

Treforest 10k 2022

Overall Results

Place	Name	AG	Club	ChipTime	GunTime
Treforest 10k 2022					
1.	Richards, Samuel	Senior Men	Pontypridd Roadents AC	33:08	33:08
2.	Astley, Jonathon	Senior Men	Parc Bryn Bach Running Club	34:48	34:48
3.	Winfield-Young, Lewys	Senior Men		34:48	34:49
4.	Oxley, Chris	V40 Men	San Domenico Road RC	35:06	35:07
5.	Kennedy, Ben	Senior Men	Les Croupiers RC	35:11	35:11
6.	Motris, Phil	V40 Men	Builth and district	35:30	35:31
7.	Cable, Carl	V50 Men		36:24	36:24
8.	Morris, Donna	V35 Women	Builth and district	36:41	36:41
9.	Blair, Andrew	V50 Men	Les Croupiers RC	36:43	36:44
10.	James, Matt	Senior Men		37:02	37:02
11.	Williams, Alec	V50 Men	Pembrokeshire Harriers	37:35	37:36
12.	Medcalf, Chris	V40 Men	San Domenico Road RC	38:03	38:04
13.	Berzinskis, Alvils	V40 Men	Les Croupiers RC	38:17	38:19
14.	Bruton, Paul	V40 Men	Lliswerry Runners	38:31	38:32
15.	Griffiths, Amy	Senior Women	Les Croupiers RC	39:08	39:10
16.	Morton, Paul	V40 Men	Les Croupiers RC	39:09	39:13
17.	Hodge, Phil	V50 Men	Les Croupiers RC	39:29	39:31
18.	Owen, Ross	Senior Men	Rhondda Valley Runners	39:25	39:34
19.	Morgan, Gareth	V50 Men	Les Croupiers RC	39:38	39:39
20.	Aherne, Matthew	V40 Men	Pontyclun Roadrunners	39:44	39:46
21.	Morgan, Niki	V55 Women	Chepstow Harriers	39:54	39:55
22.	Cox, Dean	Senior Men		40:07	40:10
23.	Davies, Steve	V60 Men	Pont-y-pwl and district runners	40:20	40:21
24.	Inglis, Chris	Senior Men	CDF Runners	40:33	40:35
25.	Bell, Ian	V60 Men	San Domenico Road RC	40:38	40:39
26.	Dukes, Nicholas	V40 Men	Les Croupiers RC	40:39	40:44
27.	Jukes, Nicola	V45 Women	Parc Bryn Bach Running Club	40:46	40:46
28.	Bruce, James	V40 Men	Les Croupiers RC	40:53	40:55
29.	Palmer, Nathaniel	V50 Men	Les Croupiers RC	41:06	41:12
30.	Logan, Gareth	Senior Men	Les Croupiers RC	41:19	41:21
31.	Bendall, Charlie	Senior Men	Chepstow Harriers	41:29	41:30
32.	Wookey, Emma	Senior Women	Lliswerry Runners	41:30	41:30
33.	Pearce, Matthew	Senior Men		41:41	41:47
34.	Harmer, Samuel	Senior Men		41:49	41:52
35.	Thomas, Sam	U23 Men	Rhondda Valley Runners	41:50	41:56
36.	Lloyd, John	V50 Men	Brackla harriers	41:58	41:59
37.	Owen, Stephen	V60 Men	Chepstow Harriers	42:15	42:17
38.	Wehden, Kim	V60 Men	Islwyn Running Club	42:23	42:28
39.	Ashman, Daniel	V40 Men		42:27	42:31
40.	Meredith, Bryan	V50 Men	Rhondda Valley Runners	42:24	42:34
41.	Pritchard, Tammy	V45 Women	Les Croupiers RC	42:29	42:36
42.	Watson, Susan	V55 Women	Les Croupiers RC	42:33	42:37
43.	Edwards, Hywel	V50 Men	San Domenico Road RC	42:36	42:39
44.	Shewring, David	Senior Men	Pontyclun Roadrunners	42:51	42:54
45.	Ogilvie, Ian	V50 Men	Brackla harriers	43:06	43:14
46.	Coles, Marcus	V40 Men	Les Croupiers RC	43:15	43:18
