

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	397	Jake McBRIDE	M Senior	Monross Trailblazers	00:37:45	00:37:38	56.65%	15	8
17	383	Marc WACHTER	M V40	Unattached	00:37:52	00:34:22	62.02%	16	6
18	357	Andy MONRO	M V50	Severn Ac	00:38:02	00:32:03	66.52%	17	3
19	338	Bevan JAY	M Senior	Unattached	00:38:09	00:38:09	55.89%	18	9
20	311	Tom DUNN	M Senior	Forest Of Dean Ac	00:38:50	00:38:37	55.21%	19	10
21	355	Dan MERIFIELD	M Senior	Unattached	00:39:08	00:37:47	56.41%	20	11
22	339	Jonathan JONES	M V50	Les Croupiers	00:39:19	00:33:42	63.27%	21	4
23	306	Lee DAVIES	M V40	Spirit Of Monmouth	00:39:43	00:36:20	58.67%	22	7
24	366	Vicky ROBERTS	F Senior	Spirit Of Monmouth	00:40:01	00:39:29	61.30%	2	2
25	284	Jullian BAILEY-GARD	M V50	Forest Of Dean Ac	00:40:29	00:35:52	59.43%	23	5
26	396	Antony WRIGHT	M Senior	Monmouth Triathlon	00:40:50	00:40:50	52.20%	24	12
27	308	Arthur DENNANT	M Junior	Forest Of Dean Ac	00:41:24	00:41:24	51.49%	25	1
28	331	Sarah HEATH	F V60	Spirit Of Monmouth	00:41:34	00:30:56	78.23%	3	1
29	328	Neil HARPER	M V40	Monross Trailblazers	00:41:41	00:37:32	56.80%	26	8
30	414	Tom BELL	M V40	Unattached	00:41:42	00:39:39	53.76%	27	9
31	289	Martin BLAKEBROUGH	M V60	Spirit Of Monmouth	00:41:44	00:33:03	64.51%	28	1
32	374	Andrew STEPHENS	M V50	Monross Trailblazers	00:42:43	00:37:13	57.27%	29	6
33	385	Molly Grace WADDINGTON	F Senior	Unattached	00:42:47	00:42:45	56.61%	4	3
34	346	Walter LEACH	M V60	Forest Of Dean Ac	00:43:05	00:33:48	63.05%	30	2
35	390	Andrew WRIGHT	M V50	Monross Trailblazers	00:43:19	00:36:30	58.41%	31	7
36	379	Martin TURNER	M Senior	Monross Trailblazers	00:43:51	00:42:20	50.35%	32	13
37	348	Laura LELIEVRE	F Senior	Monross Trailblazers	00:43:55	00:43:19	55.86%	5	4
38	359	Tom O'DONNELL	M Senior	Unattached	00:43:58	00:43:58	48.47%	33	14

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Pos	Bib	Name	Cat	Club	Race Time	AG Time	AG%	Gender Pos	Cat Pos
39	286	Liberty BARLOW	F Senior	Spirit Of Monmouth	00:44:01	00:44:01	54.97%	6	5
40	290	Renske BOUWENS	F V50	Spirit Of Monmouth	00:44:50	00:38:26	62.97%	7	1
41	364	Rob POTTER	M V40	Monross Trailblazers	00:45:12	00:40:22	52.81%	34	10
42	316	Oliver FLEET	M Senior	Unattached	00:45:15	00:45:15	47.10%	35	15
43	320	Christian FORD	M Senior	Caerleon Rc	00:45:16	00:44:52	47.50%	36	16
44	317	Jack FLEET	M Senior	Unattached	00:45:18	00:45:18	47.05%	37	17
45	313	Brian EVANS	M V50	Spirit Of Monmouth	00:45:28	00:38:38	55.17%	38	8
46	329	Emily HARRISON	F V40	Monross Trailblazers	00:45:41	00:43:49	55.22%	8	1
47	307	Elizabeth DAWSON	F V50	Unattached	00:45:57	00:38:26	62.96%	9	2
48	349	Reece LEWIS	M Senior	Severn Ac	00:46:00	00:45:51	46.49%	39	18
49	354	Leanne MEEK	F V40	Unattached	00:46:21	00:42:59	56.29%	10	2
50	312	Abi EDMUNDS	F Senior	Forest Of Dean Ac	00:46:58	00:46:58	51.53%	11	6
51	378	Krishna TILLEY	M Senior	Unattached	00:47:09	00:46:45	45.60%	40	19
52	372	Nick SLOPER	M V50	Spirit Of Monmouth	00:47:28	00:40:40	52.41%	41	9
53	305	Rosie DAVIES	F Senior	Monross Trailblazers	00:47:49	00:47:49	50.61%	12	7
54	412	Rebecca BATTLE	F V50	Cardiff Harlequins	00:47:59	00:40:09	60.28%	13	3
55	281	Nicholas ALLEN	M V60	Severn Ac	00:48:04	00:37:01	57.58%	42	3
56	377	Ellie THORNE	F Senior	Monross Trailblazers	00:48:05	00:47:52	50.55%	14	8
57	408	Sophie SALMON	F Senior	Unattached	00:48:11	00:47:20	51.13%	15	9
58	325	William GEORGE	M Senior	Unattached	00:48:17	00:48:17	44.14%	43	20
59	295	Barry BURNS	M V50	Spirit Of Monmouth	00:48:26	00:40:07	53.14%	44	10
60	304	Emma DAVIES	F V50	Monross Trailblazers	00:48:32	00:41:05	58.89%	16	4
61	299	Samuel COOPER	M Senior	Unattached	00:48:49	00:48:49	43.66%	45	21
62	384	Michelle WACHTER	F V50	Caldicot Rc	00:48:52	00:42:53	56.43%	17	5
63	285	Kate BALDWIN	F Senior	Forest Of Dean Ac	00:48:58	00:48:55	49.47%	18	10
64	333	Emma HUMPHRIES	F Senior	Monross Trailblazers	00:49:03	00:49:03	49.33%	19	11
65	381	Michael VISSER	M V60	Spirit Of Monmouth	00:49:27	00:39:53	53.46%	46	4
66	335	Claire JACKSON	F V50	Forest Of Dean Ac	00:49:39	00:44:05	54.90%	20	6
67	410	Dave JONES	M V50	Dtr	00:49:41	00:41:30	51.37%	47	11
68	376	Heather SWISS	F Senior	Forest Of Dean Ac	00:50:06	00:50:06	48.29%	21	12
69	288	Graham BELL	M V50	Monross Trailblazers	00:50:17	00:41:17	51.64%	48	12
70	373	David SMAILES	M V60	Unattached	00:50:27	00:40:40	52.41%	49	5
71	315	Catherine FINLAY	F V50	Monross Trailblazers	00:50:33	00:43:51	55.19%	22	7
72	340	Sian JONES	F Senior	Parc Bryn Bach Rc	00:50:48	00:50:27	47.96%	23	13
73	389	Emma Louisa WORGAN	F Senior	Unattached	00:50:48	00:50:27	47.96%	24	14
74	327	Sherryl HALL	F V50	Forest Of Dean Ac	00:50:55	00:40:30	59.75%	25	8
75	321	Julia FREARSON	F V40	Unattached	00:51:14	00:46:32	52.00%	26	3
76	330	Nick HARTE	M V60	Unattached	00:51:30	00:38:55	54.77%	50	6
77	411	Matt WEBB	M V40	Monross Trailblazers	00:51:34	00:47:33	44.83%	51	11
78	341	Anna JONES	F Senior	Severn Ac	00:51:50	00:51:50	46.68%	27	15
79	303	Bridget DAVIES	F V50	Chepstow Harriers	00:52:05	00:41:26	58.40%	28	9
80	406	Marina WRIGHT	F V40	Spirit Of Monmouth	00:52:15	00:47:59	50.43%	29	4
81	358	Richard NEWHOUSE	M V50	Chepstow Harriers	00:52:43	00:44:48	47.58%	52	13
82	332	Rob HICK	M V60	Unattached	00:53:18	00:41:03	51.94%	53	7

