



Penallta Pony Run 2026

Place	Time	Number	First Name	Surname	Club
1	00:27:02	280	Tom	McCarthy	Pontypridd Roadents AC
2	00:27:08	110	James	Griffiths	Pontypridd Roadents AC
3	00:30:08	79	Phil	Cross	Caerphilly runners
4	00:30:17	111	Rory	Griffiths	Bridgend AC
5	00:31:04	129	Richard	Rees	TRG RUNNERS
6	00:31:45	41	Dave	Lee	Caerphilly Triers
7	00:32:04	289	Maksymilian	Figurski	Caerphilly Runners
8	00:32:09	306	Steven	Rogers	
9	00:32:22	185	Simon	Griffiths	
10	00:32:22	117	Yasmin	Hadid	Cardiff uni
11	00:32:36	229	David	Jones	Pontypridd Roadents AC
12	00:32:57	294	Jonathan	Bradfield	Caerphilly Runners
13	00:33:03	113	Laurence	Pole	Pontypridd Roadents AC
14	00:33:06	123	Nick	Causier	Caerphilly runners
15	00:33:14	293	James	King	Fairwater Runners Cwmbran
16	00:33:18	188	Elin	Lewis	Caerphilly Runners
17	00:33:26	275	Nick	Mannion	Bridgend Athletics
18	00:33:35	296	Elis	Nuttall	Caerphilly Triers
19	00:33:47	196	Gethin	Davies-Jones	Caerphilly Triers
20	00:33:57	277	Nicholas	Hurley	Istwyn RC
21	00:34:04	11	Huw	James	Caerphilly Runners
22	00:34:09	73	Matthew	Bovington	
23	00:34:26	302	Cory	Lewis	
24	00:34:27	87	Neil	Wood	
25	00:34:43	81	Matthew	Rowe	Caerphilly Runners
26	00:35:03	86	Amar	Hadid	
27	00:35:04	284	Andrew	Barham	Caerphilly Runners
28	00:35:10	77	Cai	Barnaby	MachenC25k+
29	00:35:25	44	Samuel	Harmer	Istwyn RC
30	00:35:28	168	Robert	Coles	Caerphilly Triers
31	00:35:58	290	Ashley	Swift	Caerphilly Runners
32	00:36:05	101	Tom	Longley	Caerphilly Runners
33	00:36:20	182	Jayne	Evans	Caerphilly Runners
34	00:36:25	65	Stephen	Protheroe-Hewitt	Caerphilly Runners
35	00:36:44	217	Allan	Mugleston	Bridgwater & District Road & Trail Runners
36	00:36:45	151	John	Hickman	Caerphilly Runners
37	00:36:53	134	Jake	Richards	Caerphilly Triers
38	00:37:09	228	Harry	Thorne	
39	00:37:12	238	Jordan	Pring	
40	00:37:14	264	Joseph	Lewis	TRG Runners
41	00:37:22	256	Rob	Lewis	
42	00:37:25	33	Sara	Williams	Caerphilly Runners
43	00:37:30	74	Gareth	Davis	Caerphilly Triers
44	00:37:48	203	Monica	Warnock	Westbury Harriers
45	00:38:08	204	Antonia	Gooder	Westbury Harriers
46	00:38:20	84	Chris	Preston	Penarth and Dinas Runners
47	00:38:48	177	Jon	Oliver	TRG Runners
48	00:38:51	60	Nick	Butler	Caerphilly Triers
49	00:38:55	115	Dr. Caroline	Davies-Brooks	
50	00:39:00	103	Andrew	Davies	Pontypridd Roadents AC
51	00:39:04	305	Geoff	Smith	
52	00:39:05	131	Neil	Fitzgerald	Pontypridd Roadents AC
53	00:39:25	200	Ben	Cottam	Caerphilly Runners
54	00:39:44	139	Grant	Bryant	
55	00:40:10	82	David	Godsall	Caerphilly Triers
56	00:40:16	62	Karen	Southgate	Pont-y-pwl & District Runners
57	00:40:19	7	Jason	Garrahan	
58	00:40:25	97	Iestyn	Lewis	TRG Runners

59	00:40:36	152	Cath	James	Caerphilly Runners