47.	Burton, Clifford	V50 Men	Islwyn Running Club	43:16	43:19
48.	Foster, Michael	V60 Men	Pontypridd Roadents AC	43:23	43:26
49.	Jones, Andrew	V40 Men		43:18	43:26

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Place	Name	AG	Club	ChipTime	GunTime
50.	Harris, Neil	V40 Men		43:27	43:32
51.	Roberts, Leonie	V45 Women	Fairwater runners Cwmbran	43:31	43:36
52.	Davies, Ceri	V40 Men	San Domenico Road RC	43:38	43:41
53.	Santese, Giuseppe	V40 Men	Brackla harriers	43:41	43:42
54.	Mack, Graham	V60 Men	Merthyr Running Club	43:41	43:44
55.	Hambridge, Lloyd	Senior Men	Islwyn Running Club	43:45	43:48
56.	Evans, Garry	Senior Men	Port Talbot Harriers	44:02	44:04
57.	Lewis, Roy	V50 Men		44:05	44:08
58.	Evans, Alun	V50 Men		44:07	44:19
59.	Owens, Rhys	Senior Women		44:17	44:21
60.	Bagguley, Simon	V40 Men		44:13	44:23
61.	Davies, Shawn	V40 Men	Rhondda Valley Runners	44:15	44:26
62.	Jones, Kevin	V50 Men	Les Croupiers RC	44:21	44:27
63.	Kent, Howard	V60 Men	Les Croupiers RC	44:24	44:28
64.	Goddard, Carole	V45 Women	Les Croupiers RC	44:34	44:38
65.	Murphy, Michael	V60 Men	Les Croupiers RC	44:36	44:40
66.	Fry, Tim	V40 Men	Lliswerry Runners	44:34	44:40
67.	Smith, Andrew	V40 Men	Pont-y-pwl and district runners	44:42	44:44
68.	Davies, David	Senior Men		44:43	44:51
69.	Light, John	V40 Men	San Domenico Road RC	44:49	44:52
70.	Chadwell, Steve	V50 Men	Les Croupiers RC	44:47	44:53
71.	Price, Craig	Senior Men		44:46	44:53
72.	Shide, Luc	Senior Men	Islwyn Running Club	44:52	44:57
73.	Moran, Charlotte	V45 Women	Caerleon RC	45:07	45:15
74.	Profit, Neil	V40 Men	Islwyn Running Club	45:11	45:15
75.	James, Stephanie	Senior Women		45:32	45:33
76.	Nalej, Greg	Senior Men		45:37	45:40
77.	Foulkes, Lauren	V35 Women	Pontypridd Roadents AC	45:52	45:57
78.	Pobjoy, Mike	V50 Men	Lliswerry Runners	46:01	46:06
79.	Price, Sian	V35 Women	Ogmore Phoenix Runners	45:58	46:07
80.	Smalley, Christian	Senior Men		46:09	46:16
81.	Ward, Craig	Senior Men	Islwyn Running Club	46:17	46:22
82.	Harmer, Hollie	V35 Women	Islwyn Running Club	46:18	46:23
83.	Coles, Robert	V50 Men		46:18	46:27
84.	Osmond, Clive	V60 Men	Les Croupiers RC	46:22	46:28
85.	Caple, Andrew	V50 Men	CDF Runners	46:32	46:35
86.	Williams, Huw	V40 Men	Rhondda Valley Runners	46:36	46:49
87.	Groves, Kieran	U23 Men	Lliswerry Runners	46:47	46:56
88.	Richards, Liz	V55 Women	Caerleon RC	46:50	46:58
89.	Groves, Owain	Senior Men	Pontypridd Roadents AC	46:58	47:06
90.	Goddard, Mia	U23 Women	Cardiff AC	47:03	47:08
91.	George, David	V50 Men	Les Croupiers RC	47:04	47:11
92.	Ford, Christian	Senior Men	Caerleon RC	47:34	47:42
93.	Price, Allie	V55 Women		47:42	47:51
94.	Beech, Daniel	Senior Men		47:39	47:51
95.	Williams, Sian	V35 Women		48:01	48:14
96.	Ryan, Joanne	V45 Women	Rhondda Valley Runners	48:04	48:16
