

Bryn Meadows Caerphilly 10K & 2K

Team Results: 10K

Date: 11/05/2025

Pos	No	Name	Result
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FEMALE TEAM

1

EAST WALES : 335

1	28	Donna MORRIS	53
2	29	Elinor MATTEY	64
3	27	Lauren COOPER	67
4	31	Ewelina CIESIELSKA	74
5	32	Kani HINSHELWOOD	77
6	30	Laura CAMERON	97

2

SOUTH WALES : 575

1	56	Olivia TSIM	33
2	55	Lauren MACKIE	90
3	52	Emma SEWARD	130
4	54	Susannah BULPIN	152
5	51	Catherine BARKER	170
6	53	Aimee FERGUSON	236

3

WEST WALES : 578

1	63	Alaw BEYNON-EVANS	43
2	65	Maria KOWAL	107
3	64	Sarah HOWARD	110
4	66	Iona EVANS	133
5	68	Lindy GEYER	185

Pos	No	Name	Result
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MALE TEAM

1	SOUTH WALES : 66		
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1	47	Jack EGGINGTON	7
2	46	Angelo DORIA	10
3	49	Luke WILLIAMS	12
4	48	James HANSELL	16
5	45	Andy GARDINER	21
6	50	Gethin EDWARDS	38

2	EAST WALES : 94		
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1	22	Lloyd COTTRELL	9
2	23	Eric APPERLEY	11
3	26	Jack TURNER	17
4	25	Ross MATTHEWS	18
5	21	Jon BELCHER	39
6	24	Joshua FITTON	44

3	WEST WALES : 169		
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1	61	Jacob PARRY	15
2	58	Ollie GEORGE	22
3	60	Mark HARRISON	27
4	62	Daniel MORGAN	49
5	57	Edward LAND	56
6	59	Paul WILLIAMS	76

4	NORTH WALES : 291		
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1	33	Daniel KASHI	4
2	36	Ted FLYNN	20
3	34	Scott NIXON	41
4	38	Darren BLAZIER	106
5	745	Nick HOUGHTON	120