

Four Fans fell race 2026 results

Sunday 7th June 2026

Clockwise

10:00 (09:30 early start)

Category: AM | ER, NS, LK

Race records (Female):	Race records (Male/Open):
Helen Brown - anticlockwise 2:13:06 2017	Hugh Aggleton - anticlockwise 1:48:42 2013
Katie Ironside - clockwise 2:21:20 2026 NEW	Ben Mitchell - clockwise 1:47:42 2021

RESULTS

Pos	No	First Name	Surname	Gen	Age	Club	CP1 Fan Fawr	CP2 Fan Llŷa	CP3 Fan Nedd	CP4 Fan Frynych	Finish	Winners	Early start
1	2305	Mark	Burley	M/O	Open	Macclesfield Harriers & AC	0:14:04 (0:14:04)	0:40:09 (0:26:05)	1:02:30 (0:22:21)	1:41:17 (0:38:47)	2:01:28 (0:20:11)	1st M/O	
2	2324	Ian	Whistance	M/O	V50	Mynydd Du	0:16:32 (0:16:32)	0:46:31 (0:29:59)	1:11:19 (0:24:48)	1:54:18 (0:42:59)	2:16:06 (0:21:48)	2nd M/O. 1st MV50	
3	2301	Dale	Appleby	M/O	Open	Lliswerry Runners	0:15:33 (0:15:33)	0:46:20 (0:30:47)	1:10:19 (0:23:59)	1:53:56 (0:43:37)	2:16:08 (0:22:12)	3rd M/O	
4	2321	Joe	Rumer	M/O	Open	Mynydd Du	0:15:49 (0:15:49)	0:44:08 (0:28:19)	1:09:05 (0:24:57)	1:53:53 (0:44:48)	2:16:44 (0:22:51)		
5	2320	Brieg	Probert kenchington	M/O	Open	Mynydd Du	0:16:35 (0:16:35)	0:46:17 (0:29:42)	1:11:27 (0:25:10)	1:54:54 (0:43:27)	2:17:59 (0:23:05)		
6	2313	Katie	Ironside	F	Open	Mynyddwyr De Cymru (MDC)	0:17:10 (0:17:10)	0:48:07 (0:30:57)	1:13:27 (0:25:20)	1:58:16 (0:44:49)	2:21:20 (0:23:04)	1st F	
7	2312	Steven	Hepton	M/O	V40	Mynydd Du	0:16:46 (0:16:46)	0:49:18 (0:32:32)	1:14:12 (0:24:54)	2:01:17 (0:47:05)	2:27:21 (0:26:04)	1st MOV40	
8	2316	Matthew	Lawson	M/O	V50	Chepstow Harriers	0:16:57 (0:16:57)	0:49:54 (0:32:57)	1:17:40 (0:27:46)	2:09:55 (0:52:15)	2:37:24 (0:27:29)		
9	2325	James	Woodier	M/O	V40	Mynydd Du	0:18:34 (0:18:34)	0:53:44 (0:35:10)	1:21:32 (0:27:48)	2:12:20 (0:50:48)	2:38:29 (0:26:09)		
10	2318	Chris	Medcalf	M/O	V50	San Domenico RC	0:17:30 (0:17:30)	0:49:35 (0:32:05)	1:17:46 (0:28:11)	2:15:48 (0:58:02)	2:47:53 (0:32:05)		
11	2315	Naomi	Law	F	V50	Brecon AC	0:18:51 (0:18:51)	0:54:28 (0:35:37)	1:22:57 (0:28:29)	2:18:34 (0:55:37)	2:48:05 (0:29:31)	2nd F. 1st FV50	
12	2314	Tim	Jones	M/O	V50	Croft Ambrey RC	0:20:01 (0:20:01)	0:57:00 (0:36:59)	1:27:39 (0:30:39)	2:26:19 (0:58:40)	2:56:40 (0:30:21)		
13	2326	Paul	Tucker	M/O	V60	Mynydd Du	0:22:54 (0:22:54)	1:02:23 (0:39:29)	1:34:09 (0:31:46)	2:37:14 (1:03:05)	3:10:20 (0:33:06)	1st MOV60	Y
14	2322	Bryan	Stadden	M/O	V70	Mynydd Du	0:21:56 (0:21:56)	1:00:29 (0:38:33)	1:34:04 (0:33:35)	2:37:27 (1:03:23)	3:12:20 (0:34:53)	1st MOV70	Y
15	2310	Bryn	Fogden	M/O	Open	Mynyddwyr De Cymru (MDC)	0:22:19 (0:22:19)	1:03:45 (0:41:26)	1:34:21 (0:30:36)	2:38:00 (1:03:39)	3:13:24 (0:35:24)		Y
16	2323	Ian	Travis	M/O	V60		0:21:30 (0:21:30)	1:04:43 (0:43:13)	1:37:25 (0:32:42)	2:42:48 (1:05:23)	3:19:17 (0:36:29)		Y
17	2311	Flora	Gunner	F	V60	Croft Ambrey RC	0:21:47 (0:21:47)	1:06:49 (0:45:02)	1:47:19 (0:40:30)	2:55:44 (1:08:25)	3:28:13 (0:32:29)	3rd F. 1st FV60	Y
18	2307	Nikki	Childs	F	V60	Mynydd Du	0:21:51 (0:21:51)	1:06:43 (0:44:52)	1:47:37 (0:40:54)	2:56:55 (1:09:18)	3:36:59 (0:40:04)		Y
19	2302	Emma	Bagley	F	V50	Mynydd Du	0:22:57 (0:22:57)	1:12:57 (0:50:00)	1:49:31 (0:36:34)	2:55:59 (1:06:28)	3:38:52 (0:42:53)		Y
20	2317	Stephen	Lysaczenko	M/O	V60	Quantock Orienteers (QO)	0:23:39 (0:23:39)	1:05:18 (0:41:39)	1:40:40 (0:35:22)	2:59:31 (1:18:51)	3:47:50 (0:48:19)		Y
21	2303	Andy	Baker	M/O	V50	Fairwater Runners Cwmbran	0:22:05 (0:22:05)	1:07:30 (0:45:25)	1:49:50 (0:42:20)	3:17:35 (1:27:45)	4:10:29 (0:52:54)		Y

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DETAILS

Cut off: CP3 Fan Nedd 12:00

Weather: Dry, cloudy, breezy, bad visibility initially

Starters: 21 **Finishers:** 21

Female: 5 **Male/Open:** 16

Race Organiser: Briony Latter (Mynyddwyr De Cymru)

Registration: Briony Latter, Jonny Campbell

Marshals: Kay Lucas, Martin Lucas, Andrew Blackmore, Chris Farr, Ian Liddiat, Alan Stone, Ian Macklin

Photographer: Jonny Campbell

Entries and tracking: Fabian4