

Fountain 5: RUN - sponsored by Forest Products Ltd

The Fountain Inn: 5 Miles
 Thursday 21-May-2026 at 19:15
 Organised by: FODAC

Race Results

Pos	Bib	Name	Cat	Club	Race Time	AG Time	AG%	Gender Pos	Cat Pos
1	298	Thomas COOPER	M Senior	Unattached	00:33:04	00:33:04	64.48%	1	1
2	292	Kieron BROWN	M Senior	Monross Trailblazers	00:34:17	00:34:17	62.18%	2	2
3	363	Iain PORTER	M V40	Clc Striders	00:34:26	00:32:15	66.10%	3	1
4	409	Jeff WHERLOCK	M V50	Lliswerry Runners	00:34:45	00:28:47	74.08%	4	1
5	413	Gareth BATTLE	M V50	Ogmore Phoenix	00:34:52	00:30:38	69.57%	5	2
6	368	Jack ROWLAND	M Senior	Lliswerry Runners	00:35:48	00:34:48	61.25%	6	3
7	367	Antoinette ROSE	F Senior	Lliswerry Runners	00:36:13	00:36:11	66.87%	1	1
8	302	Richard CRONIN	M Senior	Monross Trailblazers	00:36:16	00:35:39	59.79%	7	4
9	283	Scott AYRES	M Senior	Unattached	00:36:20	00:36:19	58.69%	8	5
10	361	Will PITT	M Senior	Unattached	00:36:49	00:36:49	57.91%	9	6
11	382	Matthew VISSER	M Senior	Spirit Of Monmouth	00:36:55	00:36:55	57.73%	10	7
12	336	Matthew JAMES	M V40	Hereford Couriers	00:37:00	00:35:11	60.58%	11	2
13	369	Ben SAUNDERS	M V40	Spirit Of Monmouth	00:37:11	00:35:21	60.29%	12	3
14	297	Tom CHINNICK	M V40	Spirit Of Monmouth	00:37:13	00:35:07	60.70%	13	4
15	293	Chris BROWN	M V40	Severn Ac	00:37:45	00:34:48	61.25%	14	5
16	383	Marc WACHTER	M V40	Unattached	00:37:52	00:34:22	62.02%	15	6
17	357	Andy MONRO	M V50	Severn Ac	00:38:02	00:32:03	66.52%	16	3
18	338	Bevan JAY	M Senior	Unattached	00:38:09	00:38:09	55.89%	17	8
19	311	Tom DUNN	M Senior	Forest Of Dean Ac	00:38:50	00:38:37	55.21%	18	9
20	355	Dan MERIFIELD	M Senior	Unattached	00:39:08	00:37:47	56.41%	19	10
21	339	Jonathan JONES	M V50	Les Croupiers	00:39:19	00:33:42	63.27%	20	4
22	306	Lee DAVIES	M V40	Spirit Of Monmouth	00:39:43	00:36:20	58.67%	21	7
23	366	Vicky ROBERTS	F Senior	Spirit Of Monmouth	00:40:01	00:39:29	61.30%	2	2
24	284	Jullian BAILEY-GARD	M V50	Forest Of Dean Ac	00:40:29	00:35:52	59.43%	22	5
25	396	Antony WRIGHT	M Senior	Monmouth Triathlon	00:40:50	00:40:50	52.20%	23	11
26	308	Arthur DENNANT	M Junior	Forest Of Dean Ac	00:41:24	00:41:24	51.49%	24	1
27	331	Sarah HEATH	F V60	Spirit Of Monmouth	00:41:34	00:30:56	78.23%	3	1
28	328	Neil HARPER	M V40	Monross Trailblazers	00:41:41	00:37:32	56.80%	25	8
29	414	Tom BELL	M V40	Unattached	00:41:42	00:39:39	53.76%	26	9
30	289	Martin BLAKEBROUGH	M V60	Spirit Of Monmouth	00:41:44	00:33:03	64.51%	27	1
31	374	Andrew STEPHENS	M V50	Monross Trailblazers	00:42:43	00:37:13	57.27%	28	6
32	385	Molly Grace WADDINGTON	F Senior	Unattached	00:42:47	00:42:45	56.61%	4	3
33	346	Walter LEACH	M V60	Forest Of Dean Ac	00:43:05	00:33:48	63.05%	29	2
34	390	Andrew WRIGHT	M V50	Monross Trailblazers	00:43:19	00:36:30	58.41%	30	7
35	379	Martin TURNER	M Senior	Monross Trailblazers	00:43:51	00:42:20	50.35%	31	12
36	348	Laura LELIEVRE	F Senior	Monross Trailblazers	00:43:55	00:43:19	55.86%	5	4
37	359	Tom O'DONNELL	M Senior	Unattached	00:43:58	00:43:58	48.47%	32	13
38	286	Liberty BARLOW	F Senior	Spirit Of Monmouth	00:44:01	00:44:01	54.97%	6	5