97.	Sewell, Richard	V60 Men		48:18	48:23
98.	Bassett, Caroline	V35 Women	Pegasus RC	48:13	48:25
99.	Crees, Libby	V45 Women	Les Croupiers RC	48:22	48:31

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Place	Name	AG	Club	ChipTime	GunTime
100.	Bassett, Leanne	V35 Women	Rhondda Valley Runners	48:25	48:34
101.	Smith, Joshua	Senior Men		48:23	48:37
102.	Herbert, Mark	V40 Men	Les Croupiers RC	48:30	48:37
103.	Sams, Emily	Senior Women	Caerphilly Runners	48:30	48:47
104.	Palmer, Angela	V35 Women	Pencoed panthers	48:36	48:49
105.	Corbett, Adrian	V60 Men		48:58	49:01
106.	Edwards, Amy	V35 Women	Rhondda Valley Runners	49:22	49:31
107.	Mason, Alan	V60 Men	Les Croupiers RC	49:21	49:33
108.	James, Nadine	U23 Women	Pontyclun Roadrunners	49:27	49:36
109.	Underwood, Jacqueline	V55 Women	Lliswerry Runners	49:41	49:45
110.	Thorpe, Alice	Senior Women	Lliswerry Runners	49:47	49:51
111.	Joslin, Robert	V50 Men	Rhondda Valley Runners	49:46	49:59
112.	Bagguley, Heidi	V35 Women		49:48	50:01
113.	Grant, Christopher	V60 Men	Caerphilly Runners	49:51	50:09
114.	Gooch, Michelle	V55 Women	Pont-y-pwl and district runners	50:07	50:11
115.	Hunter, Elizabeth	V45 Women	Village Vipers	50:11	50:24
116.	Williams, Yvonne	V45 Women		50:19	50:28
117.	Hobson, James	Senior Men	Lliswerry Runners	50:17	50:30
118.	Ogilvie, Jane	V55 Women	Brackla harriers	50:25	50:37
119.	Taylor, Stefanie	Senior Women	CDF Runners	50:35	50:42
120.	Lewis, Robert	V70 Men	Caerphilly Runners	50:25	50:44
121.	Bunston, Carly	Senior Women	Islwyn Running Club	50:44	50:48
122.	Lawrence, Fay	V35 Women	Pontyclun Roadrunners	50:46	50:54
123.	Cooper, Elaine	V45 Women		50:49	50:59
124.	Scholey, Julie	V55 Women	Les Croupiers RC	50:57	51:02
125.	Saltmarsh, Mandy	V45 Women	Pontyclun Roadrunners	50:55	51:04
126.	Denton, Clive	V50 Men	Rhondda Valley Runners	50:57	51:11
127.	Hayes, Pippa	Senior Women	Pencoed panthers	51:09	51:22
128.	Roberts, Keith	V60 Men	Lliswerry Runners	51:19	51:27
129.	Ellis, Robert	V50 Men		51:24	51:31
130.	Jones, Paul	V40 Men	Aberdare Valley Amateur AC	51:33	51:33
131.	Phipps, Dean	V50 Men	Taff Ely Triathlon Club	51:30	51:39
132.	Davies, Alex	U23 Men	Pontyclun Roadrunners	51:35	51:40
133.	Creedon, Tracey	V35 Women	Les Croupiers RC	51:31	51:41
134.	Hazell, Richard	V40 Men	Caerphilly Runners	51:24	51:42
135.	Sowerby, Esther	V35 Women		51:34	51:44
136.	Wynne, Aled	V40 Men	Islwyn Running Club	51:43	51:48
137.	Provis, Kim	V60 Men		51:48	51:53
138.	Donnan, Graeme	V60 Men	Les Croupiers RC	51:54	52:00
139.	Langford, Kelly	V35 Women		51:52	52:03
140.	Cottier, Orlagh	U23 Women	Lliswerry Runners	51:52	52:05
141.	Hughes, Niall	V40 Men	San Domenico Road RC	51:55	52:08
142.	Marks, Simon	V50 Men		51:47	52:10
