

# The Kymin Dash 2024



## Overall Results

Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
1.	116	Jon Like	M	Parc Bryn Bach RC	39:56	Senior Male	1st
2.	62	Huw Evans	M	Parc Bryn Bach RC	42:45	Vet 50 Male	1st
3.	204	Ricci Watts	M	Pont-y-pwl & District Runners	42:59	Senior Male	2nd
4.	88	Will Hartop	M	Stroud & District AC	43:17	Senior Male	3rd
5.	94	Maxim Hobbs	M	Griffithstown Harriers	44:46	Senior Male	4th
6.	132	William Morris	M	Hereford Couriers	44:57	Senior Male	5th
7.	99	Matthew James	M		45:07	Vet 40 Male	1st
8.	139	Tom Newman	M	Caerleon RC	45:11	Vet 40 Male	2nd
9.	100	Matt James	M	Hereford Couriers	46:38	Senior Male	6th
10.	128	Andy Monro	M	Severn AC	47:10	Vet 50 Male	2nd
11.	4	George Anthony	M		47:22	Senior Male	7th
12.	8	James Atkinson	M		47:33	Senior Male	8th
13.	30	Sandra Chipper	F	Lliswerry Runners	47:38	Vet 50 Female	1st
14.	187	Andrew Stamp	M	Griffithstown Harriers	47:52	Vet 50 Male	3rd
15.	166	David Richardson	M	Pont-y-pwl & District Runners	48:13	Vet 40 Male	3rd
16.	183	James Smith	M		48:25	Vet 40 Male	4th
17.	216	Scott Withey	M	Evesham Vale RC	49:10	Vet 40 Male	5th
18.	113	Phil Lee	M	Lliswerry Runners	49:49	Vet 40 Male	6th
19.	1	Katie Adams	F	Spirit of Monmouth	49:50	Vet 40 Female	1st
20.	25	Martin Carter	M	Hereford Couriers	49:53	Vet 50 Male	4th
21.	74	Jake Gilkinson	M	South London Harriers	49:55	Senior Male	9th
22.	249	Karl Coughlin	M	Parc Bryn Bach RC	49:56	Vet 40 Male	7th
23.	120	Alex Lyne	M	Caldicot Running Club	49:58	Vet 40 Male	8th
24.	131	Niki Morgan	F	Chepstow Harriers	50:02	Vet 50 Female	2nd
25.	212	John Williams	M	Griffithstown Harriers	50:14	Vet 40 Male	9th
26.	10	Jullian Bailey-Gard	M	Forest of Dean AC	50:21	Vet 40 Male	10th



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27.	252	Ethan Sayce	M	Parc Bryn Bach RC	50:36	Senior Male	10th
28.	137	Robert Neville	M		50:42	Vet 40 Male	11th
29.	29	Thomas Chinnick	M		50:42	Vet 40 Male	12th
30.	44	Steve Davies	M	Griffithstown Harriers	50:49	Vet 60+ Male	1st
31.	89	James Head	M	Gloucester AC	50:55	Vet 40 Male	13th
32.	123	David Matthews	M	Hereford Couriers	51:14	Vet 40 Male	14th
33.	70	Lubica Ford	F	Griffithstown Harriers	51:39	Senior Female	1st
34.	28	Craig Chaplin	M	Llisbury Runners	52:05	Vet 40 Male	15th
35.	17	Richard Boseley	M	Severn AC	52:10	Vet 60+ Male	2nd
36.	84	Wesley Harris	M	Caerleon RC	52:41	Vet 40 Male	16th
37.	11	Andrew Baker	M	Pontypridd Roadents AC	52:49	Vet 50 Male	5th
38.	107	Randal Jones	M	Llisbury Runners	52:52	Vet 60+ Male	3rd
39.	71	Tom Freegard	M		52:54	Senior Male	11th
40.	95	Stephen Hughes	M	Les Croupiers RC	52:54	Senior Male	12th
41.	176	Annette Sanford	F	Griffithstown Harriers	53:06	Vet 50 Female	3rd
42.	35	Marc Cross	M	Griffithstown Harriers	53:34	Vet 40 Male	17th
43.	185	Andrew Smith	M	Pont-y-pwl & District Runners	53:43	Vet 40 Male	18th
44.	83	Neil Harper	M	Hereford Couriers	53:46	Senior Male	13th
45.	15	Robin Bell	M	Caldicot Running Club	54:00	Vet 40 Male	19th
46.	153	Chris Potts	M		54:09	Vet 40 Male	20th
47.	214	Kelly Winstone	F		54:24	Senior Female	2nd
48.	256	Alison Stuart	F		54:35	Vet 50 Female	4th
49.	254	Vicky Roberts	F	Spirit of Monmouth	54:42	Senior Female	3rd
50.	197	Elizabeth Tremlett	F	Carmarthen Harriers	54:48	Vet 40 Female	2nd
51.	247	Lowenna Taylor	F	Caerleon RC	54:50	Senior Female	4th
52.	27	Kieran Chaplin	M	Llisbury Runners	54:52	Vet 40 Male	21st