60	00:40:38	122	Cerys	Young	
61	00:40:55	248	Stuart	Felix	Pontypridd Roadents AC
62	00:40:59	66	Rachel	Lewis	
63	00:41:00	216	Peter	Sly	
64	00:41:00	281	Richard	Hazell	Caerphilly Runners
65	00:41:14	242	Daniel	Pring	
66	00:41:16	251	Stephen	Foley	TRG Runners
67	00:41:20	178	Daniel	Partridge	TRG Runners
68	00:41:25	180	Christopher	Carey	
69	00:41:30	47	Joanne	Norton	Caerphilly Runners
70	00:41:32	282	Rachel	Demellweek	Caerphilly Runners
71	00:41:36	191	Alison	Nicholls	Brecon AC
72	00:41:41	93	Elizabeth	Stephens	Caerphilly Runners
73	00:41:41	35	Karolina	Majka	Caerphilly Runners
74	00:41:42	150	Paul	Jenkins	Team Rees Gym
75	00:41:45	299	Richard	Batten	Caerphilly Runners
76	00:41:46	240	Kevin	Booth	
77	00:41:47	220	Amy	Pronger	Caerphilly Runners
78	00:41:47	304	George	Milsom	
79	00:41:51	156	Aled	Wynne	Istwyn Running Club
80	00:41:54	34	Noel	Boswell	Yr Hen Blwyf
81	00:41:54	116	Stephen	Gibbs	Yr hen blwyf
82	00:41:54	210	Livi	Gibbs	
83	00:41:55	132	Beth	Jenkins	
84	00:41:57	221	Simon	Pronger	Caerphilly Runners
85	00:42:11	22	Esther	Sowerby	
86	00:42:12	108	Rebecca	White	Pontyclun Road Runners
87	00:42:13	102	Jayne	Stephens	Caerphilly Runners
88	00:42:13	274	Kayleigh	Michael	Pontyclun road runners
89	00:42:16	51	Nick	James	Taff Ely Triathlon Club
90	00:42:22	43	Hollie	Harmer	Istwyn RC
91	00:42:29	83	Anthony	Getgood	Caerphilly Triers
92	00:42:34	109	Fiona	Drysdale	Ogmore Phoenix Runners
93	00:42:35	58	Huw	Goodman	Vale runners
94	00:43:10	147	Paul Dominic	Jones	
95	00:43:21	85	Alyn	Tomkinson	Hengoed Harriers
96	00:43:25	153	Richard william	Rouse	Caerphilly Runners
97	00:43:38	90	Dan	Southgate	Lliswerry Runners
98	00:43:44	4	Owen	Higgs	Caerphilly Runners
99	00:44:03	56	Sarah	Angel	Caerphilly Runners
100	00:44:27	225	Noel	Harris	
101	00:44:35	231	Anya	Lennon	
102	00:44:40	159	Tomasz	Figurski	Caerphilly Runners
103	00:44:44	157	Rhian	Rees	Caerphilly Runners
104	00:44:49	223	Carol Anne	Hughes	
105	00:44:57	105	Matt	Nelms	Caerphilly Runners
106	00:44:58	149	Gareth	Davies	
107	00:45:03	1	Lee	Canning	Caerphilly Runners
108	00:45:19	14	Mike	Workman	Caerphilly Runners
109	00:45:29	165	Mike	Spencer	
110	00:45:36	172	Kelly	Fox	
111	00:45:55	140	Konrad	Figurski	Caerphilly Triers
112	00:45:59	232	Sam	Higgs	Caerphilly Runners
113	00:46:03	136	Daniel	Evans	Caerphilly Triers
114	00:46:03	208	Alexander	Swift	
115	00:46:09	236	Claire	Pring	
116	00:46:16	244	Hazel	Davies	
117	00:46:16	245	Bethan	Cooke	
118	00:46:24	26	Abby	Groves	Pegasus RC
119	00:46:32	307	Vanessa	Turnbull	
120	00:46:40	179	Stewart Adrian	Seaborne	Fairwater Runners Cwmbran
121	00:46:42	94	Robert	Southgate	Pont-y-pwl & District Runners
122	00:46:43	6	Paul	Worthington	Lliswerry Runners
