

### Ras Tor y Foel Race Results 2024

**Records**                    **Men:** Daniel Connolly 32:05 (2024)  
**Women:** Katrina Entwistle 36:32 (2023)

Pos.	Race No.	Time	Name	Club	M/F	Age Cat.
1	13	32:05	Daniel Connolly	Mercia FR	M	S
2	5	34:35	Wyndham Turner	Mynydd Du	M	S
3	27	35:08	Tomas Black	MDC	M	U23
4	12	36:15	Michael Corrales	Dark Peak Fell Runners	M	S
5	42	36:20	Ed Gwynne-Harris	Unattached	M	S
6	1	38:09	Tom Turner	Mynydd Du	M	S
7	33	40:05	Ian Luke	Poole Runners	M	45
8	4	40:26	Scott Ruse	Neath Harriers	M	S
9	16	40:34	Richard Cronin	MDC	M	S
10	17	40:56	Chris Medcalf	San Domenico	M	45
11	43	41:04	Ian Whistance	Mynydd Du	M	50
12	23	41:17	Bethan Logan	Mynydd Du	F	S
13	30	41:52	Brieg Probert-Kenchington	Mynydd Du	M	S
14	6	42:04	Rhian Probert	Mynydd Du	F	50
15	37	42:16	Katie Ironside	MDC	F	S
16	19	42:19	John Langton	Mercia FR	M	60
17	34	43:06	Simon Daniel	Bristol up + Runners	M	45
18	24	43:39	Matthew Lawson	Chepstow Harriers	M	55
19	3	44:45	Chris Campbell	Unattached	M	50
20	2	45:05	Iain Hendry	Unattached	M	50
21	29	45:05	Morgan Lewis-Pritchard	Unattached	M	S
22	41	47:11	Paul Colley-Davies	Mynydd Du	M	55
23	39	47:38	Daniel McDowell	Unattached	M	S
24	38	48:02	Natalle Taylor	Mynydd Du	F	S
25	20	48:30	Bob Salter	Unattached	M	65
26	22	49:07	Paul Tucker	Mynydd Du	M	55
27	25	50:15	Ian Macklin	MDC	M	50
28	36	50:21	Tim Jones	Croft Ambrey	M	55
29	26	52:10	Andy Stott	MDC	M	60
30	18	53:19	Ellie Salisbury	Eryri	F	60
31	9	53:20	Don Powell	Basingstoke & Hants	M	70
32	40	53:25	Thomas Nelson	Unattached	M	U23
33	14	53:57	Norman Jones	MDC	M	60
34	7	55:10	Carl Brancher	Mynydd Du	M	65
35	8	55:33	Rona Davies	Mynydd Du	F	60
36	35	58:11	Sean Gibbs	Unattached	M	S
37	32	58:50	Dr Sioned Powell	Unattached	F	S
38	31	59:07	Sophie Collett	Unattached	F	S
39	11	59:46	Howard Kent	Les Croupiers	M	70
40	15	59:47	Mike Harris	Westbury Harriers	M	70
41	21	61:16	Daniela Gormley	Mynydd Du	F	50
42	28	73:05	Beverley Tucker	Mynydd Du	F	55
43	10	76:38	Margaret Oliver	Eryri	F	75

Overall Winners				
Male			Female	
First	Daniel Conolly	32:05 (course record)	Bethan Logan	41:17
Second	Wyndham Turner	34:35	Rhian Probert	42:04
Third	Tomas Black	35:08	Katie Ironside	42:16

Category Winners				
Male			Female	
U23	Tomas Black	35:08	-	-
40	-	-	-	-
45	Ian Luke	40:05	-	-
50	Ian Whistance	41:04	Rhian Probert	42:04
55	Matthew Lawson	43:39	Beverley Tucker	73:05
60	John Langton	42:19	Ellie Salisbury	53:19
65	Bob Salter	48:30	-	-
70	Don Powell	53:20	-	-
75	-	-	Margaret Oliver	76:38

Team Winners	
Team Male	Team Female
Mynydd Du	Mynydd Du
Wyndham Turner	Bethan Logan
Tom Turner	Rhian Probert
Ian Whistance	Natalle Taylor