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53.	114	Jon Lewis	M	Griffithstown Harriers	55:04	Vet 50 Male	6th
54.	211	Anna Williams	F	Caerphilly Runners	55:07	Senior Female	5th
55.	164	Liz Richards	F	Caerleon RC	55:21	Vet 50 Female	5th
56.	143	Stephen Owen	M	Chepstow Harriers	55:39	Vet 60+ Male	4th
57.	64	Jenny Farrow	F	Builth & District RC	55:55	Vet 40 Female	3rd
58.	39	Ruairi Davies	M		56:08	Senior Male	14th
59.	68	James Fisher	M		56:16	Vet 40 Male	22nd
60.	220	Alice Yevko	F		56:20	Senior Female	6th
61.	250	Mark Taviner	M		56:23	Vet 50 Male	7th
62.	156	Mark Prosser	M	Fairwater Runners Cwmbran	56:28	Vet 50 Male	8th
63.	171	Chandler Rose	F		56:47	Vet 40 Female	4th
64.	165	Richie Richards	M	Hereford Couriers	56:58	Vet 60+ Male	5th
65.	149	Iestyn Perham	M	RunNewport	57:06	Vet 40 Male	23rd
66.	43	Tony Davies	M	MonRoss Trailblazers	57:14	Vet 50 Male	9th
67.	192	Adrian Thomas	M		57:19	Vet 40 Male	24th
68.	244	Lauren Williams	F	Caerleon RC	57:23	Senior Female	7th
69.	248	Nick Osman	M	Parc Bryn Bach RC	57:24	Vet 50 Male	10th
70.	79	Huw Griffiths	M	Severn AC	57:31	Vet 40 Male	25th
71.	73	Graham Gallop	M		57:31	Vet 40 Male	26th
72.	170	Jane Roscoe	F	Chepstow Harriers	57:45	Vet 50 Female	6th
73.	200	Heather Walker	F		57:54	Senior Female	8th
74.	191	Avisa Talemi	F	Caerleon RC	58:00	Vet 40 Female	5th
75.	85	Emily Harrison	F	Monross Trailblazers	58:03	Vet 40 Female	6th
76.	152	Bob Pope	M	Evesham Vale RC	58:17	Vet 60+ Male	6th
77.	195	Joni Tingle	F	Forest of Dean AC	58:17	Senior Female	9th
78.	3	Phillip Allsopp	M	Fairwater Runners Cwmbran	58:29	Vet 60+ Male	7th



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Pos.	Bib	Name	Gender	Club	Time	Age Cat	Rank
79.	253	Greg Phillips	M	Caerleon RC	58:29	Vet 50 Male	11th
80.	125	Gary Miles	M	Evesham Vale RC	58:30	Vet 50 Male	12th
81.	115	Harri Like	F	Parc Bryn Bach RC	58:31	Senior Female	10th
82.	121	Lyn Mac	M	Caerleon RC	58:40	Vet 50 Male	13th
83.	126	Aly Miles	F	Evesham Vale RC	58:41	Vet 40 Female	7th
84.	136	Kinga Nawrocka	F	Evesham Vale RC	58:49	Senior Female	11th
85.	194	Stewart Thomson	M	Mynydd Du	58:50	Vet 60+ Male	8th
86.	146	Adrian Parry Welson	M	Griffithstown Harriers	58:55	Vet 50 Male	14th
87.	90	Charlotte Healy	F	Griffithstown Harriers	58:59	Senior Female	12th
88.	75	Michelle Gooch	F	Pont-y-pwl & District Runners	59:06	Vet 50 Female	7th
89.	48	Jeremy Dickson	M	Llswerry Runners	59:17	Vet 60+ Male	9th
90.	167	Leonie Roberts	F	Fairwater Runners Cwmbran	59:34	Vet 40 Female	8th
91.	246	Bri Saxby	M	Vegan Runners UK	59:34	Vet 60+ Male	10th
92.	7	Alice Atkinson	F		59:35	Senior Female	13th
93.	72	Maixent Gaillard	M	Spirit of Monmouth	59:41	Vet 40 Male	27th
94.	151	Mike Pobjoy	M	Llswerry Runners	59:44	Vet 50 Male	15th
95.	181	Elizabeth Sims	F	Caerleon RC	59:52	Vet 60+ Female	1st
96.	186	Andrew Spencer	M	Griffithstown Harriers	59:58	Vet 60+ Male	11th
97.	134	Amelia Mullins	F	CLC Striders	1:00:15	Vet 50 Female	8th
98.	57	Stephen Egan	M		1:00:21	Vet 60+ Male	12th
99.	241	Charlotte Yewman	F		1:00:22	Vet 40 Female	9th
100.	175	Harriet Saker	F	Evesham Vale RC	1:00:24	Vet 40 Female	10th
101.	69	Helen Forbes	F		1:00:40	Vet 40 Female	11th
102.	111	Harry King	F		1:00:59	Senior Female	14th
103.	193	Abbie Thomas	F	Caerleon RC	1:01:23	Senior Female	15th
104.	251	Ingram Wright	M	Spirit of Monmouth	1:01:24	Vet 50 Male	16th