123	00:46:44	207	Adrean	Parrock	Caerphilly Triers
124	00:46:44	263	Sarah	Lewis	TRG Runners
125	00:46:44	135	Kate	Richards	TRG Runners

126	00:46:45	211	Rachel	Getgood	Caerphilly Runners
127	00:46:53	198	Bazza	Mock	
128	00:47:06	48	Rhian	Hopkins	Ponty Roadents
129	00:47:10	5	Clare	Elliott	Caerphilly Runners
130	00:47:18	42	Alex	Thomas	
131	00:47:24	176	Alun	Brain	Caerphilly triers
132	00:47:29	247	Caitlin	Davies	TRG Runners
133	00:47:57	55	Rachel	Bovington	San Domenico RC
134	00:48:01	246	William	Watson	
135	00:48:12	160	Sarah-Jane	Hughes	Brecon AC
136	00:48:26	145	Victoria	Hall	TRG Runners
137	00:48:26	144	Lorraine	Davies	TRG Runners
138	00:48:34	233	Charlotte	Booker Todd	
139	00:48:37	291	Anthony	Denning	Pontypridd Roadents AC
140	00:48:37	52	Catherine	Edwards	
141	00:48:39	276	Paul	Llewellyn	
142	00:48:41	171	Rob	Davies	
143	00:48:45	288	Kerry	Hughes	
144	00:49:01	218	Megan	Howells	
145	00:49:06	80	Lucy	Rowe	Caerphilly Runners
146	00:49:16	59	Sarah	Evans	Pontypwt and District Runners
147	00:49:21	237	Martin	Pring	
148	00:49:23	10	Mike	Griffiths	Caerphilly Runners
149	00:49:24	53	Anne	Beard	Pont-y-pwl & District Runners
150	00:49:25	133	Carys	Dawe	Caerphilly Runners
151	00:49:40	184	Rebecca	Wiles	
152	00:49:43	186	Peter	Anthony	Clwb Run Wales
153	00:49:48	24	Amanda	Thomas	Caerphilly Runners
154	00:49:58	114	Lydia	Wyatt	Wick She Wolves rugby
155	00:50:21	253	Sian	Morgan	Clwb Run Wales
156	00:50:21	252	Lorna	Wood	Hengoed Harriers
157	00:50:22	130	Lynne	Hughes	
158	00:50:22	40	Kimberley	Sams	Caerphilly Runners
159	00:50:23	106	Jess	Nelms	Caerphilly Runners
160	00:50:23	104	Jo	Nelms	Caerphilly Runners
161	00:50:30	169	Luke	McRoy-Jones	
162	00:50:30	287	Emily Jo	Gunning	
163	00:50:56	260	Aisha	Johnson	
164	00:51:01	107	Craig	Griffiths	
165	00:51:28	2	Cameron	Roberts	Caerphilly Runners
166	00:51:43	206	Matthew	Thornton	
167	00:51:51	205	Bethan	Thornton	Caerphilly Runners
168	00:52:06	298	Louisa	Davies	
169	00:52:12	21	Sally	Styles	Caerphilly Triers
170	00:52:17	266	Laura	Whittington	
171	00:52:17	267	Philippa	Whittington	
172	00:52:29	76	Ryan	Roberts	RR
173	00:52:30	75	Emma	Williams	RR
174	00:52:30	121	Louisa	Jones	Resilient runners
175	00:52:33	64	Eigen	Halpin	Pont-y-pwl & District Runners
176	00:52:44	39	Alison	Morgan	Caerphilly Runners
177	00:52:58	170	Jade	Cartwright	
178	00:53:01	269	Andrew	Champion	
179	00:53:12	183	Rhian	Nowell-Phillips	MachenC25K+
180	00:53:13	46	Paula	Evans	Caerphilly Runners
181	00:53:14	215	Sharon	Herbert	Pont-y-Pwl & District Runners
182	00:53:15	78	Ceri	Barnaby	MachenC25k+
183	00:53:15	250	Robert	Pezzack	
184	00:53:16	45	Cathryn	Sanders	
185	00:53:27	154	Julia	Churton	Caerphilly Runners
186	00:53:35	303	Lynda	Milsom	