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39	290	Renske BOUWENS	F V50	Spirit Of Monmouth	00:44:50	00:38:26	62.97%	7	1
40	364	Rob POTTER	M V40	Monross Trailblazers	00:45:12	00:40:22	52.81%	33	10
41	316	Oliver FLEET	M Senior	Unattached	00:45:15	00:45:15	47.10%	34	14
42	320	Christian FORD	M Senior	Caerleon Rc	00:45:16	00:44:52	47.50%	35	15
43	317	Jack FLEET	M Senior	Unattached	00:45:18	00:45:18	47.05%	36	16
44	313	Brian EVANS	M V50	Spirit Of Monmouth	00:45:28	00:38:38	55.17%	37	8
45	329	Emily HARRISON	F V40	Monross Trailblazers	00:45:41	00:43:49	55.22%	8	1
46	307	Elizabeth DAWSON	F V50	Unattached	00:45:57	00:38:26	62.96%	9	2
47	349	Reece LEWIS	M Senior	Severn Ac	00:46:00	00:45:51	46.49%	38	17
48	354	Leanne MEEK	F V40	Unattached	00:46:21	00:42:59	56.29%	10	2
49	312	Abi EDMUNDS	F Senior	Forest Of Dean Ac	00:46:58	00:46:58	51.53%	11	6
50	378	Krishna TILLEY	M Senior	Unattached	00:47:09	00:46:45	45.60%	39	18
51	372	Nick SLOPER	M V50	Spirit Of Monmouth	00:47:28	00:40:40	52.41%	40	9
52	305	Rosie DAVIES	F Senior	Monross Trailblazers	00:47:49	00:47:49	50.61%	12	7
53	412	Rebecca BATTLE	F V50	Cardiff Harlequins	00:47:59	00:40:09	60.28%	13	3
54	281	Nicholas ALLEN	M V60	Severn Ac	00:48:04	00:37:01	57.58%	41	3
55	377	Ellie THORNE	F Senior	Monross Trailblazers	00:48:05	00:47:52	50.55%	14	8
56	408	Sophie SALMON	F Senior	Unattached	00:48:11	00:47:20	51.13%	15	9
57	325	William GEORGE	M Senior	Unattached	00:48:17	00:48:17	44.14%	42	19
58	295	Barry BURNS	M V50	Spirit Of Monmouth	00:48:26	00:40:07	53.14%	43	10
59	304	Emma DAVIES	F V50	Monross Trailblazers	00:48:32	00:41:05	58.89%	16	4
60	299	Samuel COOPER	M Senior	Unattached	00:48:49	00:48:49	43.66%	44	20
61	384	Michelle WACHTER	F V50	Caldicot Rc	00:48:52	00:42:53	56.43%	17	5
62	285	Kate BALDWIN	F Senior	Forest Of Dean Ac	00:48:58	00:48:55	49.47%	18	10
63	333	Emma HUMPHRIES	F Senior	Monross Trailblazers	00:49:03	00:49:03	49.33%	19	11
64	381	Michael VISSER	M V60	Spirit Of Monmouth	00:49:27	00:39:53	53.46%	45	4
65	335	Claire JACKSON	F V50	Forest Of Dean Ac	00:49:39	00:44:05	54.90%	20	6
66	410	Dave JONES	M V50	Dtr	00:49:41	00:41:30	51.37%	46	11
67	376	Heather SWISS	F Senior	Forest Of Dean Ac	00:50:06	00:50:06	48.29%	21	12
68	288	Graham BELL	M V50	Monross Trailblazers	00:50:17	00:41:17	51.64%	47	12
69	373	David SMAILES	M V60	Unattached	00:50:27	00:40:40	52.41%	48	5
70	315	Catherine FINLAY	F V50	Monross Trailblazers	00:50:33	00:43:51	55.19%	22	7
71	340	Sian JONES	F Senior	Parc Bryn Bach Rc	00:50:48	00:50:27	47.96%	23	13
72	389	Emma Louisa WORGAN	F Senior	Unattached	00:50:48	00:50:27	47.96%	24	14
73	327	Sherryl HALL	F V50	Forest Of Dean Ac	00:50:55	00:40:30	59.75%	25	8
74	321	Julia FREARSON	F V40	Unattached	00:51:14	00:46:32	52.00%	26	3
75	330	Nick HARTE	M V60	Unattached	00:51:30	00:38:55	54.77%	49	6
76	411	Matt WEBB	M V40	Monross Trailblazers	00:51:34	00:47:33	44.83%	50	11
77	341	Anna JONES	F Senior	Severn Ac	00:51:50	00:51:50	46.68%	27	15
78	303	Bridget DAVIES	F V50	Chepstow Harriers	00:52:05	00:41:26	58.40%	28	9
79	406	Marina WRIGHT	F V40	Spirit Of Monmouth	00:52:15	00:47:59	50.43%	29	4
80	358	Richard NEWHOUSE	M V50	Chepstow Harriers	00:52:43	00:44:48	47.58%	51	13
81	332	Rob HICK	M V60	Unattached	00:53:18	00:41:03	51.94%	52	7
82	310	Stuart DUNCAN	M V60	Chepstow Harriers	00:53:50	00:41:28	51.41%	53	8