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105.	160	Emma Purvis	F		1:01:30	Senior Female	16th
106.	141	David Orpen	M		1:02:06	Senior Male	15th
107.	26	Julie Caseley	F	Malvern Buzzards Running Club	1:02:20	Vet 60+ Female	2nd
108.	53	Sophie Dowle	F		1:02:22	Senior Female	17th
109.	59	Mark Emes	M	Bitton Road Runners	1:02:36	Vet 60+ Male	13th
110.	243	Mike Thurgood	M	Monross Trailblazers	1:02:39	Vet 50 Male	17th
111.	177	Ian Seabright	M	Evesham Vale RC	1:02:42	Vet 40 Male	28th
112.	202	Craig Ward	M	Islwyn Running Club	1:03:28	Vet 40 Male	29th
113.	20	Lee Canning	M	Caerphilly Runners	1:03:29	Vet 40 Male	30th
114.	150	Sian Phillips	F	Swansea Harriers	1:03:33	Vet 60+ Female	3rd
115.	86	Edwina Harrop	F	Spirit of Monmouth	1:03:35	Vet 40 Female	12th
116.	178	Claire Seabright	F	Evesham Vale RC	1:03:51	Vet 40 Female	13th
117.	12	Sue Baldwin	F	Tewkesbury running club	1:03:57	Vet 60+ Female	4th
118.	2	Claire Allen	F	Evesham Vale RC	1:04:27	Vet 60+ Female	5th
119.	199	Keith Verheyden	M	FERC	1:04:31	Vet 60+ Male	14th
120.	217	Angela Wixey	F	Severn AC	1:04:34	Vet 60+ Female	6th
121.	56	Dean Edwards	M	N.E.W.T - Newport and East Wales Triathlon	1:04:44	Vet 60+ Male	15th
122.	77	Brian Griffin	M	Forest of Dean AC	1:05:07	Vet 60+ Male	16th
123.	91	Steve Herington	M	Hereford Couriers	1:05:16	Vet 60+ Male	17th
124.	51	Rachel Dorel	F	Lliswerry Runners	1:05:36	Vet 40 Female	14th
125.	242	Paul Cahill	M		1:06:01	Vet 40 Male	31st
126.	133	Paul Morris	M	Pont-y-pwl & District Runners	1:06:06	Vet 50 Male	18th
127.	168	Alison Roper	F		1:06:08	Vet 40 Female	15th
128.	18	Nicola Brunnock	F	Pont-y-pwl & District Runners	1:06:33	Vet 50 Female	9th
129.	13	Kevin Barnes	M	Hereford couriers	1:06:50	Vet 60+ Male	18th
130.	21	Marc Carlton	M	Chepstow Harriers	1:07:01	Vet 60+ Male	19th



