

Parc Bryn Bach: 10 Km  
 Sunday 12-Apr-2026 at 09:45  
 Organised by: Hospice of the Valleys

Race Results (Based on Chip to Chip Times)

Pos	Bib	Name	Cat	Club	Chip Time	AG Time	AG%	Gender Pos	Cat Pos
1	210	Daniel BODMAN	M Senior	Parc Bryn Bach Running Club	00:36:47	00:36:27	73.31%	1	1
2	179	Adam GREY	M Senior	Pont-Y-Pwl & District Runners	00:36:48	00:36:48	72.63%	2	2
3	12	Ryan Malcolm WORLOCK-MORGAN	M Senior	Parc Bryn Bach Running Club	00:37:07	00:36:59	72.25%	3	3
4	6	Ryan GONCALVES	M Senior	Parc Bryn Bach Running Club	00:37:38	00:37:38	71.00%	4	4
5	217	Thomas WEBB	M Senior	Parc Bryn Bach Running Club	00:38:39	00:38:39	69.13%	5	5
6	2	Gavin PATTERSON	M V40	Parc Bryn Bach Running Club	00:38:43	00:36:27	73.30%	6	1
7	150	Byron JONES	M Senior	Run4all Rc	00:39:05	00:38:43	69.02%	7	6
8	161	John WILLIAMS	M V40	Griffithstown Harriers	00:39:22	00:32:21	82.59%	8	2
9	4	Thomas MORRIS	M Senior	Run4all Neath	00:39:43	00:38:48	68.88%	9	7
10	212	Rhodin THOMAS	M V40	Unattached	00:39:48	00:37:11	71.88%	10	3
11	162	Craig HOPKINS	M V50	Unattached	00:40:15	00:35:48	74.66%	11	2
12	87	Joshua MANLEY	M Senior	Run4all Neath	00:40:51	00:40:28	66.02%	12	8
13	123	Shane ROBERTS	M V50	Griffithstown Harriers	00:41:06	00:36:15	73.72%	13	3
14	50	Nicky TUDOR	M V40	Griffithstown Harriers	00:41:14	00:39:27	67.75%	14	4
15	79	Maisie PEARCE	F Senior	Parc Bryn Bach Running Club	00:42:03	00:42:03	72.15%	1	1
16	122	Morgan JUKES	M Senior	Parc Bryn Bach Running Club	00:42:11	00:42:11	63.34%	15	9
17	65	Nicola JUKES	F V55	Parc Bryn Bach Running Club	00:42:51	00:35:14	86.12%	2	1
18	94	Vaughan HUGHES	M Senior	Run4all Rc	00:42:51	00:42:43	62.56%	16	10
19	178	Ethan SAYCE	M Senior	Parc Bryn Bach Running Club	00:42:53	00:42:53	62.32%	17	11
20	67	Keith BREWER	M V70+	Parc Bryn Bach Running Club	00:43:02	00:31:26	85.01%	18	1
21	66	Neil PROFIT	M V40	Islwyn Rc	00:43:27	00:39:56	66.91%	19	5
22	74	Kimberley PRICE	F V35	Parc Bryn Bach Running Club	00:43:30	00:41:02	73.93%	3	1
23	184	Nick OSMAN	M V50	Parc Bryn Bach Running Club	00:43:42	00:36:54	72.42%	20	4
24	8	Connor THURSTON	M Senior	Parc Bryn Bach Running Club	00:44:10	00:44:10	60.49%	21	12
25	221	Spencer CLEASE	M V50	Parc Bryn Bach Running Club	00:44:51	00:39:33	67.56%	22	5
26	127	Alan MONKS	M V40	Dragons Running Club	00:44:54	00:41:37	64.22%	23	6
27	211	Paul JARMAN	M V50	Parc Bryn Bach Running Club	00:44:56	00:39:38	67.43%	24	6
28	129	Jonathan JARVIS	M V40	Run4all Rc	00:45:08	00:42:50	62.38%	25	7
29	75	Marc CROSS	M V40	Griffithstown Harriers	00:45:10	00:42:32	62.82%	26	8
30	34	Rhys SCRIVENS	M Senior	Unattached	00:45:12	00:44:10	60.51%	27	13
31	220	Dylan GREENWAY	M Senior	Parc Bryn Bach Running Club	00:45:20	00:45:20	58.94%	28	14
32	155	Victoria MORT	F V35	Run4all Rc	00:45:29	00:44:39	67.95%	4	2
33	207	Tammi PREECE	F V35	Parc Bryn Bach Running Club	00:45:38	00:43:02	70.49%	5	3
34	216	Rhys COPNER	M Senior	Parc Bryn Bach Running Club	00:45:58	00:45:58	58.14%	29	15
35	186 ++	Julian WILLIAMS	M Senior	Unattached	00:45:58	00:44:55	59.50%	30	16
36	183	Alan WILLIAMS	M V40	Unattached	00:46:22	00:42:37	62.70%	31	9
37	60	Charlotte HOLLAND WRIGHT	F V35	Griffithstown Harriers	00:46:31	00:44:54	67.58%	6	4
38	98	Gary GRIFFITHS	M V40	Monross Trailblazers	00:46:35	00:42:49	62.42%	32	10
39	190	Michael EVANS	M V60	Dragons Running Club	00:46:45	00:37:44	70.82%	33	1
40	188	Carys THOMAS	F V35	Aberdare Valley Aac	00:46:52	00:46:12	65.66%	7	5
41	176	Daniel ATKINSON	M Senior	Tadcaster Harriers	00:47:11	00:47:11	56.63%	34	17
42	13	Anthony EVANS	M Senior	Unattached	00:47:30	00:46:24	57.58%	35	18
43	120	Al HUNT	M V40	Unattached	00:47:34	00:42:40	62.64%	36	11
44	168	Kieran LOUGHLIN	M V40	Ystrad Mynach Running Club	00:47:39	00:45:35	58.62%	37	12
45	104	Huw STEADMAN	M V50	Parc Bryn Bach Running Club	00:47:43	00:39:56	66.91%	38	7
46	19	Luke DANIELS	M Senior	Unattached	00:47:44	00:47:18	56.50%	39	19

