challenge 2023 - 13 Mile Race							
Race No	First Name	Last Name	Gender	Entry Details - Club	Finish Time	Position	Cat Position
25	Rob	Davies	Male	Amman Valley Harriers	02:03:34	1	1
77	Joseph	Reardon	Male	(no club)	02:24:37	2	2
94	Bertie	Warr	Male	Abingdon Athletics	02:27:39	3	3
79	Alex	Rees	Male		02:31:56	4	4
8	Richard	Blythe	Male		02:33:07	5	5
64	Rhodri	Morgan	Male	Running Punks	02:34:27	6	6
60	Elinor	Mattey	Female	Amman Valley Harriers	02:35:18	7	1
2	Mike	Andrews	Male	Rugby & Northampton AC	02:38:55	8	7
56	Nicholas	Lyons	Male	(no club)	02:40:31	9	8
52	Steve	Jones	Male	Maldwyn Harriers	02:44:18	10	9
26	Paul	Dennison	Male	Running Punks	02:45:42	11	10
70	Sebastien	Parvery	Male		02:47:42	12	11
63	Andrew	Mizen	Male	Running Punks	02:47:47	13	12
46	John	Hewson	Male	Swansea Vale Tri	02:48:48	14	13
103	Simon	Marks	Male	Merthyr Running Club	02:49:32	15	14
43	Lee	Hawkes	Male	(no club)	02:50:07	16	15
33	Ben	Gaskell	Male	Builth and District Running Club	02:51:02	17	16
93	Graham	Vyner	Male	RUN4ALL Neath	02:58:41	18	17
83	Nicolas	Shelley	Male		03:02:09	19	18
39	Courtney	Guy	Female	(no club)	03:02:44	20	2
16	Jordan	Collins	Male	(no club)	03:03:37	21	19
47	Laurie	Higgins	Female		03:04:12	22	3
71	Thomas	Payne	Male	Quantock Harriers	03:10:32	23	20
81	Paul	Rowe	Male		03:11:33	24	21
86	David	Stallard	Male	Merthyr Running Club	03:11:51	25	22
11	Richard	Burdett	Male	Merthyr Running Club	03:12:00	26	23
44	Emily	Haynes	Female	Parc Bryn Bach Running Club	03:12:01	27	4
102	Oliver	Simon	Male		03:15:19	28	24
9	Kevin	Bounds	Male	(no club)	03:16:43	29	25
38	Paul	Guest	Male	Lonely Goat RC	03:17:09	30	26
45	Paul	Heskins	Male	RUN4ALL Neath	03:18:51	31	27
75	Matthew	Pritchard	Male		03:22:42	32	28

68	Miles	Okeefe	Male		03:22:45	33	29
34	Catrin	Gaskell	Female	Builth and District Running Club	03:25:29	34	5
84	Nicholas	Smith	Male	Launceston Road Runners	03:25:55	35	30
82	Ganna	Saelens	Female	MRT Thriatlon Club Ghent	03:28:14	36	6
90	Samantha	Thomas	Female	Ogmore Phoenix Runners	03:29:41	37	7
20	Murray	Crichton	Male		03:30:47	38	31
15	Sophie	Coles	Female	(no club)	03:32:19	39	8
32	Adrian	Frowen	Male	(no club)	03:32:28	40	32
23	Ray	Davies	Male	Aberdare Valley amateur athletic club	03:36:14	41	33
13	Sheryl	Cleaton	Female	(no club)	03:37:35	42	9
65	Paul	Morris	Male	Pont-y-Pwl and District Runners	03:39:11	43	34
12	Ania	Ciolek	Female		03:39:29	44	10
5	Judy	Baird-Murray	Female	Builth and District Running Club	03:39:46	45	11
18	Neil	Cook	Male		03:39:46	46	35
66	Barry	Nichols-Grey	Male	(no club)	03:40:55	47	36
24	Raymond	Davies	Male	Builth and District Running Club	03:43:01	48	37
91	Julie	Toy	Female	Merthyr Running Club	03:43:03	49	12
37	Zoe	Griffiths	Female		03:43:06	50	13
78	Kevin	Reed	Male	Ilfracombe Running Club	03:44:37	51	38
100	Nerijus	Zukauskas	Male	Hereford Couriers	03:45:24	52	39
50	Carrie Ann	John	Female		03:45:41	53	14
31	Arnaud	Freneat	Male	-Individual-	03:47:17	54	40
17	Vic	Conran	Male	RED Runners	03:50:30	55	41
99	Marina	Wright	Female	Spirit of Monmouth	03:54:32	56	15
57	Lucy	MacDonald	Female	Spirit of Monmouth	03:54:33	57	16
62	Leanne	Meek	Female	Forest of Dean AC	03:54:37	58	17
22	Claire	Davies	Female	Merthyr Running Club	04:00:47	59	18
87	Matthew	Stride	Male	Merthyr Running Club	04:00:47	60	42
7	Rachel	Beard	Female	Forest of Dean Runners	04:00:56	61	19
69	Miriam	Paris	Female	Forest of Dean Runners	04:00:56	62	20
6	Paul	Baker	Male	Unattached	04:02:12	63	43
96	Leigh	Westwood	Male		04:02:15	64	44
30	Mike	Evans	Male		04:04:50	65	45
29	Amie	Ellington	Female	Roberttown Road Runners	04:10:18	66	21