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83	291	Rachel BROWN	F V50	Dursley Rc	00:54:24	00:45:30	53.18%	30	10
84	294	Philip BRYANT	M V50	Forest Of Dean Ac	00:54:32	00:47:31	44.85%	54	14
85	362	Mike POBJOY	M V50	Lliswerry Runners	00:54:33	00:45:11	47.18%	55	15
86	371	Robert SEDGEMAN	M V50	Unattached	00:54:53	00:47:26	44.93%	56	16
87	370	Liselette SCRIVENS	F V40	Unattached	00:55:40	00:50:33	47.87%	31	5
88	301	Jeremy CREASEY	M V50	Spirit Of Monmouth	00:56:20	00:46:14	46.10%	57	17
89	296	Emily CHINN	F V50	Newport Harriers	00:56:50	00:47:33	50.89%	32	11
90	343	Sarah KEMBREY	F V40	Lliswerry Runners	00:56:51	00:52:12	46.35%	33	6
91	318	Sharla FLEET	F V50	Unattached	00:57:30	00:49:17	49.11%	34	12
92	319	Tia FOORD	F Senior	Unattached	00:57:31	00:57:31	42.07%	35	16
93	387	Scott WEAVER	M Junior	Unattached	00:58:15	00:58:13	36.62%	58	2
94	388	Nikki WILLIAMS	F V60	Unattached	00:58:34	00:45:59	52.62%	36	2
95	324	Simon GEORGE	M V50	Unattached	00:59:34	00:50:37	42.11%	59	18
96	345	Mandy KNOTT	F V50	Unattached	00:59:52	00:51:18	47.16%	37	13
97	360	Vanessa PEGLER	F V50	Unattached	00:59:53	00:49:29	48.91%	38	14
98	326	Andy GEORGE	M V60	Unattached	01:00:57	00:48:43	43.76%	60	9
99	347	Sarah LEAVER	F V60	Newent Runners	01:01:41	00:46:33	51.99%	39	3
100	322	Maixent GAILLARD	M V40	Spirit Of Monmouth	01:04:08	00:57:17	37.21%	61	12
101	287	Adele BARNES	F V40	Unattached	01:05:41	01:02:33	38.68%	40	7
102	323	Graham GALLOP	M V40	Severn Ac	01:06:22	01:01:12	34.83%	62	13
103	282	Jasmine ARNOLD	F V60	Forest Of Dean Ac	01:09:19	00:50:10	48.23%	41	4
104	309	Carolyn DENT	F V60	Westbury Harriers	01:11:12	00:53:43	45.04%	42	5
105	337	Philip JAMES	M V60	Unattached	01:17:20	00:59:00	36.13%	63	10
106	407	Colin LAVER	M V70	Forest Of Dean Ac	01:17:21	00:50:26	42.26%	64	1