Damian Williams 10k - sponsored by K.M. Plant contractors, Metrord, Newport Hereford

Pos	Bib	Name	Cat	Club	Chip Time	AG Time	AG%	Gender Pos	Cat Pos
47	121	Courtney Page COX	F Senior	Unattached	00:47:48	00:47:48	63.47%	8	2
48	196	Laura LEWIS-COPEMAN	F V35	Griffithstown Harriers	00:47:49	00:46:43	64.95%	9	6
49	82	Carly BUNSTON	F Senior	Islwyn Rc	00:47:58	00:47:55	63.32%	10	3
50	147	Chris WINTLE	M Senior	Run4all Rc	00:48:27	00:48:27	55.15%	40	20
51	208	Roger FREEMAN	M V40	Parc Bryn Bach Running Club	00:48:37	00:45:25	58.83%	41	13
52	38	Jo KILBY	F V45	Parc Bryn Bach Running Club	00:49:00	00:42:20	71.67%	11	1
53	203	Neil BEYNON	M V50	Parc Bryn Bach Running Club	00:49:03	00:41:25	64.52%	42	8
54	214	Andrew Jones	M V50	Parc Bryn Bach Running Club	00:49:06				
55	62	Shaun STYLES	M Senior	Griffithstown Harriers	00:49:09	00:48:59	54.55%	43	21
56	215	Lawrence PEARCE	M V40	Unattached	00:49:19	00:44:13	60.42%	44	14
57	61	Carl PRICE	M V40	Parc Bryn Bach Running Club	00:49:27	00:44:21	60.26%	45	15
58	22	Jaq UNDERWOOD	F V55	Bourton Roadrunners	00:49:42	00:38:46	78.25%	12	2
59	53	Gareth RICHARDS	M V40	Parc Bryn Bach Running Club	00:49:58	00:46:19	57.70%	46	16
60	205	Martyn POWELL	M V50	Parc Bryn Bach Running Club	00:49:58	00:44:04	60.64%	47	9
61	84	Melissa PEARCE	F V55	Parc Bryn Bach Running Club	00:50:04	00:41:09	73.72%	13	3
62	170	San WALKER	F V45	Chepstow Harriers	00:50:07	00:45:24	66.81%	14	2
63	43	Barry BLEARS	M Senior	Unattached	00:50:14	00:49:20	54.16%	48	22
64	136	Andrew EDWARDS	M V40	Dragons Running Club	00:50:15	00:45:04	59.30%	49	17
65	96	Jonathan DAVIES	M V50	Unattached	00:50:34	00:44:13	60.44%	50	10
66	89	Annabel HARFORD	F V55	Brecon Ac	00:50:48	00:40:10	75.55%	15	4
67	151	Gulesh KUMAR	M Senior	Caerleon Rc	00:50:50	00:50:50	52.56%	51	23
68	28	Rebecca SCRIVENS	F V35	Unattached	00:50:52	00:49:06	61.78%	16	7
69	193	Cameron LEWIS	M Senior	Unattached	00:51:03	00:51:03	52.34%	52	24
70	124	Sarah ROBERTS	F V45	Griffithstown Harriers	00:51:05	00:47:18	64.15%	17	3
71	35	Georgina SEED	F V55	Parc Bryn Bach Running Club	00:51:09	00:37:45	80.37%	18	5