143.	Morgan, Stacey Anne	V55 Women	Pont-y-pwl and district runners	52:16	52:22
144.	Barrett, Paul	V40 Men	Ogmore Phoenix Runners	52:05	52:24
145.	Old, Lauren	V35 Women	Pegasus RC	52:05	52:27
146.	Adams, Paul	V40 Men	Caerleon RC	52:30	52:38
147.	Fishwick, Alan	V50 Men	Lliswerry Runners	52:32	52:42
148.	Cotter, Shaun	V50 Men		52:34	52:46
149.	Boyle, Hannah	Senior Women	Pencoed panthers	52:48	53:00

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Place	Name	AG	Club	ChipTime	GunTime
150.	Martin, Jenny	V35 Women	Les Croupiers RC	52:54	53:02
151.	Davies, Richard	V50 Men		52:56	53:07
152.	Wiggin, Anthony	V50 Men		53:00	53:13
153.	Benjamin, Marisa	V35 Women	Pont-y-pwl and district runners	53:07	53:14
154.	Groves, Abi	Senior Women		52:56	53:17
155.	Groves, Sally	V55 Women	Pegasus RC	52:57	53:19
156.	John, Gary	V60 Men	Les Croupiers RC	53:15	53:24
157.	Lewis, Stephen	V60 Men	Les Croupiers RC	53:20	53:27
158.	Deal, Michele	V55 Women	Pont-y-pwl and district runners	53:22	53:30
159.	Graff, Martin	V60 Men		53:49	54:01
160.	Davies, Rebecca	V35 Women	Rhondda Valley Runners	54:08	54:19
161.	Williams, Nicola	V45 Women	Dragons Running Club Aberdare	54:25	54:43
162.	Richards, Simon	V40 Men		54:32	54:46
163.	Attwood, Howard	V70 Men	Lliswerry Runners	54:42	54:53
164.	Phillips, Andy	V50 Men	Moti Run Club	54:51	54:57
165.	Beech, Mary	V55 Women	Brackla harriers	54:50	55:03
166.	Carey, Hayley	V35 Women	Aberdare Valley Amateur AC	55:04	55:14
167.	James, Cath	V45 Women	Caerphilly Runners	55:00	55:17
168.	Palkowski, Kaylea	Senior Men	Caerphilly Runners	54:59	55:17
169.	Bailyes, David	V50 Men	Caerphilly Runners	55:01	55:18
170.	Chandler, John	V60 Men	San Domenico Road RC	55:09	55:23
171.	Clarke, Laura	Senior Women	Pegasus RC	55:07	55:28
172.	Hale, Richard	V70 Men	Axe Valley Runners	55:13	55:32
173.	Brett, Philip	V40 Men	Heath Massive Run Club	55:25	55:34
174.	O'Sullivan, Deborah	V35 Women	Les Croupiers RC	55:28	55:38
175.	Griffiths, Mark	V40 Men	Rhondda Valley Runners	55:45	55:59
176.	Crooks, Colin	V60 Men	Pegasus RC	55:43	56:02
177.	Hammersley, Nigel	Senior Men	Pegasus RC	55:42	56:03
178.	Morgan, Darren	V50 Men	Penarth and Dinas Runners	55:57	56:08
179.	Chirighin, Emily	U23 Women	Cardiff AC	56:04	56:14
180.	Barfoot, Katy	Senior Women		56:03	56:18
181.	Roberts, Andrew	Senior Men		56:10	56:20
182.	Moylett, Aine	Senior Women		56:10	56:20
183.	Higginson, Rachel	V35 Women	Les Croupiers RC	56:12	56:23
184.	Speed, Nick	V50 Men	Moti Run Club	56:29	56:41
185.	Day, Paul	V70 Men	Pontyclun Roadrunners	56:33	56:48
186.	Skinley, Karen	V45 Women	Pencoed panthers	56:40	56:53
187.	Absalom, Ceri-Ann	Senior Women		56:40	56:57
188.	Cumming, Debbie	V55 Women	Moti Run Club	56:57	57:05
189.	Lloyd, Suzy	V45 Women	Moti Run Club	57:00	57:12
