

# THE RABBIT RUN 2023

## WELSH CHAMPIONSHIPS RESULTS

Saturday 15th July, 2023

POS	BIB	TIME	NAME	CLUB	WC AGE CAT	CAT RANK	WELSH CHAMPS
1	520	00:45:32	Jacob Tasker	Ogmore Phoenix Runners	MSen	1	Y
2	61	00:49:53	Thomas Callard	Neath Harriers	MSen	2	Y
3	36	00:51:12	Tim Bennett-Jones		MSen	3	Y
4	265	00:51:19	Martin Johns	Lliswerry Runners	M35+	1	Y
5	19	00:51:50	Daniel Austin	Cardiff Archers	MSen	4	Y
6	152	00:52:09	Gethin Edwards	Pontypridd Roadents	M45+	1	Y
7	43	00:52:24	Jonny Bonville-Ginn	Cdf Runners	MSen	5	Y
8	358	00:52:59	Ollie Minton	Clwb Run Wales	M35+	2	Y
9	99	00:53:18	Gareth Davey	Neath Harriers	M45+	2	Y
10	2	00:53:38	Andreas Adams		MSen	6	Y
11	553	00:53:46	David Warren	Clwb Rhedeg Aberteifi	M55+	1	Y
12	135	00:53:50	Antoinette Dumayne	Lliswerry Runners	FSen	1	Y
13	415	00:53:56	Sean Petty	Bridgend Ac	MU20	1	Y
14	121	00:54:06	Alan Davies	Swansea Harriers	M65+	1	Y
15	133	00:54:33	Martyn Driscoll	Les Croupiers	M35+	3	Y
16	463	00:54:36	Jack Rowland	Lliswerry Runners	M35+	4	Y
17	98	00:54:42	Michael Darke	Cdf Runners	M35+	5	Y
18	169	00:54:46	Meirion Evans	Run4All Neath	M45+	3	Y

19	30	00:54:49	Oliver Bartlett	Sale Harriers Manchester	MSen	7	Y
20	80	00:54:49	Craig Collins	Lliswerry Runners	M35+	6	Y
21	446	00:55:22	Thomas Rhoden		MSen	8	Y
22	502	00:56:18	Roddy Stark	Cdf Runners	MSen	9	Y
23	242	00:56:22	Aled Hughes	Ogmore Phoenix Runners	M45+	4	Y
24	326	00:57:13	Jaron Lloyd	Lliswerry Runners	M35+	7	Y
25	420	00:57:25	Laurence Pole	Pontypridd Roadents	M45+	5	Y
26	318	00:57:59	Chris Lewis	Port Talbot Harriers	M45+	6	Y
27	541	00:58:03	Jonathan Travis	San Domenico	M35+	8	Y
28	65	00:58:17	Richard Carr	Run Grangetown	M35+	9	Y
29	546	00:58:31	Matt Turner	Caerleon Rc	M45+	7	Y
30	473	00:58:58	Neil Saxena		MSen	10	Y
31	205	00:58:59	Christopher Guy	Lliswerry Runners	M45+	8	Y
32	51	00:59:03	Will Breeze	Gary House Running	M45+	9	Y
33	14	00:59:13	William Arnold		MSen	11	Y
34	580	00:59:18	Emma Wookey	Lliswerry Runners	FSen	2	Y
35	112	00:59:32	Gavin Davies	3M Gorseinon Rrc	M55+	2	Y
36	380	00:59:38	Carl Nealon		MSen	12	Y
37	365	00:59:42	Tom Morgan	Cdf Runners	M35+	10	Y
38	337	00:59:45	Tom Mahoney	Ogmore Phoenix Runners	MSen	13	Y
39	296	00:59:55	Elinor Keetch	Pontypridd Roadents	F35+	1	Y
40	193	01:00:22	Simon Gill	Lliswerry Runners	M35+	11	Y
41	259	01:00:23	Tracy Jenkins	Porthcawl Runners	F45+	1	Y
42	492	01:00:29	Steve Smith	Swansea Harriers	M55+	3	Y
43	207	01:00:51	Idris Hanmer	Run4All Neath	MSen	14	Y
44	85	01:00:55	Simon Coombes	Swansea Harriers	M45+	10	Y