187	00:53:37	67	Lloyd	Powell	
188	00:53:39	174	Cherry	Frank	
189	00:53:49	212	Mark	Thomas	The Stragglers RC
190	00:54:38	23	Jen	Church	
191	00:54:39	292	Simon	Church	
192	00:54:40	30	Paula	Church	

193	00:54:40	31	Tim	Wright	Llswerry Runners
194	00:54:42	146	Caitlin	Lloyd	
195	00:54:46	295	Kirsty	Harris	Caerphilly Triers
196	00:54:54	138	Teri	Howell	Albany Road Run Club
197	00:55:02	285	Richard	Thomas	Caerphilly Runners
198	00:55:03	272	Lucy	Thomas	
199	00:55:07	199	Sadullah	Khandaker	
200	00:55:12	286	Samantha	Thomas	Caerphilly Runners
201	00:55:13	234	Bethan	Harris	
202	00:55:15	249	Shannon	Weedon	
203	00:55:22	259	Thomas	Williams	
204	00:55:23	273	Haydn	Cook	
205	00:55:27	127	Jen	Whittaker	
206	00:55:27	128	Sheona	Stubbs	
207	00:55:28	13	Suzanne	Strachan	
208	00:55:45	18	Peter	Carnegie	Easy Pacers Cwmbran
209	00:55:52	72	Sharon	Johns	
210	00:56:08	167	Louise	Phillips	
211	00:56:16	279	Agnes	Balogh	Caerphilly Runners
212	00:56:20	126	Sarah	Stephens	Easy Pacers Cwmbran
213	00:57:06	125	Sue	Flye	Cwmbran Easy Pacers
214	00:57:17	37	Helen	Marsh	
215	00:57:18	19	Lisa	Harwood	
216	00:57:46	300	Frederick	Firth	
217	00:57:56	239	Julie	Owen	
218	00:57:59	161	Aled	Edwards	Brecon AC
219	00:58:34	254	Alex	Parton	
220	00:58:34	137	Owain	Andrews	TRG Runners
221	00:59:34	187	Karen Louise	Lewis	Caerphilly Runners
222	00:59:35	243	Anne-Marie	Ryland	Caerphilly Runners
223	00:59:35	148	Sharon	McRoy-Jones	Caerphilly Runners
224	00:59:35	99	Michelle	Dacey	Caerphilly Runners
225	00:59:36	222	Trudy	Wallbank	Caerphilly Runners
226	01:00:03	120	Wendy	Glynn	Cwmbran Easy Pacers
227	01:00:10	235	Elizabeth	Czaban	
228	01:00:18	201	Joshua Thomas	Haines	
229	01:00:40	29	Caroline	Darch	
230	01:00:40	8	Stuart	Coates	Caerphilly Runners
231	01:00:41	258	Joanne	Herdman	Caerphilly Runners
232	01:00:58	166	Joanne	Murray	
233	01:00:59	91	Eluned	Evans	Run4all
234	01:01:59	164	Sarah	Garner	
235	01:02:11	226	Rebecca	Firth	
236	01:02:25	241	Terri	Booth	
237	01:02:25	88	Rebecca	Madge	
238	01:02:40	92	Jayne	Owen	
239	01:02:41	70	Christine	Bovington	Caerphilly Runners
240	01:03:31	175	Jason	McCarthy	TRG Runners
241	01:03:33	301	Helen	Drewett	
242	01:03:51	261	Mollie	Jones	
243	01:04:08	224	Mark	Hughes	
244	01:04:08	38	Sue	Williams	Resilient Runners Aberdare
245	01:04:47	17	Cerys	Drayton	
246	01:05:06	142	Angharad	Terrell	
247	01:05:06	143	Faye	Jones	
248	01:05:07	297	Michael	Sheppard	
249	01:06:34	118	Lucy	Fear	Caerphilly Runners
250	01:06:35	227	Louise	Keeling	Caerphilly Runners
251	01:13:13	95	Angharad	Jones	Caerphilly Runners
252	01:13:13	32	Bianca	Llewellyn	
253	01:14:26	50	Beth	Barrow	
254	01:18:11	36	Erin	Evans	Caerphilly Runners
255	01:18:18	25	Claire	McAdam	Hengoed Harriers