95	Laura	Webb	Female		04:14:14	67	22
19	Shawna	Cottrell	Female	Merthyr Running Club	04:22:51	68	23
35	Paul	Gray	Male		04:28:33	69	46
42	Clare	Harris	Female	Lliswerry Runners	04:42:20	70	24
49	Andrew	James	Male	RuNNewport	04:42:20	71	47
10	Karen	Bracegirdle	Female	Merthyr Running Club	04:46:04	72	25
36	Tracey	Greenwood	Female		04:52:17	73	26
59	Maria	Martins	Female	Merthyr Running Club	04:59:38	74	27
14	Caroline	Cleaver	Female	Merthyr Running Club	05:01:51	75	28
21	Angharad	Cummings	Female	Merthyr Running Club	05:01:51	76	29
85	Kar	Smith	Female		05:03:21	77	30
27	Carrie-Ann	Driver	Female	Running Punks	05:12:37	78	31
58	Kevin	Maddern	Male	Running Punks	05:12:37	79	48
97	Millie	Wilmot	Female	Running Punks	05:12:37	80	32
101	Natalie	Williams	Female	Merthyr Running Club	05:12:47	81	33
28	Ceri	East	Female	Merthyr Running Club	DNF		
51	Rebecca	Jones	Female	Cardiff Harlequins Running Club	DNF		
76	Christian	Prynne	Male	Builth and District Running Club	DNF		
80	Beatrice	Roberts	Female	Cardiff Harlequins	DNF		

Pen Y Fan Challenge 5 Mile race 2023							
Race No	First Name	Last Name	Gender	Entry Details - Club	Finish Time	Position	Cat Position
525	Callum	Moore	Male	Great Western Runners	47:33:05	1	1
538	Joe	Williams	Male	(no club)	50:44:02	2	2
506	John	Cox	Male	Great Western Runners	58:49:35	3	3
517	Robin	Jackson	Male	SWYD Tri Club	59:37:04	4	4
540	Tony	Williams	Male	BLUE MOUNTAINS FITNESS	01:01:24	5	5
518	Benjamin	Jones	Male		01:03:42	6	6
507	Andy	Creber	Male	Chepstow Harriers	01:05:31	7	7
501	Ryan	Brain	Male	-Individual-	01:06:02	8	8
530	Tommy	Rutherford	Male	Brecon Athletics Club	01:07:43	9	9
519	Daniel	Jones	Male	-Individual-	01:07:53	10	10
522	Amy	Lunnon	Female	(no club)	1:08:53 - DIS		
508	Luke	Davies	Male	(no club)	01:08:57	11	11
512	Tom	Fynmore	Male	(no club)	01:08:59	12	12
520	Nadia	Kottegoda	Female	Great Western Runners	01:09:21	13	1
509	Kelly	Dicks	Female	Great Western Runners	01:09:22	14	2
503	Robert	Carr	Male		01:10:24	15	13
515	Jonathan	Gravell	Male	Sosban	01:10:24	16	14
510	Mark	Evans	Male	(no club)	01:10:47	17	15
500	Jamie	Barker	Male		01:13:41	18	16
505	Alan	Connolly	Male		01:14:04	19	17
531	Neil	Stovold	Non-binary	Average Joes	01:16:34	20	18
539	Kevin	Williams	Male	(no club)	01:17:31	21	19
516	Sarah	Griffiths	Female		01:17:37	22	3
521	Richard	Lilley	Male	Lonely Goat RC	01:17:59	23	20
532	Ellen	Sugden	Female	Pegasus RC	01:18:26	24	4
504	Steve	Clarke	Male	Average Joes	01:18:45	25	21
527	Rhian	Pascoe	Female	RUN4ALL Neath	01:19:40	26	5
541	Laurie	Hughes	Male	Vegan Runner UK	01:21:27	27	22
536	Lynsie	Walstow	Female	Merthyr Running Club	01:26:34	28	6
514	Sean	Gillespie	Male	(no club)	01:27:19	29	23
542	Christian	Payne	Male	Builth & District Running Club	01:28:03	30	24
534	Martin	Svoboda	Male		01:31:47	31	25
537	Rosie	Whiting	Female	(no club)	01:35:48	32	7
502	Lizzie	Bufton	Female		01:43:04	33	8
511	Isabel	Francis	Female	RUN4ALL Neath	01:59:06	34	9