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131.	106	Wesley Jones	M	Hereford couriers	1:07:04	Vet 40 Male	32nd
132.	130	Robert Morgan	M		1:07:06	Vet 60+ Male	20th
133.	33	Kathryn Collins	F	Llisbury Runners	1:07:12	Senior Female	18th
134.	221	Kim Young	F		1:07:12	Vet 50 Female	10th
135.	108	Helen Keepence	F	Evesham Vale RC	1:07:14	Vet 40 Female	16th
136.	205	Marc Wilding	M		1:07:32	Vet 50 Male	19th
137.	127	Mikiko Minty	F	Griffithstown Harriers	1:07:46	Vet 40 Female	17th
138.	110	Steven Kilbourne	M		1:08:04	Vet 60+ Male	21st
139.	189	Matthew Stewart	M		1:08:06	Senior Male	16th
140.	31	Michelle Clabon	F	Caerleon RC	1:08:30	Vet 60+ Female	7th
141.	60	Celia Escande	F	Hereford Couriers	1:08:39	Senior Female	19th
142.	112	Keith Langley	M	Pont-y-pwl & District Runners	1:08:46	Vet 60+ Male	22nd
143.	92	Simon Hill	M		1:09:04	Vet 50 Male	20th
144.	36	Hayley Danbrowsky	F	Evesham Vale RC	1:09:20	Senior Female	20th
145.	245	Judith Oakley	F	Vegan Runners UK	1:09:29	Vet 50 Female	11th
146.	55	Barrie Dunn	M	Bitton Road Runners	1:09:43	Vet 60+ Male	23rd
147.	213	Nikki Williams	F		1:09:49	Vet 50 Female	12th
148.	219	Jacqui Wynds	F	Forest of Dean AC	1:10:12	Vet 60+ Female	8th
149.	9	Rob Austen	M		1:10:15	Vet 40 Male	33rd
150.	207	Anna Wilkinson	F	Griffithstown Harriers	1:10:57	Vet 50 Female	13th
151.	169	Rob Roper	M		1:11:12	Vet 60+ Male	24th
152.	47	Michele Deal	F	Pont-y-pwl & District Runners	1:12:09	Vet 60+ Female	9th
153.	145	Katherine Parkinson	F	Pont-y-pwl & District Runners	1:12:10	Vet 40 Female	18th
154.	82	Robert Hale	M	Evesham Vale RC	1:12:16	Vet 60+ Male	25th
155.	184	Jemima Smith	F		1:12:39	Senior Female	21st
156.	122	Danielle Maidment	F	Heath Massive Run Club	1:13:01	Vet 40 Female	19th



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157.	180	Victoria Sims	F		1:13:30	Senior Female	22nd
158.	50	Helen Donnelly	F	Avon Valley Runners	1:13:39	Vet 40 Female	20th
159.	41	David Davies	M	Caerleon RC	1:14:03	Vet 50 Male	21st
160.	179	Vicki Simper	F	Evesham Vale RC	1:14:13	Vet 40 Female	21st
161.	257	Jamie Ashton	M		1:14:56	Vet 50 Male	22nd
162.	104	Linda Jones	F	Striders Of Croydon	1:15:07	Vet 40 Female	22nd
163.	117	Linda Lloyd	F		1:15:07	Vet 50 Female	14th
164.	49	Stuart Donnelly	M		1:15:32	Vet 40 Male	34th
165.	76	Debbie Green	F	Forest of Dean AC	1:15:51	Vet 50 Female	15th
166.	19	Gary Burley	M	Forest of Dean AC	1:15:52	Vet 60+ Male	26th
167.	22	Tim Carr	M	Westbury Harriers	1:15:52	Vet 50 Male	23rd
168.	124	Tom McCormack	M		1:16:42	Senior Male	17th
169.	155	Terry Prosser	M		1:18:00	Vet 60+ Male	27th
170.	157	Beatrice Prosser-Snelling	F		1:18:00	Vet 40 Female	23rd
171.	158	Alex Prosser-Snelling	M		1:18:00	Vet 40 Male	35th
172.	163	Phillipa Reusser	F		1:19:05	Senior Female	23rd
173.	61	Carwyn Evans	M	Dragons RC Aberdarec	1:19:30	Vet 50 Male	24th
174.	45	Huw Davies	M	Dragons RC Aberdarec	1:19:31	Vet 50 Male	25th
175.	52	Mark Dowell	M	Evesham Vale RC	1:20:31	Vet 60+ Male	28th
176.	196	Caroline Tinsley	F		1:20:45	Vet 40 Female	24th
177.	102	John Jenkins	M	Horton Harriers	1:21:45	Vet 60+ Male	29th
178.	172	Andrew Rothwell	M		1:23:36	Vet 60+ Male	30th
179.	46	Alison Davis	F	Fairwater Runners Cwmbran	1:24:18	Vet 50 Female	16th
180.	93	Melanie Hill	F		1:24:56	Vet 50 Female	17th
181.	103	Kathleen Jarvis	F	Parc Bryn Bach RC	1:26:46	Vet 60+ Female	10th
182.	203	Gaynor Watkins	F	Griffithstown Harriers	1:27:00	Vet 50 Female	18th



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183.	218	Cathy Woodward	F		1:32:39	Vet 60+ Female	11th
184.	161	Jan Ray	F		1:33:54	Vet 50 Female	19th
185.	98	Linda Ingledow	F	Forest of Dean AC	1:36:18	Vet 50 Female	20th
186.	118	Suzanne Luker-davies	F	Dragons RC Aberdarec	1:38:16	Vet 40 Female	25th
187.	135	Andy Muxlow	M	Dragons RC Aberdarec	1:38:16	Vet 50 Male	26th
188.	201	Ruth Walters	F	Dragons RC Aberdarec	1:38:17	Vet 50 Female	21st
189.	255	Mike Beeks	M		1:42:06	Vet 60+ Male	31st

Number of Records: 189