190.	Morgan, Sara	V35 Women	Village Vipers	57:06	57:17
191.	Lewis, Julie	V65 Women	Les Croupiers RC	57:33	57:41
192.	Evans, Carly	V35 Women		57:27	57:42
193.	Morgan, Lucy	V45 Women		57:34	57:44
194.	Pardoe, Dean	V50 Men		57:34	57:57
195.	Murray- Lines, Delyth	V45 Women	CDF Runners	57:53	58:01
196.	Grandon, Tony	V70 Men	AT	57:42	58:01
197.	Hancock, Jill	V55 Women	White Rock Runners	57:56	58:03
198.	Cunnane, John	V70 Men	Pontyclun Roadrunners	57:48	58:03
199.	Fowler, Hannah	V45 Women		57:49	58:07

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Place	Name	AG	Club	ChipTime	GunTime
200.	Crutch, Dean	V40 Men		57:51	58:07
201.	Jenkins, Nicola	V45 Women	Pencoed panthers	57:56	58:10
202.	Chivers, Emma	V45 Women		57:58	58:19
203.	Allen, Phil	V60 Men	Pegasus RC	58:05	58:25
204.	Thomas, Samantha	V45 Women		58:05	58:27
205.	Coates, Andrew	V40 Men	Pontyclun Roadrunners	58:26	58:41
206.	Wiltshire, Jade	Senior Women		58:46	58:54
207.	Pedler, Kaye	V45 Women	Ogmore Phoenix Runners	58:47	59:07
208.	Groves, Phil	V60 Men	Pegasus RC	58:48	59:09
209.	Hayes, Arthur	V70 Men	San Domenico Road RC	59:37	59:51
210.	Stone, Jennifer	V55 Women	CDF Runners	59:43	59:54
211.	Walsh, Lisa	V45 Women		59:46	1:00:02
212.	Wood, Paul	V40 Men	Islwyn Running Club	59:46	1:00:03
213.	Evans, Tony	V50 Men		59:53	1:00:08
214.	Hicks, Glyn	V70 Men	Roberttown Road Runners	59:52	1:00:10
215.	Nicholls, Steve	V60 Men	Pontyclun Roadrunners	59:57	1:00:12
216.	Jarvis, Keely	V35 Women	Aberdare Valley Amateur AC	1:00:02	1:00:21
217.	Payne, John	V50 Men	Les Croupiers RC	1:00:28	1:00:41
218.	Thomas, Melinda	V45 Women	Ogmore Phoenix Runners	1:00:27	1:00:47
219.	Murphy, Gillian	V65 Women	Les Croupiers RC	1:00:59	1:01:08
220.	Davies, Ruth	V45 Women	San Domenico Road RC	1:00:54	1:01:13
221.	Powell, Jonathan	V40 Men		1:00:51	1:01:14
222.	Davies, Ryan	V40 Men		1:01:08	1:01:25
223.	Pollock, Gemma	Senior Women	Caerphilly Runners	1:01:07	1:01:28
224.	Williams, Rachael	V45 Women		1:01:07	1:01:31
225.	Royal, Ceri-Beth	U23 Women		1:01:15	1:01:31
226.	Cacicia, Joshua	Senior Men		1:01:15	1:01:31
227.	Walsh, Damian	V50 Men		1:01:38	1:01:54
228.	Robbins, Ceriann	V45 Women	Caerphilly Runners	1:01:36	1:01:57
229.	Hazell, Ruth	V35 Women	Caerphilly Runners	1:01:35	1:01:57
230.	Gregory, Keith	V40 Men		1:01:45	1:02:03
231.	Kyte, Lisa	V45 Women	Rhondda Valley Runners	1:01:45	1:02:03
232.	Smith, Sara	V35 Women	Rhondda Valley Runners	1:01:46	1:02:04
233.	Halpin, Eigen	V35 Women	Pont-y-pwl and district runners	1:02:12	1:02:20
234.	Edwards, Drew	V40 Men	Dragons Running Club Aberdare	1:02:08	1:02:26
235.	Evans, Carwyn	V50 Men	Dragons Running Club Aberdare	1:02:08	1:02:27
236.	Thornton, Katie	V35 Women	Pontyclun Roadrunners	1:02:17	1:02:32
