

Hospice of the Valleys Six Mile Race
 Parc Bryn Bach: 6 Miles
 Sunday 27-Apr-2025 at 09:49
 Organised by: Hospice of the Valleys

Race Results

Pos	Bib	Name	Cat	Club	Race Time	AG Time	AG%	Chip Time	Gender Pos	Cat Pos
1	189	Oliver PRICE	M Senior	Pontypridd Roadents Ac	00:36:06	00:36:06	0.7138765	00:36:06	1	1
2	80	Ryan WORLOCK-MORGAN	M Senior	Parc Bryn Bach Running Club	00:36:27	00:36:23	0.7080945	00:36:27	2	2
3	72	Gareth KNIGHT	M V40	Griffithstown Harriers	00:38:45	00:36:27	0.7068545	00:38:44	3	1
4	204	Andrew STAMP	M V50	Griffithstown Harriers	00:39:54	00:34:52	0.7388807	00:39:53	4	1
5	202	Lewys DUKES	M Senior	Parc Bryn Bach Running Club	00:40:31	00:40:31	0.6358509	00:40:31	5	3
6	207	Ewelina CIESIELSKA	F S35	Parc Bryn Bach Running Club	00:40:50	00:39:53	0.733421	00:40:49	1	1
7	190	Joel PRICE	M Senior	Unattached	00:41:10	00:41:10	0.6259014	00:41:09	6	4
8	194	Kimberley PRICE	F V40	Parc Bryn Bach Running Club	00:41:28	00:39:27	0.7413925	00:41:27	2	1
9	125	Gary WEBBER	M V50	Rhondda Valley Runners	00:41:41	00:34:52	0.7389871	00:41:36	7	2
10	162	Nick OSMAN	M V50	Parc Bryn Bach Running Club	00:41:44	00:35:33	0.7249029	00:41:42	8	3
11	205	Keith BREWER	M V70+	Parc Bryn Bach Running Club	00:42:01	00:31:04	0.8295309	00:41:57	9	1
12	133	Beth JONES	F S20	Parc Bryn Bach Running Club	00:42:43	00:42:43	0.6849331	00:42:41	3	1
13	156	Neil PROFIT	M V40	Islwyn Rc	00:42:54	00:39:43	0.6487113	00:42:51	10	2
14	208	Ethan SAYCE	M Senior	Parc Bryn Bach Running Club	00:43:04	00:43:04	0.598253	00:42:59	11	5
15	26	Marc CROSS	M V40	Griffithstown Harriers	00:43:11	00:40:57	0.6292909	00:43:05	12	3
16	35	Emily WALKER	F Junior	Newport Harriers Ac	00:43:27	00:42:25	0.6896829	00:43:25	4	1
17	43	Richard WILLIAMS	M V40	Unattached	00:43:39	00:41:23	0.6226158	00:43:35	13	4
18	92	Nicky TUDOR	M V40	Griffithstown Harriers	00:43:41	00:42:04	0.6125275	00:43:34	14	5
19	108	Maisie PEARCE	F S20	Parc Bryn Bach Running Club	00:43:45	00:43:45	0.6686595	00:43:40	5	2
20	83	Spencer CLEASE	M V50	Parc Bryn Bach Running Club	00:43:50	00:38:57	0.661375	00:43:46	15	4
21	21	Alan MONKS	M V40	Dragons Running Club	00:44:53	00:41:53	0.615064	00:44:51	16	6
22	191	AI HUNT	M V40	Unattached	00:44:59	00:40:39	0.6338637	00:44:52	17	7
23	203	Alan WILLIAMS	M V40	Parc Bryn Bach Running Club	00:45:20	00:41:58	0.6138756	00:45:14	18	8
24	82	Leon WATKINS	M Senior	Unattached	00:45:35	00:44:44	0.5759021	00:45:31	19	6
25	176	Stephen PRICE	M V60	Parc Bryn Bach Running Club	00:45:50	00:36:59	0.6967026	00:45:46	20	1
26	28	Anthony EVANS	M Senior	Unattached	00:45:55	00:45:03	0.5718364	00:45:47	21	7
27	89	Carly COLE	F V45	Parc Bryn Bach Running Club	00:46:08	00:42:44	0.6846235	00:46:04	6	1
28	4	Samuel HARMER	M V40	Islwyn Rc	00:46:10	00:44:28	0.5795063	00:46:01	22	9
29	141	Leonie ROBERTS	F V45	Fairwater Runners	00:46:25	00:42:04	0.6952725	00:46:20	7	2
30	88	Joanne KILBY	F V45	Parc Bryn Bach Running Club	00:46:42	00:40:52	0.7158324	00:46:36	8	3
31	81	Scott RICHARDS	M Senior	Unattached	00:46:45	00:46:43	0.551452	00:46:38	23	8
32	164	James ASHLEY	M V50	Parc Bryn Bach Running Club	00:47:06	00:41:51	0.6155321	00:46:58	24	5
33	10	Michelle GOOCH	F V55	Pont-Y-Pwl & District Runners	00:47:44	00:38:17	0.7642305	00:47:42	9	1
34	34	San WALKER	F V45	Unattached	00:48:05	00:44:04	0.6637052	00:47:59	10	4
35	167	Karen SOUTHGATE	F V55	Pontypool	00:48:22	00:39:47	0.7351669	00:48:19	11	2
36	137	Kieran LOUGHLIN	M V40	Ystrad Mynach Running Club	00:48:27	00:46:39	0.5522675	00:48:16	25	10
37	130	Ruth SUTTON	F V45	Unattached	00:48:30	00:43:27	0.6732304	00:48:19	12	5
38	183	Andrew SMITH	M V40	Griffithstown Harriers	00:48:32	00:45:18	0.5688084	00:48:03	26	11
39	37	Harry PHILLIPS	M Senior	Unattached	00:49:08	00:48:49	0.5278086	00:49:03	27	9
40	149	Ian DAVIES	M V60	Parc Bryn Bach Running Club	00:49:14	00:40:06	0.6425939	00:49:10	28	2
41	161	Paul KNIGHT	M V50	Unattached	00:49:28	00:43:13	0.596171	00:49:20	29	6
42	11	Liz SIMS	F V55	Caerleon Rc	00:49:57	00:37:58	0.7705413	00:49:48	13	3
43	5	Jaq UNDERWOOD	F V55	Bourton Roadrunners	00:49:57	00:39:32	0.7399377	00:49:49	14	4
44	36	Chas MONK	M Senior	Unattached	00:50:05	00:49:23	0.5216846	00:49:57	30	10