72	164	Olivia WRIGHT	F Senior	Unattached	00:51:19	00:51:19	59.12%	19	4
73	198	Pete HARRISON	M V60	Unattached	00:51:35	00:41:38	64.18%	53	2
74	73	Lee MUNN	M Senior	Unattached	00:51:37	00:51:32	51.85%	54	25
75	33	Kate LANCASTER	F V45	Aberdare Valley Aac	00:51:49	00:45:19	66.95%	20	4
76	197	Michael THOMAS	M V60	Unattached	00:51:53	00:41:06	65.01%	55	3
77	206	Ian JAMES	M V50	Parc Bryn Bach Running Club	00:51:56	00:44:38	59.87%	56	11
78	102	Mike RIDD	M V40	Unattached	00:52:03	00:49:01	54.52%	57	18
79	32	Tom LANCASTER	M V40	Aberdare Valley Aac	00:52:04	00:49:25	54.07%	58	19
80	175	Ben WITCOMB	M Senior	Unattached	00:52:30	00:51:49	51.57%	59	26
81	218 ††	Philip JENKINS	M V40	Unattached	00:52:40	00:48:48	54.76%	60	20
82	195	Tony LEWIS	M V50	Parc Bryn Bach Running Club	00:53:13	00:43:45	61.09%	61	12
83	17	Roxy ZYM	F Senior	Parc Bryn Bach Running Club	00:53:33	00:53:18	56.91%	21	5
84	77	Samantha BILLS	F V35	Parc Bryn Bach Running Club	00:53:38	00:52:39	57.62%	22	8
85	16	Kirsty THOMAS	F V35	Unattached	00:53:39	00:51:26	58.99%	23	9
86	213	Julian PRICE	M V50	Unattached	00:54:05	00:45:16	59.03%	62	13
87	92	Thomas BUSH	M Senior	Unattached	00:54:07	00:54:02	49.45%	63	27
88	24	Kirsten MARYKE	F V45	Run4all Rc	00:54:44	00:48:26	62.63%	24	5
89	219	Gabar CSONTA	M V50	Unattached	00:54:55	00:47:12	56.61%	64	14
90	88	Bethan SPARE	F Senior	Run4all Neath	00:55:11	00:55:10	54.99%	25	6
91	171	Debra CLARKE	F V55	Run4all Rc	00:55:20	00:44:19	68.45%	26	6
92	144	Luke WATKINS	M Senior	Unattached	00:55:32	00:55:12	48.40%	65	28
93	51	Gareth KNIGHT	M V40	Griffithstown Harriers	00:55:35	00:51:55	51.46%	66	21
94	57	Cyril WILLIAMS	M V70+	Parc Bryn Bach Running Club	00:55:46	00:41:13	64.84%	67	2
95	194	Lucy MORGAN	F V45	Unattached	00:55:49	00:48:48	62.16%	27	6
96	181	Antony DERRICK	M V50	Caerleon Rc	00:55:54	00:47:12	56.61%	68	15
97	185	Mark POTTER	M V40	Caerleon Rc	00:55:54	00:50:58	52.43%	69	22
98	105	James REYNOLDS	M Senior	Caerphilly Runners	00:55:55	00:54:55	48.65%	70	29
99	142	Olivia WOODHOUSE	F Senior	Griffithstown Harriers	00:56:30	00:56:21	53.83%	28	7