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83	310	Stuart DUNCAN	M V60	Chepstow Harriers	00:53:50	00:41:28	51.41%	54	8
84	291	Rachel BROWN	F V50	Dursley Rc	00:54:24	00:45:30	53.18%	30	10
85	294	Philip BRYANT	M V50	Forest Of Dean Ac	00:54:32	00:47:31	44.85%	55	14
86	362	Mike POBJOY	M V50	Llisbury Runners	00:54:33	00:45:11	47.18%	56	15
87	371	Robert SEDGEMAN	M V50	Unattached	00:54:53	00:47:26	44.93%	57	16
88	370	Liselette SCRIVENS	F V40	Unattached	00:55:40	00:50:33	47.87%	31	5
89	402	Melanie SHEEHAN	F V50	Unattached	00:55:40	00:47:42	50.72%	32	11
90	301	Jeremy CREASEY	M V50	Spirit Of Monmouth	00:56:20	00:46:14	46.10%	58	17
91	296	Emily CHINN	F V50	Newport Harriers	00:56:50	00:47:33	50.89%	33	12
92	343	Sarah KEMBREY	F V40	Llisbury Runners	00:56:51	00:52:12	46.35%	34	6
93	318	Sharla FLEET	F V50	Unattached	00:57:30	00:49:17	49.11%	35	13
94	319	Tia FOORD	F Senior	Unattached	00:57:31	00:57:31	42.07%	36	16
95	387	Scott WEAVER	M Junior	Unattached	00:58:15	00:58:13	36.62%	59	2
96	388	Nikki WILLIAMS	F V60	Unattached	00:58:34	00:45:59	52.62%	37	2
97	324	Simon GEORGE	M V50	Unattached	00:59:34	00:50:37	42.11%	60	18
98	345	Mandy KNOTT	F V50	Unattached	00:59:52	00:51:18	47.16%	38	14
99	360	Vanessa PEGLER	F V50	Unattached	00:59:53	00:49:29	48.91%	39	15
100	326	Andy GEORGE	M V60	Unattached	01:00:57	00:48:43	43.76%	61	9
101	347	Sarah LEAVER	F V60	Newent Runners	01:01:41	00:46:33	51.99%	40	3
102	322	Maixent GAILLARD	M V40	Spirit Of Monmouth	01:04:08	00:57:17	37.21%	62	12
103	287	Adele BARNES	F V40	Unattached	01:05:41	01:02:33	38.68%	41	7
104	323	Graham GALLOP	M V40	Severn Ac	01:06:22	01:01:12	34.83%	63	13
105	282	Jasmine ARNOLD	F V60	Forest Of Dean Ac	01:09:19	00:50:10	48.23%	42	4
106	309	Carolyn DENT	F V60	Westbury Harriers	01:11:12	00:53:43	45.04%	43	5
107	337	Philip JAMES	M V60	Unattached	01:17:20	00:59:00	36.13%	64	10
108	407	Colin LAVER	M V70	Forest Of Dean Ac	01:17:21	00:50:26	42.26%	65	1