Hessies of the Valley Six Mile Race

Pos	Bib	Name	Cat	Club	Race Time	AG Time	AG%	Chip Time	Gender	Cat
									Pos	Pos
96	6	Olivia SHEEHAN	F S20	Unattached	00:59:05	00:59:05	0.4951152	00:58:44	33	6
97	86	Runa COOKE	F S20	Unattached	00:59:25	00:59:25	0.4922572	00:59:15	34	7
98	68	Emma WILLIAMS	F V40	Unattached	00:59:30	00:57:03	0.5127394	00:59:22	35	7
99	196	Dorian BOULTER	M V50	Unattached	00:59:31	00:52:54	0.4870681	00:59:10	64	13
100	49	Ceri MORRIS	F S20	Unattached	00:59:45	00:59:45	0.4896072	00:59:22	36	8
101	97	Tom LANCASTER	M V40	Aberdare Valley Aac	00:59:56	00:57:16	0.4498442	00:59:29	65	21
102	14	Layton PARFITT	M V50	Unattached	01:00:02	00:53:21	0.4828722	00:59:51	66	14
103	13	Sue PARRY	F V45	Unattached	01:00:02	00:55:37	0.5259948	00:59:52	37	10
104	23	Jackie PHILLIPS	F V45	Unattached	01:00:03	00:51:18	0.5702438	00:59:42	38	11
105	84	Katie RIMELL	F V45	Unattached	01:00:12	00:56:18	0.519605	00:59:49	39	12
106	66 ++	Ryan ROBERTS	M V40	Unattached	01:00:15	00:57:07	0.4510221	01:00:05	67	22
107	87	Anisha COOKE	F S20	Unattached	01:00:16	01:00:16	0.4853176	01:00:06	40	9
108	54	Amanda HUGHES	F V45	Griffithstown Harriers	01:00:32	00:54:14	0.5393831	01:00:24	41	13
109	106	Christopher MEREDITH	M V40	Unattached	01:00:33	00:57:25	0.4487641	01:00:14	68	23
110	44	Sue WILTSHIRE	F V65+	Unattached	01:00:42	00:42:57	0.6809776	01:00:29	42	2
111	165	Jo LAKE	F V55	Unattached	01:00:42	00:50:35	0.5783317	01:00:29	43	9
112	112	Clair EDWARDS	F V45	Parc Bryn Bach Running Club	01:00:50	00:52:35	0.5561989	01:00:35	44	14
113	186	Gareth BOWDEN	M V40	Unattached	01:00:57	00:56:26	0.4565701	01:00:30	69	24
114	24	Richard WHEELER	M V50	Unattached	01:01:10	00:52:05	0.4947092	01:00:52	70	15
115	143	Gemma ELLIS	F V40	Unattached	01:01:39	00:59:06	0.4948835	01:01:15	45	8
116	93	Claire EDWARDS	F V45	Unattached	01:01:39	00:57:40	0.5073071	01:01:15	46	15
117	179	Nathan CURTIS	M Senior	Unattached	01:01:40	01:00:31	0.4256943	01:01:10	71	24
118	142	Caitlyn MORRIS	F S20	Unattached	01:01:47	01:01:47	0.4735028	01:01:35	47	10
119	132	Stuart MORRIS	M V50	Unattached	01:01:47	00:54:27	0.473208	01:01:34	72	16
120	145	Mae HERRING	F S20	Unattached	01:01:49	01:01:49	0.4731221	01:01:36	48	11
121	146	Bradley JONES	M Senior	Unattached	01:01:50	01:01:50	0.4166095	01:01:37	73	25