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Pos	Bib	Name	Cat	Club	Chip Time	AG Time	AG%	Gender Pos	Cat Pos
100	80	Mikiko MINTY	F V45	Griffithstown Harriers	00:56:47	00:49:39	61.10%	29	7
101	189	Deborah EVANS	F V65+	Aberdare Valley Aac	00:56:55	00:41:25	73.26%	30	1
102	160	Hannah KEATING	F V35	Griffithstown Harriers	00:56:59	00:55:20	54.82%	31	10
103	202 ††	Julian WILLIAMS	M V50	Unattached	00:57:16	00:48:21	55.26%	71	16
104	163	Rhys EDMUNDS	M Senior	Unattached	00:57:25	00:57:25	46.53%	72	30
105	224	Teagan HUMPHREYS	F Senior	Unattached	00:57:29	00:57:29	52.77%	32	8
106	134	Mark SMITH	M V50	Unattached	00:57:33	00:48:36	54.99%	73	17
107	39	Maria MEREDITH	F V45	Parc Bryn Bach Running Club	00:57:37	00:50:59	59.50%	33	8
108	83	Alysha BUNSTON	F Senior	Islwyn Rc	00:57:38	00:57:38	52.64%	34	9
109	152	Kwok LEE	M V50	Run4all Rc	00:57:40	00:50:51	52.55%	74	18
110	20	Angela MAYNARD	F V45	Unattached	00:58:26	00:54:06	56.07%	35	9
111	177	Cassidy MACKENZIE	F Senior	Run4all	00:58:43	00:58:43	51.67%	36	10
112	174	Christopher MEREDITH	M V40	Unattached	00:59:24	00:55:56	47.77%	75	23
113	145	Glenn MARSH	M Senior	Unattached	00:59:28	00:59:23	45.00%	76	31
114	199 ††	John WILLIAMS	M V50	Unattached	00:59:29	00:54:14	49.28%	77	23
115	172 ††	Philip JENKINS	M V50	Run4all Rc	00:59:57	00:49:17	54.22%	78	19
116	49	Daniela GORMLEY	F V55	Griffithstown Harriers	01:00:14	00:50:09	60.51%	37	7
117	166	Paul HANCOX	M V60	Griffithstown Harriers	01:00:21	00:47:21	56.44%	79	4
118	86	Sarah DIXON	F V55	Unattached	01:01:28	00:51:11	59.28%	38	8
119	204	Jenni JORDAN	F V35	Unattached	01:01:29	01:01:03	49.69%	39	11
120	141	Rhian JOHN	F V45	Dragons Running Club	01:01:30	00:57:30	52.76%	40	10
121	30	Clare MANLEY	F V65+	Run4all Rc	01:01:33	00:43:29	69.76%	41	2
122	118	David WARD	M V60	Unattached	01:01:34	00:46:00	58.10%	80	5
123	44	Angela Gail THORPE	F V55	Run4all Rc	01:01:37	00:46:46	64.88%	42	9
124	45	Anna SHERWOOD	F V45	Dragons Running Club	01:01:49	00:56:01	54.16%	43	11
125	225	Connor HUGHES-LEWIS	M Senior	Unattached	01:02:14	01:02:14	42.93%	81	32
126	158	Caitlyn MORRIS	F Senior	Unattached	01:02:27	01:02:27	48.58%	44	11
127	157	Stuart MORRIS	M V50	Unattached	01:02:28	00:54:37	48.93%	82	20
128	156	Alexandra MORRIS	F Senior	Unattached	01:02:30	01:02:30	48.54%	45	12
129	222	Mark MORGAN	M V40	Unattached	01:02:32	00:57:57	46.11%	83	24
130	64	Louise KIRBY	F V55	Parc Bryn Bach Running Club	01:02:33	00:50:06	60.55%	46	10
131	52	Clair STEPHENS	F V35	Run4all Neath	01:03:07	01:00:30	50.15%	47	12
132	182	Jane DERRICK	F V45	Caerleon Rc	01:03:18	00:59:11	51.26%	48	12
133	137	Damian WOODWARD	M V40	Unattached	01:03:23	00:59:41	44.77%	84	25
134	37	Jaye PRICE	F V35	Parc Bryn Bach Running Club	01:03:34	01:02:24	48.62%	49	13
135	169	Kate SAVILL	F V35	Unattached	01:03:35	00:59:58	50.59%	50	14
136	149	Emily LEWIS	F Senior	Run4all Neath	01:03:51	01:03:51	47.51%	51	13
137	109	Jasmine WALL	F Senior	Unattached	01:04:01	01:04:01	47.39%	52	14
138	148	Rebecca HEARNE	F Senior	Run4all Neath	01:04:01	01:04:01	47.39%	53	15
139	95	Lauren DAVIES	F Senior	Unattached	01:04:12	01:04:12	47.25%	54	16
140	59	Diane MORGAN	F V55	Parc Bryn Bach Running Club	01:04:20	00:50:52	59.65%	55	11
141	42	Natalie EDWARDS	F V35	Dragons Running Club	01:04:36	01:03:56	47.45%	56	15
142	201	Andrew LABODZINSKI	M V50	Unattached	01:05:12	00:57:30	46.47%	85	21
143	200	Barrie DAVIES	M V50	Unattached	01:05:13	00:57:30	46.47%	86	22
144	135	Tudur EVANS	M V40	Run4all Rc	01:05:16	01:01:57	43.14%	87	26
145	154	Sarah BYRNE	F V45	Run4all Rc	01:05:17	01:00:27	50.19%	57	13
146	143	Anna WILKINSON	F V45	Griffithstown Harriers	01:05:26	00:56:32	53.66%	58	14
147	140	Allison HUGHES	F V55	Griffithstown Harriers	01:05:42	00:51:56	58.41%	59	12
148	116	Tersa DAVIES	F V55	Parc Bryn Bach Running Club	01:06:00	00:53:34	56.64%	60	13
149	40	Kelsie JENKINS	F Senior	Unattached	01:06:51	01:06:41	45.50%	61	17
150	97	Adele GREENLY	F V35	Unattached	01:06:58	01:03:42	47.62%	62	16
151	167	Nikki HANCOX	F V45	Griffithstown Harriers	01:07:18	00:56:44	53.48%	63	15
152	93	Dale TAPPER	M V50	Parc Bryn Bach Running Club	01:07:53	00:59:52	44.64%	88	23

