

2024 Craig yr Allt Winter Fell Race - South Wales Winter Fell Series

Saturday 20 January 2024 Ground conditions: Firm due to recent frozen evenings and dry weather Weather: Dry skies, 6 deg C (exc wind chill), stiff wind

Course records: Peter Ryder 0:29:10 2016 Katie Beecher 00:32:00 2015

RESULTS							Men										Women								
Pos.	Race no.	Time	Name	Club	M/W	Score	Open	MU17	MU19	MU23	MSEN	M40	M50	M60	M70	M75	Open	WU17	WU19	WU23	WSEN	W40	W50	W60	W70
1	85	29:40	Wyndham Turner	Mynydd Du	MSEN	105.34	1				1														
2	74	30:58	Joshua Tremblay	Mynyddwyr De Cymru (MDC)	MSEN	100.91	2				2														
3	64	31:27	Tomas Black	Mynyddwyr De Cymru (MDC)	MU23	99.36	3			1															
4	83	31:42	Jonathan Ford	Mynydd Du	MSEN	98.58	4				3														
5	70	32:28	Rob Parker	CDF Runners	MSEN	96.25	5				4														
6	68	32:47	Adam Whittaker	CDF Runners	MSEN	95.32	6				5														
7	78	32:57	James Blore	Chepstow Harriers	MSEN	94.84	7				6														
8	69	33:08	Wilf Evans	CDF Runners	MSEN	94.32	8				7														
9	91	33:15	Tom Turner	Mynydd Du	MSEN	93.98	9				8														
10	123	33:20	Ben Lowe	Stroud & District AC	M40	93.75	10				1														
11	99	33:25	Peter Ryder	0	M40	93.52	11				2														
12	132	33:36	Andrew May	Brecon AC	M40	93.01	12				3														
13	134	33:50	Paul Murrin	Chepstow Harriers	M50	92.36	13					1													
14	82	34:00	Tom McCarthy	Pontypridd Roadents AC	MSEN	91.91	14				9														
15	88	34:06	Kevin Fosbury	Bridgend AC	MSEN	91.64	15				10														
16	81	34:12	Richard Cronin	Mynyddwyr De Cymru (MDC)	MSEN	91.37	16				11														
17	63	35:28	Reuben Lawson	Chepstow Harriers	MU19	88.11	17		1																
18	131	36:29	Chris Medcalf	San Domenico RC	M40	85.66	18				4														
19	138	36:31	Dickie Hudd	Chepstow Harriers	M50	85.58	19					2													
20	100	36:35	Matthew Farrer	Mynydd Du	M40	85.42	20				5														
21	71	37:12	Alastair French	Cardiff Harlequins Trail Running Club	MSEN	84.01	21				12														
22	94	37:13	Daniel O'Keefe	Mynyddwyr De Cymru (MDC)	MSEN	83.97	22				13														
23	141	37:19	Matthew Lawson	Chepstow Harriers	M50	83.74	23					3													
24	126	37:25	George Tordoff	Cardiff Harlequins Trail Running Club	M40	83.52	24				6														
25	89	37:36	Samuel Mallett	CDF Runners	MSEN	83.11	25				14														
26	62	37:45	Seth Lawson	Chepstow Harriers	MU16	82.78	26	1																	
27	20	37:45	Katie Ironside	Mynyddwyr De Cymru (MDC)	WSEN	82.78											1				1				
28	72	37:48	Ieuan Williams	0	MSEN	82.67	27				15														
29	43	38:46	Lisa Jeffrey	Chepstow Harriers	W50	80.61											2							1	
30	124	39:04	Darren Shaw	Mynyddwyr De Cymru (MDC)	M40	79.99	28				7														
31	92	39:13	Mark Gillett	Chepstow Harriers	MSEN	79.69	29				16														
32	90	39:16	Stewart Harding	CDF Runners	MSEN	79.58	30				17														
33	73	39:16	Joe Luckett	CDF Runners	MSEN	79.58	31				18														
34	148	39:27	Simon Darke	Mynyddwyr De Cymru (MDC)	M60	79.21	32					1													
35	87	39:46	Jim O'Keefe	Mynyddwyr De Cymru (MDC)	MSEN	78.58	33				19														
36	133	39:56	Ceri Richards	Chepstow Harriers	M50	78.26	34					4													
37	14	39:56	Briony Latter	Mynyddwyr De Cymru (MDC)	WSEN	78.26											3				2				
38	46	40:06	Niki Morgan	Chepstow Harriers	W50	77.93											4							2	