122	147	Julian HERRING	M V50	Unattached	01:01:50	00:54:58	0.4687865	01:01:38	74	17
123	95	Jo PALING	F V45	Griffithstown Harriers	01:01:53	00:56:06	0.5214469	01:01:22	49	16
124	123	Jayne RIST	F V45	Parc Bryn Bach Running Club	01:01:56	00:52:15	0.5597626	01:01:32	50	17
125	136	Jason DAVIES	M V40	Unattached	01:02:21	00:59:07	0.4358234	01:02:01	75	25
126	135	Elena STAMP	F S20	Unattached	01:02:24	01:02:15	0.4699218	01:02:09	51	12
127	180	Adele GREENLY	F V40	Unattached	01:02:26	00:59:24	0.4924664	01:02:01	52	9
128	128	David WARD	M V60	Unattached	01:02:28	00:47:09	0.5463712	01:01:12	76	8
129	188	Alison HOLTON	F V45	Parc Bryn Bach Running Club	01:02:30	00:53:23	0.5479738	01:02:15	53	18
130	48	Sion MORRIS	M Senior	Unattached	01:02:47	01:01:55	0.4160682	01:02:34	77	26
131	53	Eigen HALPIN	F V45	Pont-Y-Pwl & District Runners	01:02:54	00:57:39	0.5073442	01:02:50	54	19
132	121	Helen SHEPPARD	F V45	Parc Bryn Bach Running Club	01:03:00	00:55:47	0.5243732	01:02:43	55	20
133	17	Caroline MATTHEWS	F V45	Parc Bryn Bach Running Club	01:03:18	00:53:24	0.5477879	01:03:01	56	21
134	58	Louise EVANS	F V45	Islwyn Rc	01:03:36	00:53:39	0.545167	01:03:20	57	22
135	206	Claire NEWAL	F V45	Unattached	01:03:47	00:54:29	0.5368558	01:03:32	58	23
136	39	Bethan LEWIS	F S20	Unattached	01:03:49	01:03:32	0.4604523	01:03:28	59	13
137	139	Diane MORGAN	F V55	Parc Bryn Bach Running Club	01:04:17	00:51:32	0.5675383	01:04:01	60	10
138	195	Sarah EATON	F V40	Parc Bryn Bach Running Club	01:04:33	01:01:25	0.4762973	01:04:20	61	10
139	175	Laura LEWIS	F V45	Resilient Runners	01:04:54	00:59:29	0.4916843	01:04:43	62	24
140	150	Teresa DAVIES	F V55	Parc Bryn Bach Running Club	01:05:12	00:53:39	0.5452164	01:05:07	63	11
141	67	Michael HARRIES	M Senior	Aberdare Valley Aac	01:05:35	01:05:20	0.3943402	01:05:24	78	27
142	101	Allison HUGHES	F V55	Griffithstown Harriers	01:05:42	00:52:41	0.5552254	01:05:10	64	12
143	187	Sam DONELON	F S35	Unattached	01:06:18	01:04:47	0.4515646	01:06:03	65	3
144	42	Ashlyn WICKENS	F S20	Unattached	01:06:34	01:06:34	0.4393764	01:06:13	66	14
145	181	Alun JONES	M V50	Unattached	01:06:40	00:55:17	0.4660242	01:06:17	79	18
146	138	Rachel HIBBERD	F V40	Parc Bryn Bach Running Club	01:07:32	01:03:43	0.4590413	01:07:17	67	11

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