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Pos	Bib	Name	Cat	Club	Chip Time	AG Time	AG%	Gender	Cat
								Pos	Pos
153	117	Paula JONES	F V45	Unattached	01:08:47	01:00:53	49.83%	64	16
154	107	Rebecca DAVIES	F V35	Unattached	01:09:40	01:08:24	44.36%	65	17
155	10	Carwyn EVANS	M V50	Dragons Running Club	01:10:13	00:57:43	46.29%	89	24
156	23	Natalie VATER	F V45	Dragons Running Club	01:10:31	01:05:55	46.02%	66	17
157	9	Brenda EVANS	F V65+	Unattached	01:10:45	00:45:32	66.64%	67	3
158	70	Emily GRASS	F Senior	Unattached	01:11:14	01:11:14	42.59%	68	18
159	71	Liam SWINN	M Senior	Unattached	01:11:14	01:11:14	37.51%	90	33
160	31	Susan EDWARDS	F V55	Run4all Rc	01:11:29	00:56:30	53.69%	69	14
161	128	Miriam BENNETT	F V45	Unattached	01:11:37	01:06:58	45.31%	70	18
162	132	Joanne BENSON	F V35	Unattached	01:11:38	01:09:34	43.60%	71	18
163	131	Rhian WILLIAMS	F V45	Dragons Running Club	01:12:15	01:02:26	48.60%	72	19
164	81	Kath JERVIS	F V65+	Parc Bryn Bach Running Club	01:12:27	00:50:25	60.17%	73	4
165	114	John CUNNANE	M V70+	Unattached	01:12:55	00:48:28	55.14%	91	3
166	223	Tomas CRAWWORD	M Senior	Unattached	01:13:01	01:13:01	36.59%	92	34
167	209	Maddison BARRELL	F Senior	Unattached	01:13:02	01:13:02	41.54%	74	19
168	101	Abby SMITH-BROWN	F Senior	Unattached	01:13:45	01:13:45	41.14%	75	20
169	91	Sue GRAY	F V55	Parc Bryn Bach Running Club	01:14:22	00:58:47	51.60%	76	15
170	173	Sarah JENKINS	F V55	Run4all Rc	01:15:16	00:57:08	53.11%	77	16
171	5	Rachel LLOYD	F V35	Run4all Rc	01:16:00	01:14:14	40.87%	78	19
172	146	Ryan ROBERTS	M Senior	Unattached	01:16:35	01:14:21	35.94%	93	35
173	113	Zlatica TARBAJOVA	F V35	Unattached	01:17:17	01:16:12	39.81%	79	20
174	29	Neil THOMAS	M V50	Islwyn Rc	01:17:32	01:04:19	41.55%	94	25
175	3	Rachel WILLIAMS	F V35	Unattached	01:19:39	01:18:50	38.48%	80	21
176	139	Lena EVANS	F V55	Griffithstown Harriers	01:23:13	01:04:55	46.74%	81	17
177	192	Sarah SEARLE	F V45	Griffithstown Harriers	01:23:13	01:11:54	42.19%	82	20
178	133	Kieran BENSON	M V40	Unattached	01:27:25	01:22:58	32.21%	95	27
179	18	Arlene OSMAN	F V55	Parc Bryn Bach Running Club	01:31:52	01:15:31	40.17%	83	18

Notes

++ This runner has the same name and club, or unattached, as another runner, but has a different age or URN if used. So, when presenting prizes, the actual runner can only be identified by their bib number.

Runners who started but who were not detected again

76	Gareth WILLIAMS	M V60	Parc Bryn Bach Running Club
99	Marie HURFORD	F V35	Griffithstown Harriers