39	75	41:05	Ben Coates	0	MSEN	76.06	35				20														
40	1	41:26	Rosie Fenton	CDF Runners	WSEN	75.42											5				3				
41	153	41:26	Geraint Roberts	0	MSEN	75.42	36				21														
42	76	41:35	Jonny Campbell	Mynyddwyr De Cymru (MDC)	MSEN	75.15	37				22														
43	128	41:43	Richard Edge	CDF Runners	M40	74.91	38				8														
44	79	41:52	Stefan Morley	Mynyddwyr De Cymru (MDC)	MSEN	74.64	39				23														
45	45	41:59	Cherry Fowler	Chepstow Harriers	W50	74.43											6							3	
46	66	42:10	George Pickering	CDF Runners	MSEN	74.11	40				24														
47	137	42:25	Dave Austin	Chepstow Harriers	M50	73.67	41					5													
48	32	42:30	Vicki Wilson	0	W40	73.53											7						1		
49	29	42:43	Sarah Bell	Chepstow Harriers	W40	73.16											8							2	
50	144	42:52	Martin Woodhead	Mynydd Du	M60	72.90	42					2													
51	28	43:23	Donna Grant	Mynyddwyr De Cymru (MDC)	W40	72.03											9							3	
52	125	43:47	James Tombs	Cardiff Harlequins Trail Running Club	M40	71.37	43				9														
53	21	43:55	Emma Walters	Cardiff Harlequins Trail Running Club	WSEN	71.16											10				4				
54	86	44:10	Joe Cook	Cardiff Harlequins Trail Running Club	MSEN	70.75	44				25														
55	140	44:12	Ian Macklin	Mynyddwyr De Cymru (MDC)	M50	70.70	45					6													
56	23	44:38	Emma McWilliams	Mynydd Du	W40	70.01											11						4		
57	41	44:44	Vanessa Lawson	Chepstow Harriers	W50	69.86											12							4	
58	150	44:59	Bryan Stadden	Mynydd Du	M60	69.47	46						3												
59	80	45:09	Anh Quan Tran	CDF Runners	MSEN	69.21	47				26														
60	54	45:18	Nikki Childs	Mynydd Du	W60	68.98											13								1
61	53	45:18	Hilary Keogh	Mynydd Du	W60	68.98											14								2
62	25	45:23	Caroline Duder	Chepstow Harriers	W40	68.86											15						5		
63	6	45:28	Ruth Richardson	Chepstow Harriers	WSEN	68.73											16				5				
64	130	45:32	Harro Veldman	Westbury Harriers	M40	68.63	48				10														
65	12	45:55	Florence Haines	0	WSEN	68.06											17				6				
66	67	46:15	Daniel McDowell	0	MSEN	67.57	49				27														
67	154	46:27	Don Powell	Basingstoke & Mid Hants AC	M70	67.28	50									1									
68	5	46:37	Amy Cox	CDF Runners	WSEN	67.04											18				7				
69	48	46:48	Jane Roscoe	Chepstow Harriers	W50	66.77											19							5	
70	121	47:40	Gavin Ellis	Chepstow Harriers	M40	65.56	51				11														
71	37	47:54	Brigitte Allen	Chepstow Harriers	W50	65.24											20								6
72	147	48:20	Andy Stott	Mynyddwyr De Cymru (MDC)	M60	64.66	52						4												
73	145	48:24	Gethin Scourfield	Cardiff Harlequins RC	M60	64.57	53						5												
74	146	48:32	Clive Osmond	Les Croupiers RC	M60	64.39	54						6												
75	127	48:33	Andy Baker	Fairwater Runners	M40	64.37	55					12													
76	31	48:35	Emma Bagley	Fairwater Runners	W40	64.32											21								
77	77	48:57	Ross Greenwood	0	MSEN	63.84	56				28												6		
78	122	49:00	Tom Annetts	Chepstow Harriers	M40	63.78	57					13													
79	59	49:05	Rona Davies	Mynydd Du	W60	63.67											22								3
80	151	49:09	Pete Morley	Cardiff Harlequins trail running club	M60	63.58	58						7												
81	42	49:16	Angharad Owen	Cardiff Harlequins RC	W50	63.43											23								7
82	155	49:19	Michael H Davies	Les Croupiers RC	M70	63.37	59					</													