237.	Davis, Dawn	V45 Women	Caerleon RC	1:03:08	1:03:25
238.	Chadwell, Karen	V45 Women	Les Croupiers RC	1:03:10	1:03:29
239.	Phillips, Huw	V40 Men	CDF Runners	1:03:20	1:03:37
240.	Plaister, Alexander	Senior Men	Outdoor Fitness	1:03:39	1:03:51
241.	Lewis, Helen	V45 Women	Pencoed panthers	1:03:49	1:04:03
242.	Tucker, Sarah	V45 Women	Islwyn Running Club	1:03:56	1:04:13
243.	Bunston, Alysha	U23 Women	Islwyn Running Club	1:04:50	1:04:56
244.	Fitzgibbon, Erika	V65 Women	Women Running Penarth	1:04:38	1:05:02
245.	Marshman, Sandra	V45 Women		1:04:40	1:05:09
246.	Watson, Bethan	V35 Women		1:05:06	1:05:26
247.	Evans, Justine	V45 Women	Pencoed panthers	1:05:16	1:05:30
248.	Eames, Louise	V45 Women	Clwb Run Cymru	1:05:50	1:05:57
249.	Johnson, Clare	V65 Women	Les Croupiers RC	1:05:52	1:06:01

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Place	Name	AG	Club	ChipTime	GunTime
250.	George, Claire	V45 Women	Les Croupiers RC	1:06:19	1:06:40
251.	Jenkins, Louise	V45 Women	Islwyn Running Club	1:06:23	1:06:40
252.	Jenkins, Sian	V45 Women	Ogmore Phoenix Runners	1:06:31	1:06:52
253.	Wright, Geoff	V70 Men	Les Croupiers RC	1:07:25	1:07:35
254.	Lawton, Louise	Senior Women	Llantwit Fardre Ladies Running Club	1:07:10	1:07:37
255.	Black, Catherine	V45 Women		1:07:15	1:07:40
256.	Pouard, Liam	Senior Men		1:07:57	1:08:12
257.	Evans, Shelley	V45 Women	Ogmore Phoenix Runners	1:08:16	1:08:36
258.	Martin, Jon	V40 Men	Les Croupiers RC	1:08:39	1:09:01
259.	Baber, Karen	V35 Women		1:08:49	1:09:12
260.	Smith, Karen	V45 Women		1:09:03	1:09:26
261.	Barrett, Alexis	V45 Women	Ogmore Phoenix Runners	1:09:14	1:09:34
262.	Lewis, Ian	V50 Men	Ogmore Phoenix Runners	1:09:14	1:09:34
263.	Lloyd, Tina	V55 Women	Brackla harriers	1:09:39	1:09:52
264.	Griffiths, Rhi	V45 Women	Brackla harriers	1:10:00	1:10:13
265.	Moriarty, Clare	V45 Women		1:10:17	1:10:29
266.	Davey, Debbie	V35 Women	Llantwit Fardre Ladies Running Club	1:11:53	1:12:21
267.	Roberts, Emma	V45 Women	Pencoed panthers	1:13:04	1:13:18
268.	Cotter, Wendy	V55 Women		1:13:44	1:14:01
269.	Dean, Samantha	Senior Women		1:13:45	1:14:01
270.	MacManus, Christopher	V40 Men		1:13:37	1:14:04
271.	Kanda, Joanna	V55 Women		1:15:31	1:16:01
272.	MacManus, Rhian	V35 Women		1:16:41	1:17:08
273.	Lock, Eleanor	Senior Women	Pontypridd Roadents AC	1:18:52	1:19:20
274.	Clifford, Lindsey	V35 Women	Weston AC	1:24:31	1:24:58
275.	Welsh, Emily	V35 Women	Islwyn Running Club	1:24:43	1:25:01
276.	Richards, Rhiannon	V35 Women	Llantwit Fardre Ladies Running Club	1:28:45	1:29:14
277.	Lloyd, Ceri	V45 Women	Llantwit Fardre Ladies Running Club	1:30:30	1:31:00
278.	Ellis, Deborah	V45 Women	Llantwit Fardre Ladies Running Club	1:30:31	1:31:01

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