

Cwmdu Fell Race
Cwmdu: 9.7 Miles
Saturday 02-May-2026 at 13:00
Organised by: Dick Finch

Race Results

Pos	Bib	Name	Cat	Club	Race Time	Gender Pos	Cat Pos
1	672	Wyndham TURNER	M Senior	Mynydd Du	01:24:55	1	1
2	592	Benjamin MOON	M V45	Mdc	01:30:42	2	1
3	706	Tony JAMES	M Senior	Unattached	01:32:37	3	2
4	599	Tony PARKER	M V40	Basingstoke & Mid Hants Ac	01:33:03	4	1
5	508	Tom BUSH	M V40	Pennine Fell Runners	01:35:26	5	2
6	559	Dan HOOPER	M V50	Sarn Helen	01:35:41	6	1
7	575	Tim KIENIEWICZ	M V40	Mercia Fell Runners	01:36:12	7	3
8	501	Dale APPLEBY	M Senior	Llisbury Runners	01:36:18	8	3
9	653	Tom TURNER	M V40	Mynydd Du	01:36:45	9	4
10	565	Keith JAMES	M V50	Pontypridd Roadents Ac	01:37:19	10	2
11	641	Lance TAYLOR	M Senior	Unattached	01:38:22	11	4
12	554	Alastair HODGES	M V45	Cambridge & Coleridge Ac	01:39:16	12	2
13	576	Ian LUKE	M V50	Poole Runners	01:39:51	13	3
14	514	Ryan COOK	M V45	Unattached	01:39:59	14	3
15	717	Katie IRONSIDE	F V45	Mdc	01:40:58	1	1
16	553	Steven HEPTON	M V45	Mynydd Du	01:42:01	15	4
17	590	Chris MEDCALF	M V50	San Domenico Rc	01:42:56	16	4
18	673	Martin WEBB	M V60	Mynydd Du	01:45:28	17	1
19	522	Matthew FARRER	M V45	Mynydd Du	01:50:21	18	5
20	573	Paul JEGGO	M V65	Springfield Striders Rc	01:50:36	19	1
21	694	Mark AGNEW	M V55	Mercia Fell Runners	01:52:04	20	1
22	511	Jack CAPON	M Senior	Forest Of Dean Ac	01:53:13	21	5
23	634	Peter SOWERBY	M V60	Brecon Ac	01:53:37	22	2
24	674	James WOODIER	M V45	Mynydd Du	01:54:23	23	6
25	552	Sandra HELK	F Senior	Vegan Runners	01:55:18	2	1
26	692	Edward BEARD	M V60	Mercia Fell Runners	01:55:34	24	3
27	689	Matthew LAWSON	M V55	Chepstow Harriers	01:55:45	25	2
28	675	Cherry FOWLER	F V55	Chepstow Harriers	01:55:50	3	1

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29	698	Soloman SMART	M Senior	Unattached	01:56:35	26	6
30	605	Jack PINDER	M Senior	Unattached	01:56:49	27	7
31	636	Andrew STEPHENS	M V50	Monross Trailblazers	01:59:13	28	5
32	699	Chris SMART	M V60	Hereford Couriers	01:59:43	29	4
33	589	Paul MAMMATT	M V55	Hereford Tri Club	02:04:03	30	3
34	701	Caroline DUDER	F V45	Chepstow Harriers	02:04:53	4	2
35	503	Alix ARNDT	F V45	Sarn Helen	02:06:33	5	3
36	591	Lottie MILNER	F Senior	Mynydd Du	02:14:00	6	2
37	729	Giles BENNETT	M V50	Unattached	02:14:11	31	6
38	549	Flora GUNNER	F V60	Croft Ambrey Rc	02:14:23	7	1
39	510	Mark CAMERON	M V50	Unattached	02:17:35	32	7
40	732	Brian GRIFFIN	M V70	Forest Of Dean Ac	02:19:04	33	1
41	725	Bryan STADDEN	M V70	Mynydd Du	02:21:59	34	2
42	542	Sean GIBBS	M Senior	Unattached	02:24:54	35	8
43	695	Sue HOWARTH	F V65	Mercia Fell Runners	02:25:30	8	1
44	622	Ellie SALISBURY	F V65	Eryri Harriers	02:43:28	9	2
45	520	Simon DANIEL	M V50	Bristol Up & Runners	02:50:07	36	8
46	595	Julie-Ann MOORE	F V50	Unattached	02:50:10	10	1
47	645	Beverley TUCKER	F V55	Mynydd Du	02:52:46	11	2