45	554	01:01:09	Heidi Waters	Port Talbot Harriers	F35+	2	Y
46	246	01:01:12	Claire Jacobs	Les Croupiers	F45+	2	Y
47	175	01:01:14	David Ferns	Pontypridd Roadents	MSen	15	Y
48	352	01:01:32	Ceri Merwood	Cdf Runners	FSen	3	Y
49	444	01:01:57	Nick Rees	Llswerry Runners	M55+	4	Y
50	428	01:02:02	Connor Preddy	Run4All Neath	MSen	16	Y
51	576	01:02:04	Anna Williams	Caerphilly Runners	F35+	3	Y
52	309	01:02:15	Michael Launder	Port Talbot Harriers	M35+	12	Y
53	516	01:02:21	Naomi Sutton	Run4All Neath	FSen	4	Y
54	215	01:02:52	Samantha Healy	Port Talbot Harriers	F45+	3	Y
55	350	01:02:54	James Mcloughlin	Llswerry Runners	M45+	11	Y
56	523	01:02:55	Lowenna Taylor	Caerleon Rc	F35+	4	Y
57	510	01:03:07	Nick Stocker	Bridgend Ac	M45+	12	Y
58	208	01:03:30	Stewart Harding	CDF Runners	M35+	13	Y
59	310	01:03:43	Phil Lee	Llswerry Runners	M45+	13	Y
60	229	01:04:31	James Hole	Tri Hard Harriers	MSen	17	Y
61	431	01:04:48	Robert Price	Aberdare Valley Amateur Athletic Club	M45+	14	Y
62	139	01:04:49	Kevin Dupe	Vegan Runners	M55+	5	Y
63	218	01:04:59	Paul Heskins	Run4All Neath	M35+	14	Y
64	88	01:05:19	Alun Cox	Port Talbot Harriers	M55+	6	Y
65	504	01:05:44	Deryl Stephens	Bridgend Ac	M45+	15	Y
66	46	01:06:03	Rachel Bowen	Llswerry Runners	F45+	4	Y
67	107	01:06:05	Huw Davies	Pontypridd Roadents	M35+	15	Y
68	540	01:06:19	Alex Tovey	Run4All Neath	M45+	16	Y
69	432	01:06:27	Rob Price	Builth Wells And District Running Club	M45+	17	Y
70	419	01:06:36	Mike Pobjoy	Llswerry Runners	M55+	7	Y

71	398	01:06:53	Clive Osmond	Les Croupiers	M55+	8	Y
72	87	01:06:57	Holly Corlett	Cdf Runners	FSen	5	Y
73	328	01:07:07	John Lloyd	Brackla Harriers	M55+	9	Y
74	374	01:07:21	Michael Murphy	Les Croupiers	M65+	2	Y
75	125	01:07:27	Jeremy Dickson	Llswerry Runners	M55+	10	Y
76	425	01:07:36	Catherine Powell	Pontypridd Roadents	F35+	5	Y
77	442	01:07:43	Darren Raz-Nick	Good Gym Race Team	M35+	16	Y
78	181	01:07:46	Graham Foster	Brackla Harriers	M55+	11	Y
79	558	01:08:06	Jessica Wesley	3M Gorseinon Road Runners	FSen	6	Y
80	226	01:08:28	Steven Hoare	Pontypridd Roadents	MSen	18	Y
81	274	01:08:30	Christopher Jones	Llswerry Runners	M55+	12	Y
82	376	01:08:40	Louise Muteham	Llswerry Runners	F35+	6	Y
83	314	01:08:51	Adrian Lewis	Brackla Harriers	M45+	18	Y
84	437	01:08:56	Sally Pugsley	Porthcawl Runners	FSen	7	Y
85	33	01:08:58	Martin Beard	Ogmore Phoenix Runners	M55+	13	Y
86	373	01:09:00	Rhys Mumford	Porthcawl Runners	MSen	19	Y
87	148	01:09:03	Colin Edwards	Llanelli Ac	M55+	14	Y
88	447	01:09:05	Keziah Rhoden		FSen	8	Y
89	199	01:09:12	Lisa Griffin	Rosie'S Runners	F35+	7	Y
90	261	01:09:13	Lloyd Jenkins		M35+	17	Y
91	359	01:09:20	Rachel Monks	Port Talbot Harriers	FSen	9	Y
92	472	01:09:25	Sean Sanders	Merthyr Running Club	M55+	15	Y
93	183	01:09:36	Lauren Foulkes	Pontypridd Roadents	F35+	8	Y
94	458	01:09:37	Jennifer Roberts	Swansea Harriers	F35+	9	Y
95	560	01:09:38	Elaine Wharmby	Brackla Harriers	F55+	1	Y
96	275	01:10:14	Richard Jones	Llswerry Runners	MSen	20	Y

97	360	01:10:37	Louise Mordue	Porthcawl Runners	F35+	10	Y
98	25	01:10:56	Sarah Barham	3M Gorseinon Road Runners	F55+	2	
99	316	01:10:58	Rhys Lewis		MSen	21	Y
100	515	01:11:13	Jo Sulman	Pontypridd Roadents	F45+	5	Y
101	179	01:11:32	Christian Ford	Caerleon Rc	MSen	22	Y
102	443	01:11:39	Andy Rees	3M Gorseinon Road Runners	M55+	16	Y
103	517	01:11:45	Nathan Swain	Good Gym Race Team	M35+	18	Y
104	488	01:11:55	Nick Sloper	Spirit Of Monmouth	M45+	19	Y
105	173	01:12:03	Lorraine Fergus	Lliswerry Runners	FF45+	1	Y
106	493	01:12:16	Marcus Smith	Parc Brynbach Running Club	M45+	20	Y
107	427	01:12:27	Bryn Powis	Porthcawl Runners	M45+	21	Y
108	209	01:12:49	Louise Harries	Brackla Harriers	F45+	6	Y
109	402	01:13:05	Gwyn Palfrey	Crickhowell Running Club	M55+	17	Y
110	228	01:13:06	Steve Holderness	Rhondda Valley Runners	M45+	22	Y
111	13	01:13:09	Cris Arnold	3M Gorseinon Road Runners	M55+	18	Y
112	466	01:13:19	Joanne Ryan	Rhondda Valley Runners	F45+	7	Y
113	306	01:13:27	Triona Lambert	Lliswerry Runners	F35+	11	Y
114	424	01:13:44	Eleri Powell	Brackla Harriers	FSen	10	Y
115	32	01:14:05	Jade Bazylkiewicz	Ogmore Phoenix Runners	F35+	12	Y
116	5	01:15:06	Indy Allin	Ridley'S Runners	MU20	2	Y
117	67	01:15:07	Stephen Casburn	Vegan Runners	MSen	23	Y
118	383	01:15:23	Kat Nguyen	Cdf Runners	FSen	11	Y
119	95	01:15:30	Marc Cross	Griffithstown Harriers	M35+	19	Y
120	180	01:15:34	Tomas Forsey	Lliswerry Runners	MSen	24	Y
121	232	01:15:48	Craig Hopkins	Llanelli Ac	M35+	20	Y
122	426	01:15:48	Leanne Powis	Porthcawl Runners	F45+	8	Y

123	302	01:15:50	Emma King	Lliswerry Runners	F35+	13	Y
124	476	01:15:50	Julie Scholey	Les Croupiers	F55+	3	Y
125	339	01:15:52	Romana Maine	Porthcawl Runners	F55+	4	Y
126	75	01:16:19	Gareth Clubb		M45+	23	Y
127	370	01:16:24	Tina Morris	Amman Valley Harriers	F45+	9	Y
128	64	01:16:33	Lee Canning	Caerphilly Runners	M35+	21	Y
129	134	01:16:34	Fiona Drysdale	Ogmore Phoenix Runners	F45+	10	Y
130	382	01:16:46	Francesca Newman	3M Gorseinon Road Runners	F55+	5	Y
131	409	01:17:07	Bretti Paxton	Pontypridd Roadents	FSen	12	Y
132	378	01:17:27	Glen Neal		M45+	24	Y
133	338	01:17:33	Julian Maine	Porthcawl Runners	M65+	3	Y
134	450	01:18:27	Janet Richards	Lliswerry Runners	F55+	6	Y
135	241	01:19:15	Ieuan Hughes		MSen	25	Y
136	363	01:19:15	Daniel Morgan		MSen	25	Y
137	49	01:19:16	Denise Bradley	Ogmore Phoenix Runners	F55+	7	Y
138	317	01:19:26	Hannah Lewis	Run4All Neath	F35+	14	Y
139	81	01:20:08	Kathryn Collins	Lliswerry Runners	F35+	15	Y
140	312	01:20:24	Kwok Lee	Run4All Neath	M45+	25	Y
141	58	01:20:25	Andrew Buchanan	Run4All Neath	M35+	22	Y
142	481	01:20:49	David Sheard	Ogmore Phoenix Runners	M55+	19	Y
143	459	01:20:54	Matthew Robertson	Brackla Harriers	M35+	23	Y
144	290	01:20:56	Owen Jones	Lliswerry Runners	M55+	20	Y
145	320	01:21:00	Beth Lewis		F45+	11	Y
146	347	01:21:04	Martin Mcgowan		M35+	24	Y
147	581	01:21:28	Michael Workman	Caerphilly Runners	M45+	26	Y
148	92	01:22:08	Kelly Crofts	Les Croupiers	F35+	16	Y

149	566	01:22:54	Barbara Wilkinson	Llisswerry Runners	F45+	12	Y
150	97	01:22:57	Gareth Daniel		M55+	21	Y
151	278	01:23:01	Gemma Jones	Run4All Neath	F35+	17	Y
152	381	01:23:06	Grace Newbould	Penarth & Dinas Runners	F35+	18	Y
153	196	01:24:07	Martin Green	Pontypridd Roadents	M45+	27	Y
154	414	01:24:07	Sue Peters	Tri Hard Harriers	F55+	8	Y
155	548	01:24:21	Yangi Vundamina	Caerleon Rc	F45+	13	Y
156	29	01:24:24	Natalie Bartlett	Rhondda Valley Runners	F35+	19	Y
157	534	01:24:39	Alwyn Thomas	Porthcawl Runners	M65+	4	Y
158	101	01:24:59	Jacqueline Davidge	Llisswerry Runners	F55+	9	Y
159	122	01:24:59	Liz Davis	Llisswerry Runners	F45+	14	Y
160	202	01:24:59	Julia Groombridge	Llisswerry Runners	F55+	9	Y
161	108	01:25:31	Zoe Davies	Port Talbot Harriers	F35+	20	Y
162	60	01:27:39	Nicholas Cadman	Llisswerry Runners	M45+	28	Y
163	149	01:28:21	Gloria Edwards	Llanelli Ac	F55+	11	Y
164	311	01:28:32	Betty Lee		F45+	15	Y
165	416	01:29:07	Karen Phillips	Porthcawl Runners	F55+	12	Y
166	291	01:29:18	Margaret Joseph	Porthcawl Runners	F35+	21	Y
167	243	01:29:29	Trudy Hurford	Llisswerry Runners	F45+	16	Y
168	271	01:29:48	Cheryl Jones	Llisswerry Runners	F35+	22	Y
169	461	01:30:04	Paul Robinson	Porthcawl Runners	M45+	29	Y
170	368	01:30:55	Lon Morgan	Trots	F65+	1	Y
171	8	01:32:27	Michelle Amblin	Les Croupiers	F45+	17	Y
172	100	01:32:33	Eric Davey	Llanelli Striders	M65+	5	Y
173	561	01:33:10	Garry Wharmby	Brackla Harriers	M55+	22	Y
174	106	01:33:15	Nicola Davies	Moti Albany Road Run Club	F45+	18	Y

175	210	01:33:40	Emma Harris	Run Grangetown	F35+	23	Y
176	375	01:35:39	Gillian Murphy	Les Croupiers	F65+	2	Y
177	53	01:35:49	Gary Brewster	Lliswerry Runners	M35+	25	Y
178	182	01:36:53	Wendy Foster	Brackla Harriers	F55+	13	Y
179	280	01:39:43	Alison Jones	Lliswerry Runners	F55+	14	Y
180	238	01:40:19	Karen Huggins	Llanelli Ac	F35+	24	Y
181	239	01:40:50	Rachel Huggins	Llanelli Ac	FSen	13	Y
182	171	01:41:53	Rachel Evans	Llanelli Ac	F55+	15	Y
183	356	01:43:25	Sam Milligan	Tri Hard Harriers	MU20	3	Y
184	162	01:43:34	Gail Evans	Dragons Running Club	F35+	25	Y
185	90	01:46:27	William Crane		M35+	26	Y
186	434	01:49:55	Sharon Pritchard	Ogmore Phoenix Runners	F55+	16	Y
187	37	01:50:06	Debbie Bennion	Ogmore Phoenix Runners	F55+	17	Y
188	567	01:51:48	Kat Williams	She Runs Cardiff	F35+	26	Y
189	329	01:53:41	Tina Lloyd	Brackla Harriers	F55+	18	Y
190	266	01:56:15	Clare Johnson	Les Croupiers	F65+	3	Y
191	453	01:56:57	Laura Richards	Porthcawl Runners	F35+	27	Y
192	330	02:00:06	Eleanor Lock	Pontypridd Roadents	FSen	14	Y
193	533	02:01:36	Susan Thomas	Porthcawl Runners